



全国研究生入学考试英语（二）

## 历年阅读真题详解二

讲师：汪海洋



## 2016年阅读真题--Text 1

- 21. Cortina holds that early exposure to computer science makes it easier to \_\_\_\_\_.
- A. complete future job training
- B. remodel the way of thinking
- C. formulate logical hypotheses
- D. perfect artwork production

## ▲ 2016年阅读真题--Text 1

- ①It's true that high-school coding classes aren't essential for learning computer science in college. Students without experience can catch up after a few introductory courses, said Tom Cortina, the assistant dean at Carnegie Mellon's School of Computer Science.

## 2016年阅读真题--Text 1

- ②However, Cortina said, early exposure is beneficial. When younger kids learn computer science, they learn that it's not just a confusing, endless string of letters and numbers—but a tool to build apps, or create artwork, or test hypotheses. It's not as hard for them to transform their thought processes as it is for older students. Breaking down problems into bite-sized chunks and using code to solve them becomes normal. Giving more children this training could increase the number of people interested in the field and help fill the jobs gap, Cortina said.

## 2016年阅读真题--Text 1

- 22. In delivering lessons for high-schoolers, Flatiron has considered their\_\_\_\_\_.
- A. experience
- B. academic backgrounds
- C. career prospects
- D. interest

## 2016年阅读真题--Text 1

- ③Students also benefit from learning something about coding before they get to college, where introductory computer-science classes are packed to the brim, which can drive the less-experienced or-determined students away.
- ④The Flatiron School, where people pay to learn programming, started as one of the many coding bootcamps that's become popular for adults looking for a career change. The high-schoolers get the same curriculum, but “we try to gear lessons toward things they're interested in,” said Victoria Friedman, an instructor. For instance, one of the apps the students are developing suggests movies based on your mood.

## 2016年阅读真题--Text 1

- 23. Deborah Seehorn believes that the skills learned at Flatiron will \_\_\_\_\_.
- A. help students learn other computer languages
- B. have to be upgraded when new technologies come
- C. need improving when students look for jobs
- D. enable students to make big quick money

## ▲ 2016年阅读真题--Text 1

- ⑤ The students in the Flatiron class probably won't drop out of high school and build the next Facebook. Programming languages have a quick turnover, so the “Ruby on Rails” language they learned may not even be relevant by the time they enter the job market. But the skills they learn—how to think logically through a problem and organize the results—apply to any coding language, said Deborah Seehorn, an education consultant for the state of North Carolina.



## 2016年阅读真题--Text 1

- 24. According to the last paragraph, Flatiron students are expected to \_\_\_\_\_.
- A. compete with a future army of programmers
- B. stay longer in the information technology industry
- C. become better prepared for the digitalized world
- D. bring forth innovative computer technologies

## ▲ 2016年阅读真题--Text 1

- ⑥Indeed, the Flatiron students might not go into IT at all. But creating a future army of coders is not the sole purpose of the classes. These kids are going to be surrounded by computers—in their pockets, in their offices, in their homes—for the rest of their lives. The younger they learn how computers think, how to coax the machine into producing what they want—the earlier they learn that they have the power to do that—the better.

## ▲ 2016年阅读真题--Text 1

- 25. The word “coax” (Para.6) is closest in meaning to \_\_\_\_\_.
- A. challenge
- B. persuade
- C. frighten
- D. misguide

## 2016年阅读真题--Text 2

- 26. The major reason for listing the lesser prairie as threatened is\_\_\_\_\_.
- A. the insistence of private landowners
- B. the underestimate of the grassland acreage
- C. a desperate appeal from some biologists
- D. its drastically decreased population

## ▲ 2016年阅读真题--Text 2

- ①Biologists estimate that as many as 2 million lesser prairie chickens—a kind of bird living on stretching grasslands—once lent red to the often grey landscape of the midwestern and southwestern United States. But just some 22,000 birds remain today, occupying about 16% of the species' historic range.

## ▲ 2016年阅读真题--Text 2

- ②The crash was a major reason the U.S. Fish and Wildlife Service (USFWS) decided to formally list the bird as threatened. “The lesser prairie chicken is in a desperate situation,” said USFWS Director Daniel Ashe.....

## ▲ 2016年阅读真题--Text 2

- 27. The “threatened” tag disappointed some environmentalists in that it \_\_\_\_.
- A. was a give-in to governmental pressure
- B. would involve fewer agencies in action
- C. granted less federal regulatory power
- D. went against conservation policies

## 2016年阅读真题--Text 2

- .....Some environmentalists, however, were disappointed. They had pushed the agency to designate the bird as “endangered,” a status that gives federal officials greater regulatory power to crack down on threats. But Ashe and others argued that the “threatened” tag gave the federal government flexibility to try out new, potentially less confrontational conservation approaches. In particular, they called for forging closer collaborations with western state governments, which are often uneasy with federal action, and with the private landowners who control an estimated 95% of the prairie chicken’s habitat.



## 2016年阅读真题--Text 2

- 28. It can be learned from Paragraph 3 that unintentional harm-doers will not be prosecuted if they\_\_\_\_\_.
- A. agree to pay a sum for compensation
- B. volunteer to set up an equally big habitat
- C. offer to support the WAFWA monitoring job
- D. promise to raise funds for USFWS operations

## 2016年阅读真题--Text 2

- ③Under the plan, for example, the agency said it would not prosecute landowner or businesses that unintentionally kill, harm, or disturb the bird, as long as they had signed a range-wide management plan to restore prairie chicken habitat. Negotiated by USFWS and the states, the plan requires individuals and businesses that damage habitat as part of their operations to pay into a fund to replace every acre destroyed with 2 new acres of suitable habitat. The fund will also be used to compensate landowners who set aside habitat.....

## 2016年阅读真题--Text 2

- 29. According to Ashe, the leading role in managing the species is \_\_\_\_\_.
- A. the federal government
- B. the wildlife agencies
- C. the landowners
- D. the states

## 2016年阅读真题--Text 2

- .....USFWS also set an interim goal of restoring prairie chicken populations to an annual average of 67,000 birds over the next 10 years. And it gives the Western Association of Fish and Wildlife Agencies (WAFWA), a coalition of state agencies, the job of monitoring progress. Overall, the idea is to let “states remain in the driver’s seat for managing the species,” Ashe said.

## ▲ 2016年阅读真题--Text 2

- 30. Jay Lininger would most likely support\_\_\_\_\_.
- A. the plan under challenge
- B. the win-win rhetoric
- C. environmental groups
- D. industry groups

## ▲ 2016年阅读真题--Text 2

- ④Not everyone buys the win-win rhetoric. Some Congress members are trying to block the plan, and at least a dozen industry groups, four states, and three environmental groups are challenging it in federal court. Not surprisingly, industry groups and states generally argue it goes too far; environmentalists say it doesn't go far enough. "The federal government is giving responsibility for managing the bird to the same industries that are pushing it to extinction," says biologist Jay Lininger.

## 2016年阅读真题--Text 3

- 31. The usual time-management techniques don't work because \_\_\_\_\_.
- A. what they can offer does not ease the modern mind
- B. what people often forget is carrying a book with them
- C. what challenging books demand is repetitive reading
- D. what deep reading requires cannot be guaranteed

## ▲ 2016年阅读真题--Text 3

- ①That everyone's too busy these days is a cliché. But one specific complaint is made especially mournfully: There's never any time to read.
- ②What makes the problem thornier is that the usual time-management techniques don't seem sufficient. The web's full of articles offering tips on making time to read: "Give up TV" or "Carry a book with you at all times." But in my experience, using such methods to free up the odd 30 minutes doesn't work.....



## ▲ 2016年阅读真题--Text 3

- .....Sit down to read and the flywheel of work-related thoughts keeps spinning—or else you're so exhausted that a challenging book's the last thing you need. The modern mind, Tim Parks, a novelist and critic, writes, "is overwhelmingly inclined toward communication...It is not simply that one is interrupted; it is that one is actually inclined to interruption." Deep reading requires not just time, but a special kind of time which can't be obtained merely by becoming more efficient.

## ▲ 2016年阅读真题--Text 3

- 32. The “empty bottles” metaphor illustrates that people feel a pressure to \_\_\_\_\_.
- A. update their to-do lists
- B. make passing time fulfilling
- C. carry their plans through
- D. pursue carefree reading

## ▲ 2016年阅读真题--Text 3

- ③In fact, “becoming more efficient” is part of the problem. Thinking of time as a resource to be maximized means you approach it instrumentally, judging any given moment as well spent only in so far as it advances progress toward some goal. Immersive reading, by contrast, depends on being willing to risk inefficiency, goallessness, even time-wasting. Try to slot it as a to-do list item and you’ll manage only goal-focused reading—useful, sometimes, but not the most fulfilling kind.....

## 2016年阅读真题--Text 3

- ..... “The future comes at us like empty bottles along an unstoppable and nearly infinite conveyor belt,” writes Gary Eberle in his book *Sacred Time*, and “we feel a pressure to fill these different-sized bottles (days, hours, minutes) as they pass, for if they get by without being filled, we will have wasted them.” No mind-set could be worse for losing yourself in a book.

## 2016年阅读真题--Text 3

- 33. Eberle would agree that scheduling regular times for reading helps \_\_\_\_\_.
- A. promote ritualistic reading
- B. encourage the efficiency mind-set
- C. develop online reading habits
- D. achieve immersive reading

## ▲ 2016年阅读真题--Text 3

- ④ So what does work? Perhaps surprisingly, scheduling regular times for reading. You'd think this might fuel the efficiency mind-set, but in fact, Eberle notes, such ritualistic behavior helps us “step outside time's flow” into “soul time”. You could limit distractions by reading only physical books, or on single-purpose e-readers.....

## 2016年阅读真题--Text 3

- 34. “Carry a book with you at all times” can work if \_\_\_\_\_.
- A. reading becomes your primary business of the day
- B. all the daily business has been promptly dealt with
- C. you are able to drop back to business after reading
- D. time can be evenly split for reading and business

## ▲ 2016年阅读真题--Text 3

- ..... “Carry a book with you at all times” can actually work, too—providing you dip in often enough, so that reading becomes the default state from which you temporarily surface to take care of business, before dropping back down. On a really good day, it no longer feels as if you’re “making time to read”, but just reading, and making time for everything else.



## 2016年阅读真题--Text 3

- 35. The best title for this text could be \_\_\_\_\_.
- A. How to Enjoy Easy Reading
- B. How to Set Reading Goals
- C. How to Find Time to Read
- D. How to Read Extensively

## 2016年阅读真题--Text 4

- 36. One cross-generation mark of a successful life is \_\_\_\_\_.
- A. having a family with children
- B. trying out different lifestyles
- C. working beyond retirement age
- D. setting up a profitable business

## 2016年阅读真题--Text 4

- ①Against a backdrop of drastic changes in economy and population structure, younger Americans are drawing a new 21st-century road map to success, a latest poll has found.
- ②Across generational lines, Americans continue to prize many of the same traditional milestones of a successful life, including getting married, having children, owning a home, and retiring in their sixties. But while young and old mostly agree on what constitutes the finish line of a fulfilling life, they offer strikingly different paths for reaching it.

## 2016年阅读真题--Text 4

- 37. It can be learned from Paragraph 3 that young people tend to \_\_\_\_\_.
- A. favor a slower life pace
- B. hold an occupation longer
- C. attach importance to pre-marital finance
- D. give priority to childcare outside the home

## ▲ 2016年阅读真题--Text 4

- ③ Young people who are still getting started in life were more likely than older adults to prioritize personal fulfillment in their work, to believe they will advance their careers most by regularly changing jobs, to favor communities with more public services and a faster pace of life, to agree that couples should be financially secure before getting married or having children, and to maintain that children are best served by two parents working outside the home, the survey found.

## 2016年阅读真题--Text 4

- 38. The priorities and expectations defined by the young will \_\_\_\_\_.
- A. depend largely on political preferences
- B. reach almost all aspects of American life
- C. focus on materialistic issues
- D. become increasingly clear

## ▲ 2016年阅读真题--Text 4

- ④From career to community and family, these contrasts suggest that in the aftermath of the searing Great Recession, those just starting out in life are defining priorities and expectations that will increasingly spread through virtually all aspects of American life, from consumer preferences to housing patterns to politics.

## 2016年阅读真题--Text 4

- 39. Both young and old agree that \_\_\_\_\_.
- A. good-paying jobs are less available
- B. the old made more life achievements
- C. housing loans today are easy to obtain
- D. getting established is harder for the young



## ▲ 2016年阅读真题--Text 4

- ⑤ Young and old converge on one key point: Overwhelming majorities of both groups said they believe it is harder for young people today to get started in life than it was for earlier generations. While younger people are somewhat more optimistic than their elders about the prospects for those starting out today, big majorities in both groups believe those “just getting started in life” face a tougher climb than earlier generations in reaching such signpost achievements as securing a good-paying job, starting a family, managing debt, and finding affordable housing.

## 2016年阅读真题--Text 4

- 40. Which of the following is true about Schneider?
- A. He thinks his job as a technician quite challenging.
- B. His parents' good life has little to do with a college degree.
- C. His parents believe working steadily is a must for success.
- D. He found a dream job after graduating from college.

## 2016年阅读真题--Text 4

- ⑥Pete Schneider considers the climb tougher today. Schneider, a 27-year-old auto technician from the Chicago suburbs, says he struggled to find a job after graduating from college. Even now that he is working steadily, he said, “I can’t afford to pay my monthly mortgage payments on my own, so I have to rent rooms out to people to make that happen.” Looking back, he is struck that his parents could provide a comfortable life for their children even though neither had completed college when he was young. “I still grew up in an upper middle-class home with parents who didn’t have college degrees,” Schneider said. “I don’t think people are capable of that anymore.”

## 2018年阅读真题--Text 1

- 21. A broken bike chain is mentioned to show students' lack of \_\_\_\_\_.
- A. academic training
- B. practical ability
- C. pioneering spirit
- D. mechanical memorization

## ▲ 2018年阅读真题--Text 1

- ①It is curious that Stephen Koziatek feels almost as though he has to justify his efforts to give his students a better future.
- ②Mr. 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?

## 2018年阅读真题--Text 1

- 22. There exists the prejudice that vocational education is for kids who \_\_\_\_\_.
- A. have a stereotyped mind
- B. have no career motivation
- C. are financially disadvantaged
- D. are not academically successful

## ▲ 2018年阅读真题--Text 1

- ③As Koziatek knows, there is learning in just about everything. Nothing is necessarily gained by forcing students to learn geometry at a graffitied desk stuck with generations of discarded chewing gum. They can also learn geometry by assembling a bicycle.
- ④But he's also found a kind of insidious prejudice. Working with your hands is seen as almost a mark of inferiority. School in the family of vocational education “have that stereotype.....that it's for kids who can't make it academically,” he says.

## 2018年阅读真题--Text 1

- 23. We can infer from Paragraph 5 that high school graduates \_\_\_\_\_.
- A. used to have more job opportunities
- B. used to have big financial concerns
- C. are entitled to more educational privileges
- D. are reluctant to work in manufacturing



## ▲ 2018年阅读真题--Text 1

- ⑤ On one hand, that viewpoint is a logical product of America's evolution. Manufacturing is not the economic engine that it once was. The job security that the US economy once offered to high school graduates has largely evaporated. More education is the new principle. We want more for our kids, and rightfully so.

## 2018年阅读真题--Text 1

- 24. The headlong push into bachelor's degrees for all \_\_\_\_\_.
- A. helps create a lot of middle-skill jobs
- B. may narrow the gap in working-class jobs
- C. indicates the overvaluing of higher education
- D. is expected to yield a better-trained workforce

## ▲ 2018年阅读真题--Text 1

- ⑥But the headlong push into bachelor's degrees for all----and the subtle devaluing of anything less----misses an important point: That's not the only thing the American economy needs. Yes, a bachelor's degree opens more doors. But even now, 54 percent of the jobs in the country are middle-skill jobs, such as construction and high-skill manufacturing. But only 44 percent of workers are adequately trained.

## ▲ 2018年阅读真题--Text 1

- 25. The author's attitude toward Koziatek's school can be described as \_\_\_\_\_.
- A. tolerant
- B. cautious
- C. supportive
- D. disappointed

## 2018年阅读真题--Text 1

- ⑦In other words, at a time when the working class has turned the country on its political head, frustrated that the opportunity that once defined America is vanishing, one obvious solution is staring us in the face. There is a gap in working-class jobs, but the workers who need those jobs most aren't equipped to do them. Koziatek's Manchester School of Technology High School is trying to fill that gap.
- ⑧Koziatek's school is a wake-up call. When education becomes one-size-fits-all, it risks overlooking a nation's diversity of gifts.

## ▲ 2018年阅读真题--Text 2

- 26. The word “plummeting” (Para. 2) is closest in meaning to \_\_\_\_\_.
- A. stabilizing
- B. changing
- C. falling
- D. rising

## ▲ 2018年阅读真题--Text 2

- ① While fossil fuels----coal, oil, gas----still generate roughly 85 percent of the world's energy supply, it's clearer than ever that the future belongs to renewable sources such as wind and solar. The move to renewables is picking up momentum around the world: They now account for more than half of new power sources going on line.

## ▲ 2018年阅读真题--Text 2

- ②Some growth stems from a commitment by governments and farsighted businesses to fund cleaner energy sources. But increasingly the story is about the plummeting prices of renewables, especially wind and solar. The cost of solar panels has dropped by 80 percent and the cost of wind turbines by close to one-third in the past eight years.



## 2018年阅读真题--Text 2

- 27. According to Paragraph 3, the use of renewable energy in America \_\_\_\_\_.
- A. is progressing notably
- B. is as extensive as in Europe
- C. faces many challenges
- D. has proved to be impractical

## ▲ 2018年阅读真题--Text 2

- ③ In many parts of the world renewable energy is already a principal energy source. In Scotland, for example, wind turbines provide enough electricity to power 95 percent of homes. While the rest of the world takes the lead, notably China and Europe, the United States is also seeing a remarkable shift. In March, for the first time, wind and solar power accounted for more than 10 percent of the power generated in the US, reported the US Energy Information Administration.

## ▲ 2018年阅读真题--Text 2

- 28. It can be learned that in Iowa, \_\_\_\_\_.
- A. wind is a widely used energy source
- B. wind energy has replaced fossil fuels
- C. tech giants are investing in clean energy
- D. there is a shortage of clean energy supply

## ▲ 2018年阅读真题--Text 2

- ④President Trump has underlined fossil fuels--  
--especially coal----as the path to economic growth.  
In a recent speech in Iowa, he dismissed wind power  
as an unreliable energy source. But that message  
did not play well with many in Iowa, where wind  
turbines dot the fields and provide 36 percent of the  
state's electricity generation----and where tech  
giants like Microsoft are being attracted by the  
availability of clean energy to power their data  
centers.

## 2018年阅读真题--Text 2

- 29. Which of the following is true about clean energy according to Paragraphs 5&6?
- A. Its application has boosted battery storage.
- B. It is commonly used in car manufacturing.
- C. Its continuous supply is becoming a reality.
- D. Its sustainable exploitation will remain difficult.

## ▲ 2018年阅读真题--Text 2

- ⑤ The question "what happens when the wind doesn't blow or the sun doesn't shine?" has provided a quick put-down for skeptics. But a boost in the storage capacity of batteries is making their ability to keep power flowing around the clock more likely.
- ⑥ The advance is driven in part by vehicle manufacturers, who are placing big bets on battery-powered electric vehicles. Although electric cars are still a rarity on roads now, this massive investment could change the picture rapidly in coming years.

## 2018年阅读真题--Text 2

- 30. It can be inferred from the last paragraph that renewable energy \_\_\_\_\_.
- A. will bring the US closer to other countries
- B. will accelerate global environmental change
- C. is not really encouraged by the US government
- D. is not competitive enough with regard to its cost

## ▲ 2018年阅读真题--Text 2

- ⑦ While there's a long way to go, the trend lines for renewables are spiking. The pace of change in energy sources appears to be speeding up----perhaps just in time to have a meaningful effect in slowing climate change. What Washington does----or doesn't do----to promote alternative energy may mean less and less at a time of a global shift in thought.



## 2018年阅读真题--Text 3

- 31. According to Paragraph 1, Facebook acquired WhatsApp for its \_\_\_\_\_.
- A. digital products
- B. user information
- C. physical assets
- D. quality service

## ▲ 2018年阅读真题--Text 3

- ①The power and ambition of the giants of the digital economy is astonishing----Amazon has just announced the purchase of the upmarket grocery chain Whole Foods for \$13.5bn, but two years ago Facebook paid even more than that to acquire the WhatsApp messaging service, which doesn't have any physical product at all. What WhatsApp offered Facebook was an intricate and finely detailed web of its users' friendships and social lives.

## 2018年阅读真题--Text 3

- 32. Linking phone numbers to Facebook identities may \_\_\_\_\_.
- A. worsen political disputes
- B. mess up customer records
- C. pose a risk to Facebook users
- D. mislead the European commission

## 2018年阅读真题--Text 3

- ②Facebook promised the European commission then that it would not link phone numbers to Facebook identities, but it broke the promise almost as soon as the deal went through. Even without knowing what was in the messages, the knowledge of who sent them and to whom was enormously revealing and still could be. What political journalist, what party whip, would not want to know the makeup of the WhatsApp groups in which Theresa May's enemies are currently plotting? It may be that the value of Whole Foods to Amazon is not so much the 460 shops it owns, but the records of which customers have purchased what.

## 2018年阅读真题--Text 3

- 33. According to the author, competition law \_\_\_\_\_.
- A. should serve the new market powers
- B. may worsen the economic imbalance
- C. should not provide just one legal solution
- D. cannot keep pace with the changing market

## 2018年阅读真题--Text 3

- ③Competition law appears to be the only way to address these imbalances of power. But it is clumsy. For one thing, it is very slow compared to the pace of change within the digital economy. By the time a problem has been addressed and remedied it may have vanished in the marketplace, to be replaced by new abuses of power .....

## 2018年阅读真题--Text 3

- 34. Competition law as presently interpreted can hardly protect Facebook users because \_\_\_\_\_.
- A. they are not defined as customers
- B. they are not financially reliable
- C. the services are generally digital
- D. the services are paid for by advertisers

## 2018年阅读真题--Text 3

- .....But there is a deeper conceptual problem, too. Competition law as presently interpreted deals with financial disadvantage to consumers and this is not obvious when the users of these services don't pay for them. The users of their services are not their customers. That would be the people who buy advertising from them----and Facebook and Google, the two virtual giants, dominate digital advertising to the disadvantage of all other media and entertainment companies.



## 2018年阅读真题--Text 3

- 35. The ants analogy is used to illustrate \_\_\_\_\_.
- A. a win-win business model between digital giants
- B. a typical competition pattern among digital giants
- C. the benefits provided for digital giants' customers
- D. the relationship between digital giants and their users

## ▲ 2018年阅读真题--Text 3

- ④The product they're selling is data, and we, the users, convert our lives to data for the benefit of the digital giants. Just as some ants farm the bugs called aphids for the honeydew they produce when they feed, so Google farms us for the data that our digital lives yield. Ants keep predatory insects away from where their aphids feed; Gmail keeps the spammers out of our inboxes. It doesn't feel like a human or democratic relationship, even if both sides benefit.

## 2018年阅读真题--Text 4

- 36. The key to mastering the art of deep work is to \_\_\_\_\_.
- A. keep to your focus time
- B. list your immediate tasks
- C. make specific daily plans
- D. seize every minute to work

## 2018年阅读真题--Text 4

- ①To combat the trap of putting a premium on being busy, Cal Newport, author of *Deep Work: Rules for Focused Success in a Distracted World*, recommends building a habit of “deep work” ----the ability to focus without distraction.
- ②There are a number of approaches to mastering the art of deep work----be it lengthy retreats dedicated to a specific task; developing a daily ritual; or taking a “journalistic” approach to seizing moments of deep work when you can throughout the day. Whichever approach, the key is to determine your length of focus time and stick to it.

## ▲ 2018年阅读真题--Text 4

- 37. The study in the early 1980s cited by Harford shows that \_\_\_\_\_.
- A. distractions may actually increase efficiency
- B. daily schedules are indispensable to studying
- C. students are hardly motivated by monthly goals
- D. detailed plans may not be as fruitful as expected

## ▲ 2018年阅读真题--Text 4

- ③Newport also recommends “deep scheduling” to combat constant interruptions and get more done in less time. “At any given point, I should have deep work scheduled for roughly the next month. Once on the calendar, I protect this time like I would a doctor's appointment or important meeting”, he writes.

## ▲ 2018年阅读真题--Text 4

- ④Another approach to getting more done in less time is to rethink how you prioritize your day---in particular how we craft our to-do lists. Tim Harford, author of *Messy: The Power of Disorder to Transform Our Lives*, points to a study in the early 1980s that divided undergraduates into two groups: some were advised to set out monthly goals and study activities; others were told to plan activities and goals in much more detail, day by day.

## ▲ 2018年阅读真题--Text 4

- ⑤ While the researchers assumed that the well-structured daily plans would be most effective when it came to the execution of tasks, they were wrong: the detailed daily plans demotivated students. Harford argues that inevitable distractions often render the daily to-do list ineffective, while leaving room for improvisation in such a list can reap the best results.



## ▲ 2018年阅读真题--Text 4

- 38. According to Newport, idleness is \_\_\_\_\_.
- A. a desirable mental state for busy people
- B. a major contributor to physical health
- C. an effective way to save time and energy
- D. an essential factor in accomplishing any work

## 2018年阅读真题--Text 4

- ⑥In order to make the most of our focus and energy, we also need to embrace downtime, or as Newport suggests, “be lazy.”
- ⑦“Idleness is not just a vacation, an indulgence or a vice; it is as indispensable to the brain as Vitamin D is to the body...[idleness] is, paradoxically, necessary to getting any work done,” he argues.

## 2018年阅读真题--Text 4

- 39. Pillay believes that our brains' shift between being focused and unfocused \_\_\_\_\_.
- A. can result in psychological well-being
- B. can bring about greater efficiency
- C. is aimed at better balance in work
- D. is driven by task urgency

## 2018年阅读真题--Text 4

- ⑧Srini Pillay, an assistant professor of psychiatry at Harvard Medical School, believes this counter-intuitive link between downtime and productivity may be due to the way our brains operate. When our brains switch between being focused and unfocused on a task, they tend to be more efficient.
- ⑨“What people don’t realise is that in order to complete these tasks they need to use both the focus and unfocus circuits in their brain,” says Pillay.

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- 40. This text is mainly about \_\_\_\_\_.
- A. ways to relieve the tension of busy life
- B. approaches to getting more done in less time
- C. the key to eliminating distractions
- D. the cause of the lack of focus time



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