

考研英语 英语一 2009年 Text 1

你能成为一个拥有新习惯的人吗？

审题划出关键点，精准定位，提高正确率：

21. The Wordsworth's view, "habits" is claimed by being _____.
22. Brain researchers have discovered that the formation of new habits can be _____.
23. The word "ruts"(Line 1, Paragraph 4) is closest meaning to _____.
24. Dawna Markova would most probably agree that _____.
25. Ryan's comments suggest that the practice of standardized testing _____.

段1

①Habits are a funny thing. ②We reach for them mindlessly, setting our brains on auto-pilot and relaxing into the unconscious comfort of familiar routine. ③"Not choice, but habit rules the unreflecting herd," William Wordsworth said in the 19th century. ④In the ever-changing 21st century, even the word "habit" carries a negative implication.

【段1】 _____

段1生词：

- mindlessly adv. _____；没头脑地，愚蠢地
mindless adj. _____；愚蠢的
- auto-pilot n. 自动驾驶
- unconscious adj. _____；失去知觉的；不知道的，未察觉的
unconsciously adv. _____
unconsciousness n. _____
- rule v. 支配，控制，操纵；统治，管理 n. 规则，定律；统治
- unreflecting adj. 缺乏思考的，不反省的
reflect v. 表达；反思；反映，反射

段1生词：

- herd n. 一群，群体
- in the ever-changing 21st century 在瞬息万变的21世纪
- carry a negative implication _____

段2

①So it seems paradoxical to talk about habits in the same context as creativity and innovation. ②But brain researchers have discovered that when we consciously develop new habits, we create parallel paths, and even entirely new brain cells, that can jump our trains of thought onto new, innovative tracks.

【段2】 _____

段2生词：

- paradoxical adj. _____
paradox n. 自相矛盾；悖论
- creativity n. _____
creative adj. 创造性的，有创造力的
- innovation n. _____
innovational adj. 革新的；富有革新精神的
innovative adj. _____
innovatively adv. 创新地，革新地
innovate v. 创新，改革，革新
- develop new habits _____
- parallel adj. 相似的，相应的；平行的

段3

①Rather than dismissing ourselves as unchangeable creatures of habit, we can instead direct our own change by consciously developing new habits. ②In fact, the more new things we try—the more we step outside our comfort zone—the more inherently creative we become, both in the workplace and in our personal lives.

【段3】 _____

段3生词：

- dismiss v. _____；解雇，开除
- direct our own change 引导自己的改变
- consciously adv. _____
conscious adj. _____
consciousness n. 意识，知觉；感觉
- step outside our comfort zone _____
- inherently adv. 内在的，与生俱来的，固有的
inherent adj. 内在的，与生俱来的，固有的

段4

①But don't bother trying to kill off old habits; once those ruts of procedure are worn into the brain, they're there to stay. ②Instead, the new habits we deliberately press into ourselves create parallel pathways that can bypass those old roads.

【段4】 _____

段4生词：

- don't bother doing sth. _____
- bother v. 烦扰，打扰；操心，费心
- kill off old habits _____
- kill off... 扼杀，停止，根除.....

- deliberately adv. _____；慎重地，谨慎地
- bypass v. 绕过，避开

段5

①“The first thing needed for innovation is a fascination with wonder,” says Dawna Markova, author of *The Open Mind*. ②“But we are taught instead to ‘decide,’ just as our president calls himself ‘the Decider’.” ③She adds, however, that “to decide is to kill off all possibilities but one. ④A good innovational thinker is always exploring the many other possibilities.”

【段5】 _____

段5生词：

- fascination n. 着迷
- kill off all possibilities _____

段6

①All of us work through problems in ways of which we're unaware, she says. ②Researchers in the late 1960s discovered that humans are born with the capacity to approach challenges in four primary ways: analytically, procedurally, relationally (or collaboratively) and innovatively. ③At the end of adolescence, however, the brain shuts down half of that capacity, preserving only those modes of thought that have seemed most valuable during the first decade or so of life.

【段6】 _____

段6生词：

- work through problems _____
- approach challenges 应对挑战
- analytically adv. _____

analytical adj. _____

analyse/analyze v. 分析, 分解, 解析

analysis n. _____

• procedurally adv. _____

procedure n. _____

• relationally adv. 联系地

• collaboratively adv. _____

collaborative adj. _____

collaboration n. 合作

collaborate v. 合作

• adolescence n. 青春期

• preserve v. 保留, 保持

• modes of thought 思维方式

段7

①The current emphasis on standardized testing highlights analysis and procedure, meaning that few of us inherently use our innovative and collaborative modes of thought.

②“This breaks the major rule in the American belief system—that anyone can do anything,” explains M.J. Ryan, author of the 2006 book *This Year I Will...* and Ms. Markova’s business partner. ③“That’s a lie that we have perpetuated, and it fosters commonness. ④Knowing what you’re good at and doing even more of it creates excellence.” ⑤This is where developing new habits comes in.

【段7】 _____

段7生词：

- emphasis n. _____
emphasize v. _____
- standardized testing 标准化测试
- highlight v. _____
- perpetuate v. 使持久化，使持续
- foster v. 促进，助长，培养

21. The Wordsworth's view, "habits" is claimed by being _____.

- [A] casual
- [B] familiar
- [C] mechanical
- [D] changeable

我的答案：_____ 正确答案：_____

定位原文在哪段？ _____

静姐的“填坑指南”： _____

22. Brain researchers have discovered that the formation of new habits can be _____.

- [A] predicted
- [B] regulated
- [C] traced
- [D] guided

我的答案：_____ 正确答案：_____

定位原文在哪几段？ _____

静姐的“填坑指南”： _____

23. The word "ruts"(Line 1, Paragraph 4) is closest meaning to _____.

- [A] tracks
- [B] series
- [C] characteristics
- [D] connections

我的答案：_____ 正确答案：_____

根据上下文中的哪些词来判断？_____

静姐的“填坑指南”：_____

24. Dawna Markova would most probably agree that _____.

- [A] ideas are born of a relaxing mind
- [B] innovativeness could be taught
- [C] decisiveness derives from fantastic ideas
- [D] curiosity activates creative minds

我的答案：_____ 正确答案：_____

定位原文在哪段？_____

静姐的“填坑指南”：_____

25. Ryan's comments suggest that the practice of standardized testing _____.

- [A] prevents new habits from being formed
- [B] no longer emphasizes commonness
- [C] maintains the inherent American thinking model
- [D] complies with the American belief system

我的答案：_____ 正确答案：_____

定位原文在哪段？_____

选项B和D的正误原因？_____

静姐的“填坑指南”：_____