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英语阅读理解

220篇

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reasons (radically different from (why education is universally required by law))].

【结构】 第一个方括号所标示的“that aims at ... job”是“education”的后置定语从句,其中圆括号所标示的动名词短语“getting ... job”是介词“at”的宾语。第二个方括号所标示的过去分词短语“justified for reasons ... by law”是“technical education”的后置定语,其中圆括号所标示的形容词短语“radically different from ... by law”是“reasons”的后置定语,尖括号所标示的“why education ... by law”是介词“from”的宾语从句。

【释义】 那种旨在帮助学生找到某份工作的教育是职业教育,法律上规定人人需要接受教育,这两种教育观念基于的理由完全不一样。

例二:

【原文】 How well the prediction will be validated by later performance depends upon the amount, reliability, and appropriateness of the information used and on the skill and wisdom with which it is interpreted.

【解析】 [How well the prediction will be validated by later performance] depends ¹⁾ upon ⁽¹⁾ the amount, ⁽²⁾ reliability, and ⁽³⁾ appropriateness of the information [used] and ²⁾ on the skill and wisdom [with which it is interpreted].

【结构】 第一个方括号所标示的“How well the prediction ... later performance”是主语从句。第二个方括号所标示的过去分词“used”是“information”的后置定语。第三个方括号所标示的“with which it is interpreted”是“skill and wisdom”的后置定语从句,其中主语“it”指“the information used”。用单括号数字上标的“upon ...”和“on ...”是不及物动词“depends”后面跟的两个并列的介词短语。用双括号数字上标的“the amount”,“reliability”和“appropriateness”是介词“upon”后面的三个并列的宾语。介词短语“of the information used”修饰其前面的三个并列的名词“the amount, reliability, and appropriateness”。

【释义】 这些预测在多大程度上被后来的表现所证实,这取决于所采用的信息的数量、可靠性和适宜性,以及用来理解这些信息的技能和才智。

Every individual possesses a unique quality that differentiates him or her from other people. Whether it is a charming personality, brilliant intellect or any number of differing traits, each person is a contributing component to the world in which we live. ① We are all pieces of a grand puzzle, each piece vital to the completion and creativity of a vivid masterpiece. ②

Intertwined in the cycle of life, we all strive to be the best, persistent upon being noticed or recognized amidst vast diversity. ③ In doing so, some forget the influences that helped to mold them into the person that they became and fall centered in a world of their own. ④ Others grow so self-involved that they are no longer conscious of their surroundings and are unaware that evolution is shared and not isolated to one's self. ⑤ Hence, the narcissist is born.

With influences from the news and other media, we are constantly steered in the direction of those who are most glamorous and famous. It's not often we see a tycoon that publicly worries about his image. Why would he? The thought is that once you've reached a certain stature, nothing else matters. Our children are striving for this "liquid" status. "It won't matter what anyone thinks if I'm rich and famous."

This growing trend of narcissism is decaying our humanity. We are raised to accept ourselves, but some take this self-acceptance to over indulgent lengths, placing self atop pedestals above everyone else. ⑥ The narcissist becomes desensitized to the feelings of other people, treating them as if they were but another obstacle. This type of person is intolerant of the flaws and sometimes, the very existence of other people. Sadly, the narcissist is often consumed by anger and hatred and breeds such hatred throughout the world. As with a virus, this anger and impatience is spread from person to person, a contagious domino effect of negativity. ⑦

Our society will surely fall to its demise if this wicked mentality is not changed. If one only thinks of self, there will no longer be charity or good will. Misfortunate children will go hungry and unclothed. Our elders will not be cared for and communities will not be able to rebuild if stricken by tragedy.

It seems that over time, many have forgotten humility and the ability to be humble. It has become a "dog-eat-dog" world, every man for himself. This kind of mentality must be changed if we intend for our children to lead productive lives. It is the unity of mankind that will improve the world and make it a better place for our future generations.

【435 words】

- We learn from paragraph 1 that every individual _____.
A. is somewhat glamorous no matter who he is B. contributes to the creation of a grand puzzle
C. is different from other people in intelligence D. plays a part in improving the world we live in
- The author suggests that a narcissist is someone who _____.
A. loves and admires himself excessively B. is characterized by apathy and isolation
C. is interested in nothing but being noticed D. strives to be the best through thick and thin
- The example of tycoon is given in paragraph 3 to show that _____.
A. people are eager to become glamorous and famous
B. wealthy people are indifferent to their appearances
C. more and more people are pursuing self-centered life
D. rich people are extremely worried about their images
- With the trend of narcissism growing, the society might be dominated by _____.
A. aversion, rage, and hatred B. impatience and intolerance
C. egotism, vanity, and conceit D. deleterious human mentality

5. The text is written to _____.

- A. prove the great value of charity and good will B. urge people to overcome the negative mentality
C. explain the harmfulness of narcissism to society D. encourage people to unite in changing the world

难词注释

| | | | |
|-------------|------------------|------|------------------|
| intertwine | /ˌɪntə(:)ˈtwain/ | v. | 纠缠 |
| narcissist | /ˈnɑːsɪsɪst/ | n. | 自恋者 |
| glamorous | /ˈɡləməərəs/ | adj. | 富有魅力的;迷人的 |
| tycoon | /taɪˈkuːn/ | n. | 企业巨头;大亨 |
| stature | /ˈstætʃə/ | n. | 高境界,高水平 |
| indulgent | /ɪnˈdʌldʒənt/ | adj. | 放纵的,纵容的 |
| pedestal | /ˈpedɪstl/ | n. | 底座,基座 |
| desensitize | /ˌdiːˈsensɪtaɪz/ | vt. | 使不敏感 |
| breed | /briːd/ | vt. | 培养;使养成 |
| domino | /ˈdɒmɪnoʊ/ | n. | 多米诺骨牌 |
| demise | /dɪˈmaɪz/ | n. | 死亡 |
| wicked | /ˈwɪkɪd/ | adj. | 危险的;有害的 |
| charity | /ˈtʃærɪti/ | n. | 慈爱,宽厚,宽容 |
| stricken | /ˈstriken/ | adj. | 遭损害的,经受或不堪...之苦的 |
| humble | /ˈhʌmbl/ | adj. | 谦逊的,谦虚的 |

难句剖析

① [Whether it is a charming personality, brilliant intellect or any number of differing traits], each person is a contributing component to the world [in which we live].

【结构】方括号所标示的“Whether ... or ...”是让步状语从句。方括号所标示的“in which we live”是“world”的后置定语从句。

【释义】无论个性有多大魅力,有多聪明,或有多少与众不同的特征,每个人都会对我们所生活的世界产生影响。

② We are all pieces of a grand puzzle, each piece vital to the completion and creativity of a vivid masterpiece.

【结构】逗号后面的部分相当于带逻辑主语“each piece”的现在分词短语“each piece being vital to ...”,用做补充说明状语,其中的“being”被省略。

【释义】我们都是构成宏伟世界之谜的组件,为了创造并完成一个精美杰作,每个组件都不可或缺。

③ [Intertwined in the cycle of life], we all strive to be the best, persistent upon [being ⁽¹⁾ noticed or ⁽²⁾ recognized amidst vast diversity].

【结构】过去分词短语“Intertwined ...”用做状语。形容词短语“persistent ...”用做动词不定式“to be”的宾语,被动语态形式的动名词短语“being noticed or recognized ...”用做介词“upon”的宾语。

【释义】人生道路崎岖坎坷,我们都在奋斗,事事争优,在纷繁的世界中一直渴求获得他人的关注或认可。

④ In doing so, some ¹⁾ forget the influences [that helped to mold them into the person (that they became)] and ²⁾ fall centered in a world of their own.

【结构】此句的主句的主语是“some”,后面跟有两个并列的谓语动词“forget”和“fall”。方括号所标示的部分是“influences”的后置定语从句,圆括号所标示的部分是“person”的后置定语从句。

【释义】在奋斗过程中,有些人忘记了塑造自己的影响力,陷入以自我为中心的世界。

⑤ Others grow so self-involved [that they ¹⁾ are no longer conscious of their surroundings and ²⁾ are unaware (that evolution is shared and not isolated to one's self)].

EXERCISE 003

A bold attempt is half success.
勇敢的尝试是成功的一半。

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阅读理解A节

上篇

A truism among scientists and technologists is that the more the public understands what they do, the more the public will support their activities. The basic idea is that the more people know about science, the more they will love it. However, with regard to nanotechnology, new research published by the Cultural Cognition Project at the Yale Law School casts some doubt on the sunny premise that more information leads to more acceptance.^①

In the study, “Affect, Values, and Nanotechnology Risk Perceptions: An Experimental Investigation”, researchers polled 1,850 Americans about their attitudes toward nanotechnology. Eighty-one percent of those polled had heard nothing at all (53 percent) or “just a little” (28 percent) about nanotechnology. Nevertheless, after being offered a bare bones two-sentence definition of nanotech, 89 percent of respondents had an opinion on whether the benefits (53 percent) of nanotech would outweigh the risks (36 percent).^② So how could people who know nothing or almost nothing about a new technology have an opinion about its safety? Pre-existing world views, of course.

The researchers divided Americans into four cultural groups with regard to risk perception: hierarchists, individualists, egalitarians and communitarians. Hierarchists trust experts, but believe social deviancy is very risky. Egalitarians and communitarians worry about technology, but think that social deviancy is no big deal. Individualists see risk as opportunity and so are optimistic about technology.

“One might suppose that as members of the public learn more about nanotechnology their assessments of its risk and benefits should converge. Our results suggest that exactly the opposite is likely to happen,” note the researchers. What seems to be happening is that individuals use information to affirm their pre-existing cultural identities rather than evaluate risks in purely instrumental terms.^③

History clearly shows technological progress that has been absolutely essential to the creation of wealth and health in the West over the past two centuries has generally provoked resistance from egalitarians and communitarians.^④ Scientists may themselves have cultural barriers to overcome when it comes to talking with egalitarians and communitarians. Scientists often think of themselves culturally as good egalitarians, but as pioneers on the frontiers of knowledge they are operationally individualist. In addition, scientists are supposed to change their minds in the light of new data, not seek out biased information to confirm their pre-existing theories.^⑤

The “major conclusion” of the study is that “mere dissemination of scientifically sound information is not by itself sufficient to overcome the divisive tendencies of cultural cognition”. With regard to nanotechnology, it “could go the route of nuclear power and other controversial technologies, becoming a focal point of culturally infused political conflict”.

【433 words】

1. It seems that the general public are _____.
A. well prepared for any development in science B. unwilling to support the things they know little
C. short of a reasonable approach to nanotechnology D. glad to accept whatever nanotech may bring about
2. The polls about attitudes toward nanotech show that _____.
A. the benefits of nanotech remarkably outweigh its risks
B. one's attitude is determined by his pre-existing opinion
C. one's opinion about something depends on its definition
D. more people take an optimistic attitude toward nanotech
3. It is generally believed that more information about nanotech helps foster _____.

- A. further divergence of opinions about its safety B. an unanimous agreement about its assessments
C. somewhat over-optimistic expectations of nano D. convergent assessments of its benefits and risks
4. According to the text, scientists tend to _____.
A. behave unlike egalitarians and communitarians B. pursue more new data to confirm their theories
C. modify their ideas in terms of new information D. pioneer the frontiers of knowledge courageously
5. The author argues that nanotechnology is controversial because _____.
A. it leads to divergences in cultural cognition B. it has become the focus of political conflict
C. it is as threatening as nuclear technology D. it lacks scientifically sound information

难词注释

| | | | |
|----------------|---------------------|----|----------------------|
| communitarian | /kəˈmjuːnɪˈteəriən/ | n. | 社群主义者 |
| deviancy | /diːviənsi/ | n. | 异常, 偏离标准 |
| egalitarian | /ɪɡæliˈteəriən/ | n. | 平等主义 |
| hierarchist | /haɪərəːkɪst/ | n. | 阶级主义者 |
| nanotechnology | /nænəutekˈnɒlədʒi/ | n. | 纳米科技 |
| truism | /truːɪzəm/ | n. | 公认的真理, 自明之理, 不言而喻的道理 |

难句剖析

① However, with regard to nanotechnology, new research [published by the Cultural Cognition Project at the Yale Law School] casts some doubt on the sunny premise [that more information leads to more acceptance].

【结构】方括号所标示的过去分词短语“published by ... School”用做“research”的后置定语。方括号所标示的“that more ... acceptance”是“premise”的同位语从句。

【释义】然而,就纳米技术来说,耶鲁大学文化认知项目组发表的最新研究成果,对那种认为越了解则越易接受的乐观假定,提出了质疑。

② Nevertheless, after being offered a bare bones two-sentence definition of nanotech, 89 percent of respondents had an opinion on [whether the benefits (53 percent) of nanotech would outweigh the risks (36 percent)].

【结构】被动形式的动名词短语“being offered ...”用做介词“after”的宾语。方括号所标示的“whether the benefits ...”是介词“on”的宾语从句。

【释义】不过,用两句最精炼语言给出纳米技术定义后,89%的被调查者对于纳米技术的益处是否大于风险表达了看法:53%的人认为益处大,36%的人认为风险大。

③ [What seems to be happening] is [that individuals use information ¹⁾ to affirm their pre-existing cultural identities rather than ²⁾ evaluate risks in purely instrumental terms].

【结构】方括号所标示的“What seems to be happening”是主语从句。方括号所标示的“that individuals use information ...”是表语从句。其中两个并列的动词不定式短语“to affirm ...”和“evaluate ...”用做目的状语。

【释义】似乎正在发生的情况是,人们不是从纯技术角度来评估风险,而是用所了解的知识来确认自己现有的文化认知。

④ History clearly shows [technological progress (that has been absolutely essential to the creation of wealth and health in the West over the past two centuries) has generally provoked resistance from egalitarians and communitarians].

【结构】方括号所标示的“technological progress ... has generally provoked ...”是谓语动词“shows”的宾语从句。圆括号所标示的“that has been ... centuries”是“progress”的后置定语从句。

【释义】最近两个世纪,在西方国家,技术进步对于创造财富和保持健康起了最基本的作用。历史清楚表明,技术进步往往会遭到平等主义者和社群主义者的抵制。

⑤ In addition, scientists are supposed ¹⁾ to change their minds in the light of new data, ²⁾ not seek out biased



5. Generally speaking, the author's attitude toward trophy hunting is _____.

- A. remote B. positive C. worried D. indifferent

难词注释

| | | | |
|---------------|------------------|------|----------|
| accreditation | /əˌkredɪˈteɪʃən/ | n. | 鉴定,任命,认可 |
| antler | /æntlə/ | n. | 鹿角,茸角 |
| arid | /ærid/ | adj. | 干旱的,贫瘠的 |
| barbaric | /bɑːˈbærɪk/ | adj. | 野蛮的,残暴的 |
| Botswana | /bɒtˈswɑːnə/ | n. | 博茨瓦纳 |
| funnel | /ˈfʌnl/ | v. | 从漏斗中通过 |
| inadvertently | /ɪnədˈvɜːtəntli/ | adv. | 不注意地,疏忽地 |
| lumber | /ˈlʌmbə/ | n. | 木材,木料 |
| lush | /lʌʃ/ | adj. | 茂盛的,丰富的 |
| marginal | /məˈdʒɪnəl/ | adj. | 贫瘠的 |
| quota | /kwəʊtə/ | n. | 配额,限额 |
| scrubland | /skrʌblænd/ | n. | 灌木丛林地 |
| trophy | /ˈtrəʊfi/ | n. | 纪念物 |

难句剖析

① ¹⁾ Sad it may be, but ²⁾ the balance of evidence is [that trophy hunting can help conserve threatened species and their habitats], so ³⁾ for people [who care about the fate of wildlife] the real question is not [whether to allow hunting], but [how to manage it].

【结构】本句是由两个逗号连接的三个分句组成的并列句。方括号所标示的“that trophy hunting ... habitats”是表语从句。方括号所标示的“who ... wildlife”是“people”的后置定语从句。方括号所标示的两个带疑问词的动词不定式短语“whether to allow hunting”和“how to manage it”用做表语。

【释义】情况虽说可能很糟,不过总体说来,为猎取陈列品而打猎有助于保护那些受到威胁的物种以及它们的栖息地。因此,对于那些关心野生动物命运的人们来说,真正的问题并非是否允许狩猎,而是如何加以管理。

② [Done properly], trophy hunting ¹⁾ can provide a source of jobs and income, and thus ²⁾ give local communities a reason to protect wildlife and habitats [that might otherwise be sacrificed to rural villagers' need (to put meat on the table)].

【结构】方括号所标示的过去分词短语“Done properly”用做状语。主句的主语是“trophy hunting”,后面跟有两个并列的谓语动词“can provide”和“give”。方括号所标示的“that might ... table”是“wildlife and habitats”的后置定语从句。圆括号所标示的动词不定式短语“to put meat on the table”是“need”的后置定语。

【释义】如果管理有方,为猎取陈列品而打猎能提供工作机会和收入来源,也为当地提供了保护野生动物和栖息地的正当理由,否则这些野生动物就将变成村民的盘中餐了。

③ But it comes into its own ¹⁾ in marginal habitats [that lack lush diversity], such as the arid scrubland of Botswana, and ²⁾ in countries [with the uncertain political climates of Zimbabwe and Pakistan].

【结构】用逗号和“and”连接的两个并列的介词短语“in marginal habitats ...”和“in countries ...”用做状语。方括号所标示的“that lack lush diversity”是“habitats”的后置定语从句。方括号所标示的介词短语“with the uncertain ... Pakistan”是“countries”的后置定语。“to come into its own”的意思是“得到承认”。

【释义】而在某些地区,为猎取陈列品而打猎还是可行的。比如像博茨瓦纳贫瘠的灌木丛林地那样缺少多种丰富植被的边缘地区,以及像津巴布韦和巴基斯坦那样的政治动荡不定的国家。

④ [Done wrongly], of course, trophy hunting provides none of these benefits, [as foreign operators ¹⁾ fly in, ²⁾ shoot, and ³⁾ fly out again with wallets (full of cash), leaving little or no benefit to the local economy].

EXERCISE 005

Faith moves mountains.
精诚所至，金石为开。

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阅读理解A节

上篇

We are the sum of our actions. I believe that the actions you take determine who you are. But, you say, I had an abusive father/mother, I was poor growing up, I just wasn't born smart, I have a disease... All of these things do not make you who you are, they only broaden your knowledge or experience, they are things that happen to you, circumstances. You are not the sum of your circumstances, but of your re"actions" to them. ①

This is why rich kids become drug addicts or wife beaters, kids from the ghetto become doctors or loving fathers, and everything in between. All walks of life produce all walks of life, which proves that the environmental variables are not the determining factors. ② It is all about your choices/reactions/actions/behavior. Every human being has within them a mechanism that guides their actions. The more you rebel against your inner guide, the more you tune your selective hearing to the "me" channel, the farther down the "bad" side of the scale you will slide. ③ On the other hand, if you not only listen to but act upon, the "universal" channel, the farther up the "good" side of the scale you will fly.

Even Psychiatrists have in recent years discovered that in order to change thinking, a person must first change behavior. At first thought, it would seem the opposite is true, it is not. We all have the same range of human emotions. When we feel slighted, it sounds in our heads like "I want to slap them, curse them, get even, and cause them the same pain they caused me". ④ Acting upon these thoughts perpetuates cycles of abuse, addiction, and pain. It's when you choose not to act upon these thoughts, and instead, forgive and heal, that your thoughts and perceptions will start to change also. ⑤ You change because right actions produce right results. You are choosing to heal properly by forgiving, and accepting life and mankind as it is, and in turn yourself as you are, which is the only way to have peace, joy, and true happiness. ⑥

I will admit that if you have a parent who accepts you as a whole person, inclusive of "good and bad", you may have an edge or jumpstart on understanding life, yourself, and others. ⑦ If you don't, it may just take you longer to understand, accept, and act on it. Either way, who you are is determined by you, and you are determined by your actions. So, tune in everybody, to that universal channel, and act right!

【426 words】

- The author suggests that an abusive parent a person once had _____.
A. enriches both his knowledge and experience
B. passes down a threatening personality to him
C. has little to do with what kind of person he is
D. determines the tough circumstances he lives in
- By saying "All walks of life produce all walks of life", the author means that _____.
A. poor children are more likely to succeed in their work
B. wealthy children tend to be indulged in drug addiction
C. the occupation a person engages affects his personality
D. everyone may succeed no matter what career he pursues
- The author argues that we should _____.
A. follow our inner guide in everything we do B. listen to and act upon the channel we select
C. fly up rather than slide down the social scale D. conform to the universal mechanism within us
- The example of what we think when we feel slighted is given to show that _____.
A. it is uncivilized to think of retaliation B. we have to cultivate our behavior first
C. our behavior is guided by our thought D. human beings share similar emotions



5. The text is intended to show that _____.

- A. we should accept life and mankind as it is
C. everyone is determined by what he does

- B. it is better to have an empathizing parent
D. understanding life promotes right action

难词注释

| | | | |
|--------------|------------------|------|---------|
| abusive | /ə'bjʊ:siv/ | adj. | 辱骂的;虐待的 |
| addict | /ə'dikt/ | n. | 有...瘾的人 |
| ghetto | /getəu/ | n. | 贫民区 |
| rebel | /rebəl/ | vi. | 反叛 |
| psychiatrist | /saɪ'kaɪətrɪst/ | n. | 精神病医生 |
| slap | /slæp/ | vt. | 掌击;拍打 |
| perpetuate | /pə(:)'petjueɪt/ | vt. | 使持续 |
| edge | /edʒ/ | n. | 优势,优势地位 |
| jumpstart | /dʒʌmpstɑ:t/ | n. | 起动,发动 |

难句剖析

① You are not the sum ¹⁾ of your circumstances, but ²⁾ of your re“actions” to them.

【结构】两个并列的介词短语“of ...”和“of ...”，用做“sum”的后置定语。

【释义】你并不是由环境造就，而是自己对环境所做反应的总和。

② All walks of life produce all walks of life, which proves [that the environmental variables are not the determining factors].

【结构】逗号后面的部分是非限制性定语从句，修饰整个主句。方括号所标示的部分是“proves”的宾语从句。

【释义】行行出状元，这说明环境并非决定因素。

③ The more you rebel against your inner guide, the more you tune your selective hearing to the “me” channel, the farther down the “bad” side of the scale you will slide.

【结构】此句是“The more ..., the more ..., the more ...”句型。

【释义】越抗拒自己的内心，越有选择地多听“自我”频道，你沿“错误”方向滑得就越远。

④ [When we feel slighted], it sounds in our heads like “I want ¹⁾ to slap them, ²⁾ curse them, ³⁾ get even, and ⁴⁾ cause them the same pain [they caused me]”.

【结构】方括号所标示的“When we feel slighted”是时间状语从句。由逗号和“and”连接的四个并列的动词不定式短语用做动词“want”的宾语。方括号所标示的“they caused me”是“pain”的后置定语从句。

【释义】感觉别人看不起自己时，马上想到“我要打他们，骂他们，找他们算账，他们让我多难受，我就让他们多难受。”

⑤ It's [when you choose not to act upon these thoughts, and instead, forgive and heal], that your thoughts and perceptions will start to change also.

【结构】此句是“It is ... that ...”形式的强调句型，被强调的部分是时间状语从句“when you ...”。其中，由“not ... , and instead, ...”连接的动词不定式短语用做动词“choose”的宾语。

【释义】当你不再按此思路行事，而是选择宽恕并和解时，你的思想和观念也会开始改变。

⑥ You are choosing to heal properly by ¹⁾ forgiving, and ²⁾ accepting ⁽¹⁾ life and mankind as it is, and in turn ⁽²⁾ yourself as you are, [which is the only way to have peace, joy, and true happiness].

【结构】由逗号和“and”连接的两个并列的动名词短语用做介词“by”的宾语。由“and”连接的“life and mankind ...”和“yourself ...”用做动名词“accepting”的宾语。“as it is”和“as you are”都起强调作用。方括号所标示的部分是非限制性定语从句，修饰整个主句。

【释义】你选择了宽恕，选择了接受真实的生活、真实的人及真实的自己，从而达到妥善和解。这是获得心灵平

静、快乐和真正幸福的唯一途径。

⑦ I will admit [that (if you have a parent (who accepts you as a whole person, inclusive of “good and bad”)), you may have an edge or jumpstart on understanding ⁽¹⁾ life, ⁽²⁾ yourself, and ⁽³⁾ others].

【结构】方括号所标示的部分是“admit”的宾语从句。圆括号所标示的部分是条件状语从句。尖括号所标示的部分是“parent”的后置定语从句。由逗号和“and”连接的三个并列的名词性成分用动名词“understanding”的宾语。

【释义】我承认,如果你父母能把你全部接受,既能接受你的优点也能接受你的缺点,你就可能具备一种优势或特长,善于理解生活、理解自己并理解他人。

答案解析

1. C 第一段的首、尾句阐明该段的主要意思,不是环境,而是行为决定一个人的人品。所以,C应为答案。
2. D 第二段中,“All walks of life produce all walks of life”的意思是“行行出状元”,环境不是决定因素。所以,D应为答案。
3. A 根据第二段中的“Every human being has within them a mechanism that guides their actions. The more you rebel against your inner guide, ... the “good” side of the scale you will fly”可知,作者认为,人的行动必须听从内心良知的指引。所以,A应为答案。
4. B 根据第三段中的“... in order to change thinking, a person must first change behavior. At first thought, it would seem the opposite is true, it is not. ...”可知,作者认为,必须先改变行为,然后才能转变思想。所以,B应为答案。
5. C 根据第一段中的“We are the sum of our actions. I believe that the actions you take determine who you are”和最后一段中的“... who you are is determined by you, and you are determined by your actions”可知,全文的核心意思是,人是由自己的所作所为决定的。所以,C应为答案。

全文翻译

我们的行为造就我们是什么样的人。我相信你的所做所为造就了你是谁。但是,你说,我有个好辱骂的父亲/母亲,在成长的过程中我是穷人,我恰是天生并不聪明,我有一种疾病……所有的这些并不能决定你是谁,他们只是拓宽你的知识或经验,它们是恰好发生在你身上的情况。你并不是由环境造就,而是自己对环境所做反应的总和。^①

这就是为什么有钱人的孩子变成吸毒者或殴打妻子的人,来自贫民窟的孩子成为医生或慈爱的父亲,并且一切都在掌控之中。行行出状元,这说明环境并非决定因素。^②这些和你的选择、反应、行动和行为有关。每个人都有一套指导他们行为的机制。越抗拒自己的内心,越有选择地多听“自我”频道,你沿“错误”方向滑得就越远。^③另一方面,如果你不仅听“通用”频道而且采取相应行动,将会提升你“好”方面的程度。

近年来,连精神病专家都发现为了改变思维,一个人必须首先改变行为。起初以为不是这样,而是正好相反。我们都有一些变化的情绪。感觉别人看不起自己时,马上想到“我要打他们,骂他们,找他们算账,他们让我多难受,我就让他们多难受。”^④滥用、成瘾和疼痛的整个循环过程持续地影响着我们。当你不再按此思路行事,而是选择宽恕并和解时,你的思想和观念也会开始改变。^⑤正确的行动产生正确的结果,你因此而改变。你选择了宽恕,选择了接受真实的生活、真实的人及真实的自己,从而达到妥善和解。这是获得心灵平静、快乐和真正幸福的唯一途径。^⑥

我承认,如果你父母能把你全部接受,既能接受你的优点也能接受你的缺点,你就可能具备一种优势或特长,善于理解生活、理解自己并理解他人。^⑦如果你不能,只会把你理解、接受和行动的时间延长。无论哪种方式,你和你的行动造就了你是谁。所以,人人都调到“通用”频道,并采取相应的正确行动吧!

A. guarantee abstinence from smoking

C. do not require any prescription

5. After a smoker finally quits smoking, he _____.

A. needs counseling for getting rid of smoking urges

C. has to adapt himself to a new life free from nicotine

B. cause little or no harm to the users

D. help smokers quit thoroughly

B. is completely and happily satisfied with his success

D. comprehends what a nonsmoker really means to him

难词注释

| | | | |
|---------------|-------------------|------|-------------|
| soothe | /su:ð/ | vt. | 安慰,缓和,减轻 |
| dopamine | /dəʊpə.mi:n/ | n. | 多巴胺 |
| neurochemical | /njuəreʊ'kemikəl/ | n. | 影响神经系统的化学物质 |
| cocaine | /kə'keɪn/ | n. | 可卡因,古柯碱 |
| hijack | /haɪdʒæk/ | vt. | 绑架,劫持 |
| hooked | /hʊkt/ | adj. | 吸毒上瘾的,着迷的 |
| genetics | /dʒi'netiks/ | n. | 遗传学 |
| enzyme | /enzaim/ | n. | 酶 |
| gum | /gʌm/ | n. | 橡皮糖 |
| nasal | /neɪzəl/ | adj. | 鼻子的 |
| lozenge | /ləʒɪndʒ/ | n. | 糖块,药糖块 |
| cue | /kju:/ | n. | 榜样;行动的暗示 |

难句剖析

① The concentrated dose of nicotine in a drag off a cigarette triggers an immediate flood of dopamine and other neurochemicals [that wash over the brain's pleasure centers].

【结构】此句主句的主语是“dose”,谓语动词是“triggers”。介词短语“off a cigarette”修饰“drag”。方括号所标示的部分是“neurochemicals”的后置定语从句。

【释义】吸一口烟,高浓度的尼古丁便立刻激发出大量多巴胺和其他影响神经系统的化学物质;这些物质涌进大脑的兴奋中心。

② Smoking “hijacks” the reward systems in the brain [that drive you to seek food, water and sex, Dr. Abrams explained], driving you to seek nicotine with the same urgency.

【结构】此句主句的主语是“Smoking”,谓语动词是“hijacks”,宾语是“the reward systems”。方括号所标示的部分是“systems”的后置定语从句。现在分词短语“driving...”用做补充说明状语。

【释义】艾布拉姆斯博士解释说,尼古丁会侵入大脑中驱使你寻求食物、水和性的奖励机制,驱使你同样急切地去寻求尼古丁。

③ ¹⁾ Some people, for instance, produce a gene-encoded enzyme [that clears nicotine from their bloodstreams rapidly], so ²⁾ they tend to smoke more and develop stronger addictions.

【结构】此句是由逗号和“so”连接的两个分句组成的并列句。方括号所标示的部分是“enzyme”的后置定语从句。

【释义】例如,有些人的体内产生一种基因编码的酶,这种酶能迅速清除血液中的尼古丁。因此,他们往往吸烟更多,烟瘾更大。

④ That's [what counseling is for]—learning ¹⁾ to function without nicotine and ²⁾ to cope with the cues [that trigger smoking urges].

【结构】第一个方括号所标示的部分是表语从句。破折号后面的动名词短语起补充说明作用,其中,两个并列的动词不定式短语用做动名词“learning”的宾语。第二个方括号所标示的部分是“cues”的后置定语从句。

【释义】学会没有尼古丁的正常生活,学会对付引发吸烟欲望的各种因素,这就是咨询的意义所在。

答案解析

1. D 根据上下文,任何人都知道吸烟的危害,但是难于戒烟。所以,D 应为答案。
2. A 根据第四段“Smoking”hijacks“ the reward systems in the brain... driving you to seek nicotine with the same urgency”,A 应为答案。
3. D 根据第六段中的“Some people... produce a gene-encoded enzyme that clears nicotine... rapidly, so they tend to smoke more and develop stronger addictions”,D 应为答案。
4. B 根据第七段中的“... experts continue to recommend the old standbys... which have been proved to be safe”,B 应为答案。
5. C 根据最后两段中的“... learning to function without nicotine...”和“... former smokers have to rediscover that it is possible to enjoy life without cigarettes...”,C 应为答案。

全文翻译

如果你吸烟,吸烟的坏处不言而喻。那么,为什么你还未戒烟?为什么人们都不戒烟?

因为吸烟感觉很好。它能刺激大脑,集中精神;同时,它具有抚慰和满足的作用。吸一口烟,高浓度的尼古丁便立刻激发出大量多巴胺和其他影响神经系统的化学物质;这些物质涌进大脑的兴奋中心。^①吸烟是让大脑获得尼古丁最快捷有效的方式。

“我完全理解你为什么不想戒烟”,美国国立卫生研究院的成瘾性研究员大卫·艾布拉姆斯博士说。“戒掉尼古丁比戒掉海洛因或可卡因更难。”

艾布拉姆斯博士解释说,尼古丁会侵入大脑中驱使你寻求食物、水和性的奖励机制,驱使你同样急切地去寻求尼古丁。^②“你的大脑认为这与物种生存相关”,他说。

尼古丁并不对每个人都具有同样的吸引力。许多人不吸烟是因为他们从来就不喜欢尼古丁。另外,还有些“随心所欲者”,他们偶尔吸烟但似乎从来不会上瘾。但大多数吸烟的人最终会烟不离口。

最新的基因研究成果可能解释为什么特定的人群如此嗜好吸烟并且最终吸烟成瘾。例如,有些人的体内产生一种基因编码的酶,这种酶能迅速清除血液中的尼古丁。因此,他们往往吸烟更多,烟瘾更大。^③还有一些人的大脑中含有特殊的受体,这些受体与尼古丁十分紧密地结合在一起,带给他们特别强烈的兴奋感,从而使他们很难戒掉烟瘾。

药物制造商正在借助成瘾研究科学创建新的治疗方法以帮助吸烟者戒烟。同时,专家建议继续使用旧的备用方法:用口香糖、面包块、鼻喷剂、吸乳器和含片等安全物品代替尼古丁。

尽管如此,治疗方案要因人而异。并且,即使治疗成效显著,也只有大约 30% 尝试戒烟者能够持续戒烟六个月以上。然而,相比单凭单独意志力戒烟,这种治疗方法是一个很大的进步。在只接受了这种治疗方法的戒烟者当中,少于 1/10 的人能够坚持六个月不吸烟。大多数人坚持不到一个星期。

当长期吸烟者最终戒除烟瘾时,他们很快意识到,不再吸烟并不等同于从不吸烟。那就是咨询的意义所在:学会在没有尼古丁的情况下生活,并且学会对付引发吸烟欲望的各种因素。^④

最重要的是,曾经的吸烟者不得不重新发现:没有香烟的生活也可能是令人愉快的,虽然他们的烟瘾从来没有被完全戒除。

Nothing diminishes a great plan for success like a cloud of self doubt. It's difficult to prove your abilities with an attitude that you don't have what it takes. ① If you don't believe you can succeed, why should anyone else? How you approach your self-doubt determines your own rate of success.

Self-doubt is an easy trap to fall into. It's all about fear of the unknown. Because you have not yet completed your plan for success, there is an underlying risk that you will fail. You know, the little voice that says "you can't do this." That little voice needs to disappear from your mind. This is the hardest part, but don't throw yourself into a pit of disparity. It's human nature to be afraid of doing something you've never done before. It lends to a general conception that self-doubt is a part of life, but so is overcoming self doubt. ②

The most important tool for dealing with self doubt is perseverance. If you are prepared to get back up every time you fall flat on your face, there is a strong likelihood that you will succeed. ③ At the very least, you will succeed in not being a quitter. If you give up, you will never know if you could have succeeded. You must remember that hard work pays off and perseverance is hard work. Few great things in life occur without determination and hard work. Great accomplishments are the direct result of hard work.

If you have doubts about yourself, you are not alone. Most people battle with self-doubt at some point in time, if not all of the time, but the person who succeeds knows how to deal with it. ④ It's important to remember not to be too hard on yourself and keep it positive.

Make a list of the doubts you have about yourself, and then come up with a list of solutions. Sometimes seeing how to solve problems on paper is just the boost of confidence you need to get through the problems that are at the core of self-doubt. ⑤

Another thing to remember when nixing self-doubt is to take it one day at a time. ⑥ Expect bad days. Expect hurdles, but also realize that they are mere obstacles in your journey. If you have a bad day, then make the next one count. Don't stop trying, or you will surely lose, and losers never win.

【400 words】

1. The author argues that the plan for success _____.

- A. weakens one's unrealistic aspiration
- B. determines whether one can succeed
- C. lessens without confidence in oneself
- D. is like a dream of something one chases

2. The author asserts that self-doubt is _____.

- A. a negative attitude toward risk in life
- B. a pitfall everyone is bound to fall into
- C. a disorder everyone has to suffer from
- D. a mentality one has to struggle with in life

3. To overcome self-doubt, one should _____.

- A. persist steadfastly in pursuit of his undertaking
- B. defeat the doubtful thoughts with determination
- C. do his best to get up when falling flat on his face
- D. believe in his ability to do anything he dreams about

4. To build self-confidence, you should _____.

- A. focus enough on the needs of other people

【释义】有时,书面上找到解决问题的办法,就能提升信心,从而解决自我怀疑的核心问题。

⑥ Another thing [to remember (when nixing self-doubt)] is [to take it one day at a time].

【结构】动词不定式短语“to remember...”是“Another thing”的后置定语,其中,“when”引导的现在分词短语用做状语。动词不定式短语“to take it one day at a time”用做表语。

【释义】为克服自我怀疑,还要记住的一点是,对其应天天正视。

答案解析

1. C 根据第一段中的“Nothing diminishes a great plan for success like a cloud of self doubt”可知,作者认为,缺乏自信最能损害自己的宏图大业。所以,C 应为答案。
2. D 根据第二段第一句“Self-doubt is an easy trap to fall into”和最后一句中的“self-doubt is a part of life”可知,作者认为,缺乏自信是生活的组成部分。所以,D 应为答案。
3. A 根据第三段第一句“The most important tool for dealing with self doubt is perseverance”克服自我怀疑的最有效方法是要坚持不懈。所以,A 应为答案。
4. D 作者在第五段说,你应弄清在哪些方面缺乏自信并找出解决方法,还说“Sometimes seeing how to solve problems on paper is just the boost of confidence...”。所以,D 应为答案。
5. B 根据最后一段中的“Another thing to remember when nixing self-doubt is to take it one day at a time. Expect bad days. Expect hurdles, ... Don't stop trying, ...”为了解除自我怀疑,培养自信心,应该学会正视并克服生活中的障碍。所以,B 应为答案。

全文翻译

没有什么比自我怀疑的阴影更能损害自己的宏图大业。你觉得自己不具备成功的要素,则难以展现自己的能力。^①如果你不相信你能够取得胜利,为什么其他人应该相信呢?如何处理自我怀疑决定了你的成功率。

自我怀疑是一个容易滑入的陷阱。它使你对一切未知的都感到恐惧。因为你没有成功地完成你的计划,那里有你会失败的潜在危险。你知道,微小的声音说,“你不能做这个。”那个微小的声音应该从你的心里消失。这是最困难的部分,但不要将自己投入不同的陷阱。害怕做以前没有做过的事情是人类的本性。这使人们通常认为,自我怀疑是生活的一部分,但克服自我怀疑也是生活的一部分。^②

与自我怀疑做斗争最好的工具是坚持。如果每次跌倒了,你都能顽强地爬起来,成功的可能性就极大。^③至少,你会成功而不是一个半途而废的人。如果你放弃,你永远不会知道你是否可以成功。你必须记住,功夫不负有心人,并坚持努力工作。没有决心和努力,生活中很少发生伟大的事情。伟大的成就是努力工作的直接结果。

如果你怀疑你自己,你并不孤单。大多数人即使不是时时,也是有时会产生自我怀疑,需要克服。不过,成功人士知道如何克服。^④记住不要对自己太过苛刻,要保持积极性,这很重要。

你对自己的疑虑做一个列表,然后拿出一个解决方案列表。有时,书面上找到解决问题的办法,就能提升信心,从而解决自我怀疑的核心问题。^⑤

为克服自我怀疑,还要记住的一点是,对其应天天正视。^⑥预料糟糕的日子。预期障碍,但也要意识到它们仅仅是你漫长人生旅途中的障碍。如果你有糟糕的一天,然后进行下一项。不要停止尝试,否则你一定会输,输家永远不会赢。

EXERCISE 010

Time is a file that wears and makes no noise.
光阴如锉，细磨无声。

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阅读理解A节

上篇

Surveys show that cheating in school—plagiarism, forbidden collaboration on assignments, copying homework and cheating on exams—has soared since researchers first measured the phenomenon on a broad scale at 99 colleges in the mid-1960s. ①

The percentage of students who copied from another student during tests grew from 26 percent in 1963 to 52 percent in 1993, and the use of crib notes during exams went from 6 percent to 27 percent, according to a study conducted by Dr. Donald McCabe of Rutgers. ② By the mid-1990s, only a small minority said they had never cheated, meaning that cheating had become part of the acceptable status quo.

Dr. McCabe's later national survey of 25,000 high school students from 2001 to 2008 yielded equally depressing results: more than 90 percent said they had cheated in one way or another.

Dr. Jason Stephens of the University of Connecticut has now embarked on a three-year pilot program to reduce cheating. His premise is that honesty and integrity are not only values but also habits—habits that can be encouraged in school settings, with positive benefits later in life. ③

The program seeks to enlist students and teachers in six high schools in promoting a culture of honesty. Schools will be asked to consider honor codes, and, since peer pressure is vitally important, students will be invited to help shape policies and strategies to discourage cheating. Two schools are suburban and wealthy, two are middle class, two are urban and poor. One school from each pair will work to end the cheating epidemic, and the other will serve as the control group.

The challenge is daunting. Students of both genders and every demographic group cheat even though they know it is wrong, a mind-set Dr. Stephens describes as “a corrosive force”—especially when it is acquired in the early years of moral development. ④

The fact that so many students cheat doesn't make them intrinsically bad, he says: “It's not a case of the bad seed. It's more like bad soil.”

But there's hope. The 1993 study suggested that cheating dropped in schools that encouraged a culture of integrity—either by formally instituting an honor code or by stressing at every turn the importance of honesty and integrity. ⑤

A follow-up study showed that dishonest business behavior was lowest among employees who had attended schools with an honor code and whose workplaces encouraged ethical behavior. ⑥

If the effort shows results, Dr. Stephens plans to enlist more schools in the hope that eventually a standardized program will be adopted throughout the state. If that happens, both students and society as a whole will profit.

【434 words】

1. It is shown in surveys that academic plagiarism _____.
A. has been an acceptable practice in society B. has become more rampant among students
C. was a phenomenon prevalent at 99 colleges D. was popular in schools when first measured
2. According to a study by Rutgers, _____.
A. cheating on exams had become more prevalent
B. numerous students used crib notes during exams
C. more than 90 percent of students had ever cheated
D. copying during tests exceeded copying homework
3. By initiating a pilot program, Dr. Stephens intended _____.
A. to promote the culture of academic morality B. to prove the value of honesty and integrity

C. to testify to the positive effects of honesty D. to lessen the plagiarism in school settings

4. The pilot program _____.

- A. has to face the serious situation of dishonesty in schools
- B. helps draw up policies and strategies to reduce cheating
- C. identifies a mind-set as “a corrosive force” for students
- D. attests to the inclination of both genders for cheating

5. Dr. Stephens is optimistic about the prospect of his program since _____.

- A. both schools and workplaces try to encourage ethical behavior
- B. a modified program will sooner or later be adopted everywhere
- C. the effort to discourage cheating has shown some positive effects
- D. all the schools emphasize the importance of honesty and integrity

难词注释

| | | | |
|---------------|------------------|------|-------------|
| plagiarism | /ˈpleɪdʒiərizəm/ | n. | 抄袭, 剽窃 |
| crib note | /krib nəʊt/ | n. | 考试时夹带的纸条 |
| status quo | /ˈsteɪtəs ˈkwəʊ/ | n. | 现状 |
| embark | /ɪmˈbɑːk/ | vi. | 开始, 从事 |
| pilot | /ˈpaɪlət/ | n. | 试验性, 示范 |
| pilot program | | | 试点项目 |
| premise | /ˈpremis/ | n. | 前提 |
| honor code | | | 荣誉准则 |
| peer | /piə/ | n. | 同等的人, 同辈 |
| epidemic | /ˌepɪˈdemɪk/ | n. | 流行病, 时疫 |
| daunting | /ˈdɔːntɪŋ/ | adj. | 使人畏缩的 |
| demographic | /ˌdeməˈɡræfɪk/ | adj. | 人口的, 人口统计学的 |
| mind-set | | n. | 思维观念, 心态 |
| corrosive | /kəˈrəʊsɪv/ | adj. | 腐蚀的 |
| intrinsically | /ɪnˈtrɪnsɪkəli/ | adj. | 本质地, 固有地 |

难句剖析

① Surveys show [that cheating in school—plagiarism, forbidden collaboration on assignments, copying homework and cheating on exams—has soared (since researchers first measured the phenomenon on a broad scale at 99 colleges in the mid-1960s)].

【结构】方括号所标示的部分是“show”的宾语从句, 其中的主语是“cheating”, 谓语动词是“has soared”, 圆括号所标示的部分是其中的时间状语从句。破折号之间的部分补充说明“cheating”。

【释义】调查显示, 自从研究人员在 20 世纪 60 年代中期首次在 99 所大专院校大范围地对作弊现象进行研究以来, 学校中的作弊现象大幅增加, 其中包括: 剽窃、做作业时违规协作、抄袭家庭作业以及考试作弊等。

② ¹⁾ The percentage of students [who copied from another student during tests] grew from 26 percent in 1963 to 52 percent in 1993, and ²⁾ the use of crib notes during exams went from 6 percent to 27 percent, according to a study [conducted by Dr. Donald McCabe of Rutgers].

【结构】此句是由逗号和“and”连接的两个分句组成的并列句。第一个分句的主语是“percentage”, 谓语动词是“grew”, 方括号所标示的部分是“students”的后置定语从句。第二个分句的主语是“use”, 谓语动词是“went”, 方括号所标示的过去分词短语“conducted by...”是“study”的后置定语。

