

2026年6月·第1套 英语六级听力真题原文与答案解析

PAPER & KEY • 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2026年6月·第1套 英语六级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2026-06) • 英语六级

以下按录音篇目排印：每篇先给录音原文与逐段中译（考卷上没有，考试时录音只播一遍、卷面只印选项），再逐题给出卷面题目与解析。

Part II

Listening Comprehension

(30 minutes)

Section A

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A) , B) , C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 to 4 are based on the conversation you have just heard.

1 M: Welcome to "Business Matters". Today we have invited career development consultant Lucy Williams to talk about how to get ahead at work. Hi, Lucy. Many of us never seem to get promoted. Why is that? And what can we do about it?

M: 欢迎收听《商业纵横》。今天我们邀请了职业发展顾问露西·威廉姆斯，来谈谈如何在职场上取得成功。你好，露西。我们很多人似乎一直得不到晋升，这是为什么？我们又能做些什么呢？

2 W: One mistake people make is to limit communication only to their bosses. It's important to expand your network and include your co-workers.

W: 人们常犯的一个错误，是把沟通对象局限在自己的上司。拓展人际网络很重要，也要把同事纳入其中。

3 M: But some of our co-workers are less senior to us. Is it really necessary to connect with them?

M: 但我们有些同事的职位比我们低。真的有必要和他们建立联系吗？

4 W: It's important not to underestimate your colleagues. Sometimes a job title might not clearly demonstrate the influence they may have.

W: 重要的是不要低估你的同事。有时候，职位名称并不能清楚地体现他们可能拥有的影响力。

5 M: Now many of us think that working hard creates a good impression, but this isn't always true, is it?

M: 现在我们很多人都认为努力工作会给别人留下好印象，但事实并不总是如此，对吧？

6 W: That's right. We should avoid trying to take on too much work and constantly staying late, just to show that you are committed.

W: 没错。我们应该避免为了表现出自己的投入，就试图承担过多的工作，还总是加班到很晚。

7 M: I see. So setting expectations too high at the beginning can make us look bad if we don't maintain them.

M: 我明白了。所以，一开始就把别人对我们的期待设得太高，如果后来无法保持，就可能让我们看起来很糟糕。

8 W: Yeah, it's better to make sure you are putting in quality time instead of just a large quantity of time. And these efforts can easily be demonstrated by the results we achieve.

W: 是的，最好确保自己投入的是高质量的时间，而不只是大量的时间。而且，我们取得的成果很容易证明这些努力。

9 M: What about helping others at work? Should you try and go beyond your normal responsibilities and offer to help people with their projects?

M: 那么，在工作中帮助别人呢？你是否应该尽力超越自己的日常职责，主动提出帮助别人完成项目？

10 W: Extend your assistance to those who need it, but only as long as your own work will not go unattended. If someone can benefit from your assistance or advice, help them out to gain their respect and trust.

W: 向那些需要帮助的人提供援助，但前提是不能让自己的工作无人处理。如果有人能从你的帮助或建议中获益，就帮他们一把，以赢得他们的尊重和信任。

11 M: But it goes without saying that you shouldn't act like a know-it-all, otherwise you'll appear arrogant.

M: 不过，显而易见，你不应该表现得像个无所不知的人，否则会显得傲慢。

12 W: Absolutely. Be humble, and you'll get a lot of time later on to show your genius.

W: 当然。保持谦逊，之后你会有很多时间展现自己的才华。

1. A) How to run one's business successfully.

B) How to make progress in one's career.

C) Why few people can fully display their capabilities.

D) Why young people seldom get the expected promotion.

【题目】 What are the speakers mainly talking about?

【翻译】说话人主要在谈论什么？

- A) 如何成功经营自己的事业。 B) 如何在职业生涯中取得进步。
C) 为什么很少有人能够充分展现自己的能力。 D) 为什么年轻人很少得到预期的晋升。

【答案】B (主旨题) How to make progress in one's career.

【定位】M: Welcome to "Business Matters". Today we have invited career development consultant Lucy Williams to talk about how to get ahead at work. Hi, Lucy. Many of us never seem to get promoted. Why is that? And what can we do about it?

男：欢迎来到《Business Matters》。今天我们邀请了职业发展顾问 Lucy Williams 来谈谈如何在职场上取得进步。嗨，Lucy。很多人似乎一直得不到晋升。为什么会这样？我们能做些什么？

【信号】开头点题句。主持人开场即点明 “to talk about how to get ahead at work”, how to get ahead at work 直接给出对话主题；后续多次出现的 promoted、career 等词进一步锁定。

【替换】how to get ahead at work ↔ How to make progress in one's career.

同义改写：get ahead = make progress; at work = in one's career

【排除】A) 原词陷阱

How to run one's business successfully. 中的 business 来自节目名 “Business Matters”，但对话讲的是职场晋升，不是如何经营自己的企业；属于用原文出现的 business 原词设陷阱。

借用原文：Business Matters

C) 过度推断

Why few people can fully display their capabilities. 中 “few people can fully display capabilities” 在录音中并未出现，属于用 “never seem to get promoted” 过度推断出的伪主题。

D) 原词陷阱

Why young people seldom get the expected promotion. 盗用了 Many of us never seem to get promoted. 中的 promoted，但全文讨论的是 “how to get ahead” 而不仅是 “why young people don't get promoted”，属于以偏概全。

借用原文：Many of us never seem to get promoted.

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2. A) To mix and interact with peers within the organization.
B) To restrict their connections exclusively to colleagues.
C) To limit communication only to their superiors.
D) To underestimate their role in the company.

【题目】What does the woman say is one mistake people make?

【翻译】女士说人们会犯的一个错误是什么？

- A) 在组织内与同辈交流互动。 B) 将自己的交往范围仅限于同事。
C) 将交流仅限于上级。 D) 低估自己在公司的作用。

【答案】C (细节题) To limit communication only to their superiors.

【定位】W: One mistake people make is to limit communication only to their bosses. It's important to expand your network and include your co-workers.

女：人们犯的一个错误是只跟老板沟通。重要的是拓展人脉，把同事也包括进来。

【信号】被问者直接应答 + 关键信息 “One mistake...”。男人在 P1 末尾问 “Why is that? And what can we do about it?”，女人在 P2 直接以 “One mistake people make is...” 作答，One mistake people make is to limit communication only to their bosses. 就是答案句。

【替换】limit communication only to their bosses. ↔ To limit communication only to their superiors.

同义替换：bosses = superiors

【排除】A) 答非所问

To mix and interact with peers within the organization. 中的 mix/interact with peers 是女人后面建议 “expand your network and include your co-workers” 的同义改写，但题干问的是 “mistake”，这是正确做法而非错误。

借用原文：expand your network and include your co-workers.

B) 张冠李戴

To restrict their connections exclusively to colleagues. 盗用了 include your co-workers. 中的 co-workers (colleagues 同义) 与 communication/connections 概念，但把对象从 “bosses” 换成了 “colleagues”，与原文相反。

借用原文：include your co-workers.

D)

To underestimate their role in the company. 中的 underestimate 出现在 It's important not to underestimate your colleagues., 但这是第4段关于“不要低估同事”的内容，与第2段的 “mistake” 不是同一个。

借用原文：It's important not to underestimate your colleagues.

3. A) Put in quality time.

B) Connect with managers.

C) Make greater efforts.

D) Demonstrate final results.

【题目】What does the woman advise people to do in their work?

【翻译】女士建议人们在工作中做什么？

- A) 投入高质量的时间。 B) 与管理人员建立联系。 C) 付出更大的努力。
D) 展示最终成果。

【答案】 **A** (细节题) Put in quality time.

【定位】 W: Yeah, it's better to make sure you are putting in quality time instead of just a large quantity of time. And these efforts can easily be demonstrated by the results we achieve.

女: 是的, 你最好确保自己投入的是高质量时间, 而不是单纯的大量时间。并且这些努力可以通过我们取得的成果轻易体现出来。

【信号】 建议句 **it's better to... + 取舍 instead of**。男人在 P5 提出 “working hard... staying late” 的困惑, 女人在 P8 用 “it's better to...” 给出建议, 并用 “instead of” 把 “quality time” 与 “quantity of time” 对立, 答案落在 quality time 上。

【替换】 putting in quality time ↔ Put in quality time.

直接提取核心动作短语

【排除】 B) **原词陷阱**

Connect with managers. 对应 limit communication only to their bosses. 中的 bosses, 但女人在第2段明确说 “只跟老板沟通” 是错误, 不是建议。

借用原文: limit communication only to their bosses.

C) **原词陷阱**

Make greater efforts. 对应男人在 working hard creates a good impression 中的 working hard, 但女人随后否定 “constantly staying late just to show committed”, 说明她不赞成单纯更努力。

借用原文: working hard creates a good impression

D) **偷换概念**

Demonstrate final results. 来自 these efforts can easily be demonstrated by the results we achieve., 但原文中 results 是 quality time 的自然结果, 不是女人直接建议去做的事。

借用原文: these efforts can easily be demonstrated by the results we achieve.

4. A) To show their genius.

B) To gain due respect.

C) To guard against humiliation.

D) To avoid appearing arrogant.

【题目】 Why does the man say one should not act like a know-it-all?

【翻译】 男士为什么说一个人不应该表现得无所不知?

A) 为了展示自己的才智。 B) 为了赢得应有的尊重。 C) 为了避免受到羞辱。

D) 为了避免显得傲慢。

【答案】 **D** (细节题) To avoid appearing arrogant.

【定位】 M: But it goes without saying that you shouldn't act like a know-it-all, otherwise you'll appear arrogant.

男：但不用说，你不应该表现得像个万事通，否则你会显得傲慢。

【信号】 因果连接词 **otherwise** 后的结果。男人在 P11 用 “otherwise you'll appear arrogant” 直接给出 “不要表现得像 know-it-all” 的原因/后果，otherwise you'll appear arrogant. 是答案信号。

【替换】 you'll appear arrogant. ↔ **To avoid appearing arrogant.**

条件-目的转换：otherwise you'll appear arrogant → to avoid appearing arrogant

【排除】 A) **原词陷阱**

To show their genius. 来自 you'll get a lot of time later on to show your genius., 但那是 Lucy 对 “be humble” 的补充说明，不是 “不要 know-it-all” 的原因。

借用原文：you'll get a lot of time later on to show your genius.

B) **原词陷阱**

To gain due respect. 来自 help them out to gain their respect and trust., 但这是关于帮助同事的建议，与 know-it-all 无关。

借用原文：help them out to gain their respect and trust.

C) **未提及**

To guard against humiliation. 中的 humiliation 在录音中完全没有出现，是利用 arrogant 的负面情感色彩编造的近义干扰。

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

1 W: I think we first need to decide how to divide up the presentation responsibilities. From what I recall, the presentation consists of five parts, not including the introduction and conclusion. That would mean altogether, we need to allocate seven parts between the two of us.

W: 我觉得我们首先需要决定如何分配演示的任务。据我所记得，这次演示由五个部分组成，不包括开头和结尾。也就是说，我们总共需要在我们两个人之间分配七个部分。

2 M: So, we have the abstract, background research, the project design, the results and the discussion portions. As the abstract section only applies to the article, we needn't include it in the presentation. How would you suggest we dole out the rest?

M: 所以，我们有摘要、背景研究、项目设计、结果和讨论这几个部分。由于摘要部分只适用于文章，我们不必把它包括在演示中。你建议我们如何分配剩下的部分？

3 W: How do you feel about handling the background bit? In this way, we can both discuss the part of the project that we devoted most of our time to.

W: 你觉得由你来负责背景研究部分怎么样？这样一来，我们就都可以讲述自己投入最多时间的项目部分了。

4 M: Hold on a minute. You want me, the one who did the bulk of the task, to also do the majority of the presentation? The background research which was so meticulous took more than a month.

M: 等一下。你是想让我这个承担了大部分任务的人，再负责演示的大部分内容？那份一丝不苟的背景研究花了一个多月的时间。

5 W: OK. OK. I get it. Quit your moaning. I appreciate the rigorous work ethic you applied to the research, but not the sarcasm that comes up every time I mention it. What do you think would be a fair arrangement?

W: 好了，好了。我明白了。别再抱怨了。我认可你在研究中所表现出的严谨工作态度，但不欣赏每次我提到这件事时你表现出的讽刺。你觉得怎样分配才公平？

6 M: I think the best arrangement would be to split the research into two parts: before-1980 and afterward. I would take the before-portion and you would be assigned the after-1980, leaving the project and results. I volunteer to describe the project. But as I struggled a bit with the statistics in the results section, how about you handling that?

M: 我觉得最好的安排是把研究分成两部分：1980年以前和之后。我负责1980年以前的部分，你负责1980年以后的部分，项目设计和结果部分则另行分配。我自愿介绍项目设计。不过，我在结果部分的统计数据方面有些吃力，你来负责那一部分怎么样？

7 W: That's agreeable to me. I propose we both handle the discussion section in parts along with the question and answer afterward, leaving only the introduction and conclusion.

W: 我觉得这样可以。我提议我们分段负责讨论部分，之后的问答环节也由我们共同完成，这样就只剩下开头和结尾了。

8 M: I will take responsibility for the conclusion and put you in charge of the introduction. This will make it so that we alternate presenting, so as to avoid sounding monotonous to the audience.

M: 我来负责结尾，你来负责开头。这样我们就可以交替进行演示，避免让听众觉得单调。

5. A) Decide how to divide up the presentation tasks.

B) Investigate the available background research.

C) Complete the project design together.

D) Find a suitable topic for their article.

【题目】 What does the woman say they first need to do?

【翻译】 这位女士说他们首先需要做什么？

- A) 决定如何分配演示任务。 B) 调查现有的背景研究。 C) 共同完成项目设计。
D) 为他们的文章寻找一个合适的主题。

【答案】 A (细节题) Decide how to divide up the presentation tasks.

【定位】 I think we first need to decide how to divide up the presentation responsibilities.

我认为我们首先需要决定如何分配展示任务。

【信号】 first need to 给出动作起点。答案句以 first need to decide 开头，『first need to』是时间顺序与任务起点的双重信号，直接回答题干中的 first need to do。

【替换】decide how to divide up the presentation responsibilities ↔

Decide how to divide up the presentation tasks.

responsibilities 与 tasks 同义替换

【排除】B) 原词陷阱

选项 B 盗用原文原词 background research, 但录音中 background research 是两人接下来讨论的分工对象, 并非女士说的『first need to do』, 属于答非所问。

借用原文: background research

C) 原词陷阱

选项 C 盗用 the project design, 但 project design 只是展示的一个组成部分, 不是女士说的 first need to do。

借用原文: the project design

D) 未提及 选项 D 的 find a suitable topic 在录音中完全没有对应内容, 属于无中生有。

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6. A) He wants to devote his time to other portions.
B) He believes the woman is better able to handle it.
C) He claims to have done most of the work already.
D) He finds the woman more meticulous about details.

【题目】Why does the man refuse to handle the background part?

【翻译】男士为什么拒绝负责背景部分?

- A) 他想把时间投入到其他部分。 B) 他认为这位女士更有能力处理这部分。
C) 他声称自己已经完成了大部分工作。 D) 他认为这位女士对细节更加仔细。

【答案】C (细节题) He claims to have done most of the work already.

【定位】Hold on a minute. You want me, the one who did the bulk of the task, to also do the majority of the presentation? The background research which was so meticulous took more than a month.

等一下。你想让我这个做了大部分工作的人, 还要做展示的大部分? 那份非常细致的背景研究花了一个多月。

【信号】反问语气+the one who 自我强调。男士用 Hold on a minute 打断, 并以反问 You want me, the one who did the bulk of the task, to also do the majority of the presentation? 强调自己已经做了大量工作, 这是拒绝的核心信号。

【替换】the one who did the bulk of the task ↔ He claims to have done most of the work already.
bulk of the task 与 most of the work 同义

【排除】 A) 答非所问

男士后续确实承担了 project、conclusion 等其他部分，但这不是他拒绝 background 的原因；拒绝原因是『已经做了大部分工作』，A 属于因果倒置。

B) 与原文相反

男士强调的是『我做了大部分』，暗示女士做得少，而非认为女士更能胜任；B 与原文态度相反。

D) 原词陷阱

选项 D 盗用录音原词 meticulous，但原文 meticulous 修饰的是 background research，不是 the woman，属于偷换修饰对象。

借用原文：meticulous

7. A) Questioning.

B) Complaining.

C) Arguing.

D) Worrying.

【题目】 What does the woman urge the man to stop doing?

【翻译】 这位女士催促男士停止做什么？

A) 提出质疑。 B) 抱怨。 C) 争论。 D) 担心。

【答案】 B (细节题) Complaining.

【定位】 OK. OK. I get it. Quit your moaning.

好了好了，我明白了。别抱怨了。

【信号】 Quit your moaning 是直接劝阻。女士先说 OK. OK. I get it 表示理解，紧接着用祈使句 Quit your moaning 直接要求男士停止某种行为，这是答案句的核心信号。

【替换】 Quit your moaning ↔ Complaining

moaning 与 complaining 同义

【排除】 A) 原词陷阱

选项 A 的 questioning 在录音中作为名词出现 (question and answer)，但并非女士让男士停止的行为，属于原词位置错配。

借用原文：question and answer

C) 偷换概念

两人在讨论分工时确有分歧，但女士并没有让男士 stop arguing，而是具体针对他的抱怨说 Quit your moaning。

D) 未提及 男士在抱怨而非担忧，录音中没有表达 worrying 的相关内容，属于无中生有。

8. A) To avoid sounding monotonous to the listeners.
B) To make the division of labor more reasonable.
C) To keep himself from being overburdened.
D) To bring their capabilities fully into play.

【题目】 Why does the man suggest he present the conclusion and the woman do the introduction?

【翻译】 男士为什么建议由他来陈述结论，由女士来作介绍？

- A) 为了避免让听众觉得单调乏味。 B) 为了使分工更加合理。
C) 为了避免自己负担过重。 D) 为了充分发挥他们各自的能力。

【答案】 A (细节题) To avoid sounding monotonous to the listeners.

【定位】 I will take responsibility for the conclusion and put you in charge of the introduction.

This will make it so that we alternate presenting, so as to avoid sounding monotonous to the audience.

我负责结论部分，你负责开头部分。这样我们就会交替展示，以免让听众感到单调乏味。

【信号】 so as to 给出目的。男士先提出分工安排，然后用 This will make it so that...so as to... 给出目的，so as to 是典型的目的信号词，直接回答 why。

【替换】 avoid sounding monotonous to the audience ↔ To avoid sounding monotonous to the listeners.
audience 与 listeners 同义

【排除】 B) 偷换概念

整段对话确实在让分工更合理，但男士提出 conclusion/introduction 这一具体安排的目的不是『分工合理』，而是『避免单调』，B 属于过度泛化。

C) 与原文相反

男士主动承担 conclusion 和 project 等部分，并未表达怕自己负担过重；C 与对话中男士积极承担的态度不符。

D) 未提及

选项 D 的 capabilities fully into play 在录音中没有对应表述，属于用常见套话设置的无中生有项。

Section B

Directions: In this section, you will hear two passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 9 to 11 are based on the passage you have just heard.

1 Makeup can do more than just change your appearance—it can also alter others' perceptions of you, for better or for worse. According to new research from the University of Stirling in Scotland, although both men and women perceive women who wear makeup as being of a higher status, men associate makeup with prestigious, positive qualities, while women view other women wearing makeup as being dominant and a potential threat.

化妆不仅能改变你的外表，还能改变他人对你的看法，结果可能更好，也可能更糟。根据苏格兰斯特灵大学的一项新研究，虽然男性和女性都认为化妆的女性地位更高，但男性会将化妆与有声望、积极的品质联系起来，而女性则认为化妆的其他女性更具支配性，并可能构成威胁。

2 The research showed that men and women both rated the faces with cosmetics as being more attractive, but only women rated made-up faces as being more dominant, while only men rated made-up faces as being higher in prestige.

研究表明，男性和女性都认为化妆后的面孔更具吸引力，但只有女性认为化妆后的面孔更具支配性，只有男性认为化妆后的面孔具有更高的声望。

3 A follow-up study investigated the root cause behind these differences in perception, and found that female-on-female jealousy seemed to be the main cause of the differences in perception. Women rating women with makeup said they would be more jealous of them and thought they would be more attractive to men than their non-makeup wearing counterparts.

一项后续研究探究了这些认知差异背后的根本原因，发现女性之间的嫉妒似乎是造成这种认知差异的主要原因。对化妆女性进行评价的女性表示，她们会更嫉妒这些女性，并认为相比不化妆的女性，她们对男性更具吸引力。

4 Cosmetic products are good for more than just giving you a pretty face. It can be particularly useful for women to understand how wearing makeup alters others' perceptions of them in situations where they are trying to gain others' trust and admiration. At a job interview, knowing whether the hiring committee will consist of men or women might influence a female candidate's decision about wearing makeup. Whether the interviewers will view her as attractive, dominant and prestigious can affect the interviewers' actions and perhaps the outcome of the interview itself.

化妆品的作用不只是让你拥有一张漂亮的脸。对于女性而言，了解化妆如何改变他人对自己的看法，尤其是在试图赢得他人的信任和钦佩时，可能非常有用。在求职面试中，了解招聘委员会由男性还是女性组成，可能会影响女性求职者是否化妆的决定。面试官是否会认为她具有吸引力、支配性和声望，可能会影响面试官的行为，甚至可能影响面试本身的结果。

9. A) Alter others' perceptions of the wearer.
B) Win others' admiration for the wearer.
C) Enhance the wearer's confidence.
D) Change the wearer's appearance.

【题目】 What can makeup do according to new research from the University of Stirling in Scotland?

【翻译】根据苏格兰斯特灵大学的一项最新研究，化妆能起到什么作用？

- A) 改变他人对化妆者的看法。 B) 赢得他人对化妆者的赞赏。 C) 增强化妆者的自信。
D) 改变化妆者的外貌。

【答案】A (细节题) Alter others' perceptions of the wearer.

【定位】Makeup can do more than just change your appearance—it can also alter others' perceptions of you, for better or for worse. According to new research from the University of Stirling in Scotland, although both men and women perceive women who wear makeup as being of a higher status, men associate makeup with prestigious, positive qualities, while women view other women wearing makeup as being dominant and a potential threat.

化妆不仅能改变你的外貌——它还能改变他人对你的看法，无论好坏。根据苏格兰斯特灵大学的新研究，尽管男性和女性都认为化妆的女性地位更高，但男性将化妆与有声望的积极品质联系在一起，而女性则认为化妆的其他女性更具主导性且是一种潜在威胁。

【信号】主题句 + 研究来源句。答案信号来自段落开头的主题句 'Makeup can do more than just change your appearance—it can also alter others' perceptions of you'，其中 'it can also alter others' perceptions of you' 直接回应题干 'What can makeup do'；随后 'According to new research from the University of Stirling in Scotland' 进一步给出具体研究发现。

【替换】alter others' perceptions of you ↔ Alter others' perceptions of the wearer.

同义改写：第二人称转第三人称

【排除】B) 答非所问

选项 B 的 admiration 看似和 gain others' trust and admiration 有关，但该句是作者基于研究给出的应用建议，并非题干所问的 'new research from the University of Stirling' 的直接结论，属于答非所问。

借用原文：gain others' trust and admiration

C) 未提及 选项 C 的 confidence 在全部四段录音中均无对应内容，属于未提及。

D) 原词陷阱

选项 D 盗用原文原词 change your appearance，但原文说 'Makeup can do more than just change your appearance'，言下之意 '改变外貌' 只是常识层面，新研究真正关注的是 'more than' 之后的 'alter others' perceptions'；选项把 'more than just' 之前的旧信息拿来当答案，答非所问。

借用原文：change your appearance

-
10. A) As being a greater threat.
B) As being of higher prestige.
C) As being more dominant.
D) As being more attractive.

【题目】How did both men and women rate the faces with cosmetics in the new research?

【翻译】 在这项最新研究中，男性和女性如何评价化妆后的面孔？

- A) 认为这些面孔具有更大的威胁性。 B) 认为这些面孔具有更高的声望。
C) 认为这些面孔更具支配性。 D) 认为这些面孔更有吸引力。

【答案】 **D** (细节题) As being more attractive.

【定位】 The research showed that men and women both rated the faces with cosmetics as being more attractive, but only women rated made-up faces as being more dominant, while only men rated made-up faces as being higher in prestige.

研究显示，男性和女性都认为化妆后的脸更具吸引力，但只有女性认为化妆后的脸更具主导性，只有男性认为化妆后的脸更有声望。

【信号】 对比结构 'both...but only...while only...'。答案信号是对比结构 'men and women both... but only women... while only men...'，题干问 'both men and women'，因此答案落在 'both' 引导的分句里，即 'more attractive'。

【替换】 men and women both rated the faces with cosmetics as being more attractive ↔

As being more attractive.

直接对应：原句谓语改写为选项表语

【排除】 A) **张冠李戴**

选项 A 的 threat 来自 a potential threat，但该评价是女性对其他化妆女性的看法，不是男女共同看法；且选项把 'a potential threat' 改写为 'a greater threat'，也有程度偷换之嫌。

借用原文：a potential threat

B) **偷换概念**

选项 B 的 prestige 来自 higher in prestige，但原文明确说 'only men rated made-up faces as being higher in prestige'，不是 both men and women。

借用原文：higher in prestige

C) **偷换概念**

选项 C 的 dominant 来自 more dominant，但原文明确 'only women rated made-up faces as being more dominant'，不是 both men and women。

借用原文：more dominant

-
11. A) It might influence her way of introducing herself.
B) It might impact her dressing style for the occasion.
C) It might affect her decision on applying cosmetics.
D) It might sway her view on the interviewers' questions.

【题目】 Why does a female candidate need to know the gender of the hiring committee members?

【翻译】 女性求职者为什么需要知道招聘委员会成员的性别？

- A) 这可能会影响她介绍自己的方式。 B) 这可能会影响她为这一场合选择的着装风格。
C) 这可能会影响她是否使用化妆品的决定。 D) 这可能会左右她对面试官问题的看法。

【答案】 C (细节题) It might affect her decision on applying cosmetics.

【定位】 At a job interview, knowing whether the hiring committee will consist of men or women might influence a female candidate's decision about wearing makeup.

在工作面试中，知道招聘委员会将由男性还是女性组成可能会影响女性候选人是否化妆的决定。

【信号】 应用举例中的 'might influence... decision about wearing makeup'。答案信号来自段落中的应用举例句：'At a job interview, knowing whether... might influence a female candidate's decision about wearing makeup'，其中 'knowing whether the hiring committee will consist of men or women' 直接对应题干的 'know the gender of the hiring committee members'，'might influence... decision about wearing makeup' 直接回答 why。

【替换】 influence a female candidate's decision about wearing makeup ↔

It might affect her decision on applying cosmetics.

同义改写：动词、名词、人称三处对应

【排除】 A) 未提及

选项 A 的 'way of introducing herself' 在录音中完全找不到对应内容，属于未提及。

B) 偷换概念

选项 B 的 dressing style 在录音中未出现；录音只讨论 wearing makeup / cosmetics，未涉及服装，属于用形象管理大类偷换具体对象。

D) 偷换概念

选项 D 的 'view on the interviewers' questions' 在录音中没有对应内容；原文 the interviewers will view her as attractive, dominant and prestigious 说的是面试官如何看待她，而不是她如何看待面试官的问题，属于偷换主客体。

借用原文：the interviewers will view her as attractive, dominant and prestigious

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

1 You may have seen advertisements trumpeting methods of changing a habit that require absolutely no willpower whatsoever. But can you really change a bad habit or create a good one without willpower? To answer this question, we first have to ask: "What is willpower?" Most people, sadly, think of it only as the ability to clench their teeth and resist attractive temptations. In this view, willpower means self-denial and no fun. No wonder people hope to make changes without it.

你可能见过一些广告大肆宣扬无需任何意志力就能改变习惯的方法。但你真的能够在没有意志力的情况下改掉坏习惯或养成好习惯吗？要回答这个问题，我们首先必须问：“什么是意志力？”遗憾的是，大多数人

只把它看作咬紧牙关、抵制诱人诱惑的能力。在这种看法中，意志力意味着自我克制和毫无乐趣。难怪人们希望不借助意志力就能做出改变。

2 I define willpower as "using only the thought of your motivators to control your actions." Let's say your motivators are "prevent diabetes" and "reach a healthy weight". So if you are at the all-you-can-eat buffet, you think about your motivator—avoid diabetes through weight loss—and you take small portions and avoid the dessert table.

我把意志力定义为“仅凭想到自己的动机来控制行为”。假设你的动机是“预防糖尿病”和“达到健康体重”。那么，当你在自助餐厅面对不限量供应的食物时，你会想到自己的动机——通过减重来避免糖尿病——于是少量取食，并避开甜点区。

3 So, amazingly enough, willpower begins with a thought—a bright idea—some way to improve your life or contribute to others. This bright idea is your motivator.

所以，令人惊讶的是，意志力始于一个想法——一个改善生活或为他人做出贡献的好主意。这个好主意就是你的动机。

4 Doctor Walter Mischel, an expert on willpower skills, uses the expressive term "a burning goal". Whether you call it a motivator, a burning goal, or a bright idea, this idea is the force behind your willpower.

意志力技能专家沃尔特·米歇尔博士使用了“一个燃烧的目标”这一生动的说法。无论你把它称为动机、燃烧的目标，还是好主意，这个想法都是意志力背后的力量。

5 What sort of bright ideas—motivators—make for effective willpower? In fact, any goal that you value strongly counts. The list may include good health, self-respect, a better future for your family, a personal mission and being a role model for your child. All these can certainly drive a positive change.

什么样的好主意——也就是动机——能够产生有效的意志力？事实上，任何一个你高度重视的目标都算在内。这个清单可能包括良好的健康状况、自尊、为家人创造更美好的未来、个人使命，以及成为孩子的榜样。所有这些都确实能够推动积极的改变。

12. A) Those involving no self-recognition.
B) Those forcing us to clench our teeth.
C) Those resisting various temptations.
D) Those requiring no willpower at all.

【题目】 What methods do some advertisements trumpet about changing a habit?

【翻译】 一些广告大肆宣传哪些改变习惯的方法？

- A) 不涉及自我认知的方法。 B) 迫使我们咬紧牙关的方法。 C) 抵制各种诱惑的方法。
D) 完全不需要意志力的方法。

【答案】 D (细节题) Those requiring no willpower at all.

【定位】 You may have seen advertisements trumpeting methods of changing a habit that require absolutely no willpower whatsoever.

你可能见过一些广告，大肆宣扬改变习惯的方法完全不需要任何意志力。

【信号】开篇直接陈述广告内容。录音开头用 advertisements trumpeting methods of changing a habit that require absolutely no willpower whatsoever 直接抛出广告的说法，随后才设问反驳，故首句即答案句。

【替换】require absolutely no willpower whatsoever ↔ **Those requiring no willpower at all.**

同义替换：absolutely no ... whatsoever = no ... at all

【排除】A) **未提及**

选项 Those involving no self-recognition. 中的 self-recognition 在录音中完全没有出现，属于无中生有。

B) **原词陷阱**

选项 Those forcing us to clench our teeth. 盗用了原文 the ability to clench their teeth 中的原词 clench their teeth，但原文说的是“大多数人认为意志力就是咬紧牙关”，并非广告吹嘘的方法。

借用原文：the ability to clench their teeth

C) **原词陷阱**

选项 Those resisting various temptations. 盗用了原文 resist attractive temptations 中的 resist temptations，但原文同样是对 willpower 的误解，不是广告内容。

借用原文：resist attractive temptations

13. A) Regulating one's actions for the sake of good health.

B) Controlling one's actions with a motivating thought.

C) Using practical examples to guide one's behavior.

D) Denying oneself any comfort to prevent diseases.

【题目】What does the speaker define willpower as?

【翻译】演讲者将意志力定义为什么？

A) 为了身体健康而调节自己的行为。 B) 用激励性的想法控制自己的行为。

C) 用实际案例指导自己的行为。 D) 拒绝给自己任何舒适享受，以预防疾病。

【答案】B (细节题) Controlling one's actions with a motivating thought.

【定位】I define willpower as "using only the thought of your motivators to control your actions."

我把意志力定义为“只用你的动力念头来控制你的行为”。

【信号】定义句 I define ... as. 原文用 I define willpower as 明确给出说话者的定义，其后引号内容即为答案。

【替换】using only the thought of your motivators to control your actions ↔

Controlling one's actions with a motivating thought.

同义替换：thought of your motivators = motivating thought; control your actions = controlling one's actions

【排除】 A)

选项 Regulating one's actions for the sake of good health. 中的 good health 是原文 prevent diabetes、reach a healthy weight 等具体 motivator 的概括，但说话者定义的是“用动力念头控制行为”，而非为了健康。

借用原文：prevent diabetes

C)

选项 Using practical examples to guide one's behavior. 中的 practical examples 看似对应原文 Let's say your motivators are "prevent diabetes" and "reach a healthy weight" 的举例，但举例是用来解释定义的，不是定义本身。

借用原文：Let's say your motivators are "prevent diabetes" and "reach a healthy weight"

D)

选项 Denying oneself any comfort to prevent diseases. 中的 denying oneself any comfort 对应原文 willpower means self-denial and no fun，但这是大众看法，且 prevent diseases 把 diabetes 过度概括为 diseases。

借用原文：willpower means self-denial and no fun

14. A) It equips us with an expert skill.

B) It exerts an enduring force on us.

C) It leads to a burning goal.

D) It begins with a bright idea.

【题目】 What may sound amazing enough as regards willpower?

【翻译】 关于意志力，什么听起来可能足以令人惊叹？

A) 它赋予我们一项专业技能。 B) 它对我们施加持久的力量。

C) 它促成一个强烈的目标。 D) 它始于一个绝妙的想法。

【答案】 D (细节题) It begins with a bright idea.

【定位】 So, amazingly enough, willpower begins with a thought—a bright idea—some way to improve your life or contribute to others.

因此，令人惊讶的是，意志力始于一个念头——一个绝妙的想法——某种改善你生活或帮助他人的方式。

【信号】 评价副词 **amazingly enough** + 结论动词 **begins with**。原文用 amazingly enough, willpower begins with a thought 直接回应题干的 sound amazing，其后 a bright idea 是同位解释。

【替换】 willpower begins with a thought—a bright idea ↔ **It begins with a bright idea.**

同义替换：a thought—a bright idea 概括为 a bright idea

【排除】 A) 原词陷阱

选项 It equips us with an expert skill. 中的 expert 盗用了原文 Doctor Walter Mischel, an expert on willpower skills 中的 expert / skills, 但原文说的是 Mischel 是研究 willpower skills 的专家, 而非 willpower 给我们 expert skill。

借用原文: Doctor Walter Mischel, an expert on willpower skills

B) 原词陷阱

选项 It exerts an enduring force on us. 盗用了原文 this idea is the force behind your willpower 中的 force, 但原文说“想法是 willpower 背后的力量”, 不是说 willpower 对我们施加 enduring force。

借用原文: this idea is the force behind your willpower

C) 原词陷阱

选项 It leads to a burning goal. 盗用了原文 a burning goal, 但原文说“无论你是把 motivator 叫作 burning goal 还是 bright idea, 它都是 willpower 的推动力”, 即 burning goal 是 motivator 的别名, 不是 willpower 导致的结果。

借用原文: a burning goal

15. A) Any cherished goal.

B) Any positive mindset.

C) Any personal instinct.

D) Any valued role model.

【题目】 What does the speaker say may make for effective willpower?

【翻译】 演讲者说什么可能有助于形成有效的意志力?

A) 任何珍视的目标。 B) 任何积极的心态。 C) 任何个人本能。

D) 任何受重视的榜样。

【答案】 A (细节题) Any cherished goal.

【定位】 What sort of bright ideas—motivators—make for effective willpower? In fact, any goal that you value strongly counts.

什么样的绝妙想法——动力——能造就有效的意志力? 事实上, 任何你强烈珍视的目标都算数。

【信号】 设问自答 + in fact 强调。 原文先用 What sort of bright ideas—motivators—make for effective willpower? 抛出题干, 再用 In fact, any goal that you value strongly counts 给出答案, in fact 是答案信号。

【替换】 any goal that you value strongly counts ↔ **Any cherished goal.**

同义替换: value strongly = cherished; goal 直接对应

【排除】 B) 原词陷阱

选项 Any positive mindset. 中的 positive 盗用了原文 drive a positive change 中的 positive, 但原文说的是 positive change, 不是 positive mindset.

借用原文: drive a positive change

C) 未提及

选项 Any personal instinct. 中的 instinct 在录音中完全没有提及, 且与说话者强调“用 motivator 控制行为”的方向相反。

D) 原词陷阱

选项 Any valued role model. 中的 valued 来自原文 you value strongly, role model 来自 being a role model for your child, 但原文把 role model 仅作为 goal 的一个例子, 且 valued 修饰的是 goal, 不是 role model.

借用原文: being a role model for your child

Section C

Directions: In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A) , B) , C) and D) . Then mark the corresponding letter on *Answer Sheet 1* with a single line through the centre.

Questions 16 to 18 are based on the recording you have just heard.

1 For many pregnant women, understanding what seafood is safe and healthy and what should be avoided because of mercury concerns comes with a lot of worrying. In part, that's because the federal government's advice on the matter, first issued in 2004, has long been criticized as vague. That guidance has included advice on how much seafood to eat, and which species pregnant and breastfeeding women should avoid over concerns about mercury contamination. But critics say the government advisory has done more harm than good, scaring many pregnant and breastfeeding women away from eating seafood altogether.

对许多孕妇来说, 了解哪些海产品安全且有益健康, 以及哪些海产品因担心汞而应当避免, 会带来许多忧虑。部分原因在于, 联邦政府首次于2004年发布的相关建议长期以来一直被批评含糊不清。该指导意见包括关于应食用多少海产品, 以及孕妇和哺乳期女性因担心汞污染而应避免哪些种类的建议。但批评者表示, 政府的这份指导意见弊大于利, 使许多孕妇和哺乳期女性彻底不敢食用海产品。

2 The problem is real. According to a spokesman for the Food and Drug Administration, or FDA for short, the agency analyzed fish consumption data from more than 1,000 pregnant women in the US and found that 21 per cent of them ate no fish whatsoever in the previous month. And those who did eat fish consumed far less than recommended by the dietary guidelines. Some 50 per cent ate less than two ounces a week and 75 per cent ate less than four ounces.

这个问题确实存在。据美国食品药品监督管理局(简称FDA)一位发言人介绍, 该机构分析了美国一千多名孕妇的鱼类食用数据, 发现其中21%在前一个月完全没有吃鱼。而那些吃鱼的人, 摄入量也远低于膳食指南的建议。约50%的人每周摄入量少于两盎司, 75%的人少于四盎司。

3 This week the FDA issued an update to the advice, listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid. The goal is to make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets. The new advice recommends consumers choose a variety of fish to eat, and it comes with an easy-to-understand illustration of what an appropriate portion size should be—four ounces for an adult and two ounces for children aged four to seven.

本周，FDA更新了相关建议，在一张图表中列出六十多种鱼类，并将其分为“最佳选择”“不错的选择”和“应避免的选择”。此举旨在让准妈妈更容易对自己饮食中所摄入的海产品种类感到放心。新建议推荐消费者食用多种鱼类，并配有一幅易于理解的图示，说明适当的食用分量应为多少：成年人四盎司，四至七岁的儿童两盎司。

4 And while expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico, now there are three new species on the list of what to avoid. But not everyone is thrilled with the new advice. Critics say the new advice doesn't always agree with the agency's own scientific findings. While mercury is of great concern when people are talking about pregnant women and seafood, it's not the only factor contributing to anxiety.

长期以来，准妈妈一直被告诫要避开鲨鱼以及另外四种来自墨西哥湾的特定鱼类，而现在，又有三种鱼类被列入应避免食用的名单。但并非所有人都对这份新建议感到满意。批评者表示，新建议并不总是与该机构自己的科学研究结果一致。人们谈论孕妇和海产品时，汞确实是非常令人担忧的因素，但它并不是导致焦虑的唯一因素。

5 The FDA maintains that its final consumption recommendations were based on thorough scientific analysis. Agency spokesman Cassell says the FDA believes their recommendations will increase confidence, not uncertainty. But critics disagree. They think the FDA's advice is not based on the evidence in its own detailed report, and so it confuses everyone.

FDA坚持认为，其最终的食用建议是基于全面的科学分析制定的。该机构发言人Cassell表示，FDA相信这些建议将增强信心，而不是增加不确定性。但批评者对此并不认同。他们认为，FDA的建议并没有以其自身那份详细报告中的证据为依据，因此让所有人都感到困惑。

16. A) It has long been criticized as unclear.

B) It has long been ignored by the public.

C) It has caused much panic among women.

D) It has resulted in different understandings.

【题目】 What does the speaker say about the federal government's advice on seafood safety?

【翻译】 说话者对联邦政府关于海产品安全的建议作何评价？

A) 长期以来一直被批评为表述不清。 B) 长期以来一直被公众忽视。

C) 在女性中引发了极大的恐慌。 D) 导致了不同的理解。

【答案】 A (细节题) It has long been criticized as unclear.

【定位】 In part, that's because the federal government's advice on the matter, first issued in 2004, has long been criticized as vague.

部分原因在于，联邦政府关于这一问题的建议（2004年首次发布）长期以来一直被批评为含糊不清。

【信号】 篇章首段点题+评价词vague。录音开篇先讲孕妇的困扰，随后用the federal government's advice...has long been criticized as vague直接点出建议的评价，正是题千所问。

【替换】 has long been criticized as vague ↔ It has long been criticized as unclear.

vague=unclear同义替换

the federal government's advice ↔ It

机构名词用代词回指

【排除】 B) 原词陷阱

录音说建议has long been criticized（被批评），而It has long been ignored by the public.把动词换成ignored，且把对象泛化为the public，与原文不符。

借用原文：has long been criticized

C) 答非所问

录音确实提到scaring many pregnant and breastfeeding women away from eating seafood altogether，但这是critics对advisory后果的补充，并非题千问的speaker对advice本身的直接描述；且panic among women把'被吓得不吃了'夸大为'恐慌'。

借用原文：scaring many pregnant and breastfeeding women away from eating seafood altogether

D) 张冠李戴

so it confuses everyone讲的是critics对new advice的看法，而题千问的是federal government's advice（2004年起的老建议）；It has resulted in different understandings.用different understandings对应confuses everyone，属于时间/对象错位。

借用原文：so it confuses everyone

17. A) It warned consumers not to eat fish from the Gulf of Mexico.

B) It called on expectant mothers to pay attention to food safety.

C) It issued an update to the advice on seafood consumption.

D) It listed more than sixty species of fish as "choices to avoid".

【题目】 What did the Food and Drug Administration do this week?

【翻译】 美国食品药品监督管理局本周采取了什么措施？

A) 警告消费者不要食用来自墨西哥湾的鱼。 B) 呼吁孕妇关注食品安全。

C) 发布了关于食用海产品建议的更新内容。 D) 将六十多种鱼列为“应避免的选择”。

【答案】 C （细节题） It issued an update to the advice on seafood consumption.

【定位】 This week the FDA issued an update to the advice, listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid.

本周FDA发布了对该建议的更新，列出60多种鱼类，并按'最佳选择'、'良好选择'和'应避免选择'进行分级。

【信号】 时间信号this week+动作issued。题干问this week FDA做了什么，录音用This week the FDA issued an update to the advice直接给出答案，this week与issued构成强定位信号。

【替换】 the FDA issued an update to the advice ↔

It issued an update to the advice on seafood consumption.

动作短语原词复现+主题范畴概括

【排除】 A) 偷换概念

录音说的是expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico, 主语是expectant mothers而非consumers, 对象是shark and four other particular types而非全部fish from the Gulf; It warned consumers not to eat fish from the Gulf of Mexico.把范围扩大、主体替换。

借用原文：expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico

B) 偷换概念

录音说新建议的目标是make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets, 并非call on them to pay attention; It called on expectant mothers to pay attention to food safety.把目的改成了号召，且food safety范围过宽。

借用原文：make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets

D) 偷换概念

录音说listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid, 即分为三类; It listed more than sixty species of fish as "choices to avoid".只取其中一类，把整体分级偷换成全部列为应避免。

借用原文：listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid

18. A) The impact of the FDA's analysis.

B) Multiple factors including mercury.

C) Critics' conclusions.

D) The prices of seafood.

【题目】 According to the speaker, what are people concerned about regarding pregnant women and seafood?

【翻译】根据说话者的说法，人们对孕妇和海产品关注什么？

- A) 美国食品药品监督管理局分析的影响。 B) 包括汞在内的多种因素。
C) 批评者的结论。 D) 海产品的价格。

【答案】B (细节题) Multiple factors including mercury.

【定位】While mercury is of great concern when people are talking about pregnant women and seafood, it's not the only factor contributing to anxiety.

当人们谈论孕妇与海鲜时，汞固然备受关注，但它并非造成焦虑的唯一因素。

【信号】让步while+否定not the only factor。录音先用mercury is of great concern让步，再用it's not the only factor contributing to anxiety转折强调'还有其他因素'，正好对应题干concerned about的内容。

【替换】it's not the only factor contributing to anxiety ↔ Multiple factors including mercury.

not the only factor → multiple factors 同义替换

mercury is of great concern ↔ including mercury

mercury原词保留

【排除】A) 未提及

录音中虽提到FDA analyzed fish consumption data，但从未说人们担忧的是The impact of the FDA's analysis.; 该选项用原文词FDA/analysis拼凑，属于未提及。

C) 张冠李戴

录音中Critics say the new advice doesn't always agree with the agency's own scientific findings.是critics对new advice的质疑，而题干问的是people对pregnant women and seafood的concerned about，对象不同。

借用原文：Critics say the new advice doesn't always agree with the agency's own scientific findings.

D)

全文没有任何地方讨论seafood prices, The prices of seafood.是利用常识（海鲜价格）设下的无中生有项。

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

1 I know you're busy with work, but you also need to take some time off to recharge those batteries. So, should you plan one big vacation for the year, or should you take multiple short vacations throughout? Quantity can sometimes beat quality. First and foremost, regardless of how you use your vacation days, you need to be using them, and soon. The longer you put off your time off, the worse you're making things for yourself.

我知道你忙于工作，但你也需要抽出一些时间休息，让自己的精力得到恢复。那么，你应该为这一年安排一次长假，还是应该在全年安排多次短假？数量有时胜过质量。首先，无论你是否使用假期，都需要真正使用它们，而且要尽快使用。你越是推迟休假，就越是在让自己的处境变得糟糕。

2 One 9-year-long study published in Psychosomatic Medicine suggests not taking at least one vacation a year may increase your risk of mortality due to heart disease. So, not only are you killing your joy, you're possibly killing yourself. Give yourself a break, folks.

《心身医学》发表的一项为期9年的研究表明，每年至少不休一次假，可能会增加因心脏病死亡的风险。所以，你不仅是在扼杀自己的快乐，也可能是在置自己于死地。各位，给自己放个假吧。

3 When you should take those breaks, however, depends on a few factors: how many days you have available to use, what activities bring you joy, whether you have a family or not, and other variables come into play. Because of that, there's no perfect formula that works for everyone, but there are still a few things everyone can try to shoot for. We know that in terms of maximizing relaxation, you should aim for vacations that range somewhere between 7 and 11 days long. That gives you enough time to let go of your stress at work, completely loosen up, and achieve full-on calm.

不过，你应该在什么时候休假，取决于几个因素：你有多少天可用假期、哪些活动能给你带来快乐、你是否有家庭，以及其他会产生影响的变量。正因为如此，并不存在适用于所有人的完美公式，但还是有几件事是每个人都可以努力做到的。我们知道，就最大限度地放松而言，你应该争取安排7到11天的假期。这样你就有足够的时间摆脱工作压力，彻底放松下来，达到完全平静的状态。

4 That above-mentioned study also recommends you space out your vacations evenly instead of using up all of your days at once. Eight days might sound like a lot for someone who only gets 10 days of vacation a year. But if you frame them with weekends, you can manage two evenly spaced 8-day vacations a year. If you have 14 days of paid leave, that's almost three separate 8-day vacations you can use to split your year into thirds.

上述研究还建议你假期均匀地分散开来，而不是一次性用完所有假期。对于一年只有10天假期的人来说，8天听起来可能很多。但如果把周末安排在假期前后，你一年就可以安排两次间隔均匀的8天假期。如果你有14天带薪休假，那几乎可以安排三次分别为8天的假期，用来把一年分成三个阶段。

5 As tempting as it might be to use all your days to take one long summer break, your overall goal should be to achieve the perfect balance between length plus joy and frequency. Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to. Planning things and the anticipation that comes with it tend to make us happier. If you only take one long vacation every year, the excitement builds much more slowly and seems so far off that it can actually lead to feelings of despair.

尽管把所有假期都用来享受一次漫长的暑假可能很有吸引力，但你的总体目标应该是在假期长度、愉悦感和休假频率之间取得完美平衡。休假频率很重要，因为在全年安排多次休息意味着你总有值得期待的事情。筹划事情以及随之而来的期待往往会让我们更加快乐。如果你每年只休一次长假，兴奋感会积累得慢得多，而且由于假期看起来遥不可及，实际上可能会让人产生绝望感。

19. A) They will suffer a breakdown soon.

B) They will be losing both joy and life.

C) They will be putting themselves and family at risk.

D) They will make things worse for people around them.

【题目】 What does the speaker say about people not taking any vacation?

【翻译】演讲者说，那些完全不休假的人会怎样？

- A) 他们很快就会崩溃。 B) 他们会同时失去快乐和生活。
C) 他们会将自己和家人置于危险之中。 D) 他们会让身边人的处境变得更糟。

【答案】 **B** (细节题) They will be losing both joy and life.

【定位】 One 9-year-long study published in Psychosomatic Medicine suggests not taking at least one vacation a year may increase your risk of mortality due to heart disease. So, not only are you killing your joy, you're possibly killing yourself.

《心理医学》发表的一项长达9年的研究表明，每年至少不休假一次可能会增加死于心脏病的风险。所以，你不仅扼杀了自己的快乐，还可能葬送自己的性命。

【信号】 **研究结论 + so 递进**。录音先用 One 9-year-long study suggests... 抛出研究结论，再用 So, not only are you killing your joy, you're possibly killing yourself 递进强调后果，其中 not only...but (also) 结构把 joy 和 life (killing yourself) 并置，正是答案句。

【替换】 not only are you killing your joy, you're possibly killing yourself ↔

They will be losing both joy and life

同义替换：killing joy → losing joy; possibly killing yourself → losing life

【排除】 A) **未提及**

录音从未出现 breakdown; P1 只说 the worse you're making things for yourself, 指“让自己情况更糟”，并非 suffer a breakdown soon。

C) **偷换概念**

录音说 increase your risk of mortality due to heart disease 与 killing yourself, 风险对象是自己；选项加入 family, 把原句中的 risk 曲解为“自己和家人”。

借用原文：may increase your risk of mortality due to heart disease

D) **原词陷阱**

录音 the worse you're making things for yourself 说的是“让自己情况更糟”，选项把对象改为 people around them, 制造了“影响周围人”的错觉。

借用原文：the worse you're making things for yourself

20. A) Spend 14 days for vacation every year.

B) Aim for three separate vacations yearly.

C) Space out their vacations evenly instead of taking one long vacation.

D) Use all their days off for a long summer break to achieve full-on calm.

【题目】 **What does the 9-year study recommend people do when planning vacations?**

【翻译】 这项为期9年的研究建议人们在规划假期时做什么？

- A) 每年花14天度假。 B) 每年争取安排三次彼此分开的假期。
C) 把假期均匀分散开来，而不是一次休一个长假。
D) 把所有休假日都用来享受一个漫长的暑假，以获得彻底的放松。

【答案】 C (细节题) Space out their vacations evenly instead of taking one long vacation.

【定位】 That above-mentioned study also recommends you space out your vacations evenly instead of using up all of your days at once.

上述研究还建议你不要把假期一次性用完，而是均匀地分散开来安排。

【信号】 recommends + instead of 建议结构。录音中 recommends you space out your vacations evenly instead of using up all of your days at once 直接给出研究建议，recommends 与 instead of 的对照标志答案落点。

【替换】 space out your vacations evenly instead of using up all of your days at once ↔

Space out their vacations evenly instead of taking one long vacation

同义改写：space out evenly 直接对应；using up all days at once 转述为 taking one long vacation

【排除】 A) 原词陷阱

录音 If you have 14 days of paid leave, that's almost three separate 8-day vacations... 只是假设举例，并非建议“每年必须休14天”。

借用原文：14 days of paid leave

B) 偷换概念

录音说如果只有14天带薪假“几乎可以分成三次8天假期”，这是基于假设的算法，不是研究对所有人的统一建议。

借用原文：almost three separate 8-day vacations you can use to split your year into thirds

D) 与原文相反

录音 instead of using up all of your days at once 明确否定一次性休完，且 As tempting as it might be to use all your days to take one long summer break 也指出这是 temptation，D 项把它当成建议。

借用原文：using up all of your days at once

21. A) Expecting to have more vacations in a year will boost one's work efficiency.

B) Anticipating more vacations would reduce one's feelings of despair at work.

C) Taking more than three vacations yearly would prolong one's excitement.

D) Planning multiple breaks throughout the year will add to one's happiness.

【题目】 Why is vacation frequency important according to the speaker?

【翻译】 为什么演讲者认为休假频率很重要？

A) 期待一年中有更多假期会提高一个人的工作效率。

B) 期待有更多假期会减轻一个人在工作中的绝望感。

C) 每年休假超过三次会延长一个人的兴奋感。

D) 计划在一年中安排多次休息会增加一个人的幸福感。

【答案】 D (细节题) Planning multiple breaks throughout the year will add to one's happiness.

【定位】 Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to. Planning things and the anticipation that comes with it tend to make us happier.

休假频率之所以重要，是因为一年中计划多次休息意味着你总有盼头。计划事情以及随之而来的期待往往会让我们更快乐。

【信号】 **because** 直接解释原因 + 评价词 **happier**。录音先以 Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to 点明因果，再用 the anticipation that comes with it tend to make us happier 给出积极评价，because 后内容即答案。

【替换】 planning multiple breaks throughout the year means you always have something to look forward to
↔ **Planning multiple breaks throughout the year will add to one's happiness**

同义改写：planning multiple breaks throughout the year 原样对应；have something to look forward to + make us happier → add to one's happiness

the anticipation that comes with it tend to make us happier ↔

Planning multiple breaks throughout the year will add to one's happiness

同义改写：anticipation/tend to make us happier 对应 add to one's happiness

【排除】 A) **未提及** 录音讨论的是期待、快乐、despair，从未提到工作效率，属于无中生有。

B) **偷换概念**

录音说如果一年只休一次长假，兴奋感太远才会 lead to feelings of despair；选项把“减少绝望”说成是期待更多休假的好处，但原文只用它衬托多次休假的好处，且对象也有偏差。

借用原文：it can actually lead to feelings of despair

C) **过度推断**

录音未说“超过三次”能延长兴奋；P4 的 three separate vacations 只是 14 天假期的算法举例，P5 的 excitement builds much more slowly 是批评一年一次，不是支持三次以上。

借用原文：three separate 8-day vacations you can use to split your year into thirds

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

1 Autonomous cars that can take over from drivers if they are tired or caught in the heat of an argument are being developed in Sweden. Researchers working as part of the European Union's €77 billion research program are developing sensor-based systems that monitor whether a driver is distracted, anxious or tired. If a driver is not in a fit state to be on the road, the car automatically takes control of the wheel to prevent accidents. Doctor Anna Anund from the Swedish National Road and Transport Research Institute, who is leading the project, said a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is. She said the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way, so

we can take into consideration the driver's state, and so we do not give control to a driver who is under pressure of fatigue, stress, anxiety, and so on.

在瑞典，人们正在研发能够在驾驶员疲劳或陷入激烈争论时接替其驾驶的自动驾驶汽车。作为欧盟770亿欧元研究计划一部分开展工作的研究人员，正在开发基于传感器的系统，用于监测驾驶员是否分心、焦虑或疲劳。如果驾驶员的状态不适合上路，汽车会自动接管方向盘，以防止发生事故。负责该项目的瑞典国家道路与运输研究所安娜·阿农博士表示，可以利用多种传感器测量驾驶员的状态，包括心率监测器和眼部传感器，后者可以追踪驾驶员的视线方向。她说，目标是真正确保从驾驶员到车辆的控制权转换以安全的方式完成，这样我们就能考虑到驾驶员的状态，也不会把控制权交给正承受疲劳、压力、焦虑等影响的驾驶员。

2 According to data from the European Commission, Sweden has the safest roads in the EU, with the UK a close second. However, the number of road accidents in both has largely levelled out since 2010. Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU, although there are certain times of the day when more accidents happen. At 6:00 a.m., for example, drivers are said to be 20 times more likely to have an accident than at 10:00 a.m. While most experts agree driverless technology should help bring down accident numbers in the long term, some have questioned whether it is safe.

根据欧盟委员会的数据，瑞典拥有欧盟最安全的道路，英国紧随其后。不过，自2010年以来，两国的道路事故数量基本趋于平稳。据认为，驾驶员疲劳要对欧盟范围内多达五分之一的道路事故负责，尽管一天中某些时段发生的事故更多。例如，据称驾驶员在早上6点发生事故的可能性是在上午10点时的20倍。尽管大多数专家都认为，从长远来看，无人驾驶技术应有助于降低事故数量，但一些人质疑其是否安全。

3 The researchers have said the technology they are developing is seeking to bridge the gap between Level 3 on the autonomy scale, in which drivers have to be ready to take control of the car at any point, and Level 4, in which driving is automated.

研究人员表示，他们正在开发的技术旨在弥合自动驾驶等级体系中第3级与第4级之间的差距：在第3级，驾驶员必须随时准备接管汽车；而在第4级，驾驶过程实现自动化。

4 Daniel Ruiz, the chief executive of the UK's connected and autonomous vehicle programme Meridian, said: "there is a strong debate going on about how it is possible to make a Level 3 car completely safe." Despite advances in technology, we still have some way to go in shifting public sentiment. With an increase in attention-grabbing accidents recently, drivers now view self-driving cars as less safe than they used to.

英国互联与自动驾驶汽车项目Meridian的首席执行官丹尼尔·鲁伊斯说：“关于如何让第3级汽车完全安全，目前正在展开激烈的讨论。”尽管技术取得了进步，但要改变公众的看法，我们仍有一段路要走。随着近期引人关注的事故增多，如今驾驶员认为自动驾驶汽车不如过去安全。

22. A) Surveying when drivers are caught in the heat of arguments.

B) Designing devices to prevent drivers from being distracted.

C) Testing models for monitoring drivers easily getting tired.

D) Developing sensor-based systems for autonomous vehicles.

【题目】 What are researchers doing in Sweden?

【翻译】瑞典的研究人员正在做什么？

- A) 调查驾驶员陷入激烈争论时的情况。
- B) 设计防止驾驶员分心的设备。
- C) 测试用于监测容易疲劳驾驶员的模型。
- D) 开发用于自动驾驶车辆的基于传感器的系统。

【答案】 **D** (细节题) Developing sensor-based systems for autonomous vehicles.

【定位】 Researchers working as part of the European Union's €77 billion research program are developing sensor-based systems that monitor whether a driver is distracted, anxious or tired.
作为欧盟 770 亿欧元研究项目的一部分，研究人员正在开发传感系统，用以监测驾驶员是否分心、焦虑或疲劳。

【信号】 题干关键词原词复现+直接动作句。题干中的 researchers 与 doing 在 Researchers working as part of the European Union's €77 billion research program are developing sensor-based systems 中原词出现，developing 直接回答“做什么”，因此该句即为答案句。

【替换】 developing sensor-based systems that monitor whether a driver is distracted, anxious or tired ↔
Developing sensor-based systems for autonomous vehicles.
核心动宾原词复现+目的同义

【排除】 A) **原词陷阱**

选项 Surveying when drivers are caught in the heat of arguments. 中的 caught in the heat of arguments 在 caught in the heat of an argument 中确实出现，但原文是说自动驾驶汽车在驾驶员情绪激动时接管，而非 researchers 在 survey/调查，动作被换。

借用原文：caught in the heat of an argument

B) **偷换概念**

选项 Designing devices to prevent drivers from being distracted. 用了原文 distracted 和 prevent accidents 两个词，但原文传感器是监测 distraction 并防止事故，不是 design devices 专门 prevent distraction。

借用原文：distracted

C) **原词陷阱**

选项 Testing models for monitoring drivers easily getting tired. 用了 tired，但原文是 developing sensor-based systems，不是 testing models；monitoring 是系统功能，不是测试模型。

借用原文：tired

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23. A) Make sure the autonomous vehicle operates in the simplest manner.
B) Ensure the transition from the driver to the vehicle is safely made.
C) Alleviate the driver's pressure as much as possible.
D) Record the driver's state as accurately as possible.

【题目】 What did the researchers' project aim to do according to Dr. Anna Anund?

【翻译】根据 Anna Anund 博士的说法，研究人员的项目旨在做什么？

- A) 确保自动驾驶车辆以最简便的方式运行。
- B) 确保从驾驶员驾驶过渡到车辆驾驶能够安全完成。 C) 尽可能减轻驾驶员的压力。
- D) 尽可能准确地记录驾驶员的状态。

【答案】 **B** (目的题) Ensure the transition from the driver to the vehicle is safely made.

【定位】 She said the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way, so we can take into consideration the driver's state, and so we do not give control to a driver who is under pressure of fatigue, stress, anxiety, and so on.

她说，项目的目标是真正确保从驾驶员到车辆的接管过程以安全方式完成，从而把驾驶员状态纳入考量，避免把控制权交给处于疲劳、压力、焦虑等状态下的驾驶员。

【信号】 **the aim was to 目的信号+make sure 强调**。the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way 中，the aim was to 直接对应题干 aim，make sure 强调目标，其后内容即为答案。

【替换】 the transition from the driver to the vehicle is done in a safe way ↔

Ensure the transition from the driver to the vehicle is safely made.

同义改写+主被动转换

【排除】 A) **未提及**

选项 Make sure the autonomous vehicle operates in the simplest manner. 中的 simplest 在原文未出现，且把 "safe" 偷换为 "simplest"。

C) **偷换概念**

选项 Alleviate the driver's pressure as much as possible. 盗用 under pressure of fatigue, stress, anxiety, and so on, 但原文是说不要把车交给有压力的驾驶员，而不是以“减轻压力”为项目目的。

借用原文：under pressure of fatigue, stress, anxiety, and so on

D) **答非所问**

选项 Record the driver's state as accurately as possible. 对应 a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is, 但 measuring the state 是实现安全接管的手段，不是项目 aim。

借用原文：a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is

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24. A) Driver fatigue.
B) Dreadful traffic.
C) Drunk driving.
D) Driving time.

【题目】 What is thought to be responsible for a fifth of road accidents across the European Union?

【翻译】 欧盟境内五分之一的道路事故被认为是由什么造成的？

A) 驾驶员疲劳。 B) 糟糕的交通状况。 C) 酒后驾车。 D) 驾驶时间。

【答案】 A (细节题) Driver fatigue.

【定位】 Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU, although there are certain times of the day when more accidents happen.

据认为，驾驶员疲劳导致了欧盟多达五分之一的道路撞车事故，尽管一天中某些时段事故更多。

【信号】 题干关键词原词复现+主语即答案。responsible for as many as a fifth of road crashes across the EU 与题干 responsible for a fifth of road accidents across the European Union 几乎原词对应，其主语 Driver fatigue 就是答案。

【替换】 Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU ↔ Driver fatigue.

主语直接对应，其余为题干已知信息

【排除】 B) 未提及

选项 Dreadful traffic. 是交通事故的常见原因，但录音原文从未出现 traffic 相关表述。

C) 未提及

选项 Drunk driving. 同样是常见事故原因，但原文没有 drunk/drinking/alcohol 等信息。

D) 偷换概念

选项 Driving time. 对应 there are certain times of the day when more accidents happen，但原文只说某些时段事故更多，并未把 driving time 当作 responsible for a fifth of accidents 的原因。

借用原文：there are certain times of the day when more accidents happen

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25. A) There has been a strong debate on the feasibility of Level 3 cars.
B) There have been few remarkable advances in auto technology.
C) There has been a rise in attention-grabbing accidents recently.
D) There have been few feasible ways to shift public sentiment.

【题目】 Why do drivers now view self-driving cars as less safe than they used to?

【翻译】为什么驾驶员如今认为自动驾驶汽车不如过去安全？

- A) 围绕3级自动驾驶汽车的可行性展开了激烈争论。 B) 汽车技术方面鲜有显著进步。
C) 近期引人关注的事故有所增加。 D) 转变公众看法的可行方法很少。

【答案】C (细节题) There has been a rise in attention-grabbing accidents recently.

【定位】With an increase in attention-grabbing accidents recently, drivers now view self-driving cars as less safe than they used to.

随着近期引人注目的交通事故增多，驾驶员现在认为自动驾驶汽车不如以前安全。

【信号】With 引导原因状语，直接解释结果。With an increase in attention-grabbing accidents recently 位于结果句 “drivers now view self-driving cars as less safe than they used to” 之前，with 短语说明原因。

【替换】an increase in attention-grabbing accidents recently ↔

There has been a rise in attention-grabbing accidents recently.

同义替换：increase→rise

【排除】A) 答非所问

选项 There has been a strong debate on the feasibility of Level 3 cars. 对应 there is a strong debate going on about how it is possible to make a Level 3 car completely safe., 但这是在讨论技术可行性，不是 drivers 觉得更不安全的原因。

借用原文：there is a strong debate going on about how it is possible to make a Level 3 car completely safe.

B) 与原文相反

选项 There have been few remarkable advances in auto technology. 与 Despite advances in technology 相反，原文明确说技术有进步。

借用原文：Despite advances in technology

D) 偷换概念

选项 There have been few feasible ways to shift public sentiment. 盗用 shifting public sentiment, 但原文是说我们在转变公众情绪方面还有路要走，并非说缺乏可行方法，也不是驾驶员态度变化的原因。

借用原文：we still have some way to go in shifting public sentiment.

SENTENCE INSIGHTS • 句子精讲

83 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。

W: One mistake people make is to limit communication only to their bosses.

第2段，第1句

"名词 + 省略关系代词的定语从句 + is to do..." 是各类英语考试阅读与写作中高频出现的经典句式，掌握后具有很强的跨场景迁移复用价值。

It's important to expand your network and include your co-workers.

第2段，第2句

形式主语 "It is + adj. + to do" 是各类英语考试中高频出现的典型句式，掌握该句型后可无缝迁移至大量同类写作与阅读场景中。

M: But some of our co-workers are less senior to us.

第3段，第1句

"senior to" 属于高频易错的比较表达（不用 than 而用 to），在四六级与考研阅读中非常典型。

W: It's important not to underestimate your colleagues.

第4段，第1句

"It is + 形容词 + to do sth." 及其否定形式是各类英语考试中高频出现的核心句型，具备极高的写作与阅读迁移价值。

M: Now many of us think that working hard creates a good impression, but this isn't always true, is it?

第5段，第1句

采用“主句 + 宾语从句 + 并列转折主句”的经典句式，在各类英语考试阅读与议论文写作中出现频率极高，具有很强的教学与迁移价值。

We should avoid trying to take on too much work and constantly staying late, just to show that you are committed.

第6段，第2句

“主句 + 动名词并列宾语 + 不定式目的状语 + 宾语从句”属于四六级与考研阅读和写作中的高频典型句式，掌握后迁移价值极高。

W: Yeah, it's better to make sure you are putting in quality time instead of just a large quantity of time.

第8段，第1句

It is better to do sth ... 句型及 make sure 后接省略 that 的宾语从句在英语听力和阅读中极具代表性，掌握后可高频复用。

Should you try and go beyond your normal responsibilities and offer to help people with their projects?

第9段，第2句

"Should you do A and do B" 是日常交流与考试写作中极具代表性的建议询问句式，对于培养疑问句倒装感知力具有较高的复用价值。

W: Extend your assistance to those who need it, but only as long as your own work will not go unattended.

第10段，第1句

"祈使句 + 关系词定语从句 + 复合连词条件从句"是各类考试长难句中十分常见的说理句型，具备极高的迁移价值。

M: But it goes without saying that you shouldn't act like a know-it-all, otherwise you'll appear arrogant.

第11段，第1句

"It goes without saying that..." 与 "...otherwise..." 均属于四六级及考研写作与阅读中极高频、极具迁移价值的典型句式。

What does the woman advise people to do in their work?

第3题题干

特殊疑问词加上助动词倒装、动词带宾语及不定式补足语的结构在各类英语考试的听力与阅读题干中高频出现，具有极高代表性。

From what I recall, the presentation consists of five parts, not including the introduction and conclusion.

第1段，第2句

“介词 + 连接词从句”作依据状语配合主句及后置分词补充说明，是四六级与考研英语阅读及写作中非常经典且高频的句式结构。

In this way, we can both discuss the part of the project that we devoted most of our time to.

第3段，第2句

句首状语 + 情态动词 + 介词后置定语从句的组合在各类阅读真题中频繁出现，具有很高的模式识别与迁移训练价值。

I appreciate the rigorous work ethic you applied to the research, but not the sarcasm that comes up every time I mention it.

第5段，第5句

句中“A, but not B”的对比结构、省略关系代词的定语从句以及“every time”引导状语从句均属于四六级与考研真题中的高频典型句式，掌握后具有极高的迁移复用价值。

What do you think would be a fair arrangement?

第5段，第6句

“What do you think ...”是英语口语、写作及各类考试听力阅读中高频出现的典型句式，掌握其结构拆解方法具有极高的迁移复用价值。

But as I struggled a bit with the statistics in the results section, how about you handling that?

第6段，第4句

“How about doing sth.” / “How about sb. doing sth.”是英语口语与书面交流中高频出现的提议句式，结合从属从句提供背景的结构在各类阅读与写作中高度通用。

M: I will take responsibility for the conclusion and put you in charge of the introduction.

第8段，第1句

采用了 "will do A and do B" 并列谓语以及 "take responsibility for"、"put sb in charge of" 高频固定搭配，是职场与对话中极具代表性的高频常考句式。

This will make it so that we alternate presenting, so as to avoid sounding monotonous to the audience.

第8段，第2句

"make it so that..."以及"so as to do"均为四六级与考研真题中极高频出现的经典句式，具有很强的方法迁移价值。

What does the woman say they first need to do?

第5题 题干

该句型是听力测试与日常阅读中极常见的“疑问主句 + 宾语从句”结构，掌握其拆解逻辑对提升复杂疑问句理解能力极具代表性。

Why does the man refuse to handle the background part?

第6题 题干

"Why does + 主语 + 动词原形 + 不定式短语"是高频基础句型，具有很强的可迁移性。

He wants to devote his time to other portions.

第6题，A

"主语 + 谓语 + 不定式短语作宾语"是极高频的基础句型，搭配习惯表达迁移价值较高。

What does the woman urge the man to stop doing?

第7题 题干

"What does sb urge sb to do?"是各类英语听力和阅读理解中极具代表性的高频提问句式，掌握其特殊疑问句倒装与非谓语补足语结构具有极高的迁移复用价值。

Why does the man suggest he present the conclusion and the woman do the introduction?

第8题 题干

“表示建议/要求/命令的动词 + 宾语从句使用虚拟语气 (should省略)” 是四六级及考研英语高频考查的典型句式。

According to new research from the University of Stirling in Scotland, although both men and women perceive women who wear makeup as being of a higher status, men associate makeup with prestigious, positive qualities, while women view other women wearing makeup as being dominant and a potential threat.

第1段，第2句

“句首状语 + 让步从句 + 主句 + 对比从句”的结构在学术研讨与真题阅读中极具代表性，掌握此类句式逻辑拆解可高度迁移。

The research showed that men and women both rated the faces with cosmetics as being more attractive, but only women rated made-up faces as being more dominant, while only men rated made-up faces as being higher in prestige.

第2段，第1句

句式呈现典型的学术研究结论汇报模式 ("showed that ... but ..., while ...")，是四六级及考研阅读与写作中的高频优质样板。

Women rating women with makeup said they would be more jealous of them and thought they would be more attractive to men than their non-makeup wearing counterparts.

第3段，第2句

“主语 + 分词修饰 + 动词 + 省略 that 的宾语从句 + 比较级”是四六级与考研阅读真题中最典型的复杂句式之一，掌握后具有极高的迁移复用价值。

Cosmetic products are good for more than just giving you a pretty face.

第4段，第1句

“be good for + 动名词”以及“more than just”属于四六级与考研阅读中的高频句式，具有较高的复用与迁移价值。

At a job interview, knowing whether the hiring committee will consist of men or women might influence a female candidate's decision about wearing makeup.

第4段，第3句

本句覆盖了动名词短语作主语、名词性从句作动名词宾语、情态动词作谓语以及介词短语作后置定语和状语等多种典型成分，非常适合用来训练长主语切分与主干识别能力。

Whether the interviewers will view her as attractive, dominant and prestigious can affect the interviewers' actions and perhaps the outcome of the interview itself.

第4段，第4句

句首用 "Whether" 引导主语从句是英语四六级与考研真题中的高频常考句型，具有极高的示范性与迁移复用价值。

What can makeup do according to new research from the University of Stirling in Scotland?

第9题题干

句型 "What can ... do according to ..." 是各类英语考试阅读理解与听力材料中非常标准且高频的提问句式，代表性极强。

How did both men and women rate the faces with cosmetics in the new research?

第10题题干

"疑问副词 + 助动词前置 + 后置介词短语修饰"的结构在各类英语阅读与听力理解试题的题干中极为常见，具有很强的代表性。

No wonder people hope to make changes without it.

第1段，第6句

"No wonder + 句子" 是英语口语与写作中的高频典型表达，掌握其省缩结构与主干划分具有较强的迁移价值。

I define willpower as "using only the thought of your motivators to control your actions."

第2段，第1句

"动词 + 宾语 + as + 动名词短语/名词" 属于各类英语考试中高频出现的定义型句式，具有很强的语法迁移复用价值。

So, amazingly enough, willpower begins with a thought—a bright idea—some way to improve your life or contribute to others.

第3段，第1句

采用“主干 + 破折号同位语解释 + 不定式后置修饰”的结构，是四六级与考研英语阅读中极为常见的观点阐述句型，具有很高的迁移价值。

Whether you call it a motivator, a burning goal, or a bright idea, this idea is the force behind your willpower.

第4段，第2句

句首 "Whether... or..." 引导让步状语从句配合主句的结构在各类英语考试阅读中频繁出现，属于高度典型、迁移价值极高的高频常考句型。

What sort of bright ideas—motivators—make for effective willpower?

第5段，第1句

采用“疑问词作主语修饰语 + 插入语 + 谓语短语 + 宾语”的疑问句式，在真题阅读的引言或提问段落中较为常见，具有良好的迁移练习价值。

In fact, any goal that you value strongly counts.

第5段，第2句

"名词 + that 引导的定语从句 + 主句谓语" 是四六级与考研英语阅读中极为常见的主谓分隔句式，具有很高的迁移训练价值。

What does the speaker define willpower as?

第13题 题干

该句型在英语阅读理解与听力试题的题干中极具代表性，掌握“疑问词 + 助动词 + 主语 + 动词 + 宾语 + 介词”的结构规律可大量复用。

It equips us with an expert skill.

第14题，A

采用高频的“动词 + 宾语 + 介词短语”谓语搭配结构，是英语书面表达中高度典型的常用句型。

What does the speaker say may make for effective willpower?

第15题 题干

此句式是四六级及考研英语阅读理解题干中极为高频的典型句型（如 "What does the author think..."），掌握后迁移复用价值极高。

For many pregnant women, understanding what seafood is safe and healthy and what should be avoided because of mercury concerns comes with a lot of worrying.

第1段，第1句

“长主语 + 从句嵌套 + 延后谓语”是四六级与考研英语长难句中极具代表性的常考结构，分析经验可高度复用。

In part, that's because the federal government's advice on the matter, first issued in 2004, has long been criticized as vague.

第1段，第2句

"That's because ..." 是四六级与考研阅读中极高频的因果归因句式，且从句常叠加后置定语修饰主语，具有极高的代表性与复用价值。

That guidance has included advice on how much seafood to eat, and which species pregnant and breastfeeding women should avoid over concerns about mercury contamination.

第1段，第3句

本句涵盖了现在完成时、情态动词、宾语从句中宾语前置（which species）以及介词短语作原因状语等多种经典语法点，非常适合用于练习非前置主语的从句成分划分。

According to a spokesman for the Food and Drug Administration, or FDA for short, the agency analyzed fish consumption data from more than 1,000 pregnant women in the US and found that 21 per cent of them ate no fish whatsoever in the previous month.

第2段，第2句

该句呈现了考研与四六级阅读中非常常见的“引用权威来源 + 机构做研究/发现 + 引导词带出数据结论”典型句式，迁移复用价值较高。

And those who did eat fish consumed far less than recommended by the dietary guidelines.

第2段，第3句

“代词 + 定语从句 + 谓语 + 比较级 + than + 分词省略”是各类英语考试真题中极为高频且典型的复杂比较句式，具有很强的范式迁移价值。

This week the FDA issued an update to the advice, listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid.

第3段，第1句

“主句 + 分词短语补充说明 + 定语从句修饰名词”是四六级与考研阅读中最典型的高频长难句句型之一，极具迁移教学价值。

The goal is to make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets.

第3段，第2句

句中使用形式宾语引导真正宾语的结构在四六级与考研真题中出现频率极高，属于高度典型且可大量迁移的必考句式。

The new advice recommends consumers choose a variety of fish to eat, and it comes with an easy-to-understand illustration of what an appropriate portion size should be—four ounces for an adult and two ounces for children aged four to seven.

第3段，第3句

该句型采用“主句1 + and + 主句2 + 介词从句 + 举例说明”的结构，属于四六级与考研阅读中科普、指南类文章极为常见的典型句式。

And while expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico, now there are three new species on the list of what to avoid.

第4段，第1句

句型展现了阅读理解中常见的“while 让步背景 + 主句新信息”的典型转折层进结构，属于四六级与考研真题中的常考句式。

But not everyone is thrilled with the new advice.

第4段，第2句

包含“转折词 + 否定主语 + 被动谓语 + 介词短语”的标准结构，在四六级和考研阅读中极其常见，具有较高的通用复用价值。

While mercury is of great concern when people are talking about pregnant women and seafood, it's not the only factor contributing to anxiety.

第4段，第4句

由 "While" 引导的让步状语从句后接主句的结构在四六级与考研阅读中极具代表性，属于立论与转折表达的高频常考句式。

The FDA maintains that its final consumption recommendations were based on thorough scientific analysis.

第5段，第1句

“名词主语 + 观点动词 + that 宾语从句”是学术与新闻英语中极具代表性的高频句式，迁移价值极高。

Agency spokesman Cassell says the FDA believes their recommendations will increase confidence, not uncertainty.

第5段，第2句

在新闻报道与学术英语中，“主语 + 动词 + (that) 从句 + (that) 从句”的观点转述句式极为常见，代表性极强。

What does the speaker say about the federal government's advice on seafood safety?

第16题 题干

这是标准听力与阅读理解题干中最常见的特殊疑问句结构，对培养学生快速抓取提问核心与修饰限定条件具有极高的练习复用价值。

It called on expectant mothers to pay attention to food safety.

第17题，B

句中 "call on sb. to do sth."（号召某人做某事）是考试阅读与写作中高度频现的规范句式，具有极强的代表性与可迁移性。

It listed more than sixty species of fish as "choices to avoid".

第17题，D

"list A as B" 是阅读与写作中极高频的动词搭配句式，结构规范且极具迁移复用价值。

According to the speaker, what are people concerned about regarding pregnant women and seafood?

第18题 题干

属于听力与阅读理解题干中高度典型的提问句式（"According to..., what are people concerned about..."），实用性与复用价值极高。

I know you're busy with work, but you also need to take some time off to recharge those batteries.

第1段，第1句

该句式在日常口语与考试阅读中极具代表性，其转折并列结构以及不定式表目的的搭配属于高频常考且易于迁移复用的经典句型。

First and foremost, regardless of how you use your vacation days, you need to be using them, and soon.

第1段，第4句

句首状语/让步结构 + 主句主干的句式在四六级与考研阅读中非常高频，是议论文中表达劝诫与强调观点的典型句型。

The longer you put off your time off, the worse you're making things for yourself.

第1段，第5句

“the + 比较级 ..., the + 比较级 ...”（越.....就越.....）是各类英语考试中极高频考查的比例比较句式，结构极其典范，掌握后可大量迁移复用。

One 9-year-long study published in Psychosomatic Medicine suggests not taking at least one vacation a year may increase your risk of mortality due to heart disease.

第2段，第1句

本句结构为英语学术报道和科普文章中极高频出现的句式（‘研究表明+从句’），带有典型的前后修饰成分，高度契合各类考试真题的常见句型。

Because of that, there's no perfect formula that works for everyone, but there are still a few things everyone can try to shoot for.

第3段，第2句

包含了句首状语、“there be”存现句的主谓倒置、关系代词引导的定语从句以及省略关系代词的定语从句和不定式作宾语，成分非常丰富，练习价值很高。

We know that in terms of maximizing relaxation, you should aim for vacations that range somewhere between 7 and 11 days long.

第3段，第3句

‘主句及物动词 + that 宾语从句 + 名词 + that 定语从句’是四六级与考研英语阅读中最典型、高频出现的高阶长难句结构之一，具备极高的迁移复用价值。

That gives you enough time to let go of your stress at work, completely loosen up, and achieve full-on calm.

第3段，第4句

采用了“give + 人 + 时间 + to do...”的高频句式，并展示了 A, B, and C 形式的不定式并列修饰结构，在阅读和写作中极具代表性。

That above-mentioned study also recommends you space out your vacations evenly instead of using up all of your days at once.

第4段，第1句

“主句动词 + 省略引导词的宾语从句 + 虚拟语气 + 不定式/介词短语修饰”是四六级与考研英语阅读中极其高频的典型句式。

If you have 14 days of paid leave, that's almost three separate 8-day vacations you can use to split your year into thirds.

第4段，第4句

句首 "If" 引导条件句 + 主句 "that is..." + 句末关系代词省略的定语从句，是四六级与考研英语阅读中极具代表性的高频实用句型。

As tempting as it might be to use all your days to take one long summer break, your overall goal should be to achieve the perfect balance between length plus joy and frequency.

第5段，第1句

句首倒装让步结构与 "it" 形式主语结构均为四六级及考研真题阅读与写作中的高频典型句式，掌握后具有极强的迁移复用价值。

Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to.

第5段，第2句

“主句观点 + because 引导逻辑原因从句（内含动名词主语 + 宾语从句）”是议论文与阅读理解真题中高度高频且典型的长难句剖析句式。

Planning things and the anticipation that comes with it tend to make us happier.

第5段，第3句

“并列主语 + 后置定语从句修饰 + 使役动词 + 宾语 + 比较级作宾补”是四六级与考研英语阅读中极具代表性的高频句型。

Taking more than three vacations yearly would prolong one's excitement.

第21题，C

该句展示了非常标准的“动名词短语作主语 + 情态/助动词谓语 + 名词宾语”句式，在四六级与考研英语阅读中极具代表性。

Autonomous cars that can take over from drivers if they are tired or caught in the heat of an argument are being developed in Sweden.

第1段，第1句

主语后接长定语从句隔离主谓语的结构在四六级和考研英语阅读中极具代表性，属于高频常考且分析方法可高度复用的经典句式。

Doctor Anna Anund from the Swedish National Road and Transport Research Institute, who is leading the project, said a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is.

第1段，第4句

综合来看，该句结构高度典型，成分丰富且嵌套层次清晰，是极具代表性的优质语法拆解与划成分练习材料。

She said the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way, so we can take into consideration the driver's state, and so we do not give control to a driver who is under pressure of fatigue, stress, anxiety, and so on.

第1段，第5句

综合来看，本句虽主干直观，但嵌套层级丰富、成分搭配多样且句式高度典型。作为剖析复杂从句修饰关系与训练长难句拆解能力的材料，具有极高的优先推荐价值。

According to data from the European Commission, Sweden has the safest roads in the EU, with the UK a close second.

第2段，第1句

“根据数据/来源 + 主句 + with伴随补充”是四六级与考研图表写作、新闻报道中高度典型的表达句式，复用性极强。

Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU, although there are certain times of the day when more accidents happen.

第2段，第3句

“被动主干 + 让步状语从句 + 定语从句”是四六级与考研真题阅读中极其常见的学术说明文句式，掌握其层级切分与修饰关系具有很强的迁移复用价值。

At 6:00 a.m., for example, drivers are said to be 20 times more likely to have an accident than at 10:00 a.m.

第2段，第4句

“sb. is said to do sth.”句型与“倍数 + 比较级 + than”均属于各类英语考试中高频出现的标准常考句式，具有极高的迁移学习价值。

While most experts agree driverless technology should help bring down accident numbers in the long term, some have questioned whether it is safe.

第2段，第5句

"While... , some... whether..." 结构是四六级与考研阅读中高频出现的观点对比句式，掌握该句型的分析方法具有极高的迁移复用价值。

The researchers have said the technology they are developing is seeking to bridge the gap between Level 3 on the autonomy scale, in which drivers have to be ready to take control of the car at any point, and Level 4, in which driving is automated.

第3段，第1句

综合前五维评价，本句语法现象覆盖全面，结构典型且难易适中，极度推荐作为语法成分拆解、时态语态识别以及长难句层级分析的高优先级训练材料。

Despite advances in technology, we still have some way to go in shifting public sentiment.

第4段，第2句

句首使用 "Despite..." 引入让步状语、后接 "have some way to go in doing..." 表达“在某方面仍有路要走”属于各类英语考试中的高频地道句式，高度典型且易于迁移复用。

What did the researchers' project aim to do according to Dr. Anna Anund?

第23题 题干

本句是极具代表性的阅读理解真题题干句式（以“What did ... according to ...”进行细节提问），对学生熟悉阅读理解常考提问句法具有很高的训练与复用价值。

Alleviate the driver's pressure as much as possible.

第23题，C

“动词原形 + 宾语 + as ... as possible”是极为高频且典型的英语祈使与程度表达句式，掌握后具有很强的复用性。

Record the driver's state as accurately as possible.

第23题，D

“动词原形开头 + 宾语 + as ... as possible 状语”是英语指令性表达和考试中极具代表性的基础典型句式，掌握后可高频复用到写作与阅读中。

What is thought to be responsible for a fifth of road accidents across the European Union?

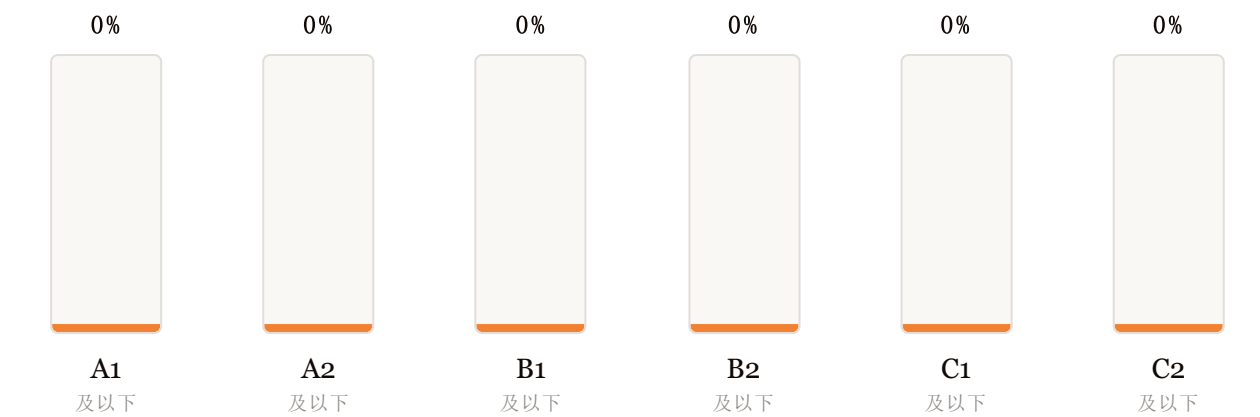
第24题 题干

该句采用的 “What is thought/said to do...” 句式在四六级及考研英语阅读中极为常见，具有很强的结构代表性与迁移价值。

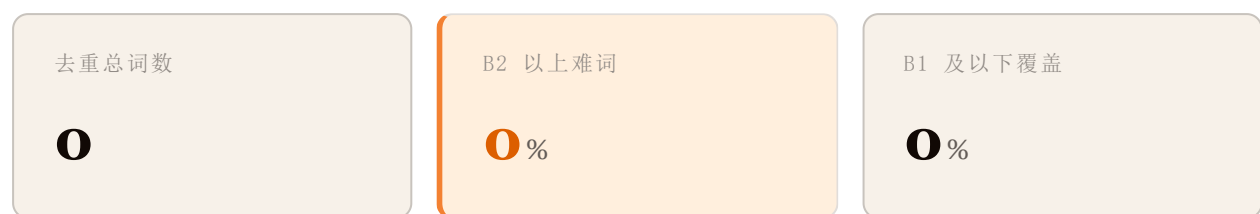
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全卷录音原文 0 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本卷共 0 个·约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全卷录音原文去重词 0 个 · 末柱为 100%



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