



## 2016 年英语二真题 完形填空 背诵笔记

建议背诵用时：30 分钟

Happy people work differently. They're more productive, more creative, and willing to take greater risks. And new research suggests that happiness might influence 1 firms work, too.

Companies located in places with happier people invest more, according to a recent research paper. 2, firms in happy places spend more on R&D (research and development). That's because happiness is linked to the kind of longer-term thinking 3 for making investments for the future.

The researchers wanted to know if the 4 and inclination for risk-taking that come with happiness would 5 the way companies invested. So they compared U. S. cities' average happiness 6 by Gallup polling with the investment activity of publicly traded firms in those areas.

7 enough, firms' investment and R&D intensity were correlated with the happiness of the area in which they were 8. But is it really happiness that's linked to investment, or could something else about happier cities 9 why firms there spend more on R&D? To find out, the researchers controlled for various 10 that might make firms more likely to invest—like size, industry, and sales—and for indicators that a place was 11 to live in, like growth in wages or population. The link between happiness and investment generally 12 even after accounting for these things.

The correlation between happiness and investment was particularly strong for younger firms, which the authors 13 to “less codified decision making process” and the possible presence of “younger and less 14 managers who are more likely to be influenced by sentiment.” The relationship was 15 stronger in places where happiness was spread more 16. Firms seem to invest more in places where most people are relatively happy, rather than in places with happiness inequality.

17 this doesn't prove that happiness causes firms to invest more or to take a longer-term view, the authors believe it at least 18 at that possibility. It's not hard to imagine that local culture and sentiment would help 19 how executives think about the future. “It surely seems plausible that happy people would be more forward-thinking and creative and 20 R&D more than the average,” said one researcher.

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1. A. why	B. where	C. how	D. when
2. A. In return	B. In particular	C. In contrast	D. In conclusion
3. A. sufficient	B. famous	C. perfect	D. necessary
4. A. individualism	B. modernism	C. optimism	D. realism
5. A. echo	B. miss	C. spoil	D. change
6. A. imagined	B. measured	C. invented	D. assumed
7. A. Sure	B. Odd	C. Unfortunate	D. Often
8. A. advertised	B. divided	C. overtaxed	D. headquartered
9. A. explain	B. overstate	C. summarize	D. emphasize
10. A. stages	B. factors	C. levels	D. methods
11. A. desirable	B. sociable	C. reputable	D. reliable
12. A. resumed	B. held	C. emerged	D. broke
13. A. attribute	B. assign	C. transfer	D. compare
14. A. serious	B. civilized	C. ambitious	D. experienced
15. A. thus	B. instead	C. also	D. never
16. A. rapidly	B. regularly	C. directly	D. equally
17. A. After	B. Until	C. While	D. Since
18. A. arrives	B. jumps	C. hints	D. strikes
19. A. shape	B. rediscover	C. simplify	D. share
20. A. pray for	B. lean towards	C. give away	D. send out

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## 1.The key words

locate	v.把……设置/建造在
productive	a.多产的、富饶的
intensity	n.强度、力度
inclination	n.意向、倾向
polling	n. 民意测验
correlate	v.使相互关联
indicators	n.指示物，指标
codified	a.将（法律、条例、事实等）编
sentiment	n.情感、情逻辑成典的，文中引申为"刻板的、固守成规的"
relatively	ad.比较而言地，相对地
property	n. 资产，财产
prejudice	n. 偏见，成见
plausible	a.有道理的、可信的光放长远
forward-thinking	a.前瞻的、有远见的

## 2.phrases

take risk	冒险
compare..with..	将……相互比较
control for	考虑（某种因素）
publicly traded firms	公开交易的公司、上市公司
sure enough	果然、果真（如此）
take a longer term	采取更加长远的眼光
accounting for	作出解释，作出说明

## 3.Text structure

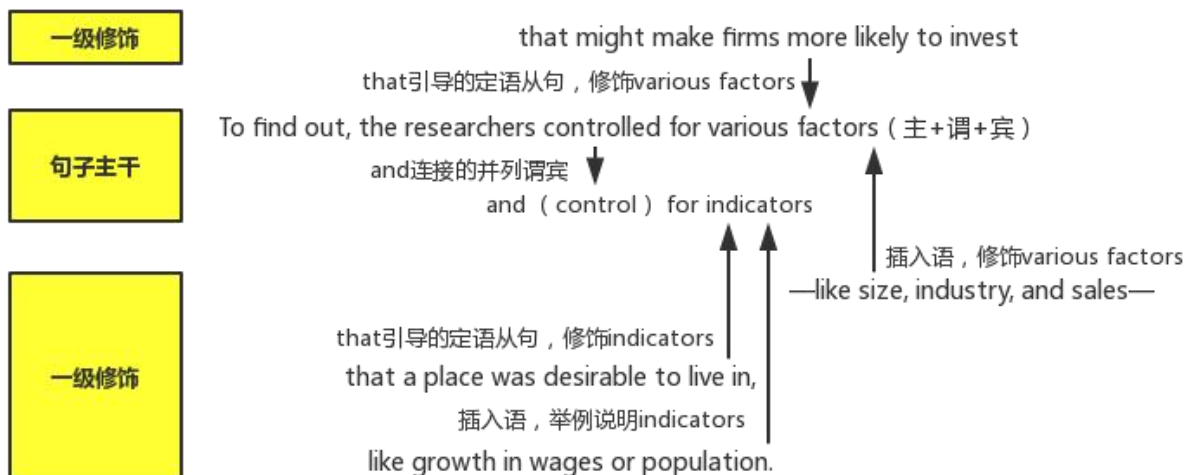
完形填空侧重于词汇运用，对文章总体的把握用处不大，故此部分省略，建议参看 translation 部分学会逐句翻译。

## 4. Sentences

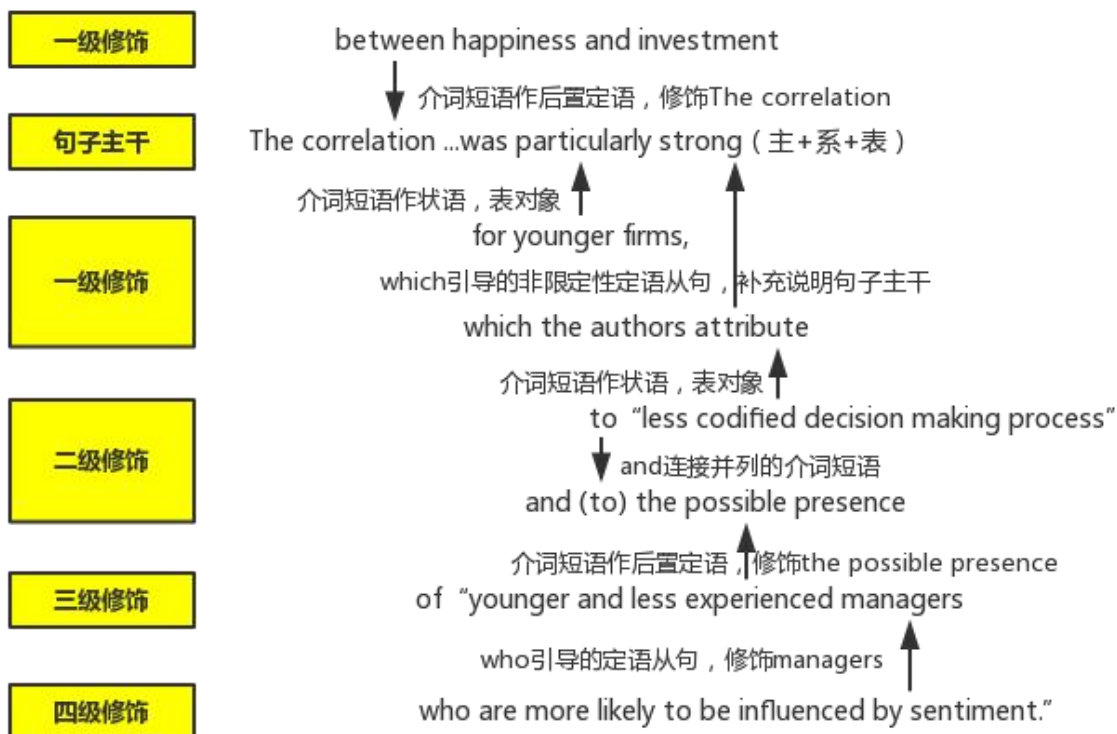
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To find out, the researchers controlled for various factors that might make firms more likely to invest—like size, industry, and sales—and for indicators that a place was desirable to live in, like growth in wages or population.



The correlation between happiness and investment was particularly strong for younger firms, which the authors attribute to “less codified decision making process” and the possible presence of “younger and less experienced managers who are more likely to be influenced by sentiment.”

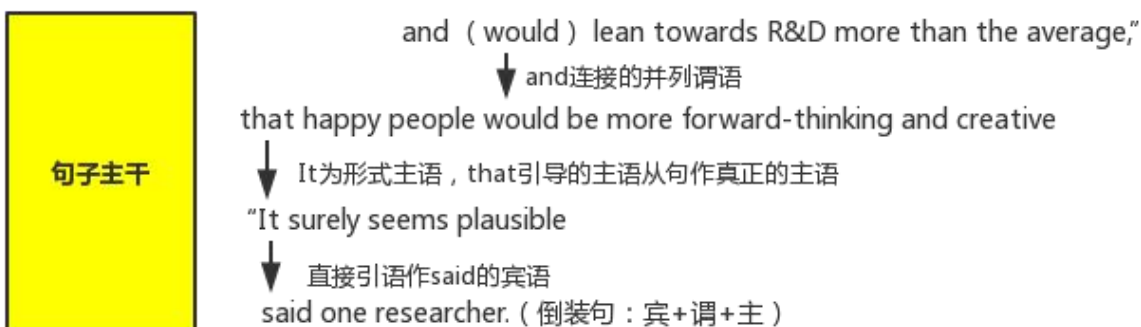


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"It surely seems plausible that happy people would be more forward-thinking and creative and lean towards R&D more than the average," said one researcher.



## 5.translation

幸福的人工作方式有所不同。他们更高效、更具创造力且愿意冒更大的足险。新的研究表明, 幸福感也可能会对公司如何运作产生影响。

近期的一篇研究论文显示, 公司所在地的居民幸福感越强, 公司的投资就越多。特别是, 那些位于幸福之地的公司, 在研发(研究和开发)上投入更多。那是因为幸福感与对未来做投资所必需的那种长远考虑相联系。

研究者们想知道与幸福感相伴而来的乐观和冒险倾向是否会改变公司的投资方式。因此, 他们将盖洛普民意调查评估出的美国城市平均幸福指数与那些地区上市公司的投资活动进行了比较。

果然, 公司的投资和研发力度与其总部所在地区的幸福指数有美。但是, 与投资相关的真的是幸福指数吗?或者说, 幸福指数较高的城市的其他因素能够解释为何那里的公司会在研发上投入更多吗?为了找出答案, 研究者们控制了多种可能促使公司更愿意投资的因素, 如规模、行业和销售, 还控制了一个地区适宜居住的指标, 如工资或人口的增长。即便在考虑到这些情况之后, 幸福指数与投资之间的关系仍然大体保持不变。

幸福感与投资之间的关联在新公司中表现得尤为明显, 作者将此归因于"决策过程不够严密"以及可能存在"较校为年轻且经验校少的管理者, 他们更可能受到情绪的影响"。这种关联在幸福感分布更均衡的地方也更为明显。公司似乎会在大多数人都相对幸福的地方投资更多, 而不是在幸福感不均等的地方。虽然这并不能证明幸福感会使公司加大投资力度或者把眼光放得更为长远, 但作者认为它至少暗含了那种可能性。不难想象, 地方文化和情感将有助于塑造管理者思考

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未来的方式。"似乎可以确信的是，幸福的人更有远见、更具创造力，而且比普通人更倾向于研发，"一位研究者如是说。

## 6.exercise

### translation it into Chinese

- ① So they compared U. S. cities, average happiness measured by Gallup polling with the investment activity of publicly traded firms in those areas.
- ② Firms seem to invest more in places where most people are relatively happy, rather than in places with happiness inequality.
- ③ It's not hard to imagine that local culture and sentiment would help shape how executives think about the future. "

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## 2016 年英语二 Passage1 背诵笔记

建议背诵用时：35 分钟

It'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.

However, 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.

Students 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.

The 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.

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.

Indeed, 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.

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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
22. In delivering lessons for high-schoolers, Flatiron has considered their \_\_\_\_\_.  
A. experience  
B. interest  
C. career prospects  
D. academic backgrounds
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
24. According to the last paragraph, Flatiron students are expected to \_\_\_\_\_.  
A. bring forth innovative computer technologies  
B. stay longer in the information technology industry  
C. become better prepared for the digitalized world  
D. compete with a future army of programmers
25. The word "coax" (Para. 6) is closest in meaning to \_\_\_\_\_.  
A. persuade  
B. frighten  
C. misguide  
D. challenge

答案见尾页

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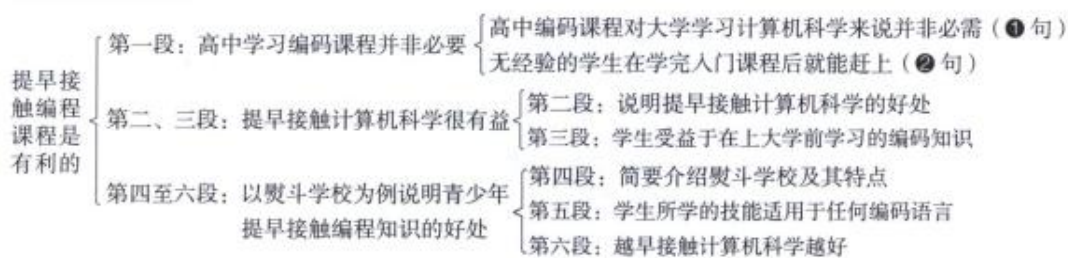
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## 1.Text structure



## 2.The key words

coding	n.编码，编程
essential	a.必不可少的
introductory	a.人门的，初步的
course	n.课程
transform	v.转换，（彻底）改变
exposure	n. 接触，体验（新事物）
beneficial	a.有利的，有用的
bite-sized	a.很小的
confusing	a.令人困惑的，难懂的
chunk	n.大块
string	n.一连串，一系列
artwork	n.艺术作品
hypothesis	n.假设，假说
pack	v.塞满，挤满
brim	n.口，边沿
determined	a.有决心的，意志坚定的
start	v.开办，创办
gar	v.使与.....相适应;使适合于
boot camp	n.训练营
instructor	n.讲师
curriculum	n. 课程

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turnover	n. 倾覆、翻转
relevant	a. 紧密相关的; 切题的
consultant	n. 顾问
sole	a. 唯一的, 仅有的
coax	v. 劝诱, 哄劝
compliance	n. 服从, 遵从, 服从
persuasion	n. 说服
address	v. 对付, 处理, 设法了解并解决
misuse	n. 误用
elevate	v. 提升

### 3. phrases

catch up	赶上, 追上
assistant dean	(学院) 副院长
accounting for	作出解释, 作出说明
break down	拆分
jobs gap	职位空缺
drive..away	赶跑, 使离去
be based on	根据...
drop out of	退学, 极学
take responsibility for	对……负责
tape-measure	皮尺, 卷尺
individual worth	个人价值
look to	注意, 关注 (并考虑改进)
rather than	而不是
severe punishment	严厉惩罚
regard as	把……认作, 把……当作
result in	导致, 造成
focus on	集中 (注意力、精力于)
rely on	依赖, 依靠

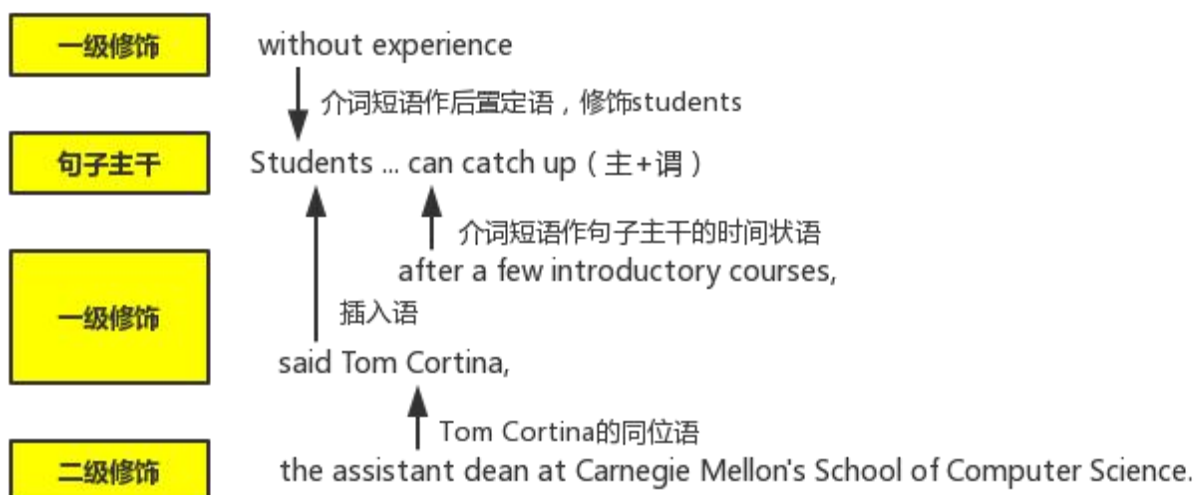
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peer pressure	同侪压力
in contrast to	与……对比
agree on	对……取得一致意见
be aware of	意识到，明白，知晓
take responsibility for	承担（做）某事的责任
in general	总的来说，从总体上看
ethical persuasion	道德劝说，道德说服

#### 4.Sentences

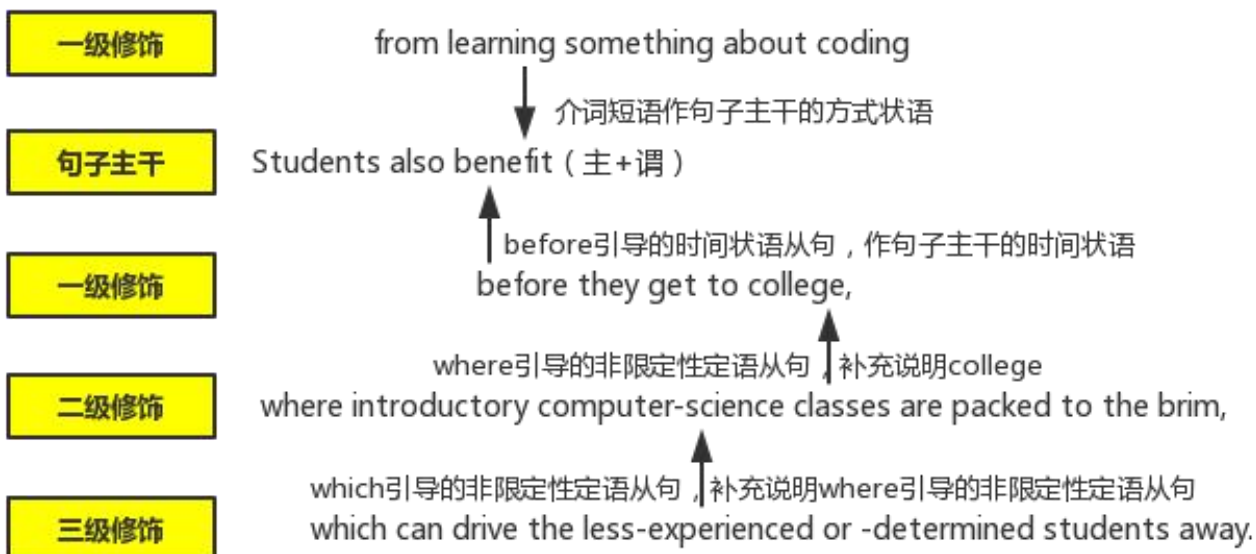
Students without experience can catch up after a few introductory courses, said Tom Cortina, the assistant dean at Carnegie Mellon's School of Computer Science.



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Students 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.



### 5.translation

的确, 高中编码课程对于在大学学习计算机科学而言并非必不可少。卡内基梅隆大学计算机科学学院的副院长汤姆·科尔蒂纳指出, 毫无经验的学生在学完几节入门课程之后就能赶上。

但是, 科尔蒂纳称, 提早接触(编码课程)是有益的。年龄较小的孩子在学习计算机科学时, 会认识到, 这并不仅仅是一连串令人困惑且没有尽头的字母和数字——还是一个可以开发应用程序、创造艺术品或检验假设的工具。对他们而言, 转换思维过程不会像年龄较大的学生那样困难。将问题分解为小块然后使用代码去解决这些问题变得稀松平常。让更多的孩子接受这样的培训能够增加对计算机这一领域感兴趣的人数, 并有助于填补这一职业缺口, 科尔蒂纳说道。

学生们同样也受益于在上大学前学习到的编码知识; 因为在大学里, 计算机科学入门课程都安排得满满当当, 这会令经验欠缺或意志力不足的学生望而却步。

人们自费去学习编程的熨斗学校, 起初也是众多编程培训机构中的一家, 现今在寻求职业转变的成年人中很受欢迎。高中生学习相同的课程, 但是“我们会设法根据他们的兴趣来调整课程,”一位名叫维多利亚·弗里德曼的讲师说道。例如, 学生正在开发的其中一款应用程序可以根据你的心情来推荐电影。

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学习熨斗学校课程的学生可能不会从高中辍学去创建下一个 Facebook。编程语言更替迅速，因此，他们所学的 Ruby on Rails"语言甚至在他们进入就业市场时，就可能已经不再适用。但是，他们所学到的技能——如何有逻辑地思考问题并整理结果——适用于任何一种编程语言，二北卡罗来纳州的教育顾问登掉拉·希建思说道，

实际上，熨斗学校的学生可能根本不会从事 IT 行业。但是，培养一批未来的程序员并不是开设这些课程的唯一目的。这些孩子未来的生活将会被电脑包围——在他们的口袋里、办公室里和家里。他们越早了解电脑如何运行，越早学习如何使用电脑制作出自己想要的东西——他们越早意识到自己有这种能力——对他们也就越好。

## 6.exercise

- ① 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.
- ② The high-schoolers get the same curriculum, but "we try to gear lessons toward things they're interested in," said Victoria Friedman, an instructor.
- ③ 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.

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## 2016 年英语二 Passage2 背诵笔记

建议背诵用时：35 分钟

Biologists 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.

The 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. 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.

Under the plan, for example, the agency said it would not prosecute landowners 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. 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.

Not 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.

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26. The major reason for listing the lesser prairie chicken 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
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
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
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
30. Jay Lininger would most likely support \_\_\_\_\_.  
 A. the plan under challenge  
 B. the win-win rhetoric  
 C. environmental groups  
 D. industry groups

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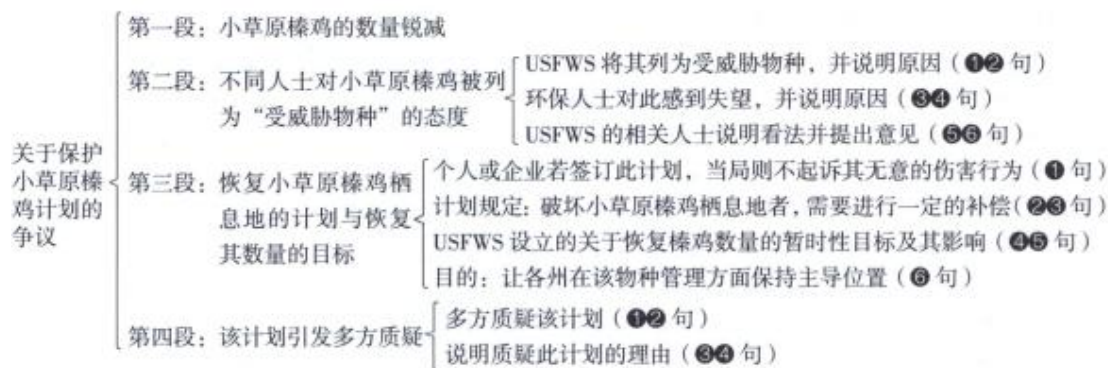
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## 1.Text structure



## 2.The key words

estimate	v.估计，估算
range	n.生长区，分布区
prairie	n.(北美洲)大草原
stretch	v.延伸、绵延
occupy	v.占据，居住
forge	v.形成，伪造
crash	n.暴跌，猛跌
desperate	a.危急的，严峻的
collaboration	n.合作，协作
uneasy	a.不和谐的，不协调的，矛盾的
habitat	n.(动植物的)生活环境，栖息地
environmentalist	n.环保人士
designate	v.指定，认定
endangered	a.濒临灭绝的
tag	n.标签，标志
flexibility	n.灵活性
confrontational	a.对抗性的，挑起冲突的
conservation	n.保护
approach	n.方法，方式
prosecute	v.起诉，控告，检举

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unintentionally	ad.非故意地
restore	v.恢复，复原
acre	n.英亩（相当于 0.405 公顷）
compensate	v，弥补，补偿
interim	a.临时的，暂时的，过渡期间的
coalition	n.联盟，联合体
monitor	v.监控，监督
rhetoric	n.华而不实的言语，花言巧语
block	v.阻止，妨碍，阻挠
challenge	v.质疑（或怀疑）;拒绝接受
extinction	n.灭绝，绝种
retain	v. 保持
enviable	a. 令人羡慕的
coherence	n. 一致，协调
alternative	n. 供替代的选择，选择的余地
corrupted	a. 被破坏的，被毁坏的

### 3.phrases

as many as	多达，像.....一样多
lend sth to sth	给.....增加，增添
regulatory power	监管权力
crack down on	严厉打击，镇压
try out	试，试验
in the driver's seat	处于控制地位、主导地位
replace A with B	以 A 替代 B
set aside	留出，省出
set a goal	制定目标
win win rhetoric	双赢说辞
go too far	走得太远，做得过分
let rip	自由自在地行动，恣意

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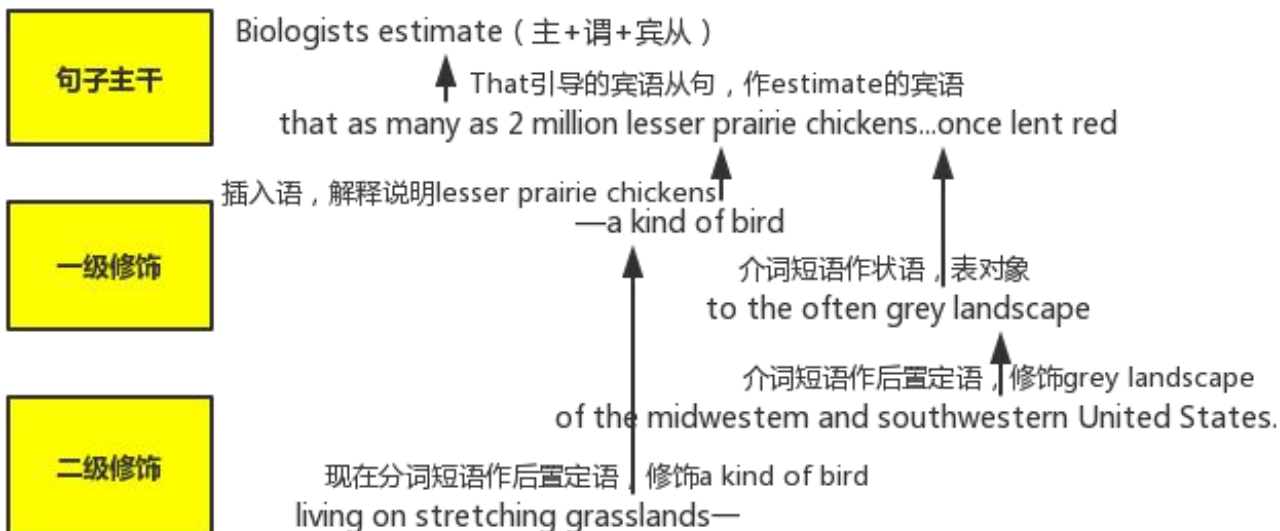


political spectrum

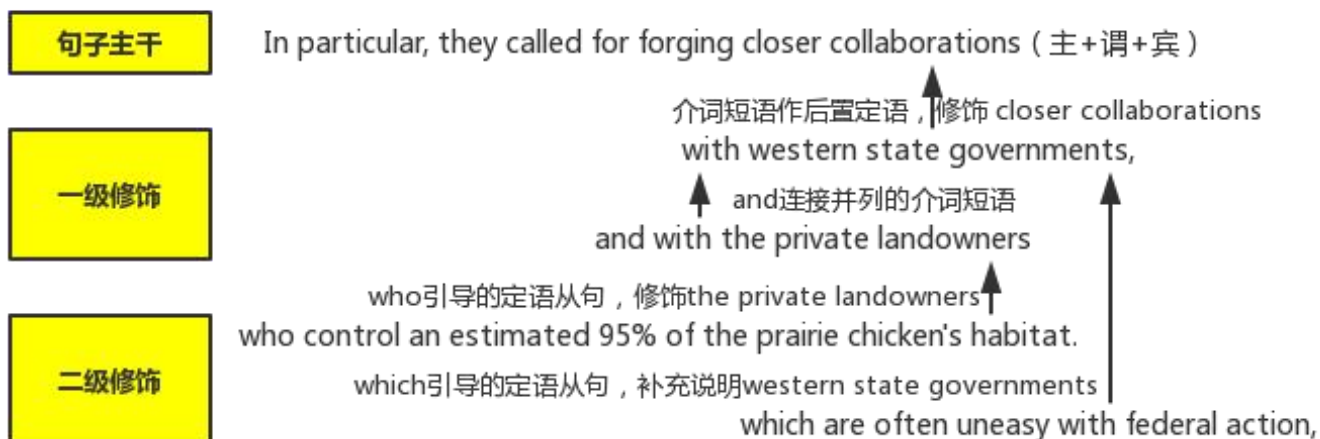
政治光谱

#### 4. Sentences

Biologists 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.



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.



#### 5. translation

生物学家估计, 多达 200 万只小草原棒鸡 (一种栖息于络延草地上的鸟类) 曾经给美国中西部和西南部常年灰暗的风景增添了一抹红色。但如今仅约 2.2 万只小草原棒鸡存活下来, 约占该物种历史数量的 16%。

这种急剧下降是美国鱼类及野生动植物管理局 (USFws) 决定正式将其列为

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受威胁物种的一个主要原因"小草原棒鸡的处境很危险，"USFWS 的局长丹尼尔·阿什说道。然而，一些环保人士对此感到很失望。他们曾敦促当局将这种鸟类列为"危物种"，该级别将默予联邦官员更大的监管权力来打击对该物种的威胁。但是，阿什和其他人认为，"受威胁物种"的标签能够使联邦政府灵活地尝试新的且潜在对抗性较小的保护方法。他们强烈呼吁与西部各州政府以及私有土地业权人建立更紧密的合作关系，因为西部各州政府常对联邦政府的措施感到不安，而私有土地业权人控制着约 95% 的草原棒鸡栖息地。

据此计划，例如，当局表示他们不会起诉无意杀死、伤害或惊扰小草原棒鸡的土地业权人或企业，只要他们签订了一项大范围恢复草原棒鸡栖息地的管理计划。经 USFWS 与各州协商，该计划规定：因送作而破坏栖息地的个人和企业需向一项基金付盐，每破坏一英亩栖息地，就需要用这笔贵金购买两英亩合适的折栖息地。该基金也将被用来补偿保留栖息地的土地业权人。同时，USFWS 还设立了一个暂时性的目标，即在未来十年，将草原棒鸡的数量恢复至年均 6.7 万只。且它默予了美国鱼类及野生动植物机构西部协会（WAFWA）——一个州立机构联盟——监测进展的职责。总的来说，我们的想法就是让"各州在该物种管理方面保持主导地位，"阿什说。

并不是所有人都会接受这种双赢的论调。一些国会成员正在试图阻止这个计划，且至少有十二个行业团体、四个州和三个环保组织在联邦法庭上对该计划提出质疑。二些行业团体和某些州普遍认为该计划太过偏激，但环保人士却表示其做得还远远不够——这并不足为奇。"联邦政府正将管理鸟类的责任交给正在使其走向灭绝的行业组织，二生物学家杰伊·利宁格说。

## 6.exercise

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 mid western and southwestern United States.

②In 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.

③Negotiated by USFWS and the states, the plan requires individuals and businesses

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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.

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## 2016 年英语二 Passage3 背诵笔记

建议背诵用时：35 分钟

That everyone's too busy these days is a cliché. But one specific complaint is made especially mournfully: There's never any time to read.

What 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. 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.

In fact, "becoming more efficient" is part of the problem. Thinking of time as a resource to be maximised 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 in as a to-do list item and you'll manage only goal-focused reading—useful, sometimes, but not the most fulfilling kind. "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.

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 behaviour 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. "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.

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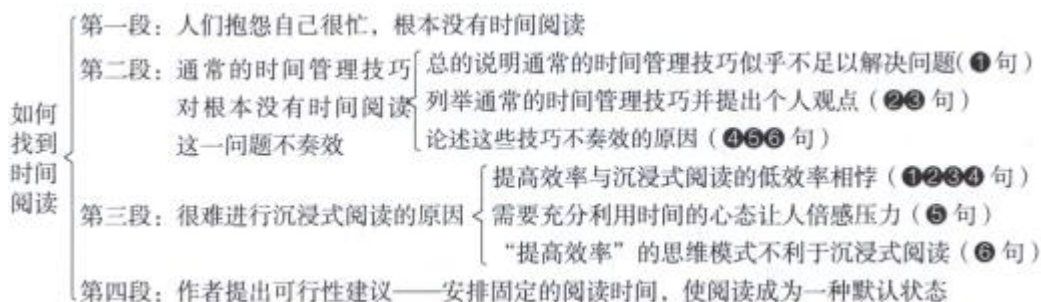
31. The usual time-management techniques don't work because \_\_\_\_\_.  
A. what they can offer does not ease the modern mind  
B. what people often forget is carrying a book with them  
C. what challenging books demand is repetitive reading  
D. what deep reading requires cannot be guaranteed
32. The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

答案见尾页

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## 1. Text structure



## 2. The key words

mournfully	ad. 悲哀地，凄惨地
cliche	n. 陈词滥调，老生常谈
incline	v. 使倾向于（某种行动或观点）
thorny	a. 棘手的
odd	a. 少量的，微小的；零散的
interrupt	v. 打断
flywheel	n. 飞轮，惯性轮
merely	ad. 仅仅
spin	v. 旋转，转动
exhausted	a. 精疲力竭的
overwhelmingly	ad. 势不可挡地
maximise	v. 充分利用
approach	v. 对待，处理
instrumentally	ad. 起作用地，有帮助地
advance	v. 促进，推动
immersive	a. 沉浸式的
fulfilling	a. 让人感到满足的
infinite	a. 无限的；极多的
schedule	v. 安排，计划
regular	a. 定期的；固定的
fuel	v. 刺激；使加剧

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ritualistic	a. 仪式的; 例行的
soul	n. 灵魂
distraction	n. 使人分心的事物
providing	conj. 以...为条件
dip	v. 浸, 蘸
default	a. 默认的
temporarily	ad. 暂时地, 临时地
surface	v. 浮出水面; 现身

### 3. phrases

free up	腾出; 使...可用
conveyor belt	传送带
mind-set	思想倾向
by contrast	相比之下
slot in	安置, 安排
to-do list	任务清单
no longer	不再
evaluate sth. (based) on its merits	根据事情本身的情况作判断
labour-rights concern	劳工权益问题
result in	导致, 造成
bank on	指望, 依靠
get into trouble with the law	陷入法律纠纷

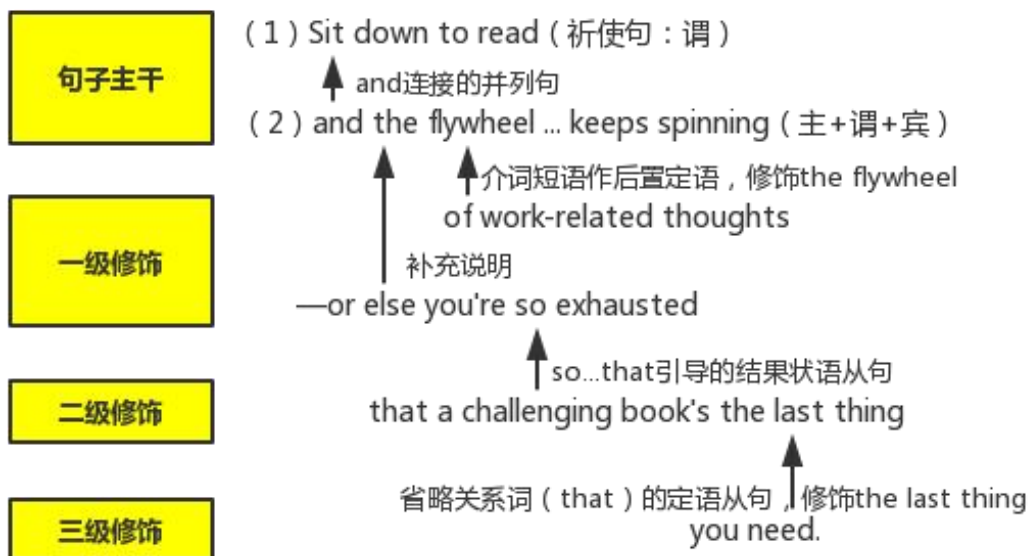
### 4. Sentences

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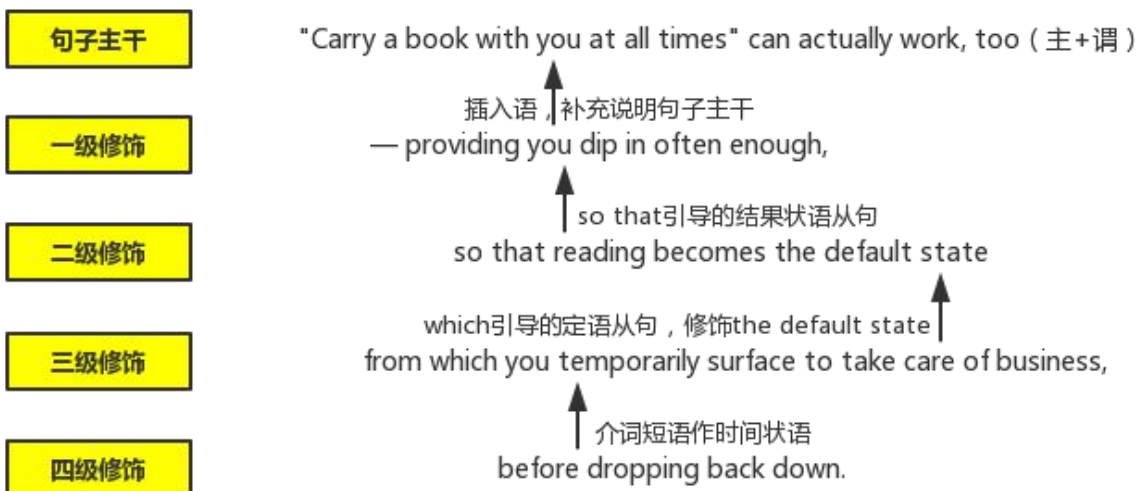




Sit down to read and the flywheel of work-related thoughts keeps spinning—or else you're so exhausted that a challenging book's the last thing you need.



"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.



## 5.translation

现在每个人都很忙，这是一句陈词滥调。但是，其中一个具体而又特别可悲的抱怨是：根本没有时间阅读。

让这个问题变得更为棘手的是，通常的时间管理技巧似乎并不足以解决问题。网上各种各样的文章提供了抽时间阅读的小窍门："放弃看电视"或"总是随身携带一本书"。但根据我的经验，靠这些方法挤出 30 分钟的空余时间并不奏效。

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坐下来读书的同时，与工作相关的思维飞轮仍在不停地运转着——又或是你非常疲惫，以至于最不想去看一本具有挑战性的书。小说家兼评论家蒂姆·帕克斯写道：“现代人的思维”都非常倾向于交流……所以不仅仅是人们被打断；事实上是人们自愿被打断”。深度阅读需要的不仅是时间，而且是一种特殊的时间，这种时间无法仅靠提高效率来获得。

实际上，“提高效率”就是问题的一部分。将时间看作一种需要最大限度利用的资源意味着你功利性地对待时间，认为只有当某一特定时刻能够推动某一目标的进程时，才觉得没有浪费时间。相反，沉浸式阅读需要你愿意冒低效率、无目标甚至浪费时间的风险。试图像完成任务清单一样利用空余时间阅读，你将只能进行目标性强的阅读——有时有用，但却并非最让人满意的那种。“未来向我们走来，像不可阻挡且几近无穷的传送带上的空瓶子，”加里·埃伯利在《神圣的时间》这本书中写道，“当这些不同大小的组子（天、小时及分钟）经过时，要填满它们，这让我们倍感压力，因为如果它们没有被填满就经过的话，它们就算被浪费了”对于沉浸于一本书中而言，没有哪种思维模式比这更糟糕了。

那么，什么方法才有用呢？答案安排固定的阅读时间，这或许有些出乎意料。你会认为这可能会加剧重效率的思维倾向，但实际上，埃伯利指出，这种例行行为有助于我们摆脱时间流，从而进入“灵魂时间”。你可以通过阅读纸质书或专用电子阅读器来减少分心。“总是随身携带一本书”确实也起作用，前提是你得经常沉浸其中，以使阅读成为一种默认状态，你可以暂时从中抽身去处理事务，之后，再重新浸入阅读中。在真正美好的一天中，你不再会感到自己好像在“挤时间阅读”，而仅仅是在阅读，然后挤出时间做其他事。

## 6.exercise

- ① 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.
- ② Thinking of time as a resource to be maximised means you approach it instrumentally, judging any given moment as well spent only in so far as it advances progress toward some goal.

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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.

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## 2016 年英语二 Passage4 背诵笔记

建议背诵用时：35 分钟

Against 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.

Across 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.

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.

From 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.

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.

Pete 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.”

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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
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
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
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
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.

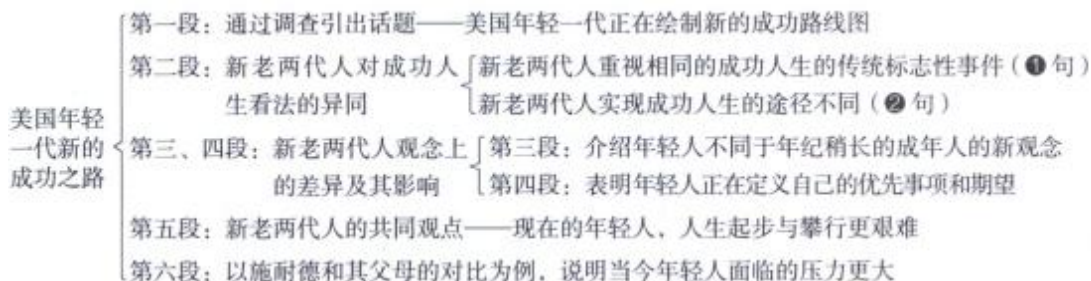
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## 1.Text structure



## 2.The key words

backdrop	n.背景
poll	n.民意调查，民意测验
nostalgia	n. 怀旧之情
strikingly	ad.惹人注目地，醒目地
prize	v, 珍视，高度重视
milestone	n.重大事件，里程碑
constitute	v, 构成
fulfilling	a.令人满意的
serve	v.为…提供服务;满足…的需要
start	v.开始生活，开始立业
constraint	n. 限制、束缚
prioritize	v.按优先顺序列出;确定（事项、问题等）的优先顺序;优先考
虑	
advance	v.前进，推进;（使）进展
maintain	v.主张;坚持认为
define	v.给……下定义，解释;界定，说明
contrast	n.差别，差异
aftermath	n.（战争、风暴、事故的）后果，余波
virtually	ad.实际上，几乎，差不多
searing	a.炽热的，灼热的;灼痛的

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converge	v. (观点、目标) 趋同
overwhelming	a. 巨大的, 压倒性的
somewhat	ad. 有点儿, 有几分
optimistic	a. 乐观的, 乐观主义的
prospect	n. 可能性; 机会; 希望; 前景
climb	n. (社会地位) 上升; (职务) 晋升; 提高 (地位)
signpost	n. 路标; 标志物
secure	v. (尤指经过努力) 获得, 取得, 实现
technician	n. 技师, 技术人员
struggle	v. 奋斗, 拼搏, 作出极大的努力
steadily	ad. 稳定地, 稳固地
mortgage	n. 抵押贷款
generate	v. 产生, 使生成
obsess	v. 使着迷、使迷住
subscription	n. 征订费
tremendous	a. 巨大的, 惊人的
luxury	n. 享受, 奢侈
aggressive	a. 有冲劲的, 汲汲于成功的

### 3. phrases

against a backdrop of	在.....背景下
population structure	人口结构
draw a road map to success	绘制一幅成功路线图
generational line	代际线
finish line	终点线
personal fulfillment	个人满足感
pace of life	生活节奏
financially secure	有经济保障
spread through	(蔓延到) 痛的
consumer preference	消费者偏好

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the Great Recession

大衰退

housing pattern

居住模式

turn out to be

证明是，结果是；原来是

be in charge

负责，主管

make sth. into...

把某物变为……

more of

更大程度上（是），更多的（是）

feel like that...

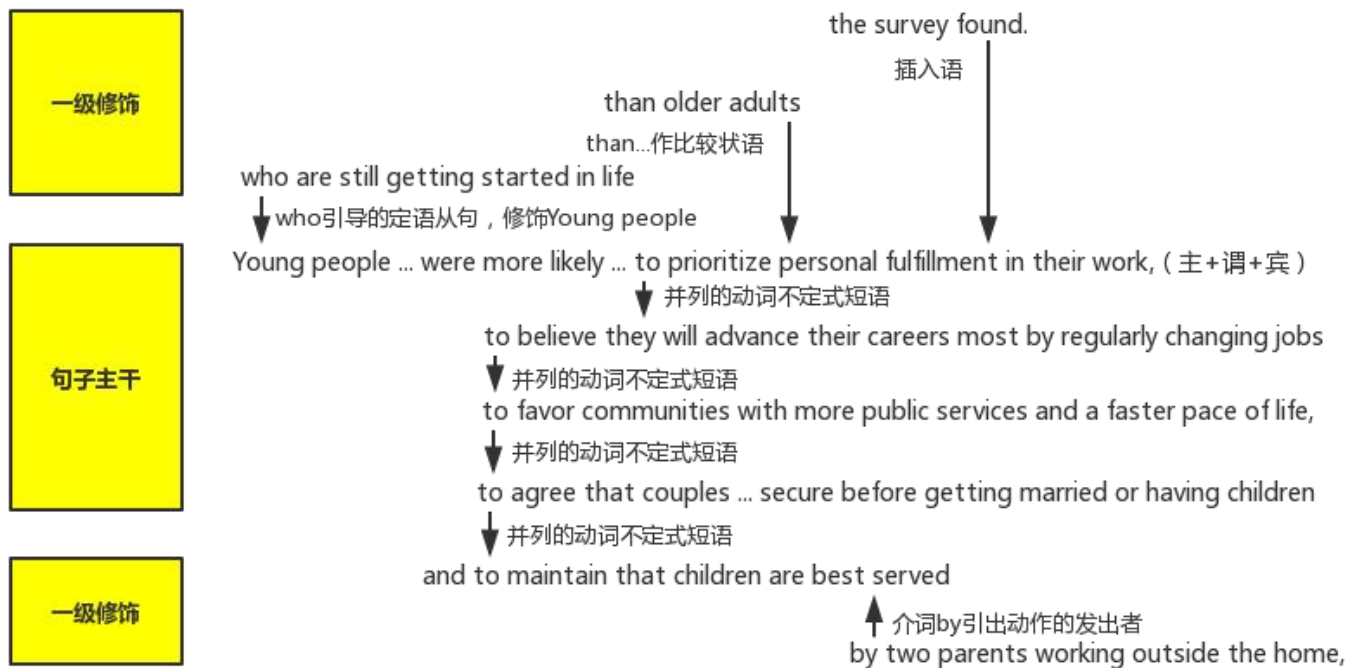
感觉像是……

be obsessed with

痴迷于，沉迷于……

#### 4.Sentences

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.



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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.



## 5.translation

一项最新的民意调查发现，在经济和人口结构急剧变化的背景下，美国年轻一代正在绘制一幅崭新的 21 世纪成功路线图。

许多有关成功人生的相同的传统标志性事件，包括结婚、生子、购房以及六十多岁退休等，一直是数代美国人所高度重视的。虽然年轻一代和老一代对什么才是美满生活的终点线的看法基本一致，但他们却提出了截然不同的到达终点线的途径。

调查发现，相较于年纪精长的成年人，刚踏上人生征程的年轻人更可能优先考虑工作中的个人成就感，更可能相信定期更换工作最能推动自身事业的发展，更可能喜欢公共服务更多以及生活节奏较快的社区，更可能赞成夫妻在结婚或生子前应有经济保障，也更可能坚信父母双亲都外出工作才能为孩子提供最好的条件。

从事业到社区和家庭，这些差异表明：在灼热的经济大萧条的余波中，刚登上人生旅程的人们正在定义自己的优先事项和期望，而这些将越来越深入地渗透

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到美国人生活的几乎所有方面，从消费者偏好到居住方式再到政治领域。

年轻一代和老一代在一个关键点上观点趋于一致：两组人群中的绝大多数人都认为，相比于前几代，现在的年轻人更难开启人生旅程，对于那些如今刚开始生活征程的人的前景，较年轻的人虽然比其年长者更乐观一些，但两组人群中的大多数人还是认为，在实现这些标志性成就时，如找到一份高薪的工作、组建一个家庭、处理债务及找到可以负担得起的住房，那些“刚踏上人生旅程”的人比前几代人面临更艰难的攀行。

皮特·施耐德认为现今向上攀升更为艰难。作为一名来自芝加哥郊区的 27 岁汽车技术员，施耐德说自己在大学毕业后好不容易才找到一份工作。虽然现在工作稳定，他远道，“我还是无法独立付清每月的房屋贷款，因此，我只能将房间租给别人来确保还贷。”回顾过去，他突然发现，在他小时候，即使他的父母都没有上大学，却依然能为孩子们提供舒适的生活。“虽然我的父母并没有大学学历，但是我仍然在一个上层中产阶级家庭中长大了，”施耐德说。“我认为现在的人们再也不能做到那样了。”

## 6.exercise

- ① Across 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.
- ② 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.
- ③ 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."

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## 2016 年英语二 新题型 背诵笔记

建议背诵用时：35 分钟

### Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A–G for each numbered paragraphs (41–45). There are two extra subheadings which you do not need to use. Mark your answers on the ANSWER SHEET. (10 points)

- A. Be silly
- B. Have fun
- C. Express your emotions
- D. Don't overthink it
- E. Be easily pleased
- F. Notice things
- G. Ask for help

### Act Your Shoe Size, Not Your Age

As adults, it seems that we are constantly pursuing happiness, often with mixed results. Yet children appear to have it down to an art—and for the most part they don't need self-help books or therapy. Instead, they look after their wellbeing instinctively, and usually more effectively than we do as grownups. Perhaps it's time to learn a few lessons from them.

41. \_\_\_\_\_

What does a child do when he's sad? He cries. When he's angry? He shouts. Scared? Probably a bit of both. As we grow up, we learn to control our emotions so they are manageable and don't dictate our behaviours, which is in many ways a good thing. But too often we take this process too far and end up suppressing emotions, especially negative ones. That's about as effective as brushing dirt under a carpet and can even make us ill. What we need to do is find a way to acknowledge and express what we feel appropriately, and then—again, like children—move on.

按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。



42. \_\_\_\_\_

A couple of Christmases ago, my youngest stepdaughter, who was nine years old at the time, got a Superman T-shirt for Christmas. It cost less than a fiver but she was overjoyed, and couldn't stop talking about it. Too often we believe that a new job, bigger house or better car will be the magic silver bullet that will allow us to finally be content, but the reality is these things have very little lasting impact on our happiness levels. Instead, being grateful for small things every day is a much better way to improve wellbeing.

43. \_\_\_\_\_

Have you ever noticed how much children laugh? If we adults could indulge in a bit of silliness and giggling, we would reduce the stress hormones in our bodies, increase good hormones like endorphins, improve blood flow to our hearts and even have a greater chance of fighting off infection. All of which would, of course, have a positive effect on our happiness levels.

44. \_\_\_\_\_

The problem with being a grownup is that there's an awful lot of serious stuff to deal with—work, mortgage payments, figuring out what to cook for dinner. But as adults we also have the luxury of being able to control our own diaries and it's important that we schedule in time to enjoy the things we love. Those things might be social, sporting, creative or completely random (dancing around the living room, anyone?)—it doesn't matter, so long as they're enjoyable, and not likely to have negative side effects, such as drinking too much alcohol or going on a wild spending spree if you're on a tight budget.

45. \_\_\_\_\_

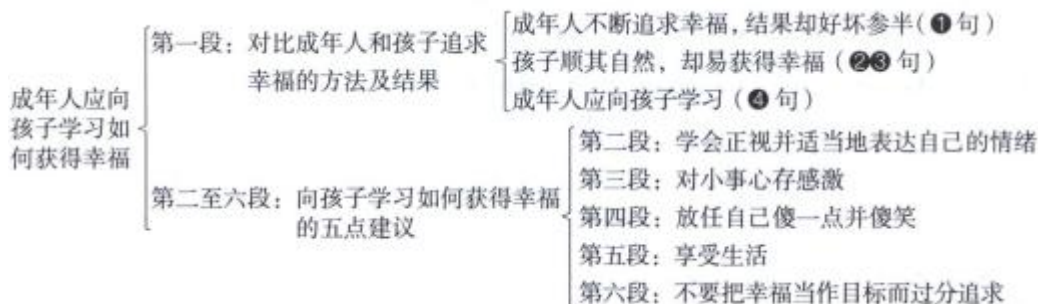
Having said all of the above, it's important to add that we shouldn't try too hard to be happy. Scientists tell us this can backfire and actually have a negative impact on our wellbeing. As the Chinese philosopher Chuang Tzu is reported to have said: "Happiness is the absence of striving for happiness." And in that, once more, we need to look to the example of our children, to whom happiness is not a goal but a natural byproduct of the way they live.

答案见尾页

按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。



## 1.Text structure



## 2.The key words

mixed	a.混杂的
therapy	n.治疗，疗法
wellbeing	n.幸福
instinctively	ad.本能地
manageable	a.易控制的，易管理的
dictate	v.影响，决定，支配
suppress	v.抑制（感情）
acknowledge	v.承认
fiver	n.五元美钞
overjoyed	a.极为高兴的，十分开心的
indulge	v.沉溺于，沉湎于，纵情于
giggle	v.傻笑
endorphin	n.内啡肽
infection	n.传染病
mortgage	n.按揭
diary	n.工作日程登记表
schedule	v.安排，计划
random	a. 随意的
spree	n.作乐，狂欢（尤指花钱或喝酒）
byproduct	n.意外收获，附带的结果
backfire	v.产生事与愿违的结果

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executive	n. 主管领导，行政领导
transition	n. 过渡（期）
stuck	a. （stick 的过去分词）被卡住的，不知所措
rut	n. 刻板乏味的生活
feedback	n. 反馈，回复
cue	n. 提示，线索
perceive	v. 把……看做，认识
refresh	v. 刷新，更新
pivot	v. 以……为中心旋转
approachable	a. 和蔼可亲的
stylish	a. 时髦的
characterization	n. （对人或物的）特性描述
anthropologist	n. 人类学家
enlist	v. 争取，谋取
stylist	n. 形象设计师
barber	n. 理发师
spouse	n. 配偶
point	n. 目的，意图
vain	a. 自负的，虚荣的
fatigue	n. 疲劳

### 3.phrases

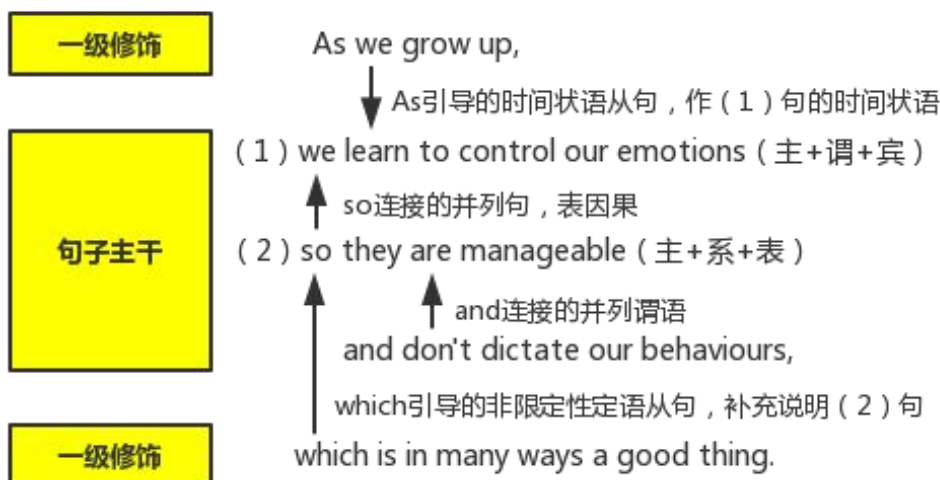
take sth too far	将某事做得太过
end up doing	最终处于...
brush/sweep sth under the carpet	掩盖某事，尤指错事
move on	继续向前
silver bullet	解决某一难题的良方，高招
have the luxury of	难得能享受某种机会
side effect	副作用

### 4.Sentences

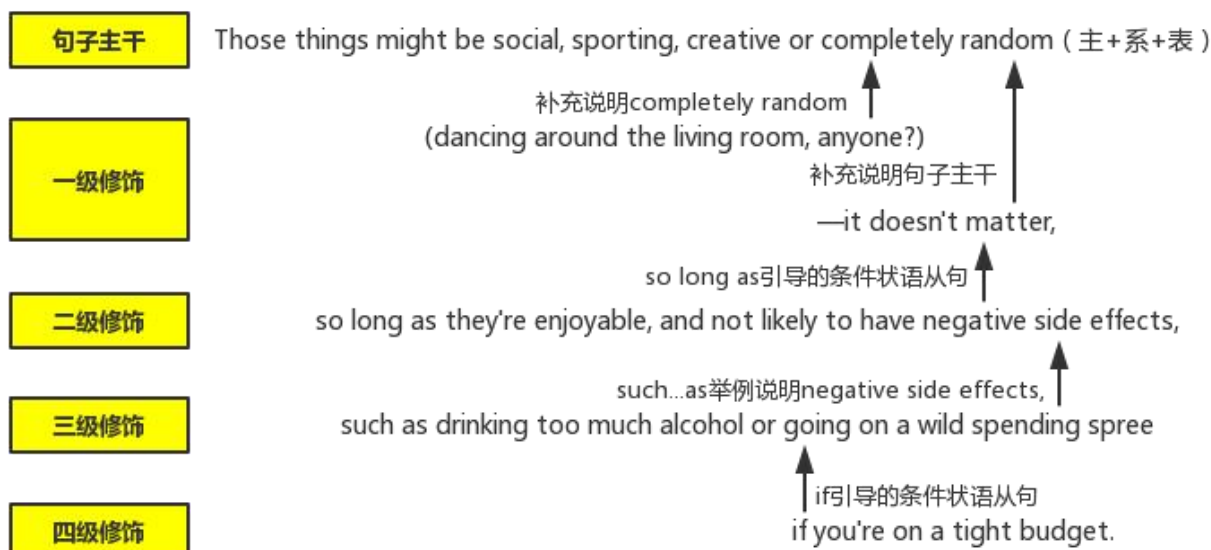
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As we grow up, we learn to control our emotions so they are manageable and don't dictate our behaviours, which is in many ways a good thing.



Those things might be social, sporting, creative or completely random (dancing around the living room, anyone?)—it doesn't matter, so long as they're enjoyable, and not likely to have negative side effects, such as drinking too much alcohol or going on a wild spending spree if you're on a tight budget.



## 5.translation

- [A] 傻一点
- [B] 乐享生活
- [C] 表达自己的情绪
- [D] 不要思虑过多
- [E] 容易满足

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[F] 留心事物

[G] 寻找帮助

### 做适合自身情况而非符合自己年龄的事

作为成年人，我们似乎在不断地追求幸福，结果却常常是好坏参半。但是，孩子们似乎能驾轻就熟地追求幸福，并且大多数情况下，他们不需要励志书籍或者治疗。相反，他们本能地寻求自身的幸福感，而且通常要比成年人更有成效。或许，是时候从孩子们身上学习一些东西了。

#### 41. C. 表达自己的情绪

孩子难过时会做什么呢？他会哭。生气时又会做什么呢？他会大声喊叫。害怕时呢？可能两者兼有一些。随着年龄的增长，我们学会了控制自己的情绪，这样，情绪便是可控的，也不会支配我们的行为，从许多方面来说，这是件好事。但是，我们常常做得太过，最终压抑了自己的情绪，特别是负面情绪。这种做法大概等于把灰尘扫到地毯下面，我们甚至会因此而生病。我们需要做的是，找到一种方法来正视并适当地表达我们的情绪，然后——再像孩子那样——续前进。

#### 42. E. 容易满足

几年前的一个圣诞节，我最小的继女，那时候她只有九岁，收到了一份圣诞节礼物——一件超人T恤。虽然这件T恤的花费不到五美元，但她却非常高兴，一直都在谈论它。我们常常认为，一份新工作、一幢更大的房子或一辆更好的车是可以使我们获得最终满足感的灵丹妙药，但现实是，这些东西很少会对我们的幸福感产生持久性的影响。相反，每天对小事心存感激是提升幸福感的更好方法。

#### 43. A. 傻一点

你有没有注意过孩子们有多爱笑？如果我们成年人能够放任自己傻一点并傻笑，我们就能减少体内的压力激素，增加类似内啡肽的有益激素，促进心脏血液循环，甚至还可以提高抵抗感染的概率。当然，所有的这些都会对我们的幸福感产生积极影响。

#### 44. B. 乐享生活

成年人要面对的问题是总有很多重要的事情要处理——工作、偿还房屋贷款、考虑晚饭吃什么。但是，作为成年人，我们也享有控制自己日程的奢侈权利，

按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。



同时，合理安排时间去享受自己喜欢的东西也很重要。那些可能是有关社交、运动、创意或完全随机的事情（有人会在客厅跳舞吗？）——这没什么，只要它们能让我们感到心情愉悦且不大可能会造成不良影响，如喝太多酒或在经济拮据时无节制地消费。

#### 45. D. 不要思虑过多

综上所述，需要补充的一个要点是，我们不需要过分地去追求幸福。科学家告诉我们，这样做会适得其反，事实上还会对我们的幸福产生负面影响。正如中国哲学家庄子所说：“无为诚乐。”正因为如此，我们更应以孩子为榜样，对他们来说，幸福不是目标，而是他们自身生活方式所产生的额外自然结果。

### 6.exercise

- ① Too often we believe that a new job, bigger house or better car will be the magic silver bullet that will allow us to finally be content, but the reality is these things have very little lasting impact on our happiness levels.
- ② If we adults could indulge in a bit of silliness and giggling, we would reduce the stress hormones in our bodies, increase good hormones like endorphins, improve blood flow to our hearts and even have a greater chance of fighting off infection.
- ③ Those things might be social, sporting, creative or completely random (dancing around the living room, anyone?)—it doesn't matter, so long as they're enjoyable, and not likely to have negative side effects, such as drinking too much alcohol or going on a wild spending spree if you're on a tight budget.



CEABD

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## 2016 年英语二 翻译 背诵笔记

建议背诵用时：35 分钟

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

The supermarket is designed to lure customers into spending as much time as possible within its doors. The reason 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 supermarkets 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.

### 1. Text structure

超市引导 顾客消费	{	超市希望顾客在店里长时间停留及其原因 (①② 句)
		超市的商品过多会使顾客不堪重负 {
		超市出售大量的商品 (③④ 句)
		选择过多会使顾客陷入信息超负荷的状态 (⑤ 句)
		过多的决策会让顾客难以承受并失去理性, 开始冲动购物 (⑥⑦ 句)

### 2. The key words

lure	v. 引诱, 诱使
carry	v. 备有 (货物) 供销售

按计划进行, 雷打不动, 即使下冰雹、下刀子。加油, 你终将是研究生。



item	n. 商品（物品），货品
sheer	a. 十足的，彻底的，纯粹的
overload	n. 超载，超负荷
demand	n. 困难的（烦人的，累人的）事情，
rationally	ad. 理性地
selective	a. 认真挑选的
accumulate	v. 堆积，聚集
self-esteem	n. 自尊（心）
perspective	n. 客观判断力，权衡轻重的能力
innate	a. 天生的，与生俱来的
unlearned	a. 不学而能的，不学即会的；天然的
sympathy	n. 同情，同情心
resolve	v. 解决（问题、困难）
manage	v. 合理安排，有效使用（时间、金钱等）；经营，管理
surround	v. 环绕，围绕
cure-all	n. 万灵药，灵丹妙药
perfectly	ad. 完全地；非常；十分
mundane	a. 平凡的，平淡的；乏味的
foe	n. 敌人，仇敌
conscience	n. 良心，良知

### 3.phrases

build into	使固定于；使成为……的一部分
immune system	免疫系统
take sb./sth. seriously	认真对待某人/某事
work out	（问题）逐渐解决；（复杂情况）逐渐化解
in the same way that/ as...	就像……一样，正如
slow down	放慢速度，减缓；松劲；放松
have perspective on sth.	对某物具有客观判断力
think of... as...	把……看作……；认为……是……

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## 4.Sentences

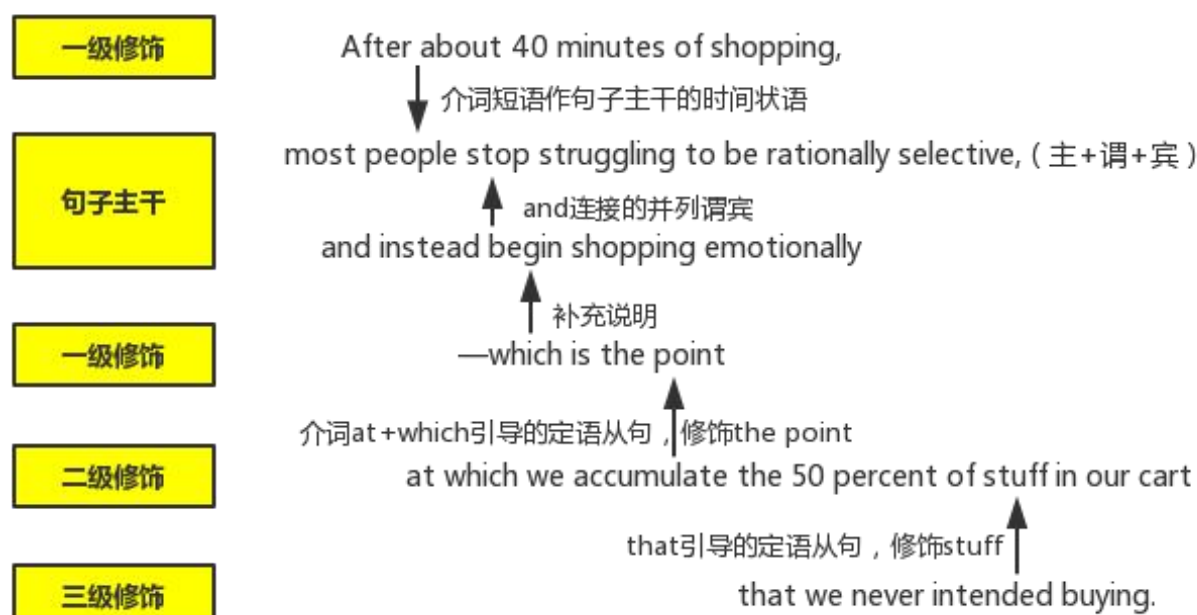
The supermarket is designed to lure customers into spending as much time as possible within its doors.



The average supermarket, according to the Food Marketing Institute, carries some 44,000 different items, and many carry tens of thousands more.



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.



## 5.translation

按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。





超市的设计旨在吸引顾客在店里停留尽可能长的时间。原因很简单：你在店里停留的时间越长，看到的商品就越多，而你看到的商品越多，购买的商品也就越多。超市有大量的商品出售。根据食品营销研究院的调查，普通超市大约有 4.4 万种不同的商品，还有很多超市会再多出数万种。选择如此之多足以使顾客陷入信息超负荷的状态。脑部扫描实验表明，需要做出如比之多的决策很快会让我们难以承受。大约 40 分钟的购物之后，大多数人不再努力去做出理性的选择，转而开始冲动购物——而在这个时候，我们会往购物车中装入一平之前根本没有打算买的商品。

## 6.exercise

- ① The reason 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.
- ② According to brainscan experiments, the demands of so much decision-making quickly become too much for us.
- ③ 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.

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