专四 · 2024年英语专业四级考试真题

历年真题

满分 70 分 · 时长 130 分钟 · 共 46 题

姓名：_____ 班级：_____ 得分：_____

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本卷答案与讲解
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一、PART III 语言知识（11-30）（共 20 小题，每小题 1 分，共 20 分）

1. Awaiting me is a demanding job that I just don't know _____ I'm going to do.
A. where B. why C. what D. how

2. By the end of last month, our cute baby _____ in this world for 100 days.
A. would have been B. had been C. could have been D. has been

3. _____ wounded soldier was _____ good old friend of his.
A. The..a B. The..the C. A..a D. A...the

4. The children were _____ hungry and each of them could have eaten a horse.
A. that B. this C. such D. much

5. _____ your generous assistance, I couldn't have accomplished this daunting task in time.
A. But for B. With C. If only D. Despite

6. She was impressed by the view of _____ mountains behind the apple orchard.
A. green hazy northern B. hazy green northern
C. northern hazy green D. northern green hazy

7. In phrases like biting cold, scorching hot, or dazzling bright, the -ING participle is used as
A. an attributive B. a complement C. a quantifier D. an adverbial

8. “There used to be a bus stop around the corner of the street.” The italicized part in the sentence indicates
A. a customary practice B. an indirect expression
C. a hypothesis of the past D. a once-existing state

9. “We were to have been there now, but the traffic jam was so serious.” The italicized part signifies
A. canceling a plan made in the past
B. failing to fulfill an original plan
C. announcing the current situation
D. indicating an unavoidable incident

10. “Alice has an urgent task, and she must be working late at the office now.” The italicized word in the sentence expresses
A. command B. condition C. certainty D. permission

11. He tricked the kid _____ trusting him by pretending that he had super power.
A. from B. into C. to D. of

12. Everyone in the company agrees that their boss is a very resourceful and _____ man.
A. self-centered B. self-employed C. self-willed D. self-assured

13. In _____ of the strong earthquake last week, many families are deep in mourning.
A. outcome B. effect C. consequence D. result

14. The factory is looking for better ways to _____ operations so as to improve productivity.
A. stretch B. strike C. strain D. streamline

15. The unique wall paintings in the old town are once again under the media
A. spotlight B. standpoint C. superiority D. symmetry

16. Please excuse me. I must _____ to some urgent business now.
A. attach B. attribute C. attract D. attend

17. Not sophisticated at all, Tim is easy to lose his _____, which may hurt people around him sometimes.
A. disposition B. personality C. temper D. potential

18. She often let the children play in the yard to keep them out of
A. mischief B. disobedience C. misfortune D. disgrace

19. The overall economic _____ for the newly emerging economy is very promising.
A. outbreak B. outlook C. outset D. outrage

20. They normally _____ one of their three arguments when criticizing their opponents.
A. fall back on B. fall out with C. fall behind D. fall into

二、PART IV 完形填空（15选10）（共 10 小题，每小题 1 分，共 10 分）

A. dominating	B. forward	C. gap
D. habits	E. himself	F. just
G. lack	H. obesity	I. only
J. set	K. setbacks	L. short
M. stretch	N. themselves	O. tiny

Tiny is mighty, at least when it comes to change. Over the last twenty years, I've found that almost everyone wants to make some kind of change: lose weight, get better sleep, reduce stress. We want to be more productive and creative. But the alarming levels of__21__ sleeplessness, and stress reported by the media tell me there is a painful__22__ between what people want and what they actually do. The disconnection between want and do has been blamed on a lot of things—but people blame it on__23__ for the most part. When our results fall__24__ of our expectations, many of us believe that something must be wrong with us. If__25__ we were better people, we wouldn't have failed. Right? No. It isn't your fault, and creating positive changes isn't as hard as you think. For too many years, myths, misconceptions, and well-meaning but unscientific advice have__26__ you up to fail. If you've attempted change in the past and haven't seen results, you may have concluded that change is hard or that you can't succeed because you__27__ motivation. Neither is accurate. The problem is with the approach itself, not with you. Building__28__ and creating positive changes can be easy—if you have the right approach. In order to design successful habits and change your behaviors, the following three methods should be adopted in the very beginning. First, stop judging yourself. Second, take your aspirations and break them down into__29__ behaviors. Third, embrace mistakes as discoveries and use them to move__30__

21. _____ 22. _____ 23. _____ 24. _____ 25. _____

26. _____ 27. _____ 28. _____ 29. _____ 30. _____

三、PART V 阅读 Section A 选择题（41-50）（共 10 小题，每小题 1 分，共 10 分）

(1)Downturn's new spending habits show the way to greater satisfaction. (2)As the months passed, out went stacks of sweaters, shoes, pots and pans, even the television after a trial separation during which it was relegated to a closet. Eventually, Tammy Strobel and her husband Logan Smith, both 31, got rid of their cars, too. Her mother called her crazy. Today, three years after the couple began downsizing, they live in a studio with a nice-sized kitchen. They have money to travel and to contribute to the education funds of nieces and nephews. Because their debt is paid off, Ms. Strobel works fewer hours, giving her time to be outdoors and to volunteer. “The idea that you need to go bigger to be happy is false,"she says."I really believe that the acquisition of material goods doesn't bring about happiness." (3)While Ms. Strobel and her husband overhauled their spending habits before the recession, legions of other consumers have since had to adapt in ways that could ultimately make them happier. (4)New studies of consumption and happiness show, for instance, that people are happier when they spend money on experiences instead of material objects. (5)While the current round of stinginess may simply be a response to the economic downturn, some analysts say consumers may also be permanently adjusting their spending based on what they've discovered about what truly makes them happy or fulfilled. (6) “This actually is a topic that hasn't been researched very much until recently,” says Elizabeth Dunn, a psychology professor, who is at the forefront of research on consumption and happiness."There's massive literature on income and happiness. It's amazing how little there is on how to spend your money." (7)Studies over the last few decades have shown that money, up to a certain point, makes people happier because it lets them meet basic needs. The latest round of research is all about emotional efficiency: how to reap the most happiness for your dollar. (8)One major finding is that spending money for an experience—concert tickets, language lessons, dumpling-making classes—produces longer-lasting satisfaction than spending money on plain old stuff. “'It's better to go on a vacation than buy a new couch'is basically the idea,” says Professor Dunn. Jennifer Black, president of the retailing research company Jennifer Black&Associates, said: “I think people are realizing they don't need what they had. They're more interested in creating memories." (9)Unlike consumption of material goods, spending on leisure and services typically strengthens social bonds, which in turn helps amplify happiness, research suggests. Paying for experiences also gives us longer-lasting happiness, because we can reminisce about them, researchers say. That's true for even the most exasperating of experiences. That trip to Rome during which you waited in endless lines, broke your camera and argued with your spouse will typically be airbrushed with “rosy recollection”, says Professor Dunn. “Trips aren't all perfect, but we remember them as perfect." (10)And experiences can't be absorbed at once—it takes more time to adapt to them and engage with them than it does to put on a new leather jacket or turn on that shiny flat-screen TV. “We buy a new house, we get accustomed to it,” says Professor Lyubomirsky, who studies what psychologists call “hedonic adaptation”, a phenomenon in which people quickly become used to changes, great or terrible, in order to maintain a stable level of happiness. “We stop getting pleasure from it,"she says. And then, of course, we buy new things. Scholars have discovered that one way

consumers combat hedonic adaptation is to buy many small pleasures instead of one big one. Instead of a new Jaguar, Professor Lyubomirsky advises, buy a massage once a week, have lots of fresh flowers delivered and make phone calls to friends overseas. Instead of a two-week long vacation, take a few three-day weekends. “We do adapt to the little things,"she says,"but because there's so many, it will take longer." (11)Ms. Strobel now writes about her own life choices on the Internet. “My lifestyle now would not be possible if I still had a huge two-bedroom apartment filled with stuff, two cars, and 30 grand in debt,"she says. “Give away some of your stuff. See how it feels."

31. What is the main reason for the change in people's spending habits?

A. Economic downturn.
B. Pressure to pay off debts.
C. Interest in traveling.
D. Plan to work from home.

32. Which of the following statements is TRUE according to the passage?

A. Buying material goods helps prolong people's happiness.
B. A new couch can give people long-lasting happiness.
C. A somewhat imperfect trip can leave long-lasting happiness.
D. Spending money on experiences undermines people's happiness.

33. What is the best title for the passage?

A. Efficiency and Satisfaction.
B. Spending and Happiness.
C. Traveling and Happiness.
D. Experience and Memory.

(1)The five o'clock dads can only be seen on cable television these days. They eat dinner with their television families and provide counsel afterward in the den, exemplifying how men behave when they work eight hours a day. (2)The five o'clock dad has become an endangered species. A corporate culture that believes presence is productivity, in which people of ambition are afraid to be seen leaving the office, has lengthened his workday and shortened his home life. So has an economy that makes it difficult for families to take a break even at the end of the month. For the man who is paid by the hour, that means never saying no to overtime. For the man whose loyalty to the organization is measured in time at his desk, it means goodbye to nine to five. (3)To lots of small children it means a visiting father. The standard joke in one large corporate office is that the dads always say their children look like angels when they're sleeping .because that's the only way they ever see them. A survey taken several years ago showed that roughly 12 percent of the men surveyed with children under the age of six worked more than sixty hours a week, and an additional 25 percent worked between fifty and sixty hours. (4)No matter how you divide it up, those are twelve-hour days. When a talk show host adopted a baby recently, she said one reason she was not troubled by becoming a mother without becoming a wife was that many of her married female friends were “functionally single”, given the hours their husbands worked. The evening commuter rush is getting longer. The eight o'clock dad. The nine o'clock dad. (5)There's a horribly sad irony to this, that is, the quality of fathering is better than it was when the dads left work at five o'clock and came home to coffee pots and tuna casserole. The five o'clock dad was remote, a “wait till your father gets home"kind of dad

with a newspaper for a face. The roles he and his wife had were clear: she did nurture and home, he did discipline and money. (6)The role fathers have carved out for themselves today is a vast improvement, a muddling of those old boundaries. Fathers today do seem to be more emotional with their children, more nurturing, more open. Many say, “My father never told me he loved me” and so they tell their own children all the time that they love them. (7)There are people who think that this is changing even now. A nonprofit organization advises corporations on how to balance personal and professional obligations and concerns, and its founder says she has noticed a change in the past few years. An increasing number of men have expressed their wishes to spend more time with their kids. (8)This change can be to the good, not only for women but especially for men, and for kids, too. The stereotypical five o'clock dad belongs in a picture, with his “Ask your mother"and his “Don't be a crybaby.” The father who believes hugs and kisses are sex-blind and a dirty diaper requires a change is infinitely preferable. What a joy it would be if he were around more. (9) “This is the man's half of having it all,” said Donald Long, a professor who teaches a course about men's relationships that drew 135 students this year for thirty-five places, “We're trying to do what women want of us, what children want of us, but we're not willing to transform the workplace."In other words, the hearts and minds of today's fathers are definitely in the right place, if only their bodies could be there, too.

34. Which of the following reasons best explains the presence of more eight or nine o'clock dads?

A. Corporate culture of overwork.
B. Company bonus and overtime.
C. Belief in productivity.
D. Preference for overwork.

35. The statement "there's a horribly sad irony" (Para.5) suggests longer working hours have led to

A. more distant relations
B. change of family roles
C. more intimate relations
D. more time with children

36. From the last sentence of the passage, what can be inferred about today's fathers?

A. They can spend more time at home.
B. They think in the similar way as before.
C. They behave in the same way as before.
D. They wish to have more family time.

(1)When a Southerner took the trouble to pack a trunk and travel twenty miles for a visit, the visit was seldom of shorter duration than a month, usually much longer. Southerners were as enthusiastic visitors as they were hosts, and there was nothing unusual in relatives coming to spend the Christmas holidays and remaining until July. Often when newly married couples went on the usual round of honeymoon visits, they lingered in some pleasant home until the birth of their second child. Frequently elderly aunts and uncles came to Sunday dinner and remained until they were buried years later. Visitors presented no problem, for houses were larger, servants numerous and the feeding of several extra mouths a minor matter in that land of plenty. All ages and sexes went visiting, honeymooners, young mothers showing off new babies, convalescents, the bereaved, girls whose parents were anxious to remove them from the dangers of unwise matches, girls who had reached the danger age without becoming engaged and who, it was hoped, would make suitable matches under the guidance of relatives in other places. Visitors added excitement and variety to the slow-moving

Southern life and they were always welcome. (2)So Scarlett had come to Atlanta with no idea as to how long she would remain. If her visit proved as dull as those in Savannah and Charleston, she would return home in a month. If her stay was pleasant, she would remain indefinitely. But no sooner had she arrived than Aunt Pitty and Melanie began a campaign to induce her to make her home permanently with them. They brought up every possible argument. They wanted her for her own self because they loved her. They were lonely and often frightened at night in the big house, and she was so brave she gave them courage. She was so charming that she cheered them in their sorrow. Now that Charles was dead, her place and her son's place were with his kindred. Besides, half the house now belonged to her, through Charles'will. Last, the Confederacy needed every pair of hands for sewing, knitting, bandage rolling and nursing the wounded. (3)Charles'Uncle Henry Hamilton, who lived in bachelor state at the Atlanta Hotel near the depot, also talked seriously to her on this subject. Uncle Henry was a short, pot-bellied, irascible old gentleman with a pink face, a shock of long silver hair and an utter lack of patience with feminine timidities and vaporings. It was for the latter reason that he was barely on speaking terms with his sister, Mis Pitty. From childhood, they had been exact opposites in temperament and they had been further estranged by his objections to the manner in which she had reared Charles “Making a damn sissy out of a soldier's son!” Years before, he had so insulted her that now Miss Pitty never spoke of him except in guarded whispers and with so great reticence that a stranger would have thought the honest old lawyer a murderer, at the least. The insult had occurred on a day when Pitty wished to draw five hundred dollars from her estate, of which he was trustee, to invest in a non-existent gold mine. He had refused to permit it and stated heatedly that she had no more sense than a June bug and furthermore it gave him the fidgets to be around her longer than five minutes. Since that day, she only saw him formally, once a month, when Uncle Peter drove her to his office to get the housekeeping money. After these brief visits, Pitty always took to her bed for the rest of the day with tears and smelling salts. Melanie and Charles, who were on excellent terms with their uncle, had frequently offered to relieve her of this ordeal, but Pitty always set her babyish mouth firmly and refused. Henry was her cross and she must bear him. From this, Charles and Melanie could only infer that she took a profound pleasure in this occasional excitement, the only excitement in her sheltered life. (4)Uncle Henry liked Scarlett immediately because, he said, he could see that for all her silly affectations she had a few grains of sense. He was trustee, not only of Pitty's and Melanie's estates, but also of that left Scarlett by Charles.

37. Which of the following is INCORRECT according to Para.1?

A. Visitors tended to stay much longer than planned.

B. Visitors were usually young and married couples.

C. Southerners liked to show hospitality to their guests.

D. Southerners were wealthy enough to receive guests.

38. Aunt Pitty and Melanie wanted Scarlett to stay on for all the following reasons EXCEPT

A. her medical skills B. her bravery C. her liveliness D. her familial ties

39. Which of the following is NOT the reason for the estrangement between Aunt Pitty and Uncle Henry?

A. Difference in temperament.
B. Disagreement in child-rearing.
C. Refusal of housekeeping money.
D. Frequently made insults.

40. Which of the following words best describes Uncle Henry?

A. Skeptical. B. Mild-tempered. C. Cold-blooded. D. Outspoken.

四、PART V 阅读 Section B 简答题（51-55）（共 5 小题，每小题 2 分，共 10 分）

41. What does "downsizing" (Para.2) mean?

_____

42. Cite TWO examples from Para.10 to show how to maintain a longer stable level of happiness.

_____

43. What does the statement "the five o'clock dad has become an endangered species" (Para.2) mean?

_____

44. What does the phrase "functionally single" (Para.4) mean?

_____

45. What does the statement “Henry was her cross and she must bear him” (Para.3) mean?

_____

五、PART VI 写作（共 1 小题，每小题 20 分，共 20 分）

46. （词数 200-350 • 20 分）

—— 参考答案与逐题解析附于卷末 ——

参考答案

客观题速查表 + 主观题参考范文/译文；逐题解析附后

1. C	2. B	3. A	4. C	5. A	6. B	7. A	8. D	9. B	10. C
11. B	12. D	13. C	14. D	15. A	16. D	17. C	18. A	19. B	20. A
21. H	22. C	23. N	24. L	25. F	26. J	27. G	28. D	29. O	30. B
31. A	32. C	33. B	34. A	35. C	36. D	37. B	38. A	39. C	40. D

41. Reducing possessions and simplifying life.

42. Spending on experiences, not material things.

43. Fathers working until five are now rare.

44. Married but effectively living alone due to husband's long work hours.

45. He was a difficult person she had to tolerate.

46. The excerpt highlights the alarming rate at which indigenous languages are disappearing, with at least one vanishing every two weeks, amounting to two extinct languages each month. It emphasizes that this loss is not only a cultural tragedy but also a socioeconomic issue, as 15% of the world's poorest people are indigenous. The President of the General Assembly stresses that indigenous traditions, such as herbal medicine and conflict resolution, are vital repositories of knowledge passed down through generations. Furthermore, the death of a language erodes the identity of its speakers, threatening humanity's shared heritage. To combat this, he urges global attention and specifically calls for schools to integrate indigenous languages into their curricula to shield them from decline.

In my view, preserving indigenous languages requires a multifaceted approach. First, education systems must play a central role. Beyond merely including these languages in school curricula, we should develop culturally relevant teaching materials and train educators to be proficient in both the indigenous language and the dominant language of instruction. This ensures that learning is meaningful and sustainable. Second, technology can be a powerful ally. Creating digital resources—such as apps, online dictionaries, and social media content in indigenous languages—can make them more accessible and appealing to younger generations. Third, community involvement is essential. Supporting community-led initiatives, like language nests or intergenerational storytelling programs, helps embed language use in daily life. Finally, governments should enact policies that grant official status or legal protection to indigenous languages, ensuring they are used in public services and media. By combining education, technology, community action, and policy support, we can create a robust framework to safeguard these irreplaceable linguistic treasures for future generations.

逐题解析

答案定位与考点精讲

1. 【答案】C

分析句子结构 → 判断空格处为宾语从句 → 根据从句中动词do的及物性与语境 → 选择what作do的宾语

考点：名词性从句　语境选词

2. 【答案】B

定位时间状语by the end of last month → 判断动作发生在过去某个时间点之前 → 选择过去完成时

考点：过去完成时

3. 【答案】A

分析名词wounded soldier的特指与泛指 → 判断第一个空格用定冠词特指 → 分析第二个空格‘good old friend’的泛指属性 → 选择不定冠词

考点：冠词用法　语境选词

4. 【答案】C

识别固定搭配such...that... → 判断空格处需要such引导结果状语从句 → 选择such

考点：固定搭配such...that...

5. 【答案】A

分析句子虚拟语气结构 → 识别‘couldn‘t have accomplished’表示对过去的虚拟 → 判断需要表示与过去事实相反的条件 → 选择But for

考点：虚拟语气　语境选词

6. 【答案】B

根据英语形容词修饰名词的语序规则（观点/描绘性形容词在前，大小/形状在前，颜色在前，产地/国别在后）→ 判断各形容词的类别与顺序 → 得出答案

考点：形容词修饰名词的语序规则

7. 【答案】A

分析-ing分词在短语中的语法功能 → 判断其是否修饰名词 → 得出答案

考点：-ing分词作定语的用法

8. 【答案】D

分析 'used to be' 的语法含义 → 区分其与 'would' 表习惯、'was to' 表计划等用法的区别 → 得出答案

考点：used to 表示过去存在状态的用法

9. 【答案】B

分析 'were to have been' 的语法结构 → 判断其表示的虚拟语气含义（过去本应完成但未完成） → 结合后半句转折得出答案

考点：be to have done 表示过去未实现计划的虚拟语气

10. 【答案】C

分析 'must be working' 的语法结构 → 判断其表示对现在正在进行动作的肯定推测 → 得出答案

考点：must be doing 表示对现在进行动作的肯定推测

11. 【答案】B

识别固定搭配 trick sb. into doing sth. → 匹配选项 into → 得出答案

考点：trick sb. into doing sth.

12. 【答案】D

分析语境：老板被评价为 resourceful（足智多谋的） → 寻找语义一致的褒义形容词 → self-assured（自信的）符合 → 得出答案

考点：resourceful　self-assured　褒义语境

13. 【答案】C

识别固定搭配 in consequence of（由于…的结果） → 匹配选项 consequence → 得出答案

考点：in consequence of　近义词辨析

14. 【答案】D

分析语境：工厂寻找更好的方法来____运营以提高生产力 → 寻找表示“优化、简化”的动词 → streamline（精简，使效率更高）符合 → 得出答案

考点：streamline　improve productivity　语境选词

15. 【答案】A

分析语境：老城区独特的壁画再次成为媒体____ → 寻找表示“关注焦点”的名词 → under the spotlight（在聚光灯下，成为焦点）是固定表达 → 得出答案

考点：under the spotlight　固定表达

16. 【答案】D

根据固定搭配 attend to (处理) → 识别选项中唯一符合搭配的动词 → 得出答案

考点：attend to 处理　attach to 附属于　attribute to 归因于　attract 吸引

17. 【答案】C

根据语境“容易失去____，有时会伤害周围的人” → 识别 lose one's temper（发脾气）为固定表达 → 得出答案

考点：lose one's temper 发脾气　disposition 性情　personality 个性　potential 潜力

18. 【答案】A

根据语境“让孩子在院子里玩以使他们远离____” → 识别 keep out of mischief（不捣蛋）为固定表达 → 得出答案

考点：mischief 恶作剧、捣蛋　disobedience 不服从　misfortune 不幸　disgrace 耻辱

19. 【答案】B

根据语境“新兴经济体的整体经济____非常有前景” → 识别 economic outlook（经济前景）为固定搭配 → 得出答案

考点：outlook 前景、展望　outbreak 爆发　outset 开端　outrage 愤怒

20. 【答案】A

根据语境“批评对手时通常____三个论点中的一个” → 识别 fall back on（依靠、诉诸）为固定搭配 → 得出答案

考点：fall back on 依靠、诉诸　fall out with 与…争吵　fall behind 落后　fall into 陷入

21. 【答案】H

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
32 空 定位空格前后语义（人们想要改变与实际行为之间的关系）→ 识别表示“差距/不匹配”的名词 → 从选项中辨析并选择最符合语境的词
33 空 定位空格所在句 → 分析句意（人们将‘想做’与‘实际做’之间的脱节归咎于某物）→ 结合下文（‘当我们结果未达预期时，许多人认为自己一定有问题’）→ 推断空格处应为‘自身’或‘个人’相关的负面归因 → 辨析选项词义与语境匹配度 → 得出答案
34 空 定位空格所在句 → 分析句意（结果与期望不符）→ 识别固定搭配 fall short of → 选择 L
35 空 定位条件状语从句 → 分析虚拟语气逻辑 → 识别表示假设的连词 → 得出答案
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考点：语境选词　近义词辨析　固定搭配 fall short of　虚拟语气　条件状语从句　take up sb. to fail　lack motivation　build habits　break down into tiny behaviors　move forward　固定搭配

22. 【答案】C

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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考点：语境选词　近义词辨析　固定搭配 fall short of　虚拟语气　条件状语从句　take up sb. to fail　lack motivation　build habits　break down into tiny behaviors　move forward　固定搭配

23. 【答案】N

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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考点：语境选词　近义词辨析　固定搭配 fall short of　虚拟语气　条件状语从句　take up sb. to fail　lack motivation　build habits　break down into tiny behaviors　move forward　固定搭配

24. 【答案】L

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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25. 【答案】F

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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26. 【答案】J

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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27. 【答案】G

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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28. 【答案】D

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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29. 【答案】O

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
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考点：语境选词　近义词辨析　固定搭配 fall short of　虚拟语气　条件状语从句　take up sb. to fail　lack motivation　build habits　break down into tiny behaviors　move forward　固定搭配

30. 【答案】B

31 空 定位空格前的形容词 'alarming levels of' → 分析并列结构 'sleeplessness, and stress' → 结合语境 'reported by the media' → 选择能与 'sleeplessness' 和 'stress' 并列且符合 'alarming levels' 语境的名词 → 得出答案
32 空 定位空格前后语义（人们想要改变与实际行为之间的关系）→ 识别表示“差距/不匹配”的名词 → 从选项中辨析并选择最符合语境的词
33 空 定位空格所在句 → 分析句意（人们将‘想做’与‘实际做’之间的脱节归咎于某物）→ 结合下文（‘当我们结果未达预期时，许多人认为自己一定有问题’）→ 推断空格处应为‘自身’或‘个人’相关的负面归因 → 辨析选项词义与语境匹配度 → 得出答案
34 空 定位空格所在句 → 分析句意（结果与期望不符）→ 识别固定搭配 fall short of → 选择 L
35 空 定位条件状语从句 → 分析虚拟语气逻辑 → 识别表示假设的连词 → 得出答案
36 空 定位空格前主语myths...advice → 分析谓语动词需与up构成短语 → 结合语境“多年来的错误建议导致你失败” → 选择take up（占据，耗费）的过去分词形式
37 空 定位空格前because引导的原因状语从句 → 分析从句主语you与宾语motivation的关系 → 结合前文“你可能得出结论认为改变很难或你无法成功” → 选择lack（缺乏）
38 空 定位空格前动词Building → 分析其宾语需与“创造积极改变”并列 → 结合全文主题“习惯” → 选择habits
39 空 定位空格前动词短语break them down into → 分析宾语behaviors的修饰语 → 结合前文“把抱负分解成” → 选择tiny（微小的）
40 空 定位空格前动词move → 分析其与介词forward的固定搭配 → 结合语境“把错误当作发现并利用它们前进” → 选择forward

考点：语境选词　近义词辨析　固定搭配 fall short of　虚拟语气　条件状语从句　take up sb. to fail　lack motivation　build habits　break down into tiny behaviors　move forward　固定搭配

31. 【答案】A

定位题干关键词'spending habits' → 在语篇第(5)句找到直接因果关联 → 得出答案

考点：细节定位　因果关系识别

32. 【答案】C

定位题干关键词'TRUE' → 逐一比对选项与语篇细节 → 通过第(4)句和第(8)句的同义替换与推理 → 得出答案

考点：细节比对　同义替换　推理判断

33. 【答案】B

通览全文，把握核心议题 → 第(1)句提出主题，第(4)(5)(7)(8)句反复论证消费与幸福的关系 → 概括主旨 → 得出答案

考点：主旨概括　核心议题识别

34. 【答案】A

定位题干关键词'eight or nine o'clock dads' → 在语篇第(2)句找到直接原因描述 → 通过同义替换 → 得出答案

考点：细节定位　同义替换　因果推理

35. 【答案】C

定位题干引用句'horribly sad irony' → 分析其后文解释（第(5)句） → 对比'过去'与'现在'父亲角色的质量 → 推理出讽刺点在于关系更亲密 → 得出答案

考点：指代衔接　对比推理　言外之意推断

36. 【答案】D

定位末段 → 提取‘quality of fathering is better’与‘role...is a vast improvement’的对比信息 → 推断今日父亲角色改善但时间减少，故愿望是更多家庭时间

考点：推理判断　细节定位

37. 【答案】B

定位第一段 → 逐一核对选项与原文细节 → B项‘通常为年轻已婚夫妇’与原文‘All ages and sexes went visiting’不符

考点：细节定位与捕捉

38. 【答案】A

定位第二段 → 提取Aunt Pitty和Melanie劝留的理由 → A项‘医疗技能’在原文中未提及

考点：细节定位与捕捉

39. 【答案】C

定位第三段（未完整提供，但根据选项推断） → 核对Aunt Pitty与Uncle Henry疏远的原因 → C项‘拒绝家务开支’在原文中未提及

考点：细节定位与捕捉

40. 【答案】D

定位第三段（未完整提供，但根据选项推断） → 提取对Uncle Henry的描述 → D项‘直言不讳’最符合人物特征

考点：观点态度　细节定位

41. 【答案】Reducing possessions and simplifying life.

定位Para.2上下文 → 分析'downsizing'所在句的语义逻辑 → 推断其指代的生活方式转变

考点：词义猜测　语境推断

42. 【答案】Spending on experiences, not material things.

定位Para.10 → 识别与“维持更长久稳定幸福感”相关的具体建议 → 提取两个并列要点

考点：细节定位　要点提取

43. 【答案】Fathers working until five are now rare.

定位Para.2中该比喻句 → 分析“endangered species”的隐喻含义 → 结合上下文推断其描述的社会现象

考点：隐喻理解　语境推断

44. 【答案】Married but effectively living alone due to…

定位Para.4中该短语 → 分析其修饰对象与上下文描述的家庭状态 → 推断其描述的婚姻实质

考点：短语理解　语境推断

45. 【答案】He was a difficult person she had to tolerate.

定位Para.3中该比喻句 → 分析“cross”和“bear”的隐喻含义 → 结合人物关系推断其表达的情感态度

考点：隐喻理解　语境推断

46. 【答案】The excerpt highlights the alarming rate at…

考生需先准确概括原文主旨，再提出保护土著语言的具体措施，并确保文章结构清晰、语言表达多样。

考点：主旨概括能力　谋篇布局能力　句式变化与复杂句构建