

# 通过真题记单词

# 大学英语四级

主编 卢根  
副主编 王妙然

四六级业界  
培训机构  
顶级名师  
倾力巨献



中国石化出版社  
[HTTP://WWW.SINOPEC-PRESS.COM](http://www.sinopec-press.com)  
教·育·出·版·中·心

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### 图书在版编目 (CIP) 数据

通过真题记单词. 大学英语四级/卢根主编. —北京: 中国石化出版社, 2014. 2  
ISBN 978-7-5114-2645-1

I. ①通… II. ①卢… III. ①大学英语水平考试-词汇-自学参考资料 IV. ①H313

中国版本图书馆 CIP 数据核字(2014)第 028572 号

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### 中国石化出版社出版发行

地址: 北京市东城区安定门外大街 58 号

邮编: 100011 电话: (010) 84271850

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北京富泰印刷有限责任公司印刷

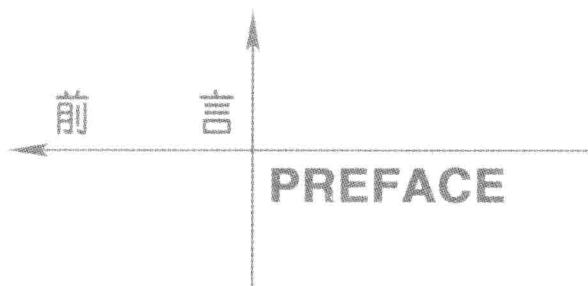
全国各地新华书店经销

\*

787×1092 毫米 16 开本 11.25 印张 282 千字

2014 年 3 月第 1 版 2014 年 3 月第 1 次印刷

定价: 25.00 元



本书是一本与众不同、能给你带来最大回报的四级单词记忆书，使你在历年四级真题真实生动的语境中轻松快乐地记住四级英语单词，同时掌握它的用法和考试点，增强你的阅读能力、听力能力、翻译能力，教会你作文句式。

词汇在英语学习中的重要性，好比砖头之于大厦，词汇量的不足会严重制约听、说、读、写、译等诸多能力的提高，也阻碍学生在考试中取得理想的成绩。但是记忆词汇之艰难于我们都有同感。著名英语教育家、语言学家许国璋先生曾说过：“最好的记生词的办法不能只是背单词，我认为最好的办法莫过于通过词句或文章来记，这样就学得活，就记得牢。”

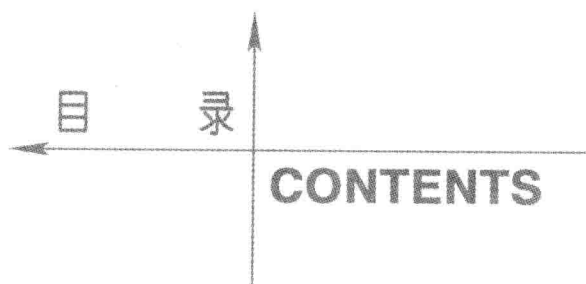
如果你已经厌倦了从 A 到 Z 的枯燥、繁琐而且效果甚微的记忆方法，又觉得许多语境记忆书籍太浪费时间（一大段的语境只能帮助记住少数的几个英语单词）；如果你想真正高效率地记住英语单词，提高英语水平和四级考试应试能力，本书将是你最好的选择。本书具有如下的几个特点：

1. 精选四级真题 80 余篇文章，使你在真实生动的语境中轻松快乐地记住四级英语单词，熟悉四级考试语境，掌握单词的考点和用法。
2. 每篇文章后都有相应的精彩译文，在记忆单词的同时增强你的阅读能力、翻译能力、写作能力。

编者希望本书能使你在四级备考中辛苦的付出能有最大的回报——提升你的四级考试成绩，也希望你在本书中所得到的“砖块”能让你在构建英语学习的“大厦”中一生受用！

最后感谢你对本书的支持！

编者



# CONTENTS

1	Take a Lesson from Alcohol Control Policies 学习酒类管制政策 .....	1
2	Good Bye, Kodak 再见, 柯达 .....	3
3	Libraries 图书馆 .....	5
4	Debate on Charity 关于慈善的争议 .....	7
5	The Latest Job Markets 最新就业形势 .....	9
6	Should the Elderly Be Routinely Screened for New Tumors? 老年人应该定期进行新肿瘤筛查吗? .....	11
7	My Experiences in the Factories 我在工厂的经历 .....	13
8	Hight-tech Products 高科技产品 .....	14
9	The Influence of Economic Crisis on American Families 经济危机对美国家庭的影响 .....	16
10	Facebook Invasion of Our Privacy Facebook 侵犯了我们的隐私 .....	18
11	Boy's Schools 男子学校 .....	20
12	The Issue of Money in Couple Relationships 夫妻关系中的金钱问题 .....	22
13	British Cuisine: The Best of Old and New 英国菜系: 新旧的完美融合 .....	23
14	A Roommate of Different Race 不同种族的室友 .....	27
15	A Grassroots Remedy 大自然疗法 .....	29
16	Being Sociable Looks Like a Good Way to Add Years to Your Life 乐于与人交际似乎有助于延年益寿 .....	33
17	Caught in the Web 沉湎于互联网 .....	35
18	The Black Box 黑匣子 .....	39
19	Colleges Take Another Look at Value of Merit-based Aid 大学重新审视奖学金发放制度 .....	41
20	Improve the Views of Black Women 改善对黑人妇女的看法 .....	46
21	How do You See Diversity? 你如何看待多样化? .....	48
22	Green Fashion Show 绿色时装秀 .....	52
23	That's Enough, Kids 不要闹了, 孩子! .....	54
24	Keeping Customers Happy Is Easier Said than Done 让消费者满意说起来容易做起来难 .....	58
25	Media Selection for Advertisements 广告媒体选择 .....	60

26	Inconvenient Truth—Global Warming 全球变暖——不可忽视的真相 .....	64
27	Give Children Growing Room 给予孩子们成长空间 .....	66
28	Children as Peacemakers 孩童做为和平缔造者 .....	67
29	Distance Learning's Future Tendency 远程教育的未来趋势 .....	69
30	Protect Your Privacy When Job-hunting Online 网络求职时保护好你的隐私 .....	70
31	How to Do Free Writing 如何进行自由创作 .....	74
32	Don't Talk About Gender Issue Again—a Female Scientist's Confession 勿谈性别歧视——一位女性科学家的自白 .....	76
33	Six Secrets of High-Energy People 精力充沛的人们的六个秘密 .....	77
34	American Women's Role 美国妇女角色 .....	81
35	Bottled Water Effects Our Desire 瓶装水反应我们的需求 .....	82
36	From Preventing Disease to Keeping Physical Wellness 从预防疾病到保持良好身体状况 .....	84
37	Highways 高速公路 .....	86
38	Man's Media Lies 人类的媒体谎言 .....	89
39	Operation Safe Travel 安全旅行行动 .....	91
40	Whether It Has Enough Oil Under ANWR for Drilling? 北极国家野生动物保护区是否有可观石油足够开采? .....	93
41	Language Behavior 语言行为 .....	94
42	False Environmental Claims 虚伪的环保说明 .....	96
43	American's "Last Great Places" 美国最后的好地方 .....	98
44	Cold and Flu 感冒与流感 .....	100
45	Early Education in Japan and America 美国与日本的早期教育 .....	102
46	Lead Accumulation 铅沉积 .....	103
47	Exercise 运动 .....	105
48	Politics in the Office 办公室政治 .....	106
49	Argument on Hydrogen Bomb 氢弹引起的争论 .....	108
50	Sign 手语 .....	110
51	Diana and Landmine 戴安娜与地雷 .....	112
52	Happiness 幸福 .....	114
53	How to Ask for a Raise 怎样要求加薪 .....	116
54	Family Dinner 家庭聚餐 .....	117
55	Hurricane and House 飓风与房子 .....	119
56	Graduated Licensing System 渐进式制度 .....	121
57	Hunting a Job 找工作 .....	123
58	Children Changed 孩子变了 .....	125
59	Opinion 意见 .....	126
60	Study or Play 学还是玩 .....	128
61	Henry Ford 亨利·福特 .....	130
62	Absent-minded Behavior 心不在焉 .....	131
63	Which One Is Better, Foster Homes or Biological Homes? 收养孩子的家庭和亲生孩子的家庭,哪个更好? .....	133



64	Hero Worship 英雄崇拜 .....	135
65	Education and Career 教育与职业 .....	137
66	New-tech 新技术 .....	139
67	Competition 竞争 .....	141
68	The Blue Whale and Tracking 蓝鲸与追踪 .....	142
69	Encoding 强迫记忆 .....	144
70	Away from Stress 远离压力 .....	146
71	The Fitness 健身运动 .....	148
72	The Future of Cars 汽车的未来 .....	149
73	Hunting or Protecting 猎杀还是保护 .....	151
74	What Old Brings 老龄化带来了什么 .....	153
75	Moral Decline 道德水准下降 .....	155
76	The Sea Is Coming 海水来了 .....	157
77	How to Face Sport 怎样面对体育运动 .....	159
78	Water Shortage 水荒 .....	161
79	Training Dog 驯狗 .....	163
80	The Engineering and the Liberal Arts 工科与文科 .....	164
81	The Formaldehyde Pollution 甲醛污染 .....	166
82	Recycling 再回收利用 .....	168



## Take a Lesson from Alcohol Control Policies

### 学习酒类管制政策



#### 真题·共赏

Junk food is everywhere. We're eating way too much of it. Most of us know what we're doing and yet we do it anyway.

So here's a suggestion offered by two researchers at the Rand Corporation: why not take a lesson from alcohol control policies and apply them to where food is sold and how it's displayed?

"Many policy measures to control *obesity* (肥胖症) assume that people consciously and rationally choose what and how much they eat and therefore focus on providing information and more access to healthier foods," note the two researchers.

"In contrast," the researchers continue, "many regulations that don't assume people make rational choices have been successfully applied to control alcohol, a substance-like food of which immoderate consumption leads to serious health problems."

The research references studies of people's behavior with food and alcohol and results of alcohol restrictions, and then lists five regulations that the researchers think might be promising if applied to junk foods. Among them:

Density restrictions: licenses to sell alcohol aren't handed out unplanned to all comers but are *allotted* (分配) based on the number of places in an area that already sell alcohol. These make alcohol less easy to get and reduce the number of psychological cues to drink.

Similarly, the researchers say, being presented with junk food stimulates our desire to eat it. So why not limit the density of food outlets, particularly ones that sell food rich in empty calories? And why not limit sale of food in places that aren't primarily food stores?

Display and sales restrictions: California has a rule prohibiting alcohol displays near the cash registers in gas stations, and in most places you can't buy alcohol at drive-through facilities. At supermarkets, food companies pay to have their wares in places where they're easily seen. One could remove junk food to the back of the store and ban them from the shelves at checkout lines. The other measures include restricting portion sizes, taxing and prohibiting special price deals for junk foods, and placing warning labels on the products.

(2013年6月试卷一)



#### 参考·译文

垃圾食品无处不在。我们吃了太多垃圾食品。我们大部分人都知道自己在做什么,但我们还是这样做了。



因此,兰德公司的两名研究人员提出如下建议:为什么不学习酒类管制政策,将同样的政策应用在食品销售场所以及食品的展示方式上?

“许多控制肥胖症的政策都假定人们有意识并理性地选择吃什么和吃多少,因此其重点在于提供信息和让人们更容易买到健康食品。”两名研究人员表示。

“相反,”研究人员继续指出,“很多成功应用于管制酒精的法规都是基于人们进行的是非理性选择的假设,像食品一样,酒精是一种无节制摄取会导致严重健康问题的物质。”

研究人员引用了一些关于人们的饮食和饮酒行为,以及控酒结果的研究,然后列出了5条他们认为能有效用于限制垃圾食品的法规。其中包括:

**密度限制:** 出售酒类的许可证是有规划地向申请者发放的,基于申请者所在区域已有的出售酒类许可证的数量进行分配。这使得人们不能轻易买到酒,从而降低了他们喝酒的欲望。

研究者说,同样,随处可见的垃圾食品刺激我们产生吃的欲望,因此为何不限制垃圾食品销售点的密度,尤其是出售那些富含无营养卡路里食品的食品店?为何不限制那些非主要食品店出售垃圾食品?

**摆放与出售限制:** 加利福尼亚州规定加油站不得将酒类摆放在收银台附近,大部分地区不允许免下车服务区出售酒类。超市里,食品公司花钱将其商品摆放在消费者容易看见的区域。因此可以将垃圾食品转移到商店的后面并禁止将其摆放在结账通道的架子上。其他措施还包括限制饮食分量、收税、禁止垃圾食品促销以及在商品上注明警告标志。

## 核心·词汇

**alcohol** ['ælkəhəl] *n.* 酒精

**assume** [ə'sju:m] *vt.* 认为,假定,设想;承担(责任);采用(……形式或姿势);装出……样子;开始掌权

【同义】suppose, presume; take on, bear

**contrast** ['kɒntræst] *n.* 差别,对比,对照物 *v.* 使对比,成对照

【同义】variance; compare

【词组】in contrast with/to 和……形成对比,比较起来

**substance** ['sʌbstəns] *n.* 物质;材料;主旨,本质,资产

**particularly** [pə'tɪkjʊləli] *ad.* 特别,尤其

**register** ['redʒɪstə] *n. / v.* 记录,登记(簿),注册,提示,把……挂号

【同义】record, enroll, enlist

【词组】register for 选课

**prohibit** [prə'hɪbɪt] *v.* (以法令规则等)禁止,阻止;妨碍,使不可能

【同义】ban, taboo, forbid



2

## Good Bye, Kodak

## 再见, 柯达



## 真题·共赏

Kodak's decision to file for *bankruptcy* (破产) protection is a sad, though not unexpected, turning point for a leading American corporation that pioneered consumer photography and dominated the film market for decades, but ultimately failed to adapt to the digital revolution.

Although many attribute Kodak's downfall to "*complacency* (自满)", that explanation doesn't acknowledge the lengths to which the company went to reinvent itself. Decades ago, Kodak anticipated that digital photography would overtake film—and in fact, Kodak invented the first digital camera in 1975—but in a fateful decision, the company chose to shelf its new discovery to focus on its traditional film business.

It wasn't that Kodak was blind to the future, said Rebecca Henderson, a professor at Harvard Business School, but rather that it failed to execute on a strategy to confront it. By the time the company realized its mistake, it was too late.

Kodak is an example of a firm that was very much aware that they had to adapt, and spent a lot of money trying to do so, but ultimately failed. Large companies have a difficult time switching to new markets because there is a temptation to put existing assets into the new businesses.

Although Kodak anticipated the inevitable rise of digital photography, its *corporate* (企业的) culture was too rooted in the successes of the past for it to make the clean break necessary to fully embrace the future. They were a company stuck in time. Their history was so important to them. Now their history has become a liability.

Kodak's downfall over the last several decades was dramatic. In 1976, the company commanded 90% of the market for photographic film and 85% of the market for cameras. But the 1980s brought new competition from Japanese film company Fuji Photo, which undermined Kodak by offering lower prices for film and photo supplies. Kodak's decision not to pursue the role of official film for the 1984 Los Angeles Olympics was a major miscalculation. The bid went instead to Fuji, which exploited its sponsorship to win a permanent foothold in the marketplace.

(2013年6月试卷一)



## 参考·译文

柯达公司申请破产保护的決定对这家举足轻重的美国公司来说,是一个令人难过而又

是意料之中的事。柯达公司曾开创消费者摄影的先河并且在长达几十年的时间里在胶片市场占据着主导地位,然而它最终未能适应数字革命这一发展趋势。

虽然许多人把柯达的衰败定义为“自满”,但是那种解释不承认该公司长时间来对于重塑自身作出的努力。几十年前,柯达预计数码摄影将超越胶片摄影——而且事实上,在1975年,柯达发明了第一台数码相机——但是该公司作了一个致命的决定,选择了把新发现束之高阁,而把传统胶片业务作为重点。

哈佛商学院的教授 Rebecca Henderson 说,这并不是说柯达对未来是盲目的,而是没有执行一个策略来面对未来。该公司意识到自己的错误的时候,已经太晚了。

柯达是这样一种公司的典型:它很清楚地意识到了自己应该适应新情况,并且花了很多钱试图去这样做,但最终没能成功。因为存在着将现有资产投放到新业务上的诱惑,大公司转向新市场有一个艰难的过程。

尽管柯达预料到了数码摄影必然将要崛起,但它的企业文化过分扎根于过去的成功,以至于它无法彻底地放下过去,而这正是全面迎接未来所必需的。柯达是一家陷入过去而无法自拔的公司。它的历史对它来说太重要了。现在它的历史成了一种负担。

柯达在过去几十年的衰败充满戏剧性。1976年,柯达公司占有胶卷市场90%的份额,占有相机市场85%的份额。但是20世纪80年代,日本胶卷公司富士胶片给柯达带来了新的竞争,富士胶片通过提供较低价格的胶卷和摄影器材削弱了柯达的地位。柯达公司决定不竞逐成为1984年洛杉矶奥运会官方胶片赞助商,是一个重大的失误。结果,富士获得招标,并利用这次赞助的机会在市场上赢得了永久的立足点。

## 核心·词汇

**unexpected** [ˌʌnɪk'spektɪd] *a.* 料想不到的,突然的,意外的

**anticipate** [æn'tɪsɪpeɪt] *vt.* 预料,期望,预计,预期,预见,期待

【同义】expect, predict, look forward to

**dramatic** [drə'mætɪk] *a.* 戏剧性的,激动人心的,意想不到的,显著的,生动的,惹人注目的

【同义】striking, spectacular

**undermine** [ˌʌndə'maɪn, 'ʌndəmaɪn] *vt.* ①暗中破坏;逐渐削弱 ②(海、风等)侵蚀……的基础

## 3

Libraries  
图书馆

## 真题·共赏

Libraries are my world. I've been a *patron* (老主顾) all my life, and for the past nine years I've worked at multiple libraries and archives in and around Detroit. The library as an institution has many roles, but as our country struggles through an economic crisis. I have watched the library where I work evolve into a career and business center, a community gathering place and a *bastion* (堡垒) for hope.

In the spring of 2007 I got a library *internship* (实习生的位置) at the Southfield Public Library (SPL), just north of Detroit. Summers at SPL were usually slow, but that year, we experienced a library that was as busy as science-fair project week, mid-terms or tax season. Yet patrons weren't looking for *Mosby's Nursing Drug Reference* or tax return forms. They were coming for information on growing their small business.

I interpreted people's interest in our business collection as the first step to pursuing their dreams, but these patrons were not motivated by dreams. They were responding to reality, and they were looking for Plan B.

Things worsened in 2008, and in 2009 the economic crisis continues to plague Michigan. Last year, we put up a display with a variety of job resources that we restocked every hour. Each night the library closed, the display was bare. While we normally keep displays up for a week, we kept the job resources display up for months.

Then there's the tightening credit market. People see the writing on the wall and they want to get educated. They can't afford a financial adviser, but checking books out is free. Some of the most popular titles now are *Rich Dad, Poor Dad*, *Think and Grow Rich*, and *Suze Orman's 2009 Action Plan*.

The economic downturn affects us all. I have had to work long hours and don't get to see much of my boyfriend or experience any kind of social life lately, but I am thankful to be in a position where I can help people overcome this struggle. In Michigan, we haven't lost hope. As long as there are libraries here, there will always be hope. (2013年6月试卷二)



## 参考·译文

图书馆是我的世界。我终生都是图书馆的常客,在过去的九年里,我曾在底特律及其周边地区的多个图书馆和档案馆工作过。作为一个社会机构,图书馆有多重功能。而正当我

们国家在经济危机中挣扎时,我见证了我所在的图书馆演变成为职业和商业中心、社区集会地和希望的堡垒的历程。

2007 年春天,我在底特律北部的南菲尔德公立图书馆实习。南菲尔德公立图书馆的夏天通常很漫长,但是那年,我们的图书馆如同科技展览项目周、期中考试或者报税季那样繁忙。然而,图书馆的常客们查阅的不是《莫斯比护理药物参考》或纳税申报表。他们来这儿是为了寻找可以使他们的小买卖做大的知识。

我认为人们对商业藏书的兴趣是他们追求梦想的第一步,但是这些常客的动力却不是这些梦想。他们这样做只是对现实的回应,他们在寻找备用计划。

情况在 2008 年变得更糟。进入 2009 年,经济危机仍继续在密歇根州肆虐。去年,我们弄了一块展板,在上面张贴各类招聘信息,并且每小时进行补充。每晚图书馆关门时,展板上光秃秃的,信息都被撕走了。一般来说,我们的展板只保留一周,但这个招聘展板却保留了几个月。

然后是信贷市场的紧缩。人们看到墙上写的信息,于是想去进修。他们请不起财务顾问,但是查阅书籍是免费的。当下最受欢迎的一些书是《穷爸爸富爸爸》、《思考与财富》和《苏丝·奥曼 2009 年行动计划》。

经济衰退影响了我们所有的人。我不得不加班加点工作,最近和男朋友见面少了,各种社交活动也少了,但是能够在这个岗位上帮助人们渡过难关,我心存感激。在密歇根,我们没有失去希望,只要这里有图书馆,这里就有永远的希望。



## 核心·词汇

**multiple** ['mʌltipl] *n.* 倍数, 并联; 多数 *a.* 多样的, 多重的, 复合的

**institution** [ˌɪnstɪ'tju:ʃən] *n.* 机构, 协会, 制度, 习俗, 惯例, 创立

【同义】institute, organization, custom, convention

**evolve** [i'vɒlv] *v.* 【生】发展, 进化, 成长, 发育; 推论

【同义】develop, grow

**career** [kə'riə] *n.* (个人的) 事业; 职业; 生平, 生涯

【同义】vocation, occupation, pursuit



## Debate on Charity

### 关于慈善的争议



#### 真题·共赏

More than three dozen billionaires, including well-known *philanthropist* (慈善家) David Rockefeller, have promised at least half of their fortunes to charity, joining a programme that Bill and Melinda Gates and Warren Buffett started in June to encourage other wealthy people to give.

The pledge is currently worth about \$150 billion, but the programme predicts it will eventually be worth \$600 billion.

"During even the Depression's worst years, my parents gave money—about 8% of their annual income of \$2,200," said Lorry Lokey, one of the donors, on the website of the programme, the Giving Pledge. "I remember saying to my mother that we can't afford that. But she said we have to share with others."

The pledge has been a matter of some debate in philanthropic and non-profit circles, with some experts dismissing it as mere publicity and others predicting that it would produce a flood of new money to support non-profit groups.

Buffett said the real value of the pledge was found in the example it set and in the *sentiments* (情感) expressed in the letters posted on the website.

Buffett and Gates will hold several dinners later this year to recruit more billionaires, and members of the Giving Pledge will meet annually to discuss their philanthropy.

The pair are due to meet some wealthiest people in China next month and India in March. "We hope this catches fire in some other countries," Buffett said, "If they want to take what we think is a good idea and run with it, we will be cheering."

Buffett said the number of people who had agreed to sign on was at the high end of his expectations. He said some people who declined to sign the pledge were planning to give away most of their wealth but did not want to draw attention to those plans.

Energy *tycoon* (大亨) Pickens, who is worth about \$1 billion, said in his Giving Pledge letter: "I've long stated that I enjoy making money, and I enjoy giving it away. I'm not a big fan of inherited wealth. It generally does more harm than good." (2013年6月试卷二)



#### 参考·译文

40 多位亿万富豪(包括知名的慈善家大卫·洛克菲勒)承诺至少会捐赠他们的半数财产用于慈善事业。自从比尔·盖茨、梅琳达·盖茨夫妇以及沃伦·巴菲特在六月开始鼓励其他富豪捐赠财产的活动之后,他们也加入此行列。

他们承诺的捐赠目前大约价值 1500 亿美元,但是这个活动预测总额最终会达到 6000 亿美元。

其中一位捐献者罗瑞·洛基在该活动网站“赠与誓言”上留言说,“即便在大萧条最艰难的岁月里,我父母还是会将其年收入(2200 美元)的 8% 捐献出来,我记得曾对母亲说过我们捐不了那么多,但她的回答是我们得跟别人分享。”

该劝募善款活动已经在慈善界和非盈利团体中引起了一些争议。一些专家认为这不过是在作秀,其他人则预测它将为非盈利团体带来大量的资金支持。

巴菲特说,捐款承诺的真正价值体现在它所树立的榜样力量,以及发布在网站上的信函里所表达的情感上。

今年晚些时候,巴菲特和盖茨将会举行几次晚宴以招募更多的亿万富翁,“赠与宣言”的成员们每年都会见面商讨慈善事宜。

二人预计在下个月和三月份分别与中国和印度的首富们见面。

巴菲特说,“我们希望此项活动在其他国家也受到欢迎。如果他们认同这是个不错的想法,并加入进来,我们会为之欢呼。”

巴菲特表示,已经同意签署承诺书的人数达到了他的最大预期,那些拒绝签署承诺书的人也正计划捐赠他们大部分的财富,但不愿意让他们的捐赠计划受到关注。

身价约为 10 亿美元的能源大亨皮肯斯在其“赠与誓言”信中说,“我常说我喜欢赚钱,也喜欢捐钱。我对继承得来的财富并不热衷。它通常弊大于利。”



## 核心·词汇

**annual** ['ænjuəl] *a.* 每年的;一年生的 *n.* 年刊,一年生植物

【同义】yearly

**share** [ʃeə] *n.* 股份,股票 *vt.* 分享

**express** [iks'pres] *vt.* ①表示,表达,陈述 ②特快发送,快运 *a.* ①特快的,直达的,专递的 ②明确的,明白表示的 *n.* ①快车 ②快运,快送,快递 *ad.* 用快递方式,乘直达快车

【助记】ex- (前缀) 表示“外” → express 表示

**recruit** [ri'kru:t] *n.* 新兵,新成员;补给品 *v.* 征兵,征募,吸收,补充

【同义】enlist, enroll, muster

【词组】recruiting agent 征兵员

**pledge** [pledʒ] *n.* 誓言,誓约;象征 *vt.* 发誓;保证,举杯祝健康,典当,抵押

【同义】promise, vow, oath, guarantee

**inherit** [in'herit] *v.* 继承,遗传,接受遗产,经遗传而得(特性等)

【同义】receive

【词组】inherit a fortune 继承一大笔钱

**generally** ['dʒenərəli] *ad.* 广泛地,一般地





## 5

The Latest Job Markets  
最新就业形势

## 真题·共赏

As you are probably aware, the latest job markets news isn't good: unemployment is still more than 9 percent, and new job growth has fallen close to zero. That's bad for the economy, of course. And it may be especially discouraging if you happen to be looking for a job or hoping to change careers right now. But it actually shouldn't matter to you nearly as much as you think.

That's because job growth numbers don't matter to job hunters as much as job *turnover* (人员更替) data. After all, existing jobs open up every day due to promotions, resignations, *terminations* (解雇), and retirements. (Yes, people are retiring even in this economy.) In both good times and bad, turnover creates more openings than economic growth does. Even in June of 2007, when the economy was still moving ahead, job growth was only 132,000, while turnover was 4.7 million!

And as it turns out, even today—with job growth near zero—over 4 million job hunters are being hired every month.

I don't mean to imply that overall job growth doesn't have an impact on one's ability to land a job. It's true that if total employment were higher, it would mean more jobs for all of us to choose from (and compete for). And it's true that there are currently more people applying for each available job opening, regardless of whether it's a new one or not.

But what often distinguishes those who land jobs from those who don't is their ability to stay motivated. They're willing to do the hard work of identifying their valuable skills; be creative about where and how to look; learn how to present themselves to potential employers; and keep going, even after repeated rejections. The Bureau of Labor Statistics data shows that 2.7 million people who wanted and were available for work hadn't looked within the last four weeks and were no longer even classified as unemployed.

So don't let the headlines fool you into giving up. Four million people get hired every month in the U.S. You can be one of them.

(2012年12月试卷一)



## 参考·译文

或许你已经留意到,最新的就业形势并不好:失业率仍然高于9%,而新职位的增长率已下跌至接近于零。当然,这对经济是不利的。如果你刚好在找工作或者希望马上转行,这可能特别令人沮丧。然而,其实它对你并没有你想象得那么重要。

这是因为对于求职者而言,比起就业增长数字,岗位人员更替数据更为重要。毕竟,由于晋升、辞职、解雇和退休,每天都会空出新的工作岗位。(是的,即使在当前的经济环境中,仍然有人正在退休。)不管经济状况是好还是坏,由人员更替所产生的就业机会比由经济增长所产生的就业机会要多。即使是在经济仍在增长的 2007 年 6 月,新增岗位仅为 13.2 万个,而人员更替产生的就业岗位为 470 万个!

而且事实上,即使在工作数量几乎为零增长的今天,每个月仍有 400 多万的求职者被雇用。

我并不是暗示整体的就业增长对一个人能否找到工作没有影响。的确,如果就业总数增多,这意味着我们所有人有更多的工作可以选择(以及为此竞争)。而且,目前每一个可获得的职位空缺,无论它是新开设的岗位还是别人离职后空缺出来的,都的确有更多的人去申请。

能够找到工作的人与那些找不到的人相比,区别往往在于前者能够保持积极的状态。他们愿意努力确认自己拥有哪些宝贵的技能,对应该留意哪些事物和如何看待事物富有创造性的眼光,学习如何在潜在雇主面前展现自己,即使不断被拒绝也永不放弃。根据美国劳工统计局的数据,有 270 万想要求职并且有工作能力的人在过去的四周内没有找工作,他们甚至已经不再被视为失业人员。

所以,不要被这些头条消息蒙骗而放弃。在美国,每个月都有 400 万人找到了工作,你也可以成为其中之一。

## 核心·词汇

**close** [kləʊz] *v.* ①关,闭 ②结束,终止 ③(使)靠拢,(使)接近 [kləʊs] *a.* ①密切的,亲密的 ②近的,接近的 ③严密的,仔细的 ④不通风的;闷(热)的 [kləʊs] *ad.* 接近地 [kləʊs] *n.* 结束,终止

【词组】close by 在近旁,在旁边;close down 关闭,歇业;close in(on) 包围,围住;close up 堵住,关闭;come/draw to a close 渐近结束

**imply** [im'plai] *v.* 暗示,意指,意味

【同义】suggest, hint

**overall** ['əʊvəɔ:l, 'əʊvər'ɔ:l] *a.* 全面的,全体的 *ad.* 全部地

【同义】general, comprehensive

【词组】over and done with 结束

**employment** [im'plɔimənt] *n.* 雇用,使用,职业

**distinguish** [dis'tɪŋɡwɪʃ] *vt.* 区别,区分;看清,辨认,识别;使显赫

【同义】characterize, differentiate, recognize

**ability** [ə'bɪlɪti] 能力,才干

【同义】capacity, resources, skill, capability

**identify** [ai'dentɪfaɪ] *vt.* ①认出,鉴定 ②(with) 认为……等同于