

**CET-6**  
**大学英语六级**  
**710分**  
**新题型特训**

编 著◎黎锦荣



华东理工大学出版社  
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

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# 前言

作为大学英语四、六级考试改革的“重头戏”以及所占分值比例最大的题型之一——阅读理解向来为广大考生所重视。根据全国大学英语四、六级考试委员会颁布的《大学英语六级考试大纲(2006 年修订版)》,六级阅读理解测试的内容、题型、分值详情如下:

分类	快速阅读(Skimming and Scanning)	仔细阅读(Reading in Depth)
题型	是非判断 + 句子填空或其他	多项选择
		选词填空或简答题
长度	总长度约 1200 词	多项选择:400—450 词/篇 选词填空:250—300 词/篇 简答:400—450 词/篇
比例	10%	25%
	35%	

虽然大纲已给出了较明确的指引,然而,不少考生在解题时仍显得底气不足,如 2007 年 12 月的六级考试中快速阅读题型的一次调整就曾令许多考生措手不及。这其中固然有教与学方面的深层次原因,而更直接的原因是未能吃透新大纲、重视不足或备考不当。本书的编写宗旨,正是针对这种状况,力求为广大考生提供准确、全面、高效的备考指导。

本书具有以下特色:

一、紧扣大纲,题型全面。本书严格遵循教育部于 2007 年 7 月颁布的《大学英语课程教学大纲》及大学英语四、六级考试委员会最新颁布的《大学英语四级考试大纲(2006 年修订版)》进行编写。全书囊括了考试大纲所述的所有题型,从宏观的体系编排到微观的试题设置,无不贯彻上述纲领性文件的核心思想。

二、点拨精当,举一反三。本书对历年真题、模拟题的点拨均以准确、实用、简明为宗旨,简单知识点要言不烦,点到即止,重点难点则不惜笔墨,深入浅出。既注重技巧的点拨和解题应试能力的提高,又充分考虑培养考生良好的阅读习惯,真正提高各位考生从英文资料获取信息的能力。

三、选材严格,设题科学。本书不仅涵盖六级考试历年具有代表性的真题,同时还有一定数量的强化训练题。这些模拟题的语料均选自英文原版材料,无论是题材、体裁、难度,还是命题方式均契合真题,相信能够帮助各位考生深入理解新的考试大纲、熟悉新六级阅读理解的各类题型,使各位考生在考前成竹在胸,考场上游刃有余。

在本书的成书过程中,编者曾征询多位专家的意见,也用心听取了各位考生的心声,然囿于编者学识水平,错讹之处,在所难免,敬请读者批评指正。

编者  
2008 年 5 月



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# 第一章 快速阅读

## 第一节 快速阅读应试技巧

### 一、快速阅读题型简介

根据《大学英语课程教学要求(试行)》(2004年),大学阶段英语教学要求分为三个层次,即一般要求、较高要求和更高要求。三个层次对阅读理解能力要求分别如下:

一般要求:能基本读懂一般性题材的英文文章,阅读速度达到每分钟 70 个词;在快速阅读篇幅较长、难度略低材料时,阅读速度达到每分钟 100 个词;能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节;能读懂工作、生活中常见的应用文体的材料;能在阅读中使用有效的阅读方法。

较高要求:能基本读懂英语国家大众性报纸杂志的一般性题材的文章,阅读速度为每分钟 80 词,在快速阅读篇幅较长的材料时,阅读速度达到每分钟 120 词,能就阅读材料进行略读或寻读。能够基本读懂自己专业方面的综述性文献,并能正确理解中心大意,抓住主要事实和有关细节。

更高要求:能读懂有一定难度的文章,理解其意义,借助词典能阅读英语原版书籍和英语国家报纸杂志上的文章。能比较顺利地阅读自己专业有关的综述性文献。

大学英语六级考试阅读理解部分要求考生达到《教学要求》中的较高要求。根据最新修订的《大学英语六级考试大纲》,六级阅读理解部分包括仔细阅读(Reading in Depth)和快速阅读(Skimming and Scanning),主要测试学生通过阅读获取书面信息的能力;所占分值比例为 35%,其中仔细阅读部分 25%,快速阅读部分 10%,考试时间 40 分钟。

快速阅读部分采用 1—2 篇较长篇幅的文章或多篇短文,总长度约为 1000 词。要求考生运用略读和寻读的技能从篇章中获取信息。略读考查学生通过快速阅读获取文章主旨大意或中心思想的能力,阅读速度约每分钟 100 词。寻读考查学生利用各种提示,如数字、大写单词、段首或句首词等,快速查找特定信息的能力。样题中快速阅读部分采用的题型有是非判断、句子填空、完成句子等。考生要在限定的 15 分钟内完成。文章后有 10 道题,其中前 7 道是判断正误题,后 3 道是填空题。判断正误题除了提供 Yes(Y) 和 No(N) 两个备选项之外,还有第三个选择 Not Given(NG)。值得注意的是,在 2007 年 12 月的快速阅读题中,原来判断 Y、N 或 NG 的部分改成了与仔细阅读类似的选择題。虽然出题形式有变化,但无论是从出题风格还是总体难度水平来看起伏都不大。对考生来说,关键还是要从词汇、阅读速度等方面扎扎实实地提高自己的快速阅读技能,并通过做题总结和掌握必要的应试技巧。

快速阅读理解的引入是十分必要的。在当今的信息时代,各类文献浩如烟海,要仔细阅读每一本书或每一篇文章是不可能的,也没有这个必要。因此,要快速、准确地从大量资料中筛选出我们所需的信息,就必须提高阅读的效率,而快速阅读理解试题考查的正是把握文章的总体逻辑走向和信息要点的能力。这种能力依赖于多方面的因素,如阅读习惯、知识结构和语言能力等。阅读能力的培养要有一个循序渐进的过程。但是,只要在日常学习中有意识地克服障碍,掌握方

法,进行大量的快速阅读训练,持之以恒,就一定能够较快地提高阅读水平。

## 二、快速阅读技能培养

### 1. 改变不良的阅读习惯

阅读能力弱的考生往往有许多不良的阅读习惯,其中最常见的是阅读过程中身体的某些部位作多余的活动。例如有些考生为了在阅读时集中注意力,常常用手指、钢笔等指着文章一个词一个词地读,或者是头跟着摆动,以使眼睛对准正在读的每个单词上。阅读过程中这些动作对阅读速度 and 理解率的提高没有帮助,因为眼部的肌肉完全有能力使眼睛从一个词移到另一个词上,根本不需要其他部分的肌肉运动。况且,阅读时脑力活动也是相当紧张的,多余的动作通常会降低阅读速度。另外一种阅读中常见的毛病就是复视。复视指的是读完一个句子或段落后再回过头去重复阅读。习惯性的复视对阅读速度的提高是极为不利的。还有一种不良的阅读习惯就是边读边译。部分考生习惯于在阅读过程中逐字逐句地在脑海中进行翻译,平时进行阅读练习译不通时还要查字典或仔细推敲一番,似乎这样才算是真正读懂了。殊不知这种方法不但费时费力,还往往会由于缺乏上下文的融会贯通而造成理解错误。要克服以上这些毛病,关键是要在平时的阅读训练中总结出有效的阅读方法和培养良好的习惯。

### 2. 快速阅读方法点拨

#### 1) 扩大视幅和按照意群(sense group)阅读

一个人的阅读速度不仅取决于视线在阅读材料上的移动速度,同时还取决于视幅,即视线所及的范围的大小。因此,如果我们进行阅读时,能以意群或句子为单位,而不是逐个单词地进行阅读,阅读速度就可大幅度提高。所谓意群,指的是那些有意义的语法结构或词组。如下用“/”划分意群:

Country life, / on the other hand, / differs from / this kind of / isolated existence / in that / a sense of community / generally binds / the inhabitants of small villages / together. / People have the advantage of / knowing that / there is always someone to turn to / when they need help. / But country life / has disadvantages too. / While it is true that / you may be among friends / in a village, / it is also true that / you are cut off from / the exciting and important events / that take place in cities. / There's little possibility of / going to a new show / or the latest movie. / Shopping becomes a major problem, / and for anything / slightly out of the ordinary / you have to go on an expedition / to the nearest large town. / The city-dweller / who leaves for the country / is often oppressed by / a sense of unbearable stillness and quiet.

阅读时对句子进行意群划分,不仅可以大大提高阅读速度,同时也能加深对文章的理解。

#### 2) 略读(skimming)

略读(skimming)又称跳读(reading and skipping)或浏览(glancing),是一种非常实用的快速阅读技能。所谓略读,是指快速阅读文章,掌握其大意及几个能说明问题的关键细节。换句话说,略读是要求读者有选择地进行阅读,可跳过某些细节,以求抓住文章的大概,从而加快阅读速度。据统计,训练有素的读者的阅读速度可以达到每分钟 3000 到 4000 个词。略读有下列四个特点:

- (1) 快速阅读大量材料,寻找事实细节信息和相关的阐述信息;
- (2) 可以跳过某个部分或某些部分不读;
- (3) 理解水平可以稍低一些,但也不能太低;



(4) 根据文章的难易程度和阅读目的,灵活地调整阅读速度。

由此可以看出,略读这种技巧要求的是对整篇文章的快速阅读,阅读目的是获取文章的大意和能说明问题的一些重要细节。

### 3) 寻读(scanning)

寻读(scanning)是一种从大量的资料中迅速查找某一项具体事实或某一项特定信息,如人物、事件、时间、地点、数字等,而对其他无关部分略去不读的快速阅读方法。运用这种方法,读者就能在最短的时间内掠过尽可能多的印刷材料,找到所需要的信息。例如,在车站寻找某次列车或汽车的运行时刻,在机场寻找某次班机的飞行时刻,在图书馆查找书刊的目录,在文献中查找某一日期、名字、数字或号码等,都可能用到这种方法。作为一种快速寻找信息的阅读技巧,寻读既要求速度,又要求有较高的准确性。具体地说,寻读带有明确的目的性,有针对性地选择问题的答案。因此在寻读时不必字字句句过目。视线在印刷材料上掠过时,一旦发现有关的内容,就要稍作停留,将它记住或摘下,这样既保证了寻读的速度,也能提高定位的准确性。

## 三、快速阅读解题技巧

→利用细节,如文章的标题、副标题、小标题等,对文章进行预测略读。预测略读的目的在于了解作者的思路、文章大意、有关的细节及其相互关系。

→以一般阅读速度阅读文章开头的一、二段,力求抓住文章大意、背景情况、作者的文章风格、叙述口吻或语气等。

→抓住关键词句。关键词句是联结上下文的纽带,快速阅读时如果能准确地把握关键词,其他问题便可迎刃而解。而抓住关键句子也就是找出主题句。主题句是文章中用来概括大意的句子,主题句往往是每个段落的第一个句子,有时可能是最后一个句子,在特殊情况下也可能出现在段落当中。通过识别主题句,可以快速、准确地抓住文章中各个段落的主要意思,如果能把每一段落的大意抓住了,那么全篇文章的中心思想也就把握住了。

→标记细节信息。对一些关键的名词,如人名、术语等,必须予以重视。同时应留意数字和符号,因为年代、百分比等数据很有可能成为考点。如样题中的第九题: 9. To dispose of a ton of trash in a landfill, customers have to pay a tipping fee of \_\_\_\_\_. 答题依据就在原文的: Customers are charged tipping fees for using the site. The tipping fees vary from \$ 10 to \$ 40 per ton.

→准确表达。快速阅读的最后3道题是填空题。和简答题一样,回答要做到内容正确,用词简练,符合语法,拼写无误。答题时应尽量以原文中出现过的词句为基础,不要作任意的修改。

## 第二节 快速阅读真题详解

### ★ 2007 年 12 月考题

#### Part II Reading Comprehension (Skimming and Scanning) (15 minutes)

**Directions:** In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1. For questions 1—7, choose the best answer from the four choices marked A), B), C) and D). For questions 8—10, complete the sentences with the information given in the passage.

## Seven Ways to Save the World

Forget the old idea that conserving energy is a form of self-denial—riding bicycles, dimming the lights, and taking fewer showers. These days conservation is all about efficiency: getting the same—or better—results from just a fraction of the energy. When a slump in business travel forced Ulrich Romer to cut costs at his family-owned hotel in Germany, he replaced hundreds of the hotel's wasteful light bulbs, getting the same light for 80 percent less power. He bought a new water boiler with a digitally controlled pump, and wrapped insulation around the pipes. Spending about € 100,000 on these and other improvements, he slashed his € 90,000 fuel and power bill by € 60,000. As a bonus, the hotel's lower energy needs have reduced its annual carbon emissions by more than 200 metric tons. "For us, saving energy has been very, very profitable," he says. "And most importantly, we're not giving up a single comfort for our guests."

Efficiency is also a great way to lower carbon emissions and help slow global warming. But the best argument for efficiency is its cost—or, more precisely, its profitability. That's because quickly growing energy demand requires immense investment in new supply, not to mention the drain of rising energy prices.

No wonder efficiency has moved to the top of the political agenda. On Jan. 10, the European Union unveiled a plan to cut energy use across the continent by 20 percent by 2020. Last March, China imposed a 20 percent increase in energy efficiency by 2020. Even George W. Bush, the Texas oilman, is expected to talk about energy conservation in his State of the Union speech this week.

The good news is that the world is full of proven, cheap ways to save energy. Here are the seven that could have the biggest impact:

### Insulate

Space heating and cooling eats up 36 percent of all the world's energy. There's virtually no limit to how much of that can be saved, as prototype "zero-energy homes" in Switzerland and Germany have shown. There's been a surge in new ways of keeping heat in and cold out (or vice versa). The most advanced insulation follows the law of increasing returns: If you add enough, you can scale down or even eliminate heating and air-conditioning equipment, lowering costs even before you start saving on utility bills. Studies have shown that green workplaces (ones that don't constantly need to have the heat or air-conditioner running) have higher worker productivity and lower sick rates.

### Change Bulbs

Lighting eats up 20 percent of the world's electricity, or the equivalent of roughly 600,000 tons of coal a day. Forty percent of that powers old-fashioned incandescent light bulbs—a 19th-century technology that wastes most of the power it consumes on unwanted heat.

Compact fluorescent lamps, or CFLs, not only use 75 to 80 percent less electricity than incandescent bulbs to generate the same amount of light, but they also last 10 times longer. Phasing old bulbs out by 2030 would save the output of 650 power plants and avoid the release of

700 million tons of carbon into the atmosphere each year.

### Comfort Zone

Water boilers, space heaters, air conditioners and other heating and cooling technologies have been notoriously inefficient—only a fraction of the energy pumped into them is actually used to change the temperature. The heat pump has altered that equation. It removes ambient heat from the air outside or the ground below and uses it to supply heat to a building or its water supply. In the summer, the system can be reversed to cool buildings as well.

Most new residential buildings in Sweden are already heated with ground-source heat pumps; George W. Bush's ranch in Crawford, Texas, uses one for heating and cooling. These systems consume almost no conventional fuel at all. (They use liquid natural gas in a closed cycle to exchange heat, like Freon in an AC, and need a small electric current to keep the compressors going.) The payback time depends on local fuel costs and building size; in Sweden, it's typically six to nine years for residential construction, and one or two years for large commercial buildings. Several countries have used subsidies to jump-start the market, including Japan, where almost 1 million heat pumps have been installed in the past two years to heat water for showers and hot tubs.

### Remake Factories

From steel mills and aluminum plants to pulp and paper factories, industry eats up about a third of the world's energy. The opportunities to save are vast. Japanese steelmakers such as Mitsubishi Heavy Industries have been leading the way since the 1980s, cutting energy use by more than 70 percent by using heat from steel furnaces to run turbines that generate electricity. In Ludwigshafen, German chemicals giant BASF runs an interlocking complex of more than 200 chemical factories, where heat produced by one chemical process is used to power the next, or create electricity for another. At the Ludwigshafen site alone, such recycling of heat and energy saves the company € 200 million a year and almost half its CO<sub>2</sub> emissions. Now BASF is doing the same for new plants in China. "Optimizing energy efficiency is a decisive competitive advantage," says BASF CEO Jürgen Hambrecht.

### Green Driving

A quarter of the world's energy—including two thirds of the annual production of oil—is used for transportation. Some savings come free of charge: you can boost fuel efficiency by 6 percent simply by keeping your car's tires properly inflated (which is why carmakers are working on electronic tire-pressure sensors). Gasoline-electric hybrids like the Toyota Prius or Lexus RX400h improve mileage by a further 20 percent over conventional models.

### A Better Fridge

More than half of all residential power goes into running household appliances, producing a fifth of the world's carbon emissions. And that's true even though manufacturers have already hiked the efficiency of refrigerators and other white goods by as much as 70 percent since the



1980s. More improvements are in the works, promises Henrik Sundstrom, VP for environmental affairs for Sweden's Electrolux, the world's biggest appliance maker, including vacuum insulation for refrigerators and heat pumps for clothes dryers. While it's true that such top-of-the-line technology still carries a hefty premium, prices have been dropping fast for other "green" models. According to an IEA study, if consumers chose those models that would save them the most money over the life of the appliance, they'd cut global residential power consumption (and their utility bills) by 43 percent.

### Flexible Payment

Who says you have to pay for all your conservation investments? "Energy service contractors" will pay for retrofitting (翻新改造) in return for a share of the client's annual utility-bill savings. In Beijing, Shenwu Thermal Energy Technology Co. specializes in retrofitting China's steel furnaces. Shenwu puts up the initial investment to install a heat exchanger that preheats the air going into the furnace, slashing the client's fuel costs. Shenwu pockets a cut of those savings so both Shenwu and the client profit.

If saving energy is so easy and profitable, why isn't everyone doing it? It has to do with psychology and a lack of information. Most of us tend to look at today's price tag more than tomorrow's potential savings. That holds double for the landlord or developer, who won't actually see a penny of the savings his investment in better insulation or a better heating system might generate. In many people's minds, conservation is still associated with self-denial. Many environmentalists still push that view.

Smart governments can help push the market in the right direction. The EU's 1994 law on labeling was such a success that it extended the same idea to entire buildings last year. To boost the market value of efficiency, all new buildings are required to have an "energy pass" detailing power and heating consumption. Countries like Japan and Germany have successively tightened building codes, requiring an increase in insulation levels but leaving it up to builders to decide how to meet them.

The most powerful incentives, of course, will come from the market itself. Over the past year, sky-high fuel prices have focused minds on efficiency like never before. Ever-increasing pressure to cut costs has finally forced more companies to do some math on their energy use.

Will it be enough? With global demand and emissions rising so fast, we may not have any choice but to try. Efficient technology is here now, proven and cheap. Compared with all other options, it's the biggest, easiest and most profitable bang for the buck.

1. What is said to be the best way to conserve energy nowadays?
  - A) Raising efficiency.
  - B) Cutting unnecessary costs.
  - C) Finding alternative resources.
  - D) Sacrificing some personal comforts.
2. What does the European Union plan to do?
  - A) Diversify energy supply.
  - B) Cut energy consumption.
  - C) Reduce carbon emissions.
  - D) Raise production efficiency.

3. If you add enough insulation to your house, you may be able to \_\_\_\_\_.  
A) improve your work environment    C) get rid of air-conditioners  
B) cut your utility bills by half       D) enjoy much better health
4. How much of the power consumed by incandescent bulbs is converted into light?  
A) A small portion.                      C) Almost half.  
B) Some 40 percent.                      D) 75 to 80 percent.
5. Some countries have tried to jump-start the market of heat pumps by \_\_\_\_\_.  
A) upgrading the equipment              C) implementing high-tech  
B) encouraging investments              D) providing subsidies
6. German chemicals giant BASF saves 200 million a year by \_\_\_\_\_.  
A) recycling heat and energy              C) using the newest technology  
B) setting up factories in China          D) reducing the CO<sub>2</sub> emissions of its plants
7. Global residential power consumption can be cut by 43 percent if \_\_\_\_\_.  
A) we increase the insulation of walls and water pipes  
B) we choose simpler models of electrical appliances  
C) we cut down on the use of refrigerators and other white goods  
D) we choose the most efficient models of refrigerators and other white goods
8. Energy service contractors profit by taking a part of clients' \_\_\_\_\_.  
9. Many environmentalists maintain the view that conservation has much to do with \_\_\_\_\_.  
10. The strongest incentives for energy conservation will derive from \_\_\_\_\_.

**【答案及解析】**

1. A    2. B    3. C    4. A    5. D    6. A    7. D  
8. annual utility-bill savings  
9. self-denial  
10. the market itself

1. [A] 见文章第一段第二句: These days conservation is all about efficiency: getting the same—or better—results from just a fraction of the energy. 可见目前节约能源的最好方法是提高能源利用率。
2. [B] 从文章第三段我们知道, 欧盟公布了一项计划, 要在 2020 年把欧洲的能源消耗减少 20%。选项 B 中的“energy consumption”与文中的“energy use”相对应。
3. [C] 据题干中的“insulation”可定位至第一个小标题“Insulate”。从该部分的叙述可知, 如果有

足够的隔离设施,就可以减少甚至完全不用供暖和空调设施。故本题选 C 项。

4. [A] 题目问的是白炽灯所消耗的电能中有多少能转化为光能。根据“bulbs”一词可迅速定位至“Change Bulbs”。从该部分第一段可知,世界上 20% 的电能用于照明,而这部分电能中,约有 40% 供给了老式的白炽灯。而解题的关键正在于该段末句:... a 19th-century technology that wastes most of the power it consumes on unwanted heat. 也就是说,白炽灯所消耗的大部分电能都转化为热能,从而只有小部分转化为光能(light)。故本题选 A 项。
5. [D] 据“heat pumps”可定位至“Comfort Zone”。浏览这部分不难发现答案在最后一句: Several countries have used subsidies to jump-start the market...。
6. [A] 据题干中的“BASF”定位至“Remake Factories”。从该部分的叙述我们知道,这家企业节能的方式是充分利用某些工序中产生的热能。故本题选 A 项。
7. [D] 浏览全文可发现“A Better Fridge”一节提到了“global residential power consumption”。据该节最后一句可知,如果消费者采用更加节能的冰箱及其他白色产品的话,全球居民能源消耗就可降低 43%。
8. annual utility-bill savings。见“Flexible Payment”一节首段第二句:“Energy service contractors” will pay for retrofitting in return for a share of the client’s annual utility-bill savings. 题干中的“a part of”与文中的“a share of”同义。
9. self-denial。见文章倒数第四段最后两句: In many people’s minds, conservation is still associated with self-denial. Many environmentalists still push that view. 题干中的“has much to do with”与文中的“(be) associated with”相对应。
10. the market itself。见文章倒数第二段首句: The most powerful incentives, of course, will come from the market itself.

### ★ 2007 年 6 月考题

#### Part II Reading Comprehension (Skimming and Scanning) (15 minutes)

**Directions:** In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1.

For questions 1—4, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 5—10, complete the sentences with the information given in the passage.

#### Seven Steps to a More Fulfilling Job

Many people today find themselves in unfulfilling work situations. In fact, one in four workers is dissatisfied with their current job, according to the recent “Plans for 2004” survey. Their career path may be financially rewarding, but it doesn’t meet their emotional, social or creative needs. They’re stuck, unhappy, and have no idea what to do about it, except move to another job.

Mary Lyn Miller, veteran career consultant and founder of the Life and Career Clinic, says that when most people are unhappy about their work, their first thought is to get a different job.



Instead, Miller suggests looking at the possibility of a different life. Through her book, *8 Myths of Making a Living*, as well as workshops, seminars and personal coaching and consulting, she has helped thousands of dissatisfied workers reassess life and work.

Like the way of Zen, which includes understanding of oneself as one really is, Miller encourages job seekers and those dissatisfied with work or life to examine their beliefs about work and recognize that “in many cases your beliefs are what brought you to where you are today.” You may have been raised to think that women were best at nurturing and caring and, therefore, should be teachers and nurses. So that’s what you did. Or, perhaps you were brought up to believe that you should do what your father did, so you have taken over the family business, or become a dentist “just like dad.” If this sounds familiar, it’s probably time to look at the new possibilities for your future.

Miller developed a 7-step process to help potential job seekers assess their current situation and beliefs, identify their real passion, and start on a journey that allows them to pursue their passion through work.

#### **Step 1: Willingness to do something different.**

Breaking the cycle of doing what you have always done is one of the most difficult tasks for job seekers. Many find it difficult to steer away from a career path or make a change, even if it doesn’t feel right. Miller urges job seekers to open their minds to other possibilities beyond what they are currently doing.

#### **Step 2: Commitment to being who you are, not who or what someone wants you to be.**

Look at the gifts and talents you have and make a commitment to pursue those things that you love most. If you love the social aspects of your job, but are stuck inside an office or “chained to your desk” most of the time, vow to follow your instinct and investigate alternative careers and work that allow you more time to interact with others. Dawn worked as a manager for a large retail clothing store for several years. Though she had advanced within the company, she felt frustrated and longed to be involved with nature and the outdoors. She decided to go to school nights and weekends to pursue her true passion by earning her master’s degree in forestry. She now works in the biotech forestry division of a major paper company.

#### **Step 3: Self-definition.**

Miller suggests that once job seekers know who they are, they need to know how to sell themselves. “In the job market, you are a product. And just like a product, you must know the features and benefits that you have to offer a potential client, or employer.” Examine the skills and knowledge that you have and identify how they can apply to your desired occupation. Your qualities will exhibit to employers why they should hire you over other candidates.

#### **Step 4: Attain a level of self-honoring.**

Self-honoring or self-love may seem like an odd step for job hunters, but being able to accept yourself, without judgment, helps eliminate insecurities and will make you more self-

assured. By accepting who you are—all your emotions, hopes and dreams, your personality, and your unique way of being—you'll project more confidence when networking and talking with potential employers. The power of self-honoring can help to break all the falsehoods you were programmed to believe—those that made you feel that you were not good enough, or strong enough, or intelligent enough to do what you truly desire.

#### **Step 5: Vision.**

Miller suggests that job seekers develop a vision that embraces the answer to “What do I really want to do?” One should create a solid statement in a dozen or so sentences that describe in detail how they see their life related to work. For instance, the secretary who longs to be an actress describes a life that allows her to express her love of Shakespeare on stage. A real estate agent, attracted to his current job because he loves fixing up old homes, describes buying properties that need a little tender loving care to make them more saleable.

#### **Step 6: Appropriate risk.**

Some philosophers believe that the way to enlightenment comes through facing obstacles and difficulties. Once people discover their passion, many are too scared to do anything about it. Instead, they do nothing. With this step, job seekers should assess what they are willing to give up, or risk, in pursuit of their dream. For one working mom, that meant taking night classes to learn new computer-aided design skills, while still earning a salary and keeping her day job. For someone else, it may mean quitting his or her job, taking out loan and going back to school full time. You'll move one step closer to your ideal work life if you identify how much risk you are willing to take and the sacrifices you are willing to make.

#### **Step 7: Action.**

Some teachers of philosophy describe action in this way, “If one wants to get to the top of a mountain, just sitting at the foot thinking about it will not bring one there. It is by making the effort of climbing up the mountain, step by step, that eventually the summit is reached.” All too often, it is the lack of action that ultimately holds people back from attaining their ideals. Creating a plan and taking it one step at a time can lead to new and different job opportunities. Job-hunting tasks gain added meaning as you sense their importance in your quest for a more meaningful work life. The plan can include researching industries and occupations, talking to people who are in your desired area of work, taking classes, or accepting volunteer work in your targeted field.

Each of these steps will lead you on a journey to a happier and more rewarding work life. After all, it is the journey, not the destination, that is most important.

1. According to the recent “Plans for 2004” survey, most people are unhappy with their current jobs.
2. Mary Lyn Miller's job is to advise people on their life and career.
3. Mary Lyn Miller herself was once quite dissatisfied with her own work.

4. Many people find it difficult to make up their minds whether to change their career path.
5. According to Mary Lyn Miller, people considering changing their careers should commit themselves to the pursuit of \_\_\_\_\_.
6. In the job market, job seekers need to know how to sell themselves like \_\_\_\_\_.
7. During an interview with potential employers, self-honoring or self-love may help a job seeker to show \_\_\_\_\_.
8. Mary Lyn Miller suggests that a job seeker develop a vision that answers the question "\_\_\_\_\_".
9. Many people are too scared to pursue their dreams because they are unwilling to \_\_\_\_\_.
10. What ultimately holds people back from attaining their ideals is \_\_\_\_\_.

### 【答案及解析】

1. N 2. Y 3. NG 4. Y

5. those things that they love most

6. products

7. self-assurance

8. What do I really want to do?

9. give up or risk

10. the lack of action

1. 见文章第一段第二句: In fact, one in four workers is dissatisfied with their current job, according to the recent "Plans for 2004" survey. 调查结果显示,有四分之一的人对正在从事的工作感到不满意。题干说法明显不符文意。
2. 由原文第二段首句可知 Mary Lyn Miller 是一名资深的职业咨询师。她所做的就是为人们的人生及职业规划提出建议。因此题干说法正确。
3. 浏览文中关于 Mary Lyn Miller 的内容并不能找到关于其对工作不满意的经历的描写。故本题答案为 NG。
4. 依据在第一个小标题: Step 1: Willingness to do something different. 根据该部分的叙述可知,对很多人来说,要下定决心改变一直从事的工作并非易事。因此题干说法正确。
5. 参见 Step 2 第一段: Look at the gifts and talents you have and make a commitment to pursue those things that you love most.
6. 参见 Step 3: In the job market, you are a product. 由于题干的主语是 job seekers,故该空格应填 products。
7. 见 Step 4 首句。注意词形的变化。
8. 见文章 Step 5 部分首句: Miller suggests that job seekers develop a vision that embraces the answer to "What do I really want to do?"
9. 见原文 Step 6: Once people discover their passion, many are too scared to do anything about it. ... With this step, job seekers should assess what they are willing to give up, or risk, in pursuit of their dream.
10. 答案直接出自原文 Step 7: All too often, it is the lack of action that ultimately holds people back from attaining their ideals.



## ★ 2006 年 12 月考题

**Part II Reading Comprehension (Skimming and Scanning) (15 minutes)**

**Directions:** In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1.

For questions 1—4, mark

Y (for YES) if the statement agrees with the information given in the passage;

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NG (for NOT GIVEN) if the information is not given in the passage.

For questions 5—10, complete the sentences with the information given in the passage.

**Space Tourism**

Make your reservations now. The space tourism industry is officially open for business, and tickets are going for a mere \$ 20 million for a one-week stay in space. Despite reluctance from National Air and Space Administration (NASA), Russia made American businessman Dennis Tito the world's first space tourist. Tito flew into space aboard a Russian Soyuz rocket that arrived at the International Space Station (ISS) on April 30, 2001. The second space tourist, South African businessman Mark Shuttleworth, took off aboard the Russian Soyuz on April 25, 2002, also bound for the ISS.

Lance Bass of 'N Sync was supposed to be the third to make the \$ 20 million trip, but he did not join the three-man crew as they blasted off on October 30, 2002, due to lack of payment. Probably the most incredible aspect of this proposed space tour was that NASA approved of it.

These trips are the beginning of what could be a profitable 21st century industry. There are already several space tourism companies planning to build suborbital vehicles and orbital cities within the next two decades. These companies have invested millions, believing that the space tourism industry is on the verge of taking off.

In 1997, NASA published a report concluding that selling trips into space to private citizens could be worth billions of dollars. A Japanese report supports these findings, and projects that space tourism could be a \$ 10 billion per year industry within the next two decades. The only obstacles to opening up space to tourists are the space agencies, who are concerned with safety and the development of a reliable, reusable launch vehicle.

**Space Accommodations**

Russia's Mir space station was supposed to be the first destination for space tourists. But in March 2001, the Russian Agency brought Mir down into the Pacific Ocean. As it turned out, bringing down Mir only temporarily delayed the first tourist trip into space.

The Mir crash did cancel plans for a new reality-based game show from NBC, which was going to be called Destination Mir. The survivor-like TV show was scheduled to air in fall 2001. Participants on the show were to go through training at Russia's cosmonaut (宇航员) training center, Star City. Each week, one of the participants would be eliminated from the show, with the winner receiving a trip to the Mir space station. The Mir crash has ruled out NBC's space