

# 阅读理解A(上)回顾

## 本周直播要点：

- 1、阅读A各题型解题思路；
- 2、实战。



上节课总结：

## 一、**细节题**之**事实细节题**

解题思路：

- 1、找到事实所在句子，直接比对出答案。（死守定位句）
- 2、首次定位句出不了答案，再次定位出答案。

## 2018年text4

① There are a number of approaches to mastering the art of deep work-- be it lengthy retreats dedicated to a specific task ; developing a daily ritual ; or taking a "journalistic" approach to seizing moment of deep work when you can throughout the day. ② Whichever approach, the key is to determine your length of focus time and stick to it.

36. **The key** to **mastering the art of deep work** is to \_\_\_\_ .

- [A] keep to your focus time
- [B] list your immediate tasks
- [C] make specific daily plans
- [D] seize every minute to work

## 2018年text4

In order to make the most of our focus and energy, we also need to embrace downtime, or as Newport suggests, "be lazy".

"Idleness is not just a vacation, an indulgence or a vice ; it is as indispensable to the brain as vitamin D is to the body ..." [idleness] is, paradoxically, necessary to getting any work done," he argues.

38. According to Newport, idleness is\_\_\_\_\_.

[A] a desirable mental state for busy people.

[B] a major contributor to physical health

[C] an effective way to save time and energy

[D] an essential factor in accomplishing any work

**2018年text4**

① Srini Pillay, an assistant professor of psychiatry at Harvard Medical School, believes this counterintuitive link between downtime and productivity may be due to the way our brains operate. ② When our brains switch between being focused and unfocused on a task, they tend to be more efficient.

③ "What people don't realise is that in order to complete these tasks they need to use both the focus and unfocus circuits in their brain," says Pillay.

39. Pillay believes that **our brains' shift between being focused and unfocused**\_\_\_\_\_.

[A] can result in psychological well-being

[B] can bring about greater efficiency

[C] is aimed at better balance in work

[D] is driven by task urgency

## 一、**细节题之例子**细节题（例证题）

**解题思路：**例子本身不是答案，找到例子所证明的论点是关键，论点在例子的上文或下文。

**2018年text4**

① Another approach to getting more done in less time is to rethink how you prioritise your day – in particular how we craft our to-do lists. ② Tim Harford, author of *Messy: The Power of Disorder to Transform Our Lives*, points to a study in the early 1980s that divided undergraduates into two groups: some were advised to set out monthly goals and study activities ; others were told to plan activities and goals in much more detail, day by day.

③ While the researchers assumed that the well-structured daily plans would be most effective when it came to the execution of tasks, they were wrong: the detailed daily plans demotivated students. ④ Harford argues that inevitable distractions often render the daily to-do list ineffective, while leaving room for improvisation in such a list can reap the best results.

37. The study in the early 1980s cited by Harford shows that\_\_\_\_\_.

- [A] distractions may actually increase efficiency.
- [B] daily schedules are indispensable to studying
- [C] students are hardly motivated by monthly goals
- [D] detailed plans may not be as fruitful as expected

## 2018年text4

40. This text is mainly about\_\_\_\_\_.

- [A] ways to relieve the tension of busy life
- [B] approaches to getting more done in less time
- [C] the key to eliminating distractions
- [D] the cause of the lack of focus time

上节课总结：

### 一、**细节题**之词汇/句子细节题

这种题考查方式有两种：一、超纲词或含超纲词的句子；二、熟词僻义或者特定场合中的意思。

解题思路：借助上下文逻辑关系对词和句子进行推断，比如转折，递进，重复，同位语，定语解释，因果关系来解题。

**2019年text1**

①In a 2014 study, for example, Malti and a colleague looked at 244 children, ages 4, 8, and 12. ②Using caregiver assessments and the children' s self-observations, they rated each child' s overall sympathy level and his or her tendency to feel negative emotions (like guilt and sadness) after moral **transgressions**. ③Then the kids were handed stickers and chocolate coins, and given a chance to share them with an anonymous child. ④For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty. ⑤The guilt-prone ones shared more, even though they hadn' t magically become more sympathetic to the other child' s deprivation.

25. The word "transgressions" (line 4 para 5) is closest in meaning to\_\_\_\_\_.

- A. wrongdoings
- B. discussions
- C. restrictions
- D. teachings

## 二、推理题

解题思路：阅读相应**段落**——**字面意思**——**理解**的基础上**推理**信息

（一般情况下，正确选项不太可能是原文的显性信息。实在拿不稳，选择与原文主旨最紧贴的。）

## 2015年text2

① Many first- generation students "struggle to navigate the middle-class culture of higher education, learn the 'rules of the game,' and take advantage of college resources," they write. ② And this becomes more of a problem when colleges don't talk about the class advantage and disadvantages of different groups of students. ③ "Because US colleges and universities seldom acknowledge how social class can affect students' educational experience, many first-generation students lack sight about why they are struggling and do not understand how students 'like them' can improve."

30. We may infer from the last paragraph that\_\_\_\_\_.

- [A] universities often reject the culture of the middle-class
- [B] students are usually to blame for their lack of resources
- [C] social class greatly helps enrich educational experiences
- [D] colleges are partly responsible for the problem in question



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