

考研英语二 · 英语二真题 · 2025年

Section I

Use of English

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET. (10 points)

There are many understandable reasons why you might find it difficult to ask for help when you need it. Psychologists have been interested in this 1 for decades, not least because people's widespread 2 to ask for help has led to some high-profile failures.

Asking for help takes 3. It involves communicating a need on your part—there's something you can't do. 4 you're broadcasting your own weaknesses, which can be 5. You might worry about coming across as incompetent. You might have 6 about losing control of whatever it is you're asking for help with. 7 someone starts to help, perhaps they'll take over, or get credit for your earlier efforts. Yet another 8 that you might be worried about is being a nuisance or 9 the person you go to for help.

If you struggle with low self-esteem, you might find it especially difficult to 10 for help because you have the added worry of the other person 11 your request. You might see such refusals as implying something 12 about the status of your relationship with them. To 13 these difficulties, try to remind yourself that everyone needs help sometimes. Nobody knows everything and can do everything all by themselves. And while you might 14 coming across as incompetent, there's actually research that shows that advice-seekers are 15 as more competent, not less.

Perhaps most encouraging of all is a paper from 2022 by researchers at Stanford University that involved a mix of contrived help-seeking interactions and asking people to 16 times they'd sought help in the past. The findings showed that help-seekers generally underestimate how 17 other people will be to help and how good it'll make the help-giver feel (for most people, having the chance to help someone is highly 18).

So, bear all this in mind the next time you need to ask for help. 19 take care over who you ask and when you ask them. And if someone can't help right now, avoid taking it personally. They might just be too 20, or they might not feel confident about their ability to help.

1. [A] illusion
[B] discussion
[C] tradition
[D] question
2. [A] reluctance
[B] ambition
[C] tendency
[D] enthusiasm

3. [A] attention
[B] talent
[C] courage
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4. [A] At any time
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7. [A] Once
[B] Unless
[C] Although
[D] Before
8. [A] theory
[B] choice
[C] factor
[D] context
9. [A] overpraising
[B] outperforming
[C] reassessing
[D] inconveniencing
10. [A] reach out
[B] settle down
[C] turn over
[D] look back
11. [A] declining
[B] considering
[C] criticising
[D] evaluating

12. [A] unnecessary
[B] negative
[C] strange
[D] impractical
13. [A] explain
[B] identify
[C] predict
[D] overcome
14. [A] deny
[B] forget
[C] miss
[D] fear
15. [A] disguised
[B] perceived
[C] followed
[D] introduced
16. [A] recall
[B] classify
[C] analyse
[D] compare
17. [A] brave
[B] disappointed
[C] willing
[D] hesitant
18. [A] relaxing
[B] surprising
[C] rewarding
[D] demanding
19. [A] Thus
[B] Also
[C] Finally
[D] Instead
20. [A] polite
[B] proud
[C] busy
[D] lazy

Section II

Reading Comprehension

Part A

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 1

U.S. customers historically tipped people they assumed were earning most of their income via tips, such as restaurant servers earning less than the minimum wage. In the early 2010s, a wide range of businesses started processing purchases with iPads and other digital payment systems. These systems often prompted customers to tip for services that were not previously tipped.

Today's tip requests are often not connected to the salary and service norms that used to determine when and how people tip. Customers in the past nearly always paid tips after receiving a service, such as at the conclusion of a restaurant meal, after getting a haircut or once a pizza was delivered. That timing could reward high-quality service and give workers an incentive to provide it.

It's becoming more common for tips to be requested beforehand. And new tipping technology may even automatically add tips.

The prevalence of digital payment devices has made it easier to ask customers for a tip. That helps explain why tip requests are creeping into new kinds of services. Customers now routinely see menus of suggested default options—often well above 20% of what they owe. The amounts have risen from 10% or less in the 1950s to 15% around the year 2000 to 20% or higher today. This increase is sometimes called tipflation—the expectation of ever-higher tip amounts.

Tipping has always been a vital source of income for workers in historically tipped services, like restaurants, where the tipped minimum wage can be as low as US\$2.13 an hour. Tip creep and tipflation are now further supplementing the income of many low-wage service workers.

Notably, tipping primarily benefits some of these workers, such as waiters, but not others, such as cooks and dishwashers. To ensure that all employees were paid fair wages, some restaurants banned tipping and increased prices, but this movement toward no-tipping services has largely fizzled out.

So, to increase employee wages without raising prices, more employers are succumbing to the temptations of tip creep and tipflation. However, many customers are frustrated because they feel they are being asked for too high of a tip, too often. And, as our research emphasizes, tipping now seems to be more coercive, less generous and often completely dissociated from service quality.

21. According to Paragraph 1, the practice of tipping in the U.S. _____.

- [A] was regarded as a sign of generosity
- [B] was considered essential for waiters
- [C] was a way of rewarding diligence
- [D] was optional in most businesses

22. Compared with tips in the past, today's tips _____.
[A] are paid much less frequently
[B] are less often requested in advance
[C] have less to do with service quality
[D] contribute less to workers' income
23. Tip requests are creeping into new kinds of services as a result of _____.
[A] the advancement of technology
[B] the desire for income increase
[C] the diversification of business
[D] the emergence of tipflation
24. The movement toward no-tipping services was intended to _____.
[A] promote consumption
[B] enrich income sources
[C] maintain reasonable prices
[D] guarantee income fairness
25. It can be learned from the last paragraph that tipping _____.
[A] is becoming a burden for customers
[B] helps encourage quality service
[C] is vital to business development
[D] reflects the need to reduce prices

Text 2

When it was established, the National Health Service (NHS) was visionary: offering high-quality, timely care to meet the dominant needs of the population it served. Nearly 75 years on, with the UK facing very different health challenges, it is clear that model is out of date.

From life expectancy to cancer and infant mortality rates, we are lagging behind many of our peers. With more than 6.8 million on waitlists, healthcare is becoming increasingly inaccessible for those who cannot opt to pay for private treatment; and the cost of providing healthcare is increasingly squeezing out investment in other public services. As demand for healthcare continues to grow, pressures on the workforce—which is already near breaking point—will only become more acute.

Many of the answers to the crisis in health and care are well rehearsed. We need to be much better at reducing and diverting demand on health services, rather than simply managing it. Much more needs to be invested in communities and primary care to reduce our reliance on hospitals. And capacity in social care needs to be greater, to support the growing number of people living with long-term conditions.

Yet despite two decades of strategies and a number of major health reforms, we have failed to make meaningful progress on any of these aims. That is why the Reform think tank is launching a new programme of work entitled "Reimagining health", supported by ten former health ministers. Together, we are calling for a much more open and honest conversation about the future of health in the UK, and an "urgent rethink" of the hospital-centric model we retain.

This must begin with the question of how we maximise the health of the nation, rather than "fix" the NHS. It is estimated, for example, that healthcare accounts for only about 20% of health outcomes. Much more important are the places we live, work and socialise—yet there is no clear cross-government strategy for improving these social determinants of health. Worse, when policies like the national obesity strategy are scrapped, taxpayers are left with the heavy price tag of treating the illnesses, like diabetes, that result.

Reform wants to ask how power and resources should be distributed in our health system. What health functions should remain at the centre, and what should be given to local leaders, often responsible for services that create health, and with a much better understanding of the needs of their populations?

26. According to the first two paragraphs, the NHS _____.

- [A] is troubled by funding deficiencies
- [B] can hardly satisfy people's needs
- [C] can barely retain its current employees
- [D] is rivalled by private medical services

27. One answer to the crisis in health and care is to _____.

- [A] boost the efficiency of hospitals
- [B] lighten the burden on social care
- [C] increase resources for primary care
- [D] reduce the pressure on communities

28. "Reimagining health" is aimed to _____.

- [A] reinforce hospital management
- [B] readjust healthcare regulations
- [C] restructure the health system
- [D] resume suspended health reforms

29. To maximise the nation's health, the author suggests _____.

- [A] introducing relevant taxation policies
- [B] paying due attention to social factors
- [C] reevaluating major health outcomes
- [D] enhancing the quality of healthcare

30. It can be inferred that local leaders should _____.

- [A] exercise their power more reasonably
- [B] develop a stronger sense of responsibility
- [C] play a bigger role in the health system
- [D] understand people's health needs better

Text 3

Heat action plans, or HAPs, have been proliferating in India in the past few years. In general, an HAP spells out when and how officials should issue heat warnings and alert hospitals and other institutions. Nagpur's plan, for instance, calls for hospitals to set aside "cold wards" in the summer for treating heatstroke patients, and advises builders to give construction laborers a break from work on very hot days.

But implementation of existing HAPs has been uneven, according to a report from the Centre for Policy Research. Many lack adequate funding, it found. And their triggering thresholds often are not customized to the local climate. In some areas, high daytime temperatures alone might serve as an adequate trigger for alerts. But in other places, nighttime temperatures or humidity might be as important a gauge of risk as daytime highs.

Mumbai's April heatstroke deaths highlighted the need for more nuanced and localized warnings, researchers say. That day's high temperature of roughly 36°C was 1°C shy of the heat wave alert threshold for coastal cities set by national meteorological authorities. But the effects of the heat were amplified by humidity—an often neglected factor in heat alert systems—and the lack of shade at the late-morning outdoor ceremony.

To help improve HAPs, urban planner Rajashree Kotharkar's team is working on a model plan that outlines best practices and could be adapted to local conditions. Among other things, she says, all cities should create a vulnerability map to help focus responses on the populations most at risk.

Such mapping doesn't need to be complex, Kotharkar says. "A useful map can be created by looking at even a few key parameters." For example, neighborhoods with a large elderly population or informal dwellings that cope poorly with heat could get special warnings or be bolstered with cooling centers. The Nagpur project has already created a risk and vulnerability map, which enabled Kotharkar to tell officials which neighborhoods to focus on in the event of a heat wave this summer.

HAPs shouldn't just include short-term emergency responses, researchers say, but also recommend medium- to long-term measures that could make communities cooler. In Nagpur, for example, Kotharkar's team has been able to advise city officials about where to plant trees to provide shade. HAPs could also guide efforts to retrofit homes or modify building regulations. "Reducing deaths in an emergency is a good target to have, but it's the lowest target," says climate researcher Chandni Singh.

31. According to Paragraph 1, Nagpur's plan proposes measures to _____.

- ☐ [A] tackle extreme weather
- ☐ [B] ensure construction quality
- ☐ [C] monitor emergency warnings
- ☐ [D] address excessive workloads

32. One problem with existing HAPs is that they _____.

- ☐ [A] prove too costly to be implemented
- ☐ [B] lack localized alert-issuing criteria
- ☐ [C] give delayed responses to heat waves
- ☐ [D] keep hospitals under great pressure

33. Mumbai's case shows that India's heat alert systems need to _____.

- ☐ [A] include other factors besides temperature
- ☐ [B] take subtle weather changes into account
- ☐ [C] prioritize potentially disastrous heat waves
- ☐ [D] draw further support from local authorities

34. Kotharkar holds that a vulnerability map can help _____.
- [A] prevent the harm of high humidity
 - [B] target areas needing special attention
 - [C] expand the Nagpur project's coverage
 - [D] make relief plans for heat-stricken people
35. According to the last paragraph, researchers believe that HAPs should _____.
- [A] focus more on heatstroke treatment
 - [B] apply for more government grants
 - [C] invite wider public participation
 - [D] serve a broader range of purposes

Text 4

Navigating beyond the organised pavements and parks of our urban spaces, desire paths are the unofficial footprints of a community, revealing the unspoken preferences, shared shortcuts and collective choices of humans. Often appearing as trodden dirt tracks through otherwise neat green spaces, these routes of collective disobedience cut corners, bisect lawns and cross hills, representing the natural capability of people (and animals) to go from point A to point B most effectively.

Urban planners interpret desire paths as more than just convenient shortcuts; they offer valuable insights into the dynamics between planning and behaviour. Ohio State University allowed its students to navigate the Oval, a lawn in the centre of campus, freely, then proceeded to pave the desire paths, creating a web of effective routes students had established.

Yet, reluctance persists among other planners to integrate desire paths into formal plans, citing concerns about safety, environmental impact, or primarily, aesthetics. A Reddit webpage devoted to the phenomenon, boasting nearly 50,000 members, showcases images of local desire paths adorned with signs instructing pedestrians to adhere to designated walkways, underscoring the rebellious nature inherent in these human-made tracks. This clash highlights an ongoing struggle between the organic, user-driven evolution of public spaces and the desire for a visually curated and controlled urban environment.

The Wickquasgeck Trail is an example of a historical desire path, created by Native Americans to cross the forests of Manhattan and move between settlements quickly. This trail, when Dutch colonists arrived, was widened and made into one of the main trade roads across the island, known at the time as de Heere Straat, or Gentlemen's Street. Following the British assumption of control in New York, the street was renamed Broadway. Notably, Broadway stands out as one of the few areas in NYC that defies the grid-based system applied to the rest of the city, cutting a diagonal across parts of the city.

In online spaces, desire paths have sparked a fascination that can approach obsession, with the Reddit page serving as a hub. Contributors offer a wide array of stories, from little-known new shortcuts to long-established alternate routes.

Animal desire paths, such as ducks forging trails through frozen ponds or dogs carving direct routes in gardens, highlight the adaptability of these trails in both human and animal experiences. As desire paths criss-cross through both physical and virtual landscapes, they stand as a proof of the collective insistence on forging unconventional routes and embracing the spirit of communal choice.

36. According to Paragraph 1, desire paths are a result of _____.
[A] the curiosity to explore surrounding hills
[B] the necessity to preserve green spaces
[C] the tendency to pursue convenience
[D] the wish to find comfort in solitude
37. It can be inferred that Ohio State University _____.
[A] intends to improve its desire paths
[B] leads in the research on desire paths
[C] guides the creation of its desire paths
[D] takes a positive view of desire paths
38. The images on the Reddit webpage reflect _____.
[A] conflicting opinions on the use of desire paths
[B] the call to upgrade the designing of public spaces
[C] the demand for proper planning of desire paths
[D] growing concerns over the loss of public spaces
39. The example of the Wickquasgeck Trail illustrates _____.
[A] the growth of New York City
[B] the Dutch origin of desire paths
[C] the importance of urban planning
[D] the recognition of desire paths
40. It can be learned from the last paragraph that desire paths _____.
[A] reveal humans' deep respect for nature
[B] are crucial to humans' mental wellbeing
[C] are a human imitation of animal behaviour
[D] show a shared trait in humans and animals

Part B

Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A-G for each of the numbered paragraphs (41-45). There are two extra subheadings which you do not need to use. Mark your answers on the **ANSWER SHEET**. (10 points)

Five Steps to Suggesting a Change at Work

That'll Actually Get Taken Seriously

Everyone wants to be that person—the one who looks at the same information as everyone else, but who sees a fresh, innovative solution. However, it takes more than simply having a good idea. How you share it is as important as the suggestion itself. Why? Because writing a new script—literally or figuratively—means that other team members will have to adapt to something new. Not to mention, if the process you're scrapping is one someone else suggested, there's the possibility of hurt feelings. To gain buy-in on an innovative, new idea, follow these steps:

(41)_____

Great ideas don't stand alone. In other words, you can't mention your suggestion once and expect it to be adopted. To see a change, you'll need to champion your plan and sell its merits. In addition, you need to be willing to stand up to scrutiny and criticism and be prepared to explain your innovation in different ways for various audiences.

(42)_____

Sometimes it makes sense to go to your boss first. But other times, it's useful to build a coalition among your co-workers or other stakeholders. When it works, it works great—because you're ready for your stubborn supervisor's pushback with answers like, "Actually, I connected with a few people in our tech department to discuss how much time these kinds of website updates would take, and they suggested they have the bandwidth."

(43)_____

One of the biggest barriers to gaining buy-in occurs when the owner of an idea is viewed as argumentative, defensive, or close-minded. Because, let's be honest: No one likes a know-it-all. So, if people disagree with you, don't be indignant. Instead, listen to their concerns fully, try to understand their perspective, and include their concerns (and possible remedies) in future discussions. So, instead of saying, "Martha, our current slogan is confusing and should be updated," you could try, "Martha raises a great point that our current slogan has a long history for our stakeholders, but I wonder if we might be able to brainstorm a tagline that could build on that—and be clearer for new customers."

(44)_____

New ideas are the grandchildren of old ones. In other words, don't throw old solutions under the bus to make your improvement stand out. Remember that in light of whatever the problem the old system solved—or, maybe, has failed to solve in recent memory—it was a great idea at the time. Appreciating the older contributions as you suggest future innovations helps bolster the credibility of your idea.

(45)_____

When pitching a new idea, it's important to use the language of abundance instead of the language of deficit. Instead of saying what is wrong, broken, or suboptimal, talk about what is right, fixable, or ideal. For example, try, "I can see lots of applications for this new approach" rather than, "This innovation is the only way." Be optimistic but realistic, and you will stand out.

- [A] Stay positive.
- [B] Respect the past.
- [C] Use channels.
- [D] Give it time.
- [E] Invite resistance.
- [F] Be a salesman.
- [G] Be humble.

Section III

Translation

46. Directions:

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

You know the moment—the conversation slows, then there's a pause. It's awkward, and so awkward that some people will panic and say anything. Do we all find such silences so stressful?

Researchers analysed the frequency and impact of gaps greater than 2 seconds during conversations, including an overview of previous studies which indicate that the fear of awkward silences can be so extreme that people avoid talking to strangers, even though doing so is likely to be an enjoyable experience.

During conversations with short gaps, people feel more connected to their conversation partners. But such feelings of connection markedly dip when entering a long gap. Long gaps between strangers are likely to be followed by a change in topic.

But the opposite seems to be true for conversations between friends. Long gaps there saw increased connection. Between friends, longer gaps seem to provide natural moments for reflection and expression.

Section IV

Writing

Part A

47. Directions:

Suppose you are planning a short play based on a classic Chinese novel. Write your friend John an email to

- 1) introduce the play, and
- 2) invite him to take part in it.

Write your answer in about 100 words on the ANSWER SHEET.

Do not use your own name in your email; Use “Li Ming” instead. (10 points)

Part B

48. Directions:

Write an essay based on the chart below. In your essay, you should

- 1) describe and interpret the chart, and
- 2) give your comments.

Write your answer in about 150 words on the ANSWER SHEET. (15 points)

2025年 考研英语二完形填空（四选一）· 1-20 空答案与解析

CLOZE & ANALYSIS • 完形题和解析

完形填空题和解析 · 1-20 空

本页 1-20 空的正确选项与逐空解析由懒笔记基于2025年 考研英语二完形填空（四选一）原卷逐空核对整理。与试卷排版同一卷面：Directions、5 段带空原文（每段之后紧随中文翻译）与每空四选项连续排印；卷面下方逐空紧跟解析——正确选项、原文填空线索、四选项逐个辨析（正确项契合点 + 错项错因与差别），以及代入验证。

英语二真题(2025)

Section I

Directions:

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There are many understandable reasons why you might find it difficult to ask for help when you need it. Psychologists have been interested in this 1 for decades, not least because people's widespread 2 to ask for help has led to some high-profile failures.

当你需要帮助时却发现难以开口求助，这有许多可以理解的原因。几十年来，心理学家一直对这个问题很感兴趣，尤其是因为人们普遍不愿求助已经导致了一些备受瞩目的失败案例。

Asking for help takes 3. It involves communicating a need on your part—there's something you can't do. 4 you're broadcasting your own weaknesses, which can be 5. You might worry about coming across as incompetent. You might have 6 about losing control of whatever it is you're asking for help with. 7 someone starts to help, perhaps they'll take over, or get credit for your earlier efforts. Yet another 8 that you might be worried about is being a nuisance or 9 the person you go to for help.

寻求帮助需要勇气。这涉及到传达你自身的需求——有些事情你做不到。换句话说，你在暴露自己的弱点，这可能会让人不舒服。你可能会担心给人留下无能的印象。你可能会担心失去对所求助事项的控制权。一旦有人开始帮忙，也许他们会接管一切，或者把你之前的努力归功于自己。你可能担心的另一个因素是给你求助的人添麻烦或带来不便。

If you struggle with low self-esteem, you might find it especially difficult to 10 for help because you have the added worry of the other person 11 your request. You might see such refusals as implying something 12 about the status of your relationship with them. To 13 these difficulties, try to remind yourself that everyone needs help sometimes. Nobody knows everything and can do everything all by themselves. And while you might 14 coming across as incompetent, there's actually research that shows that advice-seekers are 15 as more competent, not less.

如果你在自尊心低落方面有困扰，你可能会发现寻求帮助特别困难，因为你还要额外担心对方会拒绝你的请求。你可能会将这种拒绝视为暗示你与他们的关系存在某种负面问题。为了克服这些困难，试着提醒自己每

个人有时都需要帮助。没有人无所不知、无所不能。虽然你可能担心给人留下无能的印象,但实际上有研究表明,寻求建议的人被认为更有能力,而非更无能。

Perhaps most encouraging of all is a paper from 2022 by researchers at Stanford University that involved a mix of contrived help-seeking interactions and asking people to 16 times they'd sought help in the past. The findings showed that help-seekers generally underestimate how 17 other people will be to help and how good it'll make the help-giver feel (for most people, having the chance to help someone is highly 18).

也许最令人鼓舞的是Stanford University研究人员2022年发表的一篇论文,该研究结合了精心设计的求助互动和让人们回忆过去求助经历的方式。研究结果显示,求助者通常会低估他人愿意提供帮助的程度,以及这会让帮助者感觉有多好(对大多数人来说,有机会帮助他人是非常有价值的回报)。

So, bear all this in mind the next time you need to ask for help. 19 take care over who you ask and when you ask them. And if someone can't help right now, avoid taking it personally. They might just be too 20 , or they might not feel confident about their ability to help.

因此,下次你需要寻求帮助时,请记住所有这些。同时要注意你向谁求助以及何时求助。如果有人现在无法提供帮助,不要往心里去。他们可能只是太忙了,或者他们可能对自己提供帮助的能力不够自信。

1. [A] illusion
[B] discussion
[C] tradition
[D] question
2. [A] reluctance
[B] ambition
[C] tendency
[D] enthusiasm
3. [A] attention
[B] talent
[C] courage
[D] patience
4. [A] At any time
[B] In other words
[C] By all means
[D] On the contrary
5. [A] unrealistic
[B] deceptive
[C] tiresome
[D] uncomfortable

6. [A] doubts
[B] concerns
[C] suggestions
[D] secrets
7. [A] Once
[B] Unless
[C] Although
[D] Before
8. [A] theory
[B] choice
[C] factor
[D] context
9. [A] overpraising
[B] outperforming
[C] reassessing
[D] inconveniencing
10. [A] reach out
[B] settle down
[C] turn over
[D] look back
11. [A] declining
[B] considering
[C] criticising
[D] evaluating
12. [A] unnecessary
[B] negative
[C] strange
[D] impractical
13. [A] explain
[B] identify
[C] predict
[D] overcome
14. [A] deny
[B] forget
[C] miss
[D] fear

15. [A] disguised
[B] perceived
[C] followed
[D] introduced
16. [A] recall
[B] classify
[C] analyse
[D] compare
17. [A] brave
[B] disappointed
[C] willing
[D] hesitant
18. [A] relaxing
[B] surprising
[C] rewarding
[D] demanding
19. [A] Thus
[B] Also
[C] Finally
[D] Instead
20. [A] polite
[B] proud
[C] busy
[D] lazy

1. ____

【答案】 [D] question 词义辨析

【线索】 this 回指 "求助难" 这个值得研究的议题

线索就在前一句 There are many understandable reasons why you might find it difficult to ask for help when you need it.: 作者把 "开口求助难" 当成一个值得心理学家研究几十年的现象/问题。指向答案应具备 "可供长期研究的议题/问题" 这一语义特征。

【选项】 A) illusion X 义偏 "错觉", 与所指不符

illusion 意为 "错觉、幻想", 但前句说的是 "求助难" 这件真实存在的现象, 不是幻觉。

B) discussion X 义偏 "讨论", 与研究对象不符

discussion 是 "讨论", 心理学家研究的是现象本身, 不是研究 "一场讨论"。

C) tradition X 义偏 "传统", 对象错位

tradition 指文化习俗, 而 "难以求助" 是心理现象, 不是传统。

D) question ✓ "议题/问题" 与回指对象完全对位

question 在此可作 "问题、议题" 解, 正好概括 "为什么人们难以开口求助" 这个被研究数十年的议题, 与 Psychologists have been interested in this __ (1) __ for decades 完美对位。

【验证】 代回后整句意为 Psychologists have been interested in this __ (1) __ for decades——心理学家几十年来对 "这个问题" 一直感兴趣, 承接前句对 "求助难" 现象的提出, 与全文 "提出现象→展开分析" 的走向自洽。

2. ____

【答案】 [A] reluctance 词义辨析

【线索】 求助难、且导致 high-profile failures, 方向负面

前句 There are many understandable reasons why you might find it difficult to ask for help 已经定性 "难以求助"; 本句又说 people's widespread __(2)__ to ask for help has led to some high-profile failures, 明确这种倾向引发了重大失败。线索指向 "不愿/抗拒求助" 这一负面倾向。

【选项】 A) reluctance ✓ "不情愿" 精准对应 "求助难"

reluctance 意为 "不情愿、勉强", 与上文 find it difficult to ask for help 的负面倾向完全一致, 且能合理引发 high-profile failures。

B) ambition X "雄心" 极性正向, 方向反

ambition 是正向词, "对求助有雄心" 既不通顺也违反上下文负面定调。

C) tendency X 中性 "倾向", 但与 to ask for help 搭配后方向反

tendency 本身中性, 但 tendency to ask for help 表示 "倾向于求助", 与原文 "难以求助" 方向相反, 最具迷惑性。

D) enthusiasm X "热情" 极性正向, 方向反

enthusiasm 表正向情绪, "对求助充满热情" 与上文相反。

【验证】 代入后 people's widespread __(2)__ to ask for help has led to some high-profile failures 意为 "人们普遍不愿求助导致了一些重大失败", 承接首句对现象的提出, 与全文 "求助难" 的总基调高度自治。

3. ____

【答案】 [C] courage 词义辨析

【线索】 下文讲暴露弱点、怕显得无能

话题句 Asking for help takes __(3)__. 之后紧跟 It involves communicating a need on your part—there's something you can't do. 和 you're broadcasting your own weaknesses, which can be __(5)__.——求助意味着暴露弱点、承认自己做不到，这是需要克服心理障碍才能做到的事。线索指向 "勇气" 这一品质。

【选项】 A) attention X "注意力" 与暴露弱点无关

attention 指 "注意力"，求助并不主要消耗注意力，与下文解释脱钩。

B) talent X "天赋" 与心理障碍无关

talent 是天赋才能，求助不是依靠天赋的能力。

C) courage ✓ "勇气" 与暴露弱点正相关

courage 与下文 you're broadcasting your own weaknesses 形成因果——正因为要公开弱点，才需要勇气；这是英语中 "It takes courage to do sth." 的经典搭配。

D) patience X "耐心" 与瞬时心理障碍不符

patience 指耐心，强调长期等待，与求助的 "开口瞬间的心理门槛" 不匹配。

【验证】 代入后整段逻辑通畅：Asking for help takes __(3)__. 求助需要勇气，因为它会让你暴露弱点、显得无能，这正是第 2 段后续展开的核心。

4. ____

【答案】 [B] In other words 逻辑关系

【线索】 前后两句是同义改写关系

前句 It involves communicating a need on your part—there's something you can't do. 说求助等于承认自己有做不到的事；本句 __ (4) __ you're broadcasting your own weaknesses 进一步把 "承认做不到" 换成 "广而告之自己的弱点"——同一事实换种说法。

【选项】 A) At any time X 时间义、与逻辑关系无关

At any time 表 "任何时候", 是时间状语, 与两句的同义改写关系无关。

B) In other words ✓ "换句话说" 精准对应同义复述

In other words 表 "换句话说", 正好引出对前句的同义改写: 把 "承认有做不到的事" 重述为 "广播自己的弱点"。

C) By all means X "务必" 语义错位

By all means 意为 "务必、当然可以", 常用于回应请求, 不能引出同义复述。

D) On the contrary X "恰恰相反", 方向反

On the contrary 表转折, 但前后两句并无对立, 是同义而非反义。

【验证】 代入后 __ (4) __ you're broadcasting your own weaknesses, which can be __ (5) __. 衔接自然——"换句话说, 你是在广播自己的弱点", 与作者 "层层解释为什么求助难" 的脉络一致。

5. ____

【答案】 [D] uncomfortable 词义辨析

【线索】 暴露弱点带来心理不适

you're broadcasting your own weaknesses, which can be __(5)__. 中 which 指 "广播自己的弱点", 后文 You might worry about coming across as incompetent. 进一步描述这种心理负担。线索指向 "令人不舒服"。

【选项】 A) unrealistic X "不切实际"、对象错位

unrealistic 形容想法不切实际, 而原文说的是真实暴露的弱点, 不是空想。

B) deceptive X "欺骗性", 对象错位

deceptive 表 "具有欺骗性", 暴露弱点恰恰是真实的, 并非欺骗。

C) tiresome X "令人厌烦", 重心偏疲倦感

tiresome 强调 "使人厌倦", 与下文 "担心显得无能" 的心理不适方向不同。

D) uncomfortable ✓ "令人不适" 与心理负担吻合

uncomfortable 表 "令人不舒服的、不安的", 与紧接其后的 You might worry about coming across as incompetent. 形成自然衔接。

【验证】 代入后 you're broadcasting your own weaknesses, which can be __(5)__. 表达 "暴露弱点可能让人感到不适", 与下文一系列担忧形成总分关系, 与全段 "拆解恐惧" 的脉络相符。

6. ____

【答案】 **[B] concerns** 词义辨析

【线索】 **about** 后接 "失去控制" 是负面顾虑

You might have __(6)__ about losing control of whatever it is you're asking for help with. 后接 losing control 这种典型负面情境；前句 You might worry about coming across as incompetent. 已经定调为 "worry" 一类的担忧。线索指向 "担忧、顾虑" 这种情绪名词。

【选项】 A) doubts X "怀疑", 搭配偏 **doubt about sth 是否真实**

doubts 表 "对...是否真实/可行的怀疑", 但原文不是怀疑 "是否会失去控制", 而是担心它发生, 方向偏。

B) concerns ✓ "担忧" 与 **worry** 同义接力

concerns 即 "忧虑、关切的事", 与前句 worry about 完美呼应, 且 have concerns about 是标准搭配。

C) suggestions X "建议", 情感方向错

suggestions 是中性甚至偏正面, 与本段累加 "心理负担" 的负面基调相悖。

D) secrets X "秘密", 语义错位

secrets 与 about losing control 搭配不通——"对失控有秘密" 既不像英语表达也无原文依据。

【验证】代回后 You might have __(6)__ about losing control of whatever it is you're asking for help with. 即 "你可能担心失去对所求助之事的控制", 与前后两句的 worry/担忧 链条自洽。

7. ____

【答案】 [A] Once 逻辑关系

【线索】 他人开始帮忙是 "被接管/抢功" 的前提

__(7)__ someone starts to help, perhaps they'll take over, or get credit for your earlier efforts. 显示前分句是触发条件, 后分句是可能的结果。"一旦有人开始帮忙" 才会发生 "接管" 或 "抢功"。

【选项】 A) Once ✓ "一旦...就" 正好衔接条件—结果

Once 表 "一旦", 准确表达 "一旦有人开始帮忙, 他们就可能接管或抢功" 的条件-结果逻辑。

B) Unless ✗ "除非", 方向反

Unless 表 "除非", 意为 "除非有人帮忙否则会被接管", 逻辑反, 且与现实因果不符。

C) Although ✗ "尽管", 转折与原文不符

Although 表让步转折, 但原文并非 "尽管帮忙, 他们还是抢功"——是 "帮忙之后就会抢功", 无转折意味。

D) Before ✗ "在...之前" 时序倒置

Before 表 "在...之前", 会变成 "在他人开始帮忙之前, 他们就接管", 时序颠倒, 不通。

【验证】 代入后 __(7)__ someone starts to help, perhaps they'll take over 表达 "一旦有人开始帮忙, 他们可能就会接管", 正是第 2 段列举的 "失去控制" 这一具体顾虑, 与上下文自洽。

8. ____

【答案】 [C] factor 词义辨析

【线索】 前文列举的都是 "让你担心的顾虑因素"

前文已列 You might worry about coming across as incompetent.、 You might have __ (6) __ about losing control、 __ (7) __ someone starts to help, perhaps they'll take over 等多条, 都是 "让你担心而不敢求助的因素"。线索指向 "因素" 这一概括类别。

【选项】 A) theory X "理论", 类别错位

theory 是 "理论", 但前文列的是具体顾虑而非理论。

B) choice X "选择", 对象不符

choice 表 "选择", 但 "被接管"、"显得无能" 不是 "选择", 是不可控的顾虑。

C) factor ✓ "因素" 准确概括前文列举

factor 表 "因素、原因", 可作 "让你担忧的因素" 解, 与前文枚举的多个顾虑严丝合缝。

D) context X "语境/背景", 搭配方向错

context 指 "上下文/背景", 不能用 worried about a context 描述心理顾虑。

【验证】 代回后 Yet another __ (8) __ that you might be worried about is being a nuisance 衔接自然: "另一个让你担心的因素就是怕给人添麻烦", 把前文若干顾虑统一在 "factor" 这一范畴下。

9. ____

【答案】 [D] **inconveniencing** 词义辨析

【线索】 前并列项是 "being a nuisance"

Yet another __(8)__ that you might be worried about is being a nuisance or __(9)__ the person you go to for help. 中 or 前并列项是 "being a nuisance (成为麻烦/讨厌的人)", or 后必须是相近的负面行为, 且能接 the person 作宾语。线索指向 "给别人添麻烦"。

【选项】 A) **overpraising** X "过度赞美", 方向反

overpraising 是过度夸奖, 正向行为, 与 nuisance 方向相反。

B) **outperforming** X "表现胜过", 对象错位

outperforming 指 "业绩胜过某人", 与 "怕给求助对象添麻烦" 无关。

C) **reassessing** X "重新评估", 对象错位

reassessing 是 "重新评估", 与本句心理顾虑无关。

D) **inconveniencing** ✓ "给...添麻烦" 与 nuisance 同义并列

inconveniencing 即 "给某人带来不便", 与 being a nuisance 形成同义并列, 且宾语正是 the person。

【验证】 代回后 being a nuisance or __(9)__ the person you go to for help 意为 "成为讨厌鬼、或给所求助之人添麻烦", 与第 2 段 "怕影响他人" 的最后一条顾虑严丝合缝。

10. ____

【答案】 [A] **reach out** 固定搭配

【线索】 段落主题 "求助难"、空后 for help

you might find it especially difficult to __(10)__ for help 主题就是 "开口求助", 且空后紧跟 for help。reach out for help 是 "伸手求助" 的固定搭配。本空只需看本句即可定。

【选项】 A) **reach out** ✓ reach out for help 固定搭配

reach out 与 for help 构成固定搭配 "reach out for help"——伸手求助, 正是本段主题。

B) **settle down** X "安顿/平静", 搭配错

settle down 表 "安顿下来", 不与 for help 搭配。

C) **turn over** X "翻转/移交", 搭配错

turn over 是 "翻转/移交", 不与 for help 搭配。

D) **look back** X "回顾", 搭配错

look back 表 "回顾过去", 与 for help 不搭。

【验证】 代回后 you might find it especially difficult to __(10)__ for help 意为 "你会发现尤其难以开口求助", 与第 3 段对低自尊群体的特别讨论自洽。

11. _____

【答案】 **[A] declining** 词义辨析

【线索】 下文 such refusals 直接定性

紧随其后的 You might see such refusals as implying something __ (12) __ about the status of your relationship with them. 用 such refusals 回指上句的动作。线索锁死答案必须表达 "拒绝"。

【选项】 A) declining ✓ "拒绝" 与 such refusals 完美对应

declining 表 "婉拒、拒绝", 正好与下文 such refusals 形成名动呼应。

B) considering X "考虑", 与 refusals 不符

considering 是 "考虑", 并非拒绝, 与下文 such refusals 矛盾。

C) criticising X "批评", 对象偏

criticising 表 "批评", 是对内容的负面评价, 但 "批评你的请求" 不等于 "拒绝", 与 such refusals 不对位。

D) evaluating X "评估", 中性、不等于拒绝

evaluating 是中性的 "评估", 不蕴含拒绝意味, 与下文不符。

【验证】 代回后 you have the added worry of the other person __ (11) __ your request 意为 "还多了一层对对方拒绝你请求的担心", 正好被下句的 such refusals 自然接住。

12. ____

【答案】 [B] negative 词义辨析

【线索】 整段在讲低自尊的负面解读

If you struggle with low self-esteem, you might find it especially difficult to __(10)__ for help 已定调本段聚焦 "低自尊→负面解读"; 下一句 To __(13)__ these difficulties, try to remind yourself that everyone needs help sometimes. 把这些解读统称为 difficulties. 线索指向 "负面的".

【选项】 A) unnecessary X "不必要的", 无关

unnecessary 表 "不必要", 与关系状况的好坏无关。

B) negative ✓ "负面的" 与低自尊推断方向一致

negative 表 "负面的", 精确刻画低自尊者把拒绝解读为 "我们关系出问题了" 这种负面联想。

C) strange X "奇怪的", 方向不准

strange 是 "奇怪", 并不能直接表达 "关系出了问题" 的负面联想。

D) impractical X "不实用的", 对象错位

impractical 用于评价方法、计划是否可行, 不可用来描述 "关系状况".

【验证】 代回后 You might see such refusals as implying something __(12)__ about the status of your relationship with them. 意为 "你会把拒绝看作暗示你们关系出了什么负面问题", 与本段低自尊主线自治。

13. ____

【答案】 [D] overcome 固定搭配

【线索】 后接的是消除负面想法的具体建议

To __(13)__ these difficulties, try to remind yourself that everyone needs help sometimes. 后给出的是 "提醒自己人人都需要帮助" 这样消解 difficulties 的方法, 与 "克服" 的目标完全匹配。本空仅看本句即可定。

【选项】 A) explain X "解释", 与解决方法不匹配

explain 是 "解释", 后续给的不是解释 difficulties 的来源, 而是消解它。

B) identify X "识别", 方向不彻底

identify 是 "识别", 仅停在认出层面, 与下文 "消除困扰" 的实操建议不匹配。

C) predict X "预测", 对象错位

predict 是 "预测", 与本句给出的 "应对建议" 方向无关。

D) overcome ✓ overcome difficulties 固定搭配且贴合方向

overcome 与 difficulties 是高频固定搭配 "克服困难", 且与下文给出的实操建议完全自治。

【验证】 代回后 To __(13)__ these difficulties, try to remind yourself that everyone needs help sometimes. 意为 "为了克服这些困难, 要提醒自己每个人都偶尔需要帮助", 正是从负面解读转向积极建议的转折点。

14. ____

【答案】 [D] **fear** 词义辨析

【线索】 while...there's actually research 的让步反转

while you might __(14)__ coming across as incompetent, there's actually research that shows that advice-seekers are __(15)__ as more competent, not less. while 引导让步从句，后半用 actually 强转折，说明前半是 "担心被看作无能"——研究反过来证明并不会。线索指向 "害怕"。

【选项】 A) deny X "否认"，与担心不同

deny 是 "否认"，但本句要表达的是 "你担心" 而不是 "你否认" 显得无能。

B) forget X "忘记"，与情感方向不符

forget 表 "忘记"，与心理顾虑无关。

C) miss X "错过/想念"，对象错位

miss 表 "错过、思念"，与 "显得无能" 这种负面状态不能匹配。

D) **fear** ✓ "害怕" 与 worry 情感链接力

fear 表 "害怕"，与前文反复出现的 worry about coming across as incompetent 同向同质，是该担忧的强化版。

【验证】 代回后 while you might __(14)__ coming across as incompetent, there's actually research that shows that advice-seekers are __(15)__ as more competent, not less. 意为 "尽管你可能害怕显得无能，但研究表明求助者反而被认为更能干"，正好是第 3 段向第 4 段过渡的反转铺垫。

15. ____

【答案】 [B] perceived 词义辨析

【线索】 研究结果是 "别人怎么看求助者"

advice-seekers are __(15)__ as more competent, not less 表达的是研究中别人对求助者的看法。线索指向 "被视为"。

【选项】 A) disguised X "伪装成", 方向错

disguised 表 "伪装成", 与 "被认为" 无关, 且 disguised as more competent 不通顺。

B) perceived ✓ be perceived as 标准搭配

perceived 表 "被视为", be perceived as more competent 即 "被认为更能干", 与 research 的语境完美匹配。

C) followed X "跟随", 搭配错

followed 是 "跟随", followed as more competent 不通。

D) introduced X "被介绍为", 搭配偏

introduced 是 "被介绍为", 常用于正式场合介绍身份, 不用于描述别人对一个人的总体评价。

【验证】 代回后 advice-seekers are __(15)__ as more competent, not less 意为 "求助者反而被视为更有能力, 而非更无能", 与 "害怕显得无能" 形成反转闭环。

16. ____

【答案】 [A] recall 词义辨析

【线索】 the past + 让被试做的事

asking people to __(16)__ times they'd sought help in the past 关键在 times they'd sought help in the past——线索指向 "回忆过去经历"。

【选项】 A) recall ✓ "回忆" 与 in the past 完美对位

recall 表 "回忆", 是心理学研究中 "让被试回忆过往经历" 的典型用语。

B) classify X "分类", 与单次记忆不符

classify 是 "分类", 但宾语是若干次求助经历, 并非要分类的对象, 方向偏。

C) analyse X "分析", 与方法描述不符

analyse 是 "分析", 但被试在这一步只是 "想起" 经历, 分析往往是研究者的工作。

D) compare X "比较", 对象不齐

compare 表 "比较", 需要两组对象, 但本句宾语只是 times they'd sought help, 不是对比关系。

【验证】 代回后 asking people to __(16)__ times they'd sought help in the past 意为 "让人们回忆他们过去寻求帮助的经历", 与心理学研究方法的常见描述高度一致。

17. ____

【答案】 [C] willing 词义辨析

【线索】 研究反转主旨：他人比想象中乐意帮忙

The findings showed that help-seekers generally underestimate how __(17)__ other people will be to help and how good it'll make the help-giver feel 与下文 having the chance to help someone is highly __(18)__ 共同指明研究反转方向：人们 "低估了" 别人 "乐于" 帮忙的程度。线索指向 "愿意的"。

【选项】 A) brave X "勇敢", 对象不符

brave 表 "勇敢", 但帮人不需要勇敢, 方向偏。

B) disappointed X "失望", 方向反

disappointed 是负面词, 与 underestimate how + 形容词 的正面属性结构相悖。

C) willing ✓ "愿意的" 完美对位反转结论

willing 表 "愿意的", 与 be willing to help 是标准搭配, 研究反转结论正是 "他人比你想象中愿意帮忙"。

D) hesitant X "犹豫的", 方向反

hesitant 是负面词, 按 underestimate 反向推理也不对——"低估别人有多犹豫" 不构成令人鼓舞的发现。

【验证】 代回后 help-seekers generally underestimate how __(17)__ other people will be to help 意为 "求助者普遍低估了他人帮忙的意愿", 与第 4 段 "研究反转" 的整体走向严丝合缝。

18. ____

【答案】 [C] rewarding 词义辨析

【线索】 括号外 how good 决定方向

前文 how good it'll make the help-giver feel 已经定调帮助他人 "让助人者感觉很好", 括号内 having the chance to help someone is highly __(18)__ 是对其进一步具体化。线索指向 "让人有获得感的"。

【选项】 A) relaxing X "放松的", 方向偏

relaxing 强调身心放松, 与 "帮助他人带来满足感" 的方向不完全一致。

B) surprising X "令人惊讶", 方向偏

surprising 表 "令人意外", 可解释 finding 出人意料, 但不能直接形容 having the chance to help 本身的属性。

C) rewarding ✓ "有回报的" 与 feel good 同向

rewarding 表 "有成就感的、值得做的", 与 how good it'll make the help-giver feel 完美呼应。

D) demanding X "要求高的", 方向反

demanding 表 "耗费精力的、苛刻的", 与括号外 "感觉良好" 完全相反。

【验证】 代回后 having the chance to help someone is highly __(18)__ 意为 "有机会帮人是非常有成就感的", 把括号外 feel good 的抽象判断具象化, 构成第 4 段研究反转的内核。

19. ____

【答案】 [B] Also 逻辑关系

【线索】 前句给总建议、本句给附加细则

前句 So, bear all this in mind the next time you need to ask for help. 是总建议；本句 __ (19) __ take care over who you ask and when you ask them. 给出附加的 "选谁问、什么时候问" 细则；后面又接着 And if someone can't help right now, avoid taking it personally. 再加一条，明显是并列累加而非替代或收尾。

【选项】 A) Thus X "因此"，因果关系不成立

Thus 表 "因此"，但本句与前句不是因果而是并列建议。

B) Also ✓ "另外" 与并列累加吻合

Also 表 "另外、并且"，正好对应 "在记住总建议之外，再注意以下细节" 的并列累加关系。

C) Finally X "最后"，与后文还有一条建议矛盾

Finally 应放在最后一条建议前，但本句后面还有 And if someone can't help right now, avoid taking it personally.，并未结束。

D) Instead X "取而代之"，与前句无对立

Instead 表替代关系，但本句并未推翻前句建议，逻辑不符。

【验证】 代回后 __ (19) __ take care over who you ask and when you ask them. 衔接顺畅——"另外，要注意找谁求助、何时求助"，是对总建议的细节补充，与后文 And + 再加一条建议的累加格式一致。

20. ____

【答案】 [C] busy 词义辨析

【线索】 right now + or 平行项的善意基调

And if someone can't help right now, avoid taking it personally. They might just be too __(20)__, or they might not feel confident about their ability to help. 中 right now 暗示时间不凑巧；后并列项 they might not feel confident about their ability to help 是善意中性的原因，作者明显在劝考生不要责怪对方。线索指向 "忙" 这种中性外因。

【选项】 A) polite X "礼貌"，方向错

polite 表 "礼貌"，与拒绝帮忙之间没有合理因果关系。

B) proud X "骄傲"，与本段善意基调不符

proud 表 "骄傲"，与作者劝慰口吻不符，且 "太骄傲" 不能解释 right now 拒帮。

C) busy ✓ "忙" 与 right now 完美对位

busy 表 "忙"，是最贴合 "现在帮不上" 的中性外因，且符合作者劝慰 "别往心里去" 的善意基调。

D) lazy X "懒"，色彩责备、违背基调

lazy 是带责备色彩的负面词，与本段劝考生 "不要把拒绝个人化" 的口吻直接冲突。

【验证】代回后 They might just be too __(20)__, or they might not feel confident about their ability to help. 意为 "他们可能只是太忙了，或者对自己的帮助能力没信心"，与全文 "求助难但别想多" 的劝慰基调收束自洽。

OVERVIEW • 通读建境

全文主旨与行文脉络

完形是语篇题——单看空所在的半句往往四个选项都「像」。下面是全文主旨与行文脉络，是每个空锁定线索、代入验证时核对的全局工作台。

全文主旨

求助为何难、又为何值得开口

全文是一篇心理科普短文，主旨可由开篇 There are many understandable reasons why you might find it difficult to ask for help when you need it. 一句定调：作者承认 "开口求助" 是件难事，并要逐层解释 "为什么难"，再用研究反转告诉读者 "其实没你想的那么糟"。整体基调是劝慰式、积极向上的科普口吻。

行文脉络

提出现象→拆解恐惧→低自尊加码→研究反转→给出建议

脉络清晰，可切成五块：第 1 段抛出现象与心理学家长期关注的背景 Psychologists have been interested in this __ (1) __ for decades；第 2 段集中拆解 "求助难" 的多重恐惧（暴露弱点、失去控制、给人添麻烦）Asking for help takes __ (3) __；第 3 段把低自尊群体单列出来加码 If you struggle with low self-esteem, you might find it especially difficult to __ (10) __ for help；第 4 段用 2022 年斯坦福研究做关键反转 The findings showed that help-seekers generally underestimate how __ (17) __ other people will be to help；第 5 段给出最终行动建议 So, bear all this in mind the next time you need to ask for help.。

SENTENCE INSIGHTS • 句子精讲

12 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。

There are many understandable reasons why you might find it difficult to ask for help when you need it.

第1段，第1句

句子涵盖存在句结构、定语从句、时间状语从句、形式宾语 it、宾语补足语、不定式短语等多种成分，且有 why 和 when 两个关系词在从句中分别充当状语的用法，成分丰富，适合作为划分练习。

Psychologists have been interested in this question for decades, not least because people's widespread reluctance to ask for help has led to some high-profile failures.

第1段，第2句

主句 + 原因状语从句的结构在四六级和考研阅读中高频出现，且从句主语包含不定式修饰 ("reluctance to ask for help") 和现在完成时的使用都是常见考点，具有较强的代表性和迁移价值。

In other words you're broadcasting your own weaknesses, which can be uncomfortable.

第2段，第3句

非限制性定语从句是四六级和考研英语阅读中的高频句式，“which”补充说明前文内容的用法非常典型。主句使用进行时加状语的结构也常见。掌握这个句型后，学生可以迁移到大量类似的长句分析中。

You might worry about coming across as incompetent.

第2段，第4句

“主语 + 情态动词 + 动词原形 + 介词 + 动名词短语”是常见句式，阅读和写作里都很常见。学会区分主谓和介词后非谓语内容，迁移价值很高。

Once someone starts to help, perhaps they'll take over, or get credit for your earlier efforts.

第2段，第6句

“前置时间或条件从句 + 主句结果判断”是很常见的考试句式，主句中再带并列谓语也十分典型。掌握这种读法后，迁移到大量类似句子都很有帮助。

Yet another factor that you might be worried about is being a nuisance or inconveniencing the person you go to for help.

第2段，第7句

本句结构层次清楚但不算过难，既能训练主干识别，也能训练从修饰成分中排除干扰；时态难度适中，适合作为结构与时态综合练习材料。

If you struggle with low self-esteem, you might find it especially difficult to reach out for help because you have the added worry of the other person declining your request.

第3段，第1句

该句结构高度典型：条件状语从句加主句加原因状语从句的组合、形式宾语加真正宾语后置、情态动词表推测，这些都是四六级和考研英语阅读中的常见句式。掌握该句的分析方法可以直接应用到大量类似结构的长句中，迁移性强，是很有代表性的训练句。

To overcome these difficulties, try to remind yourself that everyone needs help sometimes.

第3段，第3句

祈使句 + 宾语从句 + 目的状语的组合在四六级和考研写作建议类句型中非常常见，例如 "To achieve your goal, try to do..." 或 "To solve the problem, remember that..." 等句式都是这一结构的变体。学生掌握这个句式后可以直接套用到多种表达场景，迁移性强。

And while you might fear coming across as incompetent, there's actually research that shows that advice-seekers are perceived as more competent, not less.

第3段，第5句

让步状语从句 + there be 引出论据 + 定语从句修饰名词 + 宾语从句陈述内容，是四六级和考研阅读中高频出现的学术论证句式。嵌套方式和逻辑链条（假设担忧 → 客观研究反驳）也符合议论文常见模式，学习后可大量迁移到类似句型。

Perhaps most encouraging of all is a paper from 2022 by researchers at Stanford University that involved a mix of contrived help-seeking interactions and asking people to recall times they'd sought help in the past.

第4段，第1句

本句成分丰富且包含多个训练价值点:完全倒装的主系表结构可训练非常规语序识别;长主语中的多层后置定语(介词短语+定语从句)训练修饰成分的剥离;定语从句中 "mix of...and..." 结构训练并列成分识别;宾语从句中关系词省略训练隐含连接的补足;多个动词形式 (is/involved/asking/recall/sought)并存训练谓语与非谓语的区分;是一个坑点较密集的优质练习句

So, bear all this in mind the next time you need to ask for help.

第5段，第1句

覆盖祈使句谓语、宾语、方式状语（固定搭配 bear...in mind）、时间状语从句（the next time 引导）等多个成分；包含不定式作宾语的常见结构；对练习祈使句识别、状语从句定位、固定搭配拆分有一定价值，但无复杂定语或并列成分，可挖掘点中等。

And if someone can't help right now, avoid taking it personally.

第5段，第3句

"If 条件部分 + 逗号 + 祈使句"是非常常见、可迁移性很强的英语句式。掌握这种读法后，处理大量建议类和说明类句子都会有帮助。

本篇出现的 34 个考研英语二真题高频词

下列单词既在本篇完形原文中出现，又是 **考研英语二** 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。

involve B1

v. 包含

本篇2次 · 真题 61 句

would A1

aux. (will 的过去式) 将要，会

本篇1次 · 真题 304 句

less A1

det. 较少的

本篇1次 · 真题 150 句

researcher B2

n. 研究人员

本篇1次 · 真题 112 句

least A2

det. 最少的

本篇1次 · 真题 63 句

decade B1

n. 十年

本篇1次 · 真题 61 句

concern B1

v. 涉及

本篇1次 · 真题 60 句

decline B2

v. 下降

本篇1次 · 真题 56 句

factor B1

n. 因素

本篇1次 · 真题 47 句

actually A2

adv. 实际上，事实上（用于纠正或补充信息）

本篇1次 · 真题 42 句

seek B1

v. 寻找

本篇1次 · 真题 40 句

generally B1

adv. 通常，一般地

本篇1次 · 真题 35 句

negative B1

adj. 否定的

本篇1次 · 真题 32 句

struggle B1

v. 奋斗

本篇1次 · 真题 32 句

finding B2

n. 调查结果

本篇1次·真题 30 句

status B2

n. 地位

本篇1次·真题 29 句

highly B1

adv. 非常

本篇1次·真题 28 句

relationship B1

n. 关系

本篇1次·真题 28 句

failure B1

n. 失败

本篇1次·真题 24 句

imply B2

v. 暗示, 暗指

本篇1次·真题 24 句

willing B1

adj. 愿意的, 乐意的

本篇1次·真题 23 句

interaction B2

n. 相互作用

本篇1次·真题 22 句

perceive B2

v. 理解, 领悟 (某事的性质或意义)

本篇1次·真题 19 句

psychologist B2

n. 心理学家

本篇1次·真题 19 句

request B1

n. 请求

本篇1次·真题 14 句

underestimate B2

v. 低估

本篇1次·真题 13 句

widespread B2

adj. 广泛的

本篇1次·真题 13 句

interested A1

adj. 感兴趣的

本篇1次·真题 12 句

weakness B1

n. 缺点

本篇1次·真题 12 句

credit B1

n. 赊购, 赊账

本篇1次·真题 11 句

mix

A2

v. 混合

本篇1次 · 真题 11 句

recall

B2

v. 回忆起, 记起

本篇1次 · 真题 10 句

remind

A2

v. 提醒

本篇1次 · 真题 10 句

personally

B1

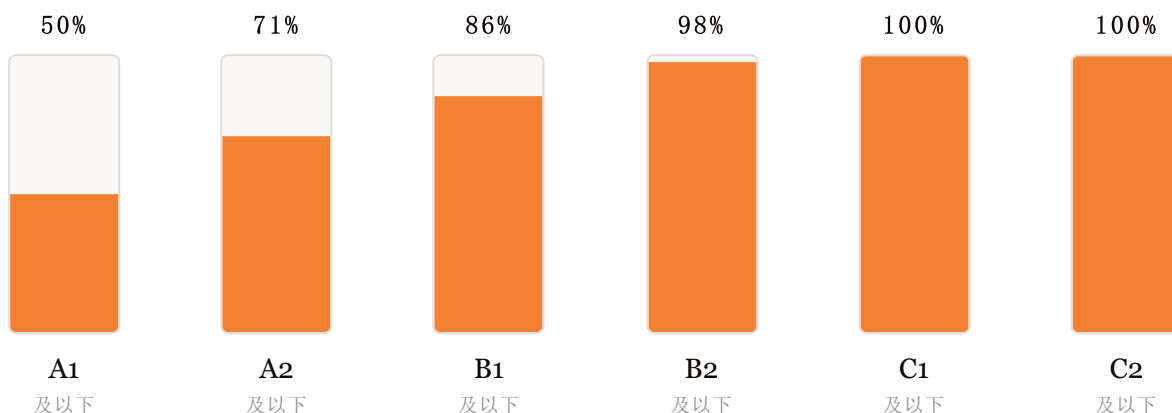
adv. 就个人而言

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 139 词按 CEFR 难度累积覆盖

带空短文去重后共 **139** 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 3 个 · 约 2%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 139 个 · 末柱为 100%

去重总词数

139

B2 以上难词

2%

B1 及以下覆盖

86%

考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	本题
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2025年 考研英语二阅读理解（四选一） 第1篇·21-25 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 21-25 题

本页 21-25 题的答案与逐题解析由懒笔记基于2025年 考研英语二阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 7 段原文（段首标 P1-P7 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

英语二真题(2025)

Section II Part A (1)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 1

P1 U.S. customers historically tipped people they assumed were earning most of their income via tips, such as restaurant servers earning less than the minimum wage. In the early 2010s, a wide range of businesses started processing purchases with iPads and other digital payment systems. These systems often prompted customers to tip for services that were not previously tipped.

美国顾客历来会给那些他们认为主要靠小费谋生的人支付小费,比如收入低于最低工资的餐厅服务员。2010年代初,各类商家开始使用iPad和其他数字支付系统处理交易。这些系统经常提示顾客为以前不需要支付小费的服务支付小费。

P2 Today's tip requests are often not connected to the salary and service norms that used to determine when and how people tip. Customers in the past nearly always paid tips after receiving a service, such as at the conclusion of a restaurant meal, after getting a haircut or once a pizza was delivered. That timing could reward high-quality service and give workers an incentive to provide it.

如今的小费要求往往与过去决定何时以及如何支付小费的薪资和服务规范脱节。过去顾客几乎总是在接受服务后支付小费,比如在用完餐后、理完发后或披萨送达后。这种时机可以奖励高质量的服务,并激励员工提供优质服务。

P3 It's becoming more common for tips to be requested beforehand. And new tipping technology may even automatically add tips.

事先要求支付小费的情况正变得越来越普遍。而新的小费技术甚至可能自动添加小费。

P4 The prevalence of digital payment devices has made it easier to ask customers for a tip. That helps explain why tip requests are creeping into new kinds of services. Customers now routinely see menus of suggested default options—often well above 20% of what they owe. The amounts have risen

from 10% or less in the 1950s to 15% around the year 2000 to 20% or higher today. This increase is sometimes called tipflation—the expectation of ever-higher tip amounts.

数字支付设备的普及使向顾客索要小费变得更加容易。这有助于解释为什么小费要求正在渗透到新的服务类型中。顾客现在经常看到建议的默认选项菜单——通常远高于其消费金额的20%。小费金额已从1950年代的10%或更低上升到2000年左右的15%,再到如今的20%或更高。这种增长有时被称为小费通胀——即对越来越高的小费金额的预期。

P5 Tipping has always been a vital source of income for workers in historically tipped services, like restaurants, where the tipped minimum wage can be as low as US\$2.13 an hour. Tip creep and tipflation are now further supplementing the income of many low-wage service workers.

对于传统上依赖小费的服务行业员工,如餐厅员工,小费一直是重要的收入来源,这些行业的最低小费工资可低至每小时2.13美元。小费蔓延和小费通胀现在进一步补充了许多低薪服务业员工的收入。

P6 Notably, tipping primarily benefits some of these workers, such as waiters, but not others, such as cooks and dishwashers. To ensure that all employees were paid fair wages, some restaurants banned tipping and increased prices, but this movement toward no-tipping services has largely fizzled out.

值得注意的是,小费主要惠及其中一些员工,如服务员,但不惠及其他员工,如厨师和洗碗工。为确保所有员工获得公平工资,一些餐厅禁止收小费并提高了价格,但这种取消小费服务的运动基本上已经失败。

P7 So, to increase employee wages without raising prices, more employers are succumbing to the temptations of tip creep and tipflation. However, many customers are frustrated because they feel they are being asked for too high of a tip, too often. And, as our research emphasizes, tipping now seems to be more coercive, less generous and often completely dissociated from service quality.

因此,为了在不提高价格的情况下增加员工工资,越来越多的雇主屈服于小费蔓延和小费通胀的诱惑。然而,许多顾客感到沮丧,因为他们觉得自己被要求支付过高的的小费,而且频率过高。而且,正如我们的研究所强调的,小费现在似乎更具强制性、更缺乏慷慨性,并且往往与服务质量完全脱节。

题目与逐题解析

21. According to Paragraph 1, the practice of tipping in the U.S. _____.

- [A] was regarded as a sign of generosity
- [B] was considered essential for waiters
- [C] was a way of rewarding diligence
- [D] was optional in most businesses

根据第一段,美国的小费习俗_____。

- A) 被视为慷慨的标志
- B) 被认为对服务员至关重要
- C) 是一种奖励勤奋的方式
- D) 在大多数商家是可选的

【答案】 B (细节题)

【判型】 题干According to Paragraph 1, the practice of tipping in the U.S.显式指段,问的是该段对小费做法的客观陈述,不带 infer / suggest / imply。

【拆句】 According to Paragraph 1, the practice of tipping in the U.S. _____. 主句是 the practice of tipping in the U.S. + 空格谓语; According to Paragraph 1 是状语, 限定信息来源; 选项是对主语 the practice of tipping 的谓语补全, 理解上无陷阱。

【定位】 U.S. customers historically tipped people they assumed were earning most of their income via tips, such as restaurant servers earning less than the minimum wage.

美国顾客历来只给那些他们认为大部分收入来源于小费的人付小费, 比如时薪低于最低工资的餐厅服务员。

【选项】 A) 无中生有

原文从未把小费描述为 a sign of generosity (慷慨的象征), 段中只讲“付给以小费为主要收入者”的做法, 与慷慨无关。

B) ✓ 正确

earning most of their income via tips ↔ was considered essential for waiters

U.S. customers historically tipped ↔ was considered

预判“小费对低薪服务员是必需收入”, 四个选项中只有 was considered essential for waiters 准确对应“essential (必需) + waiters (服务员)”, 故锁 B。

C) 张冠李戴

was a way of rewarding diligence (奖励勤勉) 对应的是 reward high-quality service (奖励优质服务) 的概念, 那是第 2 段对“过去事后小费”的描述, 与 Q21 限定的 Paragraph 1 不符; 且 diligence (勤勉) ≠ high-quality service (优质服务)。

D) 与原文相反

原文说小费集中给“以小费为主要收入”的工种(如低于最低工资的服务员), 暗示在那些工种里给小费几乎是惯例、并非可有可无; was optional in most businesses 反过来说“在大多数行业里可给可不给”, 与“传统上限定特定行业”的事实相反, 且 most businesses 范围被放大。

22. Compared with tips in the past, today's tips _____.

- [A] are paid much less frequently
- [B] are less often requested in advance
- [C] have less to do with service quality
- [D] contribute less to workers' income

与过去的小费相比, 如今的小费_____。

A) 支付频率大大降低 B) 较少被提前要求 C) 与服务质量的关系更小 D) 对员工收入的贡献更少

【答案】 C (细节题)

【判型】 题干 Compared with tips in the past, today's tips 要求找两个时点之间的差异, 是对原文显式对比的复盘, 非推断。

【拆句】 Compared with tips in the past, today's tips _____. Compared with tips in the past 是过去分词短语作状语, 逻辑主语是 today's tips; 主语 today's tips 后接空缺谓语, 由选项补全; 无从句、无否定, 结构平铺。

【定位】 Today's tip requests are often not connected to the salary and service norms that used to determine when and how people tip. Customers in the past nearly always paid tips after receiving a service, such as at the conclusion of a restaurant meal, after getting a haircut or once a pizza was delivered. That timing could reward high-quality service and give workers an incentive to provide it.

今天的小费请求往往已不再与过去决定何时及如何付小费的薪资和服务规范相挂钩。过去顾客几乎总是在享受完服务后才付小费，比如餐毕、剪完头发或披萨送达之后；这种时机本可奖励优质服务并激励工人提供优质服务。

【选项】 A) **无中生有**

原文没说今天小费“被支付的频次”比过去少；恰恰相反，第4段tip requests are creeping into new kinds of services暗示场合更多了。are paid much less frequently在频率维度上无原文支撑。

B) **与原文相反**

原文It's becoming more common for tips to be requested beforehand明确说“事前请求小费越来越普遍”，所以今天 in advance 的小费请求是更多而非更少；are less often requested in advance恰好把方向写反。

C) **✓ 正确**

Today's tip requests are often not connected to the salary and service norms ↔

have less to do with service quality

That timing could reward high-quality service ↔ **service quality**

预判差异维度是“与服务质量挂钩程度下降”，四个选项中只有have less to do with service quality精确命中这一维度，故锁C。

D) **与原文相反**

原文Tip creep and tipflation are now further supplementing the income of many low-wage service workers明确说今天的小费正在“更多地”补贴低薪工人的收入；contribute less to workers' income反向缩小其贡献，与原文相反。

23. Tip requests are creeping into new kinds of services as a result of _____.

- [A] the advancement of technology
- [B] the desire for income increase
- [C] the diversification of business
- [D] the emergence of tipflation

小费要求正在渗入新型服务领域，这是_____的结果。

A) 技术的进步 B) 增加收入的愿望 C) 业务的多元化 D) tipflation的出现

【答案】 A (细节题)

【判型】 题干as a result of问的是已被原文用 helps explain why 这类显式因果句写出的原因，属于事实定位，不是推断。

【拆句】 Tip requests are creeping into new kinds of services as a result of _____. 主句 Tip requests are creeping into new kinds of services 用现在进行时表趋势；as a result of 引介动名词宾语（由选项补全），是固定因果短语；句式平铺无陷阱。

【定位】 The prevalence of digital payment devices has made it easier to ask customers for a tip. That helps explain why tip requests are creeping into new kinds of services.

数字支付设备的普及让向顾客索取小费变得更容易了。这有助于解释为什么小费请求正在蔓延到新型服务里。

【选项】 A) ✓ 正确

The prevalence of digital payment devices ↔ **the advancement of technology**
has made it easier to ask customers for a tip ↔ **the advancement of technology**
预判原因为“数字支付普及”，A 选项以“technology 进步”作为更宽泛但精准包含原因的上位概念，与原文因果完全吻合，故锁 A。

B) 张冠李戴

the desire for income increase（加薪诉求）对应的是第 7 段 to increase employee wages without raising prices, more employers are succumbing to the temptations of tip creep and tipflation, 那是雇主“屈从于”小费蔓延的原因，而非小费蔓延到新型服务的直接原因；段位与因果链都不对。

C) 无中生有

原文从未提到“商业多元化 / 业态多元化”导致小费请求扩散；the diversification of business 是无中生有的因。

D) 与原文相反

原文 This increase is sometimes called tipflation 把 tipflation 定义为“小费比例不断上涨的预期”，是“小费蔓延”现象的结果或同伴现象，而非其原因；the emergence of tipflation 把结果当原因，因果倒置。

24. The movement toward no-tipping services was intended to _____.

- [A] promote consumption
- [B] enrich income sources
- [C] maintain reasonable prices
- [D] guarantee income fairness

取消小费服务的运动旨在_____。

A) 促进消费 B) 丰富收入来源 C) 维持合理价格 D) 保障收入公平

【答案】 D (细节题)

【判型】 原文用 To ensure that ... 直接交代了该运动的目的，题干 intended to 问的就是这一显式目的，属细节定位。

【拆句】 The movement toward no-tipping services was intended to _____. 主语 The movement toward no-tipping services 后接被动谓语 was intended to + 不定式（由选项补全 do 动词）；toward 介词短语作主语后置定语；结构平铺无陷阱。

【定位】 To ensure that all employees were paid fair wages, some restaurants banned tipping and increased prices, but this movement toward no-tipping services has largely fizzled out.

为了确保所有员工都拿到公平的工资，一些餐厅禁止小费并提高了菜价，但这场无小费服务运动已大体熄火。

【选项】 A) **无中生有**

原文没说该运动旨在promote consumption（促进消费）；提价反而可能抑制消费，与原文意图不符。

B) **答非所问**

enrich income sources（丰富收入来源）问的是收入“多样化”，但原文目的是“公平”而非“多样”——禁止小费、单一靠工资恰恰是减少而非丰富收入来源；与目的相反。

C) **与原文相反**

原文明确说该运动选择了increased prices（提价），并不是为了维持合理价格；maintain reasonable prices与原文做法相反。

D) **✓ 正确**

To ensure that all employees were paid fair wages ↔ **guarantee income fairness**
all employees ↔ **income fairness**

预判目的是“工资公平”，四选项中 D 直接用“guarantee income fairness”复刻原文 ensure...fair wages，是最直接的同义替换，故锁 D。

25. It can be learned from the last paragraph that tipping _____.

- [A] is becoming a burden for customers
- [B] helps encourage quality service
- [C] is vital to business development
- [D] reflects the need to reduce prices

从最后一段可以了解到，小费_____。

A) 正在成为顾客的负担 B) 有助于鼓励优质服务 C) 对业务发展至关重要 D) 反映了降低价格的需求

【答案】 A（推断题）

【判型】 题干It can be learned from the last paragraph that tipping含 It can be learned from，是典型推断题信号。

【拆句】 It can be learned from the last paragraph that tipping _____. It 为形式主语，that 引导真正主语从句 tipping _____；从句主语 tipping 后接空缺谓语（由选项补全）；can be learned from 是被动情态结构，提示答案是引申而非原文照搬。

【定位】 However, many customers are frustrated because they feel they are being asked for too high of a tip, too often. And, as our research emphasizes, tipping now seems to be more coercive, less generous and often completely dissociated from service quality.

然而许多顾客感到沮丧，因为他们觉得自己被要求支付太高的小费、还过于频繁。而且，正如我们的研究所强调的，小费如今似乎更具强制性、更少出于慷慨，且常常与服务质量完全脱钩。

【选项】 A) ✓ 正确

many customers are frustrated because they feel they are being asked for too high of a tip, too often

↔ **is becoming a burden for customers**

tipping now seems to be more coercive, less generous ↔ **is becoming a burden for customers**

预判方向是“小费成顾客负担”，四选项中只有 A 用“burden for customers”准确接住末段对顾客 frustrated + coercive 的情绪 / 评价聚合，故锁 A。

B) 与原文相反

原文 often completely dissociated from service quality 明确说小费“已与服务质量完全脱钩”，自然不再激励优质服务；helps encourage quality service 与该结论相反。

C) 无中生有

末段没说小费对 business development（商业发展）至关重要；段中讨论的是顾客感受与作者评价，与企业发展无关。

D) 过度推断

末段提的是“to increase employee wages without raising prices”——只是雇主不想涨价，并未上升到“需要降价”的结论；reflects the need to reduce prices 在“不涨”基础上多走一步到“要降”，属过度推断。

SENTENCE INSIGHTS • 句子精讲

8 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。

U.S. customers historically tipped people they assumed were earning most of their income via tips, such as restaurant servers earning less than the minimum wage.

第1段，第1句

本句涵盖主谓宾、时间状语、同位语、嵌套定语从句(省略关系代词)、嵌套宾语从句(省略 that)等多种成分,尤其是双重省略引导词的从句结构和 such as 同位语,是成分划分的高频易错点,练习价值高

Today's tip requests are often not connected to the salary and service norms that used to determine when and how people tip.

第2段，第1句

覆盖主谓宾、被动结构、多个状语(频率、否定、方向)、定语从句、宾语从句等多种成分，且存在易错点：介词短语作状语、关系代词在从句中作主语、宾语从句嵌套。成分丰富且有练习价值。

The prevalence of digital payment devices has made it easier to ask customers for a tip.

第4段，第1句

make it + 形容词 + to do 结构在四六级和考研阅读中频繁出现，且本句将该结构置于现在完成时中，兼具时态和句型的典型性，掌握后可迁移到大量类似表达

Tipping has always been a vital source of income for workers in historically tipped services, like restaurants, where the tipped minimum wage can be as low as US\$2.13 an hour.

第5段，第1句

主句采用主系表结构配长表语，从句为 where 引导的非限制性定语从句，都是四六级和考研真题中高频出现的句式。特别是非限制性定语从句对名词的补充说明用法，以及长表语中多层修饰的处理，具有较强的代表性和复用价值。

Notably, tipping primarily benefits some of these workers, such as waiters, but not others, such as cooks and dishwashers.

第6段，第1句

本句展示了 "主语 + 谓语 + 并列宾语" 的基本句型,以及 "some ... but not others" 的对比并列结构和 "such as" 的举例用法,这些都是四六级和考研阅读中高频出现的典型结构,掌握后可迁移到大量同类句式,具有较高代表性。

So, to increase employee wages without raising prices, more employers are succumbing to the temptations of tip creep and tipflation.

第7段，第1句

本句涉及主语、谓语、宾语、目的状语四种核心成分，且目的状语前置容易与主语混淆，宾语中包含后置定语修饰，对初学者有一定辨识训练价值。但成分种类不算丰富（无表语、补语、同位语等），坑点密集度中等。

However, many customers are frustrated because they feel they are being asked for too high of a tip, too often.

第7段，第2句

主句加 because 原因状语从句是四六级和考研英语阅读中的高频结构。宾语从句省略 that 引导词，也是常见现象。现在进行时被动语态 are being asked 是考试中常考的时态语态组合。整体句式具有很强的代表性和可迁移性。

And, as our research emphasizes, tipping now seems to be more coercive, less generous and often completely dissociated from service quality.

第7段，第3句

状语从句插入主句是四六级和考研英语阅读中的高频句式，系表结构加不定式表语也很常见。掌握这种插入结构的识别方法可以迁移到大量类似句子，具有较好的典型性。

HIGH-FREQUENCY · 真题高频词

本篇出现的 54 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

tip

A2

n. 小费

本篇20次 · 真题 25 句

customer

A2

n. 顾客，客户

本篇7次 · 真题 79 句

income

B1

n. 收入

本篇5次 · 真题 31 句

request

B1

n. 请求

本篇5次 · 真题 14 句

wage

B1

n. 工资

本篇4次 · 真题 16 句

less

A1

det. 较少的

本篇2次 · 真题 150 句

system A2

n. 系统

本篇2次 · 真题 107 句

digital B1

adj. 数字的

本篇2次 · 真题 72 句

quality A2

n. 质量

本篇2次 · 真题 45 句

earn A2

v. 赚得, 挣得 (金钱)

本篇2次 · 真题 32 句

employee A2

n. 雇员, 员工

本篇2次 · 真题 32 句

amount A2

n. 数量

本篇2次 · 真题 30 句

reward B1

n. 报酬

本篇2次 · 真题 26 句

payment B1

n. 支付

本篇2次 · 真题 23 句

movement B1

n. 移动

本篇2次 · 真题 20 句

vital B2

adj. 极其重要的, 必不可少的

本篇2次 · 真题 9 句

minimum B2

n. 最小值

本篇2次 · 真题 8 句

benefit B1

n. 好处

本篇1次 · 真题 88 句

process B1

n. 过程

本篇1次 · 真题 80 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次 · 真题 75 句

sign A1

n. 标志

本篇1次 · 真题 42 句

desire B2

n. 愿望

本篇1次 · 真题 37 句

source B1

n. 来源

本篇1次·真题 36 句

according B1

prep. 根据

本篇1次·真题 35 句

contribute B1

v. 捐献

本篇1次·真题 34 句

further B1

adv. 更远地

本篇1次·真题 34 句

advance B1

v. 前进

本篇1次·真题 33 句

ensure B2

v. 确保

本篇1次·真题 33 句

intend B1

v. 打算, 计划

本篇1次·真题 31 句

range B1

n. 范围

本篇1次·真题 31 句

largely B2

adv. 主要地

本篇1次·真题 30 句

essential B1

adj. 必不可少的

本篇1次·真题 27 句

purchase B1

v. 购买

本篇1次·真题 26 句

ban B2

v. 禁止

本篇1次·真题 25 句

reflect B1

v. 反映, 显示

本篇1次·真题 25 句

employer B1

n. 雇主

本篇1次·真题 24 句

assume B2

v. 假定

本篇1次·真题 23 句

emphasize B2

v. 强调

本篇1次·真题 22 句

determine

B2

v. 决定

本篇1次·真题21句

option

B1

n. 选择

本篇1次·真题19句

expectation

B2

n. 期待;预期

本篇1次·真题17句

frequently

B1

adv. 频繁地

本篇1次·真题17句

device

B1

n. 设备

本篇1次·真题16句

incentive

B2

n. 激励

本篇1次·真题16句

burden

B2

n. 负担

本篇1次·真题15句

completely

B1

adv. 完全地

本篇1次·真题15句

deliver

B1

v. 递送, 运送 (货物、信件等)

本篇1次·真题14句

norm

B2

n. 常态

本篇1次·真题14句

prompt

B2

v. 促使

本篇1次·真题13句

previously

B1

adv. 以前, 先前 (指过去某个时间)

本篇1次·真题11句

primarily

B2

adv. 主要地

本篇1次·真题11句

owe

B1

v. 欠 (债、钱、人情等)

本篇1次·真题10句

generous

B1

adj. 慷慨的, 大方的

本篇1次·真题9句

salary

B1

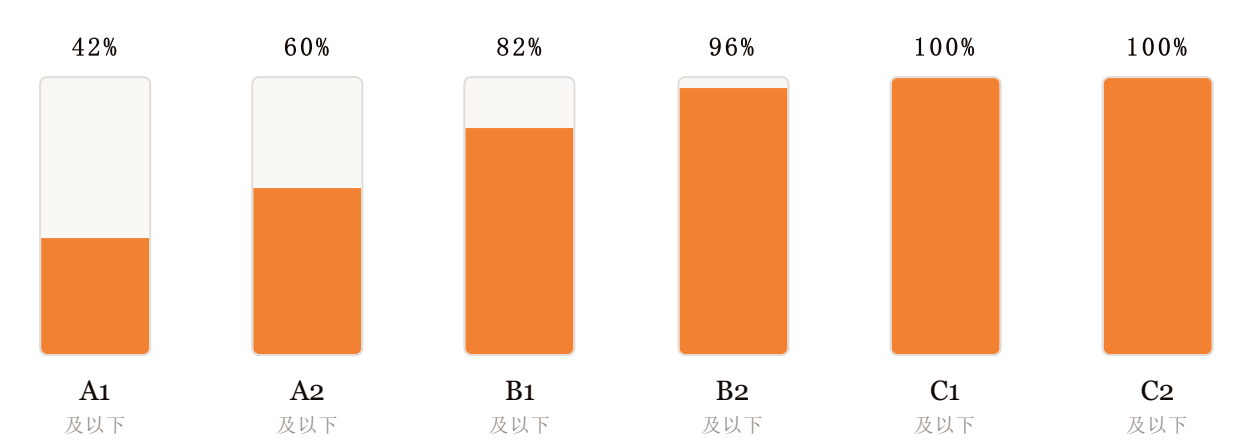
n. 薪水, 工资 (通常指按月发放的固定报酬)

本篇1次·真题8句

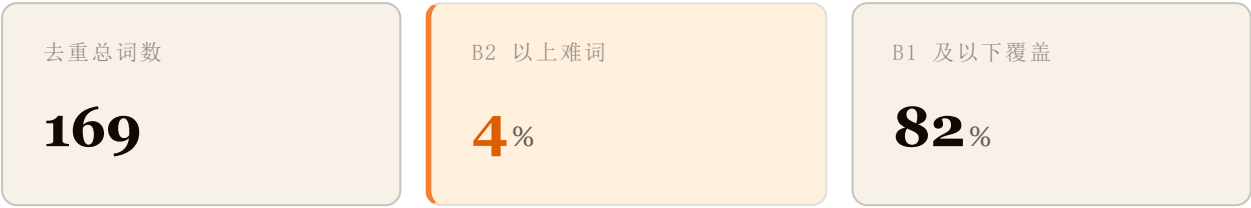
VOCABULARY · 词汇难度分布

全文 169 词按 CEFR 难度累积覆盖

全文去重后共 **169** 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 6 个·约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 169 个·末柱为 100%



考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	本题
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
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2025年 考研英语二阅读理解（四选一） 第2篇·26–30 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 26–30 题

本页 26–30 题的答案与逐题解析由懒笔记基于2025年 考研英语二阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 6 段原文（段首标 P1–P6 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

英语二真题(2025)

Section II Part A (2)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 2

P1 When it was established, the National Health Service (NHS) was visionary: offering high-quality, timely care to meet the dominant needs of the population it served. Nearly 75 years on, with the UK facing very different health challenges, it is clear that model is out of date.

国民健康服务体系(NHS)建立之初颇具远见：提供高质量、及时的医疗服务以满足其所服务人群的主要需求。近75年过去了,英国面临着截然不同的健康挑战,这一模式显然已经过时。

P2 From life expectancy to cancer and infant mortality rates, we are lagging behind many of our peers. With more than 6.8 million on waitlists, healthcare is becoming increasingly inaccessible for those who cannot opt to pay for private treatment; and the cost of providing healthcare is increasingly squeezing out investment in other public services. As demand for healthcare continues to grow, pressures on the workforce—which is already near breaking point—will only become more acute.

从预期寿命到癌症和婴儿死亡率,我们都落后于许多同类国家。超过680万人在候诊名单上,医疗服务对那些无力选择支付私人治疗费用的人来说越来越难以获得;提供医疗服务的成本也日益挤压其他公共服务的投资。随着医疗需求持续增长,本已接近崩溃边缘的医疗队伍所面临的压力只会变得更加严峻。

P3 Many of the answers to the crisis in health and care are well rehearsed. We need to be much better at reducing and diverting demand on health services, rather than simply managing it. Much more needs to be invested in communities and primary care to reduce our reliance on hospitals. And capacity in social care needs to be greater, to support the growing number of people living with long-term conditions.

解决健康和护理危机的许多答案都已被反复讨论。我们需要在减少和分流医疗服务需求方面做得更好,而不是仅仅对其进行管理。需要在社区和基层医疗方面投入更多资金,以减少我们对医院的依赖。社会护理的能力需要更大,以支持日益增长的长期病患者数量。

P4 Yet despite two decades of strategies and a number of major health reforms, we have failed to make meaningful progress on any of these aims. That is why the Reform think tank is launching a new programme of work entitled "Reimagining health", supported by ten former health ministers. Together, we are calling for a much more open and honest conversation about the future of health in the UK, and an "urgent rethink" of the hospital-centric model we retain.

然而,尽管经历了二十年的战略规划和多次重大卫生改革,我们在任何这些目标上都未能取得实质性进展。这就是为什么Reform智库在十位前卫生大臣的支持下启动了一项名为"重新构想健康"的新工作计划。我们共同呼吁就英国健康的未来进行更加开放和诚实的对话,并"紧急反思"我们所保留的以医院为中心的模式。

P5 This must begin with the question of how we maximise the health of the nation, rather than "fix" the NHS. It is estimated, for example, that healthcare accounts for only about 20% of health outcomes. Much more important are the places we live, work and socialise—yet there is no clear cross-government strategy for improving these social determinants of health. Worse, when policies like the national obesity strategy are scrapped, taxpayers are left with the heavy price tag of treating the illnesses, like diabetes, that result.

这必须从如何最大化国民健康这一问题开始,而不是"修复"NHS。例如,据估计,医疗服务仅占健康结果的约20%。更重要的是我们生活、工作和社交的场所——然而政府并没有明确的跨部门战略来改善这些健康的社会决定因素。更糟糕的是,当像国家肥胖战略这样的政策被废弃时,纳税人就要承担治疗由此导致的疾病(如糖尿病)的沉重代价。

P6 Reform wants to ask how power and resources should be distributed in our health system. What health functions should remain at the centre, and what should be given to local leaders, often responsible for services that create health, and with a much better understanding of the needs of their populations? Reform希望探讨权力和资源应该如何在我们的卫生系统中分配。哪些卫生职能应该保留在中央,哪些应该交给地方领导者——他们通常负责创造健康的服务,并且对其人群的需求有更好的了解?

题目与逐题解析

26. According to the first two paragraphs, the NHS _____.

- [A] is troubled by funding deficiencies
- [B] can hardly satisfy people's needs
- [C] can barely retain its current employees
- [D] is rivalled by private medical services

根据前两段,NHS_____。

- A) 受到资金不足的困扰 B) 难以满足人们的需求 C) 几乎无法留住现有员工
D) 受到私营医疗服务的竞争

【答案】 B (细节题)

【判型】 题干 According to the first two paragraphs, the NHS _____ 要求依据指定段落补全对 NHS 现状的客观描述, 没有 infer/imply/mainly about, 是典型段内细节归纳。

【拆句】 According to the first two paragraphs, the NHS _____. 是 "介词短语 + 主语 + 待补谓语" 的不完整陈述结构, According to 引导信息来源状语, 主句缺谓语, 选项要接成对 NHS 的判断; 无否定、无比较, 结构平铺, 无陷阱。

【定位】 With more than 6.8 million on waitlists, healthcare is becoming increasingly inaccessible for those who cannot opt to pay for private treatment; and the cost of providing healthcare is increasingly squeezing out investment in other public services.

在 680 多万人排队候诊的情况下, 对于无法选择自费接受私人治疗的人来说, 医疗服务正变得越来越难以获得; 同时, 提供医疗服务的成本正越来越多地挤压对其他公共服务的投入。

【选项】 A) **无中生有**

is troubled by funding deficiencies 用 funding deficiencies (资金短缺) 替换 "难以满足需求", 前两段未把矛头指向资金不足, 只说成本挤压其他公共服务投入。

B) **✓ 正确**

healthcare is becoming increasingly inaccessible ↔ **can hardly satisfy people's needs**

model is out of date ↔ **can hardly satisfy people's needs**

预判 "需求难被满足" 与 can hardly satisfy people's needs 完全同义, 直接锁 B。

C) **偷换概念**

can barely retain its current employees 把 pressures on the workforce 偷换成 "留不住员工", 原文只说人员压力大, 并未谈 "留不住/流失"。

D) **过度推断**

is rivalled by private medical services 暗示 NHS 受私营医疗的竞争挑战, 原文 pay for private treatment 只是说没钱付私营治疗的人就医难, 而非 "NHS 被私营对手击败"。

27. One answer to the crisis in health and care is to _____.

- [A] boost the efficiency of hospitals
- [B] lighten the burden on social care
- [C] increase resources for primary care
- [D] reduce the pressure on communities

应对健康和护理危机的一个答案是_____。

A) 提高医院的效率 B) 减轻社会护理的负担 C) 增加初级医疗的资源 D) 减少社区的压力

【答案】 C (细节题)

【判型】 题干 One answer to the crisis in health and care is to _____ 是 "其中一个对策是...", 要求从原文罗列的建议中挑出一条同义改写, 属事实细节。

【拆句】 One answer to the crisis in health and care is to _____. 是 "主语 + 系动词 + 不定式表语" 结构, 待补内容是不定式, 因此选项均以动词原形开头, 是 "做什么" 而非 "是什么", 结构清楚无陷阱。

【定位】 Much more needs to be invested in communities and primary care to reduce our reliance on hospitals.

我们必须在社区和初级医疗上加大投入，以减少对医院的依赖。

【选项】 A) **与原文相反**

boost the efficiency of hospitals 主张提升医院效率，而原文主张"减少对医院的依赖"，方向相反。

B) **与原文相反**

lighten the burden on social care 说"减轻社会照护负担"，原文说"capacity in social care needs to be greater"，即扩容、而非减轻其负担，方向被偷反。

C) **✓ 正确**

Much more needs to be invested in communities and primary care ↔

increase resources for primary care

预判"加大初级医疗投入"与 increase resources for primary care 同向同对象，且"resources"是"investment"的上位概括，直接锁 C。

D) **偷换概念**

reduce the pressure on communities 把"在社区加大投入"偷换成"给社区减压"，原文是"投资社区"以减少对医院的依赖，不是给社区减压。

28. "Reimagining health" is aimed to _____.

- [A] reinforce hospital management
- [B] readjust healthcare regulations
- [C] restructure the health system
- [D] resume suspended health reforms

重新构想健康"旨在_____。

A) 加强医院管理 B) 调整医疗保健法规 C) 重组健康系统 D) 恢复暂停的健康改革

【答案】 C (细节题)

【判型】 题干 Reimagining health is aimed to _____ 问该项目的目的，是对原文显性表述的指认，不需推断。

【拆句】 "Reimagining health" is aimed to _____. 主语是项目名，谓语 is aimed to 后接动词原形作目的，选项均以 "re-" 开头的动词，看似工整实则要靠原文区分，不被字形误导是关键。

【定位】 That is why the Reform think tank is launching a new programme of work entitled "Reimagining health", supported by ten former health ministers. Together, we are calling for a much more open and honest conversation about the future of health in the UK, and an "urgent rethink" of the hospital-centric model we retain.

正因如此，Reform 智库正在启动一项名为“重新构想健康”的新工作计划，由十位前卫生大臣支持。我们共同呼吁，就英国健康的未来进行一场更加开放和坦诚的对话，并对我们仍保留的以医院为中心的模式进行一次“紧急重新思考”。

【选项】 A) **与原文相反**

reinforce hospital management 主张“强化医院管理”，原文要质疑、要 rethink 的恰恰是“以医院为中心”的模式，方向相反。

B) **无中生有**

readjust healthcare regulations 把项目目的窄化为“调整医疗法规”，原文从未谈及法规调整，是无中生有。

C) **✓ 正确**

an "urgent rethink" of the hospital-centric model we retain ↔ **restructure the health system**
预判“重构以医院为中心的体系”与 restructure the health system 完全同义，锁 C。

D) **过度推断**

resume suspended health reforms 说“重启已搁置的改革”，原文虽提 two decades of strategies and a number of major health reforms，但只是说“未取得实质进展”，并未说改革已被搁置、要 resume。

29. To maximise the nation's health, the author suggests _____.

- [A] introducing relevant taxation policies
- [B] paying due attention to social factors
- [C] reevaluating major health outcomes
- [D] enhancing the quality of healthcare

为了最大化国民健康，作者建议_____。

A) 引入相关税收政策 B) 对社会因素给予应有关注 C) 重新评估主要健康结果 D) 提升医疗保健质量

【答案】 B (细节题)

【判型】 题干 To maximise the nation's health, the author suggests _____ 问作者明确给出的对策，是显性主张的指认，不属于隐含推理。

【拆句】 To maximise the nation's health, the author suggests _____. To 不定式作目的状语前置，主句 the author suggests 后接动名词宾语，选项都以 -ing 形式开头。注意 suggests 在此是“建议”而非“暗示”。

【定位】 Much more important are the places we live, work and socialise—yet there is no clear cross-government strategy for improving these social determinants of health.

更重要的是我们居住、工作和社交的场所——然而目前并没有清晰的跨政府战略来改善这些健康的社会决定因素。

【选项】 A) 偷换概念

introducing relevant taxation policies 把原文 taxpayers are left with the heavy price tag 中"纳税人"这个词放大为"出台税收政策", 原文是讲政策被废除导致纳税人买单, 并未建议引入税收政策。

B) ✓ 正确

Much more important are the places we live, work and socialise ↔

paying due attention to social factors

these social determinants of health ↔ **paying due attention to social factors**

预判"重视社会决定因素"与 paying due attention to social factors 完全同义, 锁 B。

C) 以偏概全

reevaluating major health outcomes 抓住原文 about 20% of health outcomes 一处的 outcomes, 把"评估健康结果"立为主张, 但 20% 数据只是辅证作者论点, 作者并未呼吁"reevaluate outcomes"。

D) 与原文相反

enhancing the quality of healthcare 主张"提升医疗服务质量", 正是作者在本段开头明确反对的"fix the NHS"路径, 方向相反。

30. It can be inferred that local leaders should _____.

- [A] exercise their power more reasonably
- [B] develop a stronger sense of responsibility
- [C] play a bigger role in the health system
- [D] understand people's health needs better

可以推断,地方领导人应该_____。

- A) 更合理地行使他们的权力
- B) 培养更强的责任感
- C) 在健康系统中发挥更大作用
- D) 更好地理解人们的健康需求

【答案】 C (推断题)

【判型】 题干 It can be inferred that local leaders should _____ 含 inferred, 属推断题。

【拆句】 It can be inferred that local leaders should _____. 形式主语 It + can be inferred + that 从句, that 从句中 local leaders 是真主语、should 是情态动词、待补谓语。结构常见无陷阱, 关键是不被 inferred 吓住、仍以原文为根。

【定位】 What health functions should remain at the centre, and what should be given to local leaders, often responsible for services that create health, and with a much better understanding of the needs of their populations?

哪些卫生职能应当保留在中央, 而哪些应当交给地方负责人——他们往往负责创造健康的相关服务, 并对其所辖人群的需求有更为深入的理解?

【选项】 A) **过度推断**

exercise their power more reasonably 暗指地方负责人当前行权不合理、需改正，原文没有任何负面评价，反而给地方两条积极描述，方向被反推。

B) **无中生有**

develop a stronger sense of responsibility 主张地方应增强责任感，原文是“应不应该把更多职能给他们”，与“责任感强弱”是两件事。

C) **✓ 正确**

what should be given to local leaders ↔ **play a bigger role in the health system**

often responsible for services that create health, and with a much better understanding of the needs of their populations

↔ **play a bigger role in the health system**

预判“地方角色应扩大”与 play a bigger role in the health system 同义，符合推断题“一步延伸”约束，锁 C。

D) **答非所问**

understand people's health needs better 直接复述原文 much better

understanding of the needs of their populations，是原文已陈述的事实而非“应该做”的推断；题干问 should，D 项答 is/are，错位。

SENTENCE INSIGHTS • 句子精讲

12 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。

Nearly 75 years on, with the UK facing very different health challenges, it is clear that model is out of date.

第1段，第2句

本句时态不难，但结构上包含常见且高频的训练点，尤其适合练习主干定位、形式主语识别和背景状语剥离。对于结构训练来说，投入产出比较高。

As demand for healthcare continues to grow, pressures on the workforce—which is already near breaking point—will only become more acute.

第2段，第3句

状语从句前置 + 主句 + 非限制性定语从句插入是四六级和考研阅读中的高频句式组合。这种结构在学术类文本和新闻报道中反复出现，掌握后可大量复用于同类长难句的解析。

We need to be much better at reducing and diverting demand on health services, rather than simply managing it.

第3段，第2句

"主语 + need to be + 形容词 + 介词短语"的主系表结构在四六级和考研阅读中较为常见，属于表达观点或建议的典型句式。"rather than"引导的对比结构也是常考的逻辑连接手段。掌握本句结构后，学生可以迁移到类似的"be good at / be skilled in"等表达以及对比论证句式。不过，本句缺少从句嵌套和复杂修饰，代表性略逊于包含多层从句的长难句，因此典型性评为中等偏上。

Much more needs to be invested in communities and primary care to reduce our reliance on hospitals.

第3段，第3句

"need to be + 过去分词"的被动结构在四六级和考研阅读中频繁出现，不定式作目的状语也是高频句式。本句结构清晰且实用性强，学会后可迁移至大量类似表达。

And capacity in social care needs to be greater, to support the growing number of people living with long-term conditions.

第3段，第4句

"主语 + needs to be + 形容词 + 目的状语"是议论文和说明文中常见的论证句式，用于陈述必要性并说明原因；后置定语和分词短语修饰名词也是考试高频结构，具有较强的迁移性。

Yet despite two decades of strategies and a number of major health reforms, we have failed to make meaningful progress on any of these aims.

第4段，第1句

"尽管...但是..."的让步转折结构在四六级和考研阅读中高频出现，现在完成时表达持续未变的状态也是常考句式，本句结构具有较强的代表性和可迁移性。

That is why the Reform think tank is launching a new programme of work entitled "Reimagining health", supported by ten former health ministers.

第4段，第2句

主系表结构后接表语从句是考试中的常见句式，尤其是 why 引导的表语从句在解释原因类文本中频繁出现。本句结构具有较高的代表性，掌握后可迁移到同类句型。

Together, we are calling for a much more open and honest conversation about the future of health in the UK, and an "urgent rethink" of the hospital-centric model we retain.

第4段，第3句

主句使用现在进行时陈述当前行为，宾语带介词短语后置定语和定语从句修饰，这是四六级和考研英语阅读中较为常见的句式。定语从句省略关系代词的现象也较典型。但句子整体语义偏向特定话题（医疗政策讨论），结构本身虽典型但不算高频核心句式，迁移价值中等偏上。

This must begin with the question of how we maximise the health of the nation, rather than "fix" the NHS.

第5段，第1句

本句包含主语、情态动词谓语、方式状语、嵌入的宾语从句，从句内部又有主谓宾结构和方式状语，成分丰富；"rather than" 对比结构和间接疑问从句的处理是常见易错点，训练价值较高

It is estimated, for example, that healthcare accounts for only about 20% of health outcomes.

第5段，第2句

"It is estimated that..." 是学术写作、四六级阅读中极高频出现的句式，极具迁移价值。

Much more important are the places we live, work and socialise—yet there is no clear cross-government strategy for improving these social determinants of health.

第5段，第3句

本句包含倒装结构、There be 句型、并列定语从句、主语从句省略、关系副词省略等多种成分划分的重点和易错点，既覆盖了主系表和存在句两种基本句型，又涉及修饰成分的识别和省略成分的还原，是很好的综合练习句。

What health functions should remain at the centre, and what should be given to local leaders, often responsible for services that create health, and with a much better understanding of the needs of their populations?

第6段，第2句

两个并列的特殊疑问句，一个主动一个被动，是考试中常见的对比性并列结构。定语从句修饰名词、介词短语作定语、情态动词的被动形式，这些都是四六级和考研英语阅读中的高频句式。句子整体结构具有很强的代表性，掌握后可迁移到大量类似长难句的分析中。

本篇出现的 63 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

healthcare

B2

n. 医疗保健

本篇5次 · 真题 9 句

reduce

B1

v. 减少，降低（数量、大小、程度等）

本篇3次 · 真题 75 句

reform

B2

v. 改革

本篇3次 · 真题 37 句

strategy

B2

n. 策略

本篇3次 · 真题 28 句

system

A2

n. 系统

本篇2次 · 真题 107 句

power

A2

n. 权力

本篇2次 · 真题 90 句

support

A2

v. 支持

本篇2次 · 真题 87 句

community

B1

n. 社区

本篇2次 · 真题 71 句

local

A2

adj. 当地的

本篇2次 · 真题 65 句

demand

B1

v. 坚决要求

本篇2次 · 真题 63 句

pressure

B1

n. 心理压力

本篇2次 · 真题 55 句

increasingly

B2

adv. 越来越;日益;不断增加地

本篇2次 · 真题 40 句

nation

B1

n. 国家

本篇2次 · 真题 39 句

aim

B1

v. 瞄准

本篇2次 · 真题 35 句

crisis

B2

n. 危机

本篇2次 · 真题 33 句

resource

B1

n. 资源

本篇2次 · 真题 24 句

retain

B2

v. 保留

本篇2次 · 真题 9 句

author

A2

n. 作者

本篇1次 · 真题 209 句

rate

A2

n. 速度

本篇1次 · 真题 72 句

policy

B1

n. 政策

本篇1次 · 真题 69 句

decade

B1

n. 十年

本篇1次 · 真题 61 句

challenge

B1

n. 挑战

本篇1次 · 真题 57 句

million

A2

num. 一百万

本篇1次 · 真题 57 句

major

B1

adj. 主要的

本篇1次 · 真题 56 句

factor

B1

n. 因素

本篇1次 · 真题 47 句

quality

A2

n. 质量

本篇1次 · 真题 45 句

simply

B1

adv. 仅仅, 只不过

本篇1次 · 真题 43 句

account

A2

n. 账户

本篇1次 · 真题 42 句

current

B1

adj. 现在的

本篇1次 · 真题 41 句

investment

B1

n. 投资

本篇1次 · 真题 38 句

according B1

prep. 根据

本篇1次·真题 35 句

despite B1

prep. 尽管

本篇1次·真题 32 句

employee A2

n. 雇员, 员工

本篇1次·真题 32 句

responsibility B1

n. 责任

本篇1次·真题 32 句

due B1

adj. 预期的

本篇1次·真题 31 句

funding B2

n. 资金

本篇1次·真题 31 句

boost B2

v. 提高

本篇1次·真题 28 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次·真题 27 句

peer B2

n. 同龄人

本篇1次·真题 27 句

capacity B2

n. 容量

本篇1次·真题 26 句

understanding B1

n. 理解; 领悟

本篇1次·真题 25 句

enhance B2

v. 提高

本篇1次·真题 24 句

invest B2

v. 投资 (金钱、时间等以期获得回报)

本篇1次·真题 24 句

function B1

n. 功能

本篇1次·真题 23 句

workforce B2

n. (一国或一地区的) 劳动力, 劳动人口

本篇1次·真题 21 句

efficiency B2

n. 效率

本篇1次·真题 20 句

estimate B2

v. 估计

本篇1次·真题 19 句

responsible B1

adj. 负责的

本篇1次·真题 19 句

former B1

adj. 以前的, 从前的

本篇1次·真题 18 句

outcome B2

n. 结果

本篇1次·真题 17 句

centre A2

n. 中心; 中央

本篇1次·真题 16 句

burden B2

n. 负担

本篇1次·真题 15 句

dominant C1

adj. 占主导地位的

本篇1次·真题 12 句

infant B2

n. 婴儿

本篇1次·真题 12 句

rival B2

n. 竞争对手

本篇1次·真题 12 句

minister B2

n. 部长

本篇1次·真题 11 句

obesity B2

n. 肥胖 (症)

本篇1次·真题 11 句

urgent B2

adj. 紧急的, 急迫的

本篇1次·真题 11 句

barely B1

adv. 几乎不

本篇1次·真题 10 句

launch B1

v. 推出

本篇1次·真题 10 句

meaningful B2

adj. 有意义的

本篇1次·真题 10 句

reliance B2

n. 依赖

本篇1次·真题 9 句

distribute

B2

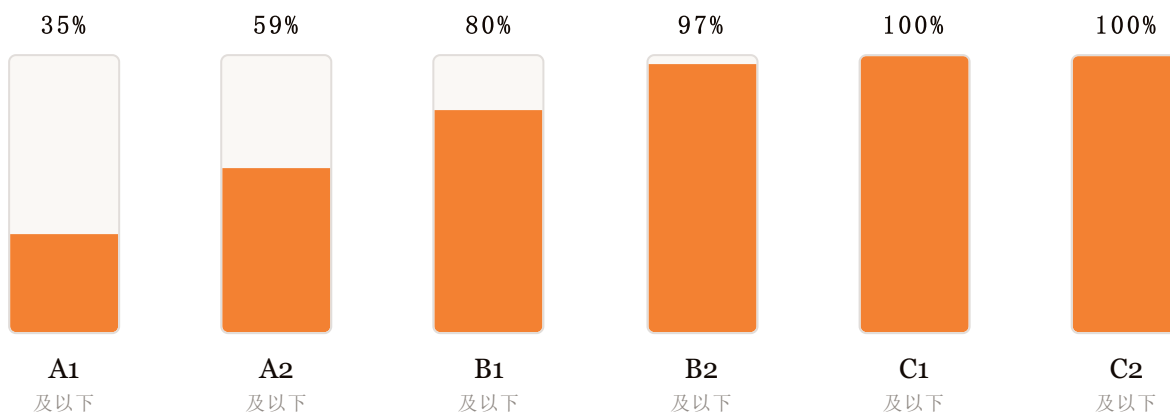
v. 分发

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 209 词按 CEFR 难度累积覆盖

全文去重后共 **209** 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 6 个 · 约 3%。



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 209 个 · 末柱为 100%

去重总词数

209

B2 以上难词

3%

B1 及以下覆盖

80%

考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	本题
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2025年 考研英语二阅读理解（四选一） 第3篇·31-35 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 31-35 题

本页 31-35 题的答案与逐题解析由懒笔记基于2025年 考研英语二阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 6 段原文（段首标 P1-P6 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

英语二真题(2025)

Section II Part A (3)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 3

P1 Heat action plans, or HAPs, have been proliferating in India in the past few years. In general, an HAP spells out when and how officials should issue heat warnings and alert hospitals and other institutions. Nagpur's plan, for instance, calls for hospitals to set aside "cold wards" in the summer for treating heatstroke patients, and advises builders to give construction laborers a break from work on very hot days.

近年来,高温行动计划(HAPs)在印度迅速普及。一般来说,高温行动计划明确规定了官员应何时以及如何发布高温警报并提醒医院和其他机构。例如,那格浦尔的计划要求医院在夏季预留"降温病房"用于治疗中暑患者,并建议建筑商在酷热天气让建筑工人停工休息。

P2 But implementation of existing HAPs has been uneven, according to a report from the Centre for Policy Research. Many lack adequate funding, it found. And their triggering thresholds often are not customized to the local climate. In some areas, high daytime temperatures alone might serve as an adequate trigger for alerts. But in other places, nighttime temperatures or humidity might be as important a gauge of risk as daytime highs.

但根据政策研究中心的一份报告,现有高温行动计划的实施情况参差不齐。报告发现,许多计划缺乏充足的资金。而且它们的触发阈值往往没有根据当地气候进行定制。在某些地区,仅白天的高温就可以作为发布警报的充分触发条件。但在其他地方,夜间温度或湿度可能与白天高温一样,都是风险的重要衡量指标。

P3 Mumbai's April heatstroke deaths highlighted the need for more nuanced and localized warnings, researchers say. That day's high temperature of roughly 36°C was 1°C shy of the heat wave alert threshold for coastal cities set by national meteorological authorities. But the effects of the heat were

amplified by humidity—an often neglected factor in heat alert systems—and the lack of shade at the late-morning outdoor ceremony.

研究人员表示,孟买四月份的中暑死亡事件凸显了制定更细致和本地化预警的必要性。当天约36°C的最高气温比国家气象部门为沿海城市设定的热浪警报阈值低1°C。但高温的影响因湿度而被放大——这是高温警报系统中经常被忽视的因素——以及上午早些时候户外仪式缺乏遮阴。

P4 To help improve HAPs, urban planner Rajashree Kotharkar's team is working on a model plan that outlines best practices and could be adapted to local conditions. Among other things, she says, all cities should create a vulnerability map to help focus responses on the populations most at risk.

为了帮助改进高温行动计划,城市规划师Rajashree Kotharkar的团队正在制定一个示范计划,概述最佳实践并可根据当地条件进行调整。她说,除其他事项外,所有城市都应该绘制脆弱性地图,以帮助将应对措施集中在风险最高的人群上。

P5 Such mapping doesn't need to be complex, Kotharkar says. "A useful map can be created by looking at even a few key parameters." For example, neighborhoods with a large elderly population or informal dwellings that cope poorly with heat could get special warnings or be bolstered with cooling centers. The Nagpur project has already created a risk and vulnerability map, which enabled Kotharkar to tell officials which neighborhoods to focus on in the event of a heat wave this summer.

Kotharkar说,这种地图绘制不需要很复杂。"只需查看几个关键参数就可以创建一张有用的地图。"例如,老年人口较多或非正式住所不能很好应对高温的社区可以获得特别警报或通过设立降温中心得到加强。那格浦尔项目已经创建了一张风险和脆弱性地图,这使Kotharkar能够告诉官员在今年夏季发生热浪时应关注哪些社区。

P6 HAPs shouldn't just include short-term emergency responses, researchers say, but also recommend medium- to long-term measures that could make communities cooler. In Nagpur, for example, Kotharkar's team has been able to advise city officials about where to plant trees to provide shade. HAPs could also guide efforts to retrofit homes or modify building regulations. "Reducing deaths in an emergency is a good target to have, but it's the lowest target," says climate researcher Chandni Singh.

研究人员表示,高温行动计划不应仅包括短期应急响应,还应推荐可使社区更凉爽的中长期措施。例如在那格浦尔,Kotharkar的团队已能够就在哪里种植树木以提供遮阴向市政官员提供建议。高温行动计划还可以指导房屋改造或修改建筑法规的工作。气候研究员Chandni Singh说:"在紧急情况下减少死亡是一个值得追求的目标,但这是最低目标。"

题目与逐题解析

31. According to Paragraph 1, Nagpur's plan proposes measures to _____.

- [A] tackle extreme weather
- [B] ensure construction quality
- [C] monitor emergency warnings
- [D] address excessive workloads

根据第一段,Nagpur的计划提出了哪些措施?

- A) 应对极端天气 B) 确保建筑质量 C) 监测紧急预警 D) 解决工作负荷过重问题

【答案】 **A** (细节题)

【判型】 According to Paragraph 1, Nagpur's plan proposes measures to _____ 既限定段落又问具体措施，是典型细节题。

【拆句】 According to Paragraph 1, Nagpur's plan proposes measures to _____ 主干 Nagpur's plan proposes measures, to 不定式接选项构成 propose measures to do sth.「提出做某事的措施」。无陷阱，难点只在「目的状语 to 后的动作」要与原文对应。

【定位】 Nagpur's plan, for instance, calls for hospitals to set aside "cold wards" in the summer for treating heatstroke patients, and advises builders to give construction laborers a break from work on very hot days.

比如 Nagpur 的方案要求医院在夏天专门预留「冷病房」以救治中暑患者，并建议建筑商在极热天让建筑工人停工休息。

【选项】 **A) ✓ 正确**

on very hot days ↔ **extreme weather**

treating heatstroke patients ↔ **tackle**

预判要的就是「应对高温」，tackle extreme weather 与两条措施全部对应，且选项里只有 A 命中「热」这一核心，可直接锁定。

B) 偷换概念

原文只让建筑工人「在极热天 break from work」，目的是保护工人，不是保证工程质量；ensure construction quality 把对工人的保护偷换成对工程质量的保证。

C) 偷换概念

原文是 HAP 在「发布」高温警报、提醒医院，monitor emergency warnings「监控应急警报」把发布者偷换成监控者，动作主体与对象颠倒。

D) 无中生有

原文让工人在「极热天」停工是为了抗热，并非因为工作量过大；address excessive workloads 把「天气过热」偷换成「工作量过大」，原文未提及工作量问题。

32. One problem with existing HAPs is that they _____.

- [A] prove too costly to be implemented
- [B] lack localized alert-issuing criteria
- [C] give delayed responses to heat waves
- [D] keep hospitals under great pressure

现有高温行动计划存在的一个问题是

- A) 被证明成本过高而无法实施
- B) 缺乏本地化的预警发布标准
- C) 对热浪的响应延迟
- D) 使医院承受巨大压力

【答案】 **B** (细节题)

【判型】 One problem with existing HAPs is that they _____ 问一个具体问题，不带 infer/suggest，是细节题。

【拆句】 One problem with existing HAPs is that they _____ 是 One problem is that... 的同位结构，that 从句的主语 they 指代 existing HAPs，选项内容直接做 they 的谓语部分。结构无陷阱。

【定位】 And their triggering thresholds often are not customized to the local climate.

并且，它们的触发阈值常常没有根据当地气候进行定制。

【选项】 A) 偷换概念

原文是「资金不足」(lack adequate funding)，选项 prove too costly to be implemented「实施成本太高」把方向倒过来：缺钱不等于成本太高，更不能推出「无法实施」。

B) ✓ 正确

triggering thresholds ↔ alert-issuing criteria

are not customized to the local climate ↔ lack localized

预判要的「预警门槛没本地化」与 lack localized alert-issuing criteria 字面对位，可锁。

C) 无中生有

原文谈的是阈值不本地化、资金不够，从未谈到响应速度；give delayed responses to heat waves 凭空引入 delayed 这一时间维度。

D) 张冠李戴

原文从未说现有 HAPs 给医院造成压力；keep hospitals under great pressure 借第 1 段 hospitals 的眼熟感骗考生。

33. Mumbai's case shows that India's heat alert systems need to _____.

- [A] include other factors besides temperature
- [B] take subtle weather changes into account
- [C] prioritize potentially disastrous heat waves
- [D] draw further support from local authorities

Mumbai 的案例表明印度的高温预警系统需要

- A) 纳入温度以外的其他因素 B) 将细微的天气变化考虑在内 C) 优先关注可能造成灾难的热浪
D) 获得地方当局的进一步支持

【答案】 A (细节题)

【判型】 Mumbai's case shows that India's heat alert systems need to _____ 用一个具体案例追问系统的改进方向，案例和改进点都在原文里直接说出，是细节题。

【拆句】 Mumbai's case shows that India's heat alert systems need to _____ 主干 Mumbai's case shows that..., 宾语从句主语是 India's heat alert systems, need to 接选项形成不定式。结构平铺，无陷阱。

【定位】 But the effects of the heat were amplified by humidity—an often neglected factor in heat alert systems—and the lack of shade at the late-morning outdoor ceremony.

但高温的影响被湿度（这是高温预警系统中常被忽视的一个因素）和上午早些时候户外仪式上缺乏遮蔽放大了。

【选项】 A) ✓ 正确

humidity—an often neglected factor in heat alert systems ↔

other factors besides temperature

often neglected factor ↔ **include**

预判「应当纳入温度以外的因素」与 include other factors besides temperature 字面对位，可锁定。

B) 偷换概念

原文说湿度等因素被忽视，并未谈天气是否「细微变化」；take subtle weather changes into account 把 neglected factor 偷换为 subtle change，方向错位。

C) 无中生有

原文要的是把更多因素纳入考量，并非要在多场热浪里挑「最可能造成灾难」的那一场；prioritize potentially disastrous heat waves 凭空引入「排序」概念。

D) 无中生有

原文谈的是预警系统应纳入哪些气候因素，与地方政府支持无关；draw further support from local authorities 凭空引入「找地方政府要资源」的话题。

34. Kotharkar holds that a vulnerability map can help _____.

- [A] prevent the harm of high humidity
- [B] target areas needing special attention
- [C] expand the Nagpur project's coverage
- [D] make relief plans for heat-stricken people

Kotharkar认为脆弱性地图能够帮助

- A) 预防高湿度的危害
- B) 锁定需要特别关注的区域
- C) 扩大Nagpur项目的覆盖范围
- D) 为受高温影响的人群制定救援计划

【答案】 B (细节题)

【判型】 Kotharkar holds that a vulnerability map can help _____ 直接问 vulnerability map 能帮什么，是直问功能的细节题。

【拆句】 Kotharkar holds that a vulnerability map can help _____ 主干 Kotharkar holds that..., that 从句中 a vulnerability map can help 接选项作宾语或不定式。无陷阱。

【定位】 For example, neighborhoods with a large elderly population or informal dwellings that cope poorly with heat could get special warnings or be bolstered with cooling centers. The Nagpur project has already created a risk and vulnerability map, which enabled Kotharkar to tell officials which neighborhoods to focus on in the event of a heat wave this summer.

比如，老年人口多或难以抵御高温的非正式住宅集中的社区，可获得专项预警或被加强配备冷却中心。Nagpur 项目已建立了一份风险与脆弱性地图，让 Kotharkar 能告诉官员热浪来临时应重点关注哪些社区。

【选项】 A) **张冠李戴**

prevent the harm of high humidity 把 P3 中 Mumbai 段的湿度问题嫁接到 vulnerability map 的功能上；地图本身从不直接「防湿度伤害」。

B) **✓ 正确**

which neighborhoods to focus on in the event of a heat wave ↔

target areas needing special attention

focus responses on the populations most at risk ↔ **areas needing special attention**

预判「锁定该重点关注的社区」与 target areas needing special attention 在动词、对象、限定语三处全部对位，可锁。

C) **偷换概念**

原文 The Nagpur project has already created a risk and vulnerability map 只是说 Nagpur 项目已建好这张地图，并未说要靠这张地图去扩大 Nagpur 项目的覆盖范围；expand the Nagpur project's coverage 把「项目里已有这张图」歪曲成「这张图去扩大项目」。

D) **偷换概念**

原文说地图用于「告诉官员重点关注哪些社区」，并未说用于「为已中暑的人做救援计划」；make relief plans for heat-stricken people 把预防/聚焦的功能改成事后救援，对象与时序都偏了。

35. According to the last paragraph, researchers believe that HAPs should _____.

- [A] focus more on heatstroke treatment
- [B] apply for more government grants
- [C] invite wider public participation
- [D] serve a broader range of purposes

根据最后一段,研究人员认为高温行动计划应该

A) 更多地关注中暑治疗 B) 申请更多政府拨款 C) 邀请更广泛的公众参与 D) 服务于更广泛的目的

【答案】 D (细节题)

【判型】 According to the last paragraph, researchers believe that HAPs should _____ 是「指定段 + 转述 + should」的标准细节题题干。

【拆句】 According to the last paragraph, researchers believe that HAPs should _____ 主干
researchers believe that HAPs should _____, that 宾语从句的主语 HAPs 接情态动词
should, 选项作动词原形短语补全 should 后内容。无陷阱。

【定位】 HAPs shouldn't just include short-term emergency responses, researchers say, but also
recommend medium- to long-term measures that could make communities cooler.

研究人员表示, HAPs 不应只包含短期应急响应, 还应推荐能让社区更凉爽的中长期措施。

【选项】 A) 与原文相反

「治疗中暑」是 P1 提到的医院措施, 末段恰恰说「减少急性死亡只是最低目标」,
focus more on heatstroke treatment 与末段方向相反。

B) 张冠李戴

末段未提 HAPs 应去申请政府拨款; apply for more government grants 把 P2 中的
资金不足借过来, 安到末段研究者的建议里。

C) 无中生有

末段谈的是种树、改造住宅、修订建筑法规等技术与管理措施, 未提扩大公众参与;
invite wider public participation 凭空引入公众参与话题。

D) ✓ 正确

shouldn't just include short-term emergency responses, researchers say, but also recommend
medium- to long-term measures

↔ serve a broader range of purposes

Reducing deaths in an emergency is a good target to have, but it's the lowest target ↔

a broader range of purposes

serve a broader range of purposes 抓住「目标不止一种」的核心, 与预判完全吻合。

SENTENCE INSIGHTS • 句子精讲

7 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。

In general, an HAP spells out when and how officials should issue heat warnings and alert hospitals and other institutions.

第1段, 第2句

宾语从句由疑问词引导、短语动词作谓语、从句内并列谓语结构,都是四六级和考研阅读中的常见句式,尤其是间接疑问句作宾语的结构出现频率高,学习后可广泛迁移到其他类似句子。

Nagpur's plan, for instance, calls for hospitals to set aside "cold wards" in the summer for treating heatstroke patients, and advises builders to give construction laborers a break from work on very hot days.

第1段，第3句

“主语加并列谓语，后接较长补足结构”是说明文和新闻写作里很常见的句式。掌握这种句子后，处理同类的政策、计划、建议类表达会很有迁移性。

But in other places, nighttime temperatures or humidity might be as important a gauge of risk as daytime highs.

第2段，第5句

主系表结构配合比较状语从句是四六级和考研阅读中的常见句式，“as ... as”比较结构及其省略用法是高频考点。并列主语和前置状语也是典型特征。句式简洁但代表性强，掌握后可迁移到大量类似比较句和主系表句的分析。

To help improve HAPs, urban planner Rajashree Kotharkar's team is working on a model plan that outlines best practices and could be adapted to local conditions.

第4段，第1句

本句体现了四六级和考研真题中的典型结构：主句包含定语从句修饰宾语，从句内使用并列谓语和情态被动结构。这种嵌套修饰和情态表达在学术文本和考试中极为常见，掌握后可广泛应用。

For example, neighborhoods with a large elderly population or informal dwellings that cope poorly with heat could get special warnings or be bolstered with cooling centers.

第5段，第3句

本句主干识别有一定难度但不算极端，嵌套层级适中，时态语态涉及情态动词和主被动并列，成分丰富且包含常见易错点，结构在考试中高度典型。综合来看，这是一个难度适中、训练价值高、结构代表性强的优质练习句，值得优先用于结构和时态训练。

The Nagpur project has already created a risk and vulnerability map, which enabled Kotharkar to tell officials which neighborhoods to focus on in the event of a heat wave this summer.

第5段，第4句

非限制性定语从句补充说明、"enable sb to do" 结构、"疑问词 + to do" 作宾语从句,都是四六级和考研英语阅读中的高频句式,掌握后可大量复用于长难句分析

In Nagpur, for example, Kotharkar's team has been able to advise city officials about where to plant trees to provide shade.

第6段，第2句

本句涵盖主语、谓语、宾语、地点状语、插入语和介词短语作状语，成分种类较为丰富；特别是"about where to plant trees to provide shade"这一多层嵌套的介词短语，可用于训练学生识别疑问词不定式结构和目的状语，具有一定练习价值。

HIGH-FREQUENCY • 真题高频词

本篇出现的 61 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

alert B2

adj. 警觉的

本篇5次 · 真题 10 句

researcher B2

n. 研究人员

本篇4次 · 真题 112 句

wave A2

n. 波浪

本篇4次 · 真题 18 句

focus B1

n. 重点

本篇3次 · 真题 77 句

local A2

adj. 当地的

本篇3次 · 真题 65 句

risk A2

n. 风险

本篇3次 · 真题 62 句

official B1

adj. 官方的

本篇3次 · 真题 42 句

response B1

n. 回答

本篇3次 · 真题 37 句

according B1

prep. 根据

本篇3次 · 真题 35 句

target B1

n. 目标, 靶子

本篇3次 · 真题 29 句

warning A2

n. 警告

本篇3次 · 真题 17 句

system A2

n. 系统

本篇2次 · 真题 107 句

measure B1

v. 测量

本篇2次 · 真题 65 句

climate B1

n. 气候

本篇2次 · 真题 50 句

factor B1

n. 因素

本篇2次 · 真题 47 句

lack B1

v. 缺少

本篇2次 · 真题 41 句

project A2

n. 项目

本篇2次 · 真题 40 句

authority B2

n. 权力

本篇2次 · 真题 33 句

neighborhood B1

n. 街区

本篇2次 · 真题 14 句

existing B1

adj. 现有的

本篇2次 · 真题 10 句

trigger B2

v. 引发

本篇2次 · 真题 10 句

adequate B2

adj. 足够的, 充分的

本篇2次 · 真题 8 句

issue

B1

n. 问题

本篇1次·真题 89 句

support

A2

v. 支持

本篇1次·真题 87 句

effect

A2

n. 影响

本篇1次·真题 80 句

case

A2

n. 情况

本篇1次·真题 75 句

reduce

B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次·真题 75 句

community

B1

n. 社区

本篇1次·真题 71 句

policy

B1

n. 政策

本篇1次·真题 69 句

pressure

B1

n. 心理压力

本篇1次·真题 55 句

account

A2

n. 账户

本篇1次·真题 42 句

institution

B2

n. 机构

本篇1次·真题 39 句

event

A2

n. 事件

本篇1次·真题 36 句

medium

B1

adj. 中等的

本篇1次·真题 35 句

further

B1

adv. 更远地

本篇1次·真题 34 句

apply

A2

v. 申请

本篇1次·真题 33 句

complex

B2

adj. 复杂的, 难懂的

本篇1次·真题 31 句

funding

B2

n. 资金

本篇1次·真题 31 句

range B1

n. 范围

本篇1次·真题 31 句

regulation B2

n. 规则, 条例

本篇1次·真题 28 句

construction B1

n. 建造

本篇1次·真题 24 句

broad B1

adj. 宽阔的

本篇1次·真题 20 句

harm B1

n. 伤害

本篇1次·真题 20 句

propose B1

v. 提议

本篇1次·真题 20 句

expand B2

v. 扩大;扩展;增长

本篇1次·真题 19 句

recommend B1

v. 推荐

本篇1次·真题 18 句

grant B2

v. 授予

本篇1次·真题 17 句

instance B2

n. 例子

本篇1次·真题 17 句

centre A2

n. 中心;中央

本篇1次·真题 16 句

highlight B2

n. 最精彩的部分

本篇1次·真题 16 句

urban B2

adj. 城市的, 都市的

本篇1次·真题 16 句

enable B1

v. 使能够

本篇1次·真题 15 句

cope B2

v. 应对

本篇1次·真题 13 句

guide A2

n. 指南;手册

本篇1次·真题 13 句

roughly B1

adv. 大约, 大概
本篇1次 · 真题 13 句

adapt B2

v. 适应, 适合 (新环境、新情况)
本篇1次 · 真题 12 句

costly B2

adj. 昂贵的, 代价高的
本篇1次 · 真题 12 句

subtle B2

adj. 微妙的
本篇1次 · 真题 10 句

implement B2

v. 实施
本篇1次 · 真题 8 句

outline B2

n. 概要
本篇1次 · 真题 8 句

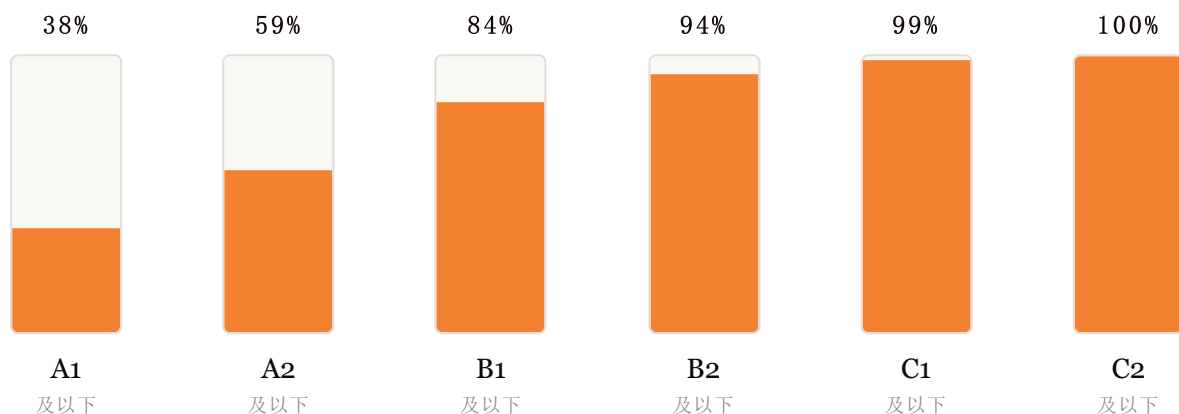
prioritize B2

v. 优先处理
本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 214 词按 CEFR 难度累积覆盖

全文去重后共 **214** 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 13 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 214 个 · 末柱为 100%

去重总词数

214

B2 以上难词

6%

B1 及以下覆盖

84%

考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	本题
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2025年 考研英语二阅读理解（四选一） 第4篇·36-40 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 36-40 题

本页 36-40 题的答案与逐题解析由懒笔记基于2025年 考研英语二阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 6 段原文（段首标 P1-P6 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

英语二真题(2025)

Section II Part A (4)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 4

P1 Navigating beyond the organised pavements and parks of our urban spaces, desire paths are the unofficial footprints of a community, revealing the unspoken preferences, shared shortcuts and collective choices of humans. Often appearing as trodden dirt tracks through otherwise neat green spaces, these routes of collective disobedience cut corners, bisect lawns and cross hills, representing the natural capability of people (and animals) to go from point A to point B most effectively.

在我们城市空间中有序的人行道和公园之外，欲望路径是社区的非官方足迹，揭示了人类未言明的偏好、共同的捷径和集体的选择。这些路径常常表现为穿过整洁绿地的踩踏泥土小径，这些集体违规的路线抄近路、横穿草坪、翻越小山，代表了人类(和动物)从A点到B点最有效移动的自然能力。

P2 Urban planners interpret desire paths as more than just convenient shortcuts; they offer valuable insights into the dynamics between planning and behaviour. Ohio State University allowed its students to navigate the Oval, a lawn in the centre of campus, freely, then proceeded to pave the desire paths, creating a web of effective routes students had established.

城市规划者将欲望路径解读为不仅仅是便捷的捷径，它们提供了关于规划与行为之间动态关系的宝贵见解。俄亥俄州立大学允许其学生自由穿行校园中心的椭圆形草坪，然后铺设这些欲望路径，创建了学生已经建立的有效路线网络。

P3 Yet, reluctance persists among other planners to integrate desire paths into formal plans, citing concerns about safety, environmental impact, or primarily, aesthetics. A Reddit webpage devoted to the phenomenon, boasting nearly 50,000 members, showcases images of local desire paths adorned with signs instructing pedestrians to adhere to designated walkways, underscoring the rebellious nature inherent in these human-made tracks. This clash highlights an ongoing struggle between the organic,

user-driven evolution of public spaces and the desire for a visually curated and controlled urban environment.

然而,其他规划者仍然不愿将欲望路径纳入正式规划,理由是对安全、环境影响,或主要是美观的担忧。一个专门讨论这一现象的Reddit网页拥有近5万名成员,展示了当地欲望路径的图片,这些路径上装饰着指示行人遵守指定人行道的标志,凸显了这些人造小径固有的叛逆性质。这种冲突凸显了公共空间有机的、用户驱动的演变与对视觉上精心策划和控制的城市环境的渴望之间的持续斗争。

P4 The Wickquasgeck Trail is an example of a historical desire path, created by Native Americans to cross the forests of Manhattan and move between settlements quickly. This trail, when Dutch colonists arrived, was widened and made into one of the main trade roads across the island, known at the time as de Heere Straat, or Gentlemen's Street. Following the British assumption of control in New York, the street was renamed Broadway. Notably, Broadway stands out as one of the few areas in NYC that defies the grid-based system applied to the rest of the city, cutting a diagonal across parts of the city.

Wickquasgeck小径是历史欲望路径的一个例子,由美洲原住民创建,用于穿越曼哈顿的森林并在定居点之间快速移动。当荷兰殖民者到达时,这条小径被拓宽并建成横跨该岛的主要贸易道路之一,当时被称为de Heere Straat,即绅士街。在英国控制纽约后,这条街被重新命名为Broadway。值得注意的是,Broadway是纽约市少数几个违背应用于城市其他地区的网格系统的区域之一,在城市的部分地区斜穿而过。

P5 In online spaces, desire paths have sparked a fascination that can approach obsession, with the Reddit page serving as a hub. Contributors offer a wide array of stories, from little-known new shortcuts to long-established alternate routes.

在网络空间中,欲望路径激发了一种可能接近痴迷的迷恋,Reddit页面成为一个中心。贡献者提供了各种各样的故事,从鲜为人知的新捷径到长期存在的替代路线。

P6 Animal desire paths, such as ducks forging trails through frozen ponds or dogs carving direct routes in gardens, highlight the adaptability of these trails in both human and animal experiences. As desire paths criss-cross through both physical and virtual landscapes, they stand as a proof of the collective insistence on forging unconventional routes and embracing the spirit of communal choice.

动物欲望路径,如鸭子在结冰的池塘上开辟小径或狗在花园中开辟直接路线,突显了这些小径在人类和动物体验中的适应性。随着欲望路径在物理和虚拟景观中纵横交错,它们证明了集体坚持开辟非常规路线和拥抱共同选择精神的决心。

题目与逐题解析

36. According to Paragraph 1, desire paths are a result of _____.

- [A] the curiosity to explore surrounding hills
- [B] the necessity to preserve green spaces
- [C] the tendency to pursue convenience
- [D] the wish to find comfort in solitude

根据第1段,欲望路径是什么的结果

- A) 探索周围山丘的好奇心
- B) 保护绿色空间的必要性
- C) 追求便利的倾向
- D) 在独处中寻找舒适的愿望

【答案】 C (细节题)

【判型】 According to Paragraph 1, desire paths are a result of _____ 要求基于第一段事实给出 desire paths 形成的原因，没有 infer/imply 等推断信号，属于细节题。

【拆句】 Q36主干是 desire paths are a result of _____, be a result of 表示"是.....的结果"，空格里要填的是"导致 desire paths 出现的原因"，注意方向不是"desire paths 导致了什么"。

【定位】 these routes of collective disobedience cut corners, bisect lawns and cross hills, representing the natural capability of people (and animals) to go from point A to point B most effectively. 这些集体"违规"踩出的路径抄近路、横切草坪、翻越小山，体现了人（以及动物）从 A 点到 B 点尽可能高效行走的天性。

【选项】 A) 偷换概念

原文 cross hills 只是描述路径会"翻山"，并非出于curiosity to explore surrounding hills这种"探山好奇"的动机。

B) 与原文相反

原文说人们 bisect lawns 切草坪，正是不顾绿地保育的体现，与the necessity to preserve green spaces"为保护绿地"刚好相反。

C) ✓ 正确

to go from point A to point B most effectively ↔ the tendency to pursue convenience

the natural capability of people (and animals) ↔ the tendency to

the tendency to pursue convenience精确对应原文"以最高效方式从 A 到 B 的天性"，与预判完全一致。

D) 无中生有

the wish to find comfort in solitude谈"在独处中找慰藉"，第一段完全没有 solitude/comfort 的相关表述。

37. It can be inferred that Ohio State University _____.

[A] intends to improve its desire paths

[B] leads in the research on desire paths

[C] guides the creation of its desire paths

[D] takes a positive view of desire paths

可以推断出Ohio State University

A) 打算改善其欲望路径 B) 在欲望路径研究方面处于领先地位 C) 引导其欲望路径的创建

D) 对欲望路径持积极看法

【答案】 D (推断题)

【判型】 It can be inferred that Ohio State University里的 inferred 直接亮明推断题身份，要求基于事实推态度。

【拆句】 Q37结构是 It can be inferred that + 主语 + 谓语，that 引导宾语从句，主语锁死在 Ohio State University，要补出的是"学校对 desire paths 的态度或做法"。

【定位】 Ohio State University allowed its students to navigate the Oval, a lawn in the centre of campus, freely, then proceeded to pave the desire paths, creating a web of effective routes students had established.

俄亥俄州立大学先允许学生在校园中央草坪 Oval 上自由行走，然后把学生踩出的小径铺设固化，形成一张由学生确立的高效路径网。

【选项】 A) **过度推断**

原文只说学校已经把 desire paths 铺好，没说要去 improve its desire paths "再改良"，方向被多推了一步。

B) **无中生有**

原文只举学校处理 Oval 的一例做法，无任何"在 desire paths 研究领域领先"的信息，leads in the research on desire paths 是无中生有。

C) **与原文相反**

原文清楚说 allowed its students to navigate...freely，路径是学生自由走出来的，不是学校 guides the creation 引导的。

D) **✓ 正确**

proceeded to pave the desire paths, creating a web of effective routes students had established

↔ **takes a positive view of desire paths**

allowed its students to navigate the Oval...freely ↔ **positive view**

takes a positive view of desire paths 恰好对应学校"允许踩+主动铺路"所暗含的认可态度，与预判一致。

38. The images on the Reddit webpage reflect _____.

- [A] conflicting opinions on the use of desire paths
- [B] the call to upgrade the designing of public spaces
- [C] the demand for proper planning of desire paths
- [D] growing concerns over the loss of public spaces

Reddit网页上的图片反映了

- A) 关于欲望路径使用的矛盾观点 B) 升级公共空间设计的呼吁 C) 对欲望路径进行适当规划的需求
D) 对公共空间丧失日益增长的担忧

【答案】 A (细节题)

【判型】 The images on the Reddit webpage reflect _____ 问的是图所反映的客观信息，需要回原文找作者就这些图给出的解读。

【拆句】 Q38主干是 The images...reflect _____, reflect 这里是"反映/体现"，宾语是要填的内容，介词短语 on the Reddit webpage 修饰 images。

【定位】 A Reddit webpage devoted to the phenomenon, boasting nearly 50,000 members, showcases images of local desire paths adorned with signs instructing pedestrians to adhere to designated walkways, underscoring the rebellious nature inherent in these human-made tracks. This clash highlights an ongoing struggle between the organic, user-driven evolution of public spaces and the desire for a visually curated and controlled urban environment.

一个近五万成员的 Reddit 专题页展示了各地 desire paths 的照片，上面贴着“请走指定步道”的告示牌，凸显了这些自发路径的反叛特性。这种碰撞凸显了一种持续较量：公共空间里用户主导的自然演化 vs. 视觉规整、可控的城市环境的诉求。

【选项】 A) ✓ 正确

This clash highlights an ongoing struggle ↔ **conflicting opinions on the use of desire paths** between the organic, user-driven evolution of public spaces and the desire for a visually curated and controlled urban environment

↔ **on the use of desire paths**

conflicting opinions on the use of desire paths 精准把段末总结句的双方对立概括出来，与预判一致。

B) 无中生有

原文谈的是“该不该接纳踩径”的对立，没有 call to upgrade the designing of public spaces “号召升级设计”的语义。

C) 偷换概念

原文反对方甚至要 instructing pedestrians to adhere to designated walkways 禁止走 desire paths，更谈不上 demand for proper planning of desire paths 要“正规规划 desire paths”。

D) 偷换概念

原文焦点是“踩径与禁令的冲突”，并非 growing concerns over the loss of public spaces 担心公共空间“流失”。

39. The example of the Wickquasgeck Trail illustrates _____.

- [A] the growth of New York City
- [B] the Dutch origin of desire paths
- [C] the importance of urban planning
- [D] the recognition of desire paths

Wickquasgeck Trail 的例子说明了

A) 纽约市的发展 B) 欲望路径的荷兰起源 C) 城市规划的重要性 D) 对欲望路径的认可

【答案】 D (例证目的题)

【判型】 illustrates 直接亮明例证题身份，问的是 Wickquasgeck Trail 这个例子在说明什么观点。

【拆句】 Q39 结构是 The example of X illustrates _____, 主语是“X 这个例子”，谓语 illustrate 后接“被说明的对象”，要避开把例子内容当答案。

【定位】 The Wickquasgeck Trail is an example of a historical desire path, created by Native Americans to cross the forests of Manhattan and move between settlements quickly.

Wickquasgeck Trail 是一条历史上的 desire path，由美洲原住民开辟，用以穿越曼哈顿森林、在聚居点之间快速往返。

【选项】 A) 答非所问

原文确实顺带提到Broadway演变史，但作者举例不是为了说the growth of New York City"纽约市的成长"，纽约只是 desire path 留下的副产品。

B) 与原文相反

原文明说这条路径created by Native Americans，是原住民开辟的，荷兰人只是后来拓宽，the Dutch origin of desire paths把起源颠倒了。

C) 与原文相反

整段是讲 desire paths 反过来塑造了城市的街道，恰好defies the grid-based system 违反了规划，而非证明the importance of urban planning规划的重要性。

D) ✓ 正确

The Wickquasgeck Trail is an example of a historical desire path ↔

the recognition of desire paths

Broadway stands out as one of the few areas in NYC that defies the grid-based system ↔

recognition

the recognition of desire paths恰是这条历史 desire path 被一代代沿用、保留至今的论点概括，与预判一致。

40. It can be learned from the last paragraph that desire paths _____.

- [A] reveal humans' deep respect for nature
- [B] are crucial to humans' mental wellbeing
- [C] are a human imitation of animal behaviour
- [D] show a shared trait in humans and animals

从最后一段可以得知欲望路径

- A) 揭示了人类对自然的深刻尊重 B) 对人类心理健康至关重要 C) 是人类对动物行为的模仿
D) 显示了人类和动物的共同特征

【答案】 D (推断题)

【判型】 It can be learned from the last paragraph that desire paths _____里的 learned 等价于 inferred，是末段推断题。

【拆句】 Q40主干 It can be learned...that desire paths _____, that 后是宾语从句，主语锁死 desire paths，要补出的是它在末段被赋予的性质或意义。

【定位】 Animal desire paths, such as ducks forging trails through frozen ponds or dogs carving direct routes in gardens, highlight the adaptability of these trails in both human and animal experiences. As desire paths criss-cross through both physical and virtual landscapes, they stand as a proof of the collective insistence on forging unconventional routes and embracing the spirit of communal choice.

鸭子在冰面踩径、狗在花园走直线这类"动物 desire paths"凸显了它们对人和动物都同样适配；当 desire paths 穿行于物理与虚拟空间，它们都是对"集体执意走非常规路线、推崇共同选择精神"的明证。

【选项】 A) 无中生有

原文反复强调的是 desire paths 体现"非常规路线"，并未涉及humans' deep respect for nature"对自然的深切尊重"。

B) 无中生有

末段没有任何crucial to humans' mental wellbeing"对心理健康至关重要"的表述，话题完全在共性而非健康。

C) 与原文相反

原文并列谈人和动物都会踩径，并未说人是在imitation of animal behaviour"模仿动物"。

D) ✓ 正确

the adaptability of these trails in both human and animal experiences ↔

show a shared trait in humans and animals

the collective insistence on forging unconventional routes and embracing the spirit of communal choice

↔ **shared trait**

show a shared trait in humans and animals恰好把末段"both human and animal"的并列加上"collective insistence"的总收概括成一种共有特性，与预判一致。

SENTENCE INSIGHTS • 句子精讲

11 句真题句逐层精讲

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

Often appearing as trodden dirt tracks through otherwise neat green spaces, these routes of collective disobedience cut corners, bisect lawns and cross hills, representing the natural capability of people (and animals) to go from point A to point B most effectively.

第1段，第2句

本句包含并列谓语结构、前置和后置分词短语作状语、介词短语作后置定语等多种成分类型,覆盖面较广;句首和句末的分词短语容易被误判为独立分句或谓语,是练习区分谓语与非谓语、理解分词短语作状语的良好材料;同时并列谓语各自带宾语的结构也值得练习。

Urban planners interpret desire paths as more than just convenient shortcuts; they offer valuable insights into the dynamics between planning and behaviour.

第2段，第1句

“分号连接两个完整陈述 + 一般现在时讲普遍事实”是较常见的说明文句式。第一个分句中的“动词 + 宾语 + 补足语”也属于常见、值得迁移的结构。

Ohio State University allowed its students to navigate the Oval, a lawn in the centre of campus, freely, then proceeded to pave the desire paths, creating a web of effective routes students had established.

第2段，第2句

主句包含并列谓语、宾语、宾语补足语、同位语、方式状语、时间状语、伴随状语等多种成分,成分种类丰富;定语从句省略关系代词,是常见易错点;不定式 to navigate 和 to pave 分别作宾语补足语和动词宾语,to do 的多重用法值得练习。整体覆盖面广,训练价值较高。

Yet, reluctance persists among other planners to integrate desire paths into formal plans, citing concerns about safety, environmental impact, or primarily, aesthetics.

第3段，第1句

本句时态不难，但结构上很适合练主干识别和非谓语辨认，训练收益较稳定。对于需要巩固“一个谓语配多个后置补充”的学习者，优先度较高。

A Reddit webpage devoted to the phenomenon, boasting nearly 50,000 members, showcases images of local desire paths adorned with signs instructing pedestrians to adhere to designated walkways, underscoring the rebellious nature inherent in these human-made tracks.

第3段，第2句

本句时态不难，但结构拆解价值很高，尤其适合训练如何从长修饰中抓住真正主干。对句子结构学习而言，值得优先练习。

This clash highlights an ongoing struggle between the organic, user-driven evolution of public spaces and the desire for a visually curated and controlled urban environment.

第3段，第3句

本句包含主语、谓语、宾语、前置定语、后置定语（介词短语），成分种类中等丰富。后置定语内部存在 "between A and B" 并列结构，A 和 B 各自又含多层修饰 ("organic, user-driven evolution of public spaces" 和 "desire for a visually curated and controlled urban environment")，适合练习识别复杂名词短语内部的修饰层次，有一定训练价值。

The Wickquasgeck Trail is an example of a historical desire path, created by Native Americans to cross the forests of Manhattan and move between settlements quickly.

第4段，第1句

主系表结构加后置定语是常见句式，后置定语由过去分词引导也较为典型，在阅读理解中频繁出现。但整体难度偏低，缺少考试中常见的从句嵌套或复杂修饰，代表性中等。

This trail, when Dutch colonists arrived, was widened and made into one of the main trade roads across the island, known at the time as de Heere Straat, or Gentlemen's Street.

第4段，第2句

本句结构不至于过难，但包含插入从句、被动并列谓语和句尾补充说明，训练收益高而挫败感不强。作为结构与时态练习材料，值得优先学习。

Notably, Broadway stands out as one of the few areas in NYC that defies the grid-based system applied to the rest of the city, cutting a diagonal across parts of the city.

第4段，第4句

本句结构在考研和四六级阅读中较为常见：主句 + 限制性定语从句 + 分词短语伴随状语的组合，是典型的复杂句模式。句首插入语、不及物动词短语、后置定语等都是常考结构。掌握本句的分析方法可以迁移到大量类似长句，具有较高的典型性和复用价值。

In online spaces, desire paths have sparked a fascination that can approach obsession, with the Reddit page serving as a hub.

第5段，第1句

“主句主干 + 名词后定语从句 + 句首介词状语 + 句尾补充结构”是阅读里很常见的组合。掌握这类句子后，处理同类长句的迁移价值很高。

As desire paths criss-cross through both physical and virtual landscapes, they stand as a proof of the collective insistence on forging unconventional routes and embracing the spirit of communal choice.

第6段，第2句

“状语从句前置 + 主句”是四六级和考研阅读中的高频句式，“As”引导的状语从句尤其常见。主句中中介词短语作状语修饰动词的结构也是典型搭配。学习者掌握本句结构后可迁移至大量类似长句。

HIGH-FREQUENCY • 真题高频词

本篇出现的 79 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

desire B2

n. 愿望

本篇20次 · 真题37句

route B1

n. 路线

本篇5次 · 真题16句

trail

B1

n. 小路, 小径

本篇5次·真题10句

urban

B2

adj. 城市的, 都市的

本篇4次·真题16句

collective

B2

adj. 集体的

本篇3次·真题14句

planning

B1

n. 规划

本篇3次·真题12句

concern

B1

v. 涉及

本篇2次·真题60句

image

A2

n. 形象, 印象

本篇2次·真题45句

reveal

B2

v. 揭示

本篇2次·真题35句

track

A2

n. 小路

本篇2次·真题24句

highlight

B2

n. 最精彩的部分

本篇2次·真题16句

shared

A2

adj. 共享的

本篇2次·真题9句

navigate

B2

v. 导航

本篇2次·真题8句

system

A2

n. 系统

本篇1次·真题107句

view

A2

n. 观点, 看法

本篇1次·真题91句

growth

B1

n. 增长

本篇1次·真题80句

community

B1

n. 社区

本篇1次·真题71句

local

A2

adj. 当地的

本篇1次·真题65句

demand B1

v. 坚决要求

本篇1次 · 真题 63 句

online A2

adj. 在线的

本篇1次 · 真题 63 句

impact B2

n. 影响

本篇1次 · 真题 53 句

design B1

n. 设计

本篇1次 · 真题 52 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本篇1次 · 真题 51 句

opinion A2

n. 观点

本篇1次 · 真题 44 句

loss B1

n. 丧失

本篇1次 · 真题 43 句

sign A1

n. 标志

本篇1次 · 真题 42 句

physical B1

adj. 身体的

本篇1次 · 真题 40 句

mental B1

adj. 精神的

本篇1次 · 真题 37 句

according B1

prep. 根据

本篇1次 · 真题 35 句

apply A2

v. 申请

本篇1次 · 真题 33 句

quickly A2

adv. 快速地

本篇1次 · 真题 33 句

struggle B1

v. 奋斗

本篇1次 · 真题 32 句

importance B1

n. 重要性

本篇1次 · 真题 31 句

intend B1

v. 打算, 计划

本篇1次 · 真题 31 句

preserve B2

v. 保护

本篇1次·真题 30 句

landscape B1

n. 风景

本篇1次·真题 29 句

explore B1

v. 探索

本篇1次·真题 28 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次·真题 27 句

positive B1

adj. 积极的

本篇1次·真题 27 句

web A2

n. 网站

本篇1次·真题 27 句

historical B2

adj. 历史的

本篇1次·真题 26 句

reflect B1

v. 反映, 显示

本篇1次·真题 25 句

represent B1

v. 代表

本篇1次·真题 25 句

cite B2

v. 引用, 引证

本篇1次·真题 24 句

environmental B1

adj. 环境的

本篇1次·真题 23 句

illustrate B2

v. 说明

本篇1次·真题 23 句

evolution B2

n. 进化

本篇1次·真题 22 句

effective B1

adj. 有效的, 起作用的

本篇1次·真题 20 句

origin B2

n. 起源

本篇1次·真题 20 句

valuable B1

adj. 贵重的

本篇1次·真题 20 句

conflict

B2

n. 冲突

本篇1次 · 真题 19 句

phenomenon

B2

n. 现象

本篇1次 · 真题 19 句

creation

B2

n. 创造

本篇1次 · 真题 18 句

crucial

B2

adj. 至关重要的

本篇1次 · 真题 17 句

formal

B1

adj. 正式的

本篇1次 · 真题 17 句

centre

A2

n. 中心;中央

本篇1次 · 真题 16 句

curiosity

B2

n. 好奇心

本篇1次 · 真题 16 句

native

B1

adj. 本国的

本篇1次 · 真题 16 句

otherwise

B2

adv. 否则, 不然

本篇1次 · 真题 16 句

upgrade

B2

v. 升级

本篇1次 · 真题 16 句

pursue

B2

v. 追求

本篇1次 · 真题 14 句

guide

A2

n. 指南;手册

本篇1次 · 真题 13 句

necessity

B2

n. 必需品

本篇1次 · 真题 13 句

preference

B2

n. 偏爱

本篇1次 · 真题 13 句

trait

B2

n. 特征

本篇1次 · 真题 13 句

effectively

B2

adv. 有效地

本篇1次 · 真题 12 句

integrate C1

v. 使融入

本篇1次·真题 12 句

assumption B2

n. 假定;假设(未经证实就认为是真的事)

本篇1次·真题 11 句

embrace B2

v. 拥抱

本篇1次·真题 11 句

interpret B2

v. 解释

本篇1次·真题 11 句

primarily B2

adv. 主要地

本篇1次·真题 11 句

recognition B2

n. 认可

本篇1次·真题 10 句

spark B1

n. 火花

本篇1次·真题 10 句

tendency B2

n. 倾向

本篇1次·真题 10 句

virtual B2

adj. 虚拟的 (计算机生成的)

本篇1次·真题 10 句

wellbeing B2

n. 幸福;安康

本篇1次·真题 10 句

capability B2

n. 能力

本篇1次·真题 8 句

inherent C1

adj. 内在的;固有的

本篇1次·真题 8 句

insight B2

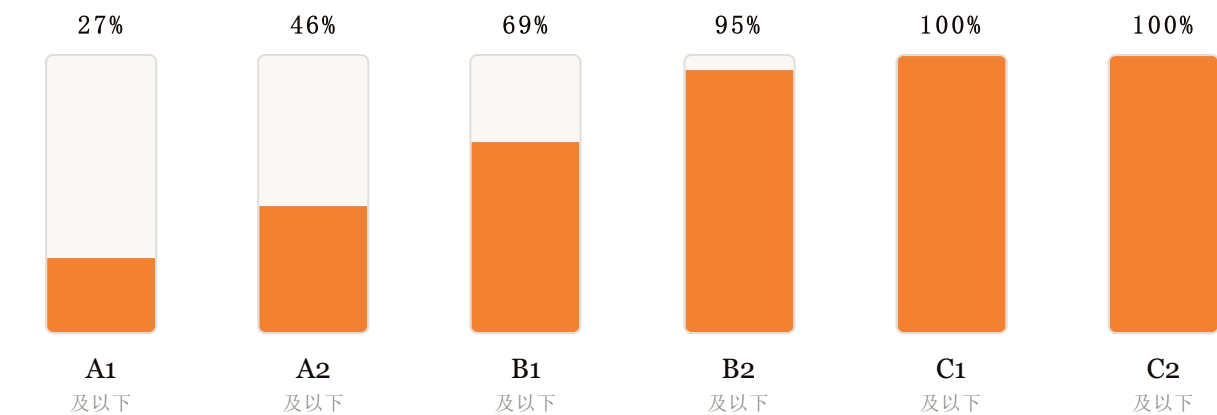
n. 洞察力

本篇1次·真题 8 句

VOCABULARY • 词汇难度分布

全文 242 词按 CEFR 难度累积覆盖

全文去重后共 242 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 12 个·约 5%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 242 个 · 末柱为 100%

去重总词数	B2 以上难词	B1 及以下覆盖
242	5%	69%

考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	本题
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2025年 考研英语二段落小标题（7选5） Section II Part B · 41-45 题 答案与解析

HEADINGS & ANALYSIS · 小标题匹配题和解析

小标题匹配题和解析 · 41-45 题

本页 41-45 题的小标题匹配答案与逐空解析由懒笔记基于2025年 考研英语二段落小标题（7选5）原卷逐题核对整理。与试卷排版同一卷面：Directions、11 段带空原文（逐段附中文翻译）与 A~G 共 7 个候选小标题连续排印；卷面下方逐空紧跟解析——正确候选及其中译、区间主旨与主旨句位置、同义匹配钩子，以及最具迷惑性竞争项的逐个辨析与代入验证。

英语二真题(2025)

Section II Part B

Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A-G for each of the numbered paragraphs (41-45). There are two extra subheadings which you do not need to use. Mark your answers on the **ANSWER SHEET**. (10 points)

Everyone wants to be that person—the one who looks at the same information as everyone else, but who sees a fresh, innovative solution. However, it takes more than simply having a good idea. How you share it is as important as the suggestion itself. Why? Because writing a new script—literally or figuratively—means that other team members will have to adapt to something new. Not to mention, if the process you're scrapping is one someone else suggested, there's the possibility of hurt feelings. To gain buy-in on an innovative, new idea, follow these steps:

每个人都想成为那样的人——能够看到与其他人相同的信息，却能看出新颖创新的解决方案。然而，这不仅仅需要有一个好主意。你如何分享它与建议本身同样重要。为什么？因为编写新脚本——无论是字面意义上还是比喻意义上——意味着其他团队成员将不得不适应新事物。更不用说，如果你要废弃的流程是别人提出的，就有可能伤害感情。要让人们认可一个创新的新想法，请遵循以下步骤：

(41) _____

做一名推销员。

Great ideas don't stand alone. In other words, you can't mention your suggestion once and expect it to be adopted. To see a change, you'll need to champion your plan and sell its merits. In addition, you need to be willing to stand up to scrutiny and criticism and be prepared to explain your innovation in different ways for various audiences.

好主意不会独立存在。换句话说，你不能只提一次建议就期望它被采纳。要看到改变，你需要为你的计划摇旗呐喊并推销其优点。此外，你需要愿意经受审查和批评，并准备好以不同方式向不同受众解释你的创新。

(42) _____

利用渠道。

Sometimes it makes sense to go to your boss first. But other times, it's useful to build a coalition among your co-workers or other stakeholders. When it works, it works great—because you're ready for your stubborn supervisor's pushback with answers like, "Actually, I connected with a few people in our tech department to discuss how much time these kinds of website updates would take, and they suggested they have the bandwidth."

有时先去找老板是有道理的。但在其他时候，在同事或其他利益相关者中建立联盟是有用的。当这种方法奏效时，效果会很好——因为你已经准备好应对固执上司的反对，可以这样回答："事实上，我联系了技术部门的几个人，讨论了这类网站更新需要多少时间，他们表示有时间处理。"

(43) _____

保持谦逊。

One of the biggest barriers to gaining buy-in occurs when the owner of an idea is viewed as argumentative, defensive, or close-minded. Because, let's be honest: No one likes a know-it-all. So, if people disagree with you, don't be indignant. Instead, listen to their concerns fully, try to understand their perspective, and include their concerns (and possible remedies) in future discussions. So, instead of saying, "Martha, our current slogan is confusing and should be updated," you could try, "Martha raises a great point that our current slogan has a long history for our stakeholders, but I wonder if we might be able to brainstorm a tagline that could build on that—and be clearer for new customers."

获得认可的最大障碍之一是当想法的提出者被视为好争辩、防御性强或思想封闭时。因为，说实话：没有人喜欢万事通。所以，如果人们不同意你的观点，不要愤愤不平。相反，充分倾听他们的担忧，试着理解他们的观点，并在未来的讨论中纳入他们的担忧（以及可能的补救措施）。因此，与其说"Martha，我们目前的口号令人困惑，应该更新"，你可以尝试说"Martha提出了一个很好的观点，我们目前的口号对利益相关者来说有着悠久的历史，但我想知道我们是否可以集思广益，想出一个能在此基础上发展的标语——并且对新客户来说更清晰。"

(44) _____

尊重过去。

New ideas are the grandchildren of old ones. In other words, don't throw old solutions under the bus to make your improvement stand out. Remember that in light of whatever the problem the old system solved—or, maybe, has failed to solve in recent memory—it was a great idea at the time. Appreciating the older contributions as you suggest future innovations helps bolster the credibility of your idea.

新想法是旧想法的孙辈。换句话说，不要为了让你的改进脱颖而出而贬低旧的解决方案。请记住，鉴于旧系统解决的任何问题——或者也许是近期未能解决的问题——它在当时是一个好主意。在你提出未来创新时赞赏以往的贡献有助于增强你想法的可信度。

(45) _____

保持积极。

When pitching a new idea, it's important to use the language of abundance instead of the language of deficit. Instead of saying what is wrong, broken, or suboptimal, talk about what is right, fixable, or

ideal. For example, try, "I can see lots of applications for this new approach" rather than, "This innovation is the only way." Be optimistic but realistic, and you will stand out.

在提出新想法时,使用富足的语言而不是缺陷的语言很重要。与其说什么是错误的、破碎的或不理想的,不如谈论什么是正确的、可修复的或理想的。例如,试着说"我能看到这种新方法有很多应用",而不是"这个创新是唯一的方法"。保持乐观但现实,你就会脱颖而出。

[A] Stay positive.

[B] Respect the past.

[C] Use channels.

[D] Give it time.

[E] Invite resistance.

[F] Be a salesman.

[G] Be humble.

41. (41)_____

【答案】 [F] 通篇归纳

【小标题】 Be a salesman.

做一个推销员。

【主旨】 要反复宣传、为主意争取认同

本段说好主意不会自己立住——Great ideas don't stand alone, 提了一次不等于被采纳 you can't mention your suggestion once and expect it to be adopted, 要主动为方案造势、兜售它的好处 you'll need to champion your plan and sell its merits, 还要经得起质疑、面对不同听众反复解释。整段主旨就是"像推销一样持续争取认同"。

【依据】 sell merits = 推销员

本段核心动作 champion your plan and sell its merits 正是"推销", 与 Be a salesman 的"salesman (推销员)"是同义概括——推销员就是反复宣传、为产品争取买单的人, 恰好概括了"反复讲、经得起质疑、换方式解释"这一整段。

【竞争】 [E] 误读为"招反对"

段中有 stand up to scrutiny and criticism (经受质疑批评), 容易让人联想到 Invite resistance。但本段说的是"被质疑时顶得住", 是推销过程中的一环, 并非"主动去招来反对"; E 把"承受批评"偷换成"主动邀请反对", 概括不了"sell its merits"这条主线。

【验证】 把 Be a salesman 放回本段: 整段从 champion your plan and sell its merits 到反复解释, 讲的都是"像推销员一样持续争取认同", 覆盖全段而非某一句, 与全文"五步法各讲一招"的组织自治。

42. (42)_____

【答案】 **[C]** 通篇归纳

【小标题】 Use channels.

利用渠道。

【主旨】 经由同事、部门等渠道去推进

本段说有时先找老板，有时则要在同事或利益相关者中建立联盟 it's useful to build a coalition among your co-workers or other stakeholders；举的例子是"我已经联系了技术部门的几个人讨论" I connected with a few people in our tech department to discuss。主旨是"通过组织内的人和部门这些渠道去铺路、争取支持"。

【依据】 co-workers/department = channels

本段反复在讲经由"哪些人、哪些路径"推进——build a coalition among your co-workers or other stakeholders 与 I connected with a few people in our tech department，这些"同事、利益相关者、技术部门"正是 Use channels 里的"channels（渠道）"。标题是对全段"用渠道铺路"的同义概括。

【竞争】 **[F]** 已被 41 选走且非本段主旨

本段也涉及为建议争取支持，乍看像 Be a salesman。但本段重点不在"反复宣传内容"，而在"经由哪些人/部门这些渠道"去推进；且 F 已是 41 段答案，每条候选只用一次。本段独有的"co-workers、stakeholders、tech department"才是题眼，指向 C。

【验证】 把 Use channels 放回本段：从 build a coalition among your co-workers or other stakeholders 到联系技术部门的例子，全段都在讲"走渠道、借人脉推进"，概括的是整段而非个别例子，与五步法并列结构一致。

43. (43)_____

【答案】 [G] 段首

【小标题】 Be humble.

保持谦逊。

【主旨】 别自以为是，要谦逊倾听

段首点出最大障碍是被人看成爱争辩、好防卫、不接受意见 the owner of an idea is viewed as argumentative, defensive, or close-minded, 并直说"没人喜欢万事通" No one likes a know-it-all; 接着给做法: 别气恼, 要充分倾听、理解对方角度 listen to their concerns fully, try to understand their perspective. 主旨是"放低姿态、不自负、虚心听取他人"。

【依据】 not know-it-all = humble

本段反对当 know-it-all (万事通), 主张 listen to their concerns fully, try to understand their perspective, 这正是 Be humble (谦逊) 的内涵: 不自负、肯听别人。标题是对全段"放低姿态"主旨的同义概括。

【竞争】 [E] 倾听≠主动招反对

段中 if people disagree with you, don't be indignant 谈到面对反对的态度, 易让人联想 Invite resistance。但本段讲的是"别人反对时要谦虚倾听", 落点是"谦逊"这种自我姿态, 不是"主动去邀请反对"; E 把"虚心对待异议"偷换为"主动招来异议", 错在概括对象。

【验证】 把 Be humble 放回本段: 从批评 argumentative, defensive, or close-minded 到主张 listen to their concerns fully, 整段都在讲"谦逊待人", 覆盖全段主旨, 与五步法各占一招的结构吻合。

44. (44)_____

【答案】 [B] 通篇归纳

【小标题】 Respect the past.

尊重过去。

【主旨】 肯定旧方案、尊重过去

本段说新主意是旧主意的后代 New ideas are the grandchildren of old ones, 劝你别贬低旧方案 don't throw old solutions under the bus to make your improvement stand out, 要记得旧方案当年也是好主意, 肯定先前的贡献能增强你新主意的可信度 Appreciating the older contributions. 主旨是"尊重并肯定过去的做法"。

【依据】 appreciate old = respect the past

本段核心是 Appreciating the older contributions 和不要 throw old solutions under the bus, 即珍视过往做法, 正是 Respect the past (尊重过去) 的同义概括——"old/older contributions"对应"past", "appreciate/不贬低"对应"respect"。

【竞争】 [D] 无"时间/等待"之意

Give it time 的"time"会让人盯上段中 has failed to solve in recent memory 里的时间字眼。但本段没有"耐心等待"之意, 那句只是说旧方案近来没解决问题; D 与"尊重旧方案"的主旨不搭, 属话题对不上。

【验证】 把 Respect the past 放回本段: 从 New ideas are the grandchildren of old ones 到 Appreciating the older contributions, 整段讲的都是"尊重过去的方案", 恰好概括全段、不偏窄不偏宽, 与并列五步结构自治。

45. (45)_____

【答案】 [A] 段首

【小标题】 Stay positive.

保持积极。

【主旨】 用正面语言而非负面语言

段首立论：推介新主意要用"丰盈的语言"而非"匮乏的语言" use the language of abundance instead of the language of deficit; 不说哪里坏，要说哪里对、可改、理想 talk about what is right, fixable, or ideal, 最后落到 Be optimistic but realistic. 主旨是"用积极正面的措辞"。

【依据】 abundance/optimistic = positive

本段主张 the language of abundance、Be optimistic but realistic, 强调正面乐观的措辞，正是 Stay positive（保持积极）的同义概括——"abundance/optimistic/right"都归到"positive"。

【竞争】 [D] 积极≠耐心等待

Give it time 谈的是"耐心、给时间"，与本段毫无关联——本段从头到尾讲措辞要 optimistic、正面，没有任何"等待"之意。D 是被剩下的冗余项，话题完全对不上。

【验证】 把 Stay positive 放回本段：从 use the language of abundance instead of the language of deficit 到 Be optimistic but realistic, 整段都在讲"保持积极正面"，覆盖全段主旨，与全文五步并列收尾一致。

SYNOPSIS • 全文导图

全文在讲什么、怎么组织的

小标题匹配（7选5）先通读全文，把握话题与组织方式（总起 + 分点罗列），这是逐空判断「概括得对不对」的全局底图。

如何让职场新建议被认真采纳的五步法

全文是一篇"总起 + 五个分点"的指南。首段点题——光有好主意不够，How you share it is as important as the suggestion itself, 并明确给出框架 follow these steps; 其后每个空位段各讲让建议被采纳的一个具体做法，五个空各自承担一条独立步骤。

CHOICES • 候选库画像

A~G 共 7 个候选小标题各自在说什么

小标题匹配的候选比空位多 2 个。下面逐条给出小标题全文、中译与「这条自身的关键词」，并标注它填入哪个空——始终填不进任何空的就是干扰项。

[A] Stay positive.

保持积极。

关键词 积极、正面表达

填入第 45 空

[B] Respect the past.

尊重过去。

关键词 尊重过往、旧方案

填入第 44 空

[C] Use channels.

善用渠道。

关键词 走渠道、找人/找部门

填入第 42 空

[D] Give it time.

给它时间。

关键词 耐心、等待时间

干扰项 · 未选用

[E] Invite resistance.

主动邀请反对意见。

关键词 主动招来反对

干扰项 · 未选用

[F] Be a salesman.

做个推销员。

关键词 推销、反复兜售主意

填入第 41 空

[G] Be humble.

保持谦逊。

关键词 谦逊、不自负

填入第 43 空

DISTRACTORS • 干扰项复盘

这 2 个候选小标题始终没被任何空选用

7选5 必有 2 条话题相关、看着像，却概括不了任何 区间主旨 。下面逐条剖析它们「像在哪、为何放哪个空都不对」，读透干扰项才算读透全局。

[D] Give it time.

全文无"耐心等待"一段

Give it time 谈"给时间、要耐心"，最易被误塞进第 5 段——因那段有 has failed to solve in recent memory 这样的时间字眼。但该段主旨是"尊重旧方案"，全文五段没有任何一段在讲"等待"，D 概括不了任何一段，是冗余干扰项。

[E] Invite resistance.

"承受批评"被偷换成"主动招反对"

Invite resistance (主动邀请反对) 很诱人，因第 2 段有 stand up to scrutiny and criticism、第 4 段有 if people disagree with you，都涉及"反对"。但这两段分别讲"推销时顶住质疑"和"谦虚听取异议"，没有一段在"主动去招来反对"；E 把"承受/虚心对待反对"偷换为"主动邀请反对"，对不上任何一段主旨。

SENTENCE INSIGHTS • 句子精讲

18 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。

Everyone wants to be that person—the one who looks at the same information as everyone else, but who sees a fresh, innovative solution.

第1段，第1句

破折号同位语加定语从句的组合在真题阅读中极其常见，具有很强的迁移学习价值。

However, it takes more than simply having a good idea.

第1段，第2句

"it takes" 句型和 "more than" 比较结构都是四六级、考研阅读中的高频句式;动名词短语作宾语也是常考点;虽为简单句,但句式实用性强,掌握后可大量迁移到类似表达中。

How you share it is as important as the suggestion itself.

第1段，第3句

主语从句在四六级和考研阅读中频繁出现，尤其是由 How、What、Whether 等引导的主语从句常见于说理和论证文本；"as...as" 比较结构也是高频考点。本句结构简洁但典型，掌握后可迁移至大量类似句式，具有较高的学习复用价值。

Not to mention, if the process you're scrapping is one someone else suggested, there's the possibility of hurt feelings.

第1段，第6句

这种"If..., there is..."配合从句嵌套的结构在学术和职场写作中极其常见，具有很强的迁移价值。

In other words, you can't mention your suggestion once and expect it to be adopted.

第3段，第2句

情态动词加并列谓语的结构，以及"expect + 宾语 + to do"的复合宾语句型，都是四六级和考研英语中的高频句式。掌握本句结构后可迁移到大量类似表达，典型性较高。

To see a change, you'll need to champion your plan and sell its merits.

第3段，第3句

"不定式作目的状语 + 主句" 以及 "need to do" 结构都是四六级和考研阅读中的常见句式，具有一定代表性。不定式的并列用法也值得掌握。但本句缺少从句等更复杂的典型考点，迁移价值中等。

In addition, you need to be willing to stand up to scrutiny and criticism and be prepared to explain your innovation in different ways for various audiences.

第3段，第4句

主语 + 谓语 + 不定式宾语的结构是四六级和考研阅读中的高频句式；宾语部分的并列不定式、介词短语后置修饰等也是常考结构，学习后可迁移到大量类似句子

Sometimes it makes sense to go to your boss first.

第5段，第1句

形式主语 it + 谓语 + 不定式短语作真正主语是四六级和考研阅读中的高频句式，如 It is important to..., It seems necessary to... 等，掌握本句结构后可直接迁移至大量类似句子，典型性较高。

But other times, it's useful to build a coalition among your co-workers or other stakeholders.

第5段，第2句

"it is + 形容词 + to do" 是四六级和考研阅读中的高频句型，形式主语结构在学术和正式表达中大量出现，掌握后迁移性强。

When it works, it works great—because you're ready for your stubborn supervisor's pushback with answers like, "Actually, I connected with a few people in our tech department to discuss how much time these kinds of website updates would take, and they suggested they have the bandwidth."

第5段，第3句

本句成分丰富，涵盖主语、谓语、状语、宾语等核心成分，还包括介词短语作状语、宾语从句、不定式短语作目的状语等多种结构。特别是原因状语从句内部嵌套的多个宾语从句和并列谓语，能够训练学生识别复杂句中的成分层级和从属关系，具有较高的练习价值。

One of the biggest barriers to gaining buy-in occurs when the owner of an idea is viewed as argumentative, defensive, or close-minded.

第7段，第1句

"when" 引导的时间/条件状语从句和 "be viewed as" 被动结构都是四六级和考研阅读中的高频句式。主句的 "One of + 名词复数" 作主语也是典型用法。整体结构代表性强，掌握后可迁移到大量类似句子。

Instead, listen to their concerns fully, try to understand their perspective, and include their concerns (and possible remedies) in future discussions.

第7段，第4句

成分划分训练价值中等偏上。本句覆盖主语省略、并列谓语、不定式作宾语、介词短语作宾语和状语、程度状语等多种成分，且并列结构中嵌套了不定式，需要学生区分哪些是并列谓语、哪些是非谓语。适合练习祈使句和并列结构的成分划分。

So, instead of saying, "Martha, our current slogan is confusing and should be updated," you could try, "Martha raises a great point that our current slogan has a long history for our stakeholders, but I wonder if we might be able to brainstorm a tagline that could build on that—and be clearer for new customers."

第7段，第5句

涵盖了状语、宾语从句、限制性定语从句（含同位语性质）、并列结构以及情态动词等多种核心语法点，是非常优质的综合分析练习句。

In other words, don't throw old solutions under the bus to make your improvement stand out.

第9段，第2句

包含祈使句省略主语、习语状语"under the bus"、不定式目的状语、宾补结构"make sth do"等多种成分,有一定训练价值,但成分搭配相对常规,挑战性不强

Remember that in light of whatever the problem the old system solved—or, maybe, has failed to solve in recent memory—it was a great idea at the time.

第9段，第3句

四层嵌套:主句宾语从句内嵌 whatever 引导的从句,该从句又包含两个并列的定语从句(关系代词省略),且定语从句之间用破折号和插入语 maybe 分隔,层层咬合,归属关系需反复回读才能理清。

When pitching a new idea, it's important to use the language of abundance instead of the language of deficit.

第11段，第1句

"it is + 形容词 + to do" 结构和 "When + 分词" 引导的时间状语从句都是四六级和考研阅读中的高频句式，具有较强的代表性。掌握这类结构后可以迁移到大量类似句型的理解中，实用价值高。

Instead of saying what is wrong, broken, or suboptimal, talk about what is right, fixable, or ideal.

第11段，第2句

“Instead of ...，动词原形...”和“动词或介词后接由‘what’引出的内容结构”都很常见，迁移性强。掌握这种读法后，遇到同类建议句、对照句和抽象表达句都能复用。

For example, try, "I can see lots of applications for this new approach" rather than, "This innovation is the only way."

第11段，第3句

覆盖祈使句、宾语从句、情态动词、主系表结构等多种成分,且 try 后接完整句子作宾语的用法和 rather than 引出对比宾语的结构具有一定练习价值,适合训练宾语从句和对比结构的识别

HIGH-FREQUENCY • 真题高频词

本篇出现的 37 个考研英语二真题高频词

下列单词既在本篇短文中出现，又是 **考研英语二** 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。

innovation B2

n. 创新;革新(指行为或过程)

本篇3次 · 真题 33 句

concern B1

v. 涉及

本篇2次 · 真题 60 句

gain B1

v. 获得;赢得

本篇2次 · 真题 43 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 42 句

current B1

adj. 现在的

本篇2次 · 真题 41 句

solution B1

n. 解决办法

本篇2次 · 真题 26 句

solve

A2

v. 解决 (问题、困难)

本篇2次 · 真题 16 句

innovative

B2

adj. 创新的

本篇2次 · 真题 10 句

system

A2

n. 系统

本篇1次 · 真题 107 句

view

A2

n. 观点, 看法

本篇1次 · 真题 91 句

process

B1

n. 过程

本篇1次 · 真题 80 句

customer

A2

n. 顾客, 客户

本篇1次 · 真题 79 句

approach

B1

v. 靠近, 接近 (在空间或时间上)

本篇1次 · 真题 51 句

simply

B1

adv. 仅仅, 只不过

本篇1次 · 真题 43 句

tech

B1

n. 技术

本篇1次 · 真题 38 句

department

A2

n. 部门

本篇1次 · 真题 35 句

criticism

B2

n. 批评

本篇1次 · 真题 27 句

possibility

B1

n. 可能性

本篇1次 · 真题 25 句

willing

B1

adj. 愿意的, 乐意的

本篇1次 · 真题 23 句

application

B1

n. 申请

本篇1次 · 真题 22 句

ideal

B2

adj. 理想的

本篇1次 · 真题 20 句

improvement

B1

n. 改进

本篇1次 · 真题 20 句

various B1

adj. 各种各样的

本篇1次·真题20句

wrong A2

adj. 错误的

本篇1次·真题20句

fully B1

adv. 完全地

本篇1次·真题18句

occur B1

v. 发生, 出现

本篇1次·真题18句

audience A2

n. 观众

本篇1次·真题16句

optimistic B2

adj. 乐观的;抱乐观态度的

本篇1次·真题16句

contribution B2

n. 贡献

本篇1次·真题15句

perspective B2

n. 观点

本篇1次·真题15句

adopt B1

v. 采纳

本篇1次·真题14句

disagree A2

v. 不同意

本篇1次·真题14句

adapt B2

v. 适应, 适合 (新环境、新情况)

本篇1次·真题12句

credibility C1

n. 可信度

本篇1次·真题12句

seriously B1

adv. 严肃地

本篇1次·真题10句

addition A2

n. 增加

本篇1次·真题9句

realistic B2

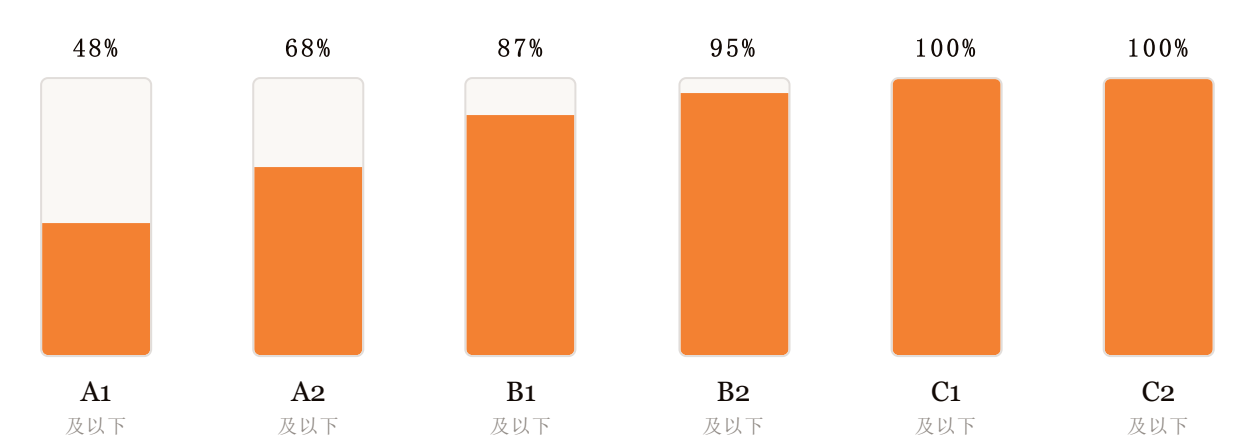
adj. 现实的

本篇1次·真题8句

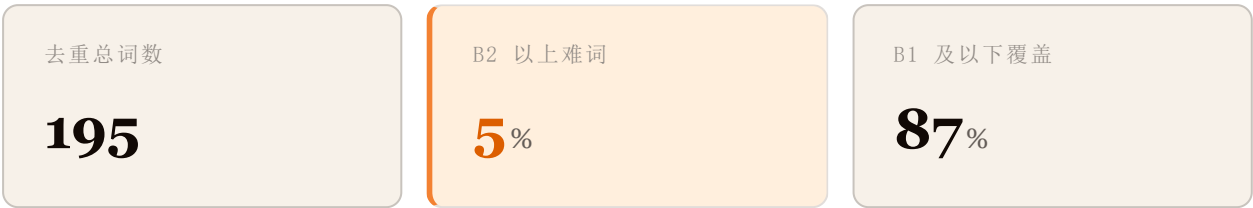
VOCABULARY · 词汇难度分布

全文 195 词按 CEFR 难度累积覆盖

带空原文去重后共 **195** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 9 个·约 5%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 195 个·末柱为 100%



考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	本题
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2025年考研英语二 英译汉（段落翻译） Section III · 参考译文与逐句解析

PASSAGE & TRANSLATION • 题和解析

英译汉真题、参考译文与逐句解析

本页整篇参考译文与逐句解析由懒笔记基于2025年 考研英语二英译汉（段落翻译）原卷逐句译审整理。与试卷排版同一卷面：Directions 与整段英文原文连续排印——整段连排、无题号无划线，把它切成一句句翻译单元本身就是解题动作。卷面之后先给按段定稿的整篇参考译文，再按自切句序逐句拆分：意群直译、难点点破、语序调整、句内定稿中译，答案直显。

英语二真题(2025)

Section III

Directions:

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

P1 You know the moment—the conversation slows, then there's a pause. It's awkward, and so awkward that some people will panic and say anything. Do we all find such silences so stressful?

P2 Researchers analysed the frequency and impact of gaps greater than 2 seconds during conversations, including an overview of previous studies which indicate that the fear of awkward silences can be so extreme that people avoid talking to strangers, even though doing so is likely to be an enjoyable experience.

P3 During conversations with short gaps, people feel more connected to their conversation partners. But such feelings of connection markedly dip when entering a long gap. Long gaps between strangers are likely to be followed by a change in topic.

P4 But the opposite seems to be true for conversations between friends. Long gaps there saw increased connection. Between friends, longer gaps seem to provide natural moments for reflection and expression.

参考译文

按段定稿的整篇参考译文是复盘资产，考卷上只印英文原文——英语二英译汉满分 15 分，按「理解准确、表达通顺连贯、无错译漏译」整篇四档评分。

P1 你一定遇到过这种情况——对话渐渐冷场，接着出现一阵停顿。这种停顿让人很尴尬，尴尬得有人会一下慌了神，随口乱说点什么。可是，我们真的都觉得这种沉默那么让人难受吗？

P2 围绕这一问题，研究者分析了对话中超过 2 秒的停顿出现的频率和造成的影响，其中还包括对此前研究的综述：这些研究表明，人们对尴尬沉默的害怕可能极端到让他们干脆回避和陌生人交谈，

尽管和陌生人聊聊往往会是一段愉快的体验。

P3 研究发现，在停顿较短的对话中，人们会觉得自己与对话对方更亲近。但是，一旦对话进入较长的停顿，这种亲近感就会明显减弱。陌生人之间一旦出现较长的停顿，接下来往往就会换个话题。

P4 但在朋友之间的对话里，情况似乎正好相反——长停顿反而带来了更强的亲近感。在朋友之间，较长的停顿反而成了一种自然的契机，让彼此沉下来思考，也把想说的话表达出来。

【衔接】P1 段末设问与 P2 研究介绍之间补「围绕这个问题」过渡

Do we all find such silences so stressful? 是 P1 段尾的设问，Researchers analysed the frequency and impact of gaps greater than 2 seconds during conversations 直接给出研究。两段之间是「问题—研究」逻辑，单纯按原顺序拼会显得突兀。建议把第 4 句开头处理成「围绕这个问题 / 对此，研究者……」之类的小过渡，让段间逻辑显化。

P2 句末让步从句末尾承接 P3 转折

even though doing so is likely to be an enjoyable experience 与 During conversations with short gaps, people feel more connected to their conversation partners. 之间没有显性连接词。处理时在 P3 开头点出「研究结果显示 / 研究发现」之类的承上，让读者明白下面三句是研究的具体结论。

P3 内部第 5、6 句之间靠「但是」对比

During conversations with short gaps, people feel more connected to their conversation partners. 与 But such feelings of connection markedly dip when entering a long gap. 是「短停顿→更亲近」与「长停顿→骤减」对比，But 翻成「但是 / 然而」即可显化。同时 such feelings of connection 要回指上句的「亲近感」，避免重复名词，用「这种亲近感」承接。

P3→P4 用「但 / 反过来」承接 the opposite

But the opposite seems to be true for conversations between friends. 中的 the opposite 跨段回指 P3 的整段结论。汉译时建议在段首点出「但在朋友之间 / 反过来，朋友之间……」让对比关系一眼可见。

P4 内部第 8、9 句承接 there

Long gaps there saw increased connection. 的 there 指代上一句 conversations between friends. 中文里去掉 there 直译，把第 9 句的主语换成「这种长停顿」或并入上一句作为补充：「但在朋友之间的对话里，情况似乎正好相反——长停顿反而让人感觉更亲近」，避免「那里 / 这里」让读者困惑。

P4 第 9、10 句之间补「具体来说 / 因为」

Long gaps there saw increased connection. Between friends, longer gaps seem to provide natural moments for reflection and expression. 第 9 句是结论、第 10 句是解释。汉语可在第 10 句前补「具体来说 / 这是因为」之类，把因果关系显化，比纯并列罗列流畅。

逐句解析

整段连排、无题号无划线——把原文切成一句句翻译单元本身就是解题动作，句前 N. 为逐句解析自切的句序号（非考卷题号），与卷面原文逐字对应。

【来源】 本文选自 Science Illustrated 澳大利亚版（《科学画刊》）2023年4月6日刊一篇标题为“Why do we panic in silences during conversations?”（《为什么对话冷场时我们会慌张？》）的文章（杂志问答体，未署名）。

【主旨】 对话中长时间沉默的影响因人而异

全文围绕对话中超过 2 秒的「尴尬沉默」展开：开篇用 the conversation slows, then there's a pause. It's awkward 把读者拉进熟悉场景并抛出问题 Do we all find such silences so stressful?；随后 P2 介绍研究背景，P3 与 P4 给出对比性结论——陌生人之间的长沉默会削弱连接感，而朋友之间的长沉默 seems to provide natural moments for reflection and expression。基调中立偏研究性，作者并不一味贬低沉默。

【术语】 silence / gap / pause 统一译作「沉默 / 停顿」

原文交替使用 silences、gaps greater than 2 seconds、a pause、short gaps、Long gaps 指同一现象。为避免一会儿「空隙」、一会儿「停顿」、一会儿「沉默」，全文统一：pause/silence 译「停顿/沉默」，gap 译「停顿」，并按上下文判断长短。

such silences 回指开篇场景

Do we all find such silences so stressful? 中的 such silences 不是泛指任何沉默，而是回指上一句描述的「对话变慢→停顿→尴尬」那种沉默，翻译时要把这层「上文那种」翻出来，不能简单译作「这种沉默」。

doing so 回指 talking to strangers

people avoid talking to strangers, even though doing so is likely to be an enjoyable experience 中的 doing so 指代前面的 talking to strangers，译时要把它还原为「与陌生人交谈」或「这样做」，否则中文读者搞不清「so」指啥。

such feelings of connection 回指上句

But such feelings of connection markedly dip when entering a long gap 中的 such feelings of connection 指上一句 people feel more connected to their conversation partners 所说的那种连接感，译时需明确为「这种连接感」。

the opposite / Long gaps there 跨段回指

But the opposite seems to be true for conversations between friends 的 the opposite 指上一段陌生人之间「沉默会让连接感骤降」这一结论；紧接的 Long gaps there saw increased connection 中的 there 指 in conversations between friends。这两处都要回到 P3 才能译准。

1. You know the moment—the conversation slows, then there's a pause.

【意群】 You know the moment—the conversation slows, (主干「主谓宾」+ 破折号后同位语前半) ★ 采分

→你知道那个时刻——对话慢下来,

难点: **the moment** 不是「时刻」而是「那种情境」

You know the moment 在口语化开篇中等同于「你懂的, 就是那种情况」, moment 在这里指「场景/瞬间」。若硬译成「你知道这个时刻」会显得机械。可处理为「你一定遇到过这种情况」「你懂的, 就是那种场景」。破折号在 the moment—the conversation slows 中相当于冒号, 引出对前一名词的解释, 译时可保留破折号或换成「——也就是」。

then there's a pause. (破折号后同位语后半 (then 引导的并列分句)) ★ 采分 →然后出现一阵停顿。

难点: **there's a pause** 译「出现停顿 / 冷场」

then there's a pause 的 there's 是「存现句」, 不译「那里有」。结合上文「对话慢下来」, 可译「接着冷场了 / 接着出现一阵停顿」。a pause 这里就是后文 silences / gaps 的同义替换, 统一译「停顿」即可。

【调序】 破折号保留 + 两个并列分句顺译

英文 You know the moment—the conversation slows, then there's a pause. 用破折号引出说明, 汉语可以原样保留破折号, 也可以换成「: 也就是」让逻辑更显。后面 the conversation slows 和 then there's a pause 是两个连续动作, 按原顺序顺译即可: 「对话渐渐冷场, 接着出现一阵停顿」。

【译文】 你一定遇到过这种情况——对话渐渐冷场, 接着出现一阵停顿。

2. It's awkward, and so awkward that some people will panic and say anything.

【意群】 It's awkward, (主干 1: 主系表) →它很尴尬,

and so awkward that some people will panic and say anything. (主干 2 + so...that 结果状语从句) ★ 采分 →并且如此尴尬以至于一些人会惊慌然后说出任何话。

难点: **so...that** 不是「如此.....以至于」生硬照搬

so awkward that some people will panic and say anything 是典型 so + 形容词 + that 结果状语从句。汉语里直接说「如此尴尬以至于」很翻译腔, 可以拆成两句: 「尴尬到让人慌、随口乱说」「尴尬得有人会一慌, 什么话都往外蹦」。此外 say anything 不是「说任何话」, 而是「随便说点什么、想到什么说什么」。

【调序】 **so...that** 拆成两小句, 用「.....得 + 结果」

把 It's awkward, and so awkward that some people will panic and say anything. 重组为「这种停顿让人很尴尬, 尴尬得有人会一下慌了神, 随口乱说点什么」——「尴尬」前递进、「尴尬得」引出后果, 比照搬「如此.....以至于」自然得多。

【译文】 这种停顿让人很尴尬, 尴尬得有人会一下慌了神, 随口乱说点什么。

3. Do we all find such silences so stressful?

【意群】 Do we all find (一般疑问句主干「主谓」) → 我们所有人都觉得

such silences (find 的宾语) ★ 采分 → 这种沉默

难点: **such silences = 上文那种尴尬沉默**

such silences 的 such 指代前两句描述的「对话冷场→停顿→尴尬」的那种沉默, 不是泛泛的「这种沉默」。译时建议写「这种沉默」或「这样的沉默」, 并依托上下文让读者自然明白指的是哪一种。

so stressful? (宾语补足语 + 程度副词) ★ 采分 → 如此有压力?

难点: **stressful 译「让人紧张 / 难受」更地道**

stressful 直译「有压力的」过于书面。本句语境是日常对话尴尬, 译「让人紧张」「让人难受」「让人不自在」更贴合口语开篇。

【调序】 保留疑问句、把宾补 stressful 直接归位

Do we all find such silences so stressful? 是一般疑问句, 汉语直接译成「我们真的都觉得这种沉默如此让人难受吗?」即可, find...so stressful 在汉语里译成「觉得.....让人难受」, 宾补 stressful 自然落到宾语后。

【译文】 可是, 我们真的都觉得这种沉默那么让人难受吗?

4. Researchers analysed the frequency and impact of gaps greater than 2 seconds during conversations, including an overview of previous studies which indicate that the fear of awkward silences can be so extreme that people avoid talking to strangers, even though doing so is likely to be an enjoyable experience.

【意群】 Researchers analysed the frequency and impact of gaps greater than 2 seconds during

conversations, (主句：主谓宾) ★ 采分 → 研究者分析了对话中超过 2 秒的停顿的频率和影响，

难点：gaps greater than 2 seconds 是后置定语

greater than 2 seconds 是形容词短语作 gaps 的后置定语，等于 gaps that are greater than 2 seconds。汉语里要前置成「超过 2 秒的停顿」。同样 during conversations 是介词短语作状语，要提到「停顿」前译成「对话中（的）」。

including an overview of previous studies (现在分词短语作伴随状语) ★ 采分 → 包括对此前研究的综述

难点：including 表「并且包括」而非另起一句

including an overview of previous studies 的 including 是分词短语，承接主句继续补充「这项分析里还包括什么」。可译成「其中还包括 / 并对.....做了综述」，让它顺着主句往下读，而不是另起一句翻成「包括.....」。

which indicate that the fear of awkward silences can be so extreme (which 引导的定语从句修饰 previous studies + so...that 结果从句前半) ★ 采分 → 这些研究表明对尴尬沉默的恐惧可以如此极端

难点：which 指代 previous studies, 不是 overview

previous studies which indicate that... 中 which 的先行词是 previous studies (动词 indicate 用复数形可佐证)，不是 overview。翻译时要把「这些此前的研究表明.....」交代清楚，避免误为「综述表明」。另外，the fear of awkward silences 是「名词+of+名词」结构，可处理成动宾「害怕尴尬沉默」，比硬译「对尴尬沉默的恐惧」自然。

that people avoid talking to strangers, (so...that 结果从句的后半 (that 引导)) ★ 采分 → 以至于人们避免和陌生人交谈，

难点：嵌套：so extreme that = 极端到.....以至于

so extreme that people avoid talking to strangers 是嵌在 which 从句里的 so...that 结果状语从句。要把「程度」和「后果」分开译：先说「这种害怕极端到.....」，再接「以至于人们不愿和陌生人说话」。

even though doing so is likely to be an enjoyable experience. (even though 让步状语从句) ★ 采分 → 尽管这样做很可能是一种愉快的经历。

难点：doing so 回指 talking to strangers

even though doing so is likely to be an enjoyable experience 中 doing so 指上一分句的 talking to strangers。建议在中文里直接还原成「与陌生人交谈」，或写「事实上这样做」，避免读者搞不懂「这样」指什么。an enjoyable experience 是抽象名词短语，可具体化成「一段愉快的体验 / 一件愉快的事」。

【调序】 三处后置成分都前移：定语前置、状语前置、让步从句各自成段

本句需要四处调序：① gaps greater than 2 seconds during conversations：把「超过 2 秒」与「对话中」都提到「停顿」前 → 「对话中超过 2 秒的停顿」；② previous studies which indicate that...：which 从句较长，不前置硬塞成「.....的研究」，改为「这些研究表明.....」另起一句；③ so extreme that...：用「.....极端到.....以至于.....」分两小句；④ even though doing so is likely to be an enjoyable experience：even though 让步从句放到主句后，用「尽管 / 其实」连接。

【译文】 研究者分析了对话中超过 2 秒的停顿出现的频率和造成的影响，其中还包括对此前研究的综述：这些研究表明，人们对尴尬沉默的害怕可能极端到让他们干脆回避和陌生人交谈，尽管和陌生人聊聊往往会是一段愉快的体验。

5. During conversations with short gaps, people feel more connected to their conversation partners.

【意群】 During conversations with short gaps, (时间状语 + 介词短语作定语) ★ 采分 → 在停顿较短的对话中，

难点：**with short gaps 是 conversations 的后置定语**

conversations with short gaps 中 with short gaps 修饰 conversations，等于 conversations that have short gaps。译时要把它前置成「停顿较短的对话」或「停顿短的那种对话」，不能译成「与短停顿一起的对话」。

people feel more connected to their conversation partners. (主干「主+系+表」) ★ 采分 → 人们感到与他们的对话伙伴更连接。

难点：**feel connected to 的地道译法**

feel connected to 不能字字对应翻成「感觉与.....连接」。本处指「与对话对象更亲近 / 更有共鸣 / 更有连接感」。more 是与「停顿长的对话」相比的比较级，要把「更」译出来。

【调序】 状语已在句首，按汉语习惯直接保留

汉语本就习惯「时间/条件状语在前，主句在后」，所以 During conversations with short gaps, people feel more connected 不需调序，原样译成「在停顿较短的对话中，人们感觉与对话对方更亲近」。

【译文】 在停顿较短的对话中，人们会觉得自己与对话对方更亲近。

6. But such feelings of connection markedly dip when entering a long gap.

【意群】 But such feelings of connection (主语 + 回指限定) ★ 采分 → 但是这种连接的感觉

难点: **such feelings of connection** 回指上一句

such feelings of connection 的 such 回指上一句的 people feel more connected to their conversation partners, 即「上面那种亲近感 / 连接感」。译时建议译「这种亲近感」「这种连接感」, 并依托上下文让读者明白是上句那种。

markedly dip (状语 + 谓语) ★ 采分 → 明显地下降

难点: **dip** 是熟词僻义「下降、下跌」

dip 常见义是「浸 / 蘸」, 本句 markedly dip 取「下降、下跌」义, 是熟词僻义。考研英语二经常考这种熟词僻义, 看到直译「浸」讲不通时, 要立刻怀疑是否有另一层意思——本处译「明显下降 / 骤减 / 明显减弱」皆可。markedly 是副词, 译「明显地」。

when entering a long gap. (when 引导的时间状语从句 (省略主语, 分词形式)) ★ 采分 → 当进入一个长停顿时。

难点: **when + 分词省略, 主语承前**

when entering a long gap 是 when (they are) entering a long gap 的省略, 主语 they 承前指 people 或对话双方。译时不必硬翻「当进入……时」, 可活译为「一旦出现长停顿时 / 进入长沉默时」, 把抽象的 entering a long gap 还原成「对话中出现长停顿」更清楚。

【调序】 时间状语提前, 主谓后置

But such feelings of connection markedly dip when entering a long gap. 汉语习惯先讲条件 / 时间, 再讲结果, 所以把 when 状语提到主句前, 译成「但是, 一旦对话进入长时间停顿, 这种连接感就会明显减弱」。

【译文】 但是, 一旦对话进入较长的停顿, 这种亲近感就会明显减弱。

7. Long gaps between strangers are likely to be followed by a change in topic.

【意群】 Long gaps between strangers (主语 + 介词短语作后置定语) ★ 采分 → 陌生人之间的长停顿

难点: **between strangers** 是后置定语

Long gaps between strangers 中 between strangers 修饰 Long gaps。译时把它前置成「陌生人之间的长停顿」或「陌生人对话中的长停顿」。

are likely to be followed by a change in topic. (系表 + 被动结构 + 介词短语) ★ 采分 → 很可能被一个话题的改变所跟随。

难点: **被动 + be followed by** 须转主动

are likely to be followed by a change in topic 是被动语态。汉语很少说「被……跟随」, 应转主动: 「往往会引出 / 之后通常就会出现话题的转变 / 紧接着便是换话题」。a change in topic 是抽象名词短语, 建议具体化为「换话题 / 话题转变」。

【调序】 被动转主动 + 后置定语前置

Long gaps between strangers are likely to be followed by a change in topic. 中: ① between strangers 前置成「陌生人之间的」; ② are followed by 由被动转主动「之后往往会出现」「紧接着便是」。组合译文: 「陌生人之间一旦出现长时间停顿, 接下来往往就会换个话题」。

【译文】 陌生人之间一旦出现较长的停顿，接下来往往就会换个话题。

8. But the opposite seems to be true for conversations between friends.

【意群】 But the opposite seems to be true (主谓系表) ★ 采分 → 但是相反的情况似乎是真的

难点: **the opposite** 回指上段的结论

the opposite 指 P3 段的结论——「长停顿会让陌生人之间的连接感骤减 / 引出换话题」。译时要把「相反」对接到上段内容，可写「相反的情况 / 情况则正好相反」，再依托下文自然衔接。

for conversations between friends. (介词短语作状语 + between 后置定语) ★ 采分 → 对于朋友之间的对话来说。

难点: **between friends** 后置定语前置

conversations between friends 中 between friends 是 conversations 的后置定语，要前置成「朋友之间的对话」。介词短语 for... 整体作状语，汉译可前置成「就.....来说 / 对.....而言」。

【调序】 状语前置: 先讲「朋友之间」，再讲「相反」

把 for conversations between friends 提前，译成「但在朋友之间的对话里，情况似乎正好相反」。这样既符合汉语「先背景后结论」语序，也让上下段对比关系更明显。

【译文】 但在朋友之间的对话里，情况似乎正好相反。

9. Long gaps there saw increased connection.

【意群】 Long gaps there (主语 + 副词作后置定语) ★ 采分 → 那里的长停顿

难点: **there** 指代「朋友之间的对话」

Long gaps there 中 there 不是「那里 / 那边」，而是回指上一句 conversations between friends，可还原成「朋友间对话中的长停顿」。考研英语二里 there / here 常作回指副词，必须先看清它指什么。

saw increased connection. (谓语 + 宾语) ★ 采分 → 看到了增强的连接。

难点: **saw** 是拟人化「见证 / 伴随」用法

saw increased connection 中 saw 直译「看见」不通——这里 see 是「(某一时期/某种情境) 见证、伴随、出现」的拟人化用法，常见搭配如 the year saw rapid growth = 那一年出现了快速增长。本句应译为「反而带来了 / 伴随的是 / 反倒让.....更强」。increased connection 是「过去分词作定语 + 抽象名词」，可具体化为「连接感反而增强了 / 反而更亲近了」。

【调序】 「saw + 名词」改写成主动动词短语

把 Long gaps there saw increased connection. 重组为「朋友间对话中的长停顿，反而让人感觉更亲近 / 反而带来了更强的连接感」。saw 转主动「带来 / 让.....」，increased 由形容词转动词「增强」。

【译文】 在朋友之间，长停顿反而带来了更强的亲近感。

10. Between friends, longer gaps seem to provide natural moments for reflection and expression.

【意群】 Between friends, (介词短语作状语) → 在朋友之间,

longer gaps seem to provide natural moments (主谓宾) ★ 采分 → 较长的停顿似乎提供自然的时刻

难点: **provide natural moments** 抽象短语具体化

provide natural moments for reflection and expression 直译「提供自然的时刻」非常生硬。可把 natural moments 还原成「自然契机 / 自然窗口 / 自然空档」, 把 provide 改成「成为 / 留出 / 创造」, 让译文更地道。

for reflection and expression. (介词短语作定语, 修饰 moments) ★ 采分 → 用于反思和表达。

难点: **for + 抽象名词** → 用「让人……」分句

for reflection and expression 是 moments 的后置定语, 介词 for 表「用途」。reflection 和 expression 都是抽象动作名词, 建议动化译成「让人沉下来思考、把想说的话说出来 / 让彼此反思和表达」。

【调序】 后置定语 for... 拆成「让人……」分句

把 longer gaps seem to provide natural moments for reflection and expression 中的 for reflection and expression 由后置定语改写为汉语后半分句: 「(较长的) 停顿反而成了让彼此沉下来思考、自然表达想法的契机」, 比硬译「提供用于反思和表达的自然时刻」自然得多。

【译文】 在朋友之间, 较长的停顿反而成了一种自然的契机, 让彼此沉下来思考, 也把想说的话表达出来。

SENTENCE INSIGHTS • 句子精讲

4 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。

You know the moment—the conversation slows, then there's a pause.

第1段, 第1句

涵盖主谓宾基本成分、“there be”存在句主语后置、同位语分句与破折号的配合使用, 成分种类较丰富; 同位语分句对“the moment”的解释方式(无连词、直接用破折号引出)是易混淆点, 有一定练习价值, 但整体难度不高。

It's awkward, and so awkward that some people will panic and say anything.

第1段，第2句

"so...that..." 结果状语从句是四六级和考研英语阅读、写作中的高频句式，并列谓语和将来时表达也常见；掌握后可迁移到大量类似句子，代表性较强。

Researchers analysed the frequency and impact of gaps greater than 2 seconds during conversations, including an overview of previous studies which indicate that the fear of awkward silences can be so extreme that people avoid talking to strangers, even though doing so is likely to be an enjoyable experience.

第2段，第1句

这句话主干不算最难，但从句层级清楚、连接标志典型，且同时覆盖结果和让步两种重要状语结构。作为结构和时态综合训练材料，投入产出比较高，值得优先练习。

Long gaps between strangers are likely to be followed by a change in topic.

第3段，第3句

"be likely to be done" 这一"系动词 + 形容词 + 不定式被动"结构在四六级、考研英语阅读中频繁出现，常用于表达可能性或趋势。主语包含介词短语作后置定语也是常见句式。掌握本句结构后，可迁移到大量类似表达（如 be unlikely to、be certain to、be expected to 等）。结构典型性较高。

HIGH-FREQUENCY · 真题高频词

本篇出现的 11 个考研英语二真题高频词

下列单词既在本篇英文原文中出现，又是 **考研英语二** 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。

gap

B1

n. 间隙

本篇6次 · 真题 45 句

likely

A2

adj. 很可能的

本篇2次 · 真题 89 句

connection

B1

n. 联系

本篇2次 · 真题 24 句

researcher

B2

n. 研究人员

本篇1次 · 真题 112 句

impact

B2

n. 影响

本篇1次 · 真题 53 句

previous

B1

adj. 先前的

本篇1次 · 真题 24 句

indicate

B2

v. 表明

本篇1次 · 真题 23 句

expression

B1

n. 表达

本篇1次 · 真题 22 句

partner

B1

n. 伴侣

本篇1次 · 真题 12 句

extreme

B2

adj. 极度的

本篇1次 · 真题 11 句

increased

A2

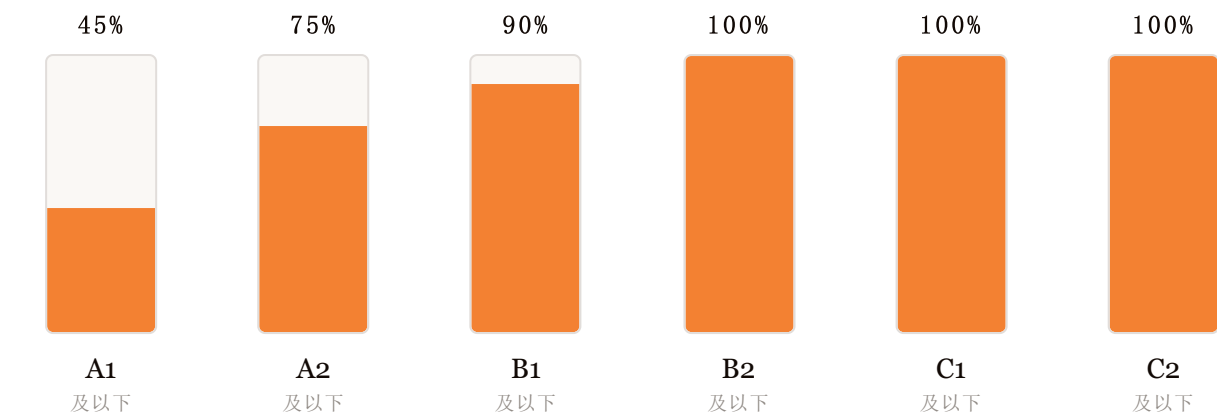
v. 增加了

本篇1次 · 真题 11 句

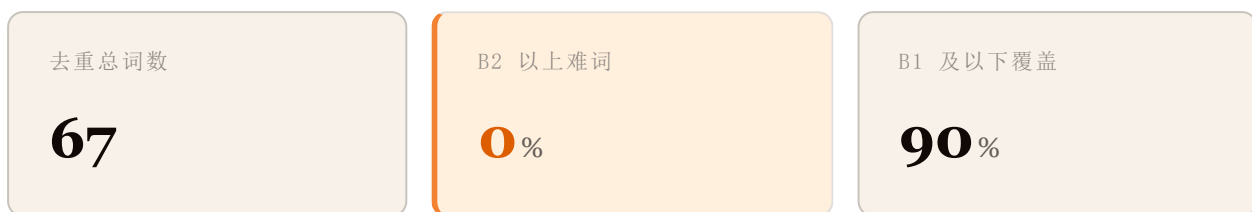
VOCABULARY · 词汇难度分布

英文原文 67 词按 CEFR 难度累积覆盖

英文原文去重后共 **67** 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 0 个 · 约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为英文原文去重词 67 个 · 末柱为 100%



考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	本题
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2025年考研英语二写作（小作文）· 题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2025年 考研英语二写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

英语二真题(2025)

Section IV Part A

Directions:

Suppose you are planning a short play based on a classic Chinese novel. Write your friend John an email to

- 1) introduce the play, and
- 2) invite him to take part in it.

Write your answer in about 100 words on the ANSWER SHEET.

Do not use your own name in your email; Use “Li Ming” instead. (10 points)

【参考范文·106 词】 写作无唯一标准答案，以下为达标示范

Dear John,

I hope this email finds you well. I am now planning a short play based on the classic Chinese novel Journey to the West, and I want to tell you about it. The play retells how the Monkey King protects his master on the journey west, showing courage and loyalty.

I am writing to invite you to take part in it. With your rich stage experience, you would be perfect for the role of the Monkey King. We will start rehearsing next week. Could you please reply and let me know whether you can join us?

Looking forward to your reply. Yours, Li Ming

【参考译文】

亲爱的约翰：希望你一切安好。我正在筹备一部根据中国古典小说《西游记》改编的短剧，想跟你说一说。这部剧讲的是孙悟空一路护送师父西行，展现出勇气与忠诚，全长约二十分钟。我写信是想邀请你参演。凭你丰富的舞台经验，你来演孙悟空再合适不过了。我们下周就开始排练。你能回信告诉我能否加入吗？期待你的回复。你的，李明

【第 1 段】称呼到位。首行 Dear John, 立起邮件格式，明确收信人，对应 outline 第 1 块称呼功能。

【第 2 段】先问候再介绍剧。I hope this email finds you well 破冰，随后 a short play based on the classic Chinese novel Journey to the West 点明名著，protects his master on the journey west, showing courage and loyalty 交代情节主题，落实 introduce the play。

【第 3 段】邀请 + 角色 + 安排俱全。I am writing to invite you to take part in it 正式发出邀请，you would be perfect for the role of the Monkey King 给角色，start rehearsing next week 给时间，Could you please reply 请回信，落实 invite him to take part in it。

【第 4 段】礼貌收尾 + 合规落款。Looking forward to your reply 礼貌收束，落款 Li Ming 严守不用真名的规定，完成结尾块。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

写邮件介绍短剧并邀 John 参演

本题核心交际目的是给朋友 John 写一封电子邮件，一要介绍这部剧，二要发出邀请，二者缺一不可：introduce the play, and invite him to take part in it。且这部剧有明确来历——a short play based on a classic Chinese novel，介绍时必须点出它改编自哪部中国古典名著。

读者 • 语域

写给朋友 John 的半正式邮件

读者是你的朋友 John：Write your friend John an email。朋友之间的邮件用半正式语域即可——称呼用 Dear John，语气亲切但不粗俗，句子完整、不用网络缩写。身份是发起短剧的组织者，落款按硬性规定用 Li Ming：Do not use your own name in your email。

中心立意

邀 John 加入我的中国古典名著改编短剧

本邮件要达成的交际目的：把我筹备的这部改编自中国古典名著的短剧介绍给 John，并诚恳邀请他出演其中一个角色。它同时兜住了 introduce the play 和 invite him to take part in it 两个任务。

要展开的要点

1. 点明短剧来历与故事

介绍这部 short play based on a classic Chinese novel: 说清改编自哪部名著 (如《西游记》)、讲了什么核心情节与主题、大致时长, 让邀请有说服力。

2. 发出参演邀请并给角色

落实 invite him to take part in it: 明确邀请 John 参演, 指定一个具体角色 (如孙悟空), 说明为什么觉得他合适。

3. 给出排练安排与回信请求

补上真实情境的落脚点: 告诉他何时开始排练, 请他回信确认能否加入, 让这封邮件构成一次真实的往来。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架 (每段承担什么功能), 并为每段配可直接套用的 功能句架 (留出填本题内容的空位)。段序与上方参考范文一一对应。

第 1 段 称呼

顶格写 Dear John, 逗号收尾, 确立收信人。

第 2 段 问候 + 介绍短剧

一句寒暄破题, 随后落实 introduce the play: 点明改编名著、核心情节与时长。

第 3 段 发出邀请 + 安排

落实 invite him to take part in it: 邀他出演具体角色, 说明排练时间并请回信确认。

第 4 段 礼貌语 + 落款

一句期待回复的结束语, 落款按规定写 Li Ming。

第 1 段 Dear John,

顶格写 Dear John, 明确这封信是写给朋友 John 的: Write your friend John an email.

邮件称呼 · Dear _____, (横线处填收信人名字, 如 John)

第 2 段 介绍改编自《西游记》的短剧

说明我正筹备一部 short play based on a classic Chinese novel, 改编自《西游记》, 讲孙悟空护送师父西行、展现勇气与忠诚, 约二十分钟, 兑现 introduce the play.

寒暄开场 · I hope this email finds you well.

点明来意 · I am now planning a _____ based on _____, and I want to tell you about it. (前空填作品类型, 后空填改编来源)

简介内容 · It tells how _____, showing _____. (前空填核心情节, 后空填主题)

第 3 段 邀 John 演孙悟空并约排练

正式邀请 John 参演, 指定他演孙悟空, 理由是他舞台经验丰富, 告知下周开排并请回信确认, 兑现 invite him to take part in it.

正式邀请 · I am writing to invite you to _____. (空处填参与的事, 如 take part in it)

点名角色 + 理由 · With your _____, you would be perfect for the role of _____. (前空填对方优势, 后空填角色)

请求回信 · Could you please reply and let me know whether you can join us?

第 4 段 期待回复 + 署名 Li Ming

用一句 Looking forward to your reply 收尾，落款写 Yours, 与 Li Ming，遵守 Do not use your own name in your email。

结束礼貌语 · Looking forward to your reply.

落款 · Yours, / _____ （落款行填规定的署名）

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题

两任务点都要落地

必须同时兑现 introduce the play 与 invite him to take part in it，且介绍时点出 based on a classic Chinese novel 的具体名著，别只邀请不介绍或只介绍不邀请。

结构连贯

介绍、邀请各自成段

第二段管介绍、第三段管邀请，靠 I am writing to invite you 这类过渡承接，读来一步一步，阅卷人一眼看全要点。

语言准确

介绍用现在时、邀请用固定句

介绍剧情用一般现在时（protects, shows），邀请用 I am writing to invite you to..., you would be perfect for the role of... 等稳妥句型，避免中式直译。

字数格式

词数达标且署名合规

字数按 about 100 words 控制，落款必须是规定名字，切记 Do not use your own name in your email，写真名即违规失分。

典型低分写法 · 反面示例与改法

只邀请不介绍

反面：全篇只写 I want to invite you to my play. Please come and join us. 却没说这是改编自哪部名著、讲什么，邀请落空。改法：先加一段——I am planning a short play based on Journey to the West, which tells how the Monkey King protects his master., 再发邀请。

署自己真名

反面：结尾写成 Yours, Zhang Wei (用了真名)。改法：无论如何都写 Yours, / Li Ming, 因为 Do not use your own name in your email。

短剧介绍空泛

反面：It is a very good and interesting play. You will like it. 全是空话。改法：It is based on Journey to the West and shows how the Monkey King fights monsters to protect his master. 给出具体来历与情节。

考研英语二 2025年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	段落小标题（7选5）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	本题
Section IV Part B	写作	题目解析 →

2025年考研英语二写作（大作文）· 题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2025年 考研英语二写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）、真题配图连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

英语二真题(2025)

Section IV Part B

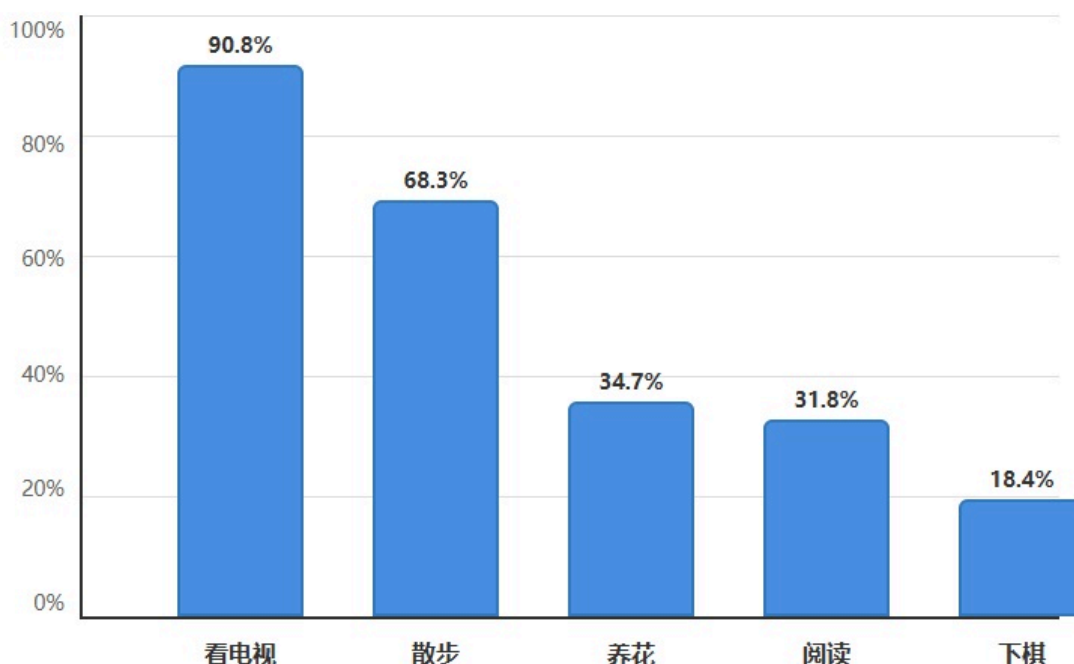
Directions:

Write an essay based on the chart below. In your essay, you should

- 1) describe and interpret the chart, and
- 2) give your comments.

Write your answer in about 150 words on the ANSWER SHEET. (15 points)

某社区老年人主要日常休闲活动调查



【参考范文·164 词】 写作无唯一标准答案，以下为达标示范

The bar chart clearly illustrates the main leisure activities of the elderly in a certain community. As is shown, watching TV ranks far ahead of the rest, chosen by 90.8% of the respondents, followed by taking a walk at 68.3%. By contrast, growing flowers and reading account for only 34.7% and 31.8% respectively, while playing chess sits at the bottom, favored by merely 18.4%.

These figures reveal that passive and effortless pastimes clearly dominate the daily lives of senior citizens. Watching TV and walking cost little and demand neither special skills nor companions, so they naturally appeal to the majority. In contrast, hobbies such as chess or gardening require more energy, patience or partners, which explains their limited popularity.

In my view, this pattern deserves our attention. Physical and social activities benefit the health of the elderly far more than sitting before a screen. Therefore, communities should organize richer events to encourage older people to step outside and enjoy a more colorful later life.

【参考译文】

这张柱状图清楚地展示了某社区老年人主要的休闲活动。如图所示，看电视遥遥领先，被 90.8% 的受访者选择，其次是散步，占 68.3%。相比之下，养花和阅读分别仅占 34.7% 和 31.8%，而下棋垫底，仅有 18.4% 的人选择。

这些数据表明，被动而省力的消遣明显主导着老年人的日常生活。看电视和散步花费很少，既不需要特殊技能也不需要伙伴，因此自然吸引了大多数人。相比之下，下棋或养花这类爱好需要更多精力、耐心或搭档，这解释了它们参与度有限的原因。

在我看来，这一现象值得我们关注。体育和社交活动对老年人健康的益处远胜于坐在屏幕前。因此，社区应当组织更丰富的活动，鼓励老年人走出家门，享受更加多彩的晚年生活。

【第 1 段】总排名后分高低。本段落落实『先总排名再分高低』：开头 The bar chart clearly illustrates... 引出主题，watching TV ranks far ahead... followed by... 读最高与次高，再用 By contrast...sits at the bottom 拎出最低的下棋，五项数据全覆盖且有主次，完成描述功能。

【第 2 段】过渡句析成因。本段落落实『由数据推成因』：These figures reveal that... 一句把上段数字概括成『省力活动主导』的趋势，作为描述到解读的过渡；随后 cost little...so they naturally appeal 与 In contrast...require more energy 成对解释高低两端，观点立得住。

【第 3 段】表态加建议。本段落落实『亮态度加对策』：In my view...deserves our attention 明确表态，benefit...far more than sitting before a screen 给出理由，Therefore, communities should organize... 落到可行建议，兑现 give your comments 的得分点。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域、读懂配图，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

描述并评论老年人休闲活动图表

任务钉死为两件事：先 describe and interpret the chart——客观描述并解读一张展示某社区老年人休闲活动比例的柱状图；再 give your comments——就图中反映的现象谈自己的看法与建议。两块都要写到，只描述不评论只能拿一半分。

读者 · 语域

面向阅卷人的正式书面语

本题是大作文议论文，没有具体收信人，读者就是阅卷老师。因此用正式的书面英语即可：不用 you/I think 口语堆砌，不用缩写口吻，观点段用 In my view 一类稳妥表达，保持客观、书面、条理清楚。

配图要读出

看电视最高下棋最低

图表主题是 某社区老年人主要日常休闲活动调查。核心可写点：看电视 以 90.8% 遥遥领先，散步 次之达 68.3%；养花 与 阅读 分别为 34.7% 和 31.8%，下棋 最低仅 18.4%。最大反差 = 看电视 vs 下棋，可读出的现象是：省力被动型活动远比费神费力型受欢迎。

中心立意

省力活动主导老年休闲值得关注

全篇中心：图表显示看电视、散步这类省力活动主导了老年人的日常休闲，而下棋、养花等费神活动参与度低，这一失衡现象值得社会关注并加以引导。

要展开的要点

1. 客观描述关键数据

第一块内容：读出 看电视 最高 90.8%、下棋 最低 18.4% 及中间项，构成对图表的客观描述。

2. 概括趋势成因

第二块内容：概括规律并分析成因——省力、低成本、不需伙伴的活动更受欢迎，费体力或需搭档的活动参与度自然偏低。

3. 个人评论与建议

第三块内容：落实 give your comments——表达看法（久坐看电视不利健康）并给出建议（社区应组织活动、鼓励老人多样化休闲）。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文一一对应。

第 1 段 描述图表数据

引出图表主题，按『最高—次高—对比—最低』客观呈现五项活动的比例，完成 describe and interpret the chart 的描述部分。

第 2 段 概括趋势并析因

用过渡句概括『被动省力活动占主导』这一规律，并分析背后的原因，把描述自然引向解读。

第 3 段 个人评论与建议

落实 give your comments，表达个人看法并给出改善建议，收束全文。

第 1 段 五项活动比例排序

本段落点：图表主题是 某社区老年人主要日常休闲活动调查；看电视 最高 90.8%，散步 次之 68.3%，养花 34.7% 与 阅读 31.8% 居中，下棋 垫底 18.4%。

引出图表 · The bar chart clearly illustrates the main _____ of _____ in _____.
(填『休闲活动 / 老年人 / 某社区』)

读最高值 · As is shown, _____ ranks far ahead of the rest, chosen by _____% of the respondents, followed by _____ at _____. (填最高项与次高项及其数值)

对比最低值 · By contrast, _____ sits at the bottom, favored by merely _____. (填最低项及其数值)

第 2 段 省力活动更受青睐

本段落点：概括出『被动省力的活动主导老人日常』这一规律；成因是看电视、散步成本低、不需技能或伙伴，故受多数人欢迎，而下棋、养花需精力、耐心或搭档，所以参与有限。

过渡到解读 · These figures reveal that _____ clearly dominate the daily lives of _____. (把数字概括成一句趋势)

给出成因 · _____ cost little and demand neither _____ nor _____, so they naturally appeal to the majority; in contrast, _____ require _____, which explains their limited popularity. (分别填高、低参与活动及其原因)

第3段 呼吁多样化休闲

本段落点：表态——过度依赖看电视这类静态活动不利老人身心；理由——体育与社交活动更有益健康；建议——社区应组织更多活动，鼓励老人走出去，享受更丰富的晚年生活，回应 give your comments。

亮明个人观点 · In my view, this pattern deserves our attention: _____ benefit _____ far more than _____. (填你的判断与对照)

给对策展望 · Therefore, _____ should _____ to encourage _____ to _____. (填主体、措施、对象与目标)

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题

描述与评论都要有

本题两块缺一不可：describe and interpret the chart 要求读出数据与规律，give your comments 要求表态。数据描述准确、评论与数据挂钩，才算内容达标。

结构连贯

数据段自然引向议论

本题三段须用过渡句把数据段自然引向议论段，防止『前面一堆数字、后面突然喊口号』的脱节；本范文用 These figures reveal that... 与 Therefore 承接。

语言准确

读数用词与数值一致

本题要说清『占比/领先/垫底』，用 account for、rank far ahead、sit at the bottom 等；务必核对数值抄对——把 90.8% 抄成别的数就是事实性错误。

字数格式

控制在约150词区间

本题要求 about 150 words，about 是区间不是精确值；核对是否明显超长或不足，段落是否为完整三段、无跑题句子。

数据流水账

反面示例：Watching TV is 90.8%. Taking a walk is 68.3%. Growing flowers is 34.7%. Reading is 31.8%. Playing chess is 18.4%.（五句只堆数字、无主次无概括）。改法：As is shown, watching TV ranks far ahead of the rest at 90.8%, while playing chess sits at the bottom with merely 18.4%, showing that effortless activities dominate.

空喊口号脱钩

反面示例：In a word, we should all love our life and make our country better and stronger.（与老人休闲图表毫无关系的空话）。改法：In my view, the heavy reliance on watching TV is worrying, so communities should organize more activities to enrich the later life of the elderly.

数值误读

反面示例：Only 18.4% of the elderly like watching TV, which is the most popular activity.（把最低的下棋数值 18.4% 安到了最高的看电视上，自相矛盾）。改法：Watching TV, chosen by 90.8% of the respondents, is by far the most popular activity, whereas playing chess attracts only 18.4%.

考研英语二 2025年 · 全卷构成

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Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
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Section III	英译汉（段落翻译）	题目解析 →
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