

## 2020 年 12 月大学英语四级考试真题（第 1 套）

### 阅读解析

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 Phillip, 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 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 personal approval. Process praise is acknowledgment of the efforts the person has just \_35\_. children who receive person praise are more likely to feel shame after losing," says Phillip.

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

解析:

26.B

空格后为名词 **praise**，且空格所在的句子完整，所以填形容词。再结合句意，孩子们没有从\_\_\_\_\_的表扬中获益像

我们认为的那样多，所以填形容词 **constant**，经常的。

27.G

空格前为 **a**，空格后为名词 **effect**，所以填形容词。再结合句意，前一句话说明，家长们经常会表扬，他们认为他们正在增强孩子的自信心。然而，过度的表扬会有一个\_\_\_\_\_的影响。因为句首有转折词“然而”，说明前后句意相反，这个影响应该是不好的影响，所以填形容词 **negative**，负面的。

28.K

空格前为完整的句子，当我们使用同样的表扬\_\_\_\_\_，它可能变成无意义的并且不被孩子们重视。所以填副词 **repeatedly**，重复多次地。

29.L

空格前为 **must be**，所以填过去分词构成被动语态。再结合句意，这可能同样会变成一种期待，也就是他们所做的任何事情都必须被用\_\_\_\_\_表扬。所以填过去分词，**rewarded**，奖励。

30.C

空格前为介词 **of**，所以填名词，再结合句意，孩子们避免去冒险因为他们害怕\_\_\_\_\_他们的父母。所以填动名词，**disappointing**，使失望。

31.H

空格前为并列连词 **rather than**，并列前的内容为 **process**，所以此空也填名词，且与 **process** 意思相反。故填名词 **outcome**，结果。

32.I

空格前为定冠词 **the**，后面为介词 **of**，所以填名词。再结合句意，所以怎样去打破我们都习惯的表扬的\_\_\_\_\_？故填名词 **pattern**，模式。

33.D

空格前为不定式 **to**，**it is important to do sth**，表示做某事很重要，所以填动词原形。空格后为 **between**，表示在两者中。这句话的意思为，\_\_\_\_\_“个人表扬”和“过程表扬”是很重要的，所以填动词 **distinguish**，区分。

34.N

空格所在的句子完整，空格前为 **is**，所以填副词，句意为：个人表扬是\_\_\_\_\_说一个人有多么棒，所以填副词 **simply**，仅仅，只不过。

35.O

由 35 空前一句所知，本句在给过程性赞美下定义。由上文理解，本句话所想表达的意思为过程性赞美就是对一个人所实施/进行的努力的认可。**has just....**，可知使用了现在完成时，所以从动词的过去分词中去选择，由此由 **experience** 和 **undertake** 两个备选项。由于 **undertake efforts** 为固定搭配短语-进行的努力，采取的措施可知，本空选择 **undertake**

## Section B

**Directions:** *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on Answer Sheet 2.*

### Poverty is a story about us, not them

[A] Too often still, we think we know the poverty looks like. It's the way we've been taught, the images we've been forced-fed 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 expansions, those familiar images are outdated, hurtful and counterproductive to focusing attention on solutions and building ladders of opportunity.

[C] 44. Today's faces of 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 — 40. 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] 36. That comment, says Mothering Justice director Danielle Atkinson, "was meant to shame" and relied on the familiar trope that a woman of color concerned about income inequality and programs that promote mobility must by definition be a single mom, probably with multiple kids. In this case, Mothering Justice activist happened to be married. And in most cases in the America of 2019, the images that come to mind when we hear the words poverty or income inequality fail miserably in reflecting a complicated reality: poverty touches virtually all of us. The face of income inequality, for all but a very few of us, is the one we each see in the mirror.

[F] How many of us are poor in the U.S.? It depends on who you ask. According to the Census Bureau, 38 million people in the U.S. are living below the official poverty thresholds. Taking into account economic need beyond that absolute measure, 41. 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: 37. 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 effort and change a bad situation into a good one. 43. 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 FrameWorks 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, drive, grit, and gumption," says Nat Kendall-Taylor, CEO of FrameWorks. 39. "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 wreak havoc on reality. "When people enter into that pattern of thinking," says 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] Those external factors include the difficulties accompanying low-wage work or structural discrimination based on race, gender, or ability. 45. Assumptions get worse when people who are poor use government benefits 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] 38. According to the General Social Survey, 71 percent of respondents believe the country is spending too little on a "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, 42. 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. XXX found that nearly 50% of Americans are poor or receive low pay.
42. American usually overestimate the number of blacks receiving welfare benefits.
43. It is impossible for Americans to lift themselves out of poverty entirely on their owns.
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.

### Section C

**Directions:** There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

#### Passage One

Questions 46 to 50 are based on the following passage.

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? 46. One widely accepted 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.

47. Boredom has been linked to behavior issues including inattentive driving, mindless snacking, excessive drinking, and addictive gambling. 48. 1, In fact, many of us would choose pain over boredom. One team of psychologists discovered that, 2 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.

49. But boredom isn't all bad. By encouraging self-reflection and daydreaming, it can spur activity. An early study gave participants 50. abundant time to complete problem-solving and word-association exercises. Once all the obvious answers were exhausted, participants gave more and more incentive answers to combat boredom. A British study took these findings one step further, asking subjects to complete a 50. 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.

选项分析：由题干信息可知本题为事实细节题，根据定位词可得知定位句为第2段第2句。本句所讲的意思为一个广泛接受的无聊的定义为不愉快的欲望体验且没有能力参与到愉悦满意的活动。与选项A同义替换。因此答案选A。

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

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

选项分析：由题干作者说无聊可以导致什么得知本题为作者观点题与因果题-知因求果的结合。由定位词可定位在第3段第1句--has been linked to 的后面。后面句子中 behavior issues 与选项D conduct 同义替换，而 including inattentive driving, mindless snacking, excessive drinking, and addictive gambling 即概括归纳为D选项 harmful conduct。因此答案为D

48. What is the findings 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.

选项分析：由题干 experiment 与 findings 可知题目在讲这个实验的例子所表明的发现的观点，由此可判断本题目为新东方网四六级频道

例证题。因此在文中第3段第3句为定位所在句，即例子所在句。由此第2句为观点句：事实上，我们很多人会选择痛苦而不是无聊。由此与B选项同义替换。或者解法二：第3句为宾从表观点，同时为观点句，因此同义改写也为B。

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

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

选项分析：由题干为什么作者说无聊并不是全都是不好的可知此题为因果细节题，因此此题告果求因。根据定位词可找到果为第3段第1句。因此第2句为原因-无聊通过鼓励自我反映与幻想刺激活动进行可抽象概括为B。或者根据下文研究的举例论证中可得知促使创造性想法与思维。因此选B

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

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

选项分析：由题干可知本题为作者观点题。此题作者借几项研究的实验观点来表明作者观点。本题定位词在文中可找到几处定位句，通过句子间的理解概括归纳可知选D。

## Passage Two

Questions 51 to 55 are based on the following passage.

**51.** 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 and that the trees in them are bigger. What is going on?

**52.** Forests are spreading in almost all Western countries, with **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 and more 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. Forests cover 11% of the land, and the government wants to push the proportion to 18% by the 2040s.) 例子

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.

**53.** 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.** **Nowadays forests are increasingly welcome because they suck in** (吸收) carbon pollution from the air. The **justifications** (理由) 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 subsidised 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. **55. The growth of Western forests seems almost as unstoppable as deforestation elsewhere.**

51. What is catching environmentalists' attention nowadays?

A) Rich countries are stripping (剥夺) poor ones of their resources.

B) Forests are fast shrinking in many developing countries.

C) Forests are eating away (侵蚀) the fertile farmland worldwide.

D) Rich countries are doing little to address deforestation.

选项分析：这是一道事实细节题根据题干定位词，可以定位到第一段第一、二句话：像巴西和刚果这样的国家的森林得到了环保人士的广泛关注，原因显而易见。南美洲和撒哈拉以南非洲正在经历大规模的森林砍伐：每年几乎有 500 万公顷的森林消失。说明在许多发展中国家，森林面积正在快速缩减。故选 B。

52. Which countries have the fastest forest growth?

A) Those that have newly achieved independence.

B) Those that at have the greatest demand for timber

C) Those that used to have the lowest forest coverage.

D) Those that provide enormous government subsidies (补助金).

选项分析：这是一道事实细节题。根据定位词可以定位到第二段第一句话。几乎所有的西方国家都有森林，在那些历史上树木稀少的地方，森林的生长速度是最快的。说明之前最低的森林覆盖率的地方，现在森林生长得最快。故选 C。

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.

选项分析：根据题干定位词，可以定位到第三段。第三段一共给出两个原因。原因一是高度干旱地区的农田的废弃；原因二是政府的政策和津贴。根据同义替换，选 A，政府政策的支持，对应第二个原因。

54. What account for our increasing desire for forests?

A) Their unique scenic (风景的) beauty.

B) Their use as fruit plantation.

C) Their capability of improving air quality.

D) Their stable supply of building materials.

选项分析：这是一道因果细节题，题目问原因。根据题干定位词，可以定位到第三段倒数第二句话。现在森林越来越受欢迎，因为它们吸收空气中的碳污染。根据同义替换，选 C，他们能够提高空气质量的能力。

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 direction.

选项分析：根据题干信息，这是一道观点细节题。作者观点定位到最后一段最后一句话，西部森林的增长似乎和其他地方的森林砍伐一样不可阻挡。说明西部森林增长很快，其他地方森林砍伐很严重。故选 D，发达国家和发展中国家正朝着相反的方向发展。