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大学英语四级考试 标准阅读80篇

王长喜◎主编

全文翻译逐词讲解 难句突破攻克语法

语篇分析点明主旨 精心编制阅读计划

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Preface



大学英语四级考试阅读部分包括三种题型：词汇理解、长篇阅读和仔细阅读。本书紧扣大学英语四级考试大纲，为考生制定4周阅读学习计划，让考生在短时间内提高阅读水平，轻松应考。

本书将80篇文章划分为4周练习，每周练习5天，每天练习4篇文章，包括1篇词汇理解、1篇长篇阅读和2篇仔细阅读。本书主要特色如下：

一、真题同源 选材广泛

本书所选的80篇文章均与大学英语四级考试历年阅读真题同一起来源，涵盖历年常考题材，与现实情况和热点问题联系紧密，社会化程度、知识普及性高。本书中的文章均选自英美原版材料，为保持原汁原味，其原有英式或美式拼写未作更改。

二、设题标准 尺度严格

设题点是否合理、设题思路是否严谨和干扰选项是否有效是判断四级阅读题设题是否标准的三大尺度。本书在与大学英语四级考试阅读真题“题材、体裁吻合，长度、难度适合，题干、选项符合”的基础上，深入研究，探索四级阅读真题的命题规律，总结设题标准，并将这些标准渗透到本书命题的每一个环节中。

1. 词汇理解

最新9套词汇理解真题文章的平均长度为245个单词，极限长度为228~288个单词。本书文章的平均长度为266个单词，极限长度为236~286个单词。词汇理解的选项包含名词、动词、形容词、副词和连词，其中副词所占比重较小，连词只考过一次（2014年12月第二套）。

2. 长篇阅读

（1）词数：最新9套长篇阅读真题文章的平均长度为1 065个单词，极限长度为1 041~1 102个单词。本书文章的平均长度为1 064个单词，极限长度为1 001~1 108个单词。

（2）单词分布：通过使用语料库工具进行统计发现，本书长篇阅读文章中超纲词所占比例仅为0.7%，难度控制较为合理。

（3）命题分布：通过对长篇阅读中试题与原文关系的统计发现，30%的试题在原文中涉及两句，且这两句一般都是相邻的句子；70%的试题对应原文中的某一个单句。另外，约有30%的试题涉及数字，70%的试题不涉及数字。

3. 仔细阅读

最新9套仔细阅读真题文章的平均长度为360个单词，极限长度为350~375个单词。本书文章的平均长度为366个单词，极限长度为328~389个单词。根据近几年的真题命题趋势，本书中设题更多地倾向于事实细节题、推理判断题和观点态度题，主旨大意题和语义理解题的数量相对较少。

三、结构主旨 简明提示

文章结构和主旨分析对于阅读，尤其是对仔细阅读答题有重要作用。因此，每篇仔细阅读的解析中均设置“语篇分析”栏目，对文章的结构主旨和文章大意进行概述，供考生快速掌握全文大意。词汇理解题型专门设置了“选项归类”栏目，将全部选项按照词性分类并给出释义，一目了然。

四、解题思路 渗透方法

每4篇文章后设置“做题点拨”栏目，对每一道题进行详尽解析的同时渗透做题方法的讲解，因此，考生看解析的过程也是学习做题的过程。全书解析模式统一、行文清晰，有助于考生形成稳定的做题思路，从而在考场上做到从容不迫。

五、分析语法 突破难句

每篇仔细阅读文章后设置“难句突破”栏目，将文章中出现的长难句列出，并辅以详细的语法点拨和译文剖析。分析中使用的一些标记符号如下：主语加黑，谓语加黑加斜，宾语和表语加波浪线，定语用小括号，状语用方括号，补语用双下划线，同位语用大括号。如：

To face these challenges means you need to accept the fact {that something within you keeps drawing you to the same kind of person or issue}, [though that situation or relationship may be very painful].

符号的使用根据句子的实际情况，并以必要为原则。

六、全文翻译 准确地道

80篇文章均给出了准确、地道的全文翻译。词汇理解和仔细阅读两种题型的译文能够帮助考生深化对原文的理解；长篇阅读的译文有助于考生对全文脉络的把握，还可以让考生对国外最新的科技知识和人文信息有更为直接和准确的了解。

《大学英语四级考试标准阅读80篇》将以新颖丰富的文章选材、严格标准的题目设计、全面独到的难点剖析、准确地道的全文翻译，陪考生一路走向成功。

注：

本书词汇理解、长篇阅读和仔细阅读部分没有相关的做题导语进行提示，特在本处将这三种题型的导语附注出来，供考生参考。

1. 四级词汇理解导语：

*In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.*

2. 四级长篇阅读导语：

*In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.*

3. 四级仔细阅读导语：

*There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

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透视阅读题型
请扫描二维码



星期一

Section A

[281 词 建议做题时间：7 分钟]

Bodybuilding supplements have become quite common to almost everybody. There are varieties of nutritional supplements that many people take to compensate for the 1 of minerals, vitamins and other essential nutrients. These supplements help in gaining weight and building muscle along with many other benefits associated with the bodybuilding *regime* (养生之道).

Time has changed and the 2 of people also have changed. Earlier, people used to consume balanced diets and proper healthy food such as fresh vegetables, fruit, milk, fish, eggs, etc. But 3, we face the lack of time, and it is not always possible to 4 the healthy eating habits and balanced diets all the time. Therefore, the fitness-concerned people are turning towards the supplements to maintain their bodybuilding nutrition.

In fact, 5 the right nutrition supplements for bodybuilding can be quite confusing. On the television, Internet, and *hoardings* (广告牌) and in various places, we will find ads of 6 bodybuilding supplements and therefore, it can be 7 to decide on the right one. It is always better to 8 a fitness expert and get the appropriate supplements.

However, there is an ongoing debate regarding the usefulness of the nutritional supplements for bodybuilding. Many people believe that there cannot be any 9 for right balanced diet, which is very true. But considering the busy life schedule that we keep in the present time, the nutrition bodybuilding supplements provide is of good help. There is no 10 in taking these supplements in small doses, and it also helps to fight many diseases. However, it is important to consult a professional and then get into the supplements program according to his or her suggestions.

- | | |
|----------------|--------------|
| A) alternative | I) habits |
| B) amazing | J) harm |
| C) confront | K) influence |
| D) confusing | L) maintain |
| E) consult | M) obviously |
| F) consuming | N) presently |
| G) deficiency | O) selecting |
| H) different | |

Section B

[1 049 词 建议做题时间：13 分钟]

Wired for Distraction: Kids and Social Media?

- A) Most parents who worry about their kids' online activity focus on the people or content their children might encounter: Are they being cyberbullied? Do they have access to age-inappropriate material?

Can sexual *predators* (捕食者) reach them? What I worry about, as a sociobiologist, is not what my kids are doing on the Internet but what all this connectivity is doing to their brains. Scientific evidence increasingly suggests that, amid all the texting, poking and surfing, our children's digital lives are turning them into much different creatures from us — and not necessarily for the better.

- B) For starters, there is the problem of what some researchers refer to as continuous partial attention, a term coined by former Microsoft executive Linda Stone. We know the dangers of texting or talking on the phone while operating a motor vehicle — but what about when forming a brain? A Kaiser Family Foundation report found that on average, children aged 8 to 18 spend 7 hours and 38 minutes a day using entertainment media. And if you count each content stream separately — a lot of kids, for example, text while watching TV — they are logging almost 11 hours of media usage a day.
- C) You (or your children) might think the people who have had the most practice dealing with distractions would be the most *adept* (熟练的) at multitasking. But a 2009 study found that when extraneous information was presented, participants who (on the basis of their answers to a study questionnaire) did a lot of media multitasking performed worse on a test than those who don't do much media multitasking. In the test, a trio of Stanford University researchers showed college students an image of a bunch of *rectangles* (矩形) in various *orientations* (方向) and asked them to focus on a couple of red ones in particular. Then the students were shown a second, very similar image and asked if the red rectangles had been rotated. The heavy media multitaskers were wrong more often — because, the study concluded, they are more sensitive to distracting stimuli than light media multitaskers are.
- D) We have separate circuits, it turns out, for top-down focus — i.e., when we set our mind to concentrate on something — and reactive attention, when our brain reflexively tunes in to novel stimuli. We obviously need both for survival, whether in the wilds of prehistory or while crossing a street today, but our saturated media universe has perhaps privileged the latter form and is wiring our kids' brains differently. "Each time we get a message or text," Anthony Wagner, one of the Stanford study's co-authors, speculates, "our *dopamine* (多巴胺) reward circuits probably get activated, since the desire for social connection is so wired into us." The result, he suggests, could be a forward-feeding cycle in which we pay more and more attention to environmental stimuli — Hey, another text! — at the expense of focus.
- E) Constant distraction affects not only how well kids learn but also how their brains absorb the new information. In 2006, UCLA scientists showed that multitaskers and focused learners deploy different parts of the brain when they learn the same thing. Multitaskers fire up their *striatum* (纹状体), which encodes the learning more like habit, or what's known as procedural memory. Meanwhile, those who were allowed to focus on the task without distraction relied on the *hippocampus* (海马体), which is at the heart of the declarative memory circuit that comes into play, say, in math class when you need to apply abstract rules to novel problems. The result of the study was that the focusers could apply the new skill more broadly but the multitaskers could not. Multitaskers' reliance on rote habit would be all well and good if we want our offspring to work on assembly lines, but to do the kind of high-level thinking that experts agree will be key to getting well-paying jobs, we'd better exercise our collective hippocampus.
- F) Some technology observers, like Danah Boyd, a fellow at Harvard's Berkman Center for Internet and Society, claim that social media are getting a bum rap and that the real problem lies in the hyperprotective way we parent today. "Over and over, kids tell me that they'd rather get together in person, but then they list off all of the things that make doing so impossible — like their overscheduled after-school lives or parents' fears of kids wandering on the streets alone," she says.
- G) Stone has observed something similar in technology use among adolescents: "When they're with friends, they won't answer their cell phone. And if they get an SMS, they will just answer, 'BZ, L8R.'" Perhaps this is a sign that our kids will be better than we are at learning how to prioritize tasks — something that will come in handy when they become workers and spouses and parents.

- H) But I am still concerned about the effect that 24/7 connectivity has on my kids — and on my 11-year-old son in particular. School-lunchroom behavior — gossipy whispers, competition for attention, etc. — now goes on around the clock. There's no downtime, no alone time for him to develop his sense of self.
- I) So what's a good dad to do? I've set some rules that are designed to aid his social and cognitive development: no Facebook during school, and no electronic devices after 9:30 p.m. The latter prohibition is designed to help him get more sleep, which, according to some studies, is when our brains prune connections among neurons, preserving and speeding up the ones that matter and flushing out the ones that don't. "Unfortunately, the new modes of communication and hours spent using them are preventing already sleep-deprived teens from getting any, which affects memory consolidation and behavioral regulation," says B.J. Casey, director of Cornell's Sackler Institute for Developmental Psychobiology. Even if kids get 9 to 10 hours of sleep but sustain multiple interruptions — say, a buzzing iPhone next to the pillow — they will suffer cognitively and feel tired the next day. Hence my 9:30 rule falls into that age-old parenting category: Do as I say, not as I do.
11. According to Danah Boyd, the hyperprotective way parents behave rather than social media is the real problem.
12. According to a 2009 study, people who did a lot of media multitasking made more mistakes on a test.
13. Focused learners may have a better chance to get well-paying jobs.
14. Multiple interruptions during kids' sleep time may lead to their cognitive and physical problems the next day.
15. The saturated media universe may have weakened our top-down focus.
16. The author worries that his kids' online activity may have a bad effect on their brains.
17. Many children aged 8 to 18 spend about 11 hours using media per day if each content stream is counted separately.
18. According to UCLA scientists, focusers could apply the new skill more broadly than multitaskers.
19. In order to help his son get more sleep, the author forbids him to use electronic devices after 9:30 p.m.
20. According to Stone, adolescents may be doing better than their parents in learning how to prioritize tasks.

Section C

Passage 1

[354 词 建议做题时间：9 分钟]

Let us begin by saying what does not cause our dreams. Our dreams do not come from "another world." They are not messages from some outside source. They are not a look into the future, either.

All our dreams have something to do with our emotions, fears, longings, wishes, needs and memories. But something on the "outside" may affect what we dream. If a person is hungry, or tired, or cold, his dreams may include a feeling of this kind. If the covers on your body, such as a quilt or a blanket, have slipped off your bed, you may dream that you are sleeping or resting on the ice and snow. The material for the dream you will have tonight is likely to come from the experiences you have today.

So the subject of your dream usually comes from something that has effect on you while you are sleeping (feeling of cold, a noise, a discomfort, etc.) and it may also use your past experiences and the wishes and interests you have now. That is why very young children are likely to dream of fairies, older children of school examinations, hungry people of food, homesick soldiers of their families, and prisoners of freedom.

To show you what is happening while you are asleep and how your wishes or needs can all be joined

together in a dream, here is the story of an experiment. A man was asleep and the back of his hand was rubbed with a piece of *absorbent cotton* (药棉). He would dream that he was in a hospital and his charming girlfriend was visiting him, sitting on the bed and feeling gently his hand!

There are some scientists who have made a special study of why we dream, what we dream and what those dreams mean. Their explanation of dreams, though a bit reasonable, is not accepted by everyone, but it offers an interesting approach to the problems. They believe that dreams are mostly expressions of wishes that did not come true. In other words, a dream is a way of having your wishes carried out.

21. What does the author say about dreams?
 - A) One cannot predict what may happen in the future through dreams.
 - B) Our dreams can be related to anything but past experiences.
 - C) Our dreams are messages from some outside source.
 - D) People with poor memories dream less than those with good memories.
22. What do we learn from the second paragraph?
 - A) When a blanket slips off your bed at night, you may feel you have nothing on at all.
 - B) When you feel cold, you may have a dream that you are staying in freezing surroundings.
 - C) When you feel very tired, you may fall asleep quickly without having any dreams at all.
 - D) When you feel uncomfortable, you may have a dream that people are making noise.
23. Why are very young children likely to dream of fairies?
 - A) They feel uncomfortable while they are sleeping.
 - B) They have seen such fairies in their dreams before.
 - C) They have a very strong desire to see such fairies.
 - D) Such fairies may bring them good luck in their examinations.
24. What influenced the man's dream according to the experiment described in this passage?
 - A) Both the external and internal factors.
 - B) His fear of an operation.
 - C) His strong wishes to see his girlfriend.
 - D) The hospital in which he was treated.
25. The explanation of dreams that some scientists give _____.
 - A) is considered interesting, but meaningless
 - B) gives a good answer to the question why we dream
 - C) has some value, though not fully convincing
 - D) has been proved by the findings of their studies

Passage 2

[377 词 建议做题时间: 11 分钟]

Multi-product firms like General Electric obviously have a more difficult strategic planning job than firms with only a few products or product lines aimed at the same or similar target markets. Multi-product firms have to develop strategic plans for very different businesses. And they have to balance plans and resources so the whole company reaches its objectives.

Details on how to manage a complicated multi-product firm are beyond our scope. But you should be aware that there are such firms and that the principles in this text are available. For example, some firms use strategic business units (SBUs), and some use portfolio management.

Some multi-product firms try to improve their operations by forming strategic business units. A strategic business unit is an organizational unit within a larger company that focuses on some product-markets and is treated as a separate profit center. By forming SBUs, a company formally acknowledges its very different activities. Some SBUs grow rapidly and require a great deal of attention and resources. Others produce only

average profits and should be “milked”, that is, allowed to generate cash for the businesses with more potential.

Some top managers handle strategic planning for a multi-product firm with an approach called portfolio management which treats alternative products, divisions, or SBUs as though they were stock investments, to be bought and sold using financial standards. Such managers make *trade-offs* (权衡) among very different opportunities. They treat the various alternatives as investments that should be supported, milked, or sold off depending on profitability and return on investment (ROI).

This approach makes some sense if alternatives are really quite different. Top managers feel they can't become very familiar with the prospects for all of their alternatives. So they fall back on the easy-to-compare quantitative standard. And because the short run is much clearer than the long run, they place heavy emphasis on current profitability and return on investment. This puts great pressure on the operating managers to “deliver” in the short run perhaps even neglecting the long run. Neglecting the long run is risky and this is the main weakness of the portfolio approach. This weakness can be overcome by enhancing the portfolio management approach with *market-oriented* (以市场为导向的) strategic plans.

26. What does a multi-product firm have to do to achieve its goal?
 - A) Merge some small-scale companies.
 - B) Balance its plans and resources.
 - C) Improve its operations by forming SBUs.
 - D) Perfect its management methods.
27. What do we learn about the strategic business unit in a multi-product company?
 - A) It is a major profit center and provides different information for other departments.
 - B) Its rapid development doesn't need a lot of attention and resources.
 - C) It is treated as a separate department concentrating on some product-markets.
 - D) Its main task is to generate cash for other businesses with more potential.
28. The various alternatives can be treated as supported or “milked” investments because of _____.
 - A) their profitability and return on investment (ROI)
 - B) top managers' lack of information of their alternatives
 - C) trade-offs among very different opportunities
 - D) the great pressure on the operating managers
29. What is the main weakness of the portfolio approach?
 - A) Neglecting the long run.
 - B) Emphasizing the long run.
 - C) The risk of the long run.
 - D) The unclearness of the long run.
30. Which of the following best describes the author's tone in this passage?
 - A) Optimistic.
 - B) Arbitrary.
 - C) Critical.
 - D) Objective.



Section A

选 顶 归 类

名 词

A) alternative 可供选择的事物 G) deficiency 缺乏 I) habits 习惯 J) harm 危害；损害；伤害
K) influence 影响

续表

动 词	B) amazing 使吃惊 C) confront 使遇到；使面对 D) confusing 使困惑；把(某人)弄糊涂 E) consult 请教；咨询 F) consuming 消耗 J) harm 危害；损害；伤害 K) influence 影响 L) maintain 保持；维持 O) selecting 选择
形 容 词	A) alternative 可替代的；另外的 B) amazing 惊人的；了不起的 D) confusing 令人困惑的 F) consuming 强烈的 H) different 不同的
副 词	M) obviously 明显地 N) presently 目前；不久

答案解析

1. G) 本空应填名词。文中提到许多人摄取各种营养补品来补充矿物质、维生素及其他必需营养素。根据常识可知，一定是人体缺乏这些物质，才需要摄取补品来进行补充，所以所填词应表示“缺少”之意，故答案为G) deficiency。
2. I) 本空应填名词。根据空后的助动词have可知，所填词应为复数名词，备选项中只有一个复数名词I) habits，故答案为I) habits。该段后面第3句中的habits是本空所填词的原词复现。
3. N) 本空应填副词。分析句子结构可知，所填词应为副词，故应从M) obviously和N) presently中选择。再根据句意可知，所填词要与前一句中的earlier形成对比，earlier表示的是过去的情况，故此处应填表示现在的副词，故答案为N) presently。
4. L) 本空应填动词。空前的不定式标志词to提示所填词应为动词原形。前半句指出，如今，我们面临着时间不足(的情况)，根据句意分析，后半句应为前半句的结果，即时间不足使得我们不太可能总是保持健康的饮食习惯以及摄取均衡的饮食。能够与eating habits构成合理的动宾搭配，且能够使句意通顺的为L) maintain。
5. O) 本空应填动名词。分析句子结构可知，所填词应为动名词，与其后的内容一起充当句子的主语。本空所在句为该段的主题句，指出“5 合适的营养补品可能会令人困惑”。下一句对该句进行了进一步说明：我们会在电视上、网络上、广告牌上和各个地方看到健身补品的广告，因此选定合适的营养补品可能会令人困惑。对比这两句的内容可知，所填词应与decide on构成同义复现，故答案为O) selecting。
6. H) 本空应填形容词。空后的名词短语提示，所填词可能为形容词作定语。第1段第2句提到有各种各样的(varieties of)营养补品，第3段第1句又提到选择合适的营养补品令人困惑。这些内容都表明了营养补品的种类很多，各不相同，所以人们不知道选择哪一种才好，故答案为H) different。
7. D) 本空应填形容词。结合第5小题可知，选择合适的营养补品可能会令人困惑，其中的5 the right nutrition supplements对应本句中的decide on the right one，所以所填词应与第3段第1句中的confusing意思一致，故答案为D) confusing。
8. E) 本空应填动词。所填词的宾语为fitness expert，再根据最后一段最后一句可知，要获得合适的补品，比较好的方法是咨询(consult)健身专家(professional)，所填词应与consult意思一致，故答案为E) consult。
9. A) 本空应填名词。which从句的内容对前面所说的“许多人认为不可能存在适当均衡饮食的任何9”进行了肯定，下一句用but转折引出另一个事实：鉴于我们目前满满的日程安排，健身补品提供的营养十分有益。备选项中能使前后语义和逻辑形成合理衔接的是A) alternative。本空所在句是说，许多人认为健康补品不可能取代均衡饮食。
10. J) 本空应填名词。空前的is提示，所填词应为可数名词的单数或不可数名词。本空所在句中的后一分句中的it指代前一分句中的taking these supplements in small doses，由后一分句中的also

helps可知,本句的前后两个分句都是在讲服用少量营养补品的好处,而空前的no提示所填词应表示消极意义,这样才能表达出好处,故答案为J) harm。

全文翻译

对于几乎所有人来说,健身补品已变得很平常了。许多人服用各种各样的营养补品来补充体内[1]所缺的矿物质、维生素及其他必需营养素。这些补品有助于增加体重、锻炼肌肉,还有许多其他益处,这些益处与健身的养生之道息息相关。

时代发生了变化,人们的[2]习惯也发生了变化。过去,人们常常摄取均衡的饮食和适当的健康食品,诸如新鲜的蔬菜、水果、牛奶、鱼、鸡蛋等。但[3]如今,我们面临着时间不足(的情况),不太可能总是[4]保持健康的饮食习惯以及摄取均衡的饮食。因此,关心健康的人们就转向依靠补品来维持他们增强体质所需的营养。

事实上,如何[5]选择合适的健身营养补品可能会令人相当困惑。我们会在电视上、网络上、广告牌上和各种地方看到[6]不同的健身补品广告,因此要从中选定一种合适的健身补品可能会[7]让我们困惑。[8]咨询健身专家以获取合适的补品往往比较好。

然而,有关健身营养补品的有效性存在着争议。许多人认为没有什么可以[9]替代均衡的饮食,这是千真万确的。但是,鉴于我们目前满满的日程安排,健身补品提供的营养十分有益。少量服用这些补品没有[10]害处,并且会有助于我们抵御许多疾病。然而,咨询专业人员并根据他或她的建议来制定补品计划是很重要的。

Section B

答案解析

11. F) 题目意为:达纳·博伊德认为,父母们对孩子过于保护而非社交媒体是问题所在。根据题目中的线索词Danah Boyd和the hyperprotective way将本题定位至F)段。该段第1句提到,一些技术观察家,如达纳·博伊德,称社交媒体正遭受不公正的评判,真正的问题在于作为父母的我们对孩子过于保护。题目是对这句话的同义转述。
12. C) 题目意为:2009年的一项研究显示,那些处理大量多项媒体任务的人在测试时会犯更多的错误。根据题目中的线索词a 2009 study和did a lot of media multitasking将本题定位至C)段。该段第2句指出,2009年的一项研究发现,处理大量多项媒体任务的参与者在测试时比没有处理大量多项媒体任务的参与者表现得更糟糕。made more mistakes on a test对应原文中的performed worse on a test。
13. E) 题目意为:专注的学习者更有机会获得高薪工作。根据题目中的线索词focused learners和well-paying jobs将本题定位至E)段。该段第3、4句指出,多重任务处理者使用的是纹状体,专注于任务的人使用的是海马体。而最后一句指出,多重任务处理者擅长在装配线工作,而想要从事高薪工作最好要锻炼我们的海马体。由此可知,专注于任务的人更有可能获得高薪工作。
14. I) 题目意为:孩子睡眠期间的多重干扰可能对他们第二天的认知和身体状态产生不良影响。根据题目中的线索词multiple interruptions和cognitive将本题定位至I)段。该段倒数第二句提到,即便孩子睡9到10个小时,但是如果受到多重干扰——比如来自枕边苹果手机的嗡嗡声——那么他们的认知就会受到影响,并且第二天会感到疲惫。题目是对原文的同义转述,其中cognitive与cognitively是同根词复现。
15. D) 题目意为:饱和的媒体世界可能已经削弱了我们的有序专注力。根据题目中的线索词the saturated media universe和top-down focus将本题定位至D)段。该段首先提出了两个概念:有序的专注力(top-down focus)和反应性注意力(reactive attention)。第2句指出,饱和的媒

体世界也许已经赋予了后一种能力（即反应性注意力）特权，正在把我们孩子的大脑变得不同。最后一句说明了这种影响的结果：我们愈发关注环境的刺激，而代价就是专注能力的减弱。由此可知，媒体削弱了专注能力。

16. A) 题目意为：作者担心他的孩子在网上的活动可能会对他们的大脑产生不良影响。根据题目中的线索词worries和their brains将本题定位至A)段。文中作者使用了第一人称I，该段中提到作者担心的不是孩子在网上干些什么，而是这种连接功能对他们的大脑所造成的影响。
17. B) 题目意为：如果把每项内容分别计算的话，很多8至18岁的孩子每天使用媒体的时间大约是11个小时。根据题目中的线索词8 to 18, 11 hours和each content stream将本题定位至B)段。该段最后两句提到，8至18岁的孩子平均每天使用娱乐媒体的时间是7小时38分钟；如果你把每项内容都分别计算的话——比如，很多孩子在看电视时发信息——他们每天使用媒体的时间几乎达到了11小时。题目是对这两句话的综合概述。
18. E) 题目意为：加州大学洛杉矶分校的科学家们指出，相比于多重任务处理者，专注任务者能够更广泛地应用新技能。根据题目中的线索词UCLA scientists和apply the new skill将本题定位至E)段。该段倒数第二句提到，研究的结果是专注任务者能够更广泛地应用新技能，多重任务处理者却不能。题目是对原文的同义转述。
19. I) 题目意为：为了让儿子多一些睡眠，作者禁止他在晚上9:30以后使用电子设备。根据题目中的线索词electronic devices和9:30将本题定位至I)段。该段第2句提到，作者制定了一些促进儿子社交能力和认知发展的规则：上学期间不许上脸谱网，晚上9:30以后关闭所有的电子设备。接着解释说后一种限制是为了让儿子多一些睡眠。
20. G) 题目意为：斯通指出，青少年在学习怎样处理任务的先后顺序方面可能会比他们的父母做得更好。根据题目中的线索词learning how to prioritize tasks将本题定位至G)段。该段最后一句提到，也许这种迹象说明了我们的孩子在学习如何安排事情顺序方面将会比我们做得更好。题目是对原文的同义转述，其中their parents对应原文中的we。

全文翻译

社交媒体是不是在分散孩子的注意力？

- A) 大多数担心孩子网上活动的家长都会关注孩子在网路上遇到的人或浏览的网页内容：他们是否遭遇了网络欺凌？他们有没有浏览不符合他们年龄的内容？他们遇到性侵害者了吗？作为一位社会生物学家，[16]我担心的不是我的孩子在网路上干些什么，而是这种连接功能对他们的大脑所造成的影响。越来越多的科学证据表明，在网上聊天、闲逛、浏览网页等数码生活正在将孩子们变成和我们很不一样的生物——而这种改变未必好。
- B) 首先，是一些研究人员所称的持续性部分注意力问题，这个词是由前微软主管琳达·斯通发明的。我们都知道在开车过程中发短信或打电话的危险性——但如果是大脑形成过程中呢？[17]恺撒家庭基金会的一项报告发现，8至18岁的孩子平均每天使用娱乐媒体的时间是7小时38分钟。如果你把每项内容都分别计算的话——比如，很多孩子在看电视时发信息——他们每天使用媒体的时间几乎达到了11小时。
- C) 你（或你的孩子）可能认为，最常处理使人分心的事的人会最擅长处理多重任务。[12]但2009年的一项研究发现，当面对不相关的信息时，处理大量多项媒体任务的参与者（根据他们在一份研究问卷上的作答）在测试时要比没有处理大量多项媒体任务的参与者表现得更糟糕。该测试中，斯坦福大学的三位研究人员给大学生们展示了一组不同方向的矩形，并让他们特别注意其中几个红色的矩形。接着又给学生们展示了第二组十分相似的图形，问他们红色的矩形是否旋转了。处理大量多项媒体任务的人回答的错误率更高——研究总结，这是因为他们对使人分心的刺激源比处理少量多项媒体任务的人更为敏感。
- D) [15]原来，对于有序的专注力（也就是当我们将注意力集中到某件事上时）和反应性注意力（即当我们的条件反射性地接收新刺激时），我们分别有单独的控制回路。很显

然，不管是在史前的荒野，还是如今横穿马路时，我们都需要依靠这两种能力生存。[15]但是我们饱和的媒体世界也许已经赋予了后一种能力特权，正在把我们孩子的大脑变得不同。

“每次我们收到一条信息或是一个文本，”此项研究的合作作者安东尼·瓦格纳推测，“我们的多巴胺奖励回路可能就会受到激发，因为对社会联系的渴望深植于我们的大脑。”[15]他指出，结果可能会形成一个优先反馈的循环，在这种循环中我们愈发关注环境的刺激——嘿，又一条短信！——代价就是专注能力的减弱。

- E) 持续的分心不仅会影响孩子们的学习，而且还会影响他们的大脑对新信息的吸收。2006年，加州大学洛杉矶分校的研究人员指出，多重任务处理者和专注学习者在学习同样的内容时使用大脑的不同部位。多重任务处理者使用的是纹状体，将学习编译成类似的习惯，或者是我们所说的程序性记忆。[13]而与此同时，那些能够专注于任务而毫不分心的人依靠的是海马体，它位于陈述记忆回路的核心，比如，在数学课上你需要应用抽象的规则解决新问题时，陈述性记忆回路就发生作用了。[18]研究的结果是专注任务者能够更广泛地应用新技能，多重任务处理者却不能。[13]如果我们想让我们的孩子在装配线工作，那么依赖机械性习惯的多重任务处理者也可以做得很好，但专家们一致认为要想从事高薪工作，高水平的思维是关键，我们最好锻炼我们的海马体。
- F) [11]一些技术观察家，如达纳·博伊德（哈佛大学伯克曼因特网和社会中心的一员），称社交媒体正遭受不公正的评判，真正的问题在于如今作为父母的我们对孩子过于保护。她说：“孩子一遍又一遍地告诉我，他们宁愿面对面聚会，但同时他们列出一系列让他们没办法聚会的事情——例如他们过于繁忙的课外生活，或者父母害怕孩子会在街上独自乱逛。”
- G) 斯通观察到，青少年在使用科技产品上有一些相似性：“当他们和朋友在一起时，他们不会接电话。如果他们收到了一条短信，他们只会回复‘忙，晚点再说’。”[20]也许这种迹象说明了我们的孩子在学习如何安排事情顺序方面将会比我们做得更好——这是他们工作、结婚或为人父母时迟早会用到的能力。
- H) 但是我仍然担心每时每刻与外界联系对我的孩子们造成的影响——特别是对我11岁的儿子的影响。发生在学校餐厅的行为——大量窃窃私语、争相引起人们的关注等——这些每时每刻都在进行。没有一刻停止，没有时间来让他培养自我感。
- I) 那么一个好父亲该做些什么呢？[19]我制定了一些促进他社交能力和认知发展的规则：上学期间不许上脸谱网，晚上9:30以后关闭所有的电子设备。后一种限制是为了让他多一些睡眠，因为根据一些研究，大脑在睡眠时间会删除神经元间的联系，保存和加深重要的联系，删除不重要的联系。“不幸的是，各种新型的交流工具和在这些工具上花费的时间使得本来就缺乏睡眠的青少年们睡得更少，这会影响他们的记忆整合和行为调整。”康奈尔大学沙克心理发展研究所主任B. J. 凯茜说。[14]即便孩子睡9到10个小时，但是如果受到多重干扰——比如来自枕边苹果手机的嗡嗡声——那么他们的认知就会受到影响，并且第二天会感到疲惫。因此我制定的9:30的规则也就是旧时的父母管理方法：照我说的去做，别照我做的去做。

Section C

Passage 1

语篇分析

本文主要讲述梦的成因。第1段指出，梦不是来自外部世界的信息，也不是对未来的预测。第2~4段介绍外部因素以及兴趣、心愿等内部因素对梦的影响。第5段指出科学家认为梦表达了人们尚未实现的愿望。

难句突破

- ① [To show you what is happening [while you are asleep] and how your wishes or needs can all be joined together in a dream], here is the story of an experiment. (Lines 1~2, Para. 4)

【分析】复合句。倒装句here is the story of an experiment是句子的主干。to show you...作目的状语，其中what和how分别引导宾语从句，作show的直接宾语。what引导的宾语从句中又包含一个while引导的时间状语从句。

【译文】为了让你知道你睡着时发生的事情以及你的心愿或需求如何一起融入梦境，下面有一个实验。

- ② Their explanation of dreams, [though a bit reasonable], is not accepted by everyone, but it offers an interesting approach to the problems. (Lines 2~3, Para. 5)

【分析】并列复合句。句子的主干为their explanation of dreams is not accepted by everyone, but it offers an interesting approach to the problems, but连接两个转折关系的分句。第一个分句中，though a bit reasonable作插入语。

【译文】他们对梦的解释，尽管有合理之处，但还没有被普遍接受，不过也为这些问题提供了有趣的答案。

答案解析

21. A) 第1段最后一句提到，梦不是对未来的预测，所以人不能通过梦对未来进行预测，故答案为A)。第3段第1句指出，梦可能涉及过去的经历，故B)错误。第1段最后一句提到，梦不是来自外部世界的信息，故C)错误。第2段第1句虽提到梦与记忆有关，但并未说记忆力不好的人做的梦少，故D)也有误。
22. B) 第2段第3句指出，一个人如果饿了，或者累了，或者觉得冷，他的梦里也许就会包含这类感觉。接着第4句举了睡觉的时候身上盖的被子掉了会梦见在冰雪上睡觉或休息这样一个例子加以说明。B)与文意相符，故为答案，同时排除A)。C)和D)在文中找不到依据。
23. C) 第3段提到，梦与人的心愿和兴趣有关。接着举了小孩子可能会梦见小精灵，稍大一点的孩子会梦见考试等例子。由此可以推断，小孩子肯定是有强烈想见到小精灵的愿望，故答案为C)。
24. A) 第4段举例旨在说明“睡着时发生的事情”与“心愿或需求”是怎样一起融入梦境的。在这个例子中，有人用药棉摩擦实验者的手属于“睡觉时正在发生的事情”，即外部因素，而实验者梦到女朋友来看他则属于“心愿或需求”，即内部因素。由此可知，实验者的梦境受到外部和内部因素的共同影响，故答案为A)。C)过于片面。
25. C) 最后一段第2句指出，科学家们对梦的解释，尽管有合理之处，但还没有被普遍接受。C)“有一定价值，但不是完全令人信服”与文意一致，故为答案。

全文翻译

让我们从不是我们梦的成因的东西说起吧。我们的梦不是来自“另外一个世界”。[21]它们不是来自外部世界的信息。它们也不是对未来的预测。

所有的梦都与我们的情感、恐惧、渴望、心愿、需求和记忆有关。但是“外部的”某些因素可能会影响我们做的梦。[22]如果一个人饿了，或者累了，或者觉得冷，他的梦里也许就会包含这类感觉。如果你身上盖的东西，像被子或者毯子，从床上滑下去了，也许你会梦见你正在冰雪上睡觉或休息。你今天晚上做梦的内容很可能就来自你今天白天的经历。

所以，你梦到的事情通常来自于在睡觉时对你有影响的东西（寒冷的感觉、噪声、不适等），[23]其中也可能涉及你过去的经历以及现在的心愿和兴趣。这解释了为什么非常小的孩子很可能会梦见小精灵，稍大一点的孩子会梦见考试，饥饿的人会梦见食物，思乡的士兵会梦见家人，囚犯会梦见自由。