READING PASSAGE 2

*You should spend about 20 minutes on **Questions 14-26**, which are based on Reading Passage 2 on the following pages.*

Questions 14–19

*Reading Passage 2 has six sections, **A–F**.*

Choose the correct heading for each section from the list of headings below.

*Write the correct number, **i–viii**, in boxes 14–19 on your answer sheet.*

List of Headings

i	Professions in which super-taskers are likely to be found
ii	The effects of multi-tasking on neurological structure
iii	A distinction between situations when people can and can't multi-task
iv	Real multi-tasking is nearly impossible
v	Multi-tasking and gender
vi	The neurological reasons for struggling to manage more things
vii	The ability to multi-task is determined by people's genes
viii	Gender and the structure of the brain

14 Section **A**

15 Section **B**

16 Section **C**

17 Section **D**

18 Section **E**

19 Section **F**

Multi-tasking and the brain

A Do you think you're a master of multi-tasking? Think again. Unless you are one of the three percent of super-taskers in the population, research shows that your brain isn't capable of paying close attention to more than one complex task at a time. Researchers who study attention say that effective multi-tasking is beyond most of us. Psychiatrist Edward M Hallowell even describes multi-tasking as 'a mythical activity in which people believe they can perform two or more tasks simultaneously as effectively as they can perform one'.

B It is true that you can check your email while eating your lunch, or listen to music while walking. But innate activities like walking, chewing, and breathing do not require you to pay attention, whereas activities such as reading, tapping out a text message, or driving a car do require attention. Why is paying attention to two things at once difficult? 'The brain can perform simultaneous tasks, but attention has capacity limitations,' says Associate Professor Paul E Dux, a cognitive neuroscientist at the University of Queensland in Australia. When you do only one thing at a time, you're better at that task than when you're doing multiple things concurrently.

Take the classic multi-tasking scenario of talking on a mobile phone while driving - an ill-advised activity that many people believe they have mastered. When David Strayer, Professor of Psychology at the University of Utah in the US, and his team observed 56,000 drivers as they approached an intersection, the majority of drivers who were talking on their phone failed to stop in accordance with traffic laws. And it did not matter if the driver was using a handheld or hands-free device. Even with both eyes on the road and both hands on the wheel, drivers' performance was impaired. Strayer's research shows that performance deteriorates drastically when attention is split between tasks: more mistakes are made and it takes longer to complete each activity.

C The prefrontal cortex is the brain region responsible for choosing what to pay attention to, and for coordinating inputs from other brain areas. By scanning the prefrontal cortex of people while they multi-tasked, scientists at the French Institute of Health and Medical Research in Paris (INSERM) found that when people focused on a single thing, the right and left sides of the prefrontal cortex work together. But when people attempt to perform two things at once, the sides work independently. Neuroscientist Etienne Koechlin says his study demonstrates that while the brain can switch back and forth between two tasks, we might be in great trouble when we try to juggle more than two tasks, simply because we have only two frontal lobes'.

D To the question of whether there is a difference between the sexes, Koechlin's imaging studies uncovered no differences in the ability to switch between tasks in the prefrontal cortices of men or women. But other researchers studying real life scenarios such as finding lost keys, believe there might be some truth to the claim that women are superior multi-taskers. Women have a much better strategy for finding the keys, whereas men tend to jump to it and be far less organised and thorough. 'It's as if they don't stop to reflect and plan for a moment,' says Professor Keith Laws from the University of Hertfordshire in England. But while the ability to develop strategies for coping with the numerous tasks in everyday life could give women an advantage, 'nobody can juggle two, never mind three, "complex" tasks at the same time.'

E However, David Strayer's research uncovered that some rare people possess extraordinary multi-tasking ability. These so-called 'super-taskers' exhibit different patterns of brain activity when multi-tasking compared to ordinary people: they show less activity in the prefrontal cortex during multi-tasking, suggesting their brains are functioning with a high level of efficiency. Strayer thinks that pilots of high-performance aircraft, high-end chefs who can cook several meals at the same time to perfection, and elite doctors in hospital emergency rooms might all be more likely to be super-taskers. "All other things being equal, we suspect that super-taskers will rise to a top position in any occupation that places a high demand on juggling various tasks that demand attention at the same time.'

F The ability to multi-task probably comes down to the DNA you inherit from your parents to a large extent, says Strayer. 'You are either born with the neural structure that allows you to overcome the usual multi-tasking challenges, or you aren't. Super-taskers' brains are doing something we can't do.' All in all, these findings may have very real consequences on our lives.

Questions 20–23

Look at the following statements (Questions 20–23) and the list of researchers below.

Match each statement with the correct researcher, ***A–E****.*

Write the correct letter, ***A–E****, in boxes 20–23 on your answer sheet.*

NB *You may use any letter more than once.*

20 The brain of a good multi-tasker works differently from other people's.

21 The rate of error is considerably higher when people multi-task.

22 People are mistaken in their assumption that they can multi-task.

23 One gender does not seem to pause to consider before taking action.

List of Researchers

A	Edward M Hallowell
B	Paul E Dux
C	David Strayer
D	Etienne Koechlin
E	Keith Laws

Questions 24–26

Complete the summary below.

*Choose **ONE WORD ONLY** from the passage for each answer.*

Write your answers in boxes 24–26 on your answer sheet.

Super-taskers

Super-taskers are those of us who possess special multi-tasking ability. They can be found in all professions. People who are pilots, chefs and doctors are often super-taskers, and super-taskers are most likely to achieve a **24** _____ that is high on the career ladder.

Super-taskers typically have to undertake many tasks simultaneously that need their **25** _____.

Genes play an important role in having this capability: these people have a special brain **26** _____, which helps them do what we cannot.

Questions 14–19 选标题

总表

题号	正确答案	所选 Heading 含义翻译	关键定位句（英文＋中文）	详细解释
14 Section A	**iv**	**“真正意义上的多任务几乎是不可能的”**	*‘…research shows that your brain isn’t capable of paying close attention to more than one complex task at a time.’* —— 研究表明，你的大脑**无法**同时对不止一个复杂任务保持高度注意。；*‘…effective multi-tasking is beyond most of us…. a mythical activity in which people believe they can perform two or more tasks simultaneously as effectively as they can perform one.’* —— 有效的多任务对大多数人来说是做不到的。哈洛维尔甚至把多任务形容为一种“神话般的活动”，人们以为自己能像做一件事那样有效地同时完成两件或更多的任务。	A 段一上来就说“除非你是那 3% 的 super-taskers，否则你的大脑做不到同时专注于多个复杂任务”，后面又说 multi-tasking 是“mythical activity”。整个段落的核心就是：**真正的高效多任务基本不存在**，与 iv 完全对应。其他标题如 iii（能/不能多任务的区分）在 A 段并没有展开具体区分；vi、ii、vii 都是侧重“脑结构/原因/基因”的，不是 A 段主旨。
15 Section B	**iii**	**“区分哪些情形可以多任务，哪些不可以”**	*‘It is true that you can check your email while eating your lunch, or listen to music while walking. But innate activities like walking, chewing, and breathing do not require you to pay attention, whereas activities such as reading, tapping out a text message, or driving a car do require attention.’* —— 你确实可以一边吃午饭一边查邮件，或一边走路一边听音乐。但像走路、咀嚼、呼吸这样的本能活动不需要你去注意，而阅读、发短信、开车等活动则需要注意力。	B 段先举例说明：**有些组合（走路＋听歌）没问题**，因为其中一个是“本能活动”；但**有些组合（开车＋打电话）就有问题**，因为两者都需要注意力。后半段用 Strayer 的驾车实验说明当注意力被分散时表现变差。这个段落明显是在区分“什么时候可以多任务、什么时候不行”，正好对应 iii。vi“神经学原因”更多是讲大脑具体结构限制，这在 C 段才详细说明，所以 15 不选 vi。
16 Section C	**vi**	**“难以同时处理更多任务的神经学原因”**	*‘The prefrontal cortex is the brain region responsible for choosing what to pay attention to, and for coordinating inputs from other brain areas.’* —— 前额叶皮层是负责选择关注对象、并协调其他脑区输入的大脑区域。*‘…when people focused on a single thing, the right and left sides of the prefrontal cortex work together. But when people attempt to perform two things at once, the sides work independently.’* —— 当人只专注于一件事时，前额叶左右两侧协同工作；而当尝试同时做两件事时，两侧则各自为战。*‘…we might be in great trouble when we try to juggle more than two tasks, simply because we have only two frontal lobes.’* —— 当我们试图同时应付两项以上任务时可能会麻烦大了，原因只是我们只有两个额叶。	C 段整段都在讲**前额叶的结构与运作方式**：单任务时左右额叶协同，多任务时分开工作，因此超过两个任务就“吃力”。这完全是在给出“为什么难以管理更多任务”的**神经学原因**，对应 vi。标题 ii“多任务对神经结构的影响”更像是指“做多任务会把大脑结构改成什么样”，文中并没有说大脑被改变，只是在解释现有结构如何限制我们。

17 Section D	**v**	**“多任务与性别”**	*‘To the question of whether there is a difference between the sexes…’* —— 对于“性别之间是否存在差异”这一问题…… *‘…other researchers … believe there might be some truth to the claim that women are superior multi-taskers.’* —— 其他研究者认为“女性是更优秀的多任务执行者”的说法可能有点道理。*‘Women have a much better strategy for finding the keys, whereas men tend to jump to it and be far less organised and thorough.’* —— 女性在找钥匙方面策略要好得多，而男性往往是冲上去乱翻一气，缺乏条理和全面性。	D 段通篇在讨论**男女在多任务方面是否有差异**：先说脑成像没发现差别，再说现实任务中女性似乎策略更好，最后强调“不论男女，没人能同时应付两三个复杂任务”。性别是贯穿主线，所以选 v “Multi-tasking and gender”。选项 viii “性别与大脑结构”强调结构差异，但文中反而说**没有发现结构差异**，因此不合适。
18 Section E	**i**	**“更可能出现超级多任务者的职业”**	*‘However, David Strayer’s research uncovered that some rare people possess extraordinary multi-tasking ability. These so-called “super-taskers” …’* —— 斯特雷尔的研究发现，有少数人拥有非凡的多任务能力，称为“超级多任务者”。 *‘Strayer thinks that pilots of high-performance aircraft, high-end chefs … and elite doctors in hospital emergency rooms might all be more likely to be super-taskers.’* —— 他认为，高性能飞机的飞行员、能同时完美烹饪几道菜的一流厨师、以及急诊室的顶尖医生，都更有可能是 super-taskers。	E 段一开始引出“super-taskers”，随后立刻列举了**在哪些职业中更可能找到他们**：飞行员、大厨、急诊医生等，还说他们在“高需求的岗位中将升到最高位置”。这些内容与 i “Professions in which super-taskers are likely to be found”高度吻合。虽然段落也提到“大脑活动模式不同”，但核心焦点是**这些人是谁 / 在什么职业中出现**，而不是神经结构本身。
19 Section F	**vii**	**“多任务能力由人的基因决定”**	*‘The ability to multi-task probably comes down to the DNA you inherit from your parents to a large extent, says Strayer.’* —— 斯特雷尔说，多任务能力在很大程度上可能归结为你从父母那儿继承的 DNA。 *‘You are either born with the neural structure that allows you to overcome the usual multi-tasking challenges, or you aren’t.’* —— 你要么天生就有那种能克服常见多任务难题的神经结构，要么没有。	F 段直接把多任务能力归因于**遗传的 DNA / 先天神经结构**，用“born with”强调先天决定性，因此与 vii “能力由基因决定”完全对应。其他标题如 ii、vi 虽然也提到大脑和神经，但 F 段的重点不是解释“为什么难”，而是说**谁天生就做得到**。

Questions 20–23 研究者配对

题号	正确答案	题干翻译	关键定位句（英文＋中文）	详细解释
20	**C – David Strayer**	**一名优秀多任务者的大脑运作方式与他人不同。**	*'These so-called "super-taskers" exhibit different patterns of brain activity when multi-tasking compared to ordinary people: they show less activity in the prefrontal cortex during multi-tasking, suggesting their brains are functioning with a high level of efficiency.'* —— 这些所谓的"超级多任务者"在进行多任务时表现出与普通人不同的大脑活动模式：在多任务时，他们前额叶皮层的活动更少，这表明他们的大脑以非常高的效率运转。	题干说"good multi-tasker 的大脑与别人不同"，E 段明确指出 super-taskers 在多任务时**大脑活动模式不同（different patterns of brain activity）**，这是 Strayer 的研究结论，因此 20 选 C。其他研究者虽然谈到大脑或性别，但没有说"good multi-tasker 的大脑模式不同"。
21	**C – David Strayer**	**人们进行多任务时，错误率明显更高。**	*'Strayer's research shows that performance deteriorates drastically when attention is split between tasks: **more mistakes are made** and it takes longer to complete each activity.'* —— 斯特雷尔的研究表明，当注意力在任务之间被分割时，人们的表现会**大幅下降：犯的错误更多**，完成每个任务所需时间也更长。	这里直接说 attention split（多任务）时"more mistakes are made"，与题干的"the rate of error is considerably higher"是同义改写。因此该观点来自 Strayer，所以 21 也选 C。
22	**A – Edward M Hallowell**	**人们认为自己能够进行多任务的看法是错误的。**	*'Researchers who study attention say that effective multi-tasking is beyond most of us. Psychiatrist Edward M Hallowell even describes multi-tasking as "a mythical activity in which people believe they can perform two or more tasks simultaneously as effectively as they can perform one".'* —— 研究注意力的学者指出，有效的多任务对大多数人来说是不可能的。精神科医生哈洛维尔甚至把多任务描述为一种"神话般的活动"，人们**以为**自己能像做一件事那样有效地同时完成两件或更多的任务。	Hallowell 把 multi-tasking 称为"mythical activity"，说明多任务这种事情**只存在在人们的错误信念里**。题干说"People are mistaken in their assumption that they can multi-task"，与这句话完全对应，所以 22 选 A。
23	**E – Keith Laws**	**有一个性别在行动前似乎不会停下来思考。**	*'Women have a much better strategy for finding the keys, whereas men tend to jump to it and be far less organised and thorough. "It's as if they don't stop to reflect and plan for a moment," says Professor Keith Laws from the University of Hertfordshire in England.'* —— 女性在找钥匙方面策略好得多，而男性往往直接上手，做事缺乏条理和周全。英国哈特福德郡大学的基思·洛斯教授说："这就好像他们（男性）不会先停下来思考和计划一下。"	Laws 的话中，"men tend to jump to it" "don't stop to reflect and plan for a moment" 正是"某一性别在行动前似乎不会停下来思考"的意思，因此 23 选 E。其他研究者虽然谈性别差异或大脑结构，但没有这句"不会停下来思考"的评价。

Questions 24–26 概要填空（ONE WORD ONLY）

题号	正确答案	题干翻译（空格部分语境）	关键定位句（英文＋中文）	详细解释
24	**position**	**super-taskers 最有可能获得一份在职业阶梯上“很高的 _____”**	*‘…we suspect that super-taskers will rise to a **top position** in any occupation that places a high demand on juggling various tasks that demand attention at the same time.’* —— 我们推测，在任何需要同时处理多个需要注意力的任务的职业中，super-taskers 都会升到一个**顶尖的职位**。	概要里说 super-taskers “are most likely to achieve a 24 _____ that is high on the career ladder”。原文对应表达是 “rise to a **top position**”，用 “position” 填入后构成 “achieve a position that is high on the career ladder”，语法和意义都完全匹配。只能用一个词，因此不能填 “top position”，要取其中名词 “position”。
25	**attention**	**super-taskers 通常要同时承担许多需要他们 _____ 的任务。**	同一处：*‘…any occupation that places a high demand on juggling various tasks that demand **attention** at the same time.’* —— 任何那些要求人们同时处理多个需**要注意力**的任务的职业。	空格前有 “tasks simultaneously that need their 25 _____”，显然要填一个名词，表示任务 “需要他们的什么”。原文说 tasks that demand **attention**，与句式完全对应，因此答案是 attention。
26	**structure**	**这些人拥有一种特殊的大脑 _____，帮助他们做到我们做不到的事。**	*‘You are either born with the neural **structure** that allows you to overcome the usual multi-tasking challenges, or you aren’t.’* —— 你要么天生就具有那种能帮你克服常见多任务挑战的神经**结构**，要么没有。	概要最后一句说 “These people have a special brain 26 _____”，对应 F 段中 “neural **structure**”。用 “structure” 填入后变成 “special brain structure”，既和原文词组完全呼应，又符合 ONE WORD ONLY 的要求。