

2018 年 12 月大学英语六级考试真题（第 3 套）

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay on **how to balance work and leisure**. You should write at least 150 words but no more than 200 words.

Part II

Listening Comprehension

(30 minutes)

说明：由于 2018 年 12 月六级考试全国共考了 2 套听力，本套真题听力与前 2 套内容完全一样，只是顺序不一样，因此在本套真题中不再重复出现。

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Questions 26 to 35 are based on the following passage.

In what's probably the craziest headline I've ever written, I've reported that 26 in livestock protection are happening with scientists painting eyes on the butts of cows. The experiment is based upon the idea that farmers who're protecting their herd from lions would shoot and kill lions in an effort to protect their livestock. While this makes a lot of sense, it results in many lion deaths that 27 would have been unnecessary. Researchers in Australia have been 28 and testing a method of trickery to make lions think they are being watched by the painted eyes on cow butts.

This idea is based on the principle that lions and other 29 are far less likely to attack when they feel they are being watched. As conservation areas become smaller, lions are increasingly coming into contact with human populations, which are expanding to the 30 of these protected areas.

Efforts like painting eyes on cow butts may seem crazy at first, but they could make actual headway in the fight for conservation. "If the method works, it could provide farmers in Botswana—and 31 —with a low-cost, sustainable tool to protect their livestock, and a way to keep lions safe from being killed."

Lions are 32 ambush(埋伏)hunters, so when they feel their prey has 33 them, they usually give up on the hunt. Researchers are 34 testing their idea on a select herd of cattle. They have painted half of the cows with eyes and left the other half as normal. Through satellite tracking of both the herd and the lions in the area, they will be able to 35 if their psychological trickery will work to help keep farmers from shooting lions.

- | | |
|-----------------|----------------|
| A) advances | I) otherwise |
| B) boundaries | J) predators |
| C) challenging | K) primarily |
| D) currently | L) retorted |
| E) determine | M) spotted |
| F) devising | N) testimonies |
| G) elsewhere | O) wrestle |
| H) nevertheless | |



Section B

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

Resilience Is About How You Recharge, Not How You Endure

[A] As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, or movies. We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane. Then, when we try to have that amazing work session in flight, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to soldier on with (继续处理) the emails that have inevitably still piled up.

[B] Why should flying deplete us? We're just sitting there doing nothing. Why can't we be tougher, more resilient (有复原力的) and determined in our work so we can accomplish all of the goals we set for ourselves? Based on our current research, we have come to realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.

[C] We often take a militaristic, "tough" approach to resilience and determination like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play. We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be. However, this entire conception is scientifically inaccurate.

[D] The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems. And lack of recovery—whether by disrupting sleep with thoughts of work or having continuous cognitive arousal by watching our phones—is costing our companies \$62 billion a year in lost productivity.

[E] And just because work stops, it doesn't mean we are recovering. We "stop" work sometimes at 5 pm, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from Norway found that 7.8% of Norwegians have become workaholics (工作狂). The scientists cite a definition of "workaholism" as "being overly concerned about work, driven by an uncontrollable work motivation, and investing so much time and effort in work that it impairs other important life areas."

[F] We believe that the number of people who fit that definition includes the majority of American workers, which prompted us to begin a study of workaholism in the U.S.. Our study will use a large corporate dataset from a major medical company to examine how technology extends our working hours and thus interferes with necessary cognitive recovery, resulting in huge health care costs and turnover costs for employers.

[G] The misconception of resilience is often bred from an early age. Parents trying to teach their children resilience might celebrate a high school student staying up until 3 am to finish a science fair project. What a distortion of resilience! A resilient child is a well-rested one. When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the cognitive resources to do well on his English test; he has lower self-control with his friends; and at home, he is moody with his parents. Overwork and exhaustion are the opposite of resilience and the bad habits we acquire when we're young only magnify when we hit the workforce.

[H] As Jim Loehr and Tony Schwartz have written, if you have too much time in the performance zone, you need more time in the recovery zone, otherwise you risk burnout. Gathering your resources to "try hard" requires burning energy in order to overcome your currently low arousal level. It also worsens exhaustion. Thus the more imbalanced we become due to overworking, the more value there is in activities that allow us to return to a state of balance. The value of a recovery period rises in proportion to the amount of work required of us.



[I] So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and recovery are not the same thing.

[J] If you're trying to build resilience at work, you need adequate internal and external recovery periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 paper: "Internal recovery refers to the shorter periods of relaxation that take place within the frames of the work day or the work setting in the form of short scheduled or unscheduled breaks, by shifting attention or changing to other work tasks when the mental or physical resources required for the initial task are temporarily depleted or exhausted. External recovery refers to actions that take place outside of work—e.g. in the free time between the work days, and during weekends, holidays or vacations." If after work you lie around on your bed and get irritated by political commentary on your phone or get stressed thinking about decisions about how to renovate your home, your brain has not received a break from high mental arousal states. Our brains need a rest as much as our bodies do.

[K] If you really want to build resilience, you can start by strategically stopping. Give yourself the resources to be tough by creating internal and external recovery periods. Amy Blankson describes how to strategically stop during the day by using technology to control overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. You can also use apps like Offtime or Unplugged to create tech free zones by strategically scheduling automatic airplane modes. The average person turns on their phone 150 times every day. If every distraction took only 1 minute, that would account for 2.5 hours a day.

[L] In addition, you can take a cognitive break every 90 minutes to charge your batteries. Try to not have lunch at your desk, but instead spend time outside or with your friends—not talking about work. Take all of your paid time off, which not only gives you recovery periods, but raises your productivity and likelihood of promotion.

[M] As for us, we've started using our plane time as a work-free zone, and thus time to dip into the recovery phase. The results have been fantastic. We are usually tired already by the time we get on a plane, and the crowded space and unstable internet connection make work more challenging. Now, instead of swimming upstream, we relax, sleep, watch movies, or listen to music. And when we get off the plane, instead of being depleted, we feel recovered and ready to return to the performance zone.

36. It has been found that inadequate recovery often leads to poor health and accidents.
37. Mental relaxation is much needed, just as physical relaxation is.
38. Adequate rest not only helps one recover, but also increases one's work efficiency.
39. The author always has a hectic time before taking a flight.
40. Recovery may not take place even if one seems to have stopped working.
41. It is advised that technology be used to prevent people from overworking.
42. Contrary to popular belief, rest does not equal recovery.
43. The author has come to see that his problem results from a misunderstanding of the meaning of resilience.
44. People's distorted view about resilience may have developed from their upbringing.
45. People tend to think the more determined they are, the greater their success will be.

Section C

Directions: There are 2 passages in this section. Each passage is followed by some question or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

Children with attention problems in early childhood were 40% less likely to graduate from high school, says a new study from Duke University.

The study included 386 kindergarteners from schools in the Fast Track Project, a multi-site clinical trial in the U.S. that in 1991 began tracking how children developed across their lives.



With this study, researchers examined early academic attention and socio-emotional skills and how each contributed to academic success into young adulthood.

They found that early attention skills were the most consistent predictor of academic success, and that likability by peers also had a modest effect on academic performance.

By fifth grade, children with early attention difficulties had lower grades and reading achievement scores than their peers. As fifth-graders, children with early attention problems obtained average reading scores at least 3% lower than their contemporaries' and grades at least 8% lower than those of their peers. This was after controlling for IQ, socio-economic status and academic skills at school entry.

Although these may not seem like large effects, the impact of early attention problems continued throughout the children's academic careers. Lower reading achievement scores and grades in fifth grade contributed to reduced grades in middle school and thereby contributed to a 40% lower high school graduation rate.

"The children we identified as having attention difficulties were not diagnosed with attention deficit hyperactivity disorder (注意力缺乏多动症) (ADHD), although some may have had the disorder. Our findings suggest that even more modest attention dean of Duke's Trinity College of Arts & Sciences, whose research has focused on ADHD and interventions to improve academic performance in children with attention difficulties.

Social acceptance by peers in early childhood also predicted grades in fifth grade. Children not as liked by their first-grade peers had slightly lower grades in fifth grade, while those with higher social acceptance had higher grades.

"This study shows the importance of so-called 'non-cognitive' or soft skills in contributing to children's positive peer relationships, which, in turn, contribute to their academic success," said Kenneth Dodge, director of the Duke Center for Child and Family Policy.

The results highlight the need to develop effective early interventions to help those with attention problems stay on track academically and for educators to encourage positive peer relationships, the researchers said.

"We're learning that student success requires a more comprehensive approach, one that incorporates not only academic skills but also social, self-regulatory and attention skills," Dodge said. "If we neglect any of these areas, the child's development lags. If we attend to these areas, a child's success may reinforce itself with positive feedback loops."

46. What is the focus of the new study from Duke University?

- A) The contributors to children's early attention.
- B) The predictors of children's academic success.
- C) The factors that affect children's emotional well-being.
- D) The determinants of children's development of social skills.

47. How did the researchers ensure that their findings are valid?

- A) By attaching equal importance to all possible variables examined.
- B) By collecting as many typical samples as were necessary.
- C) By preventing them from being affected by factors not under study.
- D) By focusing on the family background of the children being studied.

48. What do we learn from the findings of the Duke study?

- A) Modest students are generally more attentive than their contemporaries.
- B) There are more children with attention difficulties than previously thought.
- C) Attention deficit hyperactivity disorder accounts for most academic failures.
- D) Children's academic performance may suffer from even slight inattention.

49. What does the Duke study find about children better accepted by peers?

- A) They do better academically.
- B) They are easy to get on with.
- C) They are teachers' favorites.
- D) They care less about grades.

50. What can we conclude from the Duke study?

- A) Children's success is related to their learning environment.
- B) School curriculum should cover a greater variety of subjects.
- C) Social skills are playing a key role in children's development.
- D) An all-round approach should be adopted in school education.



Passage Two

Questions 51 to 55 are based on the following passage

On Jan.9,2007, Steve Jobs formally announced Apple's "revolutionary mobile phone"—a device that combined the functionality of an iPod, phone and Internet communication into a single unit, navigated by touch.

It was a huge milestone in the development of smartphones, which are now owned by a majority of American adults and are increasingly common across the globe.

As smartphones have multiplied, so have questions about their impact on how we live and how we work. Often the advantages of convenient, mobile technology are both obvious and taken for granted, leaving more subtle topics for concerned discussion: Are smartphones disturbing children's sleep? Is an inability to get away from work having a negative impact on health? And what are the implications for privacy?

But today, on the 10th anniversary of the iPhone, let's take a moment to consider a less obvious advantage: the potential for smartphone technology to revolutionize behavioral science. That's because, for the first time in human history, a large proportion of the species is in continuous contact with technology that can record key features of an individual's behavior and environment.

Researchers have already begun to use smartphones in social scientific research, either to query people regularly as they engage in their normal lives or to record activity using the device's built-in sensors. These studies are confirming, challenging and extending what's been found using more traditional approaches, in which people report how they behaved in real life or participate in relatively short and artificial laboratory-based tasks.

Such studies are just first steps. As more data are collected and methods for analysis improve, researchers will be in a better position to identify how different experiences, behaviors and environments relate to each other and evolve over time, with the potential to improve people's productivity and wellbeing in a variety of domains. Beyond revealing population-wide patterns, the right combination of data and analysis can also help individuals identify unique characteristics of their own behavior, including conditions that could indicate the need for some form of intervention—such as an unusual increase in behaviors that signal a period of depression.

Smartphone-based data collection comes at an appropriate time in the evolution of psychological science. Today, the field is in transition, moving away from a focus on laboratory studies with undergraduate participants towards more complex, real-world situations studied with more diverse groups of people. Smartphones offer new tools for achieving these ambitions, providing rich data about everyday behaviors in a variety of contexts.

So here's another way in which smartphones might transform the way we live and work: by offering insights into human psychology and behavior and, thus, supporting smarter social science.

51. What does the author say about the negative impact of smartphones?

- A)It has been overshadowed by the positive impact.
- B)It has more often than not been taken for granted.
- C)It is not so obvious but has caused some concern.
- D)It is subtle but should by no means be overstated.

52. What is considered a less obvious advantage of smartphone technology?

- A)It systematically records real human interactions.
- B)It helps people benefit from technological advances.
- C)It brings people into closer contact with each other.
- D)It greatly improves research on human behavior.

53. What characterizes traditional psychological research?

- A)It is based on huge amounts of carefully collected data.
- B)It relies on lab observations and participants' reports.
- C)It makes use of the questionnaire method.
- D)It is often expensive and time-consuming.

54. How will future psychological studies benefit individuals?

- A)By helping them pin down their unusual behaviors.



- B)By helping them maintain a positive state of mind.
C)By helping them live their lives in a unique way.
D)By helping them cope with abnormal situations.
55. What do we learn about current psychological studies?
A)They are going through a period of painful transition.
B)They are increasingly focused on real-life situations.
C)They are conducted in a more rigorous manner.
D)They are mainly targeted towards undergraduates.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

近年来，中国政府进一步加大体育馆建设投资，以更好地满足人们快速增长的健身需求。除了新建体育馆外，许多城市还采取了改造旧工厂和商业建筑等措施，来增加当地体育馆的数量。在政府资金的支持下，越来越多的体育馆向公众免费开放，或者只收取少量费用。许多体育馆通过应用现代信息技术大大提高了服务质量。人民可以方便地在线预订场地和付费。可以预见，随着运动设施的不断改善，愈来愈多的人将会去体育馆健身。

考途

考途

考途



2018 年 12 月大学英语六级考试真题答案与详解

(第 3 套)

Part I Writing

审题思路

本篇话题是“如何平衡学业和课外活动”，这与考生的学习生活密切相关。在具体行文方面，考生可以开篇引出话题；然后针对这一问题提出自己的建议；最后总结全文，重述论点或升华主题。

写作提纲

- 一、引出话题：适当地参加课外活动不仅能促进学习，而且能提高综合能力 (promote academic study, enhance our overall abilities)
- 二、提出建议
 1. 合理安排课业并有效地完成 (schedule our schoolwork reasonably and finish it efficiently)
 2. 只参加我们想参加的活动 (only spend time on activities we want to participate in)
 3. 参加一些俱乐部可以遇到志同道合的人，提升我们的能力 (join clubs where we can meet like-minded people and improve our skills)
- 三、总结全文：通过高效学习及合理安排课外活动真正实现两者的平衡 (studying more efficiently, arranging extracurricular activities more rationally)

范文点评

高分范文	精彩点评
<p>How to Balance Academic Study and Extracurricular Activities</p> <p>① Many students and their parents worry that spending time on extracurricular activities will hinder study, which is understandable. ② But as for me, as long as we can strike a balance between them, proper participation in extracurricular activities will not only promote academic study, but also enhance our overall abilities.</p> <p>③ First of all, it's advisable to schedule our schoolwork reasonably and finish it efficiently, for only in this way can we allocate extra time and energy to take part in extracurricular activities and it will have no negative impact on our study. ④ Secondly, we should only spend time on activities we want to participate in, which will bring us enjoyment and relieve learning pressure to some extent. ⑤ Thirdly, we can also join clubs where we can meet like-minded people and improve our skills in a way that's directly useful for our schoolwork.</p> <p>⑥ In a word, only by studying more efficiently and arranging extracurricular activities more rationally can we achieve a real balance between academic study and extracurricular activities.</p>	<p>① 开门见山，描述现象：许多学生和家长担心花时间参加课外活动会妨碍学习。</p> <p>② 使用 but as for me 转而提出自己的观点并引出话题：只要平衡好两者之间的关系，适当地参加课外活动能促进学习，提升综合能力。</p> <p>③④⑤ 分别使用 first of all, secondly 和 thirdly 具体阐明自己对如何平衡学业和课外活动这一问题的建议，条理清晰，层次分明。</p> <p>⑥ 使用 in a word 总结全文，再次重申自己的观点。</p> <p>加分亮点</p> <p>understandable 可以理解的 not only...but also... 不仅……而且…… advisable 明智的，可取的 have no negative impact on... 对……没有负面影响 relieve 缓解，减轻 like-minded 志趣相投的</p>

全文翻译

如何平衡学业和课外活动

许多学生和他们的父母担心花时间参加课外活动会妨碍学习，这是可以理解的。但在我看来，只要我们能在两者之间取得平衡，适当地参加课外活动不仅能促进学习，而且能提高我们的综合能力。

首先，合理安排课业并高效地完成是明智之举，因为只有这样，我们才能分配出额外的时间和精力参加课外



活动,并且不会对我们的学习产生负面影响。其次,应该只将时间花在我们想参加的活动上,因为它们会给我们带来乐趣,并在一定程度上缓解学习压力。第三,我们也可以参加一些俱乐部,在那里可以遇到志同道合的人,并会以一种直接对我们的学业有利的方式提升我们的能力。

总而言之,只有通过更高效地学习和更合理地安排业余活动,我们才能获得学业与课外活动之间的真正平衡。

拓展空间

主题词汇

excessive 过度的
in hot water 陷入困境
under the spotlight 备受关注
disapprove of 不赞同
for the sake of... 为了……
not to mention... 更不用说……
trigger 引发
transform...to... 把……转换成……
pave the way for... 为……铺平道路

句式拓展

1. The majority of people believe that...will provide them with more opportunities to..., which may put them in a favorable position in the future. 大部分人相信,……将会提供给他们更多的机会……,并且这会在未来将他们置于有利位置。
2. People are coming to realize the importance of...They have begun to try their best to...We believe that... 人们开始意识到……的重要性。他们已经开始竭力……。我们相信……

Part III Reading Comprehension

Section A

全文翻译

在我曾写过的可能最为疯狂的新闻报道中,我曾报道过科学家在牛屁股上画眼睛的实验,这是牲畜保护方面所取得的(26) **进步**。这一实验是基于这样一种想法,即农民为了保护牛群等牲畜免受狮子攻击,会选择射杀狮子。这种做法虽然合乎情理,但会导致许多狮子丧生,而这(27) **本来**是可以避免的。澳大利亚的研究人员一直在(28) **设计**并测试一种能骗过狮子的方法,即在牛屁股上画眼睛,让狮子以为自己正被猎物注视着。

当狮子及其他(29) **捕食性动物**觉得自己正被注视着时,它们就不大可能会继续袭击,这种想法就是基于这一原理。随着保护区变得越来越小以及人类的活动扩张到了这些保护区的(30) **边界**,狮子跟人类的接触也就越来越多。

诸如在牛屁股上画眼睛的做法起初看起来很疯狂,但它们可能在保护动物方面取得实际进展。“如果这个方法奏效的话,它能给博茨瓦纳以及(31) **其他地区**的农民提供一种低成本、可持续的手段去保护牲畜,同时也能避免狮子被杀戮。”

狮子(32) **主要**属于伏击猎食者,所以一旦它们认为猎物已经(33) **发现**它们,它们往往会放弃攻击。研究人员(34) **目前**正在一群选定的牛身上验证这一想法。他们在其中一半的牛身上画上眼睛,另一半牛保持原样。通过卫星对这一地区的牛群和狮子进行追踪,研究人员最终将能够(35) **确定**这种心理学上的欺骗手段是否有助于阻止农民射杀狮子。

选项归类

- 名词: A) advances 进步,进展; B) boundaries 边界,界限; J) predators 捕食者,食肉动物; N) testimonies 证词,证言
- 动词: A) advances 前进,提前; C) challenging 挑战,质疑; E) determine 确定,查明; F) devising 设计,想出; L) retorted 反击,反驳; M) spotted 发现,看见; O) wrestle (与某人)摔跤,扭打
- 形容词: C) challenging 有挑战性的; M) spotted 有斑点的,弄脏的
- 副词: D) currently 目前,现在; G) elsewhere 在别处,在其他地方; H) nevertheless 然而,不过; I) otherwise 原本,否则; K) primarily 主要地

详解详析

26. A) **advances**. (详解) 空格位于 that 引导的宾语从句的句首,后面出现了介词短语和谓语 are happening,所以应填入名词复数形式作从句的主语。由下文可知研究人员提出的方法是新近出现的,第三段还出现了 make actual headway“取得实际进展”这一表达,说明作者对此方法是赞许的,因此填入 A) advances“进步,进展”。本题考查熟词僻义,advance 既可用作动词,又可用作名词,需要考生注意。
27. I) **otherwise**. (详解) 空格位于 that 引导的定语从句中。其中,先行词 deaths 作从句的主语,would



have been 为系动词, unnecessary 为形容词作表语。从句句子结构已经完整, 填副词的可能性最大。从句中使用了虚拟语气(would have been), 表示跟本来的事实相反, 故选择 I) otherwise, 表示“原本会……, 本来会……”。otherwise 除了常见的“否则”之意外, 还可用于虚拟句中, 表示“如果某种情况不发生, 则原本会……”。

28. F) **devising**. (详解) and 连接平行结构, and 后为现在分词, 空格处也应填入现在分词。由原文可知, 澳大利亚的研究人员提出了在牛屁股上画眼睛的方法, 故选择 F) devising“设计, 想出”。C) challenging“挑战, 质疑”虽然符合语法要求, 但不能和空格后的 testing“验证”一词形成递进关系, 也不符合文章意思, 故排除。
29. J) **predators**. (详解) 空格位于 other 后面, 应填入名词复数。空格前出现了 lions“狮子”, 并且用 and 连接, 狮子属于捕食性动物中的一种, 故填入 J) predators, 和 lions 一起构成 that 从句中的主语。其他几个名词虽然也是复数形式, 但不能和“狮子”构成并列关系, 故排除。
30. B) **boundaries**. (详解) 空格位于冠词和介词之间, 应填入名词。空格前出现了 expanding, 表示“(尺寸、数量、地域等的) 扩大, 扩张”, 满足条件的只有 B) boundaries“边界, 界限”。空格前后都出现了 areas“地区, 区域”, 其他几个选项都不符合此处语义, 故排除。
31. G) **elsewhere**. (详解) 空格位于 and 之后, 前面出现了 in Botswana, 根据 and 连接平行结构的规则, 推测空格处也应填入跟地点有关的词, 故选择 G) elsewhere“在别处, 在其他地方”。空格位于两个破折号之间, 属于插入语, 起补充或解释说明的作用。空格所在句句子结构已经完整, 故填入副词。其他几个副词和空格前面的“博茨瓦纳”无法形成并列关系, 故排除。
32. K) **primarily**. (详解) 空格所在句属于主系表结构, 句子成分完整, 应填入副词。根据下文可知, 狮子属于伏击性猎食者, 这里填入的副词需要显示狮子的这一特性, 故选择 K) primarily“主要地”。空格所在句是对一个恒定的客观事实的描述, 故排除 D) currently“目前, 现在”; 空格所在句和前后文之间也没有转折关系, 故排除 H) nevertheless“然而, 不过”和 I) otherwise“原本, 否则”。
33. M) **spotted**. (详解) 空格后面出现了代词, 应填入动词构成动宾结构, 空格前出现了现在完成时的助动词 has, 故空格处应填入动词的过去分词。符合条件的只有 L) 和 M), 根据全文反复提到的在牛屁股上画眼睛的实验, 应填入 M) spotted“发现, 看见”。L) retorted“反击, 反驳”, 指的是口头上的行为, 不符合句意, 故排除。
34. D) **currently**. (详解) 空格前面出现了系动词, 后面出现了 testing, 构成现在进行时, 所在句属于主谓宾结构, 句子成分完整, 故空格处应填入副词。currently 表示“目前, 现在”, 搭配现在进行时, 故为答案。
35. E) **determine**. (详解) 空格位于 be able to 之后, 应填入动词原形。根据上一句可知, 研究人员对牛群和狮子进行了追踪研究, 空格后又出现了 if“是否”, 推测他们追踪研究的目的是要确定这种方法是否有效, 故选择 E) determine“确定, 查明”。O) wrestle“(与某人) 摔跤, 扭打”, 一般搭配介词 with, 并且放在此处不符合句意, 故排除。

Section B

全文翻译

复原力是指你怎样使自己恢复精力, 而不是你怎样忍耐

[A] 作为经常旅行的人和一个两岁孩子的父母, 我们有时会幻想当我们坐上飞机后, 在没有手机、朋友或者电影让我们分心的情况下, 能够完成很多工作。(39) 我们急匆匆地把所有地面上的工作做完: 打包行李、过安检、打最后一通工作电话、相互打个电话, 之后再登机。然后, 当我们想要在飞机上享受这个完美的工作时间时, 我们却什么也没做。甚至更糟糕的是, 在我们刷新了邮件或者重复阅读了同一份研究报告后, 等到飞机着陆时, 我们已经精疲力尽, 无法再继续处理已经不可避免地堆积起来的邮件了。

[B] 为什么乘飞机会如此消耗我们的精力呢? 我们只不过是坐在那里, 什么也没做。为什么我们不能更强、更有复原力和决心地投身工作, 这样一来我们就能完成给自己设立的全部目标了吗? (43) 根据当前的研究, 我们已经意识到, 问题不是出在我们忙碌的日程或者飞行本身, 而是出在我们错误地理解了复原力的含义以及过度工作带来的影响。

[C] 人们通常会采取一种军国主义般的“强硬”态度来对待复原力和决心, 就像一个海军陆战队战士在泥地里跋涉前行、一个拳击手再战一回合或者是一个足球运动员从地上爬起来再踢一场比赛。(45) 我们相信我们咬牙坚持得越久, 我们就越坚强, 因此我们就越成功。然而, 这整个观念从科学上来说是不准确的。



[D] 正是缺少的恢复期大大阻碍了我们总体的复原力和成功能力。(36) 研究发现,缺乏恢复期与健康和安全问题的高发生率之间有着直接的联系。而缺乏恢复期——不管是由于脑子里想着工作而无法安心睡觉,还是因为总是盯着手机而产生持续不断的认知唤醒——会导致我们的企业每年损失 620 亿美元的生产力。

[E] (40) 仅因为我们的工作停止了,并不意味着我们在恢复。我们有时在下午 5 点“停止”工作,但是之后我们会用一晚上的时间来设法解决工作的问题,在吃晚饭的时候谈论工作,睡着的时候还在思考着明天我们会多少工作要做。在最近发布的一项研究中,挪威研究者发现,7.8% 的挪威人已经成了工作狂。科学家引证“沉迷工作”的定义为“受不能控制的工作动机驱使而过度关注工作,以及对工作投入如此多的时间和精力,以致损害其他的重要生活领域。”

[F] 我们认为符合这一定义的人群包括了美国大多数的劳动者,这也促使我们在美国开展了一项关于沉迷工作的研究。我们的研究将使用来自一个大医疗公司的大型企业数据集来检验科技是如何延长我们的工作时间,从而干扰了必要的认知恢复,导致了巨额的医疗费用和企业营业成本。

[G] (44) 对于复原力的误解往往根植于很小的时候。那些努力教孩子要有复原力的父母或许会因为一个高中生熬夜到凌晨 3 点来完成一个科学展上的项目而赞扬他。这真是对复原力的一种扭曲!一个有复原力的学生应该是充分休息的。当一个疲惫不堪的学生去上学时,他疲劳驾驶,冒着撞伤路人的风险;他没有认知资源来很好地完成英文测验;他和朋友相处时自控力较低;而在家时,他对待父母也会情绪多变。过度工作和精疲力竭与复原力背道而驰,而我们小时候养成的坏习惯只会在我们进入职场后不断被放大。

[H] 正如吉姆·勒尔和托尼·施瓦兹所写的,如果你在表现区花太多的时间,你就需要在恢复区花更多的时间,否则你就会有精疲力竭的风险。调动资源来“努力尝试”需要耗费很大的精力来克服你当前较低的唤醒水平。它也会加剧疲惫感。因此,我们越是因为过度工作而失去平衡,就越能体现出能让我们回归平衡状态的活动的价值。恢复期的价值会随着我们需要完成的工作量的增加而相应提高。

[I] 那么我们该如何恢复精力、增进复原力呢?(42) 大多数人会认为,如果你停止执行某项任务,如回复电子邮件或者写论文,你的大脑会自然而然地恢复,所以当你这一天的晚些时候或者第二天早上再开始工作时,你就又变得精力充沛了。但是想必每位读者都有这种时候,即当你在床上躺了几个小时后还是无法入睡,因为你的大脑还在思考工作的事情。如果你在床上躺了八个小时,你可能已经休息了,但是第二天仍然感觉疲惫。这是因为休息和恢复是不一样的。

[J] 如果你想在工作中增进复原力,那么你就需要足够的内在与外在的恢复期。正如研究人员泽吉尔斯达、克罗普里和吕德斯泰特在他们 2014 年发表的论文中所写:“内在恢复指的是较短时间内的放松,其发生于工作日框架内或以预定或未预定的短暂休息形式的工作设定内,当之前任务所需要的脑力或体力暂时减少或耗尽时,通过转移注意力或者转变工作任务来实现。外在恢复指的是工作之外发生的行为——例如,工作日之间的空闲时间以及周末、公共假期或其他假期。”如果下班之后,你在床上闲躺着,但是被手机上的政治评论所惹怒,或者因为思考如何翻新家装的决定而焦虑不安的话,你的大脑根本无法从高度精神觉醒的状态中得到休息。(37) 我们的大脑跟我们的身体一样,都需要休息。

[K] 如果你真的想要增进复原力,你可以从有策略地停止工作开始做起。通过创造内在的与外在的恢复期而为自己提供资源,让自己坚强起来。(41) 艾米·布朗克森描述了如何利用科技来控制自己过度工作的行为,从而在工作日有策略地停止工作。她建议人们下载 Instant 或 Moment 等应用程序来记录自己每天打开手机的次数。也可以使用像 Offtime 或 Unplugged 这类应用程序有策略地安排自动飞行模式来设立无科技区。一般人每天会打开手机 150 次。如果每一次分神只占用 1 分钟的话,那么一天中会分神 2.5 个小时。

[L] 除此之外,你也可以每隔 90 分钟进行一次认知休息,以使自己恢复精力。尽量不要在办公桌前吃午餐,而是出去走走或者找朋友聚聚——但是别谈工作了。(38) 休完所有的带薪假期,这不仅能够让你拥有恢复期,而且能够提高你的工作效率,增加晋升机会。

[M] 对于我们而言,我们已经开始用飞行时间作为非工作时间,因此该是沉浸在这段恢复期的时候了。效果还是非常不错的。我们往往在登上飞机时已经很累了,而机舱里拥挤的空间和不稳定的网络只会让工作更有挑战性。现在我们不再逆流而上,而是放松、睡觉、看电影或者听音乐。这样当我们下飞机的时候就不会再感到精疲力尽了,而是感觉恢复了活力,准备好重新进入工作区了。

详解详析

36. It has been found that inadequate recovery often leads to poor health and accidents.

【译文】据发现,恢复不足经常会导致身体不适和意外事故的发生。

[D] The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems. And lack of recovery—whether by disrupting sleep with thoughts of work or having



【定位】由题干关键词 **recovery** 和 **health** 定位到文章[D]段画线处。

continuous cognitive arousal by watching our phones—is costing our companies \$62 billion a year in lost productivity.

【详解】[D]段第二句提到,研究发现,缺乏恢复期与健康和安全问题的高发生率之间有着直接的联系。题干中的 **inadequate recovery** 对应原文中的 **lack of recovery**; **leads to** 对应原文中的 **a direct correlation**; **accidents** 对应原文中的 **safety problems**,故答案为[D]。

37. Mental relaxation is much needed, just as physical relaxation is.

【译文】正如体力放松一样,精神放松也是非常必要的。

【定位】由题干关键词 **mental relaxation** 和 **physical relaxation** 定位到文章[J]段画线处。

[J] If you're trying to build resilience at work, you need adequate internal and external recovery periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 paper: "Internal recovery refers to the shorter periods of relaxation that take place within the frames of the work day or the work setting in the form of short scheduled or unscheduled breaks, by shifting attention or changing to other work tasks when the mental or physical resources required for the initial task are temporarily depleted or exhausted. External recovery refers to actions that take place outside of work—e. g. in the free time between the work days, and during weekends, holidays or vacations." If after work you lie around on your bed and get irritated by political commentary on your phone or get stressed thinking about decisions about how to renovate your home, your brain has not received a break from high mental arousal states. Our brains need a rest as much as our bodies do.

【详解】[J]段最后一句提到,我们的大脑跟我们的身体一样,都需要休息。题干中的 **mental relaxation** 对应原文中的 **brains need a rest**; **physical** 对应原文中的 **bodies**; **just as** 对应原文中的 **as much as**,故答案为[J]。

38. Adequate rest not only helps one recover, but also increases one's work efficiency.

【译文】充分的休息不仅能够帮助我们恢复,而且能够提高工作效率。

【定位】由题干关键词 **recover** 和 **work efficiency** 定位到文章[L]段画线处。

[L] In addition, you can take a cognitive break every 90 minutes to charge your batteries. Try to not have lunch at your desk, but instead spend time outside or with your friends—not talking about work. Take all of your paid time off, which not only gives you recovery periods, but raises your productivity and likelihood of promotion.

【详解】[L]段最后一句提到,休完所有的带薪年假,这不仅能够让你拥有恢复期,而且能够提高你的工作效率,增加晋升机会。题干中的 **recover** 对应原文中的 **recovery periods**; **increases one's work efficiency** 对应原文中的 **raises your productivity**,故答案为[L]。

39. The author always has a hectic time before taking a flight.

【译文】作者在乘飞机前总会有一段非常忙碌的时间。

【定位】由题干关键词 **a hectic time** 和 **flight** 定位到文章[A]段画线处。

[A] As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, or movies. We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane. Then, when we try to have that amazing work session in flight, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to *soldier on with* (继续处理) the emails that have inevitably still piled up.

【详解】[A]段第二句提到,我们急匆匆地把所有地面上的工作做完:打包行李、过安检、打最后一通工作电话、相互打个电话,之后再登机。题干中的 **has a hectic time** 对应原文中的 **race to get all our ground work done**,题干是对画线部分的同义转述,故答案为[A]。



40. Recovery may not take place even if one seems to have stopped working.

【译文】即使一个人看似已经停止工作了,他也不一定就进入恢复期了。

【定位】由题干关键词 **recovery** 以及 **have stopped working** 定位到文章[E]段画线处。

[E] And just because **work stops**, it doesn't mean we are **recovering**. We "stop" work sometimes at 5 pm, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from Norway found that 7.8% of Norwegians have become *workaholics* (工作狂). The scientists cite a definition of "workaholism" as "being overly concerned about work, driven by an uncontrollable work motivation, and investing so much time and effort in work that it impairs other important life areas."

【详解】[E]段第一句提到,仅因为我们的工作停止了,并不意味着我们在恢复。由此可知,即使一个人看似已经停止工作了,他也不一定就进入恢复期了。题干中的 **recovery may not take place** 对应原文中的 **it doesn't mean we are recovering**,故答案为[E]。

41. It is advised that technology be used to prevent people from overworking.

【译文】建议利用科技来阻止人们过度工作。

【定位】由题干关键词 **technology** 及 **overworking** 定位到文章[K]段画线处。

[K] If you really want to build resilience, you can start by strategically stopping. Give yourself the resources to be tough by creating internal and external recovery periods. Amy Blankson describes how to strategically stop during the day by using technology to control overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. You can also use apps like Offtime or Unplugged to create tech free zones by strategically scheduling automatic airplane modes. The average person turns on their phone 150 times every day. If every distraction took only 1 minute, that would account for 2.5 hours a day.

【详解】[K]段定位句提到,艾米·布朗克森建议人们利用科技来控制自己过度工作的行为,从而在工作日有策略地停止工作。她建议人们下载 Instant 或 Moment 等应用程序来记录自己每天打开手机的次数。也可以使用像 Offtime 或 Unplugged 这类应用程序有策略地安排自动飞行模式来设立无科技区。题干是对画线部分的总结,故答案为[K]。

42. Contrary to popular belief, rest does not equal recovery.

【译文】与流行的观点相反,休息并不等同于恢复。

【定位】由题干关键词 **rest** 和 **recovery** 定位到文章[I]段画线处。

[I] So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because **rest and recovery** are not the same thing.

【详解】[I]段定位部分提到,大多数人会认为,如果你停止执行某项任务,如回复电子邮件或者写论文,你的大脑会自然而然地恢复。但其实不然,每位读者都有这种时候,即当你在床上躺了几个小时后还是无法入睡,因为你的大脑还在思考工作的事情。你在床上躺了八个小时后,第二天仍然感觉疲惫,这是因为休息和恢复是不一样的。**popular belief** 指的是 **most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover**。题干中的 **does not equal** 对应原文中的 **are not the same thing**,故答案为[I]。



43. The author has come to see that his problem results from a misunderstanding of the meaning of resilience.

【译文】作者开始明白,他的问题是由于误解了复原力的意思而导致的。

【定位】由题干关键词 problem 和 the meaning of resilience 定位到文章[B]段画线处。

[B] Why should flying deplete us? We're just sitting there doing nothing. Why can't we be tougher, more resilient (有复原力的) and determined in our work so we can accomplish all of the goals we set for ourselves? Based on our current research, we have come to realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.

【详解】[B]段定位句提到,问题的根源是我们错误地理解了复原力的含义以及过度工作带来的影响。题干中的 results from 对应原文中的 comes from; misunderstanding 对应原文中的 misconception, 故答案为[B]。

44. People's distorted view about resilience may have developed from their upbringing.

【译文】人们对于复原力的曲解可能是在他们的成长过程中发展起来的。

【定位】由题干关键词 distorted view about resilience 和 upbringing 定位到文章[G]段画线处。

[G] The misconception of resilience is often bred from an early age. Parents trying to teach their children resilience might celebrate a high school student staying up until 3 am to finish a science fair project. What a distortion of resilience! A resilient child is a well-rested one. When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the cognitive resources to do well on his English test; he has lower self-control with his friends; and at home, he is moody with his parents. Overwork and exhaustion are the opposite of resilience and the bad habits we acquire when we're young only magnify when we hit the workforce.

【详解】[G]段定位句提到,对于复原力的误解往往根植于很小的时候。题干中的 distorted view 对应原文中的 misconception 和 distortion; developed from their upbringing 对应原文中的 bred from an early age, 故答案为[G]。

45. People tend to think the more determined they are, the greater their success will be.

【译文】人们倾向于认为,决心越大就会越成功。

【定位】由题干关键词 the more 和 success 定位到文章[C]段画线处。

[C] We often take a militaristic, "tough" approach to resilience and determination like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play. We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be. However, this entire conception is scientifically inaccurate.

【详解】[C]段定位句提到,我们相信我们咬牙坚持得越久,我们就越坚强,因此我们就越成功。题干中的 the more determined 对应原文中的 the longer we tough it out; the greater their success 对应原文中的 the more successful, 故答案为[C]。

Section C

Passage One

全文翻译

杜克大学的一项新研究表明,有儿童早期注意力问题的孩子高中毕业的可能性会降低40%。

这项研究包含了参与“快速跟踪项目”的386名幼儿园里的小孩,而该项目是美国一项多地点临床试验,于1991年开始跟踪儿童一生的发展情况。

(46-1) 通过这项研究,研究人员探究了早期的学业注意力和社会情感技能以及它们各自对青年时期的学业成就的贡献。



(46-2) 他们发现,早期注意力技能是学习成就最稳定的预测因素,而在同龄人中受欢迎的程度对学习成绩也有轻微的影响。

到五年级时,有早期注意力障碍的儿童的分数和阅读成绩均低于同龄人。作为五年级的学生,早期注意力有问题的孩子的平均阅读分数比同龄人低至少3%,学分比同龄人低至少8%。(47) 这是在剔除了智商、社会经济地位和入学时的学业技能等受控因素的影响之后的结果。

虽然这些影响看起来似乎不大,但早期注意力问题的影响继续贯穿于孩子的整个学业生涯。五年级的阅读成绩和学分越低,初中的成绩就越低,因此高中毕业率也就会低40%。

“我们确认的有注意力障碍的儿童并未被诊断为注意力缺乏多动症(ADHD),但有些可能已经患有这种病症。(48) 我们的发现表明,甚至更轻微的注意力障碍也会增加学习成效的负面风险,”杜克大学三一艺术与科学学院的副院长大卫·拉宾纳说,其研究的重点是注意力缺乏多动症和提高注意力障碍儿童学习成绩的干预措施。

儿童早期同龄人的社会接受程度也可预测五年级的成绩。(49) 不被一年级同学喜欢的孩子在五年级时成绩稍差,而那些社会接受度高的孩子成绩较好。

“这项研究表明,所谓的‘非认知’或软技能等因素对促进儿童积极的同伴关系十分重要,而这又反过来有助于他们的学业成功,”杜克大学儿童与家庭政策中心主任肯尼斯·道奇说。

研究人员说,该研究结果强调,有必要采取有效的早期干预措施以帮助那些有注意力问题的人在学业上走上正轨,并让教育工作者鼓励发展积极的同伴关系。

(50) “我们正了解到,学生的成功需要一个更全面的方法——不仅包含学业技能,而且包含社会的、自我管理的能力和注意力的技能,”道奇说。“如果我们忽视了这些方面中任何一个,孩子的发展就会滞后。如果我们处理了这些方面,孩子的成功可能通过积极的反馈回路来自我强化。”

5 详解详析

46. B)。【定位】由题干中的 focus 和 new study from Duke University 定位到文章第三段:With this study, researchers examined early academic attention and socio-emotional skills and how each contributed to academic success into young adulthood. 和第四段:They found that early attention skills were the most consistent predictor of academic success, and that likability by peers also had a modest effect on academic performance.

【详解】事实细节题。文章第三段指出,通过这项研究,研究人员探究了早期的学业注意力和社会情感技能以及它们各自对青年时期的学业成就的贡献,而第四段提到早期注意力技能是学习成就最稳定的预测因素,由此可知,这个研究的重点是孩子学业成就的预测因素,故答案为 B)。

【点睛】A) “儿童早期注意力的影响因素”,该项是对定位部分的曲解,原文介绍的是早期注意力对学业成就的影响,故排除;C) “影响儿童情感健康的因素”,虽然文章提到了儿童在同辈中的受欢迎因素,但探究的主题是其对学业成就的影响,故排除;D) “儿童社会技能发展的决定因素”,文章中虽然提到了社会技能,但只是说到它们对学业成就的影响,故排除。

47. C)。【定位】由题干中的 ensure that their findings are valid 定位到文章第五段最后一句:This was after controlling for IQ, socio-economic status and academic skills at school entry.

【详解】推理判断题。第五段前半部分介绍了研究发现的具体数据,而最后一句指出,这些数据剔除了智商、社会经济地位和入学时的学业技能等受控因素的影响,由此可以推知,研究者为确保研究的效度,设法防止研究发现受到无关因素的影响,故答案为 C)。

【点睛】A) “对所检验的所有可能的变量予以同样的重要性”和 B) “收集尽可能多的典型样本”,在原文中均没有提及,故排除;D) “关注受调研儿童的家庭背景”,由定位句可知,社会经济地位是受控因素,故 D) 所述与原文恰好相反,故排除。

48. D)。【定位】由题干中的 findings of the Duke study 定位到文章第七段第二句:Our findings suggest that even more modest attention difficulties can increase the risk of negative academic outcomes...

【详解】事实细节题。文章第七段第二句提到,我们的发现表明,甚至更轻微的注意力障碍也会增加学习成效的负面风险,D) “孩子们的学业表现甚至会受轻微的注意力不集中的影响”是对这句话的同义转述,该项中的 suffer from 对应原文中的 increase the risk of, slight inattention 对应原文中的 more modest attention difficulties,故答案为 D)。

【点睛】A) “谦虚的孩子总体而言比同龄人更易集中精力”,是利用第四段和第七段第二句中的 modest 一词设置的干扰,原文中此词用于修饰注意力困难的程度,而不是用于说明儿童的特点,故排除;B) “有注意力障碍的儿童比之前所认为的要多”,原文中并未有此对比,故排除;C) “注意力缺乏多除”,原文中并未有此对比,故排除。



动症是大多数学业失败的原因”,属于过度推断,尽管这是一个因素,但作者并未说这是大多数学业失败的原因,故排除。

49. A)。【定位】由题干中的 better accepted by peers 定位到文章第八段第二句: Children not as liked by their first-grade peers had slightly lower grades in fifth grade, while those with higher social acceptance had higher grades.

【详解】事实细节题。定位句指出,不被一年级同学喜欢的孩子在五年级时成绩稍差,而那些社会接受度高的孩子成绩较好,由此可见,同伴接受度更高的孩子学业成绩更好一些,故答案为 A)。

【点睛】B)“他们更好相处”、C)“他们更受老师喜爱”和 D)“他们对学分更不在意”在原文中均没有提到,故排除。

50. D)。【定位】由题干中的 conclude 定位到文章最后一段第一句: “We’re learning that student success requires a more comprehensive approach, one that incorporates not only academic skills but also social, self-regulatory and attention skills,” Dodge said.

【详解】推理判断题。定位句指出,研究者正了解到,学生的成功需要一个更全面的方法——不仅包含学业技能,而且包含社会的、自我管理的和注意力的技能,由此可知,D)项是该句的同义转述,题干中的 all-round 对应原文中的 comprehensive,故 D)为答案。

【点睛】A)“儿童的成功与他们的学习环境有关”、B)“学校课程应该涵盖更多种类的学科”和 C)“社会技能对儿童发展起着关键作用”在文中均未提及,故排除。

④ 高频词汇及短语

contribute to 有助于,促成

consistent [kən'sɪstənt] *adj.* 一贯的,一致的

contemporary [kən'tempərəri] *n.* 同辈,同时代的人

be diagnosed with 被确诊患有

focus on 集中于

intervention [ˌɪntə'venʃən] *n.* 介入,干预

comprehensive [ˌkɒmprɪ'hensɪv] *adj.* 综合的,广泛的

incorporate [ɪn'kɔ:pəreɪt] *v.* 包含

lag [læg] *v.* 落后(于),拖后

attend to 处理,照料

Passage Two

全文翻译

2007年1月9日,史蒂夫·乔布斯正式发布苹果公司的“革命性手机”——该设备将苹果音乐播放器、手机和互联网通信的功能整合到单台设备上,并通过触摸控制。

这是智能手机发展的一个重大里程碑,如今大多数美国成年人都拥有智能手机,而且它们在全球也变得越来越常见。

随着智能手机大量增加,关于它们如何影响我们生活和工作的问题也在大量增加。(51) 通常情况下,便捷移动技术的优势既显而易见,又被视为理所当然,这为相关讨论留下了更微妙的话题:智能手机是否在扰乱儿童的睡眠?无法摆脱工作是否正对健康造成负面影响?这对隐私有什么影响?

(52) 但今天,在 iPhone 发布 10 周年之际,让我们花点时间来思考一个不太明显的优势:智能手机技术彻底改变行为科学的潜力。这是因为,人类历史上首次出现了这种现象,相当大一部分人在持续地接触能够记录个人行为和环境的关键特征的技术。

研究人员已经开始在社会科学研究中使用智能手机,要么用于定期询问正常生活期间的人们,要么使用智能手机的内置传感器记录活动。(53) 这些研究正在确认、挑战和扩展那些使用更传统的方法所发现的东西,在这些较为传统的方法中,人们报告他们在现实生活中如何表现,或者参与时间相对较短且基于人工实验室的任务。

这种研究只是第一步。随着更多数据的收集和分析方法的改进,研究人员将能更好地确定不同的经历、行为和环境如何相互关联以及随着时间的推移如何发展,这将有可能会提高人们在多个领域的生产力和幸福感。(54) 除了揭示全民模式之外,数据和分析的正确组合还可以帮助个人识别他们自己行为的独特特征,包括能表明需要某种形式干预的状况——例如,表明抑郁期的行为在异常增加。

基于智能手机的数据收集出现在心理学发展的一个恰当时期。(55) 如今,该领域正处于转型期,从专注于本科技术参与的实验室研究转向更多元人群一起研究的更复杂真实的情景。智能手机提供了实现这些目标的新工具,并提供了有关各种环境中日常行为的丰富数据。

所以,这是智能手机可能改变我们生活和工作方式的另一种方法:通过提供对人类心理和行为的深刻见解,从而支持更智能的社会科学。



详解详析

51. C)。**定位** 由题干中的 the negative impact of smartphones 定位到文章第三段第二句: Often the advantages of convenient, mobile technology are both obvious and taken for granted, leaving more subtle topics for concerned discussion: Are smartphones disturbing children's sleep? Is an inability to get away from work having a negative impact on health? And what are the implications for privacy?
- 详解** 推理判断题。定位句指出,通常情况下,便捷移动技术的优势既显而易见,又被视为理所当然,这为相关讨论留下了更微妙的话题:智能手机是否在扰乱儿童的睡眠?无法摆脱工作是否正对健康造成负面影响?这对隐私有什么影响?原文中的 subtle 表明 not so obvious, concerned discussion 表明引起了关注,而随后列举的三个话题都是关于智能手机的负面影响,由此可知,作者认为智能手机的负面影响不是很明显,但也引起了一些关注,故答案为 C)。
- 点睛** A)“它已被正面影响所掩盖”,原文并未提及,故排除;B)“它通常被视为理所当然”,定位句指出是优点而不是负面影响被视为理所当然,本项与原文表述相反,故排除;D)“它微妙但决不应该被夸大”,定位句虽然提到了“微妙”,但并未提及是否应该夸大,故排除。
52. D)。**定位** 由题干中的 a less obvious advantage 定位到文章第四段第一句: But today, on the 10th anniversary of the iPhone, let's take a moment to consider a less obvious advantage: the potential for smartphone technology to revolutionize behavioral science.
- 详解** 事实细节题。定位句指出,但今天,在 iPhone 发布 10 周年之际,让我们花点时间来思考一个不太明显的优势:智能手机技术彻底改变行为科学的潜力。而行为科学就是对人类行为的研究,故答案为 D)。
- 点睛** A)“它系统地记录了真实的人类互动”,第四段第二句只表明该技术能够记录个人行为和环境的关键特征,并未提到系统地记录真实的人类互动,故排除;B)“它帮助人们受益于技术进步”,原文未提及,故排除;C)“它使人与人之间更紧密地联系”,原文虽然提到持续接触,但是指人们持续接触智能手机技术,而不是人与人之间更紧密地联系,故排除。
53. B)。**定位** 由题干中的 traditional psychological research 定位到文章第五段最后一句: These studies are confirming, challenging and extending what's been found using more traditional approaches, in which people report how they behaved in real life or participate in relatively short and artificial laboratory-based tasks.
- 详解** 事实细节题。定位句指出,在这些较为传统的方法中,人们报告他们在现实生活中如何表现,或者参与时间相对较短且基于人工实验室的任务。也就是说传统的心理学研究依赖实验室观察和参与者的报告,故答案为 B)。
- 点睛** A)“它基于大量仔细收集的数据”,第七段最后一句提到了丰富的数据,但是指智能手机提供了有关各种环境中日常行为的丰富数据,而不是传统的心理学研究基于丰富的数据,故排除;C)“它使用了问卷调查法”,原文并未提及,故排除;D)“它往往很贵而且耗费时间”,原文提到了时间相对较短而不是较长,并且没有提到是否昂贵,故排除。
54. A)。**定位** 由题干中的 future 和 benefit individuals 定位到文章第六段最后一句: Beyond revealing population-wide patterns, the right combination of data and analysis can also help individuals identify unique characteristics of their own behavior, including conditions that could indicate the need for some form of intervention—such as an unusual increase in behaviors that signal a period of depression.
- 详解** 推理判断题。定位句指出,除了揭示全民模式之外,数据和分析的正确组合还可以帮助个人识别他们自己行为的独特特征,包括能表明需要某种形式干预的状况——例如,表明抑郁期的行为在异常增加。由列举的表明抑郁期的行为可知,未来的心理学研究通过帮助个人确定他们的异常行为来使他们受益,故答案为 A)。
- 点睛** B)“通过帮助他们保持积极的心态”,原文并未提及积极的心态,故排除;C)“通过帮助他们用独特的方式生活”,最后一段提到这是智能手机可能改变我们生活和工作方式的另一种方法,而不是未来的心理学研究帮助人们用独特的方式生活,故排除;D)“通过帮助他们处理异常状况”,定位句虽然提到了异常行为,但只表明帮助个人识别而不是帮助个人处理这些行为,故排除。
55. B)。**定位** 由题干中的 current psychological studies 定位到文章第七段第二句: Today, the field is in



transition, moving away from a focus on laboratory studies with undergraduate participants towards more complex, real-world situations studied with more diverse groups of people.

【详解】推理判断题。定位句指出,如今,该领域正处于转型期,从专注于本科生参与的实验室研究,转向更多元人群一起研究的更复杂真实的情景。由上一句可知,该领域是指心理学,而 today 表明是现阶段的心理学研究,“moving away from...towards...”表明如今的心理学研究发生了转变,转向研究更复杂真实的情景,故答案为 B)。

【点睛】A)“它们正在经历一个痛苦的转型期”,定位句虽然提到了心理学研究正处于转型期,但并未表明该阶段是否痛苦,故排除;C)“它们在以更严格的方式进行”,原文并未提及是否使用更严格的方式,故排除;D)“它们针对的主要是本科生”,定位句虽然提到了心理学研究专注于本科生参与的实验室研究,但这是指转型前而不是现在,故排除。

高频词汇及短语

milestone ['maɪlstəʊn] n. 里程碑

take...for granted 认为……理所当然

implication [ˌɪmplɪ'keɪʃən] n. (行动、事件、决定等的)可能的影响(后果)

query ['kwɪəri] v. 询问;对……提出疑问

sensor ['sensə] n. 传感器

evolve [ɪ'vɒlv] v. 逐步发展;进化

over time 随着时间的流逝

productivity [ˌprɒdʌk'tɪvəti] n. 生产力;生产率

domain [də'meɪn] n. 领域

transition [træn'zɪʃən] n. 转变,过渡

Part IV Translation

参考译文

In recent years, the Chinese government has further increased its investment in gymnasium construction to better meet people's rapidly growing demand for fitness. In addition to building new gyms, many cities have also taken measures to transform old factories and commercial buildings into gyms to increase the number of local gyms. Thanks to the government grant, more and more gyms are open to the public free of charge or for a small fee. Many gyms have greatly improved their service quality by applying modern information technology. People can conveniently book venues and pay for them online. It can be predicted that with the continuous improvement of sports facilities, more and more people will go to gyms to work out.

难点注释

1. 翻译第一句时,“近年来”是时间状语,可以直译为 in recent years,该短语决定了本句应使用现在完成时。“加大投资”译为 make more investment 或 increase investment;“以更好地……”是目的状语,可以译为不定式结构;“满足……需求”常用动词短语 meet the demand for 表示;“快速增长的”译为 rapidly/fast growing。
2. 翻译第二句时,有两种翻译方式:一种是按照参考译文那样,将“许多城市还采取……措施”译为主句,将“来增加当地体育馆的数量”译为目的状语;另外一种翻译方式是将“来增加当地体育馆的数量”译为主句,将“采取了改造旧工厂和商业建筑等措施”译作方式状语,即“...many cities also have increased the number of local gyms by taking measures to transform old factories and commercial buildings”。
3. 翻译第三句时,“在政府资金的支持下”可译为 under the support of the government funds 或 with government funding,也可以像参考译文那样意译为“多亏了政府的资金支持”,即 thanks to the government grant;“向……免费开放”译为“be open to...for free/free of charge”。
4. 翻译第四句时,“通过应用现代信息技术”是状语,可以译为介词短语 by/through applying modern information technology。
5. 第五句中,“预订场地”可译为 book venues;“付费”可译为 make a payment 或 pay for them(them 指代上文中的 venues)。
6. 翻译最后一句时,既可以将“可以预见”译为插入语 predictably,也可以采用“It can be predicted that...”或“It is foreseeable that...”句型将整句话译出。“随着……”可译为 with 引出的介词短语结构作伴随状语;“健身”可译为 take exercise、build up one's body、work out 等。

