

考研英语 英语一 2008年 Text 1
女性更容易受到压力带来的负面影响

审题划出关键点，精准定位，提高正确率：

21. Which of the following is true according to the first two paragraphs?
22. Dr. Yehuda's research suggests that women _____
23. According to Paragraph 4, the stress women confront tends to be _____
24. The sentence "I lived from paycheck to paycheck." (Line 6, Para. 5) shows that _____
25. Which of the following would be the best title for the text?
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段1

①While still catching up to men in some spheres of modern life, women appear to be way ahead in at least one undesirable category. ②"Women are particularly susceptible to developing depression and anxiety disorders in response to stress compared to men," according to Dr. Yehuda, chief psychiatrist at New York's Veteran's Administration Hospital.

【段1】 _____

段1生词：

- catch up to sth. 赶上某事物
- sphere n. (活动、工作、知识等的) 范围，领域
- way ahead _____
- way adv. (与介词或副词连用) 很远，大大地
- undesirable adj. 不利的，可能招致麻烦或不便的，不想要的，不受欢迎的
- desirable adj. 想要的，值得拥有的，可取的
- desire vt. 想要，渴望，希望得到；要求 n. 欲望，心愿；要求

- category n. _____
- be susceptible to... _____
- develop depression and anxiety disorders 患抑郁症和焦虑症
- in response to... _____
- compared to sb./sth. _____
- psychiatrist n. 精神科医生, 精神病专家

段2

①Studies of both animals and humans have shown that sex hormones somehow affects the stress response, causing females under stress to produce more of the trigger chemicals than do males under the same conditions. ②In several of the studies, when stressed-out female rats had their ovaries (the female reproductive organs) removed, their chemical responses became equal to those of the males.

【段2】 _____

段2生词：

- hormone n. 荷尔蒙, 激素
- stress n. _____ ; _____ ; 重读 v. 施加压力; 强调; 用重音读
stress response 压力反应
under stress _____
stressed-out adj. _____
tolerate stress _____
- trigger n. _____ ; 触发器, 扳机
- chemical n. 化学物质, 化学制品, 化学药品
- reproductive organ 生殖器官
- ovary n. 卵巢

段3

①Adding to a woman's increased dose of stress chemicals, are her increased "opportunities " for stress. ②"It's not necessarily that women don't cope as well. ③It's just that they have so much more to cope with," says Dr. Yehuda. ④"Their capacity for tolerating stress may even be greater than men's," she observes, "It's just that they're dealing with so many more things that they become worn out from it more visibly and sooner."

【段3】 _____

段3生词：

- dose n. 剂量
- cope with... _____
- capacity n. _____ ; _____
- observe v. 说, 评论 ; 观察, 注意到
- deal with... _____
- be worn out _____

段4

①Dr. Yehuda notes another difference between the sexes. ②"I think that the kinds of things that women are exposed to tend to be in more of a chronic or repeated nature. ③Men go to war and are exposed to combat stress. ④Men are exposed to more acts of random physical violence. ⑤The kinds of interpersonal violence that women are exposed to tend to be in domestic situations, by, unfortunately, parents or other family members, and they tend not to be one-shot deals. ⑥The wear-and-tear that comes from these longer relationships can be quite devastating. "

【段4】 _____

段4生词：

- expose v. 使暴露于险境，使置身于危险之中
- chronic adj. _____
chronic stresses _____
chronically adv. _____
- combat stress 战斗压力
- physical violence 身体暴力
- interpersonal violence _____
- interpersonal adj. 人与人之间的，人际的
- domestic adj. _____
- one-shot deal 一次性事件
- wear-and-tear 损耗，磨损
- devastating adj. _____
devastate v. _____

段5

①Adeline Alvarez married at 18 and gave birth to a son, but was determined to finish college. ②"I struggled a lot to get the college degree. ③I was living in so much frustration that that was my escape, to go to school, and get ahead and do better." ④Later her marriage ended and she became a single mother. ⑤"It's the hardest thing to take care of a teenager, have a job, pay the rent, pay the car payment, and pay the debt. ⑥I lived from paycheck to paycheck."

【段5】 _____

段5生词：

- give birth to sb. 生孩子
- be determined to do sth. _____

- struggled to do sth. _____
- frustration n. _____
frustrate v. _____
- escape n. 暂时逃避现实，逃避，逃走 v. 逃避；避开，避免
- It is + n./adj. + to do sth. 做某事是怎么样的。

段6

①Not everyone experiences the kinds of severe chronic stresses Alvarez describes.
②But most women today are coping with a lot of obligations, with few breaks, and feeling the strain. ③Alvarez's experience demonstrates the importance of finding ways to diffuse stress before it threatens your health and your ability to function.

【段6】 _____

段6生词：

- severe adj. 严厉的，苛刻的，严峻的；剧烈的
severely adv. 严重地；严格地，严厉地
- obligation n. _____
- strain n. 因有压力而产生的焦虑或紧张；张力；拉紧
- demonstrate v. _____
demonstration n. _____
- diffuse stress 缓解压力，散开压力
- diffuse v. 扩散，四散；传播
- function v. _____ n. _____

21. Which of the following is true according to the first two paragraphs?

- [A] Women are biologically more vulnerable to stress.
- [B] Women are still suffering much stress caused by men.

[C] Women are more experienced than men in coping with stress.

[D] Men and women show different inclinations when faced with stress.

我的答案：_____ 正确答案：_____

做题前可以先观察_____, 找_____

选项D的正误原因是？_____

静姐的“填坑指南”：_____

22. Dr. Yehuda's research suggests that women _____

[A] need extra doses of chemicals to handle stress.

[B] have limited capacity for tolerating stress.

[C] are more capable of avoiding stress.

[D] are exposed to more stress.

我的答案：_____ 正确答案：_____

定位原文在哪段？_____

静姐的“填坑指南”：_____

23. According to Paragraph 4, the stress women confront tends to be _____

[A] domestic and temporary.

[B] irregular and violent.

[C] durable and frequent.

[D] trivial and random.

我的答案：_____ 正确答案：_____

如果选项是“A and B”两个对象的，要注意最常见的错误就是_____

静姐的“填坑指南”：_____

24. The sentence “I lived from paycheck to paycheck.” (Line 6, Para. 5) shows that _____

- [A] Alvarez cared about nothing but making money.
- [B] Alvarez's salary barely covered her household expenses.
- [C] Alvarez got paychecks from different jobs.
- [D] Alvarez paid practically everything by check.

我的答案：_____ 正确答案：_____

静姐的“填坑指南”：细节比对_____, 主旨指明_____

25. Which of the following would be the best title for the text?

- [A] Strain of Stress: No Way Out?
- [B] Responses to Stress: Gender Difference
- [C] Stress Analysis: What Chemicals Say
- [D] Gender Inequality: Women Under Stress

我的答案：_____ 正确答案：_____

对比选项B和D, 区别在于 _____

静姐的“填坑指南”：_____