

外研社  长喜英语

英语专业四级考试

阅读 周计划

王长喜 主编

一周一讲 每日一练
答案详解 全文翻译

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

外研社 长喜英语

英语专业四级考试

阅读 周计划

王长喜 主编

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

图书在版编目(CIP)数据

英语专业四级考试阅读周计划 / 王长喜主编. — 北京: 外语教学与研究出版社, 2014.8

ISBN 978-7-5135-4994-3

I. ①英… II. ①王… III. ①大学英语水平考试—阅读教学—自学参考资料 IV. ①H319.4

中国版本图书馆CIP数据核字(2014)第185341号

出版人 蔡剑峰
策划编辑 贺春平
责任编辑 陈彦华
执行编辑 贺春平
封面设计 高蕾
版式设计 孙莉明
出版发行 外语教学与研究出版社
社址 北京市西三环北路19号(100089)
网址 <http://www.fltrp.com>
印刷 三河市北燕印装有限责任公司
开本 889×1194 1/32
印张 11
版次 2014年8月第1版 2014年8月第1次印刷
书号 ISBN 978-7-5135-4994-3
定价 24.80元

外研社教辅出版分社:

咨询电话: 010-88819610(编辑部) 010-88819436/9050(市场部)

传 真: 010-68469248

新浪/腾讯官方微博: @外研社教辅(更多信息, 更多交流)

电子信箱: jiaofu@fltrp.com

购书电话: 010-88819928/9929/9930(邮购部)

购书咨询: (010)88819929 电子邮箱: club@fltrp.com

外研书店: <http://www.fltrpstore.com>

凡印刷、装订质量问题, 请联系我社印制部

联系电话: (010)61207896 电子邮箱: zhijian@fltrp.com

凡侵权、盗版书籍线索, 请联系我社法律事务部

举报电话: (010)88817519 电子邮箱: banquan@fltrp.com

法律顾问: 立方律师事务所 刘旭东律师

中咨律师事务所 殷斌律师

物料号: 249940001

最新真题 演练熟悉

熟悉真题的同时,通过旁白式“阅读提示”和“做题提示”,演示如何阅读、如何做题。

最新真题

In this section there are four passages followed by questions or unfinished statements, each with four suggested answers marked A, B, C and D. Choose the one that you think is the best answer.

Text A

After breakfast the boys wandered out into the playground. Here the day-boys were gradually assembling. They were sons of the local clergy, of the officers at the depot, and of such manufacturers or men of business as the old town possessed. Presently a bell rang, and they all trooped into school. This consisted of a large, long room at opposite ends of which two under-masters conducted the second and third forms, and of a smaller one, leading out of it, used by Mr. Watson, who taught the first form. To attach the preparatory to the senior school these three classes were known officially, on speech days and in reports, as upper, middle, and lower second. Philip was put in the last. The master, a red-faced man with a pleasant voice, was called Rice; he had a cheerful manner with boys, and the time passed quickly. Philip was surprised when it was a quarter to eleven and they were let out for ten minutes' rest.

The whole school rushed noisily into the playground. The new boys were told to go into the middle, while the others stationed themselves along opposite walls. They began to play Pig in the Middle. The old boys ran from wall to wall while the new boys tried to catch them: when one was seized and the mystic words said — one, two, three, and a pig for me — he became a prisoner and, turning sides, helped to catch those who were still free. Philip saw a boy running past and tried to catch him, but his limp gave him no chance; and the runners, taking their opportunity, made straight for the ground he covered. Then one of them had the brilliant idea of imitating Philip's clumsy run. Other boys saw it and began to laugh; then they all copied the first; and they ran round Philip, limping comically, screaming with shrill laughter. They lost their heads with the delight of their new amusement, and choked with helpless merriment. One of them tripped Philip up and he fell, heavily as he always fell, and

【阅读提示】

通过对 _____ 的描写,引出 _____。

本段主要讲述 _____。

本段详细描述 _____。

镜头转向菲利普,引出 _____。

cut his knee. They laughed all the louder when he got up. A boy pushed him from behind, and he would have fallen again if another had not caught him. The game was forgotten in the entertainment of Philip's deformity. Philip was completely scared. He could not make out why they were laughing at him. His heart beat so that he could hardly breathe, and he was more frightened than he had ever been in his life. He stood still stupidly while the boys ran round him, mimicking and laughing; they shouted to him to try and catch them; but he did not move. He did not want them to see him run any more. He was using all his strength to prevent himself from crying.

同学们的反应是_____。

菲利普的感受是_____。

81. From the beginning of the passage we learn that _____.

- [A] some pupils came from the local area
- [B] the school only accepted day-boys
- [C] the school had only three classes
- [D] Philip's class was part of the senior school

【做题提示】
81. 考查首段细节。

82. What was Philip's reaction to his class?

- [A] He thought class was too short.
- [B] He found his class surprising.
- [C] He seemed to have enjoyed it.
- [D] He wanted to change class.

82. 根据题干提示 Philip's reaction, class 快速定位原文第一段末句。

83. In the game Philip lost his ground because _____.

- [A] the game wasn't fit for new boys like him
- [B] the playground wasn't big enough for the game
- [C] he did not know the rules of the game
- [D] he could not run as quickly as other boys

83. 考查菲利普失去阵脚、不知所措的原因。

84. What did the boys do after Philip lost his ground?

- [A] They continued with the game.
- [B] They stopped to make fun of him.
- [C] They changed to another game.
- [D] They stopped and went inside.

84. 考查其他孩子对此事件的反应。

85. How did Philip feel in the end?

- [A] He was ashamed of himself.
- [B] He was very nervous.
- [C] He was really horrified.
- [D] He felt himself stupid.

85. 考查菲利普的感受。

Text B

For parents who send their kids off to college saying, "These will be the best years of your life," it would be very appropriate to add, "If you can handle the stress of college life."

Freshmen are showing up already stressed out, according to the latest research study that reported students' emotional health levels at their lowest since the survey started in 1985. While in school, more students are working part-time and near-full-time jobs. At graduation, only 29 percent of seniors have jobs lined up.

Pressure to excel often creates stress, and many students are not learning how to effectively handle this stress. Let me share five facts that I believe every college student should know about stress.

First, stress can make smart people do stupid things. Stress causes what brain researchers call "cortical inhibition". In simple terms, stress inhibits a part of the brain responsible for decision-making and reaction time and can adversely affect other mental abilities as well.

Second, the human body doesn't discriminate between a big stressful event and a little one. Any stressful experience will create about 1,400 biochemical events in your body. If any amount of stress is left unchecked, many things can occur within the body, including premature aging, impaired cognitive function and energy drain.

Third, stress can become your new pattern. When you regularly experience negative feelings and high amounts of stress, your brain recognizes this as your normal state. This then becomes the new pattern, or baseline for your emotional state.

Fourth, stress can be controlled. Countless studies demonstrate that people can restructure their emotional state using emotion-refocusing techniques. These techniques help you recognize how you are feeling and shift to a more positive emotional, mental and physical state.

One technique involves slowing your thoughts and focusing on your heartbeat, breathing slowly and deeply, and focusing on the positive feeling that you receive.

Finally, stress can be lessened if you love what you study. Barbara Frederickson, a leading international authority on the importance of positive emotions, says humans are genetically programmed to seek positive emotions such as love and joy. It's suggested to choose a major or career path you love and enjoy. Otherwise, you could end up fighting against your own biology.

【阅读提示】

以父母送孩子上大学时常说的话,引出文章主题_____。

本段介绍大学新生的压力情况。

简单分析压力产生的原因。并以 Let me share... 为过渡句,引出_____。

本段介绍第一点:_____。

本段介绍第二点:_____。

本段介绍第三点:_____。

本段及下面一段介绍第四点:_____。

本段介绍第五点:_____。

【做题提示】

86. 写作目的题,此类试题除需注意题干所提及的 the latest research

86. The author cites the latest research study in order to show that _____.

- [A] students are studying harder in college
[B] most students have part-time jobs now

- [C] stress continues to the time of graduation
 [D] students only feel stressed while in school

87. According to the passage, stress might cause all the following negative effects EXCEPT _____.

- [A] social [B] mental [C] emotional [D] physical

88. In the author's opinion, stress can be controlled by _____.

- [A] doing what you prefer
 [B] identifying your present emotional state first
 [C] finding a more positive feeling first
 [D] focusing on your emotional state

89. According to the context, what does "your own biology" mean in the last paragraph?

- [A] Your current major. [B] Your future job.
 [C] Your future research. [D] Your preference.

90. Which of the following is the best as the title of the passage?

- [A] Causes of Stress.
 [B] Types of Stress.
 [C] College Life and Stress.
 [D] Stress and Control Methods.

study, 还应注意段落主题句。

87. 根据题干关键词 negative effects 定位原文, 逐一排查。

88. 根据题干关键词 stress can be controlled 定位原文。

89. 联系整个最后一段进行理解, 注意上下文的提示。

90. 主旨大意题, 在理解全文的基础上进行选择。

Text C

For anyone who doubts that the texting revolution is upon us, consider this: The average 13-to-17-year-old sends and receives 3,339 texts a month — more than 100 per day, according to the Nielsen Co., the media research firm. Adults are catching up. People from age 45 to 54 sent and received 323 texts a month in the second quarter of 2010, up 75% from a year ago, Nielsen says.

Behind the texting explosion is a fundamental shift in how we view our mobile devices. That they are phones is increasingly beside the point.

Part of what's driving the texting surge among adults is the popularity of social media. Sites like Twitter, with postings of no more than 140 characters, are creating and reinforcing the habit of communicating in micro-bursts.

Economics has much to do with texting's popularity. Text messages cost carriers less than traditional mobile voice transmissions, and so they cost users less. Sprint Nextel has reconceived its Virgin Mobile brand to cater to heavy texters in a difficult economy. For \$25 per month, users get unlimited texting, email, social networking and 300 talk minutes, for another \$15, they get an additional 900 talk minutes. The name of the brand's new wireless plan: "Beyond Talk."

【阅读提示】

第一段引用研究公司的数据, 介绍_____的现状。

本段首句为过渡句, 下面几段解释这一现象的深层意义。
原因之一:_____。

从经济角度解释_____。

Texting's rise over conversation is changing the way we interact, social scientists and researchers say. We are now inclined to text to relay difficult information. We stare at our phone when we want to avoid eye contact. Rather than make plans in advance, we engage in what researchers have named "micro-coordination" — "I'll txt u in 10 mins when I know wh/restrnt."

Texting saves us time, but it steals from quiet reflection. "When people have a mobile device and have even a little extra time, they will communicate with someone in their life," says Lee Rainie, Director of the Pew Internet and American Life Project.

And the phone conversation will never be completely out. Deal makers and other professionals still spend much of the day on the phone. Researchers say people are more likely to use text-based communication at the preliminary stages of projects. The phone comes into play when there are multiple options to consider or important decisions to be made.

发短信的影响之

一: _____。

发短信的影响之

二: _____。

结尾补充, 短信与电话的相互补充作用。

91. At the beginning of the passage, the author uses figures for the purpose of _____.

- [A] introduction [B] comparison
[C] explanation [D] transition

92. According to the context, which of the following is closest in meaning to "beside the point" ?

- [A] Unimportant. [B] Unacknowledged.
[C] Underestimated. [D] Undeniable.

93. Which of the following is NOT mentioned as a cause for texting's popularity?

- [A] Promotion of cheaper wireless packages.
[B] Increase in the number of adult texters.
[C] Redesign of mobile devices.
[D] Rise of social media.

94. According to the passage, texting can help people to _____.

- [A] face difficult situations
[B] make appointments in advance
[C] communicate with strangers
[D] avoid awkward situations

95. What is the passage mainly about?

- [A] Texting's popularity and effect.
[B] Role of texting in business.
[C] Preference to texting over thinking.
[D] Innovation of mobile devices.

【做题提示】

91. 本题考查首段作用。

92. 根据关键词 beside the point 定位原文, 联系上下文进行理解。

93. 根据题干关键词 cause for texting's popularity 定位原文, 逐一排除。

94. 本题考查短信对人的影响, 定位到文章后三段。

95. 主旨大意题, 在理解全文的基础上选择。

Text D

The healthy adolescent boy or girl likes to do the real things in life, to do the things that matter. He would rather be a plumber's mate and do a real job that requires doing than learn about hydrostatics sitting at a desk, without understanding what practical use they are going to be. A girl would rather look after the baby than learn about child care. Logically we should learn about things before doing them and that is presumably why the experts enforce this in our educational system. But it is not the natural way — nor, I venture to think, the best way. The adolescent wants to do things first for only then does he appreciate the problems involved and want to learn more about them.

They do these things better in primitive life, for there the adolescent boy joins his father in making canoes and going out fishing or hunting. He is serving his apprenticeship in the actual accomplishments of life. It is not surprising that anthropologists (人类学家) find that the adolescents of primitive communities do not suffer from the same neurotic (神经质的) "difficulties" as those of civilized life. This is not, as some assume, because they are permitted more freedom, but because they are given more natural outlets for their native interests and powers and allowed to grow up freely into a full life of responsibility in the community.

In the 19th century this was recognized in the apprenticeship system, which allowed the boy to go out with the master carpenter or thatcher, to engage in the actual work of carpentry or roof-mending, and so to learn his trade. In some agricultural colleges at the present time young men have to do a year's work on a farm before their theoretical training at college. The great advantage of this system is that lets the apprentice see the practical problems before he sets to work learning how to solve them, and he can therefore take a more intelligent interest in his theoretical work.

Since more knowledge of more things is now required in order to cope with the adult world, the period of growing-up to independence takes much longer than it did in a more primitive community, and the responsibility for such education, which formerly was in the hands of the parents, is now necessarily undertaken by experts at school. But that should not make us lose sight of the basic principle, namely the need and the desire of the adolescent to engage responsibility in the real pursuits of life and then to learn how to learn through responsibility, not to learn before responsibility.

【阅读提示】

首段_____。

从原始社会中人们的学习方式，总结出_____。

近现代社会对学习方式反思以及变革。

结尾总结_____的相互关系。

96. According to the author, what is the natural way of education?

- [A] Doing things while learning.
- [B] Doing things as an apprentice.
- [C] Doing things before learning.
- [D] Learning practical knowledge first.

【做题提示】

96. 根据题干关键词 **natural way** 定位原文，转折及破折号的地方经常出题。

97. The main advantage of the natural way of education, whether in primitive or modern times, is that learners _____.

- [A] can learn the trade through solving problems at work
- [B] can work with their masters throughout their learning
- [C] are given more freedom in doing things and learning
- [D] are given opportunities to develop their interest first

97. 根据题干关键词 **advantage** 定位原文, 联系上下文做出推断。

98. According to the context, "this" in the third paragraph refers to _____.

- [A] the way of learning in primitive communities
- [B] the difficulties modern adolescents experience
- [C] the amount of freedom in learning in primitive life
- [D] the kind of skills boys learned from their father

98. 本题考查指代词的所指内容, 需联系上下文内容进行分析。

99. According to the author, learning should now be done in school for all the following reasons EXCEPT that _____.

- [A] more subjects are to be covered
- [B] more parents should be involved in teaching
- [C] there should be a deeper understanding of a subject
- [D] more time is needed for becoming independent

99. 本题考查原因, 根据关键词 **learning...in school** 定位原文, 逐一排除。

100. Which of the following best sums up the author's main point?

- [A] The apprenticeship system was effective in learning.
- [B] Students should be given more freedom in learning.
- [C] Students develop their interest through learning.
- [D] Learning to solve problems is learning through responsibility.

100. 主旨大意题, 在理解全文的基础上选择。

答疑解惑

Text A

【语篇分析】

本文是一篇记叙文, 选自英国著名的小说家和戏剧家毛姆 (W. Somerset Maugham) 的《人性的枷锁》(*Of Human Bondage*) 的第十一章。本文节选的就是菲利普幼年时在学校因残疾遭受凌辱的章节, 这是全书最生动精彩的地方, 作者以透视人性弱点的笔触, 戏剧性的铺叙手法, 娓娓道来。从选文中我们可以对主角内心挣扎的心路历程窥见一斑。

Para. 1 第一段首先简要介绍了学校的生源情况、分班情况, 继而推出主角菲利普及其老师, 并描述了菲利普对于课程的感受。

Para. 2 第二段主要描写课间, 菲利普与同学们一起玩游戏的情景。菲利普因残疾遭受凌辱的情景在作者笔下生动地展现了出来, 让人不禁对菲利普的遭遇深表同情。

【语境词汇】

1. clumsy *a.* 笨拙的
2. comical *a.* 滑稽的
3. choke *v.* 使窒息; 窒息

4. merriment *n.* 欢笑声
5. deformity *n.* 畸形

【答案解析】

81. 选 [A]。第一段的第二句说走读生也陆续到校。他们的父亲都是在当地工作的, 各行各业的都有, 所以说一些学生来自当地是正确的, 故答案为 [A]。[B] 是针对第一段第二句设置的干扰。由第一段第一句可知, 早餐后, 孩子们都到外面操场上去溜达了, 那么这里指的孩子是住校生。第二句提到走读生也陆续到校。由此可见学校既有走读生, 也有住校生, 故排除 [B]。第一段第五句起提到学校有预备学校, 预备学校的三个班被称为预科高级班、预科中级班和预科初级班。除此之外, 学校还有 senior school, 因此说学校只有三个班级是不正确的, 故排除 [C]。第一段第六、七句提到这所学校有大龄儿童学校和预备学校, 而菲利普的班级是预备学校的一部分, 而非大龄儿童学校的一部分, 故排除 [D]。
82. 选 [C]。第一段段尾提到赖斯老师满脸红光, 声音讨人喜欢、和蔼可亲, 给孩子们上课时活泼风趣。所以菲利普听得很专注, 时间悄然流逝, 不知不觉就下课了, 令菲利普感到惊讶, 由此可见菲利普看起来很享受听赖斯老师的课, 因此答案为 [C]。[A] 项是一个比较难以抉择的干扰项, 但细细分析, 还是可以排除。诚然, 第一段最后一句提到了菲利普觉得时间过得很快, 但他之所以这样觉得, 不是因为觉得课的时间太短了, 而是对课程很感兴趣, 不知不觉时间就过去了。第一段最后一句话说 Philip was surprised, 但这里他所讶异的是时间过得如此之快, 并非觉得课令人惊讶, 故排除 [B]。[D] 原文未提及, 故排除。
83. 选 [D]。原文第二段第五句提到菲利普看见一个男孩打身边跑过, 想将他抓住, 但其腿脚不便, 眼睁睁让他溜了, 所以孩子们趁机全朝他管辖的地盘跑来, 由此可见正是由于菲利普腿脚不便, 跑不过其他孩子, 所以他才失去了自己的阵地, 因此答案为 [D]。第二段第一句提到了新来的学生被吩咐站在操场中央, 其他学生沿墙分立在左右两侧, 由此可见新生老生在这个游戏中都各有分工, 一起游戏, 并不存在不适合新生玩的情况, 故排除 [A]。文章无明显证据显示操场不够大, 故排除 [B]。第二段开头就已经详细说明了规则, 而且老生也告诉了新生们规则, 作为游戏者, 他还尝试着去抓一个男孩, 所以他不可能不知道游戏的规则, 故排除 [C]。
84. 选 [B]。第二段中间提到有个男孩模仿起菲利普奔跑的笨拙样子, 其他孩子见了之后纷纷效仿。还有个孩子绊了菲利普一跤, 其他孩子也跟着戏弄菲利普, 大伙儿光顾拿菲利普的残疾取乐, 连做游戏也给忘了。所以说从菲利普抓人失败开始, 大家就停止了游戏, 一门心思戏弄菲利普。故答案为 [B]。
85. 选 [C]。第二段倒数第四句提到菲利普吓得目瞪口呆, 他长这么大, 还从未受到过这么大的惊吓。据此可判断答案为 [C]。干扰性较强的是 [A], 第二段最后两句说菲利普不愿让他们再看到自己奔跑。他竭尽全力, 强忍着不哭出来。但这只是因为菲利普不想被他们嘲笑与戏弄, 并不能表明菲利普为自己感到羞耻, 故排除。

【全文翻译】

早餐后，孩子们都到外面操场上去溜达。^[81]走读生也陆续到校。他们的父亲或是当地的牧师，或是兵站的军官，要不就是定居在这座古城里的工厂主和商人。不一会儿，铃声大作，孩子们争先恐后拥向学堂。学堂包括一个长长的大房间和一个小套间。大房间的两头，由两位教师分别教中级班和初级班的课；小套间是沃森先生授课用的，他教高级班。为了表明这三个班是大龄儿童学校的预备班，在一年一度的颁奖典礼上，在公文报告里，这三个班级一律正式称为预科高级班、预科中级班和预科初级班。菲利普就在初级班里，^[82]这个班的老师名叫赖斯，他满脸红光，声音讨人喜欢、和蔼可亲，给孩子们上课时活泼风趣。一会儿已是十点三刻，时间悄然流逝，如此之快，令菲利普感到惊讶。老师给了孩子们十分钟时间到教室外面去休息。

全校学生一下子吵吵嚷嚷地涌到操场上。新来的学生被吩咐站在操场中央，其他学生沿墙分立在左右两侧。他们开始玩起“抢猪仔”的游戏。老同学从一面墙跑到另一面墙，中间的新同学设法上去拦截，如果逮住一个，就念声咒语：“一、二、三，猪归咱。”于是，那个被逮住的孩子便成了俘虏，反过来帮新同学去捉那些还在奔跑的人。^[83]菲利普看见一个男孩打身边跑过，想上前将他抓住，可他一瘸一拐，眼睁睁让他溜了；这一下，奔跑着的孩子趁机全朝他管辖的地盘跑来。^[84]其中有个男孩灵机一动，模仿起菲利普奔跑的笨拙样子。其他孩子见状都咧嘴大笑，接着他们也学那男孩的样，在菲利普周围怪模怪样地拐着腿奔跑，高声尖叫嬉笑。他们陶醉在这种新玩意儿带来的愉悦之中，乐得透不过气来。有一个孩子上前绊了菲利普一跤，而菲利普就像平常摔倒时那样，结结实实地摔个正着，膝盖也跌破了。菲利普挣扎着从地上爬起，孩子们笑得更欢了。一个男孩从背后猛推了菲利普一把，要不是另一个男孩顺手将他拉住，他保准又是扑通一跤。^[84]大伙儿光顾拿菲利普的残疾取乐，连做游戏也给忘了。^[85]菲利普吓得目瞪口呆，他实在不明白大伙儿干嘛要这般嘲弄自己。他的心怦怦乱跳，几乎连气也透不过来。菲利普长这么大，还从未受到过这么大的惊吓。他呆若木鸡似地站在那儿，任凭孩子们在他周围大声哄笑，模仿他的步态，奔来跑去。他们冲着他大声喊叫，逗他去抓他们，但是菲利普纹丝不动。菲利普不愿让他们再看到自己奔跑。他竭尽全力，强忍着不哭出来。

Text B

【语篇分析】

本文是一篇说明文，结构清晰，语言较为简单，介绍了五种有关压力的常识，旨在帮助大学生处理好大学生活中的压力。

Para. 1 - Para. 3 前三段首先由关于学生的情感健康问题的调查引出文章主题：如何有效地处理大学生活中的压力。继而和大家分享五个有关压力的常识。

Para. 4 - Para. 9 分别探讨这五个有关压力的常识，其中第四个常识占用了两个自然段。这五个有关压力的常识分别是：压力可能让聪明人办蠢事；人体无法区分压力大的事情和压力小的事情；压力可能成为新的常态；压力是可控的；爱你所学可以减轻压力。

【语境词汇】

- | | |
|--|-----------------------------|
| 1. cortical <i>a.</i> 皮质的; [生物] 皮层的; 外皮的 | 4. cognitive <i>a.</i> 认知的 |
| 2. inhibition <i>n.</i> 压抑; 抑制 | 5. adversely <i>ad.</i> 不利地 |
| 3. impair <i>v.</i> 损害 | 6. genetical <i>a.</i> 基因的 |

【答案解析】

86. 选 [C]。本题考查的内容主要集中于第二自然段，文中提到大学生刚入学就已疲惫不堪，学生的情感健康水平处于历史最低值，在校期间，还要做大量的兼职工作，就这样，到毕业时，却只有 29% 的毕业生找好了工作。由此可见，作者援引最新的调查研究是为了表明大学生的压力从入学伊始一直延续到毕业时。因此答案为 [C]。[A] 是针对第二段第一句设的干扰。第二段第一句说刚入学的新生就已表现出疲惫不堪的状态。但这并非是他们学习更加努力造成的，而是由于压力过大，故排除 [A]。[B] 是针对第二段第二句设的干扰。第二段第二句提到在校期间，更多的学生做兼职以及近乎全职的工作，但是这只是研究的调查发现，只是现象，而题目是要求透过现象看本质，故排除。[D] 是针对第二段最后一句设的干扰。毕业时，却只有 29% 的毕业生找好了工作。这里提到的“只有”一词和 29% 的数据说明了找工作很难，大学生不仅在校期间有压力，毕业时还是有压力的，故排除。
87. 选 [A]。本题考查的内容集中于第七自然段，即第四个有关压力的常识。该段的最后一句提到“这些方法有助于辨别出当前的感觉，并调整到一种更加积极的情感、心理和生理状态。”这句话的意思主要是说缓解压力的方法可以帮助大学生将自己原本消极的状态调整到积极的状态，这里列出了积极状态的三个方面，据此可推断压力的三个消极影响也在于此三个方面，故答案为 [A]。
88. 选 [B]。根据第七段第二句可知要控制压力首先需要了解自己目前的情感状态，然后才能寻找积极的情感，因此第一步是不可或缺的，据此可判断答案为 [B]。[A] 是针对文章最后一段设置的干扰，由题干本题可定位至第四种控制压力的方法，而本选项是第五种控制压力的方法所涉及的，故排除；[C] 是针对第七段第二句 shift to a more positive emotional, mental and physical state 设置的干扰，诚然只了解自己目前的情感状态是无法达到控制压力的效果的，最终效果的达成还是需要找到积极的情感，但是我们需要注意到选项的最后有 first 一词，因此这是作者设置的更为隐蔽的陷阱，归根结底，要控制压力首先还是需要了解自己目前的情感状态的，然后才能寻找积极的情感，故排除；[D] 的干扰性较强，分析 people can restructure their emotional state using emotion-refocusing techniques 可知，people can restructure their emotional state 就是控制压力的同义表述，emotion-refocusing techniques 就是控制压力的方法，而本选项只是提及了 focusing，而非 refocusing，故排除。
89. 选 [D]。根据上下文这里的 your own biology 意思就是上文提到的 humans are genetically programmed to seek positive emotions such as love and joy，且该段第一句

也提到了爱你所学可以减轻压力，这句的重点是爱，而非所学，所以要选择自己喜爱的、感兴趣的专业或职业道路，否则，就是和自己的喜好、偏好（preference）背道而驰，因此答案是 [D]。[A] 针对最后一段第三句设置干扰。文章建议大家选择自己喜爱的、感兴趣的专业或职业道路，提到了 major 一词，但是根据上下文这里的 your own biology 意思就是上文提到的 humans are genetically programmed to seek positive emotions such as love and joy，且该段第一句也提到了爱你所学可以减轻压力，这句的重点是爱，而非所学，所以要选择自己喜爱的、感兴趣的专业或职业道路，否则，就是和自己的喜好、偏好（preference）背道而驰，故排除。[B] 针对最后一段第三句 career path 设置干扰，同 [A] 解。[C] 选项原文没有相关信息，故排除。

90. 选 [D]。本题要求选出最适合作本文标题的选项，考查的是对全文的综合理解。本文的前三段主要探讨了大学生面临的压力问题，从而引出文章主题：如何有效地处理和控制大学生活中的压力，从而提出和大家分享五个有关压力的常识。接下来的六段分别探讨这五个有关压力的常识，也就是控制压力的五个方法。由此可见本文主要谈及的内容集中于两个方面，一个就是大学生面临的压力问题，另一个就是控制压力的五种方法，据此可判断答案为 [D]。第二段和第三段均涉及了造成压力的种种因素，但只适合作部分内容的标题，无法涵盖全篇，故排除 [A]；文章重点不是谈压力的类型，而是控制压力的方法，故排除 [B]；文章前三段谈到了大学生活的压力，而不是大学生活与压力，但这也是为了引出下文介绍控制压力的五种办法，所以不适合作为全文的标题，故排除 [C]。

【全文翻译】

送孩子上大学的家长会：“这几年将成为你人生中最美好的时光。”这句话非常适合补上半句，“如果你能处理好大学生活的压力”。

最新的调查研究显示，[86] 刚入学的新生就已表现出疲惫不堪的状态。报告称，学生的情感健康水平处于自 1985 年启动这项调查以来的最低值。在校期间，更多的学生做兼职以及近乎全职的工作。[86] 毕业时，却只有 29% 的毕业生找好了工作。

[90] 追求出类拔萃往往会带来压力，而很多学生还没有学会如何有效地处理这种压力。这里和大家分享五个有关压力的常识，我认为每个大学生都应该有所了解。

首先，压力可能让聪明人办蠢事。压力会引起大脑研究者称为“皮质性抑制”的现象。简单地说，压力会抑制大脑作出决定、控制反应时间的这部分功能，也会对其他心智功能产生不利的影响。

其次，人体无法区分压力大的事情和压力小的事情。任何一次感到压力的经历都会使体内产生多达 1400 个生物化学反应。压力无论大小，如果不加以控制，体内可能会发生很多变化，包括早衰、认知功能受损和能量消耗等。

第三，压力可能成为新的常态。如果经常有消极情绪和巨大压力，大脑会将其视为一种正常状态，然后这种状态就成为新的常态，即情感状态的基线。

第四, [88] 压力是可控的。无数的研究显示, 人们可以采用种种情感再积聚的方法来重塑情感状态。[87][88] 这些方法有助于辨别出当前的感觉, 并调整到一种更加积极的情感、心理和生理状态。

其中一个方法就是: 放慢思考速度、关注心跳、缓慢深呼吸、专注于感受到的积极情绪。

最后, [89] 爱你所学可以减轻压力。芭芭拉·弗雷德里克森是研究积极情绪重要性的国际权威。她指出, [89] 人类生来就愿意追求爱和快乐等积极的情感。建议大家选择自己喜爱的、感兴趣的专业或职业道路, 否则就可能与自己的生理习性背道而驰。

Text C

【语篇分析】

本文主要观点是短信革命时代已经来临。文章首先以数据引出观点, 继而解释短信流行的原因, 并在文章结尾处分析其利弊。文章语言朴实, 层层深入, 分析到位。

Para. 1- Para. 2 第一段作者列出调查数据, 短信的发送量和接收量惊人。第二段引出短信爆炸的观点, 手机的通话作用变得无关紧要。

Para. 3- Para. 4 第三段说明社交媒体的流行是短信爆炸的第一个原因。第四段论及短信爆炸的第二个原因, 作者说经济学与短信的日益流行也不无关系。

Para. 5- Para. 7 主要探讨短信爆炸的影响(利弊)。

【语境词汇】

1. beside the point 离题, 不切题; 不中肯; 不得要领; 与讨论的问题无关
2. reinforce v. 加强

3. burst v. 使爆裂; 爆裂
4. preliminary a. 初步的

【答案解析】

91. 选 [A]。文章第一段作者援引调查数据, 说明短信的发送量和接收量均很大, 主要是为了在第二段引出其观点。第二段中, 作者说“在短信爆炸的背后是我们对手机看法的根本性转变, 手机作为通话工具的作用越发变得无关紧要”, 据此可判断答案为 [A]。
92. 选 [A]。文章第二段前后谈的都是短信使用量的爆棚, 那么相应的打电话就没那么多了, 所以电话功能就逐渐变得没那么重要了。从短语本身考虑的话, point 指的就是要点, beside the point 顾名思义就是在要点旁边, 即没有切中要点, 也就是说不是重点, 无关紧要。据此可判断答案为 [A]。
93. 选 [C]。原文未提及移动设备的再设计问题, 故选 [C]。第四段整段都在谈更便宜的无线数据包的促销, 故排除 [A]; 第一段最后一句明确提及了发短信的成年人数量逐渐增加的现象, 故排除 [B]; 第三段第一句明确提及了社交媒体的兴起问题, 故排除 [D]。
94. 选 [D]。第五段第三句提到我们想要避免眼神接触时会紧盯手机。这里所谓的避

免眼神接触，细细思量，什么时候需要避免眼神接触？自然就是感到尴尬的时候，这时我们可以通过看手机，无论是真实的还是佯装的，来避免这种尴尬，由此可知答案为 [D]。第五段第二句提到我们依靠短信来传递较难处理的信息，没有提到面对困难的形式，故排除 [A]；第五段第四句提到我们用研究者们所谓的“微协调”方式进行沟通，而不是事先制订计划，故排除 [B]；第七段倒数第二句提到人们更有可能在项目初期使用以信息为主的沟通方式。但是即使在这种情况下，双方也并非陌生人，故排除 [C]。

95. 选 [A]。本文主要观点是短信革命时代已经来临。文章第一段援引数据引出观点，继而解释短信流行的原因，并在文章倒数第二段分析其利弊。据此可判断答案为 [A]。

【全文翻译】

[95] 怀疑短信革命已经来临的人，请看以下数据：媒体研究公司尼尔森发现，13 至 17 岁的年轻人平均每月发送和接收 3,339 条短信——每天超过 100 条。[93] 成年人也不甘示弱，尼尔森公司表示，45 至 54 岁的人在 2010 年第二季度每人每月平均发送和接收的短信数为 323 条，较前一年增加了 75%。

[91] 在短信爆炸的背后是我们对手机看法的根本性转变，手机作为通话工具的作用越发变得无关紧要。

[92][93] 成年人短信使用频率大大增加的部分原因在于社交媒体的流行。规定每次发帖字数不超过 140 字的推特 (Twitter) 等网站正在培养并强化人们通过微博进行沟通的习惯。

[93] 经济学与短信的日益流行也大有关系。对运营商而言，短信比传统的移动电话传输花费要低，因此用户使用起来也要更经济。斯普林特·纳克斯泰尔 (Sprint Nextel) 公司已经对旗下的维珍移动品牌进行了重新定位，以在经济困难时期迎合大量偏好使用短信的用户的需求。每月缴纳 25 美元，用户就可以无限制地发送短信和邮件，登录社交网络，还拥有 300 分钟的通话时间；再缴纳 15 美元，还可以得到额外 900 分钟的通话时间。新推出的这款无线套餐的名字是：“超越通话”。

社会学家和研究者们表示，短信应用超过通话的现象正在改变着我们的交际方式。我们依靠短信来传递较难处理的信息。[94] 我们想要避免眼神接触时会紧盯手机。我们用研究者们所谓的“微协调”方式进行沟通，而不是事先制订计划——比如，“我 10 分钟后给你发短信，告诉你去哪家餐厅。”

[95] 发短信可以为我们节省时间，但却占用了我们用于安静思考的时间。皮尤互联网与美国生活项目主管瑞妮说：“当人们有了移动电话设备以后，即使是只有一丁点空余的时间，他们也会与别人联系。”

当然，打电话永远不会完全成为过去式。生意人和其他的专业人士依旧把一天的大部分时间用来进行电话沟通。研究人员说，人们更有可能在项目初期使用以信息为主的沟通方式。当有多种选项需要考虑或者需要做出重要决定时，打电话就派上用场了。

Text D

【语篇分析】

本文选自哈德菲尔德 (J. A. Hadfield) 的著作《童年与青春期》*Childhood and Adolescence*。选文主要讲的是“先实践后学习”与“先学习后实践”这两种教育方式对于青春期少年不同的效果，并指出教育的基本原则在于让年轻人承担人生真正追求的责任，然后通过责任学会如何学习，而不是在责任面前学习。

Para. 1 第一段通过举例介绍了青春期青年的学习倾向在于多做实事，不愿学习理论。继而说明做事情之前学习是现行教育体制的固定模式，接着提出自己认为这并非自然的教育方式，并提出少男少女们做事的最大动因在于兴趣。

Para. 2-Para. 3 这两段主要介绍了自然的教育体系在原始社会和 19 世纪的应用，并指出该体系的最大优点是能激起学习者更大的求知兴趣。

Para. 4 第四段指出教育的基本原则在于让年轻人承担人生真正追求的责任，然后通过责任学会如何学习，而不是在承担责任之前学习。

【语境词汇】

1. adolescent *a.* 青春期的 (少年、行为)
2. venture *v.* 试探地提出 (问题或观点)
3. anthropologist *n.* 人类学家; 人类学者

4. neurotic *a.* 神经过敏的
5. apprenticeship *n.* 学徒期; 学徒制
6. thatcher *n.* 盖茅草屋顶的人

【答案解析】

96. 选 [C]。第一段第四句和第五句说从逻辑上讲，做事之前应该学习怎样去做，但随后作者提出自己认为这并非自然的方式。而且在第一段开头作者提到了青春期的青少年倾向于做实事而非学习理论，第一段的段尾作者又说少男少女们做事的最大动因在于兴趣，而兴趣的产生与加强则在于实践过程中。由此可见自然的方式是先实践后学习。据此可判断答案为 [C]，同时排除 [D]。作者提出实践与学习有先后，正是两者的先后顺序产生了两种不同的教育理念和办法，没有提到两者同时进行这种情况，故排除 [A]；作者确实提到先做事，但是学徒只是一个例子，并不是所有情况下，尤其是现当代先实践就一定要做学徒，故排除 [B]。
97. 选 [D]。第一段第四句和第五句说从逻辑上讲，做事之前应该学习怎样去做，但随后作者提出自己认为这并非自然的方式。第一段的段尾作者又说少男少女们做事的最大动因在于兴趣，而兴趣的产生与加强则在于实践过程中。由此可见自然的方式是先实践后学习。后面的第二、三段主要介绍了自然的教育体系在原始社会和 19 世纪的应用，作者在第三段最后一句指出该体系的最大优点能激起学习者更大的求知兴趣。据此可判断答案为 [D]。作者认为自然的教育体系是要先实践，后学习，而 [A] 说的是通过解决问题学习，实际上偷换了概念，故排除 [A]；[B] 是谈及十九世纪学徒培养制度时提到的自然的教育体系的一个优点，在原始社会中未有提及，题目要求的是同时适用于原始社会和现代社会的最大优点，故排除 [B]；[C] 是谈及原始社会教育方式时提到的自然教育体系的一个优点，在论及现代社会时未有提及，题目要求的是同时适用于原始社会和现代社会的最大优