



## 2015 年英语二真题 完形填空 背诵笔记

建议背诵用时：30 分钟

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET.(10 points)

① In our contemporary culture, the prospect of communicating with—or even looking at—a stranger is virtually unbearable. ② Everyone around us seems to agree by the way they cling to their phones, even without a 1 on a subway.

① It's a sad reality—our desire to avoid interacting with other human beings—because there's 2 to be gained from talking to the stranger standing by you. ② But you wouldn't know it, 3 into your phone. ③ This universal protection sends the 4: “Please don't approach me.”

① What is it that makes us feel we need to hide 5 our screens?

① One answer is fear, according to Jon Wortmann, an executive mental coach. ② We fear rejection, or that our innocent social advances will be 6 as “weird.” ③ We fear we'll be 7. ④ We fear we'll be disruptive.

① Strangers are inherently 8 to us, so we are more likely to feel 9 when communicating with them compared with our friends and acquaintances. ② To avoid this uneasiness, we 10 to our phones. ③ “Phones become our security blanket,” Wortmann says. ④ “They are our happy glasses that protect us from what we perceive is going to be more 11.”

① But once we rip off the band-aid, tuck our smartphones in our pockets and look up, it doesn't 12 so bad. ② In one 2011 experiment, behavioral scientists Nicholas Epley and Juliana Schroeder asked commuters to do the unthinkable: Start a 13. ③ They had Chicago train commuters talk to their fellow 14. ④ “When Dr. Epley and Ms. Schroeder asked other people in the same train station to 15 how they would feel after talking to a stranger, the commuters thought their 16 would be more pleasant if they sat on their own,” *The New York Times* summarizes. ⑤ Though the participants didn't expect a positive experience, after they 17 with the experiment, “not a single person reported having been embarrassed.”

① 18, these commutes were reportedly more enjoyable compared with those without communication, which makes absolute sense, 19 human beings thrive off of social connections.

② It's that 20: Talking to strangers can make you feel connected.

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. [A] signal        | [B] permit         | [C] ticket         | [D] record         |
| 2. [A] nothing       | [B] little         | [C] another        | [D] much           |
| 3. [A] beaten        | [B] plugged        | [C] guided         | [D] brought        |
| 4. [A] message       | [B] code           | [C] notice         | [D] sign           |
| 5. [A] under         | [B] beyond         | [C] behind         | [D] from           |
| 6. [A] misapplied    | [B] misinterpreted | [C] misadjusted    | [D] mismatched     |
| 7. [A] judged        | [B] fired          | [C] replaced       | [D] delayed        |
| 8. [A] unreasonable  | [B] ungrateful     | [C] unconventional | [D] unfamiliar     |
| 9. [A] comfortable   | [B] confident      | [C] anxious        | [D] angry          |
| 10. [A] attend       | [B] turn           | [C] take           | [D] point          |
| 11. [A] dangerous    | [B] mysterious     | [C] violent        | [D] boring         |
| 12. [A] bend         | [B] resist         | [C] hurt           | [D] decay          |
| 13. [A] lecture      | [B] debate         | [C] conversation   | [D] negotiation    |
| 14. [A] trainees     | [B] employees      | [C] researchers    | [D] passengers     |
| 15. [A] reveal       | [B] choose         | [C] predict        | [D] design         |
| 16. [A] voyage       | [B] flight         | [C] walk           | [D] ride           |
| 17. [A] went through | [B] did away       | [C] caught up      | [D] put up         |
| 18. [A] In turn      | [B] In fact        | [C] In particular  | [D] In consequence |
| 19. [A] unless       | [B] whereas        | [C] if             | [D] since          |
| 20. [A] funny        | [B] simple         | [C] logical        | [D] rare           |

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## 1.The key words

contemporary	a. 当代的
prospect	n. 景象，情形
virtually	ad. 几乎
unbearable	a. 难以忍受的
cling	v. 紧紧抓住
interact	v. 相互交流
inherently	a. 固有的，内在的
acquaintance	n. 相识
rejection	n. 拒绝
blanket	n. 毯子
advance	n. (表示愿意友好的) 主动
perceive	v. 察觉，认识到
commuter	n. 通勤者
unthinkable	ad. 相反地，以相反的方式
band-aid	n. 创可贴，绷带
embarrassed	a. 尴尬的
tuck	v. 把……塞入
prospect	n. 前景，可能性
harbor	v. 心怀，怀有 (某想法等)
tease	v. 取笑，嘲弄，招惹
build	n. (人体的) 体形，体格
negative	a. 否定的，消极的
stimulate	v. 刺激，促进
ban	v. 明令禁止
facility	n. (供特定用途的) 场所
institute	v. 建立，制定 (习俗、规则等)，开始 (某进程)
initiative	n. 新倡议、行动、方案
launch	v. 推出，使开始

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campaign n. 运动（为某一社会的、商业的或政治的目的而进行的一系列有计划的活动）

## 2.phrases

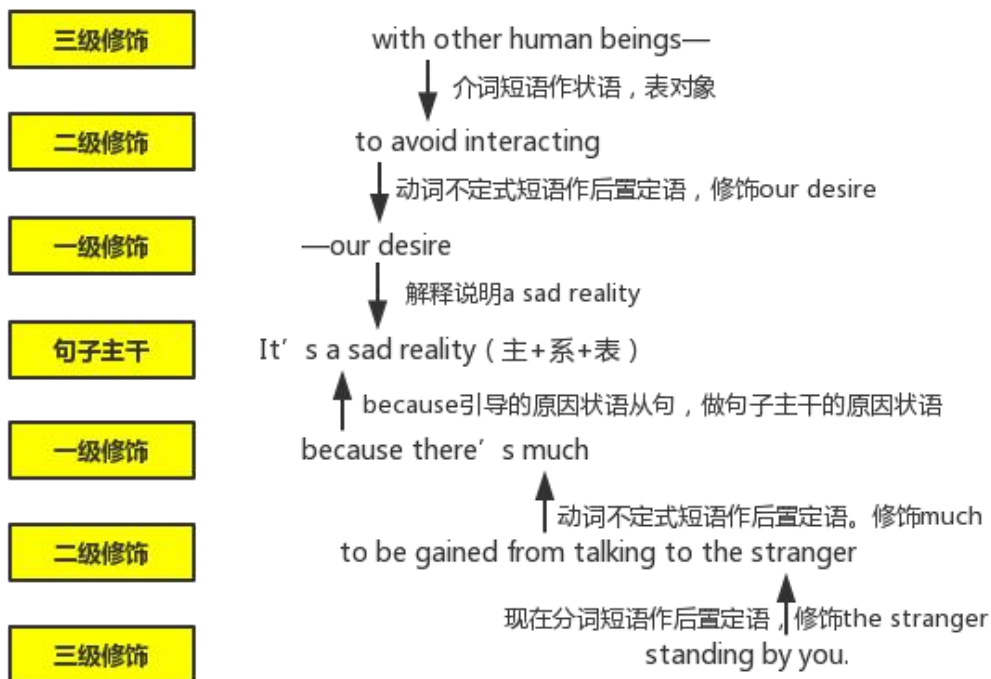
executive coach 高级培训师  
in case of 万一，如果发生  
in respects of 关于，在...方面  
in favor of 有利于，支持  
in essence 本质上，实质上  
in contrast 相比之下，与此相反  
in part 部分地，在某种程度上  
in turn 转而，相应地

## 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

It' s a sad reality—our desire to avoid interacting with other human beings—because there' s much to be gained from talking to the stranger standing by you.

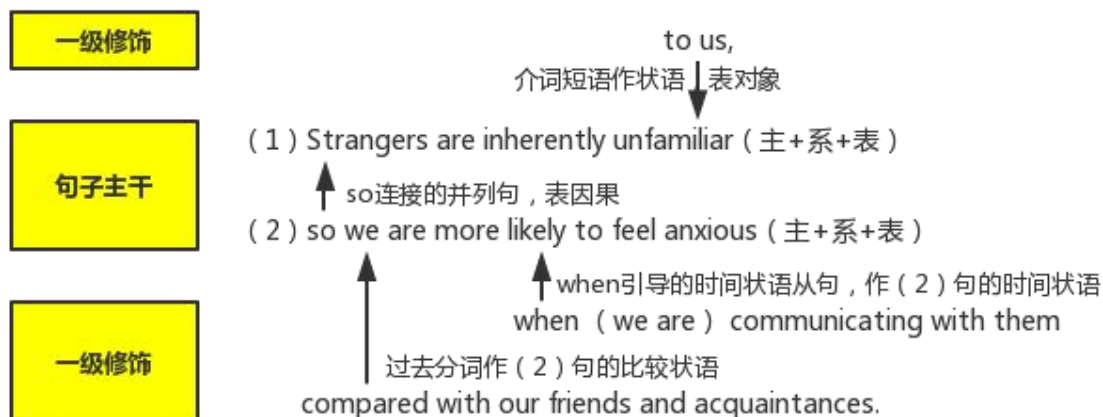


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Strangers are inherently unfamiliar to us, so we are more likely to feel anxious when communicating with them compared with our friends and acquaintances.



In fact, these commutes were reportedly more enjoyable compared with those without communication, which makes absolute sense, since human beings thrive off of social connections.



## 5.translation

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在我们当代的文化中，与陌生人交流，或甚至看陌生人一眼，这种情景几乎令人难以忍受。我们身边的每个人似乎都同意这一说法：他们拿着手机不放，即便地铁里没有信号。

这是个可悲的现实——我们想要避免与他人交流的意愿——因为与站在身旁的陌生人交谈会让你受益匪浅。但是你却不会知道这一点，因为你沉浸在手机中。这种人们普遍采取的保护方式传递出这样一种信息：“请不要靠近我”。

是什么让我们觉得需要躲在手机屏幕后面呢？

高级心理培训师乔思·沃特受认为，答案之一是恐惧。我们害怕被拒绝，或者害怕自己毫无恶意的主动搭讪会被曲解为“怪异”。我们害怕会被品头论足。我们害怕会打扰他人。

陌生人对我们来说本身就是不熟型的，因此比起朋友和熟人，与他们交流更可能让我们感到焦虑。为了避免这种不自在，我们求助于手机。“手机成了我们的保护伞”，沃特受说。“它们就是我们快乐的眼镜，保护我们免受那些我们自认为将是更危险的情况的伤害。”

然而，一旦我们撕掉这个创可贴，将智能手机塞进口袋并抬起头来，情况也不会那么糟糕。在 2011 年的一次实验中，行为科学家尼古拉斯·艾普利和朱莉安娜·施罗德让通勤者做了一件不可思议的事情：开始交谈。他们让芝加哥列车上的通勤者与其同行的乘客交谈。“当艾普利博士和施罗德女士让同一车站的其他通勤者预测他们与陌生人交谈之后是什么感受时，这些通勤者认为如果独自坐着，他们的旅程会更加愉快”，《纽约时报》总结道。虽然参与实验者并没有期待会有一次积极的体验，但当他们完成实验后，“没有一个人反映自己曾感到尴尬”。

事实上，据报道，这些（参与交谈的）通勤者与那些没有进行交谈的通勤者相比，感觉更愉快，这是完全合乎情理的，因为社会联系是人类繁荣的基础。道理很简单：与陌生人交谈能够让你感受到彼此间的联系。

## 6.exercise

### translation it into Chinese

- ① It's a sad reality—our desire to avoid interacting with other human beings—because there's signal to be gained from talking to the stranger standing by you.
- ② But once we rip off the band-aid, tuck our smart phones in our pockets and look up, it doesn't hurt so bad.
- ③ “When Dr. Epley and Ms. Schroeder asked other people in the same train station to predict how they would feel after talking to a stranger, the commuters thought their ride would be more pleasant if they sat on their own,”

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## 2015 年英语二 Passage1 背诵笔记

建议背诵用时：35 分钟

A new study suggests that contrary to most surveys, people are actually more stressed at home than at work. Researchers measured people's cortisol, which is a stress marker, while they were at work and while they were at home and found it higher at what is supposed to be a place of refuge.

"Further contradicting conventional wisdom, we found that women as well as men have lower levels of stress at work than at home," writes one of the researchers, Sarah Damaske. In fact women even say they feel better at work, she notes. "It is men, not women, who report being happier at home than at work." Another surprise is that the findings hold true for both those with children and without, but more so for nonparents. This is why people who work outside the home have better health.

What the study doesn't measure is whether people are still doing work when they're at home, whether it is household work or work brought home from the office. For many men, the end of the workday is a time to kick back. For women who stay home, they never get to leave the office. And for women who work outside the home, they often are playing catch-up-with-household tasks. With the blurring of roles, and the fact that the home front lags well behind the workplace in making adjustments for working women, it's not surprising that women are more stressed at home.

But it's not just a gender thing. At work, people pretty much know what they're supposed to be doing: working, making money, doing the tasks they have to do in order to draw an income. The bargain is very pure: Employee puts in hours of physical or mental labor and employee draws out life-sustaining moola.

On the home front, however, people have no such clarity. Rare is the household in which the division of labor is so clinically and methodically laid out. There are a lot of tasks to be done, there are inadequate rewards for most of them. Your home colleagues—your family—have no clear rewards for their labor; they need to be talked into it, or if they're teenagers, threatened with complete removal of all electronic devices. Plus, they're your family. You cannot fire your family. You never really get to go home from home.

So it's not surprising that people are more stressed at home. Not only are the tasks apparently infinite, the co-workers are much harder to motivate.

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21. According to Paragraph 1, most previous surveys found that home \_\_\_\_\_.  
A. offered greater relaxation than the workplace  
B. was an ideal place for stress measurement  
C. generated more stress than the workplace  
D. was an unrealistic place for relaxation
22. According to Damaske, who are likely to be the happiest at home?  
A. Working mothers.  
B. Childless husbands.  
C. Working fathers.  
D. Childless wives.
23. The blurring of working women's roles refers to the fact that \_\_\_\_\_.  
A. their home is also a place for kicking back  
B. they are both bread winners and housewives  
C. there is often much housework left behind  
D. it is difficult for them to leave their office
24. The word "moola" (Para. 4) most probably means \_\_\_\_\_.  
A. skills  
B. energy  
C. earnings  
D. nutrition
25. The home front differs from the workplace in that \_\_\_\_\_.  
A. family labor is often adequately rewarded  
B. home is hardly a cozier working environment  
C. household tasks are generally more motivating  
D. division of labor at home is seldom clear-cut

答案见尾页

## 1. Text structure

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人们在家 比上班压 力更大	第一段：新研究发现人们在家比上班压力更大
	第二、三段：压力与性别的关系
	第二段：女性在家比男性压力大
	第三段：女性在家压力更大的原因
	第四、五段：压力与付出和所得的关系
	第四段：上班目的明确，交易纯粹
	第五段：家务劳动分工不明确，回报不够
	第六段：总结人们在家压力更大的原因

## 2.The key words

stressed	a.紧张焦虑的，感到有压力的
cortisol	n.皮质醇
contradict	v.与……矛盾，反驳
nonparents	n.无子女者
household	a.家庭的;日常的
burring	n.模糊
gender	n.性别
draw	v.（从某来源）得到，取，获取
bargain	n.协议，协定
life-sustaining	a.维持生命的
division	n.分配
removal	n，移动，搬动
clinically	ad.不偏不倚地
methodically	ad.有条不紊地
inadequate	a.不充分的，不适当的
fancy	a. 昂贵的；精致的
extravagant	a. 奢侈的
commute	n. 通勤；上下班路程
whopping	a. 巨大的；很大的（数字等）
sparingly	ad. 节俭地；慎用地；爱惜地
privileged	a. 荣幸的，幸运的
scarcity	n. 不足；缺乏
mandate	v. 批准；授权
incentive	n. 激励

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### 3.phrases

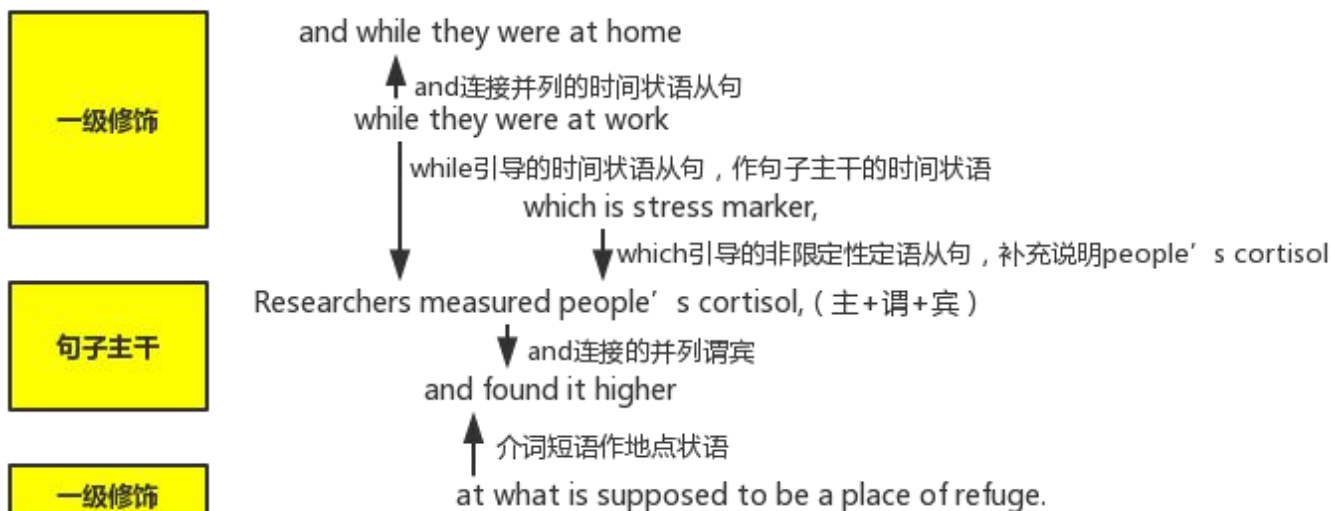
contrary to	与…相反，违反
be supposed to be	应该是，被认为是
hold true for	适用于，对……有效
kick back	放松下来;回踢，反
leave the office	收工
home front	家庭后方;（战时）后方
lag behind	作出调整以适应
make adjustments	悄然而至
pretty much	几乎，差不多是
put in	投入
lay out	安排，布置，展示
talk into	说服
bang for your buck	所做的努力值得；钱花得合算
be better off	过得更好
be jolly for	因为……感到高兴的、愉快的
restrict the availability of sth.	限制对……的获取
an object of obsession	令人痴迷之物
a privileged lot	特权群体；幸运群体
the link between A and B	A 与 B 之间的联系
come away	离开时留下（印象）

### 4.Sentences

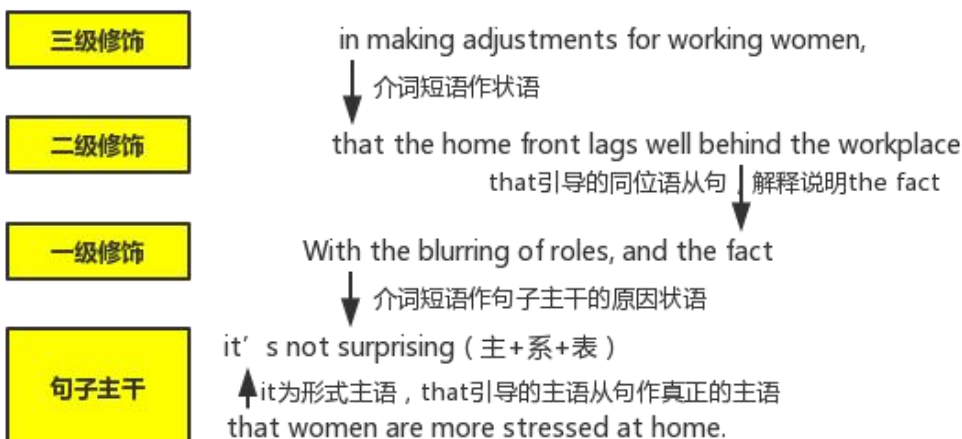
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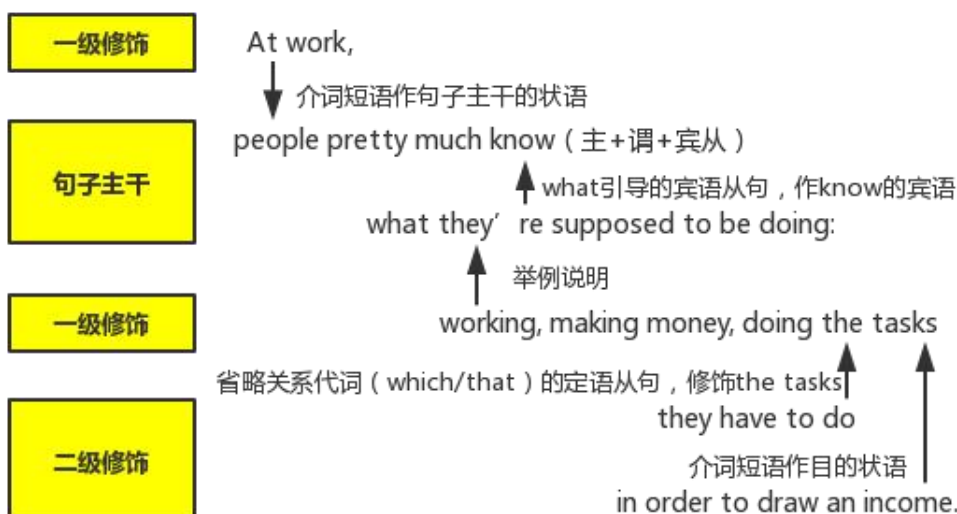
Researchers measured people' s cortisol, which is stress marker, while they were at work and while they were at home and found it higher at what is supposed to be a place of refuge.



With the blurring of roles, and the fact that the home front lags well behind the workplace in making adjustments for working women, it' s not surprising that women are more stressed at home.



At work, people pretty much know what they' re supposed to be doing: working, making money, doing the tasks they have to do in order to draw an income.



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## 5.translation

一项新的研究表明，与大多数调查相反，人们实际上在家比上班压力更大。研究人员分别测量了人们在家和上班时的皮质醇种压力标识，结果发现人们在本应是安身之所的家中，皮质醇反而更高。

其中一位研究者萨拉-达马斯克写道：“与普遍看法更为矛盾的是，我们发现女性和男性一样，上班时的压力水平都低于在家时的压力水平。”她指出，实际上，女性甚至声称上班时感觉更好。“是男性而非女性自称在家比上班感觉更快乐。”另一个令人惊讶的发现是，有子女和无子女的夫妇也是如此，尤其是后者。这就是为什么在外上班的人身体更健康。

该研究没有考虑人们回家后是否继续工作的情况，不论是做家务还是加班完成工作。对于许多男性来说，下班意味着放松的时刻到了。而对于待在家中的女性来说，她们从没有下班时间。对于在外工作的职业女性而言，她们经常要急急忙忙干完家务。由于角色的模糊性，以及职业女性家庭角色的调整滞后于职场角色的调整，她们在家中感到压力更大就不足为奇了。

但是，这不仅仅与性别有关。上班时，人们非常清楚自己应该做什么：工作、挣钱、为获得收入完成必要的任务。这种交易十分纯粹：员工投入数小时的体力或脑力劳动，赚取维持生活的收入。

然而，在家中，人们就分得没那么清楚了。很少有家庭能客观且有条不紊地进行家务分工。家中不但有大量家务要做，而且大多数家务劳动都没有足够的回报。家中的同事，即你的家人，无法从他们的劳动中获得明确的报酬；你需要说服他们去做家务，或者倘若是青少年，甚至要以没收所有的电子设备相威胁。此外，他们是你的家人。你无法解雇自己的家人。你也永远不能真正地摆脱家务劳动。

因此，人们在家压力更大就不足为奇了。家务劳动显然是无穷无尽的，而且激发家中“同事们”的劳动积极性要困难得多。

## 6.exercise

① Researchers measured people's cortisol, which is stress marker, while they were at work and while they were at home and found it higher at what is supposed to be a place of refuge.

② What the study doesn't measure is whether people are still doing work when they're at home, whether it is household work or work brought home from the office.

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ABBCD

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## 2015 年英语二 Passage2 背诵笔记

建议背诵用时：35 分钟

For years, studies have found that first-generation college students—those who do not have a parent with a college degree—lag other students on a range of education achievement factors. Their grades are lower and their dropout rates are higher. But since such students are most likely to advance economically if they succeed in higher education, colleges and universities have pushed for decades to recruit more of them. This has created “a paradox” in that recruiting first-generation students, but then watching many of them fail, means that higher education has “continued to reproduce and widen, rather than close” an achievement gap based on social class, according to the depressing beginning of a paper forthcoming in the journal *Psychological Science*.

But the article is actually quite optimistic, as it outlines a potential solution to this problem, suggesting that an approach (which involves a one-hour, next-to-no-cost program) can close 63 percent of the achievement gap (measured by such factors as grades) between first-generation and other students.

The authors of the paper are from different universities, and their findings are based on a study involving 147 students (who completed the project) at an unnamed private university. First generation was defined as not having a parent with a four-year college degree. Most of the first-generation students (59.1 percent) were recipients of Pell Grants, a federal grant for undergraduates with financial need, while this was true only for 8.6 percent of the students with at least one parent with a four-year degree.

Their thesis—that a relatively modest intervention could have a big impact—was based on the view that first-generation students may be most lacking not in potential but in practical knowledge about how to deal with the issues that face most college students. They cite past research by several authors to show that this is the gap that must be narrowed to close the achievement gap.

Many first-generation students “struggle to navigate the middle-class culture of higher education, learn the ‘rules of the game,’ and take advantage of college resources,” they write. And this becomes more of a problem when colleges don’t talk about the class advantages and disadvantages of different groups of students. “Because US colleges and universities seldom acknowledge how social class can affect students’ educational experiences, many first-generation students lack insight about why they are struggling and do not understand how students ‘like them’ can improve.”

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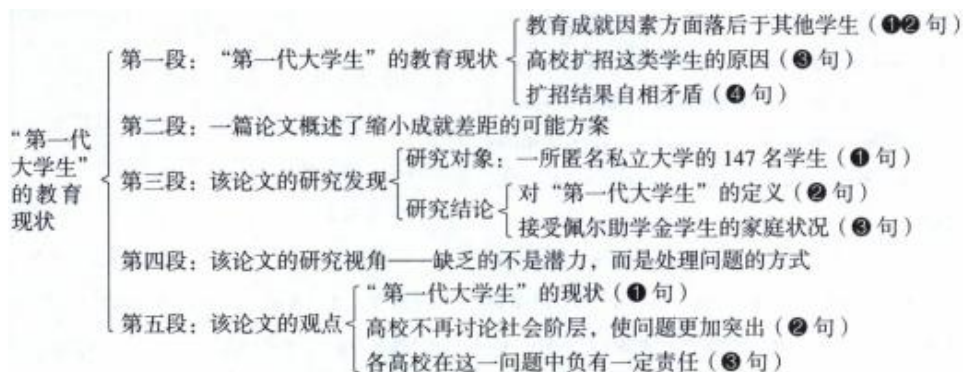


26. Recruiting more first-generation students has \_\_\_\_\_.  
 A. reduced their dropout rates  
 B. narrowed the achievement gap  
 C. missed its original purpose  
 D. depressed college students
27. The authors of the research article are optimistic because \_\_\_\_\_.  
 A. their findings appeal to students  
 B. the recruiting rate has increased  
 C. the problem is solvable  
 D. their approach is costless
28. The study suggests that most first-generation students \_\_\_\_\_.  
 A. are from single-parent families  
 B. study at private universities  
 C. are in need of financial support  
 D. have failed their college
29. The authors of the paper believe that first-generation students \_\_\_\_\_.  
 A. may lack opportunities to apply for research projects  
 B. are inexperienced in handling their issues at college  
 C. can have a potential influence on other students  
 D. are actually indifferent to the achievement gap
30. We may infer from the last paragraph that \_\_\_\_\_.  
 A. universities often reject the culture of the middle-class  
 B. students are usually to blame for their lack of resources  
 C. social class greatly helps enrich educational experiences  
 D. colleges are partly responsible for the problem in question

答案见尾页

## 1.Text structure

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## 2.The key words

lag	v.落后（于）
dropout	n.退学，辍学;退学者
paradox	n.自相矛盾的情形，悖论
recruit	v.招收
forthcoming	a.即将到来的
optimistic	a.乐观的
outline	v.概述，勾勒
potential	a.可能的
finding	n.调查发现
recipients	n.接受者
grant	n.助学金，拨款
thesis	n.论点，论题
modest	a. 较小的
intervention	n.干预
cite	v.引用
navigate	v.理解，应对
seldom	ad.很少，几乎不
flattering	a. 使人显得更漂亮的；讨好的
genuinely	ad. 真诚地；诚实地
doctor	v. 篡改，伪造
profound	a. 深刻的；极大的；严重的

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delusion	n. 错觉；谬见；妄想
depressed	a. 沮丧的；压抑的
viscerally	ad. 发自肺腑地
wit	n. 风趣
intellect	n. 智力，非凡的才智
profile	n. 印象，形象
portray	v. 描绘
idealise	v. 把……理想化

### 3.phrases

college degree	大学学位
lag sb	落后于某人
a range of	一系列
social class	社会阶层
a potential solution to	解决某一问题的可能方案
Next to no-cost	接近零成本的，几乎无成本的
an unnamed private university	匿名私立大学
recipients of.	(助学金、奖项) 等的获得者、接受者
financial need	经济需求
a big impart	巨大影响
be lacking in.	缺乏……
practical knowledge	实用知识
deal with	处理
struggle to.	挣扎于…
middle-class culture	中产阶级文化
take advantage of.	利用……
think well of	赞赏；对……有好感；高度评价
make sense	有意义；讲得通
on one level	在某种程度上
recognise... as...	认出……是……

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the cream of

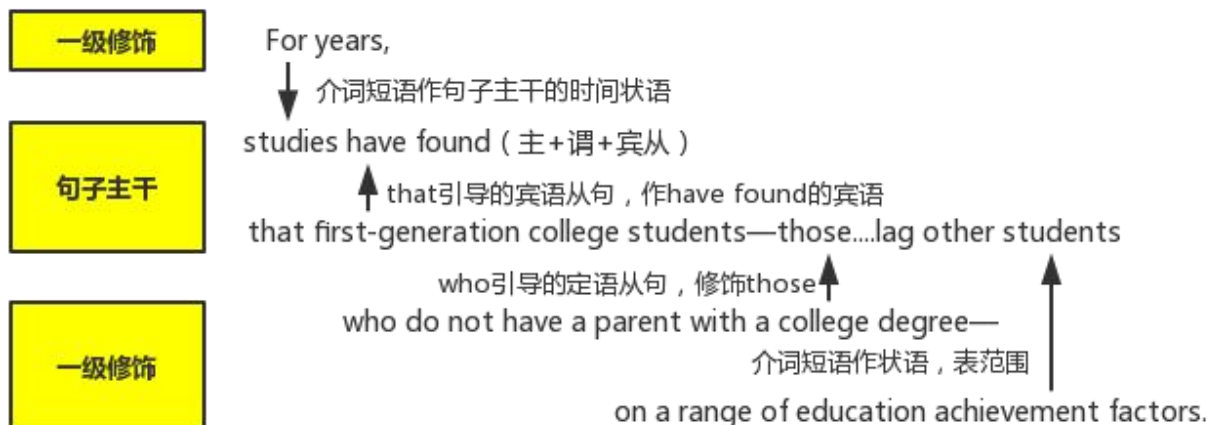
……的精华部分

not... but...

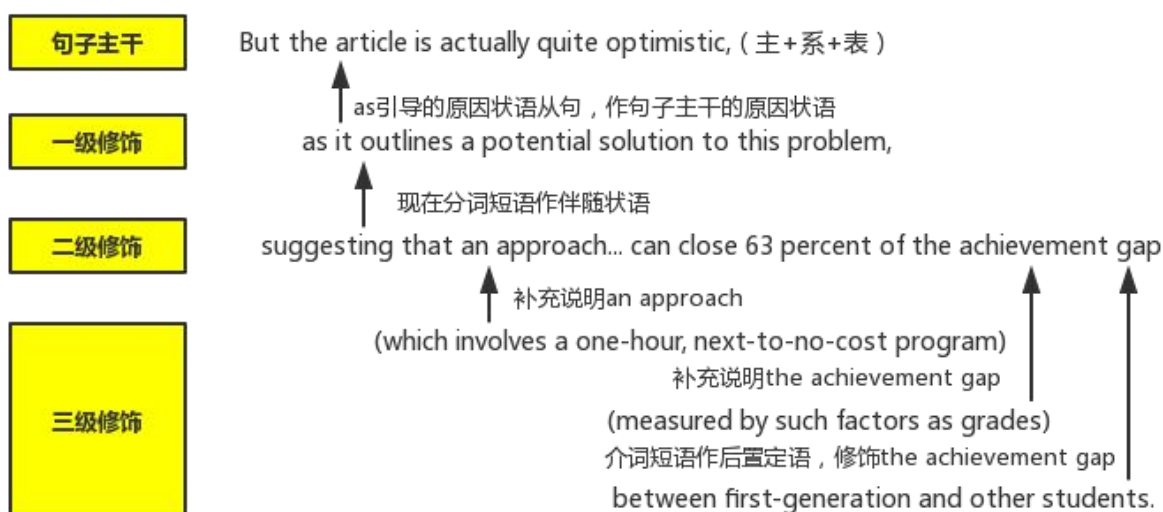
不是……，而是……

#### 4.Sentences

For years, studies have found that first-generation college students—those who do not have a parent with a college degree—lag other students on a range of education achievement factors.



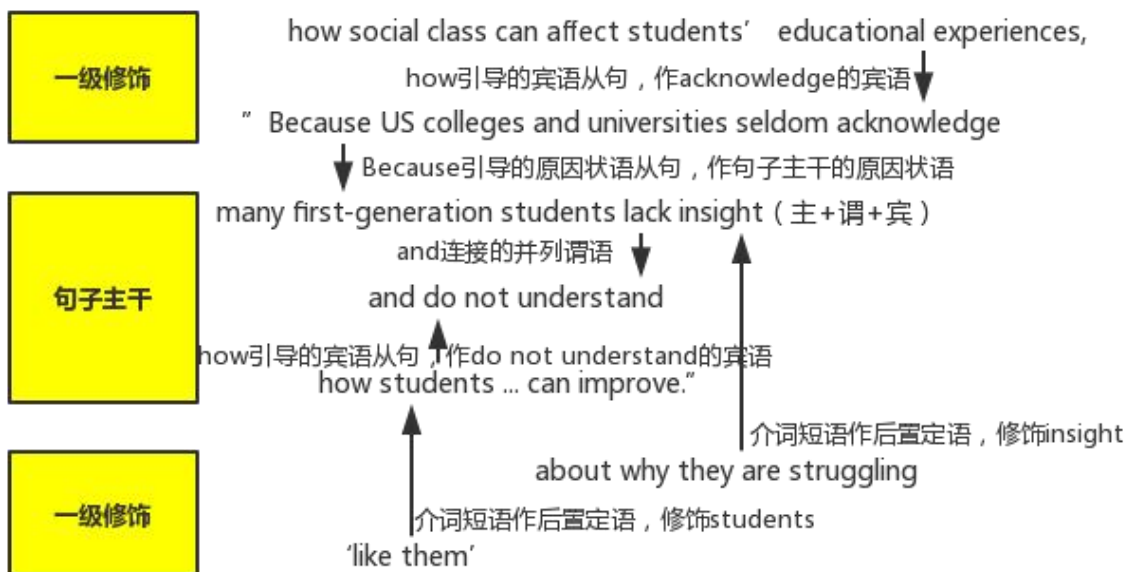
But the article is actually quite optimistic, as it outlines a potential solution to this problem, suggesting that an approach (which involves a one-hour, next-to-no-cost program) can close 63 percent of the achievement gap (measured by such factors as grades) between first-generation and other students.



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" Because US colleges and universities seldom acknowledge how social class can affect students' educational experiences, many first-generation students lack insight about why they are struggling and do not understand how students 'like them' can improve."



## 5.translation

数年来的研究发现,“第一代大学生”——其父母不具备大学学历——在一系列的教育成就因素方面均落后于其他学生。他们考试成绩较低,辍学率较高。但是,如果这些学生成功完成高等教育,那么他们便最有可能在经济上取得发展。因此,各高校数十年来一直在努力扩招这类学生。这样的结果却是“自相矛盾的”,高校虽然招收了“第一代大学生”,但随后却目睹他们中的很多人以失败而告终,这意味着高等教育在“继续再生并扩大,而非缩小”基于社会阶层的成就差距,这是即将发表在《心理科学》杂志上一篇令人沮丧的论文开篇语。

但实际上,这篇论文还是相当乐观的,因为文中概述了一种解决该问题的可能方案,表明了这种方法(一项时长一小时,几乎零成本的项目)可以缩小“第一代大学生”与其他学生之间63%的成就差距(以成绩等因素为衡量标准)。

该论文的作者们均来自不同的大学,他们的调研结果基于一项研究,该研究的对象涉及一所匿名私立大学的147名学生(他们均完成了该项目)。“第一代大学生”被定义为父母均未获得四年制大学学历的学生。大多数“第一代大学生”(59.1%)是佩尔助学金的受助对象,这项联邦助学金用于资助有经济需求的大学本科生,而那些父母至少有一方拥有大学本科学历的学生中仅有8.6%的人能够获得该项助学金。

他们的论文——相对温和的干预可能会产生巨大的影响——基于这样一种视角,即“第一

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代大学生”最缺乏的可能不是潜力，而是如何处理多数大学生都会面临的实用知识问题。他们援引数位作者以往的研究表明必须要缩小这一缺口，从而弥合成就差距。

论文作者写道，许多“第一代大学生”“在高等教育的中产阶级文化中奋力挣扎，努力学习‘游戏规则’，并利用高校资源。”当高校不再讨论不同学生群体之间的阶级优势和劣势时，问题就变得更突出。“因为美国高校少承认社会阶层对学生教育经历的影响，所以许多‘第一代大学生’不明白他们为何奋斗，也不了解‘像他们这样的’学生如何才能进步。”

## 6.exercise

①But since such students are most likely to advance economically if they succeed in higher education, colleges and universities have pushed for decades to recruit more of them.

②But the article is actually quite optimistic, as it outlines a potential solution to this problem, suggesting that an approach (which involves a one-hour, next-to-no-cost program) can close 63 percent of the achievement gap (measured by such factors as grades) between first-generation and other students.

③Their thesis—that a relatively modest intervention could have a big impact—was based on the view that first-generation students may be most lacking not in potential but in practical knowledge about how to deal with the issues that face most college students.



CCCB

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## 2015 年英语二 Passage3 背诵笔记

建议背诵用时：35 分钟

Even in traditional offices, “the *lingua franca* of corporate America has gotten much more emotional and much more right-brained than it was 20 years ago,” said Harvard Business School professor Nancy Koehn. She started spinning off examples. “If you and I parachuted back to Fortune 500 companies in 1990, we would see much less frequent use of terms like *journey*, *mission*, *passion*. There were goals, there were strategies, there were objectives, but we didn’t talk about *energy*; we didn’t talk about *passion*.”

Koehn pointed out that this new era of corporate vocabulary is very “team”-oriented—and not by coincidence. “Let’s not forget sports—in male-dominated corporate America, it’s still a big deal. It’s not explicitly conscious; it’s the idea that I’m a coach, and you’re my team, and we’re in this together. There are lots and lots of CEOs in very different companies, but most think of themselves as coaches and this is their team and they want to win.”

These terms are also intended to infuse work with meaning—and, as Rakesh Khurana, another professor, points out, increase allegiance to the firm. “You have the importation of terminology that historically used to be associated with non-profit organizations and religious organizations: terms like *vision*, *values*, *passion*, and *purpose*,” said Khurana.

This new focus on personal fulfillment can help keep employees motivated amid increasingly loud debates over *work-life balance*. The “mommy wars” of the 1990s are still going on today, prompting arguments about why women still can’t have it all and books like Sheryl Sandberg’s *Lean In*, whose title has become a buzzword in its own right. Terms like *unplug*, *offline*, *life-hack*, *bandwidth*, and *capacity* are all about setting boundaries between the office and the home. But if your work is your “passion,” you’ll be more likely to devote yourself to it, even if that means going home for dinner and then working long after the kids are in bed.

But this seems to be the irony of office speak: Everyone makes fun of it, but managers love it, companies depend on it, and regular people willingly absorb it. As a linguist once said, “You can get people to think it’s nonsense at the same time that you buy into it.” In a workplace that’s fundamentally indifferent to your life and its meaning, office speak can help you figure out how you relate to your work—and how your work defines who you are.

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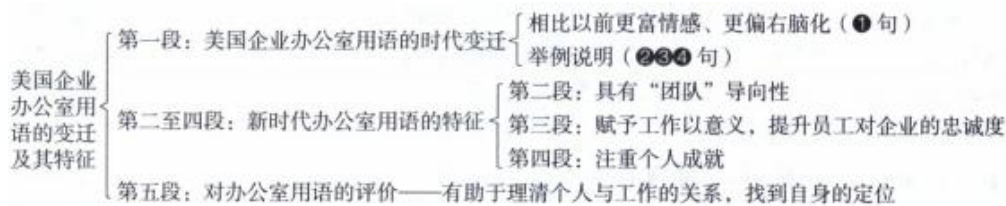
31. According to Nancy Koehn, office language has become \_\_\_\_\_.  
A. less strategic  
B. less energetic  
C. more objective  
D. more emotional
32. "Team"-oriented corporate vocabulary is closely related to \_\_\_\_\_.  
A. sports culture  
B. gender difference  
C. historical incidents  
D. athletic executives
33. Khurana believes that the importation of terminology aims to \_\_\_\_\_.  
A. revive historical terms  
B. promote company image  
C. foster corporate cooperation  
D. strengthen employee loyalty
34. It can be inferred that *Lean In* \_\_\_\_\_.  
A. voices for working women  
B. appeals to passionate workaholics  
C. triggers debates among mommies  
D. praises motivated employees
35. Which of the following statements is true about office speak?  
A. Linguists believe it to be nonsense.  
B. Regular people mock it but accept it.  
C. Companies find it to be fundamental.  
D. Managers admire it but avoid it.

答案见尾页

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## 1. Text structure



## 2. The key words

parachute	v. 空降，空投
era	n. 时代、年代
explicitly	ad. 清楚地
terminology	n. 学科术语；专门用语
infuse	v. 把……入；灌输
allegiance	n. (对组织、人物、信仰的) 忠诚，拥护
amid	prep. 在……中间，在……当中
prompt	v. 促进、激起
buzzword	n. 某一领域内的时髦用语
linguist	n. 语言学家
nonsense	n. 无稽之谈、胡说、荒谬的想法
initiative	n. 主动权；首创精神
reinvent	v. 彻底改造
formula	n. 方案，方法
conduct	v. 执行；实施
notion	n. 概念；见解
unexpected	a. 意外的，想不到的
predictable	a. 可预见的
note	v. 指出；特别提到
reframe	v. 重新组织
augment	v. 增加；增大
innovate	v. 改变；改革；创新；引入新事物
institution	n. 制度，(由来已久的) 风俗习惯

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### 3.phrases

lingua franca	(母语不同的人之间使用的) 通用语、交际语
right-brained	a. 右脑的, 这里引申为"感性的"
point out	指出
by coincidence	巧合、偶然
male dominated	a. 男性占主导地位的
a big deal	非常重要的事
be associated with	和.....有关联
non-profit organization	非营利性组织
personal fulfillment	个人成就、自我实现
keep sb motivated	使某人有动力、使人受到激励
office speak	办公室语言
buy into it	买账、认可
figure out	弄清楚
perform much better at	更擅长
take initiative	发挥主动性
exercise one's imagination	运用想象力
respond to unexpected events	应付突发事件
touch on	提及; 谈及
reframe... as...	将.....重组/改造为.....
A rather than B/ not B but rather A	取 A 而舍 B

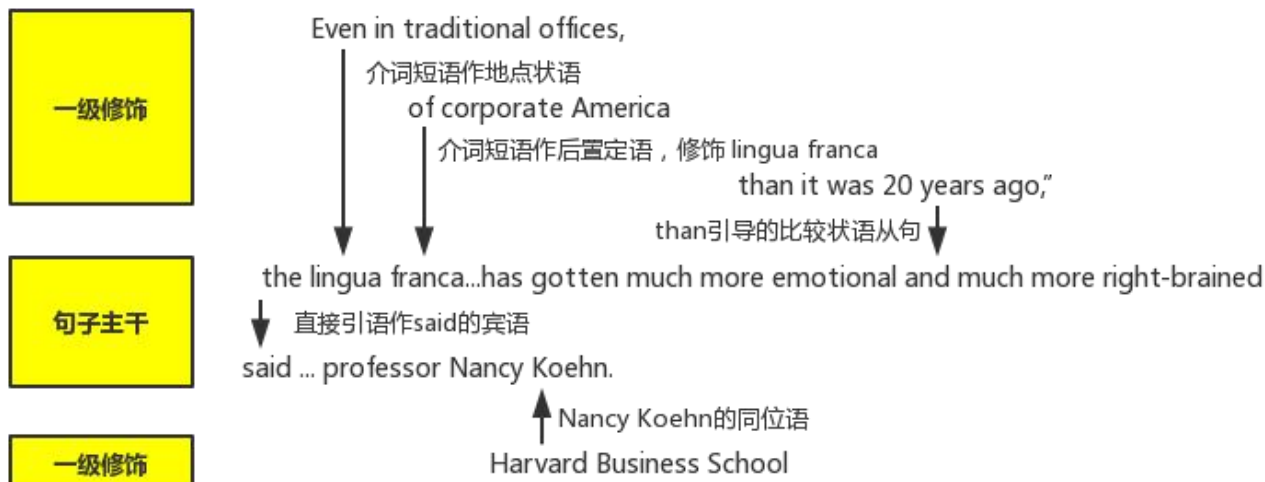
### 4.Sentences

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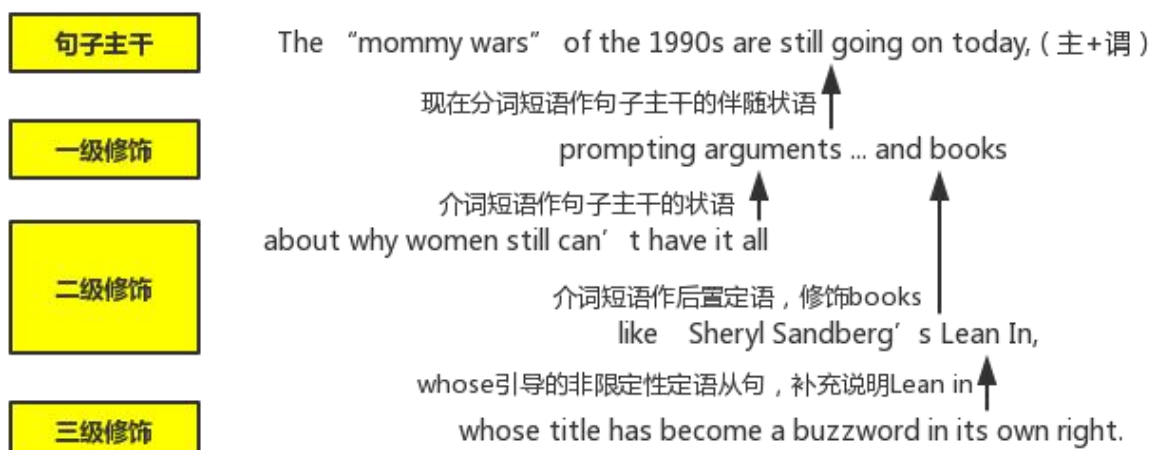




Even in traditional offices, “the lingua franca of corporate America has gotten much more emotional and much more right-brained than it was 20 years ago,” said Harvard Business School professor Nancy Koehn.



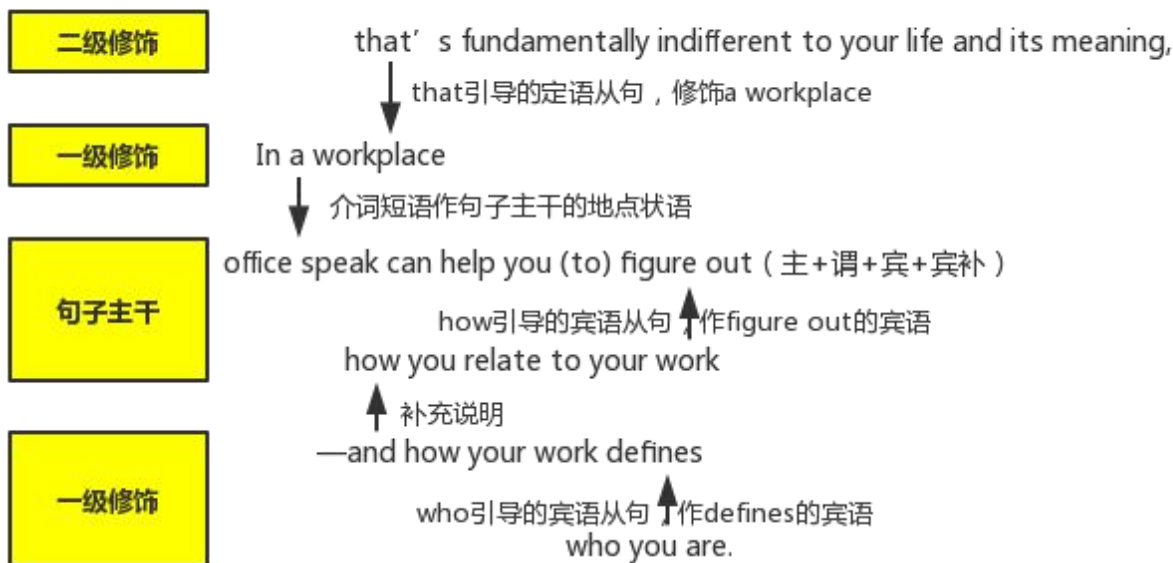
The “mommy wars” of the 1990s are still going on today, prompting arguments about why women still can’t have it all and books like Sheryl Sandberg’s Lean In, whose title has become a buzzword in its own right.



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In a workplace that' s fundamentally indifferent to your life and its meaning, office speak can help you figure out how you relate to your work—and how your work defines who you are.



## 5.translation

即使在传统的办公室里，“美国企业的通用语也比 20 年前更富情感、更偏右脑化，”哈佛大学商学院教授南希·科恩称。接着，她开始给出例证。“如果我们穿越到 1990 年的财富 500 强企业，我们会看到，旅程'使命'激情'等词语的使用频率要比现在低得多。那时的用语有'目标'策略'和'目的'，但不谈'干劲'，不论'激情'。”

科恩指出，这种新时代的企业用语具有明显的“团队”导向性，而这并非巧合。“不要忘了体育运动——在男性主导的美国企业，它仍然是件大事。这并非一种明确的意识，而是一种理念：我是教练，你们是我的队员，我们同在一个团队中。虽然在不同 的企业里有许许多多的总裁，但他们大多数人都自视为教练，企业是他们的团队，他们想取得成功。”

这些用语旨在赋予工作意义，同时，正如另一位教授拉凯什·库拉纳所指出的那样，它们能够提升员工对企业的忠诚度。他还说道，“人们引入了历史上与非营利组织和宗教组织相关的专门用语，例如：'愿景' '价值观' '激情'和'意志'。”

在关于如何平衡工作与生活的日益激烈的讨论中，这种新兴的对个人成就的关注有助于保持员工的积极性。20 世纪 90 年代的“妈咪战争”如今仍在继续，这不仅激起了人们对女性为何仍然不能兼顾工作与生活的讨论，也催生了

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像谢雨尔·桑德伯格 的《向前一步》这类的书籍，这一书名本身 已经成了争取自身权利的流行语。诸如“拔掉电源”“下线”“生活窍门”“宽带”和“能力”等词汇都与划分工作与家庭之间的界限有关。但是，如果工作就是你的“激情”所在，你将更有可能投身其中，即使这意味着回家吃完晚餐，在孩子们睡觉后还要熬夜加班。

然而，这似乎是对办公室用语的讽刺：每个人都拿它寻开心，但经理们却喜欢它，企业依赖它，普通人乐于接受它。正如一位语言学家所说，“你可以让人们认为这是无稽之谈，但同时自己却买它的账。”在职场这个从根本上漠视你的生活及其意义的地方，办公室用语能够帮助你理清自己与工作的关系以及工作如何定义你是谁。

## 6.exercise

- ① But since such students are most likely to advance economically if they succeed in higher education, colleges and universities have pushed for decades to recruit more of them.
- ② Their thesis—that a relatively modest intervention could have a big impact—was based on the view that first-generation students may be most lacking not in potential but in practical knowledge about how to deal with the issues that face most college students.
- ③ ” Because US colleges and universities seldom acknowledge how social class can affect students’ educational experiences, many first-generation students lack insight about why they are struggling and do not understand how students ‘like them’ can improve.”

DADAB



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## 2015 年英语二 Passage4 背诵笔记

建议背诵用时：35 分钟

Many people talked of the 288,000 new jobs the Labor Department reported for June, along with the drop in the unemployment rate to 6.1 percent, as good news. And they were right. For now it appears the economy is creating jobs at a decent pace. We still have a long way to go to get back to full employment, but at least we are now finally moving forward at a faster pace.

However, there is another important part of the jobs picture that was largely overlooked. There was a big jump in the number of people who report voluntarily working part-time. This figure is now 830,000 (4.4 percent) above its year ago level.

Before explaining the connection to the Obamacare, it is worth making an important distinction. Many people who work part-time jobs actually want full-time jobs. They take part-time work because this is all they can get. An increase in involuntary part-time work is evidence of weakness in the labor market and it means that many people will be having a very hard time making ends meet.

There was an increase in involuntary part-time in June, but the general direction has been down. Involuntary part-time employment is still far higher than before the recession, but it is down by 640,000 (7.9 percent) from its year ago level.

We know the difference between voluntary and involuntary part-time employment because people tell us. The survey used by the Labor Department asks people if they worked less than 35 hours in the reference week. If the answer is "yes," they are classified as working part-time. The survey then asks whether they worked less than 35 hours in that week because they wanted to work less than full time or because they had no choice. They are only classified as voluntary part-time workers if they tell the survey taker they chose to work less than 35 hours a week.

The issue of voluntary part-time relates to Obamacare because one of the main purposes was to allow people to get insurance outside of employment. For many people, especially those with serious health conditions or family members with serious health conditions, before Obamacare the only way to get insurance was through a job that provided health insurance.

However, Obamacare has allowed more than 12 million people to either get insurance through Medicaid or the exchanges. These are people who may previously have felt the need to get a full-time job that provided insurance in order to cover themselves and their families. With Obamacare there is no longer a link between employment and insurance.

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36. Which part of the jobs picture was neglected?
- A. The prospect of a thriving job market.
  - B. The increase of voluntary part-time jobs.
  - C. The possibility of full employment.
  - D. The acceleration of job creation.
37. Many people work part-time because they \_\_\_\_\_. .
- A. prefer part-time jobs to full-time jobs
  - B. feel that is enough to make ends meet
  - C. cannot get their hands on full-time jobs
  - D. haven't seen the weakness of the market
38. Involuntary part-time employment in the US \_\_\_\_\_. .
- A. shows a general tendency of decline
  - B. is harder to acquire than one year ago
  - C. satisfies the real need of the jobless
  - D. is lower than before the recession
39. It can be learned that with Obamacare, \_\_\_\_\_. .
- A. it is no longer easy for part-timers to get insurance
  - B. full-time employment is still essential for insurance
  - C. it is still challenging to get insurance for family members
  - D. employment is no longer a precondition to get insurance
40. The text mainly discusses \_\_\_\_\_. .
- A. employment in the US
  - B. part-timer classification
  - C. insurance through Medicaid
  - D. Obamacare's trouble

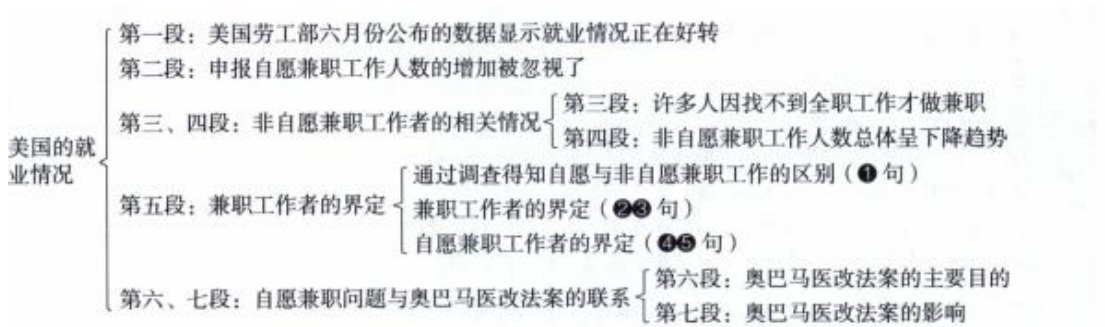
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答案见尾页

## 1.Text structure



## 2.The key words

decent	a.相当好的，不错的
largely	ad.很大程度上
overlook	v.忽略，忽视
voluntarily	ad.自愿地
distinct	n. 区别，差别
evidence	n.证据，迹象
recession	n.衰退，不景气
survey	n.调查，研究
reference	n.参考，参照
issue	n. 问题，话题
insurance	n.保险
previously	ad.先前的
cover	v.投保，承保
rectify	v. 改正，纠正
prejudice	n. 偏见
address	v. 设法解决；处理；应付
urgent	a. 紧急的；急迫的
indication	n. 迹象
hint	v. 暗示；示意

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introduce	v. 引进，推行，实施
flexibility	n. 灵活性；弹性
cap	n. （可用或可借资金的）最高限额
authorities	n. 当局，官方（常用复数）
lift	v. 提高
registered	a. 注册的，登记在册的
revenue	n. 国家的收入；岁入
grant	n. 拨款
expire	v. 期满；终止
retain	v. 保持，保留
coalition	n. 联合；联盟
commitment	n. 承诺
long-term	a. 长期的
pressing	a. 迫切的

### 3.phrases

the Labor Department	劳工部
along with	伴随，随同...一起
unemployment rate	失业率
for now	目前看来
at a decent/faster pace	以相当不错的/更快的速度
still have a long way to go	还有很长的路要走
full employment	充分就业
jobs picture	就业图景
big jump in	....突增
voluntarily working part time	自愿从事兼职工作
it's worth doing	值得/有必要做某事
have a very hard time doing	很艰难地.....
make ends meet	收支相抵，维持生计
the connection to	与.....的联系

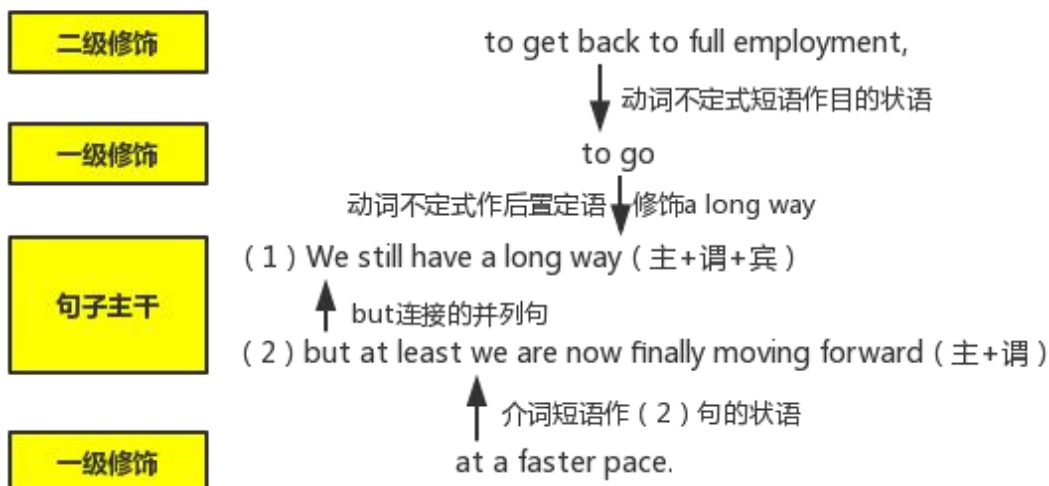
按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。



general direction	总体趋势，大方向
be down by..from	在...的基础上降低了.....
an increase in	....的增加
the difference between A and B	A 和 B 之间的差异
have no choice	别无选择
be classified as	被归入...类
relate to	与.....相关
outside of employment	失业，非就业
serious health conditions	有严重健康问题
allow...to..	允许，使.....成为可能
either...or	或者...者...
feel the need to	感到....迫切需要
adjust to	适应.....

#### 4.Sentences

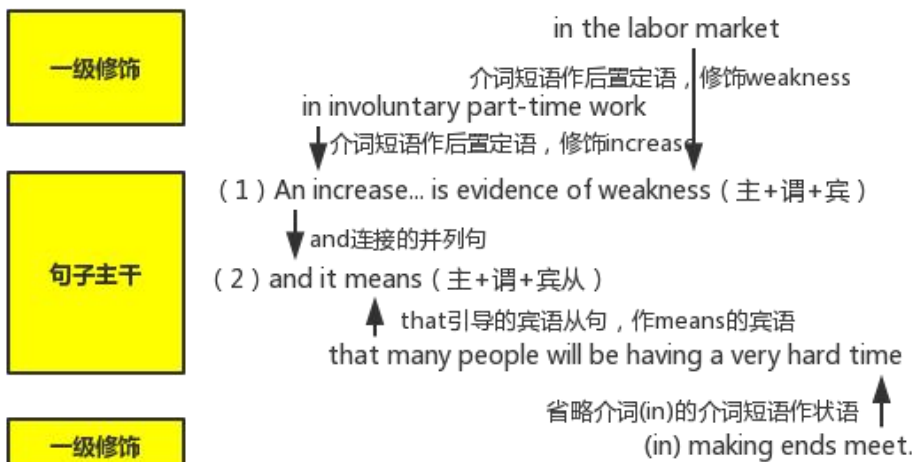
We still have a long way to go to get back to full employment, but at least we are now finally moving forward at a faster pace.



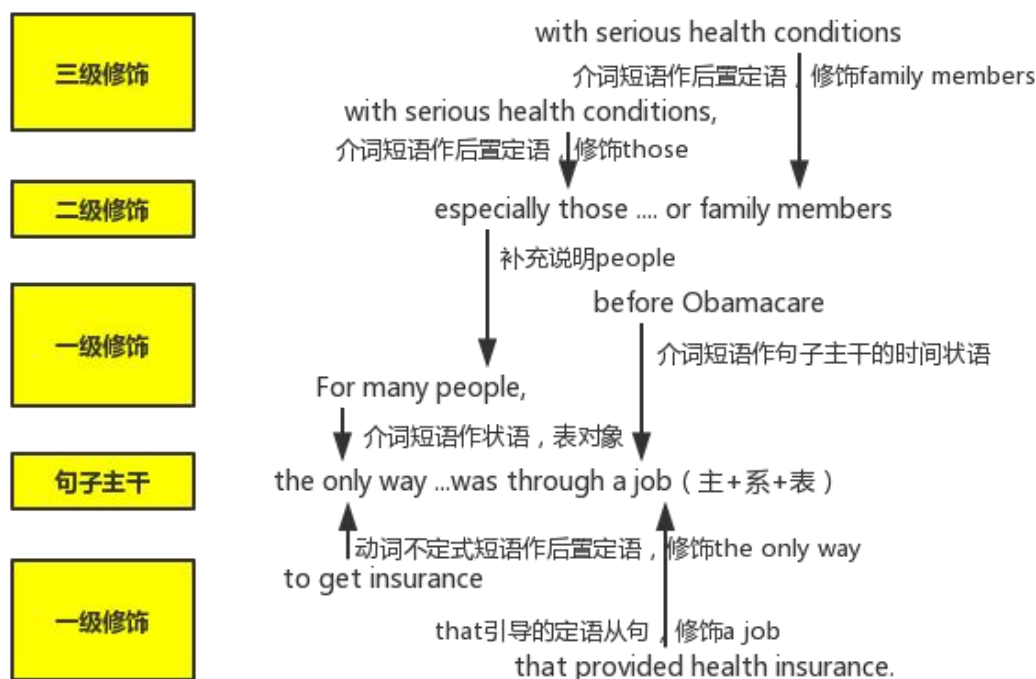
按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。



An increase in involuntary part-time work is evidence of weakness in the labor market and it means that many people will be having a very hard time making ends meet.



For many people, especially those with serious health conditions or family members with serious health conditions, before Obamacare the only way to get insurance was through a job that provided health insurance.



## 5.translation

很多人谈到劳工部六月份公布的 28.8 万 个新增岗位以及失业率下降至 6.1%时，都视其为好消息。他们说得没错。目前看来，经济似乎正在以相当不错的速度创造就业机会。虽然要恢复充分就业还有很长的路要走，不过，至少现在我们终于能以较快的步伐前进。

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然而，就业形势中的另一个重要方面在很大程度上被忽视了。申报自愿从事兼职工作的人数大幅激增。目前该数字较去年同期水平增长了 83 万 (4.4%)。

在解释此数字与奥巴马医改法案的关系之前，我们有必要先做一个重要区分。许多从事兼职工作的人其实想做全职工作。他们之所以做兼职工作是因为这是他们唯一能够找到的工作。非自愿兼职工作者的增多证明劳动力市场疲软，这意味着很多人将经历一段勉强维持生计的困难时期。

六月份非自愿兼职有所增加，但总体呈下降趋势。非自愿兼职工作人数仍远远高于经济衰退前的水平，但与去年同期水平相比下降了 64 万 (7.9%)。

我们之所以知晓自愿与非自愿兼职工作之间的区别是因为人们告诉了我们。劳工部采用的调查询问人们在调查参考周内的工作时间是否少于 35 小时。如果回答“是”，他们就会被归为兼职工作者。调查会进一步询问他们那一周工作时间少于 35 小时是因为自己希望比全职工作时间少还是别无选择。只有在他们告诉调查者他们主动选择每周工作时间少于 35 小时的情况下，他们才会被归为自愿兼职工作者。

自愿兼职问题与奥巴马医改法案有关，因为该法案的主要目的之一是让人们在非就业时也能获得保险。对于很多人，尤其是那些自身或家人有严重健康问题的人来说，在实行医改法案之前，获得保险的唯一途径是找到一份能够提供医疗保险的工作。

不过，奥巴马医改法案已经使 1200 多万人通过医疗补助计划或保险交易市场获得了保险。这些人之前可能觉得有必要找到一份提供保险的全职工作来为自己和家人投保。随着奥巴马医改法案的实施，就业和保险就不再挂钩了。

## 6.exercise

- ① Many people talked of the 288,000 new jobs the Labor Department reported for June, along with the drop in the unemployment rate to 6.1 percent, as good news. And they were right.
- ② An increase in involuntary part-time work is evidence of weakness in the labor market and it means that many people will be having a very hard time making ends meet.

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③For many people, especially those with serious health conditions or family members with serious health conditions, before Obama care the only way to get insurance was through a job that provided health insurance.



BCADA

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## 2015 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 paragraph (41–45). There are two extra subheadings which you do not need to use. Mark your answers on the ANSWER SHEET. (10 points)

- A. You are not alone
- B. Experience helps you grow
- C. Pave your own unique path
- D. Most of your fears are unreal
- E. Think about the present moment
- F. Don't fear responsibility for your life
- G. There are many things to be grateful for

### Some Old Truths to Help You Overcome Tough Times

Unfortunately, life is not a bed of roses. We are going through life facing sad experiences. Moreover, we are grieving various kinds of loss: a friendship, a romantic relationship or a house. Hard times may hold you down at what usually seems like the most inopportune time, but you should remember that they won't last forever.

When our time of mourning is over, we press forward, stronger with a greater understanding and respect for life. Furthermore, these losses make us mature and eventually move us toward future opportunities for growth and happiness. I want to share these old truths I've learned along the way.

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

Fear is both useful and harmful. This normal human reaction is used to protect us by signaling danger and preparing us to deal with it. Unfortunately, people create inner barriers with a help of exaggerating fears. My favorite actor Will Smith once said, "Fear is not real. It is a product of thoughts you create.

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Do not misunderstand me. Danger is very real. But fear is a choice." I do completely agree that fears are just the product of our luxuriant imagination.

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

If you are surrounded by problems and cannot stop thinking about the past, try to focus on the present moment. Many of us are weighed down by the past or anxious about the future. You may feel guilt over your past, but you are poisoning the present with the things and circumstances you cannot change. Value the present moment and remember how fortunate you are to be alive. Enjoy the beauty of the world around and keep the eyes open to see the possibilities before you. Happiness is not a point of future and not a moment from the past, but a mindset that can be designed into the present.

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

Sometimes it is easy to feel bad because you are going through tough times. You can be easily caught up by life problems that you forget to pause and appreciate the things you have. Only strong people prefer to smile and value their life instead of crying and complaining about something.

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

No matter how isolated you might feel and how serious the situation is, you should always remember that you are not alone. Try to keep in mind that almost everyone respects and wants to help you if you are trying to make a good change in your life, especially your dearest and nearest people. You may have a circle of friends who provide constant good humor, help and companionship. If you have no friends or relatives, try to participate in several online communities, full of people who are always willing to share advice and encouragement.

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

Today many people find it difficult to trust their own opinion and seek balance by gaining objectivity from external sources. This way you devalue your opinion and show that you are incapable of managing your own life. When you are struggling to achieve something important you should believe in yourself and be sure that your decision is the best. You live in your skin, think your own thoughts, have your own values and make your own choices.

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。





答案见尾页

## 1.Text structure

一些助你度过困难时期的古老真理	第一段: 生活并不总是尽如人意, 我们会经历困难时期
	第二段: 阐述悲伤与失去的作用, 引出下文将分享所领悟到的真理
	第三段: 真理一——你的大多数恐惧都是不真实的
	第四段: 真理二——关注当下
	第五段: 真理三——感恩诸事
	第六段: 真理四——你并不孤单
	第七段: 真理五——铺设属于自己独一无二的路

## 2.The key words

grieve	v.为...悲伤, 为.....感到伤心
inopportune	a.不合时宜的, 不是时候的
mourn	v 悲哀, 痛惜, 忧伤
signal	v.发出...号, 表明
inner	a.内心的, 思想的
poison	v.败坏, 污染, 阻碍
mindset	n.心态, 思想倾向
design	v.决意, 意欲
barrier	n.障碍物, 屏障
luxuriant	a.丰富的, 过多的
isolated	a.孤立的, 孤独的
companionship	n.友谊, 交情, 陪伴
objectivity	n.客观, 客观性
external	a.外部的, 外界的
devalue	v, 降低...的价值(或地位、重要性等), 贬低
brick-strewn	a. 堆满砖头的
embrace	v. 囊括, 涉及
feature	v. 起重要作用
stroller	n. 散步者; 流浪者
unwittingly	ad. 不知不觉地; 不知情地; 不经意地
assault	v. 攻击; 袭击

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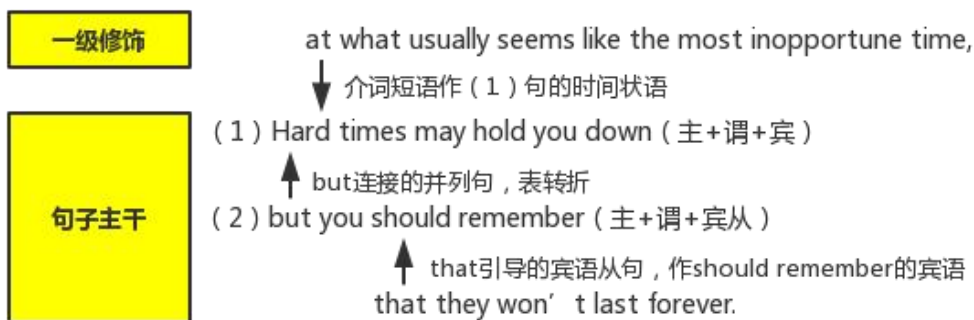
gravitate	v. 被吸引到, 受吸引而转向
permeate	v. 渗透, 弥漫
escapism	n. 逃避现实, 逃避主义
Readily	ad. 轻而易举地, 快捷地, 便利地
evoke	v. 引起, 唤起
epic	a. 史诗般的, 漫长而艰难的
modestly	ad. 谨慎地; 适当地
conceptual	a. 概念上的

### 3.phrases

a bed of roses	轻松安逸的生活, 称心如意的境遇
hold down	压制, 抑制
press forward	奋力向前, 努力前进
along the way	沿途, 一路上
weigh down	使负重担, 保持留心
keep the eyes open	睁大眼睛, 保持留心
dearest and nearest	最亲密的, 最亲近的
circle of friends	朋友圈, 交友圈
good humor	高兴, 好心情

### 4.Sentences

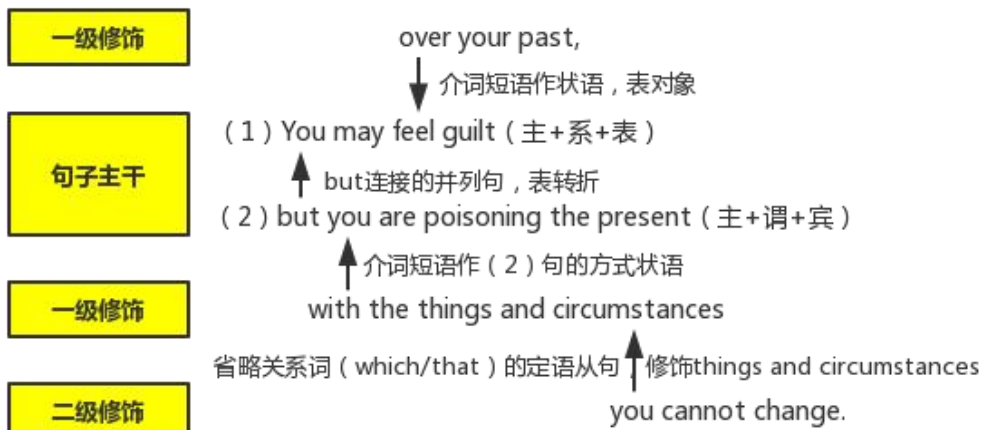
Hard times may hold you down at what usually seems like the most inopportune time, but you should remember that they won' t last forever.



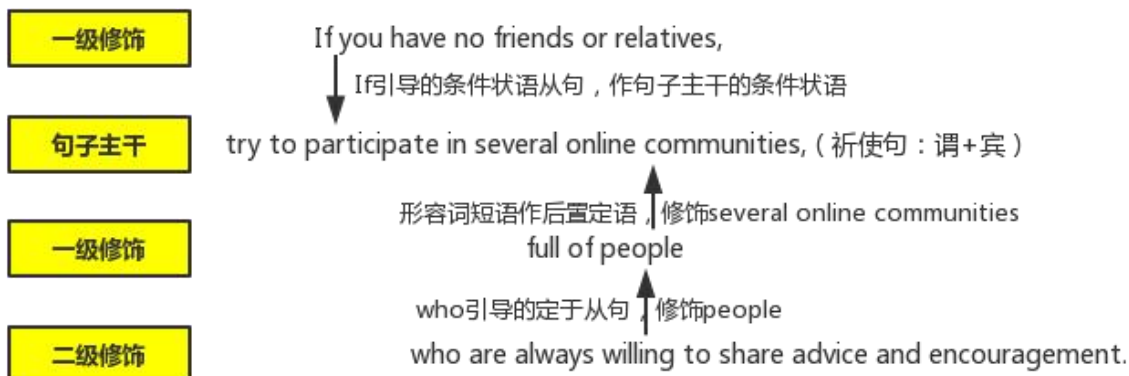
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You may feel guilt over your past, but you are poisoning the present with the things and circumstances you cannot change.



If you have no friends or relatives, try to participate in several online communities, full of people who are always willing to share advice and encouragement.



## 5.translation

一些助你度过困难时期的古老真理

遗憾的是, 生活并不总是尽如人意。我们正在充满痛苦经历的人生中跋涉。此外, 还在因种种失去而悲伤: 失去友情, 失去爱情, 抑或失去房子。这些艰难的日子或许会在通常看似最不合时宜的时刻压得你喘不过气来, 但你应该记住, 它们不会永远持续下去。

悲伤过后, 我们会继续前行, 带着对生活更多的理解和尊重而变得更加坚强。此外, 这些失去会让我们成熟起来, 最终激励我们走向未来, 拥抱成长和幸福。我想和大家一起分享我这一路走来所领悟到的一些古老真理。

j D. 你的大多数恐惧都是不真实的恐惧既有利也有害。这种正常的人类反

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。



应通过预示危险并做好应对准备的方式来保护我们。不幸的是，人们总爱夸大恐惧，从而制造出种种内心障碍。我最喜爱的演员威尔-史密斯曾经说过：“恐惧并非真实存在。它是一种由你创造的思想产物。不要误解我的意思。危险是真实存在的。但恐惧是可以选择的。”我完全赞同“恐惧只是我们丰富想象力的产物”这一说法。

#### E. 关注当下

假如你被各种问题所困，并且无法停止回想过去，那就努力关注当下。我们中有许多人要么被过去所累，要么为未来担忧。你可能因为过去的事而感到内疚，但你这是在用自己无法改变的事物和情况破坏现在的生活。珍惜当下，记住活着是多么幸运。享受周围世界的美好，睁大眼睛关注面前的机会。幸福不是未来的某个节点，也不是过去的某个时刻，而是能够着眼当下的一种心态。

#### G. 感恩诸事

有时，因为正在经历艰难的时刻，你容易感觉糟糕。你会轻易被生活难题所困，从而忘记要暂时抛开这些纷扰，去感激你所拥有的一切。唯有坚强的人才会选择笑对人生、珍惜生命，而不是哭泣和抱怨。

#### A. 你并不孤单

不管感觉多么孤独，所处的情况多么严重，你都应该永远记住自己并不孤单。请铭记，只要你想努力让自己的生活有所改观，几乎你身边的所有人，尤其是你最爱最亲的人都会尊重你，也都愿意帮助你。你或许还有一帮朋友，他们会始终给予你快乐、帮助和陪伴。倘若身边没有亲朋好友，你可以尝试参加几个线上社区，那里到处都是愿意与你分享建议、相互鼓励的人。

#### 45. C. 铺设属于自己独一无二的路

如今，许多人发现他们很难相信自己的观点，从而从外部来源获取客观性来寻求平衡。这种贬低自己观点的方式表明，你没有能力经营自己的人生。当你努力想要实现一个重要目标时，你应该相信自己，确信自己做出的是最佳决定。你应该有自己的生活、有自己的思想、有自己的价值观，做出自己的选择。

## 6.exercise

①Furthermore, these losses make us mature and eventually move us toward future

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opportunities for growth and happiness.

②If you are surrounded by problems and cannot stop thinking about the past, try to focus on the present moment.

③Try to keep in mind that almost everyone respects and wants to help you if you are trying to make a good change in your life, especially your dearest and nearest people.



DEGAC

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## 2015 年英语二 翻译 背诵笔记

建议背诵用时：10 分钟

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

Think about driving a route that's very familiar. It could be your commute to work, a trip into town or the way home. Whichever it is, you know every twist and turn like the back of your hand. On these sorts of trips it's easy to lose concentration on the driving and pay little attention to the passing scenery. The consequence is that you perceive that the trip has taken less time than it actually has.

This is the well-travelled road effect: People tend to underestimate the time it takes to travel a familiar route.

The effect is caused by the way we allocate our attention. When we travel down a well-known route, because we don't have to concentrate much, time seems to flow more quickly. And afterwards, when we come to think back on it, we can't remember the journey well because we didn't pay much attention to it. So we assume it was shorter.

英语督学班补充资料

群号: 715810446 | 群成员: 3/200



打开百度网盘，扫码加入该群

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## 1.The key words

route	n.路，道路（尤指公路）
perceive	v.发觉，感知
underestimate	v.低估
allocate	v.分配，派定，配给
assume	v.假定，臆断，想当然地认为;承担
recommend	v. 推荐，介绍；劝告，建议
grant	v. 授予，同意，准予，允许
permission	n. 允许，许可
reconstruction	n. 再现，重现
perspective	n. 角度，观点，想法
involve	v. 包含，需要，涉及到
acknowledge	v. 承认（属实）
scheme	n. 计划，方案，体系，体制

## 2.phrases

know..like the back of one's hand	对.....十分熟悉，了如指掌
well travelled	经常旅行的，去过很多地方的（指人）;频繁经过的
twist and turn	迂回曲折
think back	回想

## 3.Sentences

On these sorts of trips it' s easy to lose concentration on the driving and pay little attention to the passing scenery.

一级修饰

On these sorts of trips

↓ 介词短语作句子主干的状语

it' s easy... (主+系+表)

↑ It为形式主语，动词不定式短语做真正的主语

to lose concentration on the driving

↑ and连接并列的动词不定式短语

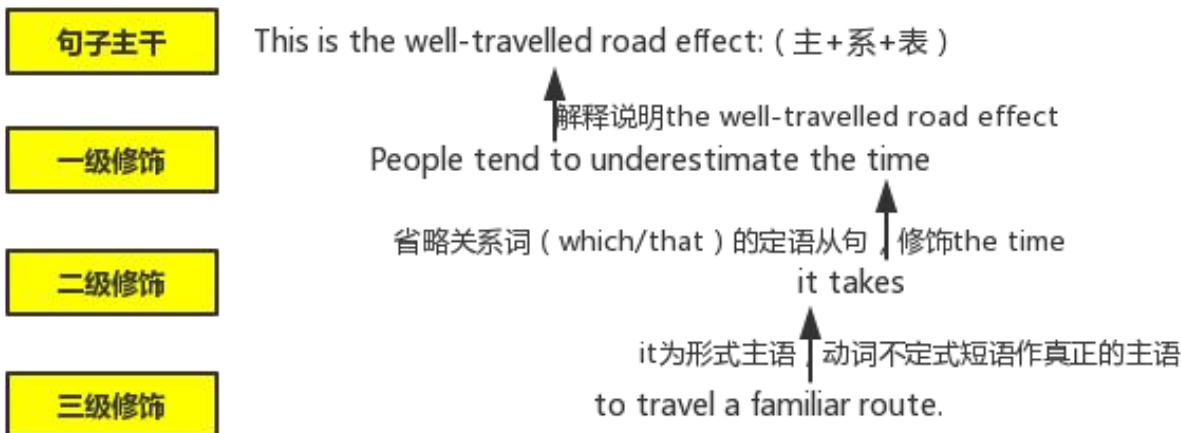
and (to) pay little attention to the passing scenery.

句子主干

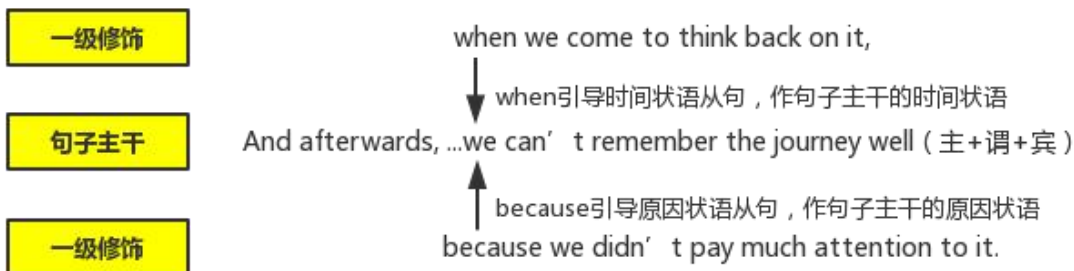
按计划进行，雷打不动，即使下冰雹、下刀子。加油，你终将是研究生。



This is the well-travelled road effect: People tend to underestimate the time it takes to travel a familiar route.



And afterwards, when we come to think back on it, we can't remember the journey well because we didn't pay much attention to it.



#### 4.translation

试想一下, 你行驶在一条非常熟悉的路线上。它可能是你上班, 前往市中心或者回家的路线。无论它是哪一条路线, 你对其中每一处细节都了如指掌。在这样的路途中, 你会很容易在开车时注意力不集中并且对沿途的风景不以为意。结果你就会觉得路途花费的时间比它实际所需要的少。

这就是熟路效应: 人们往往会低估在熟悉的路途中所花费的时间。

这一效应是由我们分配自身注意力的方式所引起的。当我们行驶在一条熟悉的路线上时, 因为我们没有必要集中太多注意力, 所以就会感到时间似乎流逝得更快了。在那之后, 当我们开始回想这段旅程时, 发现自己记忆模糊, 这是因为那时我们没有给予其太多关注。所以, 我们认为时间变短了。

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。