

2016年12月六级仔细阅读题解析

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Passage Two

Teenagers at risk of depression, anxiety and suicide often wear their troubles like a neon(霓虹灯) sign. Their risky behaviors—drinking too much alcohol, using illegal drugs, smoking cigarettes and skipping school—can alert parents and teachers that serious problems are brewing.

But a new study finds that there's another group of adolescents who are in nearly as much danger of experiencing the same psychiatric symptoms: teens who use tons of media, don't get enough sleep and have a sedentary(不爱活动的) lifestyle.

"In some ways they are at greater risk of falling through the cracks," says Vladimir Carli. "While most parents, teachers and clinicians would react to an adolescent using drugs or getting drunk, they may easily overlook teenagers who are engaging in unobtrusive behaviors."

The study's authors surveyed 12,395 students and analyzed nine risk behaviors, including excessive alcohol use, illegal drug use, heavy smoking, high media use and truancy(逃学). Their aim was to determine the relationship between these risk behaviors and mental health issues in teenagers.

About 58% of the students demonstrated none or very few of the risk behaviors. Some 13% scored high on all nine of the risk behaviors. And 29%, the "invisible risk" group, scored high on three in particular: They spent five hours a day or more on electronic devices. They slept six hours a night or less. And they neglected "other healthy activities."

The group that scored high on all nine of the risk behaviors was most likely to show symptoms of depression; in all, nearly 15% of this cohort reported being depressed, compared with just 4% of the low-risk group. But the invisible group wasn't far behind the high-risk set, with more than 13% of them exhibiting depression.

The findings caught Carli and his colleagues off

guard. "We were very surprised," he says. "The high-risk group and low-risk group are obvious. But this third group was not only unexpected, it was so distinct and so large—nearly one third of our sample—that it became a key finding of the study."

Carli says that one of the most significant things about his study is that it provides new early-warning signs for parents, teachers and mental health-care providers. And early identification, support and treatment for mental health issues, he says, are the best ways to keep them from turning into full-blown disorders.

51. What does the author mean by saying "Teenagers at risk of depression, anxiety and suicide often wear their troubles like a neon sign" (Line1-2, Para. 1)?

A) Mental problems can now be found in large numbers of teenagers.

B) Teenagers' mental problems are getting more and more

attention.

- C) Teenagers' mental problems are often too conspicuous not to be observed.
- D) Depression and anxiety are the most common symptoms of mental problems.

【试题解析】此题为“句子题”，要求同学们理解所给句子的含义，Teenagers at risk of depression, anxiety and suicide often wear their troubles like a neon (霓虹灯) sign, 表明这都是非常显眼的，他们许多出格的行为很容易引起家长的注意，因此本题选 C。

52. What is the finding of the new study?

- A) Teenagers' lifestyles have changed greatly in recent years.
- B) Many teenagers resort to drugs or alcohol for mental relief.
- C) Teenagers experiencing psychological problems tend to use a lot of media.
- D) Many hitherto unobserved youngsters may have psychological problems.

【试题解析】本题的题干定位词为“the new study”，定位在文中第二段第 1 句，题干中的 finding 对应第 1 句中 find，因此后面的信息

there' s another group of adolescents who are in nearly as much danger of experiencing the same psychiatric symptoms: teens who use tons of media, don' t get enough sleep and have a sedentary(不爱活动的) lifestyle ,这群人是与第一段所提到的群体是相对应的，他们的行为不为被人注意，故答案为 D 选项。

53. Why do the researchers refer to teens who use tons of media, don' t get enough sleep and have a sedentary lifestyle as the "invisible risk" group?

- A) Their behaviors can be an invisible threat to society.
- B) Their behaviors do not constitute a warning problems.
- C) Their behaviors do not tend towards mental problems.
- D) Their behaviors can be found in almost all teenagers on earth.

【试题解析】本题定位词为第二题答案句。按照顺序做题原则，我们需要看第 3 段来解题。第 3 段第句说：“While most parents, teachers and clinicians would react to an adolescent using drugs or getting drunk, they may easily overlook teenagers who are engaging in unobtrusive behaviors.” 该句意思是：有

些不明显的行为会被忽略。对应选项 B : Their behaviors do not constitute a warning problems. B 选项的意思是 : 孩子们的行为没有令家长引起足够的重视。因此 , B 选项与原文最为接近。

54. What does the new study find about the invisible group?

A) They are almost as liable to depression as the high-risk group.

B) They suffer from the depression without showing any symptoms.

C) They do not often demonstrate risky behaviors as their peers.

D) They do not attract the media attention the high-risk group does.

【试题解析】根据题干定位词 “invisible group” , 定位到第 6 段第 2 句 : But the invisible group wasn't far behind the high-risk set, with more than 13% of them exhibiting depression. 本句虽然很难理解 , 但只要抓住核心关键词 : “high-risk set” 可以对应 A 选项和 D 选项。再通过排除法 , D 选项中的关键词 “media attention” 并没有在该句提及 , 因此本题选 A。

55. What is the significance of Vladimir Cali' s study?

A) It offers a new treatment for psychological problems among teenagers.

B) It provides new early-warning signals for identifying teens in trouble.

C) It may have found an ideal way to handle teenagers with behavioral problems.

D)It sheds new light on how unhealthy behaviors trigger mental health problems.

【试卷解析】根据题干定位词 “significance of Vladimir Cali' s study” ,定位到最后 1 段第 1 句 :Carli says that one of the most significant things about his study is that it provides new early-warning signs for parents, teachers and mental health-care providers. 根据定位句中的核心关键词 “new early-warning signs” 可以对应 B 选项。

总结：2016 年的六级仔细阅读整体难度偏大，不仅需要找题干关键词定位比对，还需要一定的理解加推理能力。相信出题思路的变化给同学们带来了不小的难度，飞哥深表同情。但是，只要严格按照飞哥上课说的方法去做，通过 6 级难度其实不大。提前预祝大家通过本次 6 级考试。