

大学英语六级阅读冲刺班

第8讲

主讲人：Agnes

41. Winners of local contests will participate in the national math competition for free.

42. Many schools don't place academic competitions at the top of their priority list.

[J] It's no secret in the advanced-math community that diversity is a problem. According to Mark Saul, the director of competitions for the Mathematical Association of America, not a single African-American or Hispanic student—and only a handful of girls—has ever made it to the Math Olympiad team in its 50 years of existence. Many schools simply don't prioritize academic competitions. ...

36. Workplace norms pressure employees to overwork, deterring them from taking paid time off.

37. The overwhelming majority of employees attribute their stress mainly to low pay and an excessive workload.

[F] The U.S. trails far behind every wealthy nation and many developing ones that have family-friendly work policies including paid parental leave, paid sick days and breast-feeding support, according to a 2007 study. The U.S. is also the only advanced economy that does not guarantee workers paid vacation time, and it's one of only two countries in the world that does not offer guaranteed paid maternity leave. ...



[F] ... But even when employees are given paid time off, workplace norms and expectations that pressure them to overwork often prevent them from taking it. Full-time employees who do have paid vacation days only use half of them on average.

归纳推断

- 信息涉及到原文2+句子

1. 关键词出现在多个句子中，其相互关系需经过归纳推断
2. 关键词组未直接出现，关键词组本身需经过归纳推断。

关键词组未直接出现。关键词组本身经过归纳推断。

1. 具体——概括
2. 论据——论点
3. 指代
4. 比较（好坏，先后，多少，大小等）
5. 前提
6. 焦点

细节归纳题

41. Data sharing enables scientists to publish each step of their research work, thus leading to more citations.

44. Sharing data and handling data-related issues can be time-consuming.

[L] Despite complications and concerns, the upsides of sharing can be significant. For example, when information is uploaded to a repository, a digital object identifier (DOI) is assigned. Scientists can use a DOI to publish each step of the research life cycle, not just the final paper. In so doing, they can potentially get three citations—one each for the data and software, in addition to the paper itself. And although some say that citations for software or data have little currency in academia, they can have other benefits.

37. Some researchers are hesitant to make their data public for fear that others might publish something similar before them.

38. Some psychology journals have offered incentives to encourage authors to share their data.

[G] Some fear that the potential impact of sharing is too high, especially at the early stages of a career. “Everybody has a scary story about someone getting *scooped* (被抢先) ,” says New York University astronomer David Hogg. Those fears may be a factor in a lingering hesitation to share data even when publishing in journals that mandate it.

44. Wealthy parents are concerned about their children's mental health and busy schedules.

45. Some socioeconomic differences in child rearing have shrunk in the past ten years.

[B] Well-off families are ruled by calendars, with children enrolled in ballet, soccer and after-school programs, according to a new Pew Research Center survey. There are usually two parents, who spend a lot of time reading to children and worrying about their anxiety levels and hectic schedules.

40. Research finds that if employees suffer from high stress, they will be less motivated, less productive and more likely to quit.

41. In-office wellness programs may help reduce stress levels, but they are hardly an ultimate solution to the problem.

[K] To address skyrocketing employee stress levels, many companies have implemented workplace wellness programs, partnering with health care providers that have created programs to promote employee health and well-being. Some research does suggest that these programs hold promise. A study of employees at health insurance provider Aetna revealed that roughly one quarter of those taking in-office yoga and mindfulness classes reported a 28% reduction in their stress levels and a 20% improvement in sleep quality....

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41. In-office wellness programs may help reduce stress levels, but they are hardly an ultimate solution to the problem.

[K] ...These less-stressed workers gained an average of 62 minutes per week of productivity. While yoga and *meditation* (静思) are scientifically proven to reduce stress levels, these programs do little to target the root causes of burnout and disengagement. The conditions creating the stress are long hours, unrealistic demands and deadlines, and work-life conflict.

长篇阅读真题精讲2—2018年12月第3套

- **Resilience Is About How You Recharge, Not How You Endure**
- A) As **constant** travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a **plane**, undistracted by phones, friends, or movies. We race to get all our ground work done: packing, going through **security**, doing a last-minute work call, calling each other, then boarding the **plane**. Then, when we try to have that amazing work session in **flight**, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to soldier on with (继续处理) the emails that have **inevitably** still piled up.

我们经常想不受干扰的情况下能处理多少工作，结果发现工作无止尽。

- B) Why should flying **deplete** us? We're just sitting there doing nothing. Why can't we be tougher, more **resilient** (有复原力的) and **determined** in our work so we can **accomplish** all of the goals we set for ourselves? Based on our **current** research, we have come to realize that the problem is not our hectic schedule or the **plane** travel itself; the problem comes from a **misconception** of what it means to be **resilient**, and the resulting **impact** of overworking.

我们觉得筋疲力尽的原因是我们对复原力有错误的认知，过度工作的影响。

- C) *We often take a militaristic, "tough" **approach** to **resilience** and **determination** like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play.* We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be. However, this entire **conception** is scientifically **inaccurate**.
- D) The very lack of a **recovery** period is dramatically holding back our **collective** ability to be **resilient** and successful. Research has found that there is a direct **correlation** between lack of **recovery** and increased **incidence** of health and safety problems. And lack of **recovery**-whether by disrupting sleep with thoughts of work or having **continuous cognitive** arousal by watching our phones-is costing our companies \$62 billion a year in lost **productivity**.

C)我们经常用军队标准衡量毅力，其实这是错误的。

D)没有恢复期会严重影响我们的能力，会降低我们的生产力。

- E) And just because work stops, it doesn't mean we are recovering. We "stop" work sometimes at 5pm, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from Norway found that 7.8% of Norwegians have become workaholics (工作狂)
 . The scientists ***cite a definition*** of "workaholism" as "being overly ***concerned*** about work, driven by an ***uncontrollable*** work motivation, and investing so much time and effort in work that it impairs other important life areas."

停止工作不代表休息，工作狂是太专注于工作以致影响了其他方面

- F) We believe that the number of people who fit that **definition** includes the **majority** of American workers, which prompted us to begin a study of workaholism in the U. S. *Our study will use a large **corporate** dataset from a major medical company to examine how technology extends our working hours and thus interferes with necessary **cognitive recovery**, resulting in huge health care costs and turnover costs for employers.*

大部分美国工人符合工作狂这个定义，科技延长了工作干扰了认知修复，使得医疗费用增加。

- G) The **misconception** of **resilience** is often bred from an early age. Parents trying to teach their children **resilience** might **celebrate** a high school student staying up until 3am to finish a science fair project.
 - What a **distortion** of **resilience**! A **resilient** child is a well-rested one. When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the **cognitive** resources to do well on his English test; he has lower self-**control** with his friends; and at home, he is moody with his parents.
- Overwork and exhaustion are the opposite of **resilience** and the bad habits we **acquire** when we're young only **magnify** when we hit the workforce.

抗逆力是源于早期的错误概念，过度工作和劳累这种年少时养成的坏习惯只在工作时被夸大赞美。

- H) As Jim Loehr and Tony Schwartz have written, if you have too much time in the **performance** zone, you need more time in the **recovery** zone, otherwise you risk burnout. Gathering your resources to "try hard" requires burning energy in order to **overcome** your currently low arousal level. It also worsens exhaustion. Thus the more imbalanced we become due to overworking, the more value there is in activities that allow us to return to a state of balance. The value of a **recovery** period rises in **proportion** to the amount of work required of us.

越是经历了高强度的工作越需要休息，否则会崩溃，恢复期必须与工作期成比例。

- I) So how do we recover and build **resilience**? Most people **assume** that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and **recovery** are not the same thing.

即使你暂停工作，大脑也在工作。休息和恢复不一样。

- J) If you're trying to build **resilience** at work, you need **adequate internal** and **external recovery** periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 paper:
"Internal **recovery** refers to the shorter periods of **relaxation** that take place within the frames of the work day or the work **setting** in the form of short scheduled or unscheduled breaks, by **shifting** attention or changing to other work tasks when the **mental** or physical resources required for the **initial** task are **temporarily** depleted or exhausted. External **recovery** refers to actions that take place outside of work-
e.g. in the free time between the work days, and during weekends, holidays or vacations.
" If after work you lie around on your bed and get irritated by political **commentary** on your phone or get stressed thinking about decisions about how to **renovate** your home, your brain has not received a break from high **mental** arousal states. Our brains need a rest as much as our bodies do.

抗逆力/恢复力的重建需要足够的身心内外复原期，大脑和身体都需要复原。

- K) If you really want to build **resilience**, you can start by strategically stopping. Give yourself the resources to be tough by creating **internal** and **external recovery** periods. Amy Blankson describes how to strategically stop during the day by using technology to **control** overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. You can also use apps like Offtime or Unplugged to create tech free zones by strategically scheduling automatic airplane modes. The average person turns on their phone 150 times every day. If every distraction took only 1 minute, that would account for 2.5 hours a day.

重塑恢复力需要开始学会策略性暂停，让内外都有恢复期。即使每次暂停只有1分钟，150次也有2.5小时。

- L) In **addition**, you can take a **cognitive** break every 90 **minutes** to charge your batteries. Try to not have lunch at your desk, but instead spend time outside or with your friends- not talking about work. Take all of your paid time off, which not only gives you **recovery** periods, but raises your **productivity** and **likelihood** of **promotion**.
- M) As for us, we've started using our **plane** time as a work-free zone, and thus time to dip into the **recovery** phase. The results have been **fantastic**. We are usually tired already by the time we get on a **plane**, and the crowded space and **unstable** internet connection make work more **challenging**. Now, instead of swimming upstream, we relax, sleep, watch movies, or listen to music. And when we get off the **plane**, instead of being depleted, we feel recovered and ready to return to the **performance** zone.

L) 你也可以每90分钟来一次认知暂停充电，这不仅让你恢复，也会让你提高生产率。

M) 坐飞机就是一个免于工作的时期，可以用来放松恢复，准备重返工作。

- A) 我们经常想不受干扰的情况下能处理多少工作，结果发现工作无止尽。
- B) 我们觉得筋疲力尽的原因是我们对复原力有错误的认知，过度工作的影响。
- C) 我们经常用军队标准衡量毅力，其实这是错误的。
- D) 没有恢复期会严重影响我们的能力，会降低我们的生产力。
- E) 停止工作不代表休息，工作狂是太专注于工作以致影响了其他方面
- F) 大部分美国工人符合工作狂这个定义，科技延长了工作干扰了认知修复，使得医疗费用增加。
- G) 抗逆力是源于早期的错误概念，过度工作和劳累这种年少时养成的坏习惯只在工作时被夸大赞美。
- H) 越是经历了高强度的工作越需要休息，否则会崩溃，恢复期必须与工作期成比例。
- I) 即使你暂停工作，大脑也在工作，休息和恢复不一样。
- J) 抗逆力/恢复力的重建需要足够的身心内外复原期，大脑和身体都需要复原。
- K) 重塑恢复力需要开始学会策略性技术暂停，让内外都有恢复期。即使每次暂停只有1分钟，150次也有2.5小时。
- L) 你也可以每90分钟来一次认知暂停充电，这不仅让你恢复，也会让你提高生产率。
- M) 坐飞机就是一个免于工作的时期，可以用来放松恢复，准备重返工作。

- 36.It has been found that inadequate recovery often leads to poor health and accidents.
37.Mental relaxation is much needed, just as physical relaxation is.
- 38.Adequate rest not only helps one recover, but also increases one's work efficiency.
39.The author always has a hectic time before taking a flight.
- 40.Recovery may not take place even if one seems to have stopped working.
41.It is advised that technology be used to prevent people from overworking.
- 42.Contrary to popular belief, rest does not equal recovery.
43.The author has come to see that his problem results from a misunderstanding of the meaning of resilience.
- 44.People's distorted view about resilience may have developed from their upbringing.
45.People tend to think the more determined they are, the greater their success will be.