

## 2020年12月大学英语四级考试 写作解析

### Changes in the Way of Education

The development of hi-technology, in contemporary society, has witnessed a large number of changes in all aspects of our daily life, especially education. And it is obvious that online education, undoubtedly, plays an increasingly indispensable role in our life.

For one thing, online education, without limitation of time and space, provides the public with a convenient way to acquire knowledge and information and save precious time. For another thing, compared with traditional education, online education owns various kinds of resources to reach increasing demands of the public. Thus, learners can have the chance to get the latest and advanced knowledge and information to broaden horizon.

In conclusion, not only do changes in the way of education bring the public convenience, but also a new lifestyle. And it is essential for the public to put more eyesight on this inevitable phenomenon and take advantage of it properly.

### Changes in the Way of Transportation.

What is the most popular way of transportation in contemporary society? The answer, undoubtedly, is the bike sharing. And this change in the way of transportation has a great influence on the daily life of the public.

First of all, unlike driving private cars, riding sharing bikes would enable individuals to have a more convenient way to enhance their commuting efficiency without suffering the traffic congestion. What's more, thanks to the bike sharing, there would be a low-carbon way of transportation to relieve the traffic pressure, helping save energy and protect the environment. Ultimately, it is evident that sharing bikes also provides the public with a way to do exercise, contributing to having a healthy body.

All in all, thanks to the progress of technology, various kinds of changes have taken place in the way of transportation. No matter what happens, our life seems to become better and better.

### Changes in the Way of Communication

Thanks to the development of technology, there are various kinds of communication methods, such as WeChat, weibo, email and so on, for individuals to choose to keep in touch with their friends and relatives.

Obviously, changes in the way of communication enable the public to have more convenient approaches. For example, the popularity of the Internet provides individuals with the method to contact their friends all over the world without waiting for a very long time. And such phenomenon makes it possible for people to strengthen their relationship. However, just like the double-edged sword, these new methods of communication would also lead to several undesirable consequences, such as the alienation effect among individuals.

In summary, the way of communication, under the progress of hi-technology, has been changed dramatically. Only when individuals actively access these new communication methods can benefits them play a role in our life.

## 2020年12月大学英语四级考试 听力解析

### Section A

#### News report 1

听力原文:

【Q1】 A poisonous fish which has a sting strong enough to kill a human is invading the Mediterranean, warned scientists. The International Union for the Conservation of Nature (IUCN) has raised concerns after the poisonous fish was spotted in the waters around Turkey, Cyprus and the eastern Mediterranean. Native to the South Pacific and Indian Ocean, the

potentially deadly fish has poisonous hooks and a painful sting capable of killing people. Although fatalities are rare, the stings can cause extreme pain and stop people breathing. The fish, often known as Devil Firefish, is a highly invasive species. 【Q2】 And environmentalists fear its arrival could endanger other types of marine life. After being spotted in the Mediterranean, a marine scientist says, “The fish is spreading, and that’s a cause for concern.”

题目:

**Q1: What is reported in the news?**

- A) **A deadly fish has been spotted in the Mediterranean waters.**
- B) Invasive species are driving away certain native species.
- C) The Mediterranean is a natural habitat of Devil Firefish.
- D) Many people have been attacked by Devil Firefish.

解析:

A 选项为正确答案。新闻题的第一题尤其是主旨题的正确答案往往在第一句，考点是选项关键词 fish、Mediterranean 出现在第一句原文。难点是同意替换了 poisonous 以及 strong enough to kill a human 有毒的,足以让一个人丧命就等同于题目的 deadly。B 选项 invasive 为误导词跟原文中 invading 相对应但文中说的是一条鱼 a fish 并非 species 多个物种,此外并未提及 driving away 和 native species。而 C、D 选项中的 Devil Firefish 所出现的位置过于靠后,不符合顺序出题原则,且并未提及 natural habitat 和 people have been attacked 故排除。

题目:

**Q2: What is the environmentalists’ concern of the spread of Devil Firefish in the Mediterranean?**

- A) It could add to greenhouse emissions.
- B) It could disrupt the food chains there.
- C) **It could pose a threat to other marine species.**
- D) It could badly pollute the surrounding waters.

解析:

C 选项为正确答案。考点错误答案排除以及同意替换。文中并未提及 A 选项的 greenhouse emissions、B 选项的 food chains、D 选项的 pollute surrounding waters。且正确答案 C 选项中 endanger other types of marine 使其他海洋生物有危险等同于 pose a threat to other marine species。对其他海洋物种有威胁。

## News report 2

【Q3】 Almost half the centre of Paris will be accessible only by foot or bicycle this Sunday to mark World Car-Free Day. 【Q4】 This is in response to rising air pollution that made Paris the most polluted city in the world for a brief time. Mayor Anne Hidalgo promoted the first World Car Free Day last year. Hidalgo also has supported a Paris Breathes Day. On the first Sunday of every month, Paris clears traffic from eight lanes of the main road. About 400 miles of streets will be closed to cars. It is expected to bring significant reduction in pollution levels. ‘Last year’s car-free day showed a 40% drop in pollution levels in some parts of the city, according to an independent air pollution monitor’, reports the Guardian, ‘and some levels dropped by 50% in the city centre.’

题目:

**Q3: What will happen on World Car Free Day in Paris?**

- A) Cars will not be allowed to enter the city.
- B) **About half of its city center will be closed to cars.**
- C) Buses will be the only vehicles allowed on its streets.
- D) Pedestrians will have free access to the city.

解析:

B 选项为正确答案。新闻题第一道题的正确答案位置大多在第一句,定位词 half centre.考点为同意替换 almost=about, centre of Paris= city center, accessible only by foot or bicycle 以及 car-free= closed to cars 只有步行或自行车可以进入以

及无车替换对于汽车不开放。难点为 free 此时是无的意思又比如 sugar free 无糖，而非自由。C、D 选项中的 buses 和 pedestrians 均未提及。误导选项为 A 并非车不可以进入城市而是城市中心。

题目：

**Q4: What motivated the mayor of Paris to promote the first World Car Free Day in her city?**

- A) **The rising air pollution in Paris.**
- B) The worsening global warming.
- C) The ever-growing cost of petrol.
- D) The unbearable traffic noise.

解析：

A 选项为正确答案。定位词 rising air pollution 以及 Paris 与原文一致。此外 BCD 三个选项中的 global warming、cost of petrol、traffic noise 均未提及。难点为正确答案就在听力原文中的第二句，故得出第一题的答案切勿停留，集中注意力在下一道题的选项关键词上。也可通过排除法做题。

### News report 3

**【Q5】** A Philippine fisherman was feeling down on his luck when a house fire forced him to clear out his possessions and change locations. Then, a good luck charm that he had kept under his bed changed his life.

The unidentified man had fished out a giant pearl from the ocean when his anchor got stuck on the rock while sailing off a coastal island in the Philippines ten years ago.

**【Q6】** When he was forced to sell it, the shocked tourist agent at Puerto Princesa told him that **【Q7】** the 77-pound giant pearl that he had kept hidden in his rundown wooden house was the biggest pearl in the world, which was valued at £76 million.

The pearl of Allah, which is currently on display in a New York museum, only weighs 14 pounds. That is five times smaller than the pearl that the fisherman just handed in.

The monstrous pearl, measured at 1 foot wide and 2.2 feet long, is going to be verified by local experts and international authorities before hopefully going on display to attract more tourists in the little town.

题目：

**Q5: What happened to the Philippine fisherman one day?**

- A) Many of his possessions were stolen.
- B) **His house was burnt down in a fire.**
- C) His fishing boat got wrecked on a rock.
- D) His good luck charm sank into the sea.

解析：

B 选项为正确答案。新闻题第一道题的正确答案往往在第一句。定位词 house fire。考点为推理大火迫使他清走财产以及转移到其他地方推理出他的房子被烧毁。其中难点是 D 选项中的 good luck 与原文中 feeling down on his luck 倒霉，刚好是反义词。A 选项并未说个人财产被偷 were stolen。也未提及 C 选项中渔船破坏。

题目：

**Q6: What was the fisherman forced to do?**

- A) Change his fishing locations.
- B) Find a job in a travel agency.
- C) Spend a few nights on a small island.
- D) **Sell the pearl he had kept for years.**

解析：

D 选项为正确答案。定位词 sell pearl。其中 B、C 选项均未提及，但 A 选项 change location 为误导选项，并未说钓鱼的地点需更换且 change location 都出现在第一句，根据顺序出题原则以及绝大多数新闻题的特征每道题对应不同的答案句，故排除。

题目:

**Q7: What did the fisherman learn from the tourist agent?**

- A) A New York museum has the largest pearl.
- B) The largest pearl in the world weighs 14 pounds.
- C) His monstrous pearl was extremely valuable.**
- D) His pearl could be displayed in a museum.

解析:

C 选项为正确答案。较难题, 题目存在 2 处同意转述, 其中 monstrous=giant, extremely valuable= £76 million. AB 选项均不对.D 选项虽然正确但是并非是 tourist agent 所说, 故为误导选项。

## Section B

### Conversation 1

WOMAN: Mr. Smith, It's a pleasure meeting you!

Man: Nice to meet you, too. What can I do for you?

WOMAN: Well, I'm here to show you what our firm can do for you. Astro Consultants has branches in over fifty countries, offering different business services. **【Q8】** We're a global company with 75 years of history. And our clients include some of the world's largest companies.

MAN: Thank you, Mrs. Houston. I know Astro Consultants is a famous company. But you said you would show me what you could do for me. Well. What exactly can your firm do for my company?

WOMAN: We advise businesses on all matters, from market analysis to legal issues. Anything a business like yours could meet. Our firm offers expert advice. Could I ask you, Mr. Smith, to tell me a little about your company and the challenges you face? That way, I could better respond as to how we can help you.

Man: **【Q9】** OK, sure. This is a family business started by my grandfather in 1950. We employ just over 100 people. We manufacture an export stone for buildings and other constructions. Our clients usually want a special kind of stone cut in a special design. And that's what we do in our factory. **【Q10】** Our main challenge is that our national currency is rising, and we're losing competitive advantages to stone produces in India.

WOMAN: I see. That's very interesting. **【Q11】** I will suggest that you let us first conduct a financial analysis of your company, together with the analysis of your competitors in India. That way, we could offer the best advice on different ways forward for you.

**Question 8-11 are based on the conversation you have just heard.**

题目:

**Q8: What do we learn about the woman's company?**

- A) It boasts a fairly long history.**
- B) It produces construction materials.
- C) It has 75 offices around the world.
- D) It has over 50 business partners.

解析:

A 选项为正确答案。对话题注意第一个回合及双方各说一段, 尤其注意是否存在问句, 问句后的答案极有可能是正确答案, 就比如这道题, 定位词 history. 这道题的考点是词汇 boast 表示以...为豪, 以相当长的历史为豪对应原文拥有 75 年的历史。此外 B 选项并未提及 construction materials。CD 两个选项均为误导信息, 一般信息为真一般为未提及 C 选项并非是 75 offices, D 选项并非 50 business partners。

题目:

**Q9: What does the man say about his own company?**

- A) It has about 50 employees.

B) It was started by his father.

**C) It is a family business.**

D) It is over 100 years old.

解析:

C 选项为正确答案。视听完全一致, 简单题。A 选项并未提及。B 选项并不是 father 而是 grandfather。D 选项 100 后出现的是 people 而非 years old。

题目:

**Q10: What is the main problem with the man's company?**

A) Shortage of raw material supply.

B) Legal disputes in many countries.

C) Outdated product design.

**D) Loss of competitive edge.**

解析:

D 选项为正确答案。视听基本一致, competitive edge=competitive advantage。当听力材料说到这道题 C 选项中的 design 就暗示即将出现正确答案。其他选项中的信息均未提及。

题目:

**Q11: What does the woman suggest doing to help the man's company?**

**A) Conducting a financial analysis for it.**

B) Providing training for its staff members

C) Seeking new ways to increase its exports.

D) Introducing innovative marketing strategies.

解析:

A 选项为正确答案。视听一致, 根据顺序出题原则, 正确答案定位在听力的最末尾, 末尾选项信息与原文基本一致且其他选项均未提及。

## Conversation 2

Woman: Wow, congratulations, Simon! The place looks absolutely amazing!

Man: Really? You think so?

W: Of course. I love it. It looks like you had a professional interior designer. But you didn't, did you?

M: No. I did it all by myself with a little help from my brother, Greg. He's actually in the construction business, which was really helpful.

W: **【Q12】**Honestly, I'm impressed! I know I can probably repaint the walls in my house over a weekend or something, but not a full renovation. Where did you get your ideas? I wouldn't know where to start.

M: **【Q13】** Well, for a while now, I've been regularly buying home design magazines. Every now and then, I'd saved the pictures I liked. Believe it or not, I have a full notebook of magazine pages. Since by overall style was quite minimal, I thought and hoped a whole renovation wouldn't be too difficult. And sure enough, with Greg's help, it was very achievable.

W: Wasn't it expensive? I have imagined a project like this could be.

M: **【Q14】** Actually, it was surprisingly affordable. I managed to sell a lot of my old furniture and put that extra money towards the new material. Greg was also able to get some discount materials from a recent project he was working on as well.

W: Great! If you don't mind, I'd like to pick your brain a bit more. **【Q15】** Johansson and I are thinking of renovating our sitting room, not the whole house, not yet anyway. And we'd love to get some inspiration from your experience. Are you free to come over for a coffee early next week?

**Q12: What do we learn about the woman from the conversation?**

- A) She is a real expert at house decorations.  
B) She is well informed about the design business.  
C) She is attracted by the color of the sitting room.  
**D) She is really impressed by the man's house.**

解析:

D 选项为正确答案。这道题的难点在于答案并非在对话最开始,但开头的信息同样重要,开头女人祝贺了男人且女人说 I'm really impressed!得知这句话是对男人说的对应 D 选项。B 选项为误导信息但并未提及女人了解 design business.其他选项信息均未提及。

题目:

**Q13: Where did the man get his ideas for the project?**

- A) From his younger brother Greg.  
**B) From home design magazines.**  
C) From a construction businessman.  
D) From a professional interior designer.

解析:

B 选项为正确答案。视听一致简单题,尤其 well 等词后极易跟正确答案。

题目:

**Q14: What did the man say about the project he recently completed?**

- A) The effort was worthwhile.  
B) The style was fashionable.  
**C) the cost was affordable.**  
D) the effect was unexpected.

题目:

C 选项为正确答案。视听基本一致。在分析选项时考生需集中注意力于每个选项的形容词 worthwhile, fashionable, affordable, unexpected。其中原文只提及了 affordable。

**Q15: Why does the woman invite the man to her house next week?**

- A) She'd like him to talk with Jonathan about a new project.  
**B) She wants him to share his renovation experience with her.**  
C) She wants to discuss the house decoration budget with him.  
D) She'd like to show him around her newly-renovated house.

解析:

B 选项为正确答案。这道题属于视听基本一致,需分析选项信息,其中 D 选项为误导信息有 renovated house 但并未说带男人参观,而 B 选项中的 renovation experience 都出现,故为正确答案。

## Section C

### Passage 1

【Q16】Removing foreign objects from ears and noses costs England almost £3m a year, a study suggests. Children were responsible for the vast majority of cases - 95% of objects removed from noses and 85% from ears. Every year, an average of 1,218 nose and 2,479 ear removals took place between 2010 and 2016. According to England's Hospital Episode Statistics, children aged one to four were the most likely to need help from doctors for a foreign object in their nose. 【Q17】Five to nine year olds come to the hospital with something in their ear the most. Jewelry items accounted for up to 40% of cases in both the ears and noses of children. Paper and plastic toys were the items removed next most from noses. Cotton buds and pencils were also found in ears.

【Q18】 According to the study, the occurrence of foreign objects in children is generally attributed to curiosity. Children have an impulse to explore their noses and ears. This results in the accidental entry of foreign objects. Any ear, nose and throat surgeon has many weird stories about wonderful objects found in the noses and ears of children and adults. Batteries can pose a particular danger. In all cases, prevention is better than cure. This is why many toys contain warnings about small parts. Recognizing problems early and seeking medical attention is important.

题目:

**Q16: What does England spend an annual £3m on?**

- A) Providing routine care for small children.
- B) Paying hospital bills for emergency cases.
- C) Doing research on ear, nose and throat diseases.
- D) Removing objects from patients' noses and ears.**

解析:

D 选项为正确答案。视听基本一致。听力篇章第一道题的答案往往在前三句,需要考生集中注意力听开头的每一句,一边听一边对应选项中的关键词,其中 removing, objects noses, ears 四个单词都与原文重合。得出答案就紧盯下一道题的关键词。

题目:

**Q17: What do we learn from England's Hospital Episode Statistics?**

- A) Many children like to smell things they find or play with.
- B) Many children like to put foreign objects in their mouths.
- C) Five-to nine-year-olds are the most likely to put things in their ears.**
- D) Children aged one to four are often more curious than older children.

解析:

C 选项为正确答案。这道题属于视听基本一致,存在同意替换,其中 things 这个词包括文章中的 Jewelry items ,paper and plastic toys, cotton buds and pencils, 其他选项中的词都可以在文章中定位到,例如: 赤橙黄绿青蓝紫都属于颜色,所以不算难。

题目:

**Q18: What is generally believed to account for children putting things in their ears or noses?**

- A) They tend to act out of impulse.
- B) They want to attract attention.
- C) They are unaware of the potential risks.
- D) They are curious about these body parts.**

解析:

D 选项为正确答案。According to the study, report, research, survey 这样的表达后极容易出现正确答案,可以通过此短语帮助定位。这道题的难点是词性的改变 curious 在文中是 curiosity. B,C 选项均未提及,误导选项是 A 中的 impulse, 而这个选项的错误点在于并不是孩子们往往很冲动,而是他们对于探索他们身体的部分尤其是耳朵和鼻子很冲动。

## Passage 2

Good morning, I'd like to talk to you about my charity ReBicycle. But before that, let me introduce someone. This is Leila Rahimi. She was so scared when she first moved to New Zealand that she struggled to leave the house and would spend days working up the courage to walk to the supermarket for basic supplies. After a few months of being quite down and unhappy, she was invited to join a local bike club. 【Q19】At this time, ReBicycle got involved and gave Leila a second-hand bicycle. In weeks, her depression had begun to ease as she cycled. The bicycle totally changed her life, giving her hope and a true feeling of freedom.

【Q20】 To date, ReBicycle has donated more than 200 bikes to those in need, and is now expanding bike-riding lessons as demand soars. With a bike, you can travel farther but for almost no cost. The three hours a day that used to spend on walking to and from English language lessons has been reduced to just one hour. Our bike-riding lessons are so successful that we are urgently looking for more volunteers. Learning to ride a bike is almost always more difficult as an adult, and this can take days and weeks, rather than hours. 【Q21】 So, if any of you have some free time during the weekend, please come join us at ReBicycle and make a difference in someone's life.

题目:

**Q19: What did ReBicycle do to help Leila Rahimi?**

- A) It paid for her English lessons.
- B) It gave her a used bicycle.**
- C) It delivered her daily necessities.
- D) it provided her with physical therapy.

解析:

D 选项为正确答案。视听基本一致存在同意转述的情况 used bicycle=second hand bicycle.但这道题的难点在于第一题的正确答案句靠后, 所以考生需集中注意力听四个选项中的关键词, A,C,D 中的信息均未提及。

题目:

**Q20: What is ReBicycle doing to help those in need?**

- A) Expanding bike-riding lessons.**
- B) Asking local people for donations.
- C) Providing free public transport.
- D) Offering walking tours to visitors.

解析:

A 选项为正确答案。视听一致, 选项信息与原文信息完全重合, 简单题。其他选项均只重合一半的信息, 故排除。

题目:

**Q21: What do we learn from the passage about the ReBicycle?**

- A) It is a language school.
- B) It is a charity organization.**
- C) It is a counseling center.
- D) It is a sports club.

解析:

B 选项为正确答案。推理题, 难点在于需要听懂文章的内容, 并且知道四个选项中的关键词的含义, 以及需要听问题, 根据文章中的内容这是一个慈善组织, 其中 A 选项为误导选项不听问题极易选择这个选项, 这个选项说的是文中的小女孩的通勤上学时间而非 ReBicycle 是什么, 故排除。

### Passage 3

Thanks to the International Space Station we know quite a bit about the effects of low gravity on the human body, but NASA scientists want to learn more. 【Q22】 To that end, they have been studying how other species deal with low gravity, specifically focusing on mice. The results are both interesting and humorous.

The scientists first send some mice in a specially designed cage to the International Space Station. The cage allowed them to study the behavior of the mice remotely from Earth via video. 【Q23】 As you noticed in the video, the mice definitely seem uncomfortable at the beginning of the experiment. They move around clumsily, drifting within the small confines of the



cage and do their best to figure out which way is up, but without success. 【Q24】 However, it's not long before the mice begin to catch on. They adapt remarkably well to their new environment and even using the lack of gravity to their advantage as they push themselves around the cage.

That's when things really get wild. The 11<sup>th</sup> day of the experiment shows the mice are not just dealing with the gravity change but actually seem to be enjoying it. Several of the mice are observed running around the cage walls.

【Q25】 The scientists wanted to see whether the mice would continue doing the same kinds of activities they were observed doing on Earth. The study showed that the mice kept much of their routines intact, including cleaning themselves and eating when hungry.

**Q22 What do Nasa scientists want to learn about?**

- A) How mice imitate human behavior in space.
- B) How gravity affects the human body.
- C) How mice interact in a new environment.
- D) How animals deal with lack of gravity.**

解析:

D 选项为正确答案。听力篇章第一题往往在前三句需集中注意力听，这道题属于视听基本一致，但存在同意转述的情况，其中 animals=species, lack=low, D 选项中的其他关键词均可以和文章对应。得出第一道题的答案紧接着盯着下一道题的关键词。

题目:

**Q23 What does the passage say about the mice at the beginning of the experiment?**

- A) They were not used to the low-gravity environment.**
- B) They found it difficult to figure out where they were.
- C) They found the space in the cage too small to stay in.
- D) They were not sensitive to the changed environment.

解析:

A 选项为正确答案。较难题，属于同意替换。首先需要分析选项和画选项中的关键词，A 选项它们不适应失重环境。B 选项它们很难去想明白他们身处在哪里。C 选项它们觉得它们所处的笼子的空间太小以至于容不下它们。D 选项他们对于所换的环境并不敏感。BCD 均未提及，文中老鼠们起初感觉很不舒服在这样的环境下跟 A 选项相符。

题目:

**Q24 What was observed about the mice on the 11<sup>th</sup> day of the experiment?**

- A) They tried everything possible to escape from the cage.
- B) They continued to behave as they did in the beginning.
- C) They already felt at home in the new environment.**
- D) They had found a lot more activities to engage in.

解析:

C 选项为正确答案。较难题。尤其注意文章中的转折词帮助考生定位正确答案的位置。However 后文中提及老鼠们非常适应新环境等同于 C 选项在新的环境中，他们有了家的感觉是同意转述。并且其他选项的信息均未提及，可以用排除法做题。

题目:

**Q25 What did the scientists find about the mice from the experiment?**

- A) They repeated their activities every day.
- B) They behaved as if they were on Earth.**

- C) They began to eat less after some time.  
D) They changed their routines in space.

解析:

B 选项为正确答案。根据顺序出题原则比较容易在文章末尾定位正确答案句, 但这道题仍属于较难题同意替换题, 分析选项信息用排除法也会发现并未提及 A 选项的 repeated 和 every day, 以及 C 选项中的 eat less 和 D 选项的 change routines. B 选项老鼠们表现的就好像它们在地球上一样等同于文中科学家好奇老鼠的日常行为时候和在地球一样, 研究表明老鼠们的日程大都不变, 故选 B。

## 2020 年 12 月大学英语四级考试 阅读解析

### Section A 选词填空

When my son completes a task, I can't help but praise him. It's only natural to give praise where praise is due, right? But is there such a thing as too much praise?

According to psychologist Katherine Philip, children don't benefit from 26 praise as much as we'd like to think. "Parents often praise, believing they are building their child's self-confidence. However, over-praising can have a 27 effect," says Phillip. "When we use the same praise 28, it may become empty and no longer valued by the child. It can also become an expectation that anything they do must be 29 with praise. This may lead to the child avoiding taking risks due to their fear of 30 their parents."

Does this mean we should do away with all the praise? Phillip says no. "The key to healthy praise is to focus on the process rather than the 31. It is the recognition of a child's attempt, or the process in which they achieved something, that is essential," she says. "Parents should encourage their child to take the risks needed to learn and grow."

So how do we break the 32 of praise we're all so accustomed to? Phillip says it's important to 33 between "person praise" and "process praise." "Person praise is 34 saying how great someone is. It's a form of personal approval. Process praise is acknowledgement of the efforts the person has just 35. Children who receive person praise are more likely to feel shame after losing," says Philip.

- |                  |               |
|------------------|---------------|
| A) choose        | I) pattern    |
| B) constant      | J) plural     |
| C) disappointing | K) repeatedly |
| D) distinguish   | L) rewarded   |
| E) exhausting    | M) separately |
| F) experienced   | N) simply     |
| G) negative      | O) undertaken |
| H) outcome       |               |

解析:

26. B) constant

解析: 孩子们不会从持续的夸奖中受益。

27. G) negative

解析: 然而, 过度的夸奖会有消极影响。

28. K) repeatedly

解析: 当我们重复使用同样的赞美, 它可能变得空洞, 孩子不再重视。

29. L) rewarded

解析：他们所做的任何事都必须得到表扬，这可能成为一种期望。

30. C) disappointing

解析：这可能导致孩子因为害怕让父母失望而避免冒险。

31. H) outcome

解析：健康的表扬的关键是关注过程而不是结果

32. I) pattern

解析：那么，我们如何打破我们都习惯的赞美模式呢？

33. D) distinguish

解析：菲利普说，区分“个人表扬”和“过程表扬”很重要

34. N) simply

解析：个人表扬只是夸一个人有好。

35. O) undertaken

首先，根据 has 可以判断，此处是一个现在完成时，需要填入过去分词；其次，根据句意可理解为，过程咱们就是对一个人刚刚体验过的经历、努力的一种肯定，故选择 O

## Section B 长篇阅读

Poverty is a story about us, not them

- A) Too often still, we think we know what poverty looks like. It's the way we've been taught, the imagers we've been force-fed for decades. The chronically homeless, the undocumented immigrant, the urban poor, usually personified as a woman of color, the "welfare queen" politicians still too often reference.
- B) But as income inequality rises to record levels in the United States, even in the midst of a record economic expansion, those familiar images are outdated, hurtful, and counterproductive to focusing attention on solutions and building ladders of opportunity.
- C) Today's faces of income inequality and lack of opportunity look like all of us. It's Anna Landre, a disabled Georgetown University student fighting to keep health benefits that allow her the freedom to live her life. It's Tiffanie Standard, a counselor for young women of color in Philadelphia who want to be tech entrepreneurs- but who must work multiple jobs to stay afloat. It's Ken Outlaw, a welder in rural North Carolina whose dream of going back to school at a local community college was dashed by Hurricane Florence- just one of the extreme weather events that have tipped the balance for struggling Americans across the nation.
- D) If these are the central characters of our story about poverty, what layers of perceptions, myths, and realities must we unearth to find meaningful solutions and support? In pursuit of revealing this complicated reality, Mothering Justice, led by women of color, went last year to the state capital in Lansing, Michigan, to lobby on issues that affect working mothers. One of the Mothering Justice organizers went to the office of a state representative to talk about the lack of affordable childcare -the vestiges (痕迹) of a system that expected mothers to stay home with their children while their husbands worked. A legislative staffer dismissed the activist's concerns, telling her "my husband took care of that—I stayed home.
- E) That comment, says, Mothering Justice director Daniille Atkinson, "was meant to shame" and relied on

the familiar notion that a woman of color concerned about income inequality and programs that

- F) How many of us are poor in the U.S.? It depends on who you ask. According to the Census Bureau, 38million people in the U.S. are living below the official poverty thresholds. Taking into account economic need beyond that absolute measure, the Institute for Policy studies found that 140 million people are poor or low-income. That's almost half the U.S population.
- G) Whatever the measure, within that massive group, poverty is extremely diverse. We know that some people are more affected than others, like children, the elderly, people with disabilities, and people of color.
- H) But the fact that 4 in 10 Americans can't come up with \$400 in an emergency is a commonly cited statistic for good reason: economic instability stretches across race, gender, and geography. It even reaches into the middle classes, as real wages have *stagnated*(不增长) for all but the very wealthy and temporary spells of financial instability are not uncommon.
- I) Negative images remain of who is living in poverty as well as what is needed to move out of it. The big American myth is that you can pull yourself up by your own efforts and change a bad situation into a good one. The reality is that finding opportunity without help from families, friends, schools, and community is virtually impossible. And the playing field is nothing close to level
- J) The Frame Works Institute, a research group that focuses on public framing of issues, has studied what sustains stereotypes and narratives of poverty in the United Kingdom. "People view economic success and wellbeing in life as a product of choice, willpower, and drive," says Nat Kendall-Taylor, CEO of Frame Works. "When we see people who are struggling," he says, those assumptions "lead us to the perception that people in poverty are lazy, they don't care, and they haven't made the right decisions."
- K) Does this sound familiar? Similar ideas surround poverty in the U.S. And these assumptions give a false picture of reality. "When people enter into that pattern of thinking," say Kendall-Taylor, "it's cognitively comfortable to make sense of issues of poverty in that way. It creates a kind of cognitive blindness - all of the factors external to a person's drive and choices that they've made become invisible and fade from view."
- L) Assumptions get worse when people who are poor use government benefit to help them survive. There is a great tension between "the poor" and those who are receiving what has become a dirty word: "welfare."
- M) According to the General Social Survey. 71 percent of respondents believe the country is spending too little on "assistance to the poor." On the other hand, 22 percent think we are spending too little on "welfare". 37 percent believe we are spending too much.
- N) "Poverty has been interchangeable with people of color- specifically black women and black mothers," says Atkinson of Mothering Justice. It's true that black mothers are more affected by poverty than many other groups, yet they are disproportionately the face of poverty. For example, Americans routinely

overestimate the share of black recipients of public assistance programs.

- O) In reality, most people will experience some form of financial hardship at some point in their lives. Indeed, people tend to dip in and out of poverty, perhaps due to unexpected obstacles like losing a job, or when hours of a low-wage job fluctuate.
- P) Something each of us can do is to treat each other with the dignity and sympathy that is deserved and to understand deeply that the issue of poverty touches all of us

36. One legislative staffer assumed that a woman of color who advocated affordable childcare must be a single mother.

37. People from different races, genders, and regions all suffer from a lack of financial security.

38. According to a survey, while the majority believe too little assistance is given to the poor, more than a third believe too much is spent on welfare.

39. A research group has found that Americans who are struggling are thought to be lazy and to have made the wrong decisions.

40. Under the old system in America, a mother was supposed to stay home and take care of her children.

41. found that nearly 50% of Americans are poor or receive low pay.

42. Americans usually overestimate the number of blacks receiving welfare benefits.

43. It is impossible for Americans to lift themselves out of poverty entirely on their own.

44. Nowadays, it seems none of us can get away from income inequality.

45. Assumptions about poor people become even more negative when they live on welfare.

解析:

36. [E] That comment, says Mothering Justice director Danielle Atkinson, "was meant to shame"

37. [H] But the fact that 4 in 10 Americans can't come up with \$400 in an emergency is a commonly cited statistic for good reason: economic instability stretches across race, gender, and geography.

38. [M] According to the General Social Survey, 71 percent of respondents believe the country is spending too little on "assistance to the poor."

39. [J] The Frame Works Institute, a research group that focuses on public framing of issues, has studied what sustains stereotypes and narratives of poverty in the United Kingdom

40. [D] If these are the central characters of our story about poverty, what layers of perceptions, myths, and realities must we unearth to find meaningful solutions and support?

41. [F] How many of us are poor in the U.S.?

42. [N] "Poverty has been interchangeable with people of color - specifically black women and" black mothers," says Atkinson of Mothering Justice.

43. [I] Negative images remain of who is living in poverty as well as what is needed to move out of it.

44. [C] 根据本段第一句话 "Today's faces of inequality and lack of opportunity look like all of us", today 对应题干中的 nowadays, inequality 与题干中是原词重现, 此外本句大意为今天我们所有人都面临着不平等和机会的缺乏, 这与题干中的 none of us can get away from income inequality.

45. [L] Those external factors include the difficulties accompanying low-wage work or structural discrimination based on race, gender, or ability.

Section C 仔细阅读

### Passage One

Boredom has, paradoxically, become quite interesting to academics lately. In early May, London's Boring Conference celebrated seven years of delighting in dullness. At this event, people flocked to talks about weather traffic jams, and vending-machine sounds, among other sleep-inducing topics.

What, exactly, is everybody studying? One widely accepted psychological definition of boredom is "the distasteful experience of wanting, but being unable, to engage in satisfying activity. But how can you quantify a person's boredom level and compare it with someone else's? In 1986, psychologists introduced the Boredom Proneness Scale, designed to measure an individual's overall tendency to feel bored. By contrast, the Multidimensional State Boredom Scale, developed in 2008, measures a person's feelings of boredom in a given situation.

Boredom has been linked to behavior issues including inattentive driving, mindless snacking, excessive drinking, and addictive gambling. In fact, many of us would choose pain over boredom. One team of psychologists discovered that two-thirds of men and a quarter of women would rather self-administer electric shocks than sit alone with their thoughts for 15 minutes. Researching this phenomenon, another team asked volunteers to watch boring, sad, or neutral films, during which they could self-administer electric shocks. The bored volunteers shocked themselves more and harder than the sad or neutral ones did.

But boredom isn't all bad. By encouraging self-reflection and daydreaming, it can spur creativity. An early study gave participants abundant time to complete problem-solving and word-association exercises. Once all the obvious answers were exhausted, participants gave more and more inventive answers to combat boredom. A British study took these findings one step further, asking subjects to complete a creative challenge (coming up with a list of alternative uses for a household item). One group of subjects did a boring activity first, while the others went straight to the creative task. Those whose boredom pumps had been primed were more productive.

In our always-connected world, boredom may be a hard-to-define state, but it is a fertile one. Watch paint dry or water boil, or at least put away your smartphone for a while, and you might unlock your next big idea.

46. When are people likely to experience boredom, according to an accepted psychological definition?

- A) When they don't have the chance to do what they want
- B) When they don't enjoy the materials they are studying
- C) When they experience something unpleasant
- D) When they engage in some routine activities

解析: A)。根据 psychological definition 定位第二段第 2 句该句 "One widely accepted psychological definition of boredom is 'the distasteful experience of wanting, but being unable, to engage in satisfying activity.'" "

47. What does the author say boredom can lead to?

- A) Determination.
- B) Concentration.
- C) Mental deterioration.
- D) Harmful conduct.

解析: D)。根据第三段该句 "Boredom has been linked to behavior issues including inattentive driving, mindless snacking, excessive drinking, and addictive gambling."

48. What is the finding of one team of psychologists in their experiment?

- A) Volunteers prefer watching a boring movie to sitting alone deliberating.
- B) Many volunteers choose to hurt themselves rather than endure boredom.
- C) Male volunteers are more immune to the effects of boredom than females.
- D) Many volunteers are unable to resist boredom longer than fifteen minutes.

解析: B)。根据第三段第 3 句 "One team of psychologists discovered that two-thirds of men and a quarter of women would rather self-administer electric shocks than sit alone with their thoughts for 15 minutes."

49. Why does the author say boredom isn't all bad?

- A) It stimulates memorization.                      C) It may promote creative thinking.  
B) It allows time for relaxation.                      D) It may facilitate independent learning.

解析：C)。根据第四段第2句“By encouraging self-reflection and daydreaming, it can spur creativity.”

50. What does the author suggest one do when faced with a challenging problem?

- A) Stop idling and think big.                      C) Look around oneself for stimulation.  
B) Unlock one's smartphone.                      D) Allow oneself some time to be bored.

解析：D)。根据第四段最后一句“Those whose boredom pumps had been primed were more productive.”

### Passage Two

Forests in countries like Brazil and the Congo get a lot of attention from environmentalists, and it is easy to see why, South America and sub-Saharan Africa are experiencing deforestation on an enormous scale: every year almost 5 million hectares are lost. But forests are also changing in rich Western countries. They are growing larger, both in the sense that they occupy more land and that the trees in them are bigger. What is going on?

Forests are spreading in almost all Western countries, with the fastest growth in places that historically had rather few trees. In 1990 28% of Spain was forested, now the proportion is 37%. In both Greece and Italy, the growth was from 26% to 32% over the same period. Forests are gradually taking more land in America and Australia. Perhaps most astonishing is the trend in Ireland. Roughly 1% of that country was forested when it became independent in 1922. Now forests cover 11% of the land, and the government wants to push the proportion to 18% by the 2040s.

Two things are fertilizing this growth. The first is the abandonment of farmland, especially in high, dry places where nothing grows terribly well. When farmers give up trying to earn a living from farming or herding, trees simply move in. The second is government policy and subsidy. Throughout history, governments have protected and promoted forests for diverse reasons, ranging from the need for wooden warships to a desire to promote suburban house-building. Nowadays forests are increasingly welcome because they suck in carbon pollution from the air. The justifications change; the desire for more trees remains constant.

The greening of the West does not delight everyone. Farmers complain that land is being taken out of use by generously subsidized tree plantations. Parts of Spain and Portugal suffer from terrible forest fires. Others simply dislike the appearance of forests planted in neat rows. They will have to get used to the trees, however. The growth of Western forests seems almost as unstoppable as deforestation elsewhere.

51. What is catching environmentalists' attention nowadays?

- A) Rich countries are stripping poor ones of their resources  
B) Forests are fast shrinking in many developing countries  
C) Forests are eating away the fertile farmland worldwide  
D) Rich countries are doing little to address deforestation

解析：B) 根据第一段第1句“Forests in countries like Brazil and the Congo get a lot of attention from environmentalists, and it is easy to see why, South America and sub-Saharan Africa are experiencing deforestation on an enormous scale.”

52. Which countries have the fastest forest growth?

- A) Those that have newly achieved independence  
B) Those that have the greatest demand for timber

- C) Those that used to have the lowest forest coverage
- D) Those that provide enormous government subsidies

解析: C)。根据第二段第 1 句“Forests are spreading in almost all Western countries, with the fastest growth in places that historically had rather few trees.”

53. What has encouraged forest growth historically?

- A) The government's advocacy
- B) The use of wood for fuel
- C) The favorable climate.
- D) The green movement.

解析: A)。根据第三段第 4 句“The second is government policy and subsidy. Throughout history, governments have protected and promoted forests for diverse reasons, ranging from the need for wooden warships to a desire to promote suburban house-building.”

54. What accounts for our increasing desire for forests?

- A) Their unique scenic beauty.
- B) Their use as fruit plantations.
- C) Their capability of improving air quality.
- D) Their stable supply of building materials.

解析: C)。根据第三段倒数第 2 句“Nowadays forests are increasingly welcome because they suck in carbon pollution from the air.”

55. What does the author conclude about the prospects of forestation?

- A) Deserts in sub-Saharan Africa will diminish gradually.
- B) It will play a more and more important role in people's lives.
- C) Forest destruction in the developing world will quickly slow down.
- D) Developed and developing countries are moving in opposite directions.

解析: D)。根据最后一段最后 1 句“The growth of Western forests seems almost as unstoppable as deforestation elsewhere.”

### 2020 年 12 月大学英语四级考试 翻译解析

第一套: 生活在中国不同地区的人们饮食多种多样。北方人主要吃面食, 南方人大多吃米饭。在沿海地区, 海鲜和淡水水产品人们在饮食中占有相当大的比例, 而在其他地区人们的饮食中, 肉类和奶制品更为常见。四川、湖南等省份的居民普遍爱吃辛辣食物, 而江苏和浙江人更喜欢甜食。然而, 因为烹饪方式各异同类食物的味道可能会有所不同

参考解析: People living in different areas of China have different kinds of food. Those in the north mainly prefer food made of flour while those in the south mostly eat rice. Along the coastal areas, sea food and fresh water products make up a considerable proportion of people's diet whereas in other places, meat and dairy products are more common. The residents in Sichuan, Hunan and other provinces favour spicy food, whereas the citizens in Jiangsu and Zhejiang provinces are fond of sweet food. However, owing to various cooking methods, the same food might taste different.



第二套：春节前夕吃团圆饭是中国人的传统。团圆饭是一年中最重要的晚餐，也是家庭团聚最佳时机，家人生活在不同地方的家庭尤其如此。团圆饭上的菜肴丰富多样，其中有些菜肴有特殊含义。例如，鱼是不可缺少的一道菜，因为汉语中的“鱼”字和“余”字听上一样。在中国的许多地方，饺子也是一道重要的佳肴，因为饺子象征着财富和好运。

参考解析：It's a tradition for Chinese to have the family reunion meal on the eve of Spring Festival. The reunion meal is not only the most important dinner in a year but also the best opportunity for family reunion, especially for those families whose members live in different places. The family reunion dinner consists of a great variety of dishes, some of which have special meanings. Fish is a dish that can't be missed on the eve of Spring Festival, because the word "fish" is pronounced the same as "rich". In many areas of China, dumpling is also an important dish which symbolizes wealth and fortune.

第三套：鱼是春节前夕餐桌上不可或缺的一道菜，因为汉语中“鱼”字的发音与“余”字的发音相同。正由于这个象征性的意义，春节期间鱼也作为礼物送给亲戚朋友。鱼的象征意义据说源于中国传统文化。中国人有节省的传统。他们认为节省得愈多，就感到愈为安全。今天，尽管人们愈来愈富裕了，但他们仍然认为节省是一种值得弘扬的美德。

参考解析：Fish is a dish that can't be missed on the eve of Spring Festival, because the word "fish" is pronounced the same as "rich". Due to this symbolic meaning, fish is often given to friends and relatives as a gift during Spring Festival. It is said that the symbolic meaning of fish originates from traditional Chinese culture. Chinese have a tradition of saving. They believe that the more they save the safer they feel. Today, although people become richer, they still regard saving as a virtue worthy carrying forward.