

· 审题引导 ·

(与第一套同理,故略)

· 写作提纲 ·

第一段:结合现实情形引入论点。

第二段:通过举例、说理等方式为论点提供论据。

第三段:简要分析如何实施论点所提出的建议。

· 下笔成文 ·

满分范文

Chinese students have a reputation for faring pretty well in tests but showing poor performance in other dimensions, especially communication skills. And our society in general tends to brush off this issue as “not so important.” In view of this, I feel obliged to bring forward a few points to highlight the necessity of cultivating students’ effective communication skills.

As opposed to the widely shared concern among parents that too much communication distracts students from their supposed focus on study, communication is in fact an essential booster of students’ learning capabilities. Through effective communication, not only are students’ academic questions spotted and solved faster, but troubles they encounter in their teenage life get acknowledged and addressed more straightforwardly and humanely. Another reason we should encourage students to develop communication skills is that a healthy relationship requires healthy forms of communication. Only by constantly engaging ourselves in honest communication can we sustain harmonious relationships with others.

Implementing the ideas discussed above into our education system takes time and patience. But the first thing we can and must do is acknowledge our current neglect of this issue and pay due attention to it.

参考译文

中国学生常有这样的名声:擅长考试,但在其他方面(尤其是沟通能力)的表现差强人意。普遍来说,我们的社会常认为这个问题“不那么重要”,所以将其轻视。鉴于此,我觉得有必要提出几点想法以强调培养学生有效沟通能力的必要性。

家长们普遍认为过多的沟通会分散学生在学习上本应投入的专注度,但沟通事实上对于提高学生的学习能力很有必要。通过有效沟通,不仅学生在学业方面的问题能被更快地发现和解决,而且他们在青春期所遇到的烦恼也能得到更坦诚、更人性化的面对和解决。此外,健康的人际关系需要健康的沟通方式来维持,这也是我们应鼓励学生培养沟通能力的原因。只有不断地真诚沟通,我们才能与他人维持和谐的关系。

将上述讨论的理念落实到我们的教育体系中需要时间和耐心。但我们首先能做且必须得做的是,我们要承认目前对此问题的忽视,并给予其应得的重视。

Part II

Listening Comprehension

Section A

Conversation One

· 试题精解 ·

1. A) A driving test.

C) Traffic routes.

A) 一次驾驶考试。

C) 交通路线。

B) A video game.

D) Cargo logistics.

B) 一款电子游戏。

D) 货运物流。

[预测] 选项均为囊括性的名词短语,且本题为对话的第一题,A、C、D的关键词(driving test, Traffic routes, Cargo logistics)均指向“驾驶”,可以推测题目询问与驾驶相关的谈论话题。

[问题] What are the speakers mainly talking about? (说话人主要在谈论什么?)

[解析] 对话开头女士以“它和我以前玩过的任何一款电子游戏都不同”引出谈论对象,可知说话人谈论的是一款与众不同的电子游戏,B是对此的合理推断。

2. A) He found it instructive and realistic.
B) He bought it when touring Europe.
C) He was really drawn to its other versions.
D) He introduced it to his brother last year.
- 【预测】** 选项均涉及某男士(He)与某物(it/its)的细节信息,结合各项中该物体的相关信息“有指导意义、反映现实”“购于欧洲旅行期间”“其他版本”“被推荐给他人”推测 it 可能指代与驾驶相关的某产品,根据谓语可进一步判断 A(found)、C(was drawn)指向“感受”,B(bought)、D(introduced)指向“经历”,再结合时态(一般过去时)可以推测题目询问某男士曾经与某驾驶产品相关的感受或经历。
- 【问题】** What does the man say about the driving simulator? (关于模拟驾驶游戏,男士说了什么?)
- 【解析】** A 复现男士所述“我惊讶地发现它(指代 the driving simulator)效果非常逼真,很有教育意义”。
3. A) Traveling all over the country.
B) Driving from one city to another.
C) The details in the driving simulator.
D) The key role of the logistics industry.
- 【预测】** A、B 核心义“全国旅游”“驾车穿越城市”指向个人体验,C、D 的关键词(details、key role)指向事物特性,推测题目可能询问说话人谈论对象的相关信息。
- 【问题】** What does the woman say she really appreciates? (女士说她非常欣赏什么?)
- 【解析】** C+题干复现女士所述“但我着实欣赏游戏当中的所有细节”。
4. A) Clearer road signs.
B) More people driving safely.
C) Stricter traffic rules.
D) More self-driving trucks on the road.
- 【预测】** 选项的核心语义均指向“车辆驾驶方面的积极变化”,故推测题目问及(某人期待)某物可能对车辆驾驶带来的积极影响。
- 【问题】** What outcome does the woman expect from the driving simulator? (女士期待模拟驾驶游戏带来什么结果?)
- 【解析】** B+题干准确概括女士在对话结尾所述“如果它(即 the driving simulator)让更多司机在驶进十字路口前看一看道路两侧的情况,那么我得说这是一个积极的结果”。

• 听力原文 •

- W: This is unbelievable. ^[1] Unlike any video game I've ever played before, it's so boring, yet so relaxing at the same time. How did you hear about this driving simulator?
- M: My brother introduced it to me last year. ^[2] I was surprised to find how educational and realistic it was. It's called Euro Truck Simulator, but they have other versions as well for America and so on. I was really drawn to the scenery. The routes go through parts of the country you don't normally see as a tourist.
- W: Yeah, I can see that. It seems so simple, just transporting cargo from point A to point B, driving from one city to another. ^[3] But I really appreciate all the details that go into the game. It's even given me a new appreciation for the logistics industry and traffic on the road.
- M: I completely agree. My brother also introduced me to some videos of someone that streams their game online. It was fascinating to watch, really. This guy drove very carefully, obeyed all the road signs and traffic rules—such a contrast to most violent games.
- W: Honestly, playing has inspired me to look into the industry more. I've read articles about how self-driving trucks may soon be available and could greatly impact cargo logistics. Considering all that goes into driving these larger vehicles, it's amazing that we could soon have that kind of technology.
- M: Ha, I've got one step further. I registered to take a safe driving course to improve my real-life driving skills. In a way, I feel like I have a head start compared to other students in the class. Playing this video game has given me some maneuvering practices already.
- W: I'm not sure how accurate the video game is compared to real-life situations. ^[4] But if it results in more drivers looking both ways before entering an intersection, I'd say that's a positive outcome.

Conversation Two

• 试题精解 •

5. A) It isn't so enjoyable as he expected.
B) It isn't so motivating as he believed.
- A) 不像他期待的那样愉快。
B) 不像他以为的那样有激励性。

C) It doesn't enable him to earn as much money as he used to. C) 无法让他挣得像以前那样多。

D) It doesn't seem to offer as much freedom as he anticipated. D) 似乎不像他预期的那样自由。

[预测] isn't, doesn't 指向“某事物的现状”, expected, believed, used to, anticipated 指向“过去的预期/过去情形”, 再结合各项的比较结构可推知, 本题可能询问某事物哪方面的现状未能达到男士的预期。再根据各项对该事物的描述以及其他题目选项中出现的职场相关信息, 可推测 It 应指男士的工作。

[问题] What does the man say about his life of being self-employed? (男士如何评价他的自雇生活?)

[解析] D 直接对应对话开头男士的说法“自雇的好处显而易见, 尽管似乎没有我预计的那么自由”。

6. A) Not all of them care about their employees' behaviors. A) 他们并非全都关心员工的行为。

B) Few of them are aware of their employees' feelings. B) 他们很少会注意员工的情绪。

C) Few of them offer praise and reward to their employees. C) 他们很少会夸赞和奖励员工。

D) Not all of them know how to motivate their employees. D) 他们并非全都如何激励员工。

[预测] 由 their employees 可知各项中的 them/their 指代领导/管理者; 核心信息均属于企业员工管理的范畴; 结合 Not all, Few, 可以推知本题询问管理者在员工管理方面的不足之处。

[问题] What does the man say about managers? (男士如何评价经理?)

[解析] D 同义改写男士的评价“肯定也不是所有的经理都知道怎么激励员工”。

7. A) Job satisfaction.

C) Autonomy.

A) 工作满意度。

C) 自主权。

B) Self-awareness.

D) Money.

B) 自我意识。

D) 钱。

[预测] 结合 A 项与前两题的分析, 可初步判断本题继续围绕“职场”提问。A、C、D 三项均指向员工对工作的感受或评价, 由此推测题目询问员工对某一工作维度的感受或评价。

[问题] What do both speakers value most about self-employment? (对于自雇, 两位讲话人最看重的是什么?)

[解析] C 正确概括女士的看法“最看重……自主权”和男士的看法“……就是为了独立”。

8. A) The importance of cultivating close relationships with clients. A) 培养与客户的关系的重要性。

B) The need for getting recommendations from their managers. B) 获得经理推荐的必要性。

C) The advantages of permanent full-time employment. C) 长期全职工作的优点。

D) The way to explore employees' interests and talents. D) 探索员工兴趣和天分的途径。

[预测] 各项均为名词性短语。核心词均指向“建议”, 结合各项中的职场相关信息可推测, 题目就职场建议提问。

[问题] On what point does the man agree with the woman? (在下列哪一点上, 男士赞同女士的看法?)

[解析] A 符合对话末尾男士的说法“和……建立更密切的关系”, 也符合女士的建议“与客户……保持联系”。

• 听力原文 •

W: How do you like being self-employed?

M: There are obvious benefits, ^[5] though I don't seem to have the freedom I anticipated as I just don't seem able to decline work offers. And working alone, there have been times when I've found that money alone provides insufficient motivation. Have you experienced the same since you began working for yourself?

W: Sometimes, yes. Unlike the rest of the workforce who have managers to prompt motivation whenever they're feeling lazy or bored, we self-employed workers perform our jobs without a manager to lift our spirits. There's no one around to offer praise or initiate collaboration, no one to make greater use of our interests and talents.

M: That's a fact. Not every manager behaves with such awareness and care, of course. ^[6] And certainly not all managers have a clue how to motivate people. Still, having a manager nearby at least indicates there's an opportunity they'll be decent enough to look out for you when your energy and focus begin to deplete.

W: ^[7] The motivator I value most is autonomy. I've learned not to sacrifice my prized autonomy by working all hours of the day and by saying yes to every client request.

M: Yes, I need to remind myself that I selected this lifestyle for the independence. I don't miss aspects of permanent full-time employment I disliked, such as the office politics, job insecurity, inflexible hours and so on. I wouldn't mind a bit more in the form of praise though, praise which is on the record.

W: That'll come with time. Relatedness is inevitably cultivated via human interaction. Engaging with clients, getting written testimony and recommendations, staying in contact with clients afterwards, these are things you'll find will come in due course and provide you with motivation.

M: ^[8] You're right. That's an area I do need to put some more effort into—building closer relationships with those who engage my services and skills.

Section B

Passage One

· 试题精解 ·

9. A) Consumers visualize their activities in different weather. A) 消费者会设想他们在不同天气下的活动。
B) Good weather triggers consumers' desire to go shopping. B) 好天气会激发消费者的购物欲望。
C) Weather conditions influence consumers' buying behavior. C) 天气情况会影响消费者的购买行为。
D) Consumers' mental states change with the prices of goods. D) 消费者的心理状态随商品价格的变化而变化。

[预测] 选项均为带有结论性质的陈述句,结合听力篇章常见类型“研究说明型文章”可初步推测题目询问某项研究的发现/结论,再结合复现词 Consumers/consumers、weather/Weather 以及因果逻辑词 triggers、influence、change 可推知该研究涉及消费者(的行为/心态)与天气情况的关系。

[问题] What do we learn about the findings of the new study? (关于这项新研究的发现,我们能了解到什么?)

[解析] 题干+C 契合首段信息“一项新研究揭示了晴天和雪天是如何影响消费者行为的”。

10. A) Active consumption. A) 主动消费。
B) Direct correlation. B) 直接关联。
C) Individual association. C) 个体关联。
D) Mental visualization. D) 内心想象。

[预测] 选项均为名词短语,A、C、D 三项均指向“人的行为/心理”,结合 consumption 与 9 题关键词 consumers 可推知该关键词涉及消费者的某种行为/心理。

[问题] What does the passage say may increase the value of products for consumers? (文中说什么可能增加产品对于消费者的价值?)

[解析] 第二段以沙滩巾为例说明了晴天如何影响消费者的行为,末句总结“在脑海/内心里构想使用沙滩巾的画面会提升这一产品在消费者心目中的价值”,故 D 正确。

11. A) Enabling them to simplify their mathematical formulas. A) 使他们能简化其数学公式。
B) Helping them determine what to sell and at what price. B) 帮他们决定出售的产品及相应的定价。
C) Enabling them to sell their products at a higher price. C) 使他们能以更高的价格出售产品。
D) Helping them advertise a greater variety of products. D) 帮他们为更多种类的产品打广告。

[预测] 选项均为以 Enabling 或 Helping 开头的动名词短语,且由后三项核心语义可推知 them/their 指代商家,再结合 9 题的推测(本文介绍涉及消费者的研究)可推知题目询问该研究的发现对商家的意义/价值。

[问题] How can the findings of the new study benefit online sellers according to the researchers? (据研究人员说,这项新研究的发现能如何使线上商家受益?)

[解析] 题干+B 契合末段信息“线上商家通常利用复杂的数学公式来决定要主推何种产品及如何定价,纳入更多与天气相关的数据(即结合新研究的发现)能使他们作出更好的决策”。

· 听力原文 ·

Weather is a constant force in our lives, but there is little marketing research on how it affects businesses. ^[9] Now, a new study reveals how sunny and snowy conditions influence consumer behavior. Those weather conditions trigger consumers to mentally visualize using products associated with the respective weather. This leads to consumers placing a higher value on those products. That is, they're willing to pay more money for them. But the correlation is only found with products related to being outside.

How does this work? Researchers give the example of a beach towel. On a sunny day, consumers who see that product are not just looking at the towel itself, they are likely imagining themselves lying on the towel in the sun. ^[10] This mental picture of using the towel increases the value of the product in the consumers' mind.

Researchers put forward the following hypothesis to explain their findings. They think the mental picture works in sunshine and snow because these weather conditions have a positive association with outside activities. The effect is not seen with rainy weather. Researchers assert this is because there aren't many activities that are enabled by rain. Most products associated with rain, like umbrellas, are only used for protection from the weather, and not for any activities. Researchers believe that companies that sell a wide array of products online can benefit most from the insights this study provides. ^[11] Online sellers often use complex mathematical formulas to determine what products to feature and how to price these products. Incorporating more data about weather would allow them to make better decisions. This could bolster sales.

• 试题精解 •

12. A) A naturally ventilated office is more comfortable.
B) A cool office will boost employees' productivity.
C) Office air-conditioning should follow guidebooks.
D) Air-conditioning improves ventilation in the office.

A) 自然通风的办公室更舒适。
B) 凉快的办公室能提高职员的工作效率。
C) 办公室的空调设定应遵照指导手册。
D) 空调能改善办公室的通风。

[预测] 各项中的 naturally ventilated office、cool office、Office air-conditioning、Air-conditioning... office 均指向“办公室的环境状况(通风/温度)”,各项均涉及与其相关的事实细节(A、B、D)或建议(C),由此推测题目询问办公室环境的相关细节或建议。

[问题] What is the accepted wisdom concerning the office environment? (关于办公室环境,人们公认的看法是什么?)

[解析] 第一段末句指出,新近研究对“凉快的办公室使人工作效率更高”这一公认的看法提出了质疑,B是对该公认看法的同义表述,故正确。

13. A) People in their comfort zone of temperature are more satisfied with their productivity.
B) People in different countries vary in their tolerance to uncomfortable temperatures.
C) Twenty-two degrees is the optimal temperature for office workers.
D) There is a range of temperatures for people to feel comfortable.

A) 处于温度舒适区的人对自己的工作效率更加满意。
B) 不同国家的人对不舒适温度的容忍度各不相同。
C) 22度对办公室职员而言是最佳温度。
D) 存在一个能让人感到舒适的温度区间。

[预测] 各项中的 comfort zone of temperature、uncomfortable temperatures、optimal temperature、a range of temperatures... comfortable 均指向舒适/不舒适的温度区间,推测题目可能对相关区间的具体范围及信息提问。

[问题] What did researchers find from their review of all studies relating to air-conditioning and productivity? (回顾所有关于空调和工作效率的研究后,研究者发现了什么?)

[解析] 第二段④句指出,对夏装打扮的人来说,最佳的温度区间是23度~26度,即存在一个舒适温度区间,D正确。

14. A) It will have no negative impact on work.
B) It will be immediately noticeable.
C) It will sharply decrease work efficiency.
D) It will cause a lot of discomfort.

A) 不会对工作产生负面影响。
B) 马上就会被注意到。
C) 将大大降低工作效率。
D) 会引起极大的不适。

[预测] 各项均以“It will...”结构介绍It相关的事实细节,其中A、C、D三项的谓语部分 have no negative impact、sharply decrease、cause 均指向“影响”,且A、C宾语部分 work、work efficiency 均指向工作(效率),由此推测题目对某事物的相关细节(尤其是其对工作效率的影响)提问。

[问题] What do we learn about using a little less air-conditioning during hot weather? (在炎热的天气里把空调开小一点会怎么样?)

[解析] 第二段⑥句指出,即使是在炎热的夏天,调高空调温度也合乎情理;末句指出,(在22度的基础上)三到四度的上下波动不会产生负面影响。结合两句大意可知,在炎热的天气里稍稍调高一点空调的温度不会产生负面影响,A正确。

15. A) They tend to favor lower temperatures.
B) They suffer from rapid temperature changes.
C) They are not bothered by temperature extremes.
D) They become less sensitive to high temperatures.

A) 他们倾向于喜欢较低的温度。
B) 他们会因快速的温度变化而感到不适。
C) 他们不会受到极端温度的困扰。
D) 他们对高温变得不那么敏感。

[预测] 由各选项谓语动词可推知They指代“人”;A、D谓语 tend to favor、become less sensitive 指向“(人们对温度的偏好、敏感度的)变化倾向”,B、C谓语 suffer、are not bothered 指向“影响”;lower temperatures、temperature changes、temperature extremes、high temperatures 均涉及温度的变化/范围。综合上述信息可推测本题询问温度(的变化)对人们的影响,听录音时应重点关注表示影响或倾向的内容。

[问题] What happens when people are used to an air-conditioned environment? (当人们习惯了有空调的环境会发生什么?)

[解析] 第三段②句指出,如果习惯了待在有空调的环境,人们就会倾向于喜欢较低的温度。A是对此句的同义改写,故正确。

• 听力原文 •

Setting the office air-conditioning at about 22°C has become standard practice across the world. Numerous guidebooks across the world on heating, ventilation and air-conditioning claim office performance peaks at 22 degrees. Many people indeed find relief from soaring summer temperatures in air-conditioned offices. ^[13] But recent studies have challenged the accepted wisdom that a cool office is more productive.

The reality is more complex. Researchers conducted a review of all studies relating to air-conditioning and productivity. ^[13] They found that 22 degrees was probably a little chilly, even at the height of summer. For a person dressed in typical summer clothing, an optimal range would be between 23 and 26 degrees. ^[14] And people can even tolerate temperatures beyond this comfort zone as long as they can adjust their clothing and expectations. In fact, even on very hot days, it makes sense to turn the air-conditioning up. People often chase just one optimum temperature, and this is understandable when people feel hot. ^[14] But there is a range of at least three to four degrees which does not have any adverse impact.

Another issue related to this is that people can become psychologically dependent on air conditioning. ^[15] If they're used to the environment which is air-conditioned, they tend to prefer lower temperatures. But the studies found that almost all humans became accustomed to the new temperature. It was only at the extreme ends of the temperature range where people's productivity suffered. This range was above 26 degrees and below 19 degrees.

Section C

Recording One

• 试题精解 •

16. A) It overlooked the possibility that emotions may be controlled. A)它们忽视了情绪能被控制的可能性。
B) It ignored the fact that emotions are personal and subjective. B)它们忽视了情绪是个人的、主观的。
C) It classified emotions simply as either positive or negative. C)它们将情绪简单地分为积极和消极两种。
D) It measured positive and negative emotions independently. D)它们单独衡量积极和消极情绪。

[预测] 根据各项谓语动词“忽视(可能性/事实)”“分类”“测量”及复现词 emotions 可推测 It 指代与情绪相关的心理学研究/实验,又因 overlooked, ignored, simply as... 均含贬义,推测本题询问该研究/实验的不足之处。

[问题] What is one of the criticisms directed at the early research on solitude? (以下哪项是早期关于独处的研究所受到的一种批评?)

[解析] C 项是对第二段②句 it categorized emotions as simply positive or negative 的同义转述,正确。

17. A) Sitting alone without doing anything seemed really distressing. A)独自坐着什么都不做似乎真的很痛苦。
B) Solitude adversely affected the participants' mental well-being. B)独处对参与者的心理健康造成不利影响。
C) Sitting alone for 15 minutes made the participants restless. C)独坐 15 分钟使参与者感到不安。
D) Solitude had a reductive effect on high-arousal emotions. D)独处缓和了高激发情绪。

[预测] 各项主语 Sitting alone, Solitude 指向独处状态;B、C、D 的谓语动词 affected, made, had a reductive effect on 指向影响/效果, A 项表语 distressing 也指向影响/效果; distressing, mental well-being, restless, emotions 均与心理状态相关。综合上述信息可推测本题询问独处状态对人的心理状态有什么影响/效果。

[问题] What do we learn about the results of the new research? (关于这项新研究的结果,我们了解到什么?)

[解析] 第三段末句介绍研究结果“独处 15 分钟后,参与者两类(高激发)情绪都减弱了”。D 对其概括准确。

18. A) It proved hard to depict objectively. A)事实证明,它很难被客观地描述。
B) It went hand in hand with sadness. B)它与悲伤密不可分。
C) It helped increase low-arousal emotions. C)它有助于强化低激发情绪。
D) It tended to intensify negative emotions. D)它往往会强化消极情绪。

[预测] B、C、D 均涉及 It 与情绪(sadness/emotions)的关联,而由 16 题的分析(“情绪”是本文研究/调查/实验的一个对象)可推测 It 指代与“情绪”相关的另一研究/调查/实验对象,且本题询问与其相关的研究发现。

[问题] What did the second experiment in the new research find about solitude? (关于独处,这项新研究中的第二个实验有什么发现?)

[解析] C 项是对第四段③句 all of these (low-arousal) emotions were increased by time alone 的同义转述,正确。

• 听力原文 •

Psychology research has tended to portray solitude as a negative experience. Studies conducted in the 1970s and 1990s suggested that people felt less happy when alone as compared to being with others. However, a new paper shows an alternative view of solitude, one in which solitude can be positive.

Let's start by looking at the earlier research. It had a couple of shortcomings. First, it measured emotion on a scale from positive to negative, overlooking the possibility that our positive and negative emotions can fluctuate independently. ^[16] Also, it categorized emotions as simply positive or negative. It didn't consider that emotions arouse us to different degrees, and that both positive and negative emotions can arouse us a lot or a

little. That is, whether positive or negative, emotions can be either high-arousal or low-arousal. High-arousal emotions include excitement on the positive side or anger on the negative side, while low-arousal ones include feeling calm on the positive side or lonely on the negative.

This new research attempted to overcome these shortcomings. Researchers began with a simple study. They asked participants to spend 15 minutes sitting alone without engaging in any activity, and measured how this solitude influences their emotional state. This experiment specifically aimed to determine the effect of solitude on high-arousal emotions. It looked at positive emotions such as being excited or interested, and negative emotions including being scared or distressed. The results were clear. ^[17] After 15 minutes of solitude, the participants showed reductions in both types of emotion.

A second study measured the effects of solitude on low-arousal emotions. These included both positive and negative emotions, such as feeling calm, relaxed, sad or lonely. ^[18] That experiment found that all of these emotions were increased by time alone. Thus it seems past depictions of solitude were wrong. It doesn't have a simple emotional effect that can be characterized as good or bad. Rather, it changes the intensity of our inner experience. It amplifies quieter emotions, but it diminishes the intensity of stronger feelings.

It's worth clarifying that these findings relate to relatively brief periods of solitude. This is distinct from prolonged loneliness. Research has demonstrated that the latter is correlated with an assortment of negative physical and psychological effects. How can people benefit from being alone? The findings here suggest that people can use solitude to regulate their emotions. Solitude can help us become quiet after excitement, calm after an angry episode, or simply feel at peace.

Recording Two

• 试题精解 •

19. A) It uses up much less energy than it does in deep thinking. A) 它消耗的能量比深度思考时少得多。
B) It remains inactive without burning calories noticeably. B) 它保持不活跃状态,不怎么燃烧卡路里。
C) It continues to burn up calories to help us stay in shape. C) 它继续燃烧卡路里,帮助我们保持体形。
D) It consumes almost a quarter of the body's total energy. D) 它消耗身体总能量的近四分之一。

[预测] 由 D 中“它消耗的能量约占整个身体全部能量……”可知 It 指代某器官,再由 A、B 中“深度思考”“不活跃”推测 It 指代大脑,各项均涉及“大脑消耗能量/燃烧卡路里”,推测题目询问大脑的能量消耗情况。

[问题] What do we learn about the brain when the body is at rest? (关于身体处于休息状态时的大脑,我们了解到什么?)

[解析] 第二段指出,当身体处于休息状态时,大脑消耗的能量为身体总能量的 20%到 25%(近四分之一),D 正确。

20. A) Much of the consumption has nothing to do with conscious activities. A) 大部分能量消耗与有意识的活动无关。
B) It has something to do with the difficulty of the activities in question. B) 它与相关活动的难度有关。
C) Energy usage devoted to active learning accounts for a big part of it. C) 主动学习的能量消耗占很大一部分。
D) A significant amount of it is for performing difficult cognitive tasks. D) 其中相当大一部分被用于进行困难的认知活动。

[预测] 由 C 中“用于主动学习的能量消耗占其很大一部分”以及 19 题可知,It/it 指代大脑能量消耗的情况,各项均指向某项大脑活动消耗多少能量,推测题目就此设问。

[问题] What does the speaker say about the consumption of the brain's energy? (关于大脑的能量消耗,说话者说了什么?)

[解析] 第四段指出,我们无法察觉消耗掉大脑能量的大多数活动,这些活动很大一部分都与有意识的活动无关,即大部分大脑能量的消耗与有意识的活动无关,故 A 正确。

21. A) It is believed to remain basically constant. A) 它被认为基本保持不变。
B) It is a prerequisite for any mental activity. B) 它是任何精神活动的先决条件。
C) It is conducive to relieving mental exhaustion. C) 它有助于缓解精神疲惫。
D) It is thought to be related to food consumption. D) 它被认为与食物的摄取相关。

[预测] 由 19、20 题的分析推测 It 仍与大脑的能量消耗相关,B、C 指向其作用(a prerequisite for,conductive to),A、D 指向人们对其的普遍看法(is believed,is thought),推测题目询问与大脑能量消耗相关的信息。

[问题] What do we learn about the overall energy availability in the brain? (关于大脑可用的总能量,我们了解到什么?)

[解析] A 同义复现第五段信息“大脑中可利用的总能量被认为是恒定的”。

In 1984, the World Chess Championship was called off abruptly, due to the withered frame of a player who was competing for the title. He wasn't alone in experiencing the extreme physical effects of the game. Elite players can reportedly burn up to an absurd 6,000 calories in one day. Does that mean that thinking harder is a simple route to losing weight?

^[19] Well, when the body is at rest, we know that the brain uses up a startling 20% to 25% of the body's overall energy. This level of utilization actually makes the brain the most energy-expensive organ in the body, and yet it makes up only 2% of the body's weight overall.

So the more we put this organ to work, the more calories we'll burn? Technically, the answer is yes, for cognitively difficult tasks. What counts as a "difficult" mental task varies between individuals. But generally, it could be described as something that the brain cannot solve easily using previously learned routines, or tasks that change the conditions continuously.

However, deep thinking will not burn off the calories gained from eating a sugary snack. Because in relation to the brain's huge overall energy usage, which is devoted to a multitude of tasks, the energy required just to think harder is actually comparatively tiny. ^[20] We're unconscious of most of what uses up the brain's energy. A lot of that activity is unrelated to conscious activities like learning how to sing or play the guitar.

The brain is able to allocate blood (and thus energy) to particular regions that are being active at that point. ^[21] But the overall energy availability in the brain is thought to be constant. So, while there might be significant increases in energy use at localized regions of the brain when we perform difficult cognitive tasks, when it comes to the whole brain's energy budget overall, these activities don't significantly alter it.

So, why did the chess champion grow too skinny to compete in his chess competition? The general consensus is that it mostly comes down to stress and reduced food consumption, not mental exhaustion. Keeping your body pumped up for action for long periods of time is very energy demanding. If you can't eat as often or as much as you can or would normally—then you might lose weight.

Recording Three

• 试题精解 •

22. A) Job candidates rarely take it seriously.
B) Job seekers tend to have a ready answer.
C) Job seekers often feel at a loss where to start in answering it.
D) Job candidates can respond freely due to its open-ended nature.
- A) 求职者很少认真对待它。
B) 求职者通常准备了现成答案。
C) 求职者常常感到不知所措,不知从何开始回答。
D) 因其开放式的本质,求职者能够自由回答。

[预测] 四项主语均为求职者(Job candidates、Job seekers),四项均为完整句且大多含有 it/its,联系“答案/回答/回复”(have a ready answer、answering it、respond)可知 it 应为求职时被问到的某个问题,结合 rarely、tend to、often、can 所体现的倾向性/规律性/普遍性,推测题目询问求职者遇到的某特定问题的相关情况。

[问题] What does the speaker say about the job interview question “tell me about yourself”? (关于“谈谈你自己”这一面试问题,说话人讲了什么?)

[解析] C 复现首段①句 leaves job seekers at a loss where to start(让求职者不知从何谈起)。

23. A) Follow their career coaches' guidelines.
B) Strive to take control of their narrative.
C) Do their best to impress the interviewer.
D) Repeat the information on their résumé.
- A) 遵循职业教练的指导。
B) 努力掌控他们的讲述方式。
C) 尽力给面试官留下好印象。
D) 重复他们简历上的信息。

[预测] 四项均为动词短语,指向某种行为;由 their career coaches' guidelines、the interviewer、their résumé 可知各项逻辑主语为“求职者”,场景为“面试”,综合上述信息可推测题目询问求职者在面试中的行为。

[问题] What will most people do when they come to a job interview? (大多数人在参加面试时会做什么?)

[解析] “题干+D”复现第二段①②句“不必再重复简历上的信息,但大多数人都会这么做”。

24. A) To reflect on their past achievements as well as failures.
B) To produce examples for different interview questions.
C) To discuss important details they are going to present.
D) To identify a broad general strength to elaborate on.
- A) 以便思考他们过去的成就和失败。
B) 以便举出例子应对不同的面试问题。
C) 以便讨论他们将要讲述的重要细节。
D) 以便确定一个宽泛的优点来详细说明。

[预测] 四项均为不定式短语,指向行为或目的;结合 B 中 interview questions 推测本题场景仍为“面试”,各项逻辑主

语仍为“求职者”，且选项内容均指向面试准备工作，故推测题目针对面试应答的某项准备工作或其目的提问。

【问题】 Why should job seekers talk with partners, friends and co-workers? (为什么求职者应当与伴侣、朋友、同事交谈?)

【解析】 第三段⑤句指出“为了想出多项职业成就或例子以应对不同的面试问题，求职者应当与他人交谈，尤其是了解他们的人，即伴侣、朋友或同事”，可知求职者与之交谈的目的是举出多项例子应对不同的面试问题，B正确。

- | | |
|--|----------------------|
| 25. A) Getting acquainted with the human resources personnel. | A) 结识人力资源部门的人员。 |
| B) Finding out why the company provides the job opening. | B) 调查公司提供职位空缺的原因。 |
| C) Figuring out what benefits the company is able to offer them. | C) 弄清公司能够给他们提供什么福利。 |
| D) Tailoring their expectations to the company's long-term goal. | D) 根据公司的长期目标调整他们的预期。 |

【预测】 四项核心义均指向求职者了解与熟悉求职公司的背景，结合前三题及 B 中 job opening 推测各项均属于面试准备工作，进而推测题目询问求职者为面试所做的准备，涉及对求职公司基本信息的挖掘。

【问题】 What other important preparations should job seekers make before an interview? (面试之前，求职者还应当做哪些重要的准备?)

【解析】 第四段①句指出求职者应当透过职位空缺来了解公司的真实需求，B 是对此的同义概括，正确。

· 听力原文 ·

²² “Tell me about yourself” may seem like an easy job interview question, but the open-ended nature of this question often leaves job seekers at a loss where to start. This common question is actually a critical test of a job candidate's communication skills, so it's important not to give an unprepared response or mess it up. “Tell me about yourself” is often the first question professional career coaches prepare people for when they give interview guidance. It's the opportunity for the candidate to take control of the narrative and tell their story in a way that really matters to their audience. It takes hard work and extensive preparation to answer this question well.

²³ When a person goes to a job interview, their interviewer has presumably read their résumé, so they don't need to repeat the information. But that's what most people will do, as it's their instinct to recite things that are already on their résumé. It's important for job seekers to do their homework on two crucial aspects.

First, they are not just telling someone a fact about themselves. They're telling a story, and stories take work to create. Coming up with a good story means getting reflective about what made their career accomplishments something they're proud of and what strengths those accomplishments highlight. Candidates shouldn't pick a broad general strength to elaborate on, such as “I'm smart, I work hard and I get things done.” ²⁴ To come up with multiple career accomplishments or examples for different interview questions, job seekers should talk with others, especially people who know them, partners, friends or co-workers who will bring up different stories than the ones they remember.

²⁵ Secondly, candidates should know what's at stake for the company with this job opening. What they really are asking you is “Tell me why you are going to help me.” If the person is a prepared candidate, they should have already figured out those things. They've read the job description and researched the company on the Internet. What job applicants ought to be looking for is what the company is up to, what they are trying to accomplish and what is preventing them from accomplishing those things.

How long should it take to answer? Around a minute. That's about right for most people's attention spans. Under a minute could seem rushed, while over two minutes will start to feel more like a speech. But the length of the answer is not an exact science, and candidates need to keep their career story focused and tailored to their audience.

Part III Reading Comprehension

Section A

· 选项归类 ·

- 1. 名词:** A) credentials 资格, 资历, 证明书; D) disruptions 扰乱, 打乱; G) predictions 预言, 预测; H) preference 偏爱, 爱好; I) scale 规模, 范围, 等级, 刻度; N) vacancy (职位的) 空缺, 空房间; O) wedge 楔子。
- 2. 动词:** B) credited 把钱存入 (账户), 把……归于; I) scale 攀登, 改变……的大小; J) strangle 勒死, 抑制; L) summoned 召唤, 召开, 请求; M) survive 生存, 幸免于难, 比……活的时间长; O) wedge 将……挤入。
- 3. 形容词:** C) cumulative 聚积的, 渐增的, 累计的; E) federal 联邦制的, 联邦政府的; F) foreseeable 可预料的, 可预见的; K) subtle 不易察觉的, 机智的, 巧妙的, 头脑灵敏的。

26. N) vacancy. [确定词性] 空格词位于 are experiencing (谓语) 和 rates 之间, 应为 rates 的修饰限定成分, 可能是形容词、名词、-ed 分词或 -ing 分词。[锁定答案] 空格句指出, 旧金山酒店现在正在经历 70%~80% 的 _____ 率。结合上文“疫情暴发浇灭了美国人的旅行愿望”“美铁订票量下降/退票量上升”可知, 空格句意在说明“旅游业萧条导致酒店经营惨淡”, 再结合 70 and 80 percent 这一较高占比可知空格词应传递“空房/退订/下滑/亏损”等负面语义, 故 N 正确。
27. I) scale. [确定词性] 空格词位于 this 之后, 应为单数名词形式。[锁定答案] 空格句指出, 大学正在清校, 开始尝试此前从未尝试过的 _____ 在线学习。由上下文“人际互动活动彻底崩溃”“员工居家办公”可知, 空格句意在说明疫情使得大学被迫清空校园, 全面开启在线学习, “on this _____”应凸显线上学习“规模之大/范围之广/参与人数之多”等, 故空格词应表示“范围/规模/程度”等意, I 正确。
28. F) foreseeable. [确定词性] 空格前为定冠词 the, 后为名词 future, 可推知空格词为 future 的修饰限定成分, 可能为形容词、名词、-ed 分词或 -ing 分词。[锁定答案] 空格句指出, 白领公司要求员工在 _____ 未来居家办公。可见, “for the _____ future”限定居家办公的持续时间, 结合上文可知, 在疫情影响下, “居家办公”这一新型工作模式会在未来一段时间内一直持续, 空格词应传递出这种可预见性、可预估性。for the foreseeable future 为固定搭配, 表示“(在)可预见的将来”, 结合语境即“在受疫情影响的未来一段时间内”, 故 F 正确。
29. J) strangle. [确定词性] _____ economies 与 take lives, destroy routines 为并列关系, 且都由助动词 will 辖域, 空格词应为动词原形。[锁定答案] 空格句指出, 这场大流行病会夺去生命、_____ 经济、破坏日常生活, 但它终将过去。可见, “_____ 经济”应与“夺去生命”“破坏生活”为并列关系, 空格词应指向对经济的“抑制/破坏/阻碍”等作用, J 正确。
30. G) predictions. [确定词性] 空格词前为名词所有格 technologists', 空格后为介词短语 to the contrary 作 technologists' _____ 的后置定语, 可推知空格词为这些限定成分的中心词(名词或动名词)。[锁定答案] 空格句指出, 迄今为止, 没有哪项分散性的技术削弱了人们握手的欲望, 尽管技术专家们的 _____ 与之相反。“de-(否定词缀)+centralizing(集中的)”暗示这些技术的设计初衷/理念应该是使人们分散化(降低人们面对面交流/握手的欲望), 故让步状语 despite technologists' _____ to the contrary 应指向技术专家与前述事实“分散性技术未能让人们停止握手”相反的“看法/观点/预测”等, G 正确。
31. D) disruptions 32. B) credited. [确定词性] Small 31 在句子中作主语, 动词原形 create 充当谓语, 故空 31 应为名词复数。空 32 位于 is 和 with promoting sth 之间, 有以下可能: 1. is 为系动词, 空 32 为形容词或名词, 构成系表结构; 2. is 为助动词, 空 32 为 -ed 分词, 构成被动语态; 3. is 为助动词, 空 32 为 -ing 分词, 构成现在进行时。[锁定答案] 第四段②句指出, 小的 31 带来小的社会转变; 大的 31 (ones 回指空 31) 则导致永久性改变。③句指出, 纽约交通系统大罢工 32 促进长远变革。④句则具体介绍了 1918 年西班牙大流感对欧洲各国医疗保健系统发展的巨大促进作用。可见, ③④句意在举例说明②句后半句“大的 31 则导致永久性改变”这一观点, 空 31 应传递“社会重大危机/问题/破坏”等含义, D 正确。而 is 32 with 应体现“交通大罢工”与“促进长远变革”之间的关系, 结合上文观点“破坏导致社会变革”可知, is _____ with 应体现因果逻辑, B 符合文意, A be credited with B 表示“把 B 归功于 A”。
33. H) preference 34. M) survive. [确定词性] 空 33 作介词 of 的宾语, 与其共同修饰限定 question, 应为名词或动名词。空 34 位于主语从句中 will 之后, 应为动词原形。[锁定答案] 第五段首句指出, “疫情过后会发生什么, 疫情过后还能不能恢复到过去那样(this 所指代内容)”甚至可能不是一个 33 问题。②③句则并列指出, 不确定邮轮业会(不会) 34, 也不确定公共交通(会)不会破产。并列连词 Or 提示②③句应传递相似语义, 故空 34 应传递“衰败/消失/存活”等意, M 正确。②③句对“邮轮业是否幸存, 公共交通是否破产”的探讨实际意在说明①句“疫情后的变化(还能不能回到过去)”不是由人们的主观意愿决定, 而是客观实际所向, 这不是一道选择题, 空 33 应传递“取舍/偏好/意愿”等意, H 正确。
35. E) federal. [确定词性] _____ assistance 作介词 without 的宾语, 空格词应为 assistance 的修饰限定成分, 可能是形容词、名词、-ed 分词或 -ing 分词。[锁定答案] 空格句指出, (目前尚不清楚)没有 _____ 援助, 公共交通会不会破产。空格下句指出, 基础设施无法就位来做 2019 年能做的事。结合常识“公共交通、基础设施主要仰仗政府财政补贴”推测空格词应表“国家/政府/联邦”等意, E 正确。

· 全文翻译 ·

冠状病毒的暴发浇灭了美国人旅行的愿望, 几乎所有牵涉到或便于人际互动的活动似乎都处于彻底崩溃的状态。美国铁路公司表示, 订票量下降了 50%, 退票量则上升了 300%。旧金山酒店的空置率高达 70%~80%。周四晚上, 百老汇熄灯停演。大学正在清空校园, 开启在线学习, 规模前所未有的。亚马逊、苹果和纽约时报等白领公司要求员工在可预见的一段时间内居家办公。

但冠状病毒过后会发生什么呢?

在某些方面,答案是:一切如旧。这场大流行病会夺去生命、抑制经济发展、破坏日常生活,但它终将过去。美国人永远不会停止去看篮球比赛。他们不会停止度假。他们仍会见面商谈生意。迄今为止,没有任何分散性的技术削弱了人们握手的欲望(电话没有,电视没有,互联网也没有),尽管技术专家的预测与此相反。

然而,我们的确有理由认为,事情不会恢复到上周的样子。轻微的破坏会带来些微的社会转变;严重的破坏则会导致永久性的改变。人们把纽约的几项长远变革,包括公交车和自行车车道以及女性穿运动鞋上班,都归功于1980年该市的交通系统大罢工。1918年的西班牙大流感则促进了欧洲国家医疗保健的发展。

此时此刻,这甚至可能不是一个偏好问题。目前尚不清楚邮轮产业能否幸存下去。或者,没有联邦政府援助,公共交通是否会破产。基础设施甚至可能无法就位来完成那些我们在2019年所做的事情。

Section B

· 试题精解 ·

36. It seems some people today dream that a **cutting-edge new technology** might save them from the present ecological disaster.

如今,有些人似乎幻想着能有一项尖端新技术将他们从当前的生态灾难中拯救出来。

[答案] E [精解] 由定位词定位至E段(a cutting-edge new technology可看作geoengineering, cold fusion or faster-than-light spaceships的上义词),该段介绍当下某些人的技术拯救论“地球工程、超光速飞船等技术能拯救人类,助其摆脱全球变暖等种种问题”。试题是对该段内容的同义概括。

37. According to **one great thinker**, it is most unfortunate if we lose **the ability to think differently**.

根据一位伟大的思想家的观点,如果我们丧失了设想不同可能性的能力,那是极为不幸的。

[答案] I [精解] 由定位词定位至I段②句,该句指出,未来哲学的领军人物之一布洛赫写道“最可悲的一种损失……莫过于想象未来存在不同可能性的能力的丧失”。试题是对此内容的同义转述。

38. **Urgent attention** should be paid to the ecological problems we have created in **our pursuit of a comfortable life**.

应当迫切关注我们在追求舒适生活的过程中造成的生态问题。

[答案] C [精解] 由定位词定位至C段①句,该句指出“不能再忽视我们在追求温暖和舒适过程中引发的生态问题”。试题是对该句的同义转述,其中the ecological problems we have created是对the ecological curses we have released这一比喻性表达的具象化解释(由B段可知curses即技术这个潘多拉之盒里装着的灾难)。

39. Even in **the fast-food nation America**, the number of **vegetarians** is on the rise.

即使在美国这个快餐国家,素食主义者的人数也在上涨。

[答案] K [精解] 由定位词定位至K段③至⑤句,③句以同位语的形式明确“美国”即是“快餐国家”,⑤句指出,2017年6%的美国消费者自称是严格的素食者,而2014年这一比例仅为1%。可知,试题是对上述两项信息的合理概括,其中the number... is on the rise是对⑤句6 per cent... up from 1 per cent的概述性表达。

40. The deterioration of the ecological system is accelerating because of **the dramatic increase of human production and consumption**.

由于人类生产和消耗急剧增加,生态系统正在加速恶化。

[答案] D [精解] 由定位词定位至D段⑤句,该段⑤至⑧句指出人类生产和消耗急剧加速的后果“改变了生物界和非生物界,在整个自然界引发反响,使得各种灾难沿着同样的曲线加速暴发”。试题是对此句群大意的合理概括,其中because of正确解读changed,echoed蕴含的因果关联。

41. It is obvious that **solutions must be found to curb the fast worsening environment and social acceleration**.

显然,(我们)必须要找到办法来遏制环境的迅速恶化以及社会的加速。

[答案] G [精解] 由定位词定位至G段①句,该句针对上段末句设问“我们该如何是好”作出回答:很明确的一点是,我们要去找到帮助我们拉平那些反映着我们日益加快的生态破坏与社会加速步伐的曲棍球曲线的方法。试题是对该句内容的同义转述,其中curb the fast worsening environment and social acceleration明确了句中flatten the hockey-stick curves这一比喻性表达的具体所指。

42. Many people believe **changing the world is possible**, though it may take time and involve **setbacks**.

许多人相信改变世界是有可能的,尽管这或许要花费一些时间,遇到一些挫折。

[答案] A [精解] 由定位词定位至A段,该段先介绍当下十分普遍的一种观念“慢希望”,随后说明其特点“受‘改变是有可能的’这一信念的驱使,进展缓慢,充满挫折”。试题是对“慢希望”观念的同义转述,其中Many people believe契合①句Our world is full of(暗示该观点相当普遍)。

43. It might be wrong to expect that our world would **be saved at one stroke with some miraculous technology**.

指望用某项神奇的技术就能一举拯救我们的世界,这样想可能是错误的。

[答案] F [精解] 由定位词定位至F段①②句,这两句指出技术拯救论不切实际“不能指望科学家去创造技术奇迹来拯救我们,单凭天才和技术设计出的一个宏大计划难以拯救我们的星球”。试题是对上述观点的合

理概括,其中 It might be wrong to expect 对应 if we envisage... we might be looking in the wrong place.

44. It is **human nature** to cherish **hopes** for a **better world**. | 怀有对一个更美好的世界的向往是人之本性。

[答案] I **[精解]** 由定位词定位至 I 段⑤至⑦句,⑤句先指出“人类心灵产物中蕴藏着一个更美好的世界的轮廓”,⑥⑦句随后指出“憧憬自身潜力、生活在希望中,这些使得我们人之为为人”,可见,三句意在说明“怀揣对美好世界的向往是人之本性”,试题是对此三句的合理归纳概括。

45. Technology has given us humans **the power to change the natural world**, but we have paid **a price for the change**. | 技术赋予人类改造自然界的力量,但我们为这种改造付出了代价。

[答案] B **[精解]** 由定位词定位至 B 段②③句,②句指出技术的正面作用“让人类得以改造和控制自然界”,③句转而暗示其负面效果“使人类为此付出代价”。试题是对两句内容的归纳概括,其中 the change 契合③句中 these advances 的真实所指“技术带来的对自然界的改造和控制”。

· 全文翻译 ·

慢希望

- A) ^[42] 我们的世界充满着——大多从未被人说起的——“慢希望”的故事,它们受到“改变是可能的”这一观念的驱动。这些故事在展开的过程中是“缓慢的”,这是因为它们往往伴随着挫折。
- B) 在时间之初——神话传说道——人类痛苦不堪,在寒冷和黑暗中瑟瑟发抖,直到巨人普罗米修斯从众神那里偷来了火种。正如神话里那样,技术——开始是火和石器,后来是农业、蒸汽机和工业、化石燃料、化学制品和核能——让我们得以改造和控制自然界。^[43] (但)神话也提醒我们,这些进步是有代价的:作为对普罗米修斯罪行的惩罚,众神创造了潘多拉,赠予她一个盛满邪恶与诅咒的盒子。当潘多拉之盒被打开,它向人类释放出许许多多的疾病与灾难。
- C) ^[38] 如今,我们不能再无视我们在寻求温暖和舒适时所释放的生态诅咒。在设计、开发以及改造人类栖息地的过程中,我们打开了数以万计的潘多拉之盒。近几十年,环境威胁已经超越地区界限,蔓延至全球,最令人不安的是,它们正以令人眩晕的速度增长。我们常常收到这样的提醒:我们的时间不多了。年复一年,越来越快的消耗超出了地球的生态承载力。“灾难加速”的故事层出不穷。我们担心电网崩溃、不可再生能源枯竭、沙漠扩张、岛屿消失以及空气和水受到污染。
- D) “加速”是我们这个时代的显著特征。在人类历史的大部分时间里,人口和经济活动的增长都十分缓慢。几千年来,一直到近代早期,全球各经济体都毫无增长。但大约从 19 世纪中叶,特别是 20 世纪中叶开始,实际国内生产总值以极大的速度增长,人类消耗也是如此。在中世纪,每个中欧家庭拥有的物品可能平均不到 30 件;1900 年这一数字增加到 400 件,2020 年则增加到 15 000 件。^[44] 人类生产、消耗及流动的加速改变了生物界和非生物界,在人类赖以生存的自然过程中引发反响。物种灭绝、森林砍伐、拦河筑坝、洪水暴发、臭氧损耗、海洋系统退化以及其他许多方面都在加速。若是用图表来展示,所有这些变化构成的曲线看起来很像人们熟知的曲棍球棒:数千年间几乎毫无变化,近几十年却陡然上升。
- E) ^[36] 如今一些对于未来的叙述似乎在暗示,我们也会像普罗米修斯那样,被新时代的赫拉克勒斯——一位从天而降的工程师——所拯救,他将领导、控制和操纵我们的星球。它们暗示,地球工程、冷聚变或超光速宇宙飞船可能彻底冲破地球上的所有限制,如气温上升、能源紧缺、食物匮乏、空间不足、废物堆积和水污染等等——一切你所能想到的问题。
- F) ^[45] 然而,如果我们幻想自己的救星是一位解围之神,一位从天而降的工程师或用技术解决问题的专家,指望他能奇迹般地变幻出一种新能源或其他具有革命性力量的万能之策,那么我们可能找错了地方。我们如今将我们的星球视为一个整体的事实,并不意味着单凭天才和技术设计出一个宏大的全球性计划便能“拯救”我们的星球。“拯救”更有可能是通过许多微小的行动来实现。全球变暖和环境退化不是技术问题,而是高度政治化的问题,受到强大利益集团的影响。此外,若以史为鉴,我们便可以假定,任何重大变革后都将再次出现诸多意想不到的后果,那么我们该如何是好?
- G) ^[41] 这一点是明确的:我们需要找到方法,帮助我们拉平那些反映我们日益加快的生态破坏与社会加速步伐的曲棍球棒曲线。如果我们承认人类对地球的操纵是一种破坏性的力量,我们也可以想象,人类自身的努力能帮助我们在今后的几个世纪里建造一个破坏性较小的世界。我们可能会继续犯错。但我们也会从错误中不断汲取教训。
- H) 为了克服对灾难的恐惧,我们需要找到那些为更具希望的未来默默贡献力量、愿景和行动。我们需要的不是一个宏大叙事,一个被传奇英雄意外拯救的故事,我们需要的是多样故事:我们不仅需要被普林斯顿大学的罗勃·尼克森称之为环境恶化的“慢暴力”的故事(即起初难以觉察而后逐渐恶化的破坏),而且需要我称之为“慢希望”的故事。
- I) 我们需要承认目前的生态困境,但也需要一种表达积极改变的语言,对一个更美好未来的憧憬。^[37] 在《希望

的原理》(1954—1959)一书中,未来哲学的领军人物之一恩斯特·布洛赫写道,“最可悲的一种损失……莫过于想象未来存在不同可能性的能力的丧失。”我们需要找到愿景和道路,帮助我们构想一个不同的、更公正、更生态的世界。在布洛赫看来,希望始于恐惧、不确定性和危机:它是一种创造性力量,与乌托邦式的“美好幻想”息息相关。^[41]它存在于过去的文化产品中——童话、小说、建筑、音乐、电影——存在于蕴藏着“一个更美好的世界的轮廓”的人类心灵产物中。使我们成为“真正的”人的正是我们对自身“潜力”的憧憬。换言之:活在希望中使我们更具人性。

- J) 从 20 世纪 80 年代在意大利开始的“慢餐”运动可以看出,小规模草根运动有力量做出改变并使其影响扩展到发生地之外。二战后,快餐店的兴起催生了一个充斥着廉价的、工业化食品的社会。在卡洛·佩特里尼的领导下,“慢餐”运动在有着贫困、暴力与反抗压迫的悠久历史的意大利皮埃蒙特率先开始。这一运动将该地区转变为一个热衷于以本地植物与动物品种为基础的传统饮食文化的地区。如今,“慢餐”运动已在 160 多个国家开展,无论贫富。它在全球各地催生了数千个项目,这些项目涉及民主政治、粮食主权、物种多样性以及可持续农业。
- K) 无所顾忌地将食品商业化并破坏粮食的行为将继续毁坏土壤、影响人们的生计、破坏生态。“慢餐”运动诚然无法阻挡全球食品经济不可抗拒的发展势头,但却可以给它理论家造成困扰,可以“传递不同声音”,可以让人们和他们当地的饮食文化蓬勃发展,让生态环境焕发生机。^[49]即使在美国这个快餐国家,小型农场和城市园林也在崛起。美国农业部给人们提供了一个“城市农业工具包”。根据最近的一份报告,美国千禧一代正在改变其饮食。2017 年,6% 的美国消费者称自己是严格的素食主义者,这一比例在 2014 年仅为 1%。随着更多人意识到“吃是一种农业行为”(正如美国诗人兼环保活动家温德尔·贝里在 1989 年所说的那样),慢希望在前进。

Section C

Passage One

· 试题精解 ·

46. 根据文章所述,什么事情在印度比在其他国家更明显?

- A) 人们对“行星饮食”倡议的积极看法。 C) 人们对其摄入的食物种类的偏好。
B) 人们不愿被迫食用植物性食品。 D) 人们不愿放弃自己的饮食习惯。

[锁定答案] 首段末句指出,这一点(this)在印度最为明显。this 回指前一句中 the reverse compulsion,即与首句“强迫素食者吃肉”相反的“强迫肉食者吃素”,可见 B 正确。

[排除干扰] 文中未明确提及人们对“行星饮食”倡议的看法,只谈及作者的看法“有强迫人们吃素之意”,A 错误。C 利用首句中 prefer 一词设置干扰,但它的对象为“被他人强迫吃肉的行为”,并非“自己所摄入的食物种类”。D 利用首句中 prefer not to be compelled to eat 设置干扰,但它实指“不愿被迫改变自己的饮食习惯”,并不等于“主动放弃自己的饮食习惯”。此外,C、D 两项均非题干所问“印度的突出之处”。

47. 柳叶刀饮食委员会的报告会对印度这类国家的众多人群产生什么影响?

- A) 彻底改变他们的饮食习惯。 C) 使他们更加营养不良。
B) 让他们更加远离政治。 D) 大幅减少他们的饮食选择。

[锁定答案] 第二段①句介绍 EAT-Lancet 委员会的报告所呼吁的内容,②句指出该呼吁对印度等国的影响:使本已紧张的政治局势恶化、给本就营养不良的人群加压。C 与后一项影响相符,正确。

[排除干扰] A 源自①句 a global shift to a... diet,但却忽略其前的 called for(呼吁)所传递出的“意见,建议”之意,“饮食建议”未必能达成“彻底改变饮食习惯”的效果,故 A 错误。B 将②句报告的影响“加剧本已紧张的政治局势”窜改为“让人们进一步远离政治”。D 利用①句 substantially reducing... 设置干扰,但该句实际在介绍报告内容“呼吁大幅减少动物源食品的摄取”,而非报告影响“将会大幅减少人们的饮食选择”。

48. 关于印度的饮食状况,我们从文中了解到什么?

- A) 人们的饮食不会因柳叶刀饮食报告而改变。 C) 以谷类为主的素食越来越受欢迎。
B) 许多人根本无法获得自己喜欢的食物。 D) 政策制定者帮助人们消除了选择食物的障碍。

[锁定答案] 第四段①句指出,由于受阶层、宗教、文化等差异的影响,人们想要食用的食物与不得不食用的食物存在巨大差别。可见,印度人根本没有办法按照自己意愿选择自己所喜欢的食物,故 B 正确。

[排除干扰] A 与第五段“在印度教民族主义政府(支持 EAT-Lancet 报告)的领导下,其他教徒、弱势阶层及本地社群正被迫放弃传统食物”不符。C 由第四段②句“政策制定者一直向食肉人群推行以谷类为主的素食”臆断而来,但谷类素食是政策制定者迫使(pushes)人们食用,与选项“受人喜爱”相悖。D 由第四段 barriers、Policymakers 杂糅捏造,但文中“政策制定者迫使肉食者吃素”实在“阶层、宗教、文化等隔阂”之外增加了政策障碍。

49. 关于效仿印度的植物性饮食,这篇文章说了什么?

- A) 它可能有益于传统饮食以肉类为主的人群。 C) 它可能有助于缩小富国与穷国之间的差距。
B) 它可能会进一步打击发展中国家的经济。 D) 它可能会使低收入国家的营养问题恶化。

[锁定答案] 第七段首句设问“印度素食主义的典范作用有多大?”,②③句说明印度的饥饿问题严峻。第八段继而明确效仿印度植物性饮食会进一步打击发展中国家本已脆弱的社会群体。综合可知,D正确。

[排除干扰] A 杂糅 traditional diets(第三段)、meat-eating population(第四段)、benefit(第九段)捏造干扰,但文中未提及“植物性饮食对传统饮食以肉类为主的人群的影响”。B 将第八段中“效仿印度的植物性饮食可能会进一步打击”的对象由“本已脆弱的社会群体”偷换为“国家经济”。C 将第九段文意“针对富裕国家的植物性饮食不适合贫穷国家,贫穷国家可从牛奶和动物源食品中获益”曲解为“植物性饮食缩减贫穷国家和富裕国家的差距”。

50. 印度政府对柳叶刀饮食委员会的提议作何反应?

- A) 它以牺牲人民的长期利益为代价接受了它们。
- B) 它想借它们来促成印度所有利益相关者之间的对话。
- C) 它不顾营养专家的反对批准了它们。
- D) 它将它们作为解决严重饥饿与营养不良的工具欣然接受了。

[锁定答案] 末段先指出“印度政府似乎对 EAT-Lancet 委员会的提议赞赏有加”,后介绍这一态度的影响:政府对“依靠公司”的处理方案敞开了大门,忽视经济和环境成本,破坏当地食品系统,最终危害后代。可见,印度政府不顾提议对人民的深远危害而将其接受,A 正确。

[排除干扰] B 将第十段中“借提议促成利益相关者的对话”的观点持有者由委员会本身偷换为印度政府。C 中印度政府的态度“gives them approval”虽契合末段的“given the report a thumbs-up”,但增补了文中未提及的信息“不顾营养专家的反对”。D 源自第二段末句 a tool,却将可能性语气 could become 偷换为肯定性语气 welcomes,同时将 to aggravate... and stress... 的贬义语义偷换为 to address... 的褒义语义,且由末段②句可知“印度政府并未致力于解决严重的饥饿与营养不良问题”。

· 全文翻译 ·

素食者不愿意被迫吃肉。^[46]然而相反的强迫行为(强迫肉食者吃素)却隐藏在一个植物性的“行星饮食”新提议中。这一点在印度最为明显。

今年早些时候,“柳叶刀饮食委员会”发布了全球营养报告,呼吁全球转向更偏植物性的饮食,同时“大幅减少动物源食品的摄取”。^[47]在像印度这样的国家,这一呼吁可能会成为一种工具,使本已紧张的政治局势加剧,给本就营养不良的人群带来压力。

这份饮食报告以为,像印度这样的国家的“传统饮食”中很少含有红肉,它们可能只在特殊场合或作为什锦菜肴的辅料食用。

^[48]然而,在印度,由于阶层、宗教、文化、成本、地理等方面存在无数隔阂,人们想要食用的食物和不得不食用的食物之间有着天壤之别。传统上,印度的政策制定者一直向食肉人群推行以谷类为主的“素食”,以此提供最廉价的食物来源。

目前,在印度教民族主义政府的激进领导下,穆斯林、基督教徒、弱势阶层以及本地的社群正被迫放弃他们的传统食物。

这些问题似乎完全没有引起柳叶刀饮食委员会代表布伦特·洛肯的重视,他说:在从植物中获取蛋白质方面,“印度是一个很好的范例”。

但印度的素食主义在多大程度上成为了世界的好榜样呢?在《2019 年全球饥饿指数》中,印度在 117 个国家中排名第 102 位。印度全国家庭健康调查的数据显示,在 6 到 23 个月大的婴儿中,只有 10% 能填饱肚子。

^[49]这是为何呼吁效仿印度的植物性饮食可能会冒着进一步打击发展中国家那些本已脆弱的社会群体的风险。针对富裕的西方国家的饮食没有认识到,在低收入国家,营养不良的儿童被确信能从摄取牛奶和其他动物源食品中受益,认知功能得到改善,同时(儿童)营养不良患病率与死亡率得到降低。

柳叶刀饮食委员会声称,其目的是在印度所有利益相关者之间“引发对话”。然而,对食品加工业与食品强化策略直言不讳的批评者却被排除在该讨论之外。但最明显的遗漏很可能是印度农民的缺席。

^[50]然而,印度政府似乎对这份报告赞赏有加。该政府没有通过改善获取有益健康且富含营养的食品的途径来解决严重的饥饿和营养不良问题,而是对“依靠公司”的解决方案敞开大门,忽视环境与经济成本,这将破坏当地的食品(生态)系统。对后代来说,这是一个充满危险的模式。

Passage Two

· 试题精解 ·

51. 根据精神病学家埃里克·伯恩所述,惯性抱怨者的特征是什么?

- A) 他们只对自己所受的糟糕对待感到愤怒,而且怨恨每一个试图提供帮助的人。
- B) 他们总是不快乐,而且不停地对身边的人吹毛求疵。

C) 他们总是拒绝考虑别人的建议,不承担解决问题的责任。

D) 他们缺乏与对话者成功交谈所需的知识和基本技能。

[锁定答案] 第一段②③句指出惯性抱怨者会一边喋喋不休地抱怨,一边却又找借口拒绝别人提出来的任何解决方案。⑤句进一步指出他们认为自己的怨艾理所应当,没有任何责任/义务做出改变,故C正确。

[排除干扰] A后半部分将文意“抱怨者无视对话者针对其愤懑(resentments)提出来的建议”曲解为“怨恨(resent)对话者(试图帮助他们的人)”。B后半部分将③句“找借口拒绝他人的建议”偷换为“挑他人的错误”。D过度引申⑤句“他们拒绝每一个建议,直到对话者愤然放弃”,文中并未提及惯性抱怨者缺乏沟通知识和技能。

52. 作者试图用“家门口的新生儿”这个例子来说明什么?

A) 人们往往认为自己不应为他人的错误买单。

C) 面临许多选择时人们往往会不知所措。

B) 人们容易陷入“忽视自己过错”的思维境地。

D) 责任与过错应当有所区分。

[锁定答案] 第二段先引出新概念“责任/过错谬误”,即,将“责任”与“过错”混为一谈,再以“家门口的新生儿”为例指出“责任”与“过错”并不对等,可见事例旨在说明二者应当有所区分,D正确。

[排除干扰] A将“惯性抱怨者面对不当对待时的惯常心态(这不是我的错,我没有义务去解决问题)”偷换为作者的观点,而作者意在批驳这一观念。B将②句及④句曲解为“人们很容易忽视自己的过错”,但文章实际指“人们容易曲解过错(将过错等同于责任)”。C将⑤句“人一定得做出选择”曲解为“人不知如何做出选择”。

53. 作者建议人们怎样对待惯性抱怨者?

A) 赞同他们,以阻止他们进一步抱怨。

C) 要求他们用更多证据证实自己的看法。

B) 热心且满怀同情地倾听他们的抱怨。

D) 劝说他们澄清自己造成的混淆。

[锁定答案] 第三段①②句指出,针对惯性抱怨者,使其停止抱怨的方法是对其抱怨表示赞同,可见A正确。

[排除干扰] B将①句“很热情地、强烈地赞同抱怨者的抱怨”偷换为“热情地倾听其抱怨”。C将文意“听抱怨的人对抱怨者的看法表示认可、证实”曲解为“抱怨者自己证实自己怨言的正确性”。D利用④句arguing back(反驳)、⑤句prompted(激发)以及上段③句confusion杂糅捏造而来,但文意实为“抱怨者自身存在‘混淆概念’的错误,而且对这种混淆他们并不自知,但是通过对话者对他们抱怨的高度认可,他们便能加以扭转”。

54. 当惯性抱怨者受到过度认可时会发生什么?

A) 他们被激励去寻找巧妙的方法来说服对话者。

C) 他们受到刺激而发出更多抱怨。

B) 他们被鼓励去想办法以做出可能的改变。

D) 他们受到鼓励而开始反驳。

[锁定答案] 第三段③句指出惯性抱怨者受到过度认可后会重新审视并反驳其抱怨,并想办法改变现状,B正确。

[排除干扰] A将原文曲解为抱怨者欲反驳并说服与自己观点不同的对话者,但arguing back实际指抱怨者推翻自己的旧有观点,ingenious way指“过度认可”这一阻止抱怨者抱怨的巧妙办法。C与③句“你(对话者)将免于听到更多的抱怨/抱怨者不再抱怨”相悖。D中are encouraged to曲解句中hear...afresh and所暗藏的语义“被刺激后(开始反驳)”,两者并不完全等同,而且该反应并不指向惯性抱怨者受到高度认可之后的最终反应。

55. 根据作者所言,如何才能不再做惯性抱怨者?

A) 分析所谓的责任/过错谬误。

C) 承担责任以解脱自我。

B) 避免日常社交生活中的危险困境。

D) 等待神奇之事的发生。

[锁定答案] 末段首两句先说明惯性抱怨者的认知改变:他们并非深陷困境、除了抱怨外无计可施,而是具备主动权、有能力改变现状。末句随后揭示这一转变的启示:只有承担责任才能获得自由、解脱自我。可见C正确。

[排除干扰] A利用概念responsibility/fault fallacy干扰,但分析这一谬误的作用在于解释“惯性抱怨”的认知错误,而非摆脱它的方式。B利用②句not...trapped干扰,但原文指“抱怨者并非像他们所感觉的那样深陷困境”,强调的是避免错误认知/感觉,而非生活中的危险困境。D对①句something magical might happen断章取义,但它指向的是对话者对惯性抱怨者表达过度认可后引发的正向积极反应,而非针对惯性抱怨者的建议。

· 全文翻译 ·

早在1964年,精神病学家埃里克·伯恩在其著作《人间游戏》中描述了一种他称之为“你为什么不一——是的,但是”的对话模式,这仍然是日常社交生活中最恼人的情形之一。采用这种策略的人通常是一个惯性抱怨者。只要他们的人际关系、工作或其他方面出现糟糕的事情,他们便没完没了地抱怨,却又找借口拒绝他人提议的任何解决方案。原因当然是,在某种层面上,他们并不是想要一个解决方案,而是想要别人认同他们“全世界都在刁难自己”的处境。^[51]如果他们能“赢”得这场游戏——拒绝每一个建议,直到对话者愤然放弃——他们便欣然觉得自己的怨艾理所应当,而且没有任何义务做出改变。

这里的部分问题在于所谓的“责任/过错谬误”。当你感到忿忿不平——比如说,(所做的一切)被伴侣视为理所当然,或者被迫为一个愚蠢的老板工作——你很容易陷入这样一种思维境地:解决问题不是你的职责,如果这样做就是承认犯了错。^[52]但这里存在概念的混淆。例如,假设我在家门口发现一个新生儿,这不是我的错,但很肯定这是我的责任。我要做出选择,而且没有逃避选择的可能性,因为试图无视这个问题也是一种选

择。关键是,“家门口的婴儿”这一事件的处理方式适用于任何一种情况:即使(一事情)百分之百是对方的错,但从长远来看,把这个作为逃避责任的理由没有什么好处。

^[53]假如你发觉自己正在接收这种抱怨,有一个巧妙的方法来阻止它——那就是对它表示强烈的赞同。心理治疗师洛里·戈特利布将这一方法称为“过度认可”。一方面,你会免于听到更多抱怨,因为对方的目的是要(你)肯定其看法,而你现在正在对它们表示认可。^[54]而另一方面,戈特利布指出,面对过度认可,人们常常会重新审视自己的抱怨,并开始进行反驳。那种认为“自己完全无能为力”的想法似乎突然变得不切实际——更不用说多么令人恼火——于是,这反而激发他们去想出改变现状的办法。

“然后,有时候,某些神奇的事情或许就会出现。”戈特利布写道。对方“可能会意识到她并非像你说的或她自己感觉的那样深陷困境”。这说明了“责任/过错谬误”的讽刺之处:^[55]逃避责任令人安逸,但实际上是座囚笼;反之,承担责任令人不快,但最终使人解脱。

Part IV

Translation

· 参考译文 ·

The Hong Kong-Zhuhai-Macau Bridge, which spans 55 kilometers, is an extraordinary feat of engineering in China. It is the world's longest sea-crossing bridge and tunnel system, which connects Hong Kong with Zhuhai and Macau, cutting the travel time between the three cities from three hours to 30 minutes. This massive span of steel and concrete is ample proof of China's ability to build record-setting megastructures. The bridge will help spur regional integration and drive economic growth. It is a key component of China's master plan to develop its own Greater Bay Area, a region that China hopes will develop to rival the bay areas of San Francisco, New York and Tokyo in terms of technological innovation and economic success.

· 句子解析 ·

1. 第一句中的第一小句描述桥梁的特征,为次要说明信息;第二小句对桥梁作出评价,应为全句语义重点,故将第二小句确定为句子的主句或主干。第二小句“是……工程壮举”可对应译为系表结构 is a remarkable/marvelous feat of engineering in China。第一小句中的“全长55公里”有两种译法:(1)处理为后置定语,译为分词短语 spanning 55 kilometers、介词短语 with a total length of 55 kilometers,或定语从句 which spans/stretches... (which is)... long/in length;(2)处理为前置定语,译为 55-kilometer-long。

2. 第二句中两小句之间的关系同首句,故同样将第二小句译为主句或主干。句子主语为“大桥”,谓语“是世界上最长的跨海桥梁和隧道系统”可译为 is the world's longest cross-sea bridge and tunnel system 或 the longest... system in the world;第一小句中的“将三个城市连接起来”处理为句子的枝叶,既可译为分词短语 connecting A, B and C,也可译为非限制性定语从句 which connects/links A, B and C。

3. 第三句可译为独立的句子,但鉴于句子主语同上句,均为“大桥”,且“旅行时间缩短”可视为上一句“大桥将三个城市连接起来”的结果,故最好将两句合并翻译。本句为结果句,既可处理为分词短语作结果状语,修饰上句 which connects...,译为 cutting/shortening the travel time between the three cities from... to...,也可借引出结果的 so (that) 处理为结果状语从句,译为 so (that) the travel time between... is reduced...。

4. 第四句“钢筋混凝土”可译为 steel and concrete 或 reinforced concrete。“跨度巨大的”可处理为后置定语 with a huge/massive span、前置定语 super-long-span 或量词 massive span of。谓语“充分证明中国有能力做某事”有两种译法:(1)将“证明”后的内容处理为宾语从句,译为 fully proves that China has the ability to do sth;(2)由于“能力”是所“证明”的内容,故还可译为 fully proves/demonstrates China's ability to do sth,其中“充分证明”还可译作 is full proof of。“创纪录的巨型建筑”可译为 record-setting giant/mammoth structures。

5. 第五句含两个小句,均介绍大桥的作用,可译为由 and 连接的并列谓语句。第一个谓语“将助推区域一体化”可译为 will help promote regional integration,第二个谓语“促进经济增长”可译为 boost economic growth。

6. 第六句“大桥是总体规划的关键”为句子的核心,可直译为 The bridge is a crucial/key component of the overall/master plan,也可转译为 The bridge plays a key part in the... plan。“中国发展自己的大湾区”是“总体规划”的内容,可借短语 plan to do 整体译为 China's overall plan to develop its own Greater Bay Area。

7. 第七句有三种译法:(1)借短语 hope to do sth 处理为简单句,译为 China hopes to build the area into one...;(2)借 hope (that)... 结构处理为主从复合句,译为 China hopes that it can build the area into one...;(3)因上句引出大湾区,本句立即就大湾区展开详述,故最好将本句处理为上句 Greater Bay Area 的同位语,可译为 a region that China hopes will develop into one...。“地区”的修饰语“在……上能与……的湾区相媲美的”可译为分词短语 (one) rivalling the bay areas of... in terms of...,或定语从句 (one) that rivals...。