

## 写在课前：

1. 上课时间： 19：30--21：30，中间有短暂休息，同学可以调整休息
2. 【前导课】针对备考学习方法进行指导，知识体系搭建会在【基础课】完成
3. 请同学们确认上课设备，如有遇网络问题可退出重新进入
4. 为保证授课节奏，设置单独答疑时间
5. 坚持的意义就是你不知道哪一天会越过山丘

# 【管理类联考】英语备考方法指导

主讲：邵子懿（勺子老师）

课程目标：

**【管理类联考】英语科目笔试备考方法与真题分析**

1. 管理类联考英语考试是什么？考几种题型？
2. 英语考什么？
3. 我能打多少分？我该怎么准备？
4. 试卷是怎么命题的？为什么我连中文翻译都看不懂？
5. 单词记不住，长难句看不懂，我还有救吗？
6. 我的基础特别差，我该怎么办？

**1. 管理类联考英语考试是什么？考几种题型？**

英语  
试卷

Section I Use of English ( 10 points ) : 完形填空

Section II Reading Comprehension

Part A : 传统阅读理解

Part B : 七选五

Section III Translation: 英文翻译中文

Section IV Writing

Part A: 应用文 ( 信函写作 )

Part B: 图标情景类大作文

People have speculated for centuries about a future without work. Today is no different, with academics, writers, and activists once again \_1\_ that technology be replacing human workers. Some imagine that the coming work-free world will be defined by \_2\_. A few wealthy people will own all the capital, and the masses will struggle in an impoverished wasteland.

1.[A] boasting [B] denying [C] warning [D] ensuring

2.[A] inequality [B] instability [C] unreliability [D] uncertainty

## 英语二

Section I Use of English : 完形填空

Section II Reading Comprehension

Part A : 传统阅读理解 (40分)

Part B : 七选五 (10分)

Section III Translation: 英文翻译中文

Section IV Writing

Part A: 应用文 (信函写作)

Part B: 图标情景类大作文



It is curious that Stephen Koziatek feels almost as though he has to justify his efforts to give his students a better future. Mr. Koziatek is part of something pioneering. He is a teacher at a New Hampshire high school where learning is not something of books and tests and mechanical memorization, but practical. When did it become accepted wisdom that students should be able to name the 13th president of the United States but be utterly overwhelmed by a broken bike chain?

21. A broken bike chain is mentioned to show students' lack of (        )

A.practical ability

B.academic training

C.pioneering spirit

D.mechanical memorization

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奇怪的是，斯蒂芬·科齐塔克感到好像他必须证明自己能够通过努力给学生提供一个更好的未来。科齐塔克先生在做一件具有开创性的事。他只是新罕布尔高中的一位老师，在那里，学生学习的并不只是书本和考试内容，也不只是机械的记忆方法，而是具有实践性的内容。从什么时候起学生应该能够说出第13任美国总统的名字却着实被坏掉的自行车车链难倒成了人们普遍接受的观点？

## 分别为五段选择合适小标题

- A. You are not alone
- B. Do not fear responsibility for your life
- C. Pave your own unique path
- D. Most of your fears are unreal
- E. Think about the present moment
- F. Experience helps you grow
- G. There are many things to be grateful for

## 对应人物观点

- |                     |  |
|---------------------|--|
|                     | A. says that he switched to electrical engineering because he loves working with tools             |
| 41. Jay Dunwell     | B. points out that there are enough people to fill the jobs that don't need much skill             |
| 42. Jason Stenquist | C. points out that the US doesn't manufacture anything anymore                                     |
| 43. Birgit Klohs    | D. Believes that it is important to keep a close eye on the age of his workers                     |
| 44. Rob Spoph       | E. says that for factory owners, workers are harder to find because of stiff competition           |
| 45. Julie Parks     | F. points out that a work/life balance can attract young people into manufacturing                 |
|                     | G. says that the manufacturing recession is to blame for the lay-off of the young people's parents |

## 英语二

Section I Use of English : 完形填空

Section II Reading Comprehension

Part A : 传统阅读理解

Part B : 七选五

Section III Translation: 英文翻译中文 (15分)

Section IV Writing

Part A: 应用文 (信函写作)

Part B: 图标情景类大作文

The supermarket is designed to lure customers into spending as much time as possible within its doors. The reasons for this is simple: The longer you stay in the store, the more stuff you'll see, and the more stuff you see, the more you'll buy. And supermarket contain a lot of stuff. The average supermarket, according to the Food Marketing Institute, carries some 44,000 different items, and many carry tens of thousands more. The sheer volume of available choice is enough to send shoppers into a state of information overload. According to brain-scan experiments, the demands of so much decision-making quickly become too much for us. After about 40 minutes of shopping, most people stop struggling to be rationally selective, and instead begin shopping emotionally- which is the point at which we accumulate the 50 percent of stuff in our cart that we never intended buying.

## 英语二

Section I Use of English (10 points) : 完形填空

Section II Reading Comprehension

Part A : 传统阅读理解

Part B : 七选五

Section III Translation: 英文翻译中文

Section IV Writing

Part A: 应用文 (10分)

Part B: 图标情景类大作文 (15分)

(2011) Direction: Suppose your cousin Li Ming has just been admitted to a university. Write him/her a letter to

1) congratulate him/her, and

2) give him/her suggestions on how to get prepared for university life.

You should write about 100 words on the ANSWER SHEET.

Do not sign your own name at the end of the letter. Use “Zhang Wei” instead.

Do not write your address. (10 points)



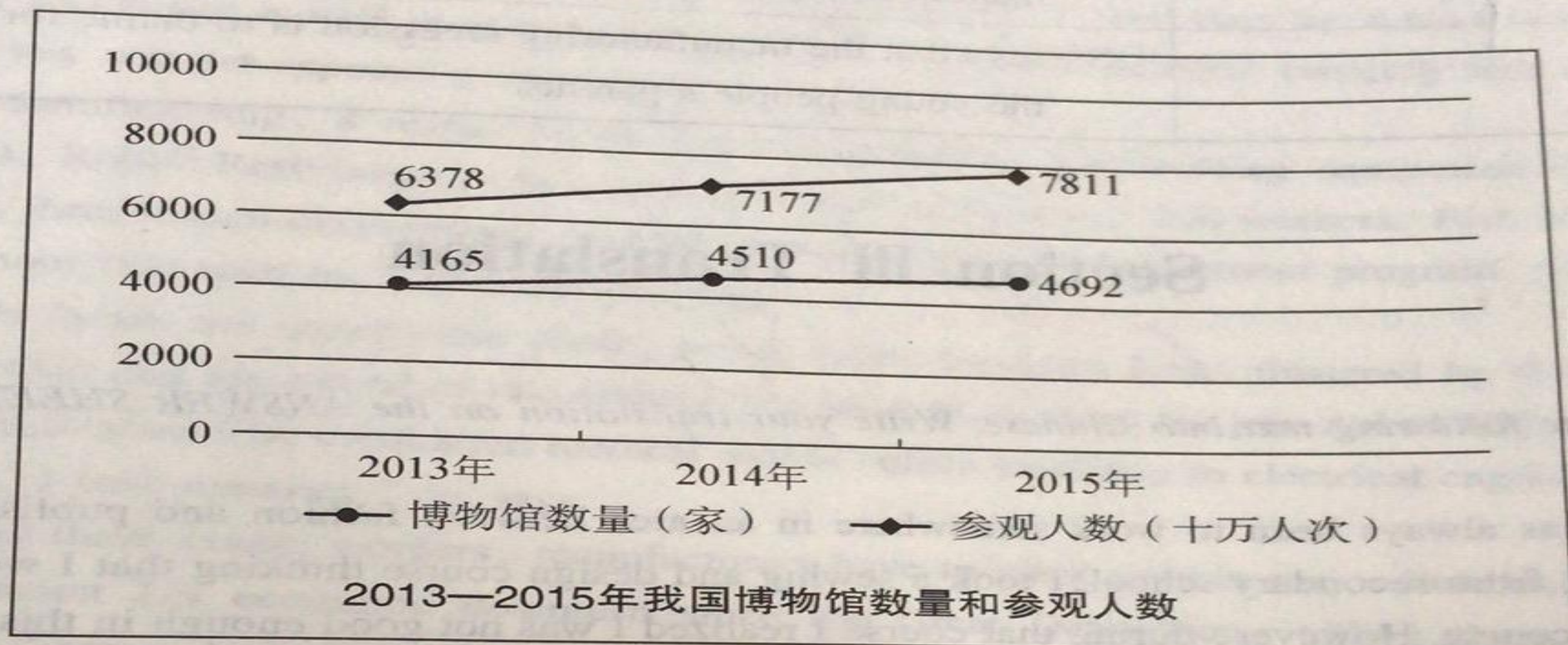
## Part B

### 48. Directions:

Write an essay based on the chart below. In your writing, you should  
1) interpret the chart, and

2) give your comments.

You should write about 150 words on the ANSWER SHEET. (15 points)



## 2. 英语考什么？

## 英语二

Section I Use of English : 完形填空

Section II Reading Comprehension

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Part B : 七选五

Section III Translation: 英文翻译中文 (15分)

Section IV Writing

Part A: 应用文 (信函写作)

Part B: 图标情景类大作文

# 历年 考点

Section I Use of English(填空): 上下文逻辑 + 单词词义辨析

Section II Reading Comprehension

Part A (对应文章出处)

Part B (归纳总结)

Section III Translation (英→中): 流畅最重要, 尽量要正确, 卷面算成绩

Section IV Writing: 卷面成绩!

Part A: 核心信息覆盖全, 格式语法正确, 不要求文采

Part B: 文采, 衔接, 语法, 结构, 考核内容

勺子老师是一个（ ）的人

A. 沉稳

B. 安静

勺子老师是一个（ ）的人，总能在突发事件下保持冷静。

勺子老师是一个（ ）的人，他喜欢一个人在角落看书。

A. 沉稳

B. 安静

她在冷的夜气中，瑟缩地做梦，梦见春的到来，然后接着梦见（ ）的到来.....

打开这个游戏的正确方式是，第一，选择一个厉害的英雄；（ ），选择适合的武器，第三，多打怪升级。

汤姆被妈妈责骂了，（ ）他考试成绩没有考好。

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同义替换

概括总结

# 历年 考点

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**3. 我能打多少分？我该怎么准备？**

60分已经是高分，70分以上你有选择权

年份	国家线A类			国家线B类		
	总分	英语	综合	总分	英语	综合
2018年	165	42	84	155	37	74
2017年	170	42	84	160	37	74
2016年	165	39	78	155	34	68
2015年	160	40	80	150	35	70
2014年	160	41	82	150	36	72
2013年	155	41	82	145	36	72
2012年	150	41	82	140	36	72

英语为什么没学好？

1. 你自己不努力

2. 老师没有讲明白

单词、长难句、答题技巧



单词、长难句、答题技巧



# 话说词汇



☆考研词汇范围：5500词

小学，初中，高中，大学四级，大学六级，偏门专有名词

☆5500词，历年考题真的只有这些词

如果这5500词汇全都看得懂，你还怕什么？

☆75分数与书写无关

看得懂，谁管你会不会拼写？

☆看得懂就得分，不涉及词性，不涉及读音

简化复习压力，搞定单词成功大半

☆不考近义词，不考同义词

不需要近义词辨析，单词成堆背诵

**vary** 不同；有差异；（使变化；改变） ['veəri].v

☆ varied /variety /varying /variable /various



# 复习对策

要复习的单词=

5500- 【你从上学就会的单词】 - 【通过（词根词缀）蒙猜的单词】



1. 打印单词纸质版
2. 删减你过目不忘, e.g. mother, father, coffee, hello, beautiful
3. 将平均单词表分成 21份, 每天一份, 不要拼命背拼写, 产生印象, 混眼熟
4. 坚持每天复习, 每天都要看当天内容, 不回看, 周期反复
5. 配合课程返回真题验证

蒙猜·裂变

还在问我背单词的技巧吗？

接下来的“宝典”不是万能的，

但是有了他“它，蒙猜so easy!

前缀 + 词根 + 后缀

dis + agree + ment

改变词性      决定词义      确定词性

# 名词

名词

可数名词 (countable)

不可数名词 (uncountable)

# 可数名词 (countable)

student



table



computer



# 可数名词 (countable)

**a** student



**the** student





# 不可数名词 (uncountable)

water

a glass of water



meat




bread



## 不可数名词 (uncountable)

最常见的不可数名词有： advice, baggage, change  
(零钱) , furniture (家具) , hair, homework,  
information, knowledge, luggage (行李) ,  
money, news, traffic

A large red triangle is located in the bottom right corner of the slide, pointing upwards and to the left.

# 动词

# 动词种类

类别	特点	例子
实义动词 /行为动词	表示动作，有实际意义， 能独立做谓语	We <b>love</b> our hometown.
		Class <b>begins</b> .
系动词	有一定的含义， 不能独立做谓语	I <b>am</b> a student.
助动词	本身没有含义， 不能独立做谓语	I <b>don't</b> like apples.
情态动词	有一定的含义， 不能独立做谓语	We <b>must</b> study hard.

## (一) 实义动词(行为动词)

1. 及物动词 **vt.**: 后面要跟上一个名词或代词来作宾语

The boy **watches** **TV** on Sundays.

A large, solid red shape in the bottom right corner of the slide, resembling a stylized arrow or a corner piece.

## (一) 实义动词(行为动词)

1. 及物动词 **vt.**: 后面要跟上一个名词或代词来作宾语

The boy **watches** **TV** on Sundays.

2. 不及物动词 **vi.**: 不能直接跟宾语

## (一) 实义动词(行为动词)

1. 及物动词 **vt.**: 后面要跟上一个名词或代词来作宾语

The boy **watches TV** on Sundays.

2. 不及物动词 **vi.**: 不能直接跟宾语, 但可以跟上一个介词, 构成动词短语, 再跟一个介词宾语。

(如 look, listen, wait ...) He is **looking at the picture**.

## (二) 系动词

也叫连系动词。系动词本身有含义，但它不能单独做谓语，后面必须接表语，用来说明主语的状况、性质、特征等。

一起构成主系表结构。

I am a teacher.



## (二) 系动词

### 1. be动词(is am are) : 最常用的系动词

- She **is** beautiful. I **am** a student.
- They **are** in the classroom.

## (二) 系动词

### 1. be动词(is am are) : 最常用的系动词

- She **is** beautiful. I **am** a student.
- They **are** in the classroom.

### 2. 表示感受的 “感官动词” :

look, taste, smell, sound, feel 感官动词+adj.

eg. He **feels** cold.

### (三) 情态动词

表说话人情绪、态度和语气。情态动词没有人称和数的变化

He **can** speak English. He **speaks** English very well

本身有词义，但不能单独作谓语，其后接**动词原形**。

常见的有

can(could), may, might, will(would),

shall( should), must, have to, had better...

情态动词 + v.原

介词

# 介词

介词是虚词，没有具体含义，只体现关系

in 包含，包括 in 2020, in February

on 接触 on Monday

at 定点，定向 at 5 o' clock

# 句子成分

我爱你  
主谓宾

# 句子成分

朝气蓬勃的年轻人努力地把生活变的更好



## 句子成分

朝气蓬勃的**年轻人**努力地**把生活变的更好**

Enthusiastic youth make their life better hard.

# 基本句型

① 主+谓

I sleep.

② 主+谓+宾

I eat an apple.

③ 主+谓+宾+宾

My mom gave me an apple.

④ 主+谓+宾+宾补

I made my life better.

⑤ 主+系+表

I am fine.

# 被动语态

# 被动语态(be done)

I ate an apple.

# 被动语态(be done)

I ate an apple.

An apple **was eaten** by me.

# 被动语态(be done)

I ate an apple.

An apple **was eaten** by me.

Everyone will know the truth soon.

# 被动语态(be done)

I ate an apple.

An apple **was eaten** by me.

Everyone will know the truth soon.

The truth **will be known** by everyone soon.

A large, solid red shape in the bottom right corner of the slide, resembling a stylized arrow or a corner piece.

# 被动语态(be done)

I ate an apple.

An apple **was eaten** by me.

Everyone will know the truth soon.

The truth **will be known** by everyone soon.

He has received the letter.



# 被动语态(be done)

I ate an apple.

An apple **was eaten** by me.

Everyone will know the truth soon.

The truth **will be known** by everyone soon.

He has received the letter.

The letter **has been** received by him.

## 【词根】port 港口

- port [pɔ:t] n. 港口
- import ['ɪmpɔ:t] n. 进口，进口货
- export ['eksɔ:rt; ɪk'-] n. 输出，出口
- transport ['trænsɔ:t] n. 运输
- seaport ['siɔ:t] n. 海港；港口都市
- supportive [sə'pɔ:tɪv] adj. 支持的；
- support [sə'pɔ:t] v. 支持

【词根】tempt=try “尝试”

tempt [tempt] v. 诱惑

temptation [tempt'eɪʃən] n. 诱惑

attempt [ə'tempt] n./ v. 试图； 企图

It is an ambitious attempt to blunt the sharpest edges of globalization.

缓和全球化的冲击是一次雄心勃勃的尝试。

## 【前缀】under-

underdone 半生不熟的

undersea 在海底的

underline 在...下划线

underwear 内衣

underpants 内裤

underestimate 估计过低

underground 地下的

undergrown 发育不全的,

【后缀】-ism 信仰

criticism 批评

formalism 形式主义

impressionism 印象主义

capitalism 资本主义

【词根】 **struct** 建筑

structure ['strʌktʃə] n. 结构

construction [kən'strʌkʃ(ə)n] n. 建设； 构

destruction [dɪ'strʌkʃ(ə)n] n. 破坏

reconstruction [rɪ'strʌkʃ(ə)n] n. 重构

【后缀】-let 小的

booklet 小册子

leaflet 嫩叶，传单

streamlet 小溪

单词、长难句、答题技巧



Doctors and others scientists who study the human mind and try to explain why people behave in the way that they do, called psychologists, are starting to believe it.

Doctors and others scientists who study the human mind and try to explain why people behave(行为) in the way that they do, called psychologists(心理学家) , are starting to believe it.

开门见山七件事：

主语、谓语、宾语、表语、定语、状语、同位语

单词、长难句、答题技巧

1. 命题逻辑
2. 答题方法
3. 作文模板
4. 评分标准

全部都在课上

【一切为了考试】：

{ 单词裂变记忆  
主从句语法概念  
命题思路与破解技巧

**4. 试卷是怎么命题的？为什么我连中文翻译都看不懂？**

一切从**老教授们**和**一根网线**说起



原因一：

词数：358字

题源：Omaha.com (《奥马哈世界先驱报》所运营的在线新闻网站)

Here's why you should weigh yourself-and why you shouldn't

阅读理解：

词数：445

题源：HuffPost(《赫芬顿邮报》)

Let's Stop Pretending Quitting Straws Will Solve  
Plastic Pollution

词数：447

题源：The Atlantic(《大西洋月刊》)

When Guilt Is Good ?

词数：414

题源：Bloomberg(《彭博资讯》)

Using Forests to Fight Climate Change

题材：数字经济

词数：438

题源：Bloomberg (《彭博资讯》)

U.S. Farms Can't Compete Without Foreign Workers

原因二：

句子结构复杂且多变，单词已经很抓狂，句子结构更是看不懂！

总结：

培养习惯

拒绝焦虑

想得少点，做得多点

**5. 单词记不住，长难句看不懂，我还有救吗？**

**2010-2020**

只讲 **+** 套真题

干干净净帮你进考场



【提分技巧】：学习技巧与十年真题结合，助你在能力提升阶段快速提分

知道怎么**命题**才能知道怎么**答题**



王海力  
MBA  
2014 真题

王海力  
MBA

王海力  
MBA

王海力  
MBA

2019 年全国硕士研究生入学统一考试英语(二) 试题  
2019 真题

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

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations and when done too often, this habit can sometimes hurt more than it helps. As for me, weighing myself every day caused me to shift my focus from being generally healthy and physically active to focusing on the scale. That was bad to my overall fitness goals. I had gained weight in the form of muscle mass, but thinking only of lowering numbers on the scale, I altered my training program. That conflicted with how I needed to train to reach my goals. I also found that weighing myself daily did not provide an accurate picture of the hard work and progress I was making in the gym. It takes about three weeks to a month to notice any significant changes in your weight, I was making in the gym. The most immediate changes will be observed in skill level, strength and inches lost.

王海力  
MBA  
2018 年全国硕士研究生入学统一考试英语(二) 试题  
2018 真题

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

Why do people read negative Internet Science. The new research reveals that because humans have an inherent need for curiosity even when it is clear the answer is known. In a series of four experiments, a team of researchers from the University of California, Berkeley, found that people who were told that they were part of a study to satisfy curiosity were more likely to read negative news than those who were told they were part of a study to satisfy curiosity. For one experiment, twenty-seven students were divided into two groups. One group was told they were part of a study to satisfy curiosity, and the other group was told they were part of a study to satisfy curiosity. The results showed that the group told they were part of a study to satisfy curiosity was more likely to read negative news than the group told they were part of a study to satisfy curiosity.

王海力  
MBA  
2019 年全国硕士研究生入学统一考试英语(二) 试题  
2019 真题

Section 1 Use of English

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

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations and when done too often, this habit can sometimes hurt more than it helps. As for me, weighing myself every day caused me to shift my focus from being generally healthy and physically active to focusing on the scale. That was bad to my overall fitness goals. I had gained weight in the form of muscle mass, but thinking only of lowering numbers on the scale, I altered my training program. That conflicted with how I needed to train to reach my goals. I also found that weighing myself daily did not provide an accurate picture of the hard work and progress I was making in the gym. It takes about three weeks to a month to notice any significant changes in your weight, I was making in the gym. The most immediate changes will be observed in skill level, strength and inches lost. For these reasons, I stopped weighing myself every day and switched to a bimonthly weighing schedule. Since weight loss is not my goal, it is less important for me to track my weight each week. Weighing every other week allows me to observe and account for any significant weight changes. That tells me whether I need to adjust my training program. I use my bimonthly weighing to get information about my nutrition as well. If my training remains the same, but I'm constantly hungry and dropping weight, this is a sign that I need to increase my caloric intake. The decision to weigh myself every day has done wonders for my overall health, for I'm experiencing greater success in achieving my specific fitness goals. I've also experienced greater success in achieving my specific fitness goals. Rather than obsessing over the scale, turn your focus to how you look, feel, how you perform, and how you feel about your life. (C) Otherwise (C) warns (C) occasionally (C) especially (C) more (C) less

1. (A) Besides (B) Therefore (C) Otherwise (D) In addition
2. (A) helps (B) cares (C) warns (D) modifies
3. (A) initially (B) solely (C) occasionally (D) especially
4. (A) recording (B) depicting (C) modifying (D) describing



王海力

WB A

2019年全国硕士研究生招生考试  
英语(二)试题

学统一考

① 2019真题  
② 外导吕生自己说  
答案, 自己做  
Section 1 Use of English  
题对题, 一定要看盘

Directions:

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

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations. 1, often, this habit can sometimes hurt more than it 2. Weighing yourself every day caused me to shift my focus from being generally healthy and scale. That was bad to my overall fitness goals. I had gained the number on the scale, I altered my training and work and progress



给予他们一个机会去做一些个性化的设计，打造属于他们自己的天地。”  
即使是越来越多的家长不顾当下的住房难，愿意接受孩子的想法，这个建议也比以往任何时候都更有意义。

## Section III Translation

### 难点分析

① It is easy to underestimate English writer James Herriot. ② He has such a pleasant, readable style that one might think that anyone could imitate it. ③ How many times have I heard people say, "I could write a book. I just haven't the time." ④ Easily said. ⑤ Not so easily done. ⑥ James Herriot, contrary to popular opinion, did not find it easy in his early days of, as he put it, "having a go at the writing game". ⑦ While he obviously had an abundance of natural talent, the final, polished work that he gave to the world was the result of years of practicing, re-writing and reading. ⑧ Like the majority of authors, he had to suffer many disappointments and rejections along the way, but these made him all the more determined to succeed. ⑨ Everything he achieved in life was earned the hard way and his success in the literary field was no exception.

第①句中，句首的It作形式主语，真正的主语是后面的不定式to underestimate English writer James Herriot; underestimate意为“低估；看轻”；第②句中用到了such...that这一句式，意为“如此……以至”；imitate意为“模仿，仿效”。第③句是一个倒装句，句中How many times用于强调“我”听说的次数之多。第④句和第⑤句在翻译时，可以将两个句子结合起来翻译，译为“说起来容易，做起来难”，这样更符合日常的表达习惯。第⑥句中，popular opinion意为“大众的观点，流行的观点”；put意为“说，表达”；have a go at (doing) sth. 意为“尝试（做）某事”；第⑦句中，an abundance of意为“大量”；polished用作形容词，意为“精彩的；完美的”；that he gave to the world为定语从句，其先行词是the final, polished work。第⑧句中，the majority of意为“大多数”；along the way意为“沿途，一路”；all the more意为“更加”。第⑨句中the hard way意为“艰难地”；be no exception为固定用法，意为“不例外”。

### 参考译文

詹姆斯·赫里奥特。他的写作风格是如此宜人和易读，以至于有人会说：“我也能写书。我只是没有时间。”说起来容易，做起来难。詹姆斯·赫里奥特，与大众的观点相反，在他早期的写作生涯中，正如他所说的那样，并不容易。虽然他显然拥有大量的天赋，但他最终献给世界的作品，是多年练习、重写和阅读的结果。像大多数作者一样，他必须经历许多失望和拒绝，但这些使他更加决心成功。他一生中取得的一切都是通过艰苦的努力获得的，他在文学领域的成功也不例外。

### 审题立意

Dear Professor,  
I have thought over the issue of city traffic in the past few days and that we can debate whether it is advisable to build bicycle lanes in our city. That topic is that some believe that biking is a greener way of traveling and lanes add burdens to road capacity.  
If you think the topic is proper, I will divide the whole class into two groups for or against the idea. The debate will be held in a month.

### 高分词句

- think over 仔细考虑
- come up with 提出，想出
- inner city 市中心
- add burdens to sth. 增加负担
- divide...into... 将……划分为……

### Part B

### 审题构思

题目要求考生根据图表写一篇短文。该图表是某市表上的数据可知，与2013年相比，2018年该校本科生而升学和创业的人数比例都有了上升，分别由26.3%及就业市场现状可知，随着大学扩招和用人单位越来越大，很多学生不得不继续求学，以获取更了一个契机，增加了他们自主创业的机会。写所反映的数据进行分析和点评。

1. 即日起到考前，每天安排合理时间复习单词，雷打不动
2. 根据课程进度，完成阅读理解，翻译，完形填空，作文真题精做，不求正确率，只求每句话搞懂，至少五分钟
3. 10月底前完成真题第一遍梳理，各种题型分析完成
4. 10-12月已套卷形式反复分析命题思路，对不完全理解的部分重点突击
5. 10-12月作文模板背诵，书写练笔
6. 12月知识框架汇总，要求明确写出各道题题目类型及考核点

**6. 我的基础特别差， 我该怎么办？**

单词，背

语法，听

自己，练

笨鸟先飞

休息片刻，从单词开始！



## 1.set off 出发； 使开始； 点燃

e.g. Every Saturday morning, at 9 am, more than 50,000 runners set off to run 5 km around their local park.

每个周六的早上九点，超过五万人在当地公园，开始五公里长跑。

## 2.phenomenon 现象；事件 [fə'nomɪnən].n

e.g. The Parkrun phenomenon began with a dozen friends and has inspired 400 events in the UK and more abroad.

公园长跑现象最早就是十几个朋友一起开始的，结果却激发了英国国内外400多场相关活动

3.range 范围；涉及；变化  
[reɪndʒ].n

e.g. their times range from Andrew Baddeley's world record 13 minutes 48 seconds up to an hour.

选手的用时从13分钟48秒到一个小时都有。

## 4.Fail 失败；不及格 [feɪl].v

e.g. Failing to recognize that, he notes, leads to “ an overly simplified view of what the solutions might be.

如果认识不到这点，将会产生一个关于解决方法的过分简单化观点。

5.perception 知觉； 察觉； 观点  
[pə'sepʃn].n

e.g. Our perception of the problem and of what the solution is becomes very limited.

关于这个问题的态度与解决方案现在十分受限

6.psychiatry 精神病学;  
[saɪ'kaɪətri].n

e.g. an assistant professor of psychiatry at Harvard Medical School

☆psychological 心理学的

☆psychologist 心理学家

## 7.counterintuitive 违背直觉的 [ˌkaʊnt(ə)rɪn'tjuːɪtɪv].adj

e.g. Srini Pillay, an assistant professor of psychiatry at Harvard Medical School , believes this counterintuitive link between downtime and productivity may be due to the way our brains operate.

☆**counteract** 抵消；中和

☆**counterproductive** 反生产的

☆**counterpart** 配对物

单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.counterintuitive

2.Fail

3.phenomenon



单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.counterintuitive （违背直觉的）

2.Fail

3.phenomenon

单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.counterintuitive （违背直觉的）

2.Fail （失败；不及格）

3.phenomenon

单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.counterintuitive （违背直觉的）

2.Fail （失败；不及格）

3.phenomenon （现象；事件）

8.switch 开关； 转换； 调换  
[switʃ].n.v

e.g. When our brains switch between being focused and unfocused on a task,they tend to be  
more efficient.

## 9.oppressive 沉重的； 压迫的； 压抑的 [ə'presɪv].adj

e.g. On the other hand, Tronick himself is concerned that the worries about kids' use of screens are born out of an “oppressive ideology that demands that parents should always be interacting” with their children

10.expose 使揭露； 使暴露； 接触  
[ɪk'spəʊz].v

e.g. if you're failing to expose your child to 30,000 words, you are neglecting them.

11.available 可获得； 有空  
[ə'veɪləbl̩].adj

e.g. This can make them feel happier, which lets them be more available to their child the rest of the time.

## 12.devalue 使贬低； 使降职 [ˌdiːˈvæljʊː].v

eh. But the headlong push into bachelor's degree for all- and the subtle devaluing of anything less--  
misses an important point

(大力推动学士学位—以及低估其他任何方面—使得人们忽略了非常重要的一点)



13.manufacture 制造； 生产； 大批量地生产  
[ˌmænjuˈfæktʃə(r)].v

e.g. But even now, 54 percent of the jobs in the country are middle-skill jobs, such as construction  
and high-skill manufacturing.

14.evolution 演变；进化；发展  
[ˌiːvəˈluːʃn].n

e.g. On one hand, that viewpoint is a logical product of America's evolution

15.evaporate      消失； 蒸发  
[ɪ'væpəreɪt].v

e.g. The job security that the US economy once offered to high school graduates has largely  
evaporated.

16.underline 加强； 强调  
[ˌʌndəˈlaɪn].v

eh. President Trump has underlined fossil fuels--especially coal--as the path to economic growth.

17.dismiss 不屑； 免职； 摒弃  
[dis'mis].v

e.g. he dismissed wind power as an unreliable energy source.

18. generation 一代人； 生产  
[ˌdʒenə'reɪʃn].n

e.g. wind turbines dot the fields and provide 36 percent of the state's electricity generation

19.giant 巨大的；伟大的；卓越的；伟人  
['dʒaɪənt].n

e.g. tech giants like Microsoft are being attracted by the availability of clean energy to power their  
data centers.

20.alternative 可替换的； 备选的  
[ɔ:l'tɜ:nətɪv].adj

e.g. Washington does-or doesn't do-to promote alternative energy may mean less and less at a time of  
a global shift in thought.



21.ignore 忽略；忽视  
[ɪg'noʊ(r)].v

e.g. we're ignoring the balance of power

22.sustainably 可持续地；能保持住地  
[sə'steɪnəbli].adv

e.g. we're ignoring the balance of power that implies that as “consumers” we must shop sustainably,

单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.dismiss

2.ignore

3.sustainably

4.devalue

单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.dismiss (不屑； 免职； 摒弃)

2.ignore

3.sustainably

4.devalue

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1.dismiss (不屑； 免职； 摒弃)

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1.dismiss (不屑； 免职； 摒弃)

2.ignore (忽略； 忽视)

3.sustainably (可持续地； 能保持住的)

4.devalue

单词不可能一遍就记住，所以每天看一遍，总有一天全搞定：

1.dismiss (不屑；免职；摒弃)

2.ignore (忽略；忽视)

3.sustainably (可持续地；能保持住的)

4.devalue (使贬低；使降职)

Take up some wines made from efforts. One for life, one for time and one for yourself, the one tending to the light and future.

举起努力酿成的美酒，一杯敬生活，一杯敬岁月，一杯敬自己，敬那个向阳而生，阔步远方的少年。

邵子懿