

四级短文解析:

Passage 1

There is a saying that goes something along the lines of 'You must love yourself first before you can love someone else.' Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others. There is a massive difference between being lonely and being alone. Loneliness is a horrible feeling. However, you don't have to actually be alone to feel that way. Many times, I've felt lonely when surrounded by a big group of people. 16] In contrast, being alone can actually be a blessing, particularly, when you've actively chosen it. In my experience, being bored and alone is dangerous and can easily lead to the feeling of loneliness. 17] The trick is to be active. Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. 17] You don't have to take anyone else into consideration and can do whatever you please. Spending time alone also allows you to 18] more efficiently take care of problems. And then, when it's time to be social and meet up with your friends, you will be fully there, because you won't have too much other stuff floating around in your mind. Having been alone for a bit, you will also 18] appreciate your friends' company more and chances are your time spent together will be more worthwhile.

16: What does the speaker say about being alone?

17: What does the speaker say how to reduce one's feeling of loneliness?

18: What is an advantage of spending one's time alone?

解析:

本篇文章主要描述讨论了孤独与孤单的话题，作者介绍了孤单的好处，同时提出了摆脱孤独的建议。

问题 16 根据转折词 in contrast 定位，作者提到当你积极对待独自一人的时候，孤单是一件幸运的事情。

问题 17，作者提到摆脱孤独的方法是心态积极，参加户外活动，做自己喜欢做的事情。

问题 18 定位文章结尾，作者提到孤单可以使我们的工作更有效率，更加珍惜有朋友陪伴的时刻。

Passage two

When I turned twelve, I worked summers at my father's small brick cleaning business. I remember the harsh acid smell of the cleaning solution, and the scraping sound of stiff iron brushes against rough brick. It was tempting to have your job just finish. 19] But anybody who worked for Thomas Kahoona had to meet his standards, and that include of me. If I messed up, he made me stay late until I got it right. My father wasn't been me. He demanded the same at himself. Every brick he cleaned on the house stood out like a red jewel in a white setting. It was his signature.

In 1970, when I was twenty, I got married. I moved out my parent's modest place into a housing project. 20] Drugs and gang violent were just beginning to plague the projects. Some of my friend went to jail. Some were killed. My wife Verllen, was 18, and nobody gave our marriage a chance. But we believed in each other. And our faith made us strong. When we married, I worked as a stock clerk at Southwest Super Food. It was hard, tedious work. Each Friday night a truck came, with cases of

food that had to be unloaded, priced and placed on shelves. Most of stock clerks try to get Friday night off. 21] But I was always ready to work. By Saturday morning, all the kinds and drawers in my aisle would place with a label facing smartly out, like a line of soldiers on review. That was my signature. I took pride in a job nobody wanted.

19. What do we learn about the speaker's father?

20. What does the speak say about the housing project?

21. What do we learn about the speaker as a stock clerk?

解析:

本文描述作者受到父亲工作态度的影响，介绍了自己的工作经历。

问题 19 作者介绍了自己在父亲的洗砖场工作，转折词定位父亲对工作要求非常严格。

问题 20 通过时间词定位，作者结婚后从事房屋建筑工作，工作中有很多暴力和毒品问题困扰作者。

问题 21 定位文章结尾,作者从事仓库管理员的工作非常努力，作者对自己的工作也十分自豪。

Passage three

Watching more than 3 hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests. 22] Scientist at University College London used memory and fluency tests on the same group of people 6 years apart. They found that those who watched on average less than 3 hours television a day showed a decline ever round 4 to 5 percent, while those who tended to watch more than 3 hours a day declined by an average of 8 to 10 percent. 23] The research team say they believe the alert but passive nature of television watching maybe creating stress on the mind, which contributes to memory decline.

Older people who watch more television are also less likely to undertake activities knowing to preserve mental functioning, such as reading or interactive screen base pursuits, such as using the internet or playing video games. 24] The researchers say that television viewing maybe a risk factor for all Alzheimer's disease, but more researches needed to establish a link.

25] While watching television may have educational benefits and relaxation benefits, the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities. If you're concerned that the amount of television you're watching could have a negative impact on your health, you should eliminate the amount of TV watch each day and undertake some healthy hobbies.

22. By what means does scientist at University College London measure memory lost?

23. What contributed to memory decline in the participants?

24. What did the researchers say about their finding concerning the link between TV viewing and xxx this disease?

25. What do the researchers suggest older people do?

解析：本文描述了一项新的研究发现，老年人每天看 3 小时电视会导致记忆力下降。

问题 22 科学家用什么方法测试记忆力损失，定位句中出现使用这个词。

问题 23 是什么导致了参与者记忆力下降，定位到句中 contributed to memory decline。

问题 24 通过观点词 say 定位，重点听 but 后面的内容，需要更多的研究。

问题 25 建议老年人做什么，定位句中出现 suggest 同义替换词 advise。

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