

2024 年 6 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 that begins with the sentence “*There is a growing awareness of the importance of digital literacy and skills in today’s world.*” You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words. (You should copy the sentence given in quotes at the beginning of your essay.)

Part II

Listening Comprehension

(30 minutes)

提示：2024 年 6 月六级全国只考两套听力，本套听力内容与第一二套相同，故本套未重复显示。

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.

The Sun Is Also a Star is a truly lovely story of love, romance, fate, and destiny.

Natasha is a Jamaican-born immigrant living 26 in America, not by choice exactly. Her parents brought her over and created the situation she 27 to be out of.

Daniel is an American born of Korean immigrants. He believes in true love, fate, and all that other nonsense that Natasha 28 through scientific reasoning.

Daniel and Natasha meet by 29 on the streets of New York on the day that she is to be 30. She doesn’t tell him that but does allow him to keep her company while he tries to get her to fall in love with him over the course of the day.

Natasha is me. I found her so similar to myself. She’s scientifically-minded, practical, somewhat cynical, and always 31. Her obsession with the universe through a scientific lens is infectious and I 32 Daniel seeing that too.

Daniel is charming and passionate and has a way with words that even 33 Natasha’s tough outer shell. By the end of the book I fell in love with both of them.

I used to find romance stories to always be cheap or laughable. I think now I can see the value in escaping into a story of pure optimism. I got 34 in *The Sun Is Also a Star* and finished it cover to cover in a weekend. I couldn’t wait to get to what I hoped would be a happy ending.

It’s nice every once in a while to give in to magic. It doesn’t have to be a hard fantasy novel with actual spells, it can be the magic found between two people who just have that special something. That 35 that causes them to react and spark when they’re near each other.

A. adore	F. cracks	K. perpetually
B. appraise	G. deported	L. prescribed
C. assaults	H. dismisses	M. shrewd
D. chemistry	I. illegally	N. skeptical
E. coincidence	J. lost	O. strives

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.*

These are the habits to avoid if you want to make a behavior change

- A. According to recent research, behavioral change involves physical changes in the brain. In the past decade, researchers have shown that when it comes to the duration of making a new behavior a deep-rooted habit there is not a simple answer. Even for the most productive and disciplined among us, undoing something that has become an automatic part of who we are takes more than an overnight effort. Once we've successfully made that change, we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself.
- B. At its core, success in changing and maintaining a behavior rarely occurs without the introduction of some sort of system. When there isn't the right framework in place, we face a greater likelihood of derailing our hard-earned progress. To ensure success in changing and maintaining a behavior, we should stay away from some detrimental habits.
- C. The first one to avoid is relying on willpower. Think about the last time you vowed to resist a temptation. Perhaps you didn't want to check your phone every 15 minutes, or you were determined not to reach for a chocolate bar at 3 p.m. Think about how difficult it must have been not to glance at your phone when it was within reach, or not to walk to the vending machine when your afternoon slump hit.
- D. The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone. The old military saying "You never rise to the occasion, you only sink to the level of training" also applies to behavior change. The idea is simple — you repeat something so many times that it becomes automatic.
- E. Think about what else you can change about your surrounding that makes it easier for you to perform this change on a daily basis. This is called your "cue." Basically, it's a trigger to perform that particular habit. If you don't want to reach for a sugary treat at 3 p.m., have a box of herbal tea ready at your desk. When 3 p.m. comes around, that's your cue to pour yourself a cup of hot water and drink that tea, instead of walking to the vending machine.
- F. The second one to avoid is focusing on negative goals. Sometimes, it's not your process that lets you down, but the habit that you want to change in the first place. For starters, not eating chocolate to beat your afternoon slump is a harder goal than swapping chocolate for herbal tea when you reach the designated time. Your brain wants to find routines that have succeeded in the past and allow you to repeat those actions again in the future without having to think about them explicitly. However, this habit-learning system isn't so effective when it comes to learning not to do something. That's why rather than giving up something, think about introducing something in its place. Focus on actions you are going to take that will ultimately conflict with the behaviors you want to stop. When your attention is on doing something new, you give your habit system a chance to operate.
- G. The third one to avoid is using the same strategies in different circumstances. Because we are creatures of habit, it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change. But that's not always the case. Sometimes, the system that got you to change one behavior might not work for another.

- H. Sometimes we become accustomed to relying on our guts when it comes to decision-making. This serves us well in certain situations, but can hinder us in others especially when we need to consider metrics and data, rather than letting our instinct override everything. For example, if you want to stop checking your email first thing in the morning, you might decide to substitute another activity in its place. But if you want to stop indulging in video games, simply deciding you will go for a run might not be as effective. You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together.
- I. The fourth one to avoid is not forgiving ourselves for slipping up. Of course, even the best-laid plans fail sometimes. You might have stuck to your screen-free nighttime routine for five days, and then a big project landed on your desk and you found yourself in bed with your laptop before you went to sleep. Or you prepared meals on Sunday and stuck to eating healthy dinners at home, but by Friday you found yourself so exhausted and opted to order greasy takeout. Life happens and even if your behavior change is small, every single day can prove pretty inflexible, and at some point your luck may run out, even if just for a day. The perfectionist in you might be screaming to abandon your goals altogether, but try to see it in the bigger picture. Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.
- J. The final one to avoid is discounting small progress. There's a habit that many perfectionists tend to fall into when they try to establish a behavior change. They focus too much on the big goal and don't take the time to celebrate the small progress they make in the process. Your brain responds to rewards. The basal ganglia, the brain region linked to our performance of habits, is most active at the beginning of a behavior, when the habit is cued, and at the end, when it's rewarded. Say your goal is to run five miles three times a week, and this week you ran one mile on Monday, Wednesday, and Friday. Rather than focusing on how far you've gone toward your goal, think about how you can reward yourself for the progress you've made. It doesn't have to be big or expensive; it can be something as simple as making your favorite fruit juice after your run. Whatever your reward, it has to be more than just the activity itself to get you going.
- K. Initiating a new behavior usually seems like the hardest part of the process of change. However, people often fail to adequately prepare for maintaining it. One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change. But they won't. Where changing a strongly deep-rooted habit requires changing our belief about that habit that penetrates deeply into our lives, continually manifesting that wisdom requires that we maintain a positive outlook. If our mood is low, the wisdom to behave differently seems to disappear and we go back to eating more and exercising less. The key, then, to maintaining new behaviors is to be happy! Which is why it's so hard to maintain new behaviors.
- L. Remember, overcoming the behavioral inertia that prevents us from implementing new changes, like eating a healthy diet or exercising, can benefit us in the long run and can improve our physical and mental health. No one was born with habits. They were all learned, and can all, therefore, be unlearned. The question is: how badly do you really want to change?
36. There is general consensus among experts that willpower alone cannot guarantee one's success in changing and maintaining a habit.
37. One need not abandon their goals completely just because they missed their target temporarily; they can start anew.
38. Research shows it is quite another challenge to maintain a behavioral change after you have initiated it.
39. It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it.

40. Sometimes, it may not be successful to simply substitute one activity with another to effect a change of habit; you may need extra reinforcement.
41. One should introduce something new to replace an old habit instead of simply kicking it.
42. Perfectionists focus too much on their big target and neglect celebrating the small gains they make in the process.
43. It is of great benefit to us in the long term to conquer the inertia that stops us from making behavioral changes.
44. The strategy that successfully changed one of your behaviors may not work for some other behavior of yours.
45. Without a happy mood, it seems that our wisdom to adopt a different behavior vanishes.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions 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.

The “American Dream” promises that in the Land of Opportunity, any individual can climb the economic ladder and prosper through hard work and ambition alone. And yet, young Americans today are struggling to earn more than their parents did at the same age, and upward mobility in the US actually compares unfavourably to that of other industrialised nations.

So why does the idea of the American Dream persist? A new study in *the American Journal of Political Science* identifies one factor that has been overlooked: the influence of reality TV.

Reality shows have come to dominate US television over the past 20 years, notes Eunji Kim from Vanderbilt University. And the overwhelming majority of these have a “rags-to-riches” storyline: they feature ordinary Americans who work hard to achieve great economic success. And while these programmes are regularly among the most-watched shows, news broadcasts — which paint a more realistic view of the economic hardship faced by millions of Americans — get a much smaller proportion of the viewership.

Rags-to-riches stories are ubiquitous (无处不在的) on TV — but does watching these programmes actually convince people that economic mobility is easily attainable? To find out, Kim’s team had participants watch a 5-minute clip from a reality show with a rags-to-riches storyline. Control participants watched a clip from a reality show that didn’t have a rags-to-riches story. After watching the shows, participants rated how much they agreed with four statements relating to the American Dream.

The results showed that those who’d watched a rags-to-riches clip did indeed have a significantly greater belief in the American Dream. Interestingly, when participants were separated by party affiliation, this effect was significant among Republicans but not Democrats, suggesting that the kind of messages implicit in these TV shows may play into people’s existing socioeconomic beliefs.

Kim also conducted a survey of 3,000 US residents. They also rated the extent to which they believed success in life is related to various internal factors (such as ambition) and external factors (such as family wealth). Finally, they read a list of TV programmes and indicated which they regularly watched.

Participants who were heavy viewers of rags-to-riches programmes or frequent viewers had a stronger belief in the American Dream than those who never watched such shows.

Kim concludes that “rags-to-riches entertainment media are an important cultural force that promotes and perpetuates beliefs in upward mobility”. And here’s the problem: if people mistakenly believe that hard work is all that is needed for individuals to make a better life for themselves, they may be less supportive of policies that could actually combat inequality.

“In this era of choice, entertainment media are what captures hearts and minds,” Kim writes. “Its political consequences are anything but trivial”.

46. What do we learn from the passage about young Americans of today?

- A. They have greater ambitions than their parents.
- B. They find it difficult to achieve upward mobility.
- C. They have overtaken their parents in terms of earnings.
- D. They envy the opportunities in other industrialised nations.

47. What does Kim’s team find about reality TV shows in America?

- A. They reinterpret the essence of the popular rags-to-riches culture.
- B. They urge people to achieve economic success through hard work.
- C. They help strengthen people’s conviction in the American Dream.
- D. They feature ordinary Americans striving for social recognition.

48. What does the author say about news broadcasts in America?

- A. They attract far fewer viewers than reality TV.
- B. They are bent on reporting the dark side of life.
- C. They stand in striking contrast with reality TV.
- D. They focus on Americans’ economic hardships.

49. What can we infer from the passage about Republicans in general?

- A. They believe strongly in the American Dream.
- B. They strive to climb the socio-economic ladder.
- C. They have a very strong affiliation with their party.
- D. They tend to watch more rags-to-riches TV shows.

50. What is stated about people who believe in upward mobility?

- A. They are likely to blame the government for their plight.
- B. They regard political consequences as anything but trivial.
- C. They respect individuals striving to climb the social ladder.
- D. They are less likely to approve of policies to fight inequality.

Passage Two

Questions 51 to 55 are based on the following passage.

When someone asks us “what do you do?” we nearly always reply with our occupation. Work, for many of us, is much more than a job. It is the defining aspect of our identity. For many of us it is through our job that we can define ourselves.

“Without my job I don’t know who I am,” is a sentence that has been uttered on more than a handful of occasions from my office chair. Indeed, it can be one of the most challenging aspects I work on with clients who have lost or been forced into changing their jobs. This loss provokes an identity crisis much greater than the loss of the job itself.

One of the things I have come to understand, however, is that our identity is much more complex than we

recognise at first glance. If we take the time to reflect we might recognise that as well as our work we can also identify as a friend, a spouse, a son or daughter, a parent, a member of a sports team or religious community. We may recognise that we feel and act differently in these roles and relationships than we do at work. The passive daughter becomes an assertive leader at work. Furthermore, our identities at work are not static. They change over time. I myself have been a shop assistant, a waitress, a student, a graduate, and a clinical psychologist. At each stage my ability to adapt to and develop my career identity has been crucial to my wellbeing. Whilst we like to eliminate uncertainty in our lives at some level we have to manage uncertainty, especially in today's volatile and ever-shifting job market.

How we see ourselves is central to the issue of our identity. When we tell ourselves "I'm good at starting projects but not so great at seeing them through" it can become part of our belief system. But if you have the unfortunate experience of an enforced job change you will need to examine those beliefs to see how grounded in reality they are. You will be required to ask yourself how helpful these beliefs are and consider personal change. We can change our beliefs, behaviours and emotional experience at any time through experimentation, practice and conscious self-discipline. In an age where career progression may lead us into new sectors it is ever more important to challenge our sense of self and explore whether you can create a new experience of your identity by changing the beliefs you hold about yourself in order to expand your career options. Ultimately it is you who define who you are. You are only your job if you let it be so.

51. What do we learn from the passage about one's loss of a job?

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| A. It compels them to visit a clinical psychologist. | C. It renders them puzzled about who they are. |
| B. It offers them a chance to play different roles. | D. It forces them to redefine their life's goals. |

52. What has the author come to understand about our identity?

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| A. It is crucial to our emotional wellbeing. | C. It reflects our changing status in society. |
| B. It plays a big role in many facets of life. | D. It is more complicated than it appears. |

53. What does the passage say about our identities at work?

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| A. They are essential to our self-esteem. | C. They overrule all other self-perceptions. |
| B. They evolve with the passage of time. | D. They are key to understanding ourselves. |

54. What do we have to do in today's ever-changing job market?

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| A. Strive to develop our social identity. | C. Try to be assertive at all times. |
| B. Prepare for different career paths. | D. Learn to manage uncertainty. |

55. What should we do to expand our career options?

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| A. Alter our perceptions of ourselves. | C. Look into newly emerging sectors. |
| B. Compare various job opportunities. | D. Exercise self-discipline consciously. |

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**.

扇子自古以来就深受中国人喜爱，但现在已不只是消暑纳凉的工具，而更多地作为艺术品供人欣赏。许多扇子造型优美、做工精良，并绘有山水、花鸟、人物等精美图案，具有很高的艺术价值。中国许多著名画家和书法家喜欢在扇子上作诗绘画，展示其艺术品味。扇子常作为礼物赠予他人，表达美好的祝福和真挚的情感。如今，扇子的实用功能已大为减弱，但作为一种文化符号和艺术形式，扇子仍然在中国传统文化中扮演着重要角色。