

Part I Writing

审题思路

这是一篇四级考试中并不常见的应用文。此次考查的感谢信是考生日常生活中比较熟悉的话题,因此写起来并不困难。考生应该注意感谢信的格式,并将重点放在阐释写此封感谢信的原因上。根据题目分析可知,感谢信的内容应主要表达对老师在自己升学方面提供帮助的感激之情。

写作提纲

- 一、开门见山:表达对老师的感激之情(extend my sincere gratitude)
- 二、阐述原因
 1. 老师帮助自己融入班集体(blend into the whole class)
 2. 老师在学习上的鼓励和帮助释放了自己的学习潜能(unleashed the enormous potential)
- 三、概述总结
 1. 再一次表达对老师的感谢(my appreciation for you is beyond words)
 2. 铭记老师教诲,永不忘怀(always bear your instruction and scholarly spirit in mind)

范文点评

高分范文	精彩点评
<p>Dear Professor Smith,</p> <p>① I would like to extend my sincere gratitude to you for your selfless assistance during my preparation for the college entrance examination. ② Without your tremendous support and continuous encouragement, I would have never entered my ideal college.</p> <p>③ It goes without saying that it was your enlightening guidance that ushered me into the academic world.</p> <p>④ Otherwise, I would just wander around without an aim in life.</p> <p>⑤ For one thing, your care and love helped me blend into the whole class, which brought dramatic changes to me. I started to reflect on the true essence of life and set a goal for my study. ⑥ For another, your help and support in my study undoubtedly unleashed the enormous potential in me, which made me readily indulge into the sea of knowledge. Finally I fulfilled my dream.</p> <p>⑦ In a word, my appreciation for you is beyond words. It is really an honor for me to be your student and I will always bear your instruction and scholarly spirit in mind.</p> <p>Best wishes!</p> <p style="text-align: right;">Yours sincerely, Derek</p>	<p>① 开门见山,表明写信意图:对老师表达感激之情。</p> <p>② 用 Without 等表达方式说明老师的帮助至关重要。</p> <p>③④ 用 Otherwise 表示转折,阐述致谢的原因。</p> <p>⑤⑥ 用 For one thing 和 For another 举例说明在老师的帮助下自己的转变。</p> <p>⑦ 使用 In a word 结尾,再次表达对老师的感激之情。</p> <p>加分亮点</p> <p>extend one's gratitude to 向……表达某人的感激之情</p> <p>usher into... 将……领进……</p> <p>reflect on... 仔细思考……</p> <p>unleash 释放;激发</p> <p>potential 潜力</p> <p>bear sth. in mind 将……牢记心间</p>

全文翻译

亲爱的史密斯教授:

非常感谢您在我准备高考时提供的无私帮助。没有您巨大的帮助和不断的鼓励,我是不会考上自己理想的大学的。

毫无疑问,是您醍醐灌顶的指导将我引入学术的殿堂。否则,我只会毫无目的地在生活中徘徊。一方面,您的关爱让我融入到班级中,这给我带来了巨大的变化。我开始重新思考人生的意义,树立学习目标。再者,您对

我学习上的帮助和支持极大地释放了我的潜能,使我欣然投入到知识的海洋。所以我实现了自己的梦想。

总之,我对您的感激之情溢于言表。很荣幸能够成为您的学生,我将终生谨记老师的谆谆教诲。

祝好!

您真诚的,
德里克

拓展空间

主题词汇	句式拓展
tremendous help 巨大的帮助	1. For a long time I had no aims in life, let alone the positive attitude to... 长期以来我连生活目标都没有,更别说对……的积极态度了。
labor 辛劳	2. With the increasing awareness of..., I become...instead of... 随着……意识的提高,我变得……而不再……
painstaking 一丝不苟的,费尽心思的	
pay close attention to 密切关注……	
take sth. into account 考虑……	
embark on 开始做……	
foster interests 培养兴趣	
be busy with 忙于……	

Part II Listening Comprehension

Section A

News Report One

(1) The International Labor Organization says the number of people without jobs is increasing. In its latest update on global employment trends, the agency says projections of the number of unemployed people this year range from 210 million to nearly 240 million people. The report warns that 200 million poor workers are at risk of joining the ranks of people living on less than two dollars per day in the past three years. (2) The director general of the International Labor Organization Juan Somavia notes that some countries have taken measures to address the effects of the global crisis. However, he points out that many countries have not done so. And based on past experiences, it takes four to five years after economic recovery for unemployment to return to pre-crisis levels. Mr. Somavia says the International Labor Organization is proposing a global jobs agreement to deal with unemployment. "Its key objective is to place at the center of recovery efforts measures that would generate higher levels of employment and provide basic social protection for the most vulnerable."

Questions 1 and 2 are based on the news report you have just heard.

【未听先知】 预览两道题各选项,由 unemployment, economic recovery, create enough jobs, economic crisis 等词可推测,该新闻与经济危机和失业问题相关。

1. What is the news report mainly about?

C)。 **【详解】** 新闻开篇提到,国际劳工组织称失业人数正在增加,随后具体说明今年全球失业人数达到 2.1 亿至 2.4 亿,故答案为 C)。

2. What does Juan Somavia, director general of the International Labor Organization, say?

A)。 **【详解】** 新闻中提到,国际劳工组织总干事 Juan Somavia 指出,一些国家已经开始处理这一全球性危机带来的影响,即解决失业问题,但很多国家还没有这么做。换言之,很多国家尚未采取措施解决失业问题,故答案为 A)。

News Report Two

(3) Big fast-food chains in New York City have started to obey a first of its kind rule, requiring them to post calorie counts right on the menu. Cathy Nonas is with the New York City Department of Health. "We wanted to give people an opportunity to actually see the calories before they purchase the food and make a

decision, an informed decision, that if they want to make the healthier choice, if they want to eat fewer calories, they can. And we expect this will have a huge impact on obesity. And of course, if it has an impact on obesity, it will have an impact on diabetes and heart disease and high blood pressure.”

The new rules will be introduced as a part of an anti-obesity campaign. That also includes a recent citywide ban on artificial trans-fats in restaurant food. The menu roll only applies to restaurants that serve standardised portion sizes and have fifty or more locations nationwide.

Starting last Saturday, (4) chains big enough to fall under the rule will face penalties of up to 2,000 dollars for not showing calorie information in a prominent spot on their menus, preferably next to the price.

Questions 3 and 4 are based on the news report you have just heard.

【未听先知】 预览两道题各选项,由 food, calorie, menu, protein content, customers 等词可以初步判断,新闻内容与食品相关,结合各选项语义可以进一步判断,新闻涉及餐馆为顾客提供什么样的食品,如果违反规定,餐馆会受到怎样的处罚等。

3. What are big fast-food chains in New York City required to do according to the new rule?

B)。 **【详解】** 新闻开篇提到,纽约市的大型快餐连锁店必须遵守一项全新的规定,即把食物的卡路里含量标注在菜单上,故答案为 B)。

4. What will happen to big restaurant chains that violate the new rule?

A)。 **【详解】** 新闻末尾提到,规模足够大的快餐连锁店如果不在菜单上标注卡路里含量就会面临高达 2,000 美元的罚款,故答案为 A)。

News Report Three

(5) Almost all companies recognize the importance of innovation today, but not many are able to integrate innovation into their business. A commentary in the *Shanghai Daily* points out that innovation doesn't mean piles of documents. It's something more practical. (6) The article says many people tend to assume that innovation just means creating something new, but actually it's more than that. It's an attitude of doing things. A company should find ways to innovate not just in products but also in functions, business models and processes.

(7) The article cites the global giant Procter & Gamble as an example, saying a real innovative company should develop an innovation culture and use it as a primary tool for success. Procter & Gamble has a Corporate Innovation Fund which offers big rewards for high-risk ideas that succeed. It also has a special innovation facility for its employees. Sometimes its employees are released from their daily jobs for weeks and spend their time interacting in the innovation facility instead. In conclusion, the article says innovative ideas alone do not ensure success. It's pointless unless there is a repeatable process in place to turn inspiration into financial performance.

Questions 5 to 7 are based on the news report you have just heard.

【未听先知】 预览三道题各选项,由 business, novel products, innovation, creation 等词可以初步判断,该新闻与商业领域的创新相关。

5. What is the problem with many companies according to the news report?

D)。 **【详解】** 新闻开篇指出,几乎所有公司都意识到创新的重要性,但很少能把创新真正融入到他们的业务中,故答案为 D)。

6. What do many people tend to think of innovation?

B)。 **【详解】** 新闻中提到,《上海日报》的一则评论指出,很多人认为创新仅仅意味着创造一些新的东西,故答案为 B)。

7. What does the company Procter & Gamble owe its success to?

C)。 **【详解】** 《上海日报》的评论援引世界巨头宝洁公司(Procter & Gamble)的例子说明,一个真正懂得创新的公司应该发展创新文化并且以此作为成功的主要工具,故答案为 C)。

Section B

Conversation One

M: So, Lenzy, do you like to text-message on your cell phone?

W: Yeah, I text-message a lot.

M: I don't do it so much. I prefer to make a call if I'm in a hurry.

W: Yeah, I go both ways. Sometimes I don't really want to talk to the person. I just want to ask them one question, so it's much easier for me just to text-message. (9) If I call them, I'll have to have a long conversation.

M: Yeah, I can see what you mean. (8) But I get off the phone pretty quickly when I call. I'm not a big talker.

W: Yeah, that's true. You don't talk a lot.

M: So are you fast at writing the messages with your thumb?

W: Well, when I first got a cell phone, I was so slow. I thought I would never text-message. But then people kept text-messaging me, so I felt obliged to learn how to text-message. So now I'm pretty fast. What about you?

M: Actually I have the opposite problem. (10) When I first got my cell phone, I thought it was so cool to text-message all my friends who have one, and I was pretty fast with my thumb then. But it seems like now I don't use it so much. I've gotten slower actually.

W: Yeah, I think text-messaging actually sort of has to do with your age. For example, people in high school, they text-message a lot. But I ask my father if he text-messages, and guess what he said?

M: What?

W: He said he'd never text-message. (11) He thinks it's very childish and unprofessional to text-message.

M: Yeah, I can see what he means. It's considered pretty informal to text-message someone.

Questions 8 to 11 are based on the conversation you have just heard.

【未听先知】 预览四道题各选项,由选项中的 text-messaging, on the phone, message, send 等词可以推测,对话围绕收发短信和打电话展开。

8. What does the man say about himself?

D)。**【详解】** 对话中男士说,他打电话结束很快,说话不多,故答案为 D)。

9. What does the woman tend to do while she is on the phone?

B)。**【详解】** 对话中女士说,如果她给别人打电话,就不得不说很长时间,故答案为 B)。

10. Why did the man text-message all his friends when he first got his cell phone?

A)。**【详解】** 对话中男士说,他拥有第一部手机时,感觉给所有有手机的朋友发短信很酷,故答案为 A)。

11. What does the woman's father think of text-messaging?

C)。**【详解】** 对话末尾,女士说她父亲觉得发短信既幼稚又不专业,故答案为 C)。

Conversation Two

W: Good morning, Mr. Johnson. How can I help you?

M: Well, (12-1) I'd like to talk to you about Tim Bond, the department manager.

W: What seems to be the problem?

M: Well, ever since Sandra left the department, (12-2/13-1) I feel like I've been targeted to do all her work as well as mine. I'm expected to attend too many meetings and I seem to be spending a lot of my time doing unnecessary paper work.

W: I'm sorry to hear that.

M: And, on top of that, (13-2) I specifically asked if I could leave early last Friday as I'd done a lot of overtime during the week. But that afternoon, even though I'd finished my assigned work, I was told to

help other colleagues finish their work, too.

W: (14) But surely that's a positive sign, showing that Mr. Bond has a lot of trust in you.

M: Yes, but other colleagues get to leave early, and they don't have such a lot of work to do.

W: So you feel he's remaking unrealistic demands on you?

M: Yes, absolutely.

W: Have you approached Mr. Bond about this particular problem?

M: I've tried, but it seems like he just has no time for me.

W: Well, at this stage, (15-1) it would be better if you approached him directly. If nothing else, showing that you've tried to solve the problem yourself before you take it further makes it clear that you're not just a complainer. (15-2) Why don't you send an email requesting a meeting with him in private?

M: Hmm, I'd been a bit worried about his reaction. But anyway, I'll send him an email to request a meeting, and I'll see what happens from there. Thanks for your advice.

W: Good luck. And let us know the outcome.

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

【未听先知】 预览四道题各选项,由选项中的 job assignment, manager, boss, workload, complaints 等词可以推测,对话谈论的是工作上的问题,可能会涉及工作量以及员工对经理或者老板的抱怨等内容。

12. What do we learn about the man from the conversation?

B)。**【详解】** 对话开头,男士说想跟女士谈谈关于部门经理 Tim Bond 的事情,接着男士谈到了经理让他做很多额外的工作,如帮别人干活、开会、写材料等,这表明男士对部门经理 Tim Bond 不满,故答案为 B)。

13. What is the man's chief complaint?

A)。**【详解】** 对话中男士向女士抱怨了很多事情,提到被指派做离职同事的所有工作、参加很多会议、写很多不必要的材料等,又提到上周五即使已经完成了自己的工作还是被告知要帮助其他同事完成工作,可见男士抱怨的主要问题是工作任务重,故答案为 A)。

14. How does the woman interpret the fact that the man was asked to help his colleagues with their work?

C)。**【详解】** 对话中,男士向女士抱怨部门经理 Tim Bond 总是给他许多额外的工作,让他帮助其他同事,女士却认为这也说明了经理对他特别信任,故答案为 C)。

15. What does the woman advise the man to do?

D)。**【详解】** 对话末尾,女士建议男士不要只是抱怨,而是发电子邮件约时间与部门经理见面,亲自与他谈话,故答案为 D)。

Section C

Passage One

The massive decline in sleep happened so slowly and quietly that few seemed to notice the trend. Was it because of the growing attraction of the Internet, video games and endless TV channels? Never disconnecting from work? (16) No matter how it happened, millions of Americans are putting their health, quality of life and even length of life in danger.

New evidence shows why getting enough sleep is a top priority. Some 40% of Americans get less than 7 hours of shut-eye on week nights. "The link between sleep and health, and bad sleep and disease is becoming clearer and clearer." says Lawrence Alberstaine, a sleep expert at Harvard University. (17) For example, sleep duration has declined from some 8 hours in the 1950s to 7 in recent years. At the same time, high blood pressure has become an increasing problem. (18) Blood pressure and heart rate are typically at their lowest levels during sleep. People who sleep less tend to have higher blood pressure, heart attack, diabetes, weight gain and other problems.

Sleeping better may help fight off illness. "When people are sleep-deprived, there are higher levels of stress hormones in their bodies, which can decrease immune function." says Doctor Felice of Northwestern

University in Chicago. A university of Chicago study shows people who sleep well live longer. So say good night sooner and it may help you stay active and vital to a ripe old age.

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

【未听先知】预览三道题各选项,由选项中的 sleep, healthy life, decline, lack of sleep, health-conscious, mind function, blood pressure 等词可以推测,短文内容涉及睡眠与健康的关系,以及睡眠不足对健康产生的负面影响。

16. What is the speaker mainly talking about?

A)。【详解】短文开头提到,睡眠时间的减少使上百万美国人的身体健康、生活质量甚至寿命都处于危险之中。然后短文从睡眠充足和睡眠不足两方面对比分析了睡眠对健康的重要作用,故答案为 A)。

17. What do we learn from the talk about today's Americans?

C)。【详解】短文中提到,20 世纪 50 年代,美国人的睡眠时间是 8 小时,近几年已经降到了 7 小时。由此可知,美国人的睡眠时间越来越少,故答案为 C)。

18. What does the speaker say will happen to people who lack sleep?

D)。【详解】短文中提到,在睡眠中,人的血压和心率会降到最低值,而睡眠不足的人通常会有高血压、心脏病、糖尿病、肥胖等各种问题,故答案为 D)。

Passage Two

Parents and teachers will tell you not to worry when applying for a place at university, but in the same breath will remind you that it is the most important decision of your life. (19) The first decision is your choice of course. It will depend on what you want to get out of university, what you are good at and what you enjoy. The next decision is where to apply. Aim high but within reason. Do you have the right combination of subjects, and are your expected grades likely to meet entry requirements? The deadline is January 15th. But it is best to submit your application early because universities begin work as soon as forms start rolling in.

(20) The most important part of the application is the much feared personal statement. This is your chance to convey boundless enthusiasm for the subject. So economy of expression is foremost. Omit dull and ineffective generalities and make sure you give concrete examples.

Admissions officers read every personal statement that arrives. It is not convincing if you say you have chosen the subject because you enjoy it. (21) You have to get across what it is about a particular area that has inspired you. They will look for evidence that you have reflected and thought about the subject.

Applicants should be honest. There is no point saying you run marathons, if you are going to be out of breath arriving at the interview on the second floor.

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

【未听先知】预览三道题各选项,由选项中的 course, university, apply, professors 等词可以推测,短文的内容与申请大学相关,可能涉及如何提交申请和选课等问题。

19. What is the first decision you should make in preparing to apply for a place at university?

B)。【详解】短文开头指出,父母和老师会提醒你申请大学是一生中最重要的抉择,其中首先需要决定的是选择哪门课程,故答案为 B)。

20. What is the most important part of the application?

D)。【详解】短文中间提到,申请环节中最重要的部分是个人陈述,故答案为 D)。

21. What must applicants do in their personal statements?

C)。【详解】短文提到,个人陈述中应解释清楚是某个领域的什么东西激发了你的兴趣,招生人员会从中寻找你对所选这门课程已经进行过深思熟虑的证据,故答案为 C)。

Passage Three

(22) It is usually agreed that a German, Karl Benz, built the first motor car in 1885. It was actually a tricycle with a petrol motor at the rear. Soon, members of the Royal family and other wealthy people took up motoring as a sport. Many of the early cars had two seats. (23) There were no petrol pumps and few garages,

so every driver had to be his own engineer for the frequent breakdowns.

By 1905, cars began to look like cars of today, with head lamps, wind screen, rubber tyres and number plates. (24) Henry Ford's "Model T", introduced in America in 1909, was cheaper because it was made on the assembly line. It brought cars closer towards the reach of ordinary people. With the popularity of the car, registration became a must in 1903 with the Motor Car Act. Competency tests were introduced in 1935.

Today, the legal driving age for a car in the UK is 17. You are not allowed to drive a car unsupervised until you have passed a driving test. In 1958, Britain celebrated the opening of its first motorway—the Preston Bypass. Until then, no one really understood what a motorway was, not even the laborers who were building it. (25) The Bypass held a new era in motor travel and was greeted with excitement and optimism. Service stations came with the motorway and the legend of the transport café was born. Of course, the service station has diversified greatly. But whether it's an English-cooked breakfast or a coffee and a sandwich, one thing has remained the same: the prices.

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

未听先知 预览四道题各选项,由选项中的 rubber tyres, late 19th century, petrol, drive, assembly line, cars 等词可以初步判断,短文内容与汽车的发展有关。

22. What does the speaker say about the first motor car?

B)。 **详解** 短文开篇提到,德国人 Karl Benz 于 1885 年建造了第一辆汽车,故答案为 B)。

23. What was the problem with the early cars in Britain?

D)。 **详解** 短文中提到,早期的汽车没有加油泵,修理厂也很少,因此驾驶人只能自己修理常常出故障的汽车。由此可知,早期的汽车经常出故障,故答案为 D)。

24. Why did Henry Ford's "Model T" cars cost less?

A)。 **详解** 短文中间部分提到,1909 年福特在美国推出的 T 型汽车更加便宜,因为它们是流水线生产的,故答案为 A)。

25. What do we learn about the Preston Bypass?

C)。 **详解** 短文末尾提到,1958 年英国建立了第一条高速公路,这条高速公路开启了汽车旅行的新纪元,故答案为 C)。

Part III Reading Comprehension

Section A

全文翻译

越来越多的证据表明,体育活动不仅对身体好,而且对大脑有益。荷兰的研究人员称,不论是参加学校活动,还是自己运动,从事体育活动较多的孩子在标准化考试中(26) 更易于取得较高的平均绩点和分数。在对过去 14 个关于体育锻炼和学业(28) 表现关系的研究(27) 回顾中,调查人员发现,学生们活动得越多,他们在学校的学习成绩就越好,(29) 尤其是在一些像数学、英语、阅读这样的基础学科中。

鉴于学校(30) 赖以生存的财政预算有所减少,这些数据无疑会使目前关于是否要将体育课废除的争论更加激烈。支持将体育课废除的一方担心,体育课占用了学生的学习时间。近几年,美国学生的考试成绩(31) 有所下降,因此,一些管理人员认为学生们应该将更多的时间放在课堂上而不是操场上。但是,上述发现表明,体育锻炼与学业并不是(32) 相互排斥的。体育锻炼可以改善大脑的血液(33) 循环,增强记忆力、注意力和创造力。这些对于学习来说都是(34) 至关重要的。同时,运动可以释放改善(35) 心情和减轻压力的荷尔蒙,因此也有助于学习。所以,当孩子们在活动时,看起来好像仅仅是在锻炼身体,实际上他们也在锻炼大脑。

选项归类

名 词: A) attendance 出席,在场; H) flow 流动,流量; I) mood 心情,情绪; L) performance 表现,表演;
M) review 回顾,评论

动 词: D) depressing 使沮丧,使萧条; E) dropping 下降,减少; M) review 回顾,评论; N) survive 生存,存活;
O) tend 倾向于,易于

形容词: C) current 当前的,目前的; F) essential 至关重要的,必需的; G) feasible 可行的,可能的

副词: B) consequently 因此,结果; J) mutually 相互地,彼此; K) particularly 尤其,特别

■ 详解详析

26. O) **tend**. (详解) 动词辨析题。通过分析句子结构可知,空格位于 that 引导的宾语从句中,从句中主语 children 缺少谓语动词,而且空格处的词语应与空格后的介词 to 搭配构成动词短语,由于主句为一般现在时所以空格处应该填入动词原形。该句的意思是:不论是参加学校活动,还是自己运动,经常运动的孩子在标准化考试中往往会有较高的平均绩点和分数。因此 tend“倾向于,易于”,符合句意。备选项中的 depressing 和 dropping 不是动词原形,可以排除;review 和 survive 均无法与 to 搭配使用,可以排除。
27. M) **review**. (详解) 名词辨析题。空格前面有介词 In 及不定冠词 a,所以空格处需要填入名词。通过上下文可知,本句的大意是:在对过去 14 个关于体育锻炼和学业表现关系的回顾中,研究人员发现了二者的相互关系,所以句首应使用 In a review of,指“在对过去……的回顾中”。备选项中的 attendance“出席,在场”,flow“流动,流量”,mood“心情,情绪”,performance“表现,表演”,均不符合句意,可以排除。
28. L) **performance**. (详解) 名词辨析题。空格前为形容词,因此空格处应该填入名词,且该名词能与 academic 搭配。备选名词中能够和 academic 搭配的只剩下 performance。academic performance“学业表现”为固定表达。备选项中的 attendance,flow 和 mood 都无法与 academic 搭配,可以排除。
29. K) **particularly**. (详解) 副词辨析题。空格前面是一个完整的句子,后面为介词 in 引导的介词短语,因此空格处需要填入副词形式,以表示进一步强调。空格前 that 引导的宾语从句中提到学生们活动得越多,他们在学校的学习成绩就越好。空格后面的介词短语列出具体的科目。因此,空格处需要填入一个表示“举例并进一步强调”的副词。由此确定副词 particularly“尤其,特别”为本题答案。备选副词中的 consequently“因此,结果”,mutually“相互地,彼此”,均与此处要表达的意思不符合,可以排除。
30. N) **survive**. (详解) 动词辨析题。空格前面有介词 to,后面有介词短语 on smaller budgets,所以空格处应填入一个动词原形。另外,从句意上来看,这一句与上句为因果关系,说明出现关于废除体育课争论的原因,即:学校赖以生存的财政预算减少。备选动词中符合结构和句意双重要求的只有 survive,由此确定 N) 为本题答案。备选项中的 depressing 和 dropping 都是分词形式,不能与 to 搭配构成动词不定式,可以排除。
31. E) **dropping**. (详解) 动词辨析题。通过分析句子结构可知,空格位于 with 引导的表示原因的独立主格结构中,空格前面有主语 standardized test scores,由此可知空格处的词语与前面的主语是主谓关系,并且这个词应该是动词分词形式。通过分析句意可知,主谓之间为主动关系,需填入动词现在分词形式。备选的现在分词有 depressing 和 dropping,其中 depressing“使沮丧,使萧条”,意思上与主语不搭配,所以排除;dropping“下降,减少”符合句意,故为答案。
32. J) **mutually**. (详解) 副词辨析题。空格前面是 be 动词,后面为形容词 exclusive,因此空格处需要填入副词修饰其后的形容词。前一句中提到一些管理人员认为学生们应该将更多的时间放在课堂上而不是操场上。空格所在句和前一句是转折关系,意为:锻炼与学业并不是相互排斥的。空格处需要填入一个表示“相互”的副词。由此确定 mutually“相互地,彼此”为本题答案。备选副词中的 consequently“因此,结果”,与此处要表达的意思不符,可以排除。
33. H) **flow**. (详解) 名词辨析题。空格处前面有动词 improve 和名词 blood,分析句子结构可知,空格处所填词应与 blood 搭配构成动词 improve 的宾语,因此空格处需要填入一个名词。此处只有 flow 可以与 blood 搭配,表达“血液循环”的意思。所以 flow 为本题的答案。在备选名词中,attendance“出席,在场”,mood“心情,情绪”,review“回顾,评论”,均无法与 blood 搭配,可以排除。
34. F) **essential**. (详解) 形容词辨析题。空格前面是 be 动词,后面为介宾结构 to learning,因此空格处需要填入形容词,与后面的介词 to 搭配。前一句中提到体育锻炼可以改善大脑的血液循环,增强记忆力、注意力和创造力。因此,空格处需要填入一个表示褒义的形容词,表明这些能力对学习的重要性。由此确定 essential“至关重要的,必需的”为本题答案。同时,be essential to 为固定表达。备选形容词中,current 和 feasible 均无法与介词 to 搭配,可以排除。
35. I) **mood**. (详解) 名词辨析题。空格处前面为动词 improve,后面为连词 and 和动宾结构 relieve stress,所以空格处需要填入名词作宾语。空格处于 that 引导的定语从句中,修饰先行词 hormones,表明这是一种可以缓解压力的荷尔蒙。因此空格处的名词应该和 stress 在意义上相对。mood“心情,情绪”符合句意,故为本题的答案。在备选名词中,attendance 和 review 均不符合文意,故排除。

全文翻译

找到合适的家,找到满足

A) 当年老的长辈需要入住某种长期护理机构时,父母或子女们都很怕处理这种问题,这时你想要把所有情况都弄清楚。

B) (38) 辅助生活社区的生活质量真的比养老院有大幅度提高吗?或者仅仅辅助生活社区的装修好一些?养老院真的像人们担心的那样糟糕?还是那种担心只是人们的固有偏见?做好准备工作真能指导家人们找到最好的地方吗?这真的很难说。

C) (43) 我认为老人住什么样的养老机构可能并没有我们设想的那么重要,这使事情变得更加复杂。成年子女寻找养老机构时要求其所具有的特色服务未必对将要入住的老人有影响。让我抓紧补充一下,我并不是在讨论服务质量。在一个工作人员不负责、安全记录不佳的阴郁的环境中,没有人能精力旺盛。但是大量的研究表明,照料方式上的不同对居住者的生活没什么实际影响。

D) 最近发表在《应用老年医学杂志》上的一项研究调查了康涅狄格州150名分别生活在辅助生活社区、养老院和较小的住宅保健之家(在一些州被称为照顾之家或成人保健之家)的老人。康涅狄格大学健康中心的研究人员对这些入住老人询问了大量关于生活质量、心理健康、社会互动以及设施质量等方面的问题。

E) “我们以为调查结果会因居住机构类型不同而有所不同,”该研究的第一作者朱莉·罗宾逊——大学的医学副教授说道。(36) 这是一个合理的假定——很多家庭都努力避免选择养老院,如果不能避免则会心怀内疚,难道不是吗?

F) (42-1) 最初的结果显示,在辅助生活社区的入住老人确实状态最好。举例来说,与其他机构设施的入住老人相比,他们更少有抑郁的症状,很少感到无聊和孤独。(42-2) 他们在社会互动方面得分更高。

G) 但是当研究人员加入一些其他变量时,这种差异消失了。他们发现不是居住机构类型造成了入住老人反应的差异。“是他们生活环境的特点,结合他们自身的性格特点——他们对自己健康程度、年龄和婚姻状况的感知——造成了差异。”罗宾逊博士解释道。(45) 入住老人是否能感受到自己参与了搬家决定及他们居住时间的长短都被证明有重要影响。

H) 因此,(39) 一位认为自己健康状况不佳的老人住在辅助生活社区并不会比住在养老院抑郁程度轻(虽然她的儿女们更倾向于为她选择辅助生活社区)。在其他因素相同的前提下,一位知道自己将要搬去的地方并有时去适应的人不管是在小住宅保健之家还是在养老院都能生活得一样好。是人和环境之间的互动,而不是环境本身会导致更好或更糟的经历。‘你不能说:‘让我们把这老人送到小住宅保健之家,别去养老院——她会过得更好’”罗宾逊博士说。她补充道,重要的是“人们自身所具备的性格和他们所居环境感受的结合。”

I) (44) 这些违背常识的发现,以前也出现过。例如,在一项辅助生活社区的多态研究中,北卡罗来纳州立大学的研究人员发现许多变量——机构的类型、大小或年限;是否属于连锁机构;周围街区的吸引力——和入住老人在生病、精神萎靡、住院治疗或死亡方面的遭遇没有显著联系。最重要的是入住老人的身体健康和精神状态。老人们搬来之前的状态比他们入住之后的遭遇起到的作用更大。

J) 当我在考虑这些时,(41) 一家享有盛誉的研究公司刊发的新闻稿放在我的桌上,稿子宣称联邦医疗保险于2008年开发的帮助家人们比较养老院质量的五星级评级系统和入住老人及家庭成员的满意度关系不大。事实上,消费者对那些最低等级的一星级机构设施的满意度比五星级的更高。(本研究更多具体内容和星级评定将登载在随后的稿件中。)

K) 在我们集体抓狂之前,在如此令人困惑的局面中应该怎样找到出路?菲利普·斯隆博士是北卡罗来纳州立大学老年病学专家,他的想法是:“在某种程度上,那是对家庭的解放。”

L) 当然,子女想要去参观考察机构设施,访问管理者、入住老人和其他家庭,尽一切可能履行他们的职责。但是也许他们不需要把自己变成私家侦探或者国会小组委员会。(37) “家人可以多去寻找能使入住老人感到快乐的地方,”斯隆博士说。在这个过程中让老人参与进去是非常重要的。

M) 对于怎样给父母带来幸福,我们都有自己的想法。他们同样也有自己的想法。最近,一个朋友带着她母亲考察了我们镇附近的一家昂贵的辅助生活社区/养老院。我去过这个地方,内外设施都很高雅。虽然这次考察已经和院方约定好,但是她们母女俩到达的时候,没有人迎接,也没有人向她们介绍其他的入住老人。在餐厅吃午餐时,她们单独坐在一桌。

N) (40) 女儿担心她母亲那儿会被忽视,因此决定把母亲送到一家更为热情的机构。基于这项研究发现,这是一个非常理性的决定。

■ 详解详析

36. Many people feel guilty when they cannot find a place other than a nursing home for their parents.

【译文】在除了养老院之外为父母找不到其他地方住时,很多人会感到内疚。

【定位】由题干关键词 guilty 和 nursing home 定位到原文画线处。

【详解】E) 段是对研究结果的预测,假定调查结果会因居住机构类型不同而有所不同。作者认为这是一个合理假定,因为很多家庭都努力避免选择养老院,如果不能避免则会心怀内疚。原文用反问句来加强语气,而题干中的陈述句则是对本段最后一句话的同义转述,故答案为 E)。

37. Though it helps for children to investigate care facilities, involving their parents in the decision-making process may prove very important.

【译文】尽管孩子们考察机构设施是有帮助的,但是在做决定的时候让父母参与进去也非常重要。

【定位】由题干关键词 care facilities, involving 和 process, very important 定位到原文画线处。

【详解】L) 段第一句提到子女想要去参考察机构设施,访问管理者、入住老人和其他家庭,尽一切可能履行他们的职责。最后一句斯隆博士指出在这个过程中让入住老人参与进去是非常重要的。题干中的 investigate care facilities 是对原文第一句话的总结;最后一句中的 the future residents 就是指题干中的 their parents,故答案为 L)。

38. It is really difficult to tell if assisted living is better than a nursing home.

【译文】很难说辅助生活社区比养老院要好。

【定位】由题干关键词 difficult to tell, assisted living 和 nursing home 定位到原文画线处。

【详解】传统上,人们大多认为辅助生活社区比养老院设施好,条件好,提前考察能够为老人选择最好的地方, B) 段使用了多个疑问句对这些传统观念提出质疑:辅助生活社区的生活质量真的能比养老院大幅度提高吗? 或者仅仅是辅助生活社区的装修好一些? 养老院像人们担心的那样糟糕吗? 还是那种担心只是人们的一种固有偏见? 做好准备工作真能指导家庭找到最好的地方吗? 最后一句话点题,说明以上问题的答案确实很难得知。题干是对该段的提炼概括,故答案为 B)。

39. How a resident feels depends on an interaction between themselves and the care facility they live in.

【译文】入住老人的感受取决于

E) “We thought we would see differences based on the housing types,” said the lead author of the study, Julie Robison, an associate professor of medicine at the university. A reasonable assumption—don’t families struggle to avoid nursing homes and suffer real guilt if they can’t?

L) Of course, sons and daughters want to visit the facilities, talk to the administrators and residents and other families, and do everything possible to fulfill their duties. But perhaps they don’t have to turn themselves into private investigators or Congressional subcommittees. “Families can look a bit more for where the residents are going to be happy,” Dr. Sloane said. And involving the future resident in the process can be very important.

B) Does assisted living really mark a great improvement over a nursing home, or has the industry simply hired better interior designers? Are nursing homes as bad as people fear, or is that an out-moded stereotype (固定看法)? Can doing one’s homework really steer families to the best places? It is genuinely hard to know.

H) An elderly person who describes herself as in poor health, therefore, might be no less depressed in assisted living (even if her children preferred it) than in a nursing home. A person who had input into where he would move and has had time to adapt to it might do as well in a nursing home as in a small residential

他们和所入住机构之间的互动。

■定位 由题干关键词 interaction 和 between themselves and the care facility 定位到原文画线处。

care home, other factors being equal. It is an interaction between the person and the place, not the sort of place in itself, that leads to better or worse experiences. "You can't just say, 'Let's put this person in a residential care home instead of a nursing home—she will be much better off,'" Dr. Robison said. What matters, she added, "is a combination of what people bring in with them, and what they find there."

■详解 H)段开头根据上文研究的结果指出,如果一位老人认为自己健康状况不佳,她住在辅助生活社区和养老院的感受是一样的,抑郁程度不会因为环境设施不同而有所变化;反之,如果一位老人精神状态好,那他不管住在哪都能一样开心。由此作者得出结论:是人和环境之间的互动,而不是环境本身会导致更好或更糟的经历。题干中的 How a resident feels 是对定位段中第一、二句话的概括;between themselves and the care facility 是将第三句中的 between the person and the place 具体化。因此题干是对前三句话的整合,故答案为 H)。

40. The author thinks her friend made a rational decision in choosing a more hospitable place over an apparently elegant assisted living home.

■译文 她朋友选择了一个更热情的地方,而不是表面看起来高雅的辅助生活社区,作者认为这是个理性的选择。

■定位 由题干关键词 a rational decision 定位到原文画线处。

N) The daughter feared her mother would be ignored there, and so she decided to move her into a more welcoming facility. Based on what is emerging from some of this research, that might have been as rational a way as any to reach a decision.

■详解 N)段第一句提到,女儿在考察完高雅的辅助生活社区后,担心母亲在那会被忽视,因此决定把母亲送到一家更为热情的机构。题干中的 choosing a more hospitable place over an apparently elegant assisted living home 是对本段第一句话的同义转述;made a rational decision 对应本段中的 that might have been as rational a way as any to reach a decision。因此题干是对原文定位段的概括,故答案为 N)。

41. The system Medicare developed to rate nursing home quality is of little help to finding a satisfactory place.

■译文 联邦医疗保险所开发的养老院质量评级系统对寻找满意的住处作用不大。

■定位 由题干关键词 Medicare and little, satisfactory 定位到原文画线处。

J) As I was considering all this, a press release from a respected research firm crossed my desk, announcing that the five-star rating system that Medicare developed in 2008 to help families compare nursing home quality also has little relationship to how satisfied its residents or their family members are. As a matter of fact, consumers expressed higher satisfaction with the one-star facilities, the lowest rated, than with the five-star ones. (More on this study and the star ratings will appear in a subsequent post.)

■详解 J)段提到一家享有盛誉的研究公司宣称联邦医疗保险于2008年开发的帮助家庭比较养老院质量的五星级评级系统和入住老人及家庭成员的满意度关系不大。题干中的 Medicare developed to rate nursing home quality 是对原文中 Medicare developed in 2008 to help families compare nursing home quality 的同义转述;is of little help 是对原文中 has little relationship 的同义转述;satisfactory 对应原文中的 how satisfied, 故答案为 J)。

42. At first the researchers of the most recent study found residents in assisted living facilities gave higher scores on social interaction.

■译文 最初,许多做近期研究的人员发现辅助生活

F) In the initial results, assisted living residents did paint the most positive picture. They were less likely to report symptoms of depression than those in the

社区的入住老人在社会互动方面的得分较高。

【定位】由题干关键词 At first, higher scores on social interaction 定位到原文画线处。

other facilities, for instance, and less likely to be bored or lonely. They scored higher on social interaction.

【详解】F) 段举例介绍了最初的研究结果, 辅助生活社区的入住老人比其他机构设施的入住老人更少有抑郁的症状, 很少感到无聊和孤独。他们在社会互动方面得分更高。题干中的 At first 对应原文第一句中的 initial; residents in assisted living facilities 对应原文中的 assisted living residents; gave higher scores on social interaction 是对原文第三句的同义转述, 故答案为 F)。

43. What kind of care facility old people live in may be less important than we think.

【译文】老人所入住的机构类型可能并没有我们想象的那么重要。

【定位】由题干中的 What kind of care facility 定位到原文画线处。

C) I am about to make things more complicated by suggesting that what kind of facility an older person lives in may matter less than we have assumed. And that the characteristics adult children look for when they begin the search are not necessarily the things that make a difference to the people who are going to move in. I am not talking about the quality of care, let me hastily add. Nobody flourishes in a gloomy environment with irresponsible staff and a poor safety record. But an accumulating body of research indicates that some distinctions between one type of elder care and another have little real bearing on how well residents do.

【详解】C) 段提到, 我认为老人住什么样的养老机构可能并没有我们设想的那么重要。题干中的 may be less important than we think 是对原文中 may matter less than we have assumed 的同义转述, 故答案为 C)。

44. The findings of the latest research were similar to an earlier multi-state study of assisted living.

【译文】最近的研究发现和早期辅助生活社区的多态研究结果相似。

【定位】由题干中的 findings 和 multi-state study of assisted living 定位到原文画线处。

I) Such findings, which run counter to common sense, have surfaced before. In a multi-state study of assisted living, for instance, University of North Carolina researchers found that a host of variables—the facility's type, size or age; whether a chain owned it; how attractive the neighborhood was—had no significant relationship to how the residents fared in terms of illness, mental decline, hospitalizations or mortality. What mattered most was the residents' physical health and mental status. What people were like when they came in had greater consequence than what happened once they were there.

【详解】I) 段提到, 这些违背常识的发现, 以前也曾出现过。并举出一项辅助生活社区的多态研究的结果来证明。I) 段第一句中的 have surfaced before 是一个比喻, 说明之前的研究有类似的结果出现, 具体例子就是第二句中的 multi-state study of assisted living, 这也印证了题干中 similar 的说法, 题干是对原文前两句的概括总结, 故答案为 I)。

45. A resident's satisfaction with a care facility has much to do with whether they had participated in the decision to move in and how long they had stayed there.

【译文】入住居民对机构的满意程度和他们是否参与了搬家决定以及他们居住时间的长短有很大关系。

【定位】由题干中的 decision to move 和 how long they had stayed 定位到原文画线处。

G) But when the researchers plugged in a number of other variables, such differences disappeared. It is not the housing type, they found, that creates differences in residents' responses. "It is the characteristics of the specific environment they are in, combined with their own personal characteristics—how healthy they feel they are, their age and marital status," Dr. Robison explained. Whether residents felt involved in the decision to move and how long they had lived there also proved significant.

详解 G)段提出研究人员发现入住老人是否感受到自己参与了搬家决定及他们居住时间的长短都会影响他们对养老机构的满意程度。题干中的 has much to do with 对应原文中的 proved significant; participated in 对应原文中的 involved in, 题干是对最后一句的同义转述, 故答案为 G)。

Section C

Passage One

全文翻译

(46) 随着人工智能越来越精密尖端,人们更加担心机器人会变成一种威胁。但是,计算机科学领域的斯图尔特·罗素教授认为,如果我们能够将人类的价值观转变成可以编程的代码,那么这种威胁是可以避免的。

罗素认为,随着机器人承担越来越多的复杂工作,我们有必要将人类的道德观念翻译成人工智能语言。

例如,如果一个机器人在家里做家务,你肯定不想让它把宠物猫放进微波炉里做成晚餐给饥饿的孩子们吃。罗素说:“你肯定想让你的机器人预装一些价值观念”。

一些机器人已经装备了基本的人类价值观。例如,移动机器人装有与人类保持一定距离的程序。显然,是存在文化差异的,(47) 但如果你正在和另一个人谈话,他们突然出现在离你非常近的距离内,你肯定会觉得,有教养的人是做不出这种事情的。

如果我们能找到一个办法,将人类的价值观设置为清晰的规则的话,制造更复杂的具有道德观的机器是有可能的。

(48) 机器人也会从大量的关于人类行为模式的数据中汲取信息学习价值观念。只有在编程者粗心大意时,他们才会变得危险。

对于机器人会对抗人类价值观的最大的担心在于人类未能进行充分的测试,而机器已经生成一套能够打破某种禁忌的系统。

(49-1) 一个简单的核查办法就是给机器人输入一个程序可以使得其在面对非正常的情况时能向人类寻求正确的行为方式。

(49-2) 如果机器人不确定一只动物是否适合放入微波炉内,它有机会停下来,发出嘟嘟声,征求人类的意见。如果我们人类对某个决定犹豫不决时,我们也会询问别人的意见。

(50) 将人类价值观进行编程最困难的一步就是如何准确界定什么是我们认为的道德,以及如何创造一套伦理准则。但是一旦我们能够解决这个问题,机器人应当会有益于人类。

详解详析

46. C)。**定位** 由题干中的 the threat of robots 定位到首段: As Artificial Intelligence (AI) becomes increasingly sophisticated, there are growing concerns that robots could become a threat. This danger can be avoided, according to computer science professor Stuart Russell, if we figure out how to turn human values into a programmable code.

详解 推理判断题。该段指出人们对机器人的两种观点:人们更加担心机器人会变成一种威胁。但是,计算机科学领域的斯图尔特·罗素教授认为,如果我们能够将人类的价值观转变成可以编程的代码,那么这种威胁是可以避免的。综合全文可知,作者同意罗素教授的观点,故答案为 C)。

点睛 A) “它会对电脑编程人员构成挑战”,第一段第一句中明确指出有人担心机器人会变成一种威胁,但这种威胁是对人类而言的,并不单指对编程人员,可以排除;B) “它伴随着一切含有高科技的机器”,文中未提及机器人与其他高科技机器的关系,可以排除;D) “随着科技的进步,它将成为无法躲避的危险”,纵观全文可知,作者同意机器人的这种威胁是可以避免的,故排除。

47. D)。**定位** 由题干中的 our personal space 定位到第四段第三句: Obviously there are cultural differences, but if you were talking to another person and they came up close in your personal space, you wouldn't think that's the kind of thing a properly brought-up person would do.

详解 事实细节题。文章第四段第三句提到,如果你正在和另一个人谈话,他们突然出现在离你非常近的距离内,你肯定觉得,有教养的人是做不出这种事情的。由此可见,当一个人距离你太近,并侵犯到你的私人空间时,你会觉得这个人是没有教养的,故答案为 D)。

点睛 A) “他们是具有挑衅性的”、B) “他们是外向的”、C) “他们是无知的”均与原文表达的意思不

符,故排除。

48. C)。【定位】由题干中的 robots learn human values 定位到第六段第一句:Robots could also learn values from drawing patterns from large sets of data on human behavior.

【详解】事实细节题。文章第六段第一句指出,机器人也会从大量的关于人类行为模式的数据中汲取信息学习价值观念,由此可见,机器人是通过获取大量关于人类行为的信息来学习人类价值观念的,故答案为C)。

【点睛】A)“通过在日常生活中与人类互动获取”;B)“通过遵循文明人类的日常生活准则获取”;D)“通过模仿有教养的人类行为获取”文中均未提及,故排除。

49. B)。【定位】由题干中的 when facing an unusual situation 定位到第八段:One simple check would be to program a robot to check the correct course of action with a human when presented with an unusual situation. 和第九段的第一句:...it has the opportunity to stop, sent out beeps, and ask for directions from a human.

【详解】推理判断题。第八段讲到,一个简单的核查办法就是给机器人输入一个程序可以使其在面对非正常情况时能向人类寻求正确的行为方式。第九段第一句举例说明,如果机器人不确定一只动物是否适合放入微波炉内,它有机会停下来,发出嘟嘟声,征求人类的意见。由此可见,当一个程序完好的机器人在遇到意外情况时,它会停下,并向人类寻求正确的处理方法,故答案为B)。

【点睛】A)“与潜在的危险保持一定距离”、C)“立刻启动自身的报警装置”和D)“在行动前做充分的测试”,均不符合文意,故排除。

50. A)。【定位】由题干中的 turn human values into a programmable code 定位到第十段第一句:The most difficult step in programming values will be deciding exactly what we believe is moral, and how to create a set of ethical rules.

【详解】推理判断题。第十段第一句提到,将人类价值观进行编程最困难的一步就是如何准确界定什么是我们认为的道德,以及如何创造一套伦理准则。由此可见,当人类想把价值观念转变成编码程序时,最难的一步是如何界定什么是道德和伦理。故答案为A)。

【点睛】B)“设计一些大规模的实验”和C)“为人类和机器的互动设置规则”,文中均没有提及,可以排除;D)“研发一种更为高级的程序”,第一段第一句提到我们研发的人工智能越来越精密尖端,因此人们担心机器人成为威胁,由此可见,更高级的程序是不能解决问题的,与题意不符,可以排除。

④ 高频词汇及短语

artificial [ˌɑːtɪˈfɪʃəl] *adj.* 人造的, 人工的

sophisticated [səˈfɪstɪkətɪd] *adj.* 精密的, 尖端的

translate [trænsˈleɪt] *v.* 翻译; 转化

concern [kənˈsɜːn] *n.* 关心, 担忧

avoid [əˈvɔɪd] *v.* 避免, 躲避

ethical [ˈeθɪkəl] *adj.* 关于伦理的, 合乎道德的

come up 出现, 现身

go against 违背, 违反

be presented with 被放置, 被呈现

come up with 想出, 提出

Passage Two

□ 全文翻译

为什么一些人的寿命比较长?人们知道那些标准的解释:合理饮食、经常锻炼等。但是,你的性格对长寿有怎样的影响?是不是一些个性可以使人们的寿命变长?(51)《美国老年病学杂志》上的一项最新研究通过调查那些寿命至少100岁的人们的246名后代的性格特点来审视这一问题。

研究结果表明,那些寿命最长的人往往更加外向,更加积极,不会神经兮兮。(52)长寿的妇女比那些一般寿命的妇女更具有同情心和合作精神。这些发现与我们根据进化理论所预期的相一致:那些乐于交朋友、帮助他人的人能够聚集足够多的资源来渡过难关。

尽管如此,一个有意思的现象是:(53)那些你认为是有利的性格对于研究对象的寿命并没有影响。例如说,那些更自律的人,寿命也并不会更长。同样,乐于接受新观点的人也不一定就会长寿,这也许可以解释为什么有那么多墨守成规、脾气不好的老年人。

作为一个成年人,能否成功地改变自身的性格是心理学上一个长期争论的话题。但是新的研究显示,如果你想要寿命更长,你就应该尽可能地外向起来。

不幸的是,最近的另一项研究表明,母亲的性格也会决定孩子的寿命。(54)该研究以近28 000位挪威母亲

为研究对象,结果发现,那些比较焦虑、抑郁和愤怒的母亲更倾向于给她们的孩子不健康的饮食。当我们长大后,孩童时期的饮食习惯是很难改变的。也就是说,抑郁的母亲的孩子寿命更短。

每个人都知道,性格并不是命运,自我是可以通过学习改变的。(55)但是这两个研究结果均表明:长寿不仅是身体健康的问题,也与精神健康有关。

■ 详解详析

51. A)。**定位** 由题干中的 *Journal of the American Geriatrics Society* 定位到第一段最后一句: A new study in the *Journal of the American Geriatrics Society* looked at this question by examining the personality characteristics of 246 children of people who had lived to be at least 100.

详解 推理判断题。第一段第四句提出问题: 是不是一些个性可以使人们的寿命变长? 最后一句接着讲到,《美国老年病学杂志》上的一项最新研究通过调查那些寿命至少 100 岁的人们的 246 名后代的性格特点来审视这一问题。由此可见,该研究的目的就是弄清个性是否会延长人们寿命的问题,故答案为 A)。

点睛 B) “看一个人的生活方式是否会影响他们的健康”, 虽然文章一开始就提到人们的生活方式可以影响寿命,但这并不是《美国老年病学杂志》所研究的课题,可以排除; C) “调查锻炼在长寿方面的作用”, 研究中并未涉及,可以排除; D) “研究所有与长寿有关的因素”, 文章后面围绕个性话题展开,并未涉及到所有因素,可以排除。

52. D)。**定位** 由题干中的 *outgoing and sympathetic people* 定位到第二段第二句和第三句: Long-living women are also more likely to be sympathetic and cooperative than women with a normal life span... can gather enough resources to make it through tough times.

详解 推理判断题。文章第二段第二句指出,长寿的妇女比那些一般寿命的妇女更具有同情心和合作精神。接着第三句继续阐述更具有同情心和合作精神的妇女之所以更长寿,是因为她们能够聚集足够多的资源来渡过难关,故答案为 D)。

点睛 A) “他们对进化论理解得更好”, 文章第二段第三句提到,这些发现与进化理论相一致,由此可见,这里只是说研究结果与进化论的一些原理不谋而合,与长寿的人们对进化论的理解无关,可以排除; B) “他们更加擅长谈判”, 文中并未提及,可以排除; C) “他们一般来说更有资源”, 文中提到那些乐于交朋友、帮助他人的人能够聚集足够多的资源来渡过难关,该选项是对原文的断章取义,可以排除。

53. C)。**定位** 由题干中的 *out of our expectation* 定位到第三段第一、二句: ...other characteristics that you might consider advantageous had no impact on whether study participants were likely to live longer. Those who were more self-disciplined, for instance, were no more likely to live to be very old.

详解 推理判断题。第三段第一句中提到,那些你认为是有利的性格对于被研究对象的寿命并没有影响。此句表达了出乎意料之意。第二句中接着举例进行解释,那些更自律的人,寿命也并不会更长,故答案为 C)。

点睛 A) “随和的人寿命相对要长一些”, 第二段表达了此意,但该选项与题干不符,可以排除; B) “那些被证明有益的性格实际上会随着时间的变化而改变”, 文中没有提及相关内容,可以排除; D) “乐于接受新观点的人寿命较长”, 第三段第三句提到乐于接受新观点的人也不一定就会长寿,因此可以排除。

54. D)。**定位** 由题干中的 *Norwegian mothers* 定位到第五段第二、三句: That study looked at nearly 28,000 Norwegian mothers and found... which may mean that kids of depressed moms end up dying younger.

详解 事实细节题。第五段第二句明确指出,该研究以近 28 000 位挪威母亲为研究对象,结果发现,那些比较焦虑、抑郁和愤怒的母亲更倾向于给她们的孩子不健康的饮食。第三句接着指出: 抑郁的母亲的孩子寿命更短。由此可见,母亲的负面性格会影响孩子的寿命,故答案为 D)。

点睛 A) “孩子们的性格会无法避免地受到母亲们的影响”, 这句话本身是正确的,但并不是实验研究的结论,可以排除; B) “吃不健康食物的人容易早死”, 本题探讨的是母亲性格与孩子寿命的关系,而不是该选项中提到的“不健康食物”对人们的影响,可以排除; C) “母亲对孩子的影响要比父亲对孩子的影响持续的时间长”, 文章中并未提及,可以排除。

55. B)。**定位** 由题干中的 *two new studies* 定位到文章最后一段最后一句: But both studies show that long life isn't just a matter of your physical health but of your mental health.

【详解】推理判断题。定位句提到,这两个研究结果均表明:长寿不仅仅是身体健康的问题,也与精神健康有关。由此可见,长寿源自身、心两方面的健康,故答案为B)。

【点睛】A)“焦虑和抑郁通常会缩短人们的寿命”,文章第五段提到,抑郁的母亲的孩子寿命更短,但这并不是两个研究共同的结果,可以排除;C)“性格在决定一个人的健康程度方面起着决定性作用”,这句话过于绝对,且不是文章最后一段表述的内容,可以排除;D)“健康在很大程度上与人们的生活方式有关”,与题意不符,可以排除。

④ 高频词汇及短语

characteristic [ˌkærɪktəˈrɪstɪk] *n.* 特点,特征

利的

sympathetic [ˌsɪmpəˈθetɪk] *adj.* 有同情心的;支持的

strive [straɪv] *v.* 努力,奋斗

span [spæn] *n.* 持续的时间;期间

self-disciplined [ˌselfˈdɪsɪplɪnd] *adj.* 自律的,自我控制的

resource [ˈrɪsɔːs] *n.* 资源;财力

end up 以……告终

participant [pɑːˈtɪsɪpənt] *n.* 参与者,参加者

have impact on 对……有影响

advantageous [ˌædvənˈteɪdʒəs] *adj.* 有优势的,有

Part IV Translation

参考译文

Kung Fu is the folk name of Chinese martial arts, which can be traced back to the needs of self-defense, hunting, and military drill in ancient China. It is one of the Chinese traditional sports practiced by both the young and the old. It has gradually evolved into a unique element of Chinese culture. Kung Fu, as the national treasure of China, includes hundreds of various styles and is the most-practiced form of martial arts in the world. Some styles imitate the movements of animals, while others are inspired by Chinese philosophical thoughts, myths and legends.

难点注释

1. 第一句是一个主系表结构的简单句,“中国武术的”是“俗称”的定语,选用 of 结构即可,本句的难点在于“俗称”这个词的表达,可译为 folk name 或 common name。
2. 翻译第二句时,需要注意句子主干为“起源可以追溯到……”,谓语动词“追溯到”可以译为固定短语 date back to 或 trace back to。根据英语表达习惯和句意,翻译时,“起源”一词可省略,将“武术”作为主语即可。“自卫的需要”“狩猎活动”“古代中国的军事训练”三个短语并列作宾语,翻译时应注意保持词性结构一致。由于第一句和第二句都出现了“中国武术”一词,翻译时既可以分开翻译,也可以合二为一。参考译文将第一句作为主句,第二句作为定语从句,用 which 来引导,修饰第一句中的“中国武术”Chinese martial arts,从而使句子更简洁连贯。
3. 翻译第三句时,首先需要注意前半句和后半句之间的联系点在“它”,即“武术”。为使行文简洁流畅,可以将前半句作为主句,后半句作为定语。“它”在前半句中是主语,在后半句中则是宾语,因此后半句使用过去分词作后置定语。另外注意“……的一种”的表述中名词需要使用复数形式,即 one of the Chinese traditional sports。“年轻人”和“老年人”是并列的,可以采取“定冠词+形容词”的形式表示一类人,译为 the young and the old。
4. 第四句为简单句,翻译时应注意“已”一词对时态的暗示,即使用现在完成时。另外注意“逐渐”“演变”“独特”“元素”这几个词的译法,分别译为 gradually, evolved into, unique, element。
5. 第五句翻译难度较大。首先应选取主句,分析发现“功夫有上百种不同的风格”和“是世界上练得最多的武术形式”的主语都为“功夫”,因此可译为并列句。“作为”译为 as;“国宝”译为 national treasure;“练得最多的”译为 most-practiced;“上百种”译为 hundreds of。
6. 最后一句中出现了“有些……还有一些……”,可译为并列句,用 while 来连接。“模仿”译为 imitate;“受到……启发”译为短语 be inspired by;“中国哲学思想”“神话”“传说”三个名词并列,应注意结构、单复数的一致性。