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长喜英语

# 大学英语4级考试

# 巅峰阅读

《长喜英语》图书编委会 编 王长喜 主编

106篇阅读

即讲即练+巅峰练习+巅峰预测

全文翻译

讲解均为最新研究 练习均为最新语料

| | | |
|---|---|---|
| 题型特点 | 清晰透视 | 明确方向科学用力 |
| 设题环节 | 深度挖掘 | 对应信息豁然开朗 |
| 做题思路 | 个性归纳 | 轻松应对有章有法 |
| 实用技巧 | 独家点拨 | 提高速度锦上添花 |

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新题型

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# 巅峰阅读

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# 内容简介

本书在探讨思维本质及其与语言、翻译关系的基础上，尝试探索科技英语翻译中的思维因素，主要从思维过程、思维形式和语篇思维等三个方面探讨思维对科技翻译的影响。

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# 前　言

## 四级阅读在变难

今年7月，四级考试结束后，我们对北京、西安、上海、武汉十几所高校的考生做了一次访谈，他们普遍反映，阅读题目有点难。

首先，题型不适应。对试卷上三种不同的题型，他们感觉有些茫然，不得要领，每个题型怎么应对、怎么做题，都感觉没有章法。

其次，时间不够用。考前也做了不少的练习题，感觉速度还可以了，可一上场，一下显得捉襟见肘，速度慢了，时间紧张的不行。

考生感觉阅读题目有点难，四、六级考试委员会一项内部阅卷统计也印证了这一点——考生阅读部分标准得分平均不超过150分。

四级阅读在变难，这是一个事实。但，考生普遍感觉阅读难，是否还有其他方面原因呢？如何才能在考试中，不再感觉阅读难呢？

## 复习得法是关键

我们分析认为，考生考场上普遍感觉阅读难、不适应，主要原因，可能和以下几个方面有关系。

**1. 题型不熟悉**　不同的阅读题型，有着不同的考查倾向、不同的能力要求、不同的设题方式、不同的做题方法。对各个题型不熟悉、不理解，复习中就不能针对练习、针对提高、形成一套有针对性的解题模式，考场上，也就不能做到不同题型、不同应对、有章有法、胸有成竹。

**2. 技巧没掌握**　不同的阅读题型，针对该题型的设题方式，都有一些行之有效的阅读技巧、归纳技巧、做题技巧，理解、掌握、运用这些技巧，可以给你的阅读能力锦上添花、平添双翼。相反，不熟悉这些技巧，考场上就会影响做题速度、影响做题节奏，时间会变得很紧张。

**3. 练习不充分**　不同题型做题方法的理解、领悟，不同题型做题技巧的熟练、运用，都需要在充分的练习当中去深化、去体味。同时，没有充分的练习，阅读能力也很难有一个切实磨练和提高。所以，想考场上对阅读轻松应对、游刃有余，需要场下对阅读有一个充分练习。

**4. 练习不标准**　不少考生考前也做了不少的练习、不少的模拟，可到了考场上，还是感到手忙脚乱，原因在于，他们做的这些练习不标准，和真题阅读相距太远，不能真正起到练习作用。充分练习，还要标准练习，选用标准的、

接近真题的阅读练习，以真正培养考试状态。

四级阅读在变难，复习得法是关键。熟悉了题型、掌握了技巧，加上标准的充分练习，你会感觉，阅读其实并不难。

## 本书结构与特色

全书共分五篇，第一至四篇分别对快速阅读、篇章词汇、短句问答、篇章阅读四种题型选文特点、设题特点、做题思路、技能技巧等讲练结合、深层领会，第五篇给出6套综合预测让你融会贯通、整合提升。全书体例简洁、凸现重点，巅峰讲座——巅峰练习——巅峰预测，三位一体、一气呵成，带你直达高分巅峰。

**1. 题型特点 清晰透视** 第一至四篇每个题型巅峰讲座中，对该题型考查倾向、能力要求、选文特点，一一审视、层层透析，让您深入理解、领会做好该题型的能力要求、努力方向。

**2. 设题环节 深度挖掘** 第一至四篇每个题型巅峰讲座中，对该题型设题方式、设题环节、设题特点，一一道来、深度解密，让您对每个题设题初衷、对应信息豁然开朗、耳目一新。

**3. 做题思路 个性归纳** 第一至四篇每个题型巅峰讲座中，对该题型阅读方法、归纳方法、判断方法，一一归纳、娓娓讲解，让你对每一种题目类型，都能做到轻松应对、有章有法。

**4. 实用技巧 独家点拨** 第一至四篇每个题型巅峰讲座中，对该题型阅读技巧、做题技巧、判断技巧，一一总结、实用点拨，让你对每一种题目类型，都能做到心有灵犀、一看就通。

**5. 即讲即练 马上体会** 第一至四篇每个题型巅峰讲座中，每一类题型特点、设题环节、做题思路、实用技巧结合实例讲完后，马上给出精选典型练习，让您理解领会刚刚讲过的内容。

**6. 巅峰练习 各个击破** 第一至四篇每个题型巅峰讲座后，给出一定数量的该题型的阅读练习，让你在前面讲解、领会后，再对该题型来一个单项的综合训练，全面融会贯通该题型。

**7. 巅峰预测 整合提升** 第一至四篇对各个题型讲练结合、各个击破后，第五篇给出6套综合阅读试题，让你在前面各题型单项训练的基础上，整合模拟、全面升华，培养临考状态。

**8. 练习充分 设题标准** 第一至四篇中各题型即讲即练、巅峰练习和第五篇综合的巅峰预测，合计文章106篇，练习充分。106篇文章，语料标准、设题标准、难度标准、解析标准。

**9. 全文翻译 标注题眼** 106篇阅读练习，全部给出准确地道的全文翻译，让您深刻理解、着眼细节。每篇文章译文中，均划线标出每个题目解题信息点，贴心帮助你培养阅读能力。

# 第一篇

# 快速阅读

Top Training In Reading Comprehension

# 第一章 巅峰讲座

## Lecture 1 第一讲 2种文章形式考查略读技能

略读(skimming),指的是快速浏览全文的阅读方法。略读的对象是文章的开始段、结束段、每段的段首句和结尾句。文章内容的概括性陈述一般都在这些位置。

略读的目的是:(1)了解文章的主题;(2)对文章的结构获得一个整体概念;(3)对各部分的内容获得一个粗略印象;(4)对文章主旨做出判断。

对快速阅读而言,略读最重要的意义在于对各部分的内容获得一个粗略印象,以方便在寻读时迅速确定答案所在的部分或段落。

### 1 有小标题的文章

**解题技巧** 对于有小标题的文章,把握开头或结尾部分就把握住了文章的主题与写作目的。小标题相当于段落的主题句,把握住小标题就把握住了文章的主要内容。这些小标题在寻读时也显得格外重要,从题干中的定位信息可以快速找到相关的小标题(模糊定位),再在小标题下的内容中查找就可以了(精确定位)。这对于提高做题速度非常有帮助。

【真题示例1】 (07-6-9)

...5. Protect your references.

If your resume contains a section with the names and contact information of your references, take it out. There's no sense in safeguarding your information while sharing private contact information of your references ...

Q To protect your references, you should not post online their _____.

【解析】names and contact information / private contact information。根据题干中的 protect your references 可以快速定位到小标题 5 下的内容。本段讲述的主要是如何来保护自己的证明人。段中说的主要内容就是要把联系人的姓名和联系方式从网上拿下来。

【真题示例2】 (05-8-9)

(样题原文略)

Q The passage gives a general description of the structure and use of a landfill.

【解析】选Y。看文章中的小标题:How Much Trash Is Generated;How Is Trash

Disposed of; What Is a Landfill; Proposing the Landfill; Building the Landfill; What Happens to Trash in a Landfill; How Is a Landfill Operated。可知全文主要描述的是垃圾填埋场的建设与使用。所以题干正确。

### 2 无小标题的文章

**解题技巧** 对于没有小标题的文章，需要把握文章开头或结尾部分来把握文章的主题与写作目的。更重要的是浏览每段的段首和结尾，对每一段的主题和内容获得一个粗略印象。建议考生在浏览时将本段的主题词用笔圈出。这些主题词将起到小标题的作用。其重要性不再赘述。

【真题示例】 (06-6-9)

... Today, the interstate system links every major city in the U.S. and the U.S. with Canada and Mexico. Built with safety in mind, the highways have wide lanes and shoulders, dividing medians or barriers, long entry and exit lanes, curves engineered for safe turns, and limited access. The death rate on highways is half that of all other U.S. roads (0.86 deaths per 100 million passenger miles compared to 1.99 deaths per 100 million on all other roads) ....

Q: In spite of safety considerations, the death rate on interstate highways is still higher than that of other American roads.

【解析】选 N。本段讲的是高速公路的安全问题，death rate 是其中的一个关键词。根据题干中的关键词定位到这一段，再根据句中存在的比较关系再具体定位到段落的末尾处。原文说"高速公路上的车祸死亡比率是其他路面上的一半"。所以题干说"高速公路上的事故死亡率比其他路面上的高"是错误的。

## Exercises 即讲即练

### Passage 1

[科普：发明研究 963 词 建议做题时间：13.5 分钟]

**Astronomers Planning Close-ups of Mars from a Baloon**

The two Mars rovers, Spirit and Opportunity, have accomplished more than their creators thought possible. They have muscled across the planet's rugged terrain for more than two years, collecting data about the composition of its rocks and soils in the process.

Even the most dogged workhorses, however, have limitations. In their entire time on the planet, the slow-moving rovers have traversed less than 10 square miles, and their sensors cannot collect data more than a few feet above the

ground.

To survey areas of the planet that remain unknown, researchers affiliated with the privately financed German Mars Society in Munich are proposing a different kind of explorer: a vehicle inspired more by *dirigibles* (飞船) like the Hindenburg than by land-rover predecessors. Projected to reach Mars in 2009, the balloon craft, named *Archimedes*, would hover much closer to the planet's surface than a satellite, snapping crisp, full-color images similar to those that an Earth photographer might take from a helicopter. In an hour-long descent to the ground, the balloon craft would use an array of sensors to take temperature, wind and humidity readings. These data, collected at a variety of altitudes, would provide the raw material scientists need to understand Martian weather patterns.

The balloon craft was the brainchild of Hannes Griebel. In 2002, as an advanced engineering student at the Technical University of Munich, Mr. Griebel was looking for a Mars project that would not retread ground that rover missions planned to cover. "There's so much about Mars we don't know," he said. "I started to think, 'What are the data we haven't been able to get?'"

A *helium* (氦)-filled balloon craft, he reasoned, could obtain a more comprehensive profile of the planet's surface and atmosphere than any other vehicle. Best of all, the project would be cheap enough — under $2 million — that he could pursue it with money from private donors instead of depending on government financing.

Dr. Hausler, head of the Institute for Spaceflight Technology at the University of the Federal Armed Forces in Munich, was initially skeptical when Mr. Griebel approached him with the plan. "Hannes was proposing this crazy idea that we try to put a balloon into Mars's atmosphere," he said. Still, seeing the project's potential, he decided to offer Dr. Griebel a faculty position instead of turning him away. "I told him, 'Let's attack this.'"

At first, Mr. Griebel envisioned a balloon that would inflate once its launch vehicle had entered the atmosphere. But in Mars's thin carbon dioxide surroundings, "there isn't much to slow the craft down as it falls, so you need to inflate something big in a very short time," he said. Achieving this would require a complicated and expensive ground-based control system, so he *scrapped* (放弃) the idea, in stead in favor of inflating the balloon in deep space and then propelling the *buoyant* (有浮力的) object into the Martian atmosphere. That option presented its own problems. As a spacecraft reaches the threshold between the vacuum of space and a planet's outer atmosphere, large amounts of friction turn the energy its orbital motion has generated into heat.

At a little over 170 pounds, the craft would generate less than a quarter of the friction that a space shuttle might, but its filmy surface would still heat up to about 620 degrees Fahrenheit during atmospheric entry. The project team plans to coat the 33—foot-wide balloon with a heat-tolerant chemical material.

Making sure the inflation mechanism would work in a zero-gravity environment also proved *daunting*(困难的). If pockets of gas became trapped in the folded balloon's plastic *crevices*(缝隙), they would expand rapidly in the vacuum of space, possibly jamming the delicate mechanical components that position the balloon for inflation.

The team scheduled a test flight last spring on the Zero-G Airbus A300 of the French company Novespace. The plane flied in an up-and-down pattern that made objects in the cabin weightless for seconds at a time. Project scientists *deployed*(展开) the balloon more than 80 times during these weightless moments, and it inflated as expected about 90 percent of the time.

Last month, the researchers sent the craft into true zero gravity, strapping the balloon and a camera-containing module to a sounding rocket that went more than 60 miles above Earth's surface. Although a few grainy images that cameras transmitted to Earth showed that the balloon inflated properly upon reaching deep space, the remainder of the test was a comedy of errors. The rocket collided with the recently detached camera module, preventing it from acquiring planned high-resolution footage of the craft. Another trial is planned for October.

What chance of success does the craft have, given the difficulties of deploying a balloon in space and the lack of financing from conventional space programs? The mission participants have no illusions, describing the project as a high-stakes gamble. "The deployment system could fail, or the balloon could burst once it's inflated," Dr. Griebel said. "There are all kinds of things that could go wrong." In addition, to cut costs the craft will travel to Mars on a satellite owned by the private Radio Amateur Satellite Corporation (Amsat), which will be launched from Germany in 2009 aboard an Ariane-5 rocket. If the rocket experiences technical problems, they will be beyond the control of the project team.

Robert Zubrin, an aerospace engineer and the author of "The Case for Mars", said that the greatest potential of the German craft lay not in turning up unexpected findings, but in adding detail and breadth to public conceptions of Mars. "Right now, the image of Mars most people have is either a small dot in the sky or an expanse of terrain a few miles wide," he said. "With this mission, we'll get the big picture. We'll finally start to see Mars as an entire world in itself."

The passage mainly introduces a new kind of explorer intended to the Mars.

2. With the advanced technology, Spirit and Opportunity can collect data far away from the ground.
3. Archimedes is designed to collect more important data than the Mars rovers.
4. According to Hannes Griebel, the helium-filled balloon craft can get a more comprehensive picture of Mars' surface and atmosphere.
5. Dr Hausler held that Griebel's balloon craft was not practical, therefore he turned Griebel away.
6. Mr. Griebel's team has solved the problem to inflate the balloon in a very short time when the launch vehicle enters the atmosphere.
7. Project scientists tested the balloon on an Airbus plane to see if the balloon can deploy well in the zero-gravity space.
8. The balloon craft project team will use _____ to protect the balloon from the heat generated in the friction.
9. The test carried out last month showed that the inflation mechanism can work _____ in deep space.
10. The balloon craft will be launched to the deep space by _____ in 2009.

## 做题点拨与全文翻译

说明文。前两段提出了现有的火星探测器的不足之处；第三到六段讲述了气球飞船概念的提出与获得的支持；第七到十二段讲述了气球飞船项目小组工作的具体内容。最后介绍了其他人对这个项目小组的工作的意义的评价。

解题思路

1. 【线索】The ***passage mainly*** introduces a new kind of explorer intended to the Mars.
【定位】全文
【解析】参考"结构剖析"内容，题干表述正确。选 Y。
2. 【线索】With the advanced technology, ***Spirit and Opportunity*** can collect data far away from the ground.
【定位】第二段
【解析】本段讲到了勇气号和机遇号的局限性：运动速度慢、传感器离地面几英尺高就收集不到数据了。所以题干说"离地面很远也能收集数据"是错误的，选 N。
3. 【线索】***Archimedes*** is designed to collect more important data than the Mars rovers.
【定位】第三段
【解析】原文只提到德国 Mars Society 正在研制新型的探测器，即为 Archimedes。虽然文中也提到两个漫游者只是在一个小范围内活动，而新的探测器将使人们对火星获得一个整体上的认识。但是文中没有对两者获得的数据

的重要性进行对比。选 NG。

4. 【线索】According to ***Hannes Griebel***, the ***helium-filled*** balloon craft can get a more comprehensive picture of Mars' surface and atmosphere.

【定位】第五段

【解析】题干中的 can get a more comprehensive picture 与原文中的 obtain a ... profile 对应。题干是原文的同义转述。选 Y。

5. 【线索】***Dr Hausler*** held that ***Griebel***'s balloon craft was not practical, therefore he turned Griebel away.

【定位】第六段

【解析】原文提到,Hausler 博士起初对 Griebel 的项目持怀疑态度,不过他看到了这个项目的潜力,所以他决心给 Griebel 提供一个教员的职位而不是将他打发走(instead of turning him away)。题干与原文表达的意思正相反。选 N。

6. 【线索】Mr. Griebel's team has solved the problem to ***inflate the balloon in a very short time*** when the launch vehicle enters the atmosphere.

【定位】第七段

【解析】本段提到了 Griebel 准备让气球何时充气的问题。题干所说的"在发射装置进入火星大气层后为气球快速充气"是 Griebel 一开始的想法。后来考虑到过于复杂和昂贵,Griebel 放弃了这个想法。所以题干的说法是错误的。选 N。

7. 【线索】Project scientists ***tested*** the balloon on an ***Airbus*** plane to see if the balloon can deploy well in the zero-gravity space.

【定位】第十段

【解析】上一段中提到了要确保气球的充气装置在零重力状态下工作正常,本段中讲到了研究小组人员的实验工作。题干是对原文信息的正确综述。选 Y。

8. 【线索】The balloon craft project team will use _____ to protect the balloon from the ***heat generated in the friction***.

【定位】第八段

【解析】本段提到了研究小组对付摩擦产生的高温的方法:给飞船体涂上一层防热化学物质。所以答案是:a heat-tolerant chemical material。

9. 【线索】The test carried out ***last month*** showed that the inflation mechanism can work _____ in deep space.

【定位】倒数第三段

【解析】本段介绍了上个月进行的真实太空实验的情况。第二句中提到,气球充气过程很理想(properly)。也就是说充气装置可以良好地工作。答案是:properly。

10. 【线索】The balloon craft will be launched to the deep space by _____ in ***2009***.

【定位】倒数第二段，倒数第二句

【解析】本句介绍了气球飞船进入太空的方式：与一颗卫星一起，由一枚阿丽亚娜火箭发射升空。所以答案是：an Ariane-5 rocket。

全文翻译

**天文学家计划利用气球飞船来仔细观察火星**

[2]两个火星漫游者，勇气号和机遇号，所完成的工作已经超出了它们的设计者的预想。它们已经在火星崎岖不平的地表上闯荡了两年多时间，其间不断采集着火星岩石和土壤的成分的数据。

然而，即使是最顽强的吃苦耐劳者也是有局限性的。在两个漫游者停留在火星上的全部时间里，它们缓缓移动，走过的地方还不到 10 平方英里，[2]而且在地表以上几英尺的地方，它们的传感器就无法采集数据了。

[3]为了勘察这颗行星上的未知领域，位于慕尼黑的由私人赞助的德国火星协会的研究人员正在计划采用一种与漫游者不同的探测器——这个飞行器更多地受到了诸如"兴登堡号"之类的飞船的启发，而不是那些登陆火星的先驱者们。这艘名为"阿基米德"的气球飞船计划在 2009 年到达火星，它能以比人造卫星更近的距离在火星表面盘旋，拍摄清晰的全色图像，就像地球上的人在直升飞机上所拍摄的照片一样。在长达一小时的降落到地面的过程中，气球飞船会用一系列传感器来测量温度、风力和湿度。这些从不同的高度采集而来的数据，将是科学家们了解火星气候模式所需要的原始信息。

气球飞船的设想是 Hannes Griebel 提出来的。2002 年时，作为一名慕尼黑技术大学高级工程学专业的学生，他在期待一项新的火星探索计划，这个计划不会重复火星漫游者准备完成的工作。"关于火星的情况我们了解的很少。"他说。"我开始思考，'我们目前还无法采集到的数据是什么？'"

[4]按照他的推测，与别的飞行器相比，一个充满氢气的气球飞船能让人们对火星表面和大气层的认识更为全面。最棒的是，这个飞行计划非常便宜——花费 200 万美元以下——他可以从私人捐助者那里筹到资金而不是依靠政府赞助。

[5]Hausler 博士是德国联邦国防大学航空技术学院的院长。当 Griebel 将这个计划提交给他时，Hausler 起初也感到怀疑。"Hannes 提出了这个疯狂的主意，让我们把气球放飞到火星的大气层去，"他说。然而，由于看到了这个项目的潜力，他决心给 Griebel 博士提供一个教员的职位而不是将他打发走。"我告诉他，'让我们开始吧！'"

[6]起初，Griebel 先生设想的是，当搭载气球的飞行器进入火星的大气层时，气球就开始充气膨胀。但是火星大气层中的二氧化碳含量稀少，"没有足够的阻力来延缓飞行器坠落的速度，所以你得在很短的时间内将气球充大，"他说。要做到这些，需要一个复杂而昂贵的地面控制系统，所以他放弃了那个想法，而倾向于在外层空间给气球充气，然后将这个有浮力的物体推进火星大气层。这个想法也

带来了新的问题，当太空飞行器到达太空真空和行星的外部大气层之间时，大量的摩擦会将它在轨道运行中产生的能量转化成热量。

气球飞船重 170 多磅，摩擦产生的热量比一架航天飞机的四分之一还要少，但是在进入大气层时，它薄薄的表面上的温度仍将达到大约 620 华氏度。[8]该项目小组计划在 33 英尺宽的气球表面涂上一层耐热的化学材料。

[7]要确保充气装置在失重状态下可以正常工作也是十分困难的。如果那些充气袋被夹在折叠着的气球的塑料缝隙中，它们在真空状态下会迅速膨胀，这可能对那些调整气球状态进行充气的精密仪器装置造成干扰。

[7]项目小组去年春天在法国新太空公司的零重力空客 A300 飞机上进行了飞行测试。飞机飞行时不断上下起伏，使得机舱内的物体每次能维持几秒钟的失重状态。在这些失重的时段内，从事该项目的科学家们充气展开气球 80 多次，充气所需要的时间正如所预料的那样，是在地面上充气所需时间的 90%。

[9]上月，研究者们将气球飞船送到了真正的零重力的太空，他们把气球和一个含照相机的模块捆绑在一枚探空火箭上，到达了距地表 60 多英里的外层空间。虽然照相机传回地球的几张粒状图像显示，在火箭到达外层空间时，气球的充气过程十分理想，但接下来发生的事却有些可笑。火箭和刚刚分离的摄像机模块相撞，所以摄像机没能获得计划中的高清晰的气球飞船镜头。另一次试验计划在 10 月份开始。

考虑到在太空中给气球充气的困难性和缺少开展常规太空计划项目的资金支持，气球飞船有多大的成功机率呢？该项目的参与者们并没有什么幻想，他们认为这是一次高额赌注。“充气系统可能失灵，或者气球在充气时爆裂，”Griebel 博士说。“各种情况都可能导致故障发生。”[10]另外，为了降低成本，气球飞船将从业余无线电卫星组织的一颗人造卫星上飞往火星，该卫星将于 2009 年在德国由阿丽亚娜 5 型火箭送上太空。如果火箭遇到技术问题，那就不是项目小组能驾驭的事了。

Robert Zubrin 是一位太空工程师，也是《移民火星》一书的作者。他说德国气球飞船的最大可能不是有出人意料的发现，而是会增加公众对认识火星的细致和广度。“目前，大多数人对火星的印象要么是天空中的一个小点，要么是数英里宽的广袤地表，”他说，“有了这次飞行，我们将对火星有一个整体的认识。我们开始把火星本身看成是一个完整的世界。”

## Passage 2

[社会：心理压力 924 词 建议做题时间：12 分钟]

In the UK it is estimated that work-related stress is responsible for six million days of sick leave a year, with stress being linked to many minor and major illnesses.

For most people, work is a significant and meaningful part of life with the majority of us spending around 25% of our adult lives working. While work can provide us with purpose, satisfaction, self-esteem and spending power, the workplace can also be a setting of stress and worry.

**What is work-related stress?**

Everyone is under some pressure in the workplace. Some external pressures can be a positive factor, helping us to be more productive. Some people actually thrive under short-term added pressure, and our bodies are designed to meet these short-term demands. Hormones are released to prepare us for a "fight or flight" response to demanding situations. However, excessive and prolonged stress can produce a range of physical and emotional health problems which have come to be grouped as "work-related stress".

There is no single cause of work-related stress. While stress can be triggered by sudden, unexpected pressures, it is often the result of a combination of stressful factors which accumulate over time. Some people can become so used to the symptoms of excessive stress that it goes unnoticed to their *detriment* (危害). Most work-related stress is related to management of work, relationships at work, organizational set-up and whether you feel you have power and control in your work.

The experience of stress is different for every person. Some people are affected more than others, so what is stressful for one person may not be stressful for another. It can depend on your personality type and on how you have learned to respond to pressure.

*It is impossible to escape pressure at work altogether, so it is important to* learn how to manage stress. There are a number of ways in which you can reduce the negative impact of stress.

**Changes at work**

If work-related stress is affecting you, it is important to deal with the problem as soon as possible. One of the most important factors in reducing stress levels is managing time effectively. Prioritize tasks. Completing one task before going on to the next will help you to feel more in control of work.

Make time to relax at work by stretching and breathing deeply. This will help you to keep focused and prevent tired muscles. Simply ensuring you get outside for a walk during your lunch break can be helpful.

It is helpful to identify which situations stress you most. Practice how you could behave differently in tricky situations. Perhaps you need to be more assertive, or you need to learn to "take a step back" in tricky situations. It can

seem hard to confront the causes of workplace stress and to ask for help. But sometimes, support and advice from your *line manager* or *human resources* department is necessary to help you deal with difficulties at work.

If you find talking about your concerns difficult, it may help to make notes to bring along to the work interview with you. Make these clear and specific. Try to remember that it is in everybody's interest that the workplace is as stress-free as possible.

**Lifestyle changes**

Regular activities outside work will help you to meet new people, take your mind away from work worries and remind you that there is more to life than the office. Bring a sense of fun into your life by starting a creative hobby such as painting, or a new form of physical activity such as dancing or swimming. There is increasing evidence that regular physical activity helps to reduce stress levels. A brisk daily walk is ideal, but the main thing is to choose an activity that you enjoy.

Learning to relax can improve sleep and relieve stress-related physical pains such and stomach pains and headaches. The local library will have details of adult education classes where you can learn helpful techniques. Libraries loan books, tapes or computer-based packages. *Confiding*(信赖) in trusted friends or relatives is a useful way to *articulate*(倾诉) worries and negative feelings. It can give a fresh perspective and help to make stressful situations more manageable. Avoid unhelpful responses to stress such as increased alcohol intake, smoking, and high caffeine intake. These all increase stress levels. Regular meals and a balanced, high-fiber diet will provide sustained levels of energy to keep you fit to deal with the stressful situations. At the end of the day, reflect on what *you've achieved rather than worrying about future work. Don't be too hard on* yourself.

**Seeking further help**

Some people need to seek further help for work related stress, as they may be depressed or have an anxiety disorder which needs treatment. Anyone concerned that they need help should visit their psychological doctor's for advice. If you are diagnosed with depression, you may be prescribed a course of antidepressants. Other treatments can include a talking therapy such as counseling.

There are also courses for stress management and lots of self help resources. Some workplaces may provide a confidential counseling service or telephone helpline. Libraries, social services and local health centers will have details of local courses.

**Conclusion**

Stress is an inevitable but complex companion to our working lives. Without challenges and pressures, work would lack sparkle, but we all have the capacity to be overwhelmed by work-related stress. The aim should be to manage stress by becoming aware of our individual ways of responding to it, and through making effective changes to our working lifestyle.

1. Ordinarily, adult people spend most of their time working.
2. Work-related stress refers to all the pressures received from workplace.
3. The top administrators in a company suffer less stress.
4. Different ways to respond to pressure lead to different degrees of stress people feel.
5. To do the most important and urgent work first can be helpful to relieve work-related stress.
6. Take an outside walk after a whole morning's work can make a good relax for you.
7. The author suggests avoiding the most stressful situations in work once you have identify them.
8. To _____ the physical activity you do regularly outside work is the most important thing for stress relief.
9. Sharing _____ with your close friends or family members is helpful for you to reduce stress.
10. Those who have suffered an anxiety disorder is are suggested to go to see _____.

## 做题点拨与全文翻译

说明文。第一、二段引入主题：工作压力。小标题"什么是与工作相关的压力"中对这一术语进行了界定，并说明了形成的原因；以下三部分"工作中的改变"、"生活中的改变"和"寻求更多帮助"给出了解压的方法。最后一段总结全文。

**解题思路**

1.【线索】Ordinarily, adult people spend ***most of their time*** working.

【定位】第二段

【解析】原文提到大部分人成年的生活有四分之一(25%)的时间都在工作，而题干说"成年人的大部分时间都用在工作上"，与原文明显相悖。选 N。

2.【线索】***Work-related stress*** refers to all the pressures received from workplace.

【定位】小标题 What is work-related stress? 第一段

【解析】本段讲 work-related stress 的定义。前两句的意思是说，工作场所内的一些压力也可以是积极因素，可以帮助我们取得更多的成绩。最后一句说只有压