



技巧提升4

阅读理解

By 丹阳



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贾丹阳 Betty

英国曼彻斯特大学 教育学硕士

(University of Manchester/2019年世界排名27)

尚德金牌讲师

专业英语八级

雅思口语7分获得者

雅思阅读8.5分获得者

所授科目：雅思/ 考研英语二/ KO小课基础英语/ SEP-海外
原版MBA课程英语口语/ 英语二/ 英美文化国际先修课等



资料一：后台（作文模板/ 考试大纲/ 语法书等）

课堂资料管理



上传资料

附件最大100M，支持格式：docx, doc, pptx, ppt, xls, xlsx, pdf

序号	课堂资料名称	文件大小	上传时间	操作
1	课前宣导0923新.pdf	2.5MB	2019/09/24 11:08	下载 删除
2	技巧提升2写作优化法则去步骤版.pdf	0.58MB	2019/09/26 10:33	下载 删除
3	写作常用替换词.pdf	0.1MB	2019/09/26 10:35	下载 删除
4	英语二小作文模板总结.pdf	0.17MB	2019/09/26 10:35	下载 删除
5	英语一英语二考试分析非英语专业2019年版.pdf	189.77MB	2019/09/26 10:45	下载 删除
6	高教版2020年英语二考试大纲.pdf	40.02MB	2019/09/26 10:46	下载 删除
7	张道真语法书.pdf	1.85MB	2019/09/26 10:48	下载 删除



资料二：历年考试真题（2010-2019）

真题太多后台装不下，小掰的微博网盘存



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0 推广
阅读

#我在尚德学自考# @尚德学术中心 2010-2019 考研英语二真题👉
链接：🔗网页链接
提取码：lu9z

2010-2018考研英语真题（英语二）

名称	修改日期	类型	大小
2010 - 考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	192 KB
2010- 考研英语二真题	2019/9/15 19:24	WPS PDF 文档	611 KB
2011考研英语二真题	2019/9/15 19:24	WPS PDF 文档	699 KB
2011考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	190 KB
2012考研英语二真题	2019/9/15 19:24	WPS PDF 文档	719 KB
2012考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	194 KB
2013考研英语二真题	2019/9/15 19:24	WPS PDF 文档	628 KB
2013考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	185 KB
2014考研英语二真题	2019/9/15 19:24	WPS PDF 文档	692 KB
2014考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	188 KB
2015考研英语二真题	2019/9/15 19:24	WPS PDF 文档	670 KB
2015考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	184 KB
2016考研英语二真题	2019/9/15 19:24	WPS PDF 文档	632 KB
2016考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	185 KB
2017考研英语二真题	2019/9/15 19:24	WPS PDF 文档	644 KB
2017考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	184 KB
2018考研英语二真题	2019/9/15 19:24	WPS PDF 文档	719 KB
2018考研英语二真题答案	2019/9/15 19:24	WPS PDF 文档	569 KB

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提取码：lu9z



技巧提升课程安排：

技巧提升1 翻译技巧

技巧提升2 作文

技巧提升3 阅读技巧

技巧提升4 阅读技巧

一. 99%情况下按照顺序出题

二. 优先看文章**收尾句**≈主题 (文章主要内容)

(承上启下的**过渡句**)



主题句



支持句 (例子或解释说明等细节)



结论句

三. 先阅读题目，再看原文

阅读题干后答题步骤

1. 确定段落
2. 根据定位词确定段落内具体位置
3. 题干问的是什么
4. 以上123点按照顺序找

2019真题 - 第一篇阅读Part A

Unlike so-called basic emotions such as sadness, fear, and anger, guilt emerges a little later, in conjunction with a child's growing grasp of social and moral norms. Children aren't born knowing how to say "I'm sorry"; rather, they learn over time that such statements appease parents and friends -- and their own consciences. This is why researchers generally regard so-called moral guilt, in the right amount, to be a good thing.

In the popular imagination, of course, guilt still gets a bad rap. It is deeply uncomfortable-- it's the emotional equivalent of wearing a jacket weighted with stones. Yet this understanding is outdated. "There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary -- feelings that may be advantageous in one context may be harmful in another. Jealousy and anger, for example, may have evolved to alert us to important inequalities. Too much happiness can be destructive.

And guilt, by prompting us to think more deeply about our goodness, can encourage humans to make up for errors and fix relationships. Guilt, in other words, can help hold a cooperative species together. It is a kind of social glue.

Viewed in this light, guilt is an opportunity. Work by Tina Malti, a psychology professor at the University of Toronto, suggests that guilt may compensate for an emotional deficiency. In a number of studies, Malti and others have shown that guilt and sympathy may represent different pathways to cooperation and sharing. Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses. And vice versa: High sympathy can substitute for low guilt.

In a 2014 study, for example, Malti looked at 244 children. Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions. Then the kids were handed chocolate coins, and given a chance to share them with an anonymous child. For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty. The guilt-prone ones share more, even though they hadn't magically become more sympathetic to the other child's deprivation.

"That's good news," Malti says, "We can be prosocial because we caused harm and we feel regret."

2019年真题Part A

21. Researchers think that guilt can be a good thing because it may help ____.

22. According to Paragraph 2, many people still consider guilt to be ____.

23. Vaish holds that the rethinking about guilt comes from an awareness that ____.

24. Malti and others have shown that cooperation and sharing ____.

25. The word “transgressions” (Line 4, Para. 5) is closest in meaning to ____.

2019年真题Part A

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内疚能帮助到什么...

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人们仍觉得内疚是什么...

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V认为反思来自于什么...意识

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M证明合作共享... (某种品质)

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21. Researchers think that guilt can be a good thing because it may help _____.

- A. regulate a child's basic emotions
- B. improve a child's intellectual ability
- C. foster a child's moral development
- D. intensify a child's positive feelings

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促进儿童道德发展

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D. intensify a child' s positive feelings

2019年真题Part A

这一题出现的同义替换

原文: in conjunction with a child' s growing grasp of social and moral norms

选项: foster a child' s moral development

2019真题

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分析错误选项

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这一段出现的重点单词

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22. According to Paragraph 2, many people still consider guilt to be _____.

- A. deceptive
- B. burdensome
- C. addictive
- D. inexcusable

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23. Vaish holds that the rethinking about guilt comes from an awareness that _____. V认为内疚来自于什么...意识

- A. emotions are context-independent
- B. emotions are socially constructive
- C. emotional stability can benefit health
- D. an emotion can play opposing roles

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破折号：解释说明

我很暴躁 -- 我一遇到急事就容易生气

破折号：解释说明

我很暴躁 -- 我一遇到急事就容易生气

The answer is ambiguous (有歧义的) -- It is right in some situation, but wrong in other cases

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② In the popular imagination, of course, guilt still gets a bad rap. It is deeply uncomfortable-- it's the emotional equivalent of wearing a jacket weighted with stones. Yet this understanding is outdated. "There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," **says Amrisha Vaish**, a psychology researcher at the University of Virginia, adding that this revival is part of a larger **recognition** that emotions aren't **binary -- feelings that may be advantageous in one context may be harmful in another**. Jealousy and anger, for example, may have evolved to alert us to important inequalities. Too much happiness can be destructive.

23. **Vaish** holds that the **rethinking** about guilt **comes from** an **awareness** that _____. V认为反思来自于什么...意识

与环境无关

A. emotions are context-independent

社会性建设

B. emotions are socially constructive

对健康有益

C. emotional stability can benefit health

起到截然相反的作用

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24. Malti and others have shown that cooperation and sharing _____.
A. may help correct emotional deficiencies
B. can result from either sympathy or guilt
C. can bring about emotional satisfaction
D. may be the outcome of impulsive acts

Unlike so-called basic emotions such as sadness, fear, and anger, guilt emerges a little later, in conjunction with a child's growing grasp of social and moral norms. Children aren't born knowing how to say "I'm sorry"; rather, they learn over time that such statements appease parents and friends -- and their own consciences. This is why researchers generally regard so-called moral guilt, in the right amount, to be a good thing.

In the popular imagination, of course, guilt still gets a bad rap. It is deeply uncomfortable-- it's the emotional equivalent of wearing a jacket weighted with stones. Yet this understanding is outdated. "There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary -- feelings that may be advantageous in one context may be harmful in another. Jealousy and anger, for example, may have evolved to alert us to important inequalities. Too much happiness can be destructive.

And guilt, by prompting us to think more deeply about our goodness, can encourage humans to make up for errors and fix relationships. Guilt, in other words, can help hold a cooperative species together. It is a kind of social glue.

Viewed in this light, guilt is an opportunity. Work by Tina Malti, a psychology professor at the University of Toronto, suggests that guilt may compensate for an emotional deficiency. In a number of studies, Malti and others have shown that guilt and sympathy may represent different pathways to cooperation and sharing. Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses. And vice versa: High sympathy can substitute for low guilt.

In a 2014 study, for example, Malti looked at 244 children. Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions. Then the kids were handed chocolate coins, and given a chance to share them with an anonymous child. For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty. The guilt-prone ones share more, even though they hadn't magically become more sympathetic to the other child's deprivation.

"That's good news," Malti says, "We can be prosocial because we caused harm and we feel regret."

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25. The word "transgressions" (Line 4, Para. 5) is closest in meaning to _____.

- A. teachings
- B. discussions
- C. restrictions
- D. wrongdoings

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2019真题 - 第四篇阅读Part D

Arnold Schwarzenegger, Dia Mirza and Adrian Grenier have a message for you: It's easy to beat plastic. They're part of a bunch of celebrities starring in a new video for World Environment Day — encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

The key messages that have been put together for World Environment Day do include a call for governments to enact legislation to curb single-use plastics. But the overarching message is directed at individuals.

My concern with leaving it up to the individual, however, is our limited sense of what needs to be achieved. On their own, taking our own bags to the grocery store or quitting plastic straws, for example, will accomplish little and require very little of us. They could even be detrimental, satisfying a need to have "done our bit" without ever progressing onto bigger, bolder, more effective actions — a kind of "moral licensing" that allays our concerns and stops us doing more and asking more of those in charge.

While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we're ignoring the balance of power that implies that as "consumers" we must shop sustainably, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

It's important to acknowledge that the environment isn't everyone's priority — or even most people's. We shouldn't expect it to be. In her latest book, *Why Good People Do Bad Environmental Things*, Wellesley College professor Elizabeth R. DeSombre argues that the best way to collectively change the behavior of large numbers of people is for the change to be structural.

This might mean implementing policy such as a plastic tax that adds a cost to environmentally problematic action, or banning single-use plastics altogether. India has just announced it will "eliminate all single-use plastic in the country by 2022." There are also incentive-based ways of making better environmental choices easier, such as ensuring recycling is at least as easy as trash disposal.

DeSombre isn't saying people should stop caring about the environment. It's just that individual actions are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior.

None of this is about writing off the individual. It's just about putting things into perspective. We don't have time to wait. We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

2019年真题Part D

36. Some celebrities star in a new video to_____.

37. The author is concerned that “moral licensing” may _____.

38. By pointing out our identity as “citizens,” the author indicates that _____.

39. DeSombre argues that the best way for a collective change should be_____.

40. The author concludes that individual efforts _____.

2019年真题Part D

36. Some celebrities star in a new video to_____.

明星录制视频的目的是什么

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对ml的担心是什么...

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指出身份是公民，能够表达什么...（观点）

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2019年真题Part D

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D认为集体变化怎么了... (观点)

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作者认为个人努力怎么样... (观点)

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36. Some celebrities star in a new video to_____.

- A. demand new laws on the use of plastics
- B. urge consumers to cut the use of plastics
- C. invite public opinion on the plastics crisis
- D. disclose the causes of the plastics crisis

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法律-塑料

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顾客-塑料

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原因-塑料危机

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2019年真题Part D

这一段出现的重点单词

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37. The author is concerned that “moral licensing” may _____.

- A. mislead us into doing worthless things
- B. prevent us from making further efforts
- C. weaken our sense of accomplishment
- D. suppress our desire for success

Arnold Schwarzenegger, Dia Mirza and Adrian Grenier have a message for you: It's easy to beat plastic. They're part of a bunch of celebrities starring in a new video for World Environment Day — encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

The key messages that have been put together for World Environment Day do include a call for governments to enact legislation to curb single-use plastics. But the overarching message is directed at individuals.

My concern with leaving it up to the individual, however, is our limited sense of what needs to be achieved. On their own, taking our own bags to the grocery store or quitting plastic straws, for example, will accomplish little and require very little of us. They could even be detrimental, satisfying a need to have "done our bit" without ever progressing onto bigger, bolder, more effective actions — a kind of "moral licensing" that allays our concerns and stops us doing more and asking more of those in charge.

While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we're ignoring the balance of power that implies that as "consumers" we must shop sustainably, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

It's important to expect it to be. In her latest book, DeSombre argues that the best solution is structural.

This might mean banning single-use plastics altogether. There are also incentive-based ways to encourage better disposal.

DeSombre isn't satisfied with that, she says, for that to be the only solution is to wait.

None of this is about waiting. We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

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2019年真题Part D

这一题出现的同义替换

原文：... **stops** us doing **more** and asking more of those in charge.

选项： **prevent** us from making **further** efforts

这一段出现的重点单词

My **concern** with leaving it up to the **individual**, however, is our limited sense of what needs to be achieved. On their own, taking our own bags to the **grocery store** or **quitting** plastic straws, for example, will **accomplish** little and require very little of us. They could even be **detrimental**, satisfying a need to have "done our bit" without ever **progressing** onto bigger, **bolder**, more effective actions — a kind of "moral licensing" that **allays** our concerns and stops us doing more and asking more of those in charge.

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38. By pointing out our identity as "citizens," the author indicates that ____.
- A: our focus should be shifted to community welfare
 - B: our relationship with local industries is improving
 - C: We have been actively exercising our civil rights
 - D: We should press our government to lead the combat

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这一段出现的重点单词

While the conversation around our environment and our **responsibility** toward it remains **centered** on shopping bags and straws, we're **ignoring** the **balance** of power that implies that as "consumers" we must shop **sustainably**, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

⑤ It's important to acknowledge that the environment isn't everyone's priority – or even most people's. We shouldn't expect it to be. In her latest book, *Why Good People Do Bad Environmental Things*, Wellesley College professor Elizabeth R. DeSombre argues that the best way to collectively change the behavior of large numbers of people is for the change to be structural.

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- A: a win-win arrangement
- B: a self-driven mechanism
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A: can be too aggressive

B: can be too inconsistent

C: are far from sufficient

D: are far from rational

Arnold Schwarzenegger, Dia Mirza and Adrian Grenier lead a bunch of celebrities starring in a new video for World Environment Day. The video encourages people to use plastic staples like straws and cutlery to combat the plastics crisis.

The key messages that have been put together for World Environment Day are: use reusable items, legislate to curb single-use plastics. But the overarching message is: act now.

My concern with leaving it up to the individual, however, is that it's not enough. We need to own, taking our own bags to the grocery store or quitting plastic straws. They could even be detrimental, satisfying a need to have "done our part" as a way to feel effective actions — a kind of "moral licensing" that allays our concerns about the environment.

While the conversation around our environment and single-use plastics, and straws, we're ignoring the balance of power that implies that as individuals, we're "citizens" hold our governments and industries to account to push for real systemic change.

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This might mean implementing policy such as a plastic tax that adds a cost to environmentally problematic action, or banning single-use plastics altogether. India has just announced it will "eliminate all single-use plastic in the country by 2022." There are also incentive-based ways of making better environmental choices easier, such as ensuring recycling is at least as easy as trash disposal.

DeSombre isn't saying people should stop caring about the environment. It's just that **individual actions** are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior.

None of this is about writing off the **individual**. It's just about putting things into perspective. We don't have time to wait. We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

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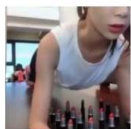
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Betty 掰踢老师_尚德

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