

2017 年 12 月大学英语四级考试真题答案与详解 (第 2 套)

审题思路 :

Part I Writing

此次话题师生关系贴近学生生活,因此写起来并不难。简单开篇之后,考生应该将重点放在第二段,给出处理好师生关系的一些建议。当然,这个话题还可以从不同的角度入手,比如老师应该如何做,或者师生共同努力,等等。考生应结合自己的实际情况,从自己最擅长的角度写,这样容易做到言之有物。本文仅从学生角度给出了三条处理好师生关系的建议。处

高分范文 :

Teacher-student Relationship Is Never Complex

The relationship between teachers and students has been hotly discussed in recent years in China for more and more attention has been paid to education. Today I would like to share some tips on how to get along well with teachers from students' perspective.

First and foremost, leave a good first impression on your teacher. As the saying goes, well begun is half done. A good first impression is important for teachers to remember your name among your fellow students. Secondly, study hard and be active in class. A student who loves study can definitely impress teachers deeply. Finally, keep contact with your teacher after.

To conclude, teacher-student relationship is never complex if you could have an excellent academic performance, be cooperative in class or make friends with your teacher.

全文翻译 :

师生关系并不复杂 由于人们对教育越来越关注,师生关系近几年来中国引起热议。今天,我想从学生角度分享几条关于如何与老师和睦相处的建议。首先,给老师留下良好的第一印象。常言道:良好的开端是成功的一半。良好的第一印象对于让老师从你的众多同学中记住你非常重要。第二,努力学习,在课堂上积极表现。一个热爱学习的学生一定会让老师印象深刻。最后,课下经常与老师沟通,这样你们就会成为朋友。总结而言,如果你学业表现良好、课上积极配合或与老师成为朋友,那么师生关系就绝对不会复杂。

Part II Listening Comprehension

Section A

News Report One

A New Jersey black bear that walks upright on its two back legs and has become a social media darling has re-emerged and has been captured on video months after its last sighting. The bear named Pedals was spotted in the town of Oak Ridge. In a video posted to Facebook featuring the bear, it appeared to be in relatively good health and was moving quickly. (1)Pedals apparently has an injured leg or paw that doesn't allow it to walk comfortably on all fours according to experts. Lawrence Hajna, spokesman for the state Department of Environmental Protection, said officials expect the bear to make it through next winter. (2)The bear first gained fame after it was spotted wandering around neighborhoods and was caught on videos that were posted on social media and shown on national television. Last year, supporters pushed for Pedals to be moved to a shelter, but New Jersey officials have said they won't allow the bear to be captured and transferred to the facility. "The bear would do better in its natural habitat and the agency would step in if its condition deteriorated," said they.

Questions 1 and 2 are based on the news report you have just heard.

未听先知: 预览两道题各选项,主语多为 It,结合第 1 题选项中出现的 its audience、catch people's attention和 limbs 可知,It 指某个动物,因此本篇新闻内容与动物有关;再结合第 2 题选项中出现的 spotted television、videos 和 social media 等词可知,该动物因某种原因引起了媒体关注。

1. What is the probable reason the bear walks upright on its back legs?

答案: D

详解:新闻中提到,根据专家的说法, Pedals 明显有一条腿或者爪子受伤,这导致它无法舒服地四肢着地行走,因此答案为 D。

2. How is the bear first known to the public?

答案：C 详解：新闻中提到，这头熊首次出名是因为它在居民区附近闲逛被人发现并且拍了视频上传到社交网站上，又在国家电视台播出。因此答案为 C。

News Report Two

It is not your imagination. Traffic in the US is actually getting worse. (3) Americans drove more miles last year than any other year on record. The US Department of Transportation says Americans drove nearly 3,150 billion miles last year. That is about the same distance as 337 round trips from Earth to Pluto. The previous record was 3,003 billion miles in 2007, before the economic recession and high gas prices. The traffic increase comes at the same time as gas prices drop significantly. The current average gas price in the US is \$1.71 per gallon. A year ago it was \$2.31 per gallon and was often much higher in recent years. (4) A transportation expert told the reporter that job growth likely plays a part as well, along with some people driving longer distances to and from work. And so all this means more traffic jams on the road. The Texas A&M Travel Institute found that rush-hour travelers spent an extra 42 hours on the road last year because of travel delays. Now, that is depressing.

Questions 3 and 4 are based on the news report you have just heard. 未听先知：预览两道题各选项，由选项中出现的 distance travelled、road accidents、gas consumption 和 traffic 等词可知，本篇新闻与交通有关，可能涉及行车里程、交通状况和耗油量等方面。

3. What new record did the American drivers set last year?

答案：A 详解：新闻开头部分提到，美国人去年的行车里程比以往有记录的任何一年都要多。因此答案为 A。

4. What is depressing according to the speaker?

答案：D

详解：新闻中提到，一位交通专家告诉记者说，工作数量的增长加上人们通勤距离的加长意味着路上会有更多的拥堵，德克萨斯州的 A&M 交通协会发现，去年高峰时期由于交通延误，人们在路上要多花 42 个小时的时间，而这令人很沮丧，因此答案为 D。

News Report Three

(5) A 16-year-old asked a stranger at a grocery store to buy him and his mother some food in exchange for carrying man's groceries to his car. What happened next will pull at your heartstrings. (6) A wonderful bond formed between the two, and within a couple of weeks, the stranger, named White, helped raise \$190,000 on a website to support the Memphis teenager and his disabled mother. "When Chauncy approached me, it just pulled at my heart," White said. "Here comes Chauncy, just trying to get food for him and his mom off the grace of other people. When I looked at him and saw what he was doing and what he was asking for, I said he was my hero." (7) "Chauncy is a top student who is doing his best to make it in a world with no money and very few resources," White explained on the crowd funding site. He wants to work and help his mother financially. "It is so rare that we get an opportunity to affect so much change on one life," White wrote. "I cannot thank you enough for caring about Chauncy. This is his big chance, and you are making it possible."

Questions 5 and 7 are based on the news report you have just heard.

未听先知：预览三道题各选项，主语均为 He，由此可知，本篇新闻与某位男士有关。结合第 5 题选项语意以及反复出现的 stranger 可知，此题考查某男士所做的与一个陌生人有关的行为动作；第 6 题选项中反复出现了 him，而且通过语义可知 him 与主语 He 为不同的两个人，故此题考查其中一位男士为另一位男士做了什么；第 7 题各选项均是对某男士的描述，故此题考查有关此男士的细节信息。

5. What did teenager Chauncy do at the grocery store to get some food?

答案：B

详解：新闻开头提到，一个 16 岁的孩子的一家杂货店里请求一个陌生人给他和他的妈妈买一些食物，而作为交换，他会把这个陌生人的东西从杂货店搬运到他的车里。因此答案为 B。

6. What did the stranger do for Chauncy?

答案：C

详解：新闻中提到，两个人之间产生了奇妙的联系，而且在几个星期的时间里，这个名为 White 的陌生人在一个网站上筹集了 19 万美元钱款用来帮助这个孟菲斯市的少年和他的残疾母亲。因此答案为 C。

7. What do we learn about Chauncy?

答案： B

详解：新闻中提到 White 在众筹网站上写道：“ Chauncy 是一个优等生，他一直尽自己最大的努力在美元钱和几乎美元资源的情况下取得成功。”因此答案为 B。

Section B

Conversation One

M:(8) That was my last economics lecture of the week. And here is the weekend again.

W: What are you up to tonight? I was just wondering if we could try out the new restaurant on Charles Street, then go on to Queen Victoria for a drink.

M: Sorry, (9) I am heading home this weekend for my brother's ~~18~~ birthday.

W: Oh, that's great.

M: All my relatives are gonna be there, as well as my brother's horrible friends of course. (10) Listen, why don't you come along? Mom would be absolutely delighted to see you again. She is always asking after you.

W: Yes, I'd love to see her too.

M: So please, do come. It would be great. Besides, with Jonathan's wild game to contain with, I would really welcome an ally.

W: That sounds tempting. But I won't be ready till 5:00, as I've got my statistics seminar now. What time are you heading off?

M: Well, I was going to leave right away. However, I can hang around for you if you like. It just means that I'll need to change my ticket.

W: But would that be too much trouble for you?

M: No, not at all. (11-1) I'll go to the station first, and see if I can get tickets for us on the 6:30 train. Then, you can drive me there. I'll text you when done.

W: Brilliant. Are you absolutely positive it's okay? I wouldn't want to impose.

M: Don't worry. You are most welcome to join our party. And as I always say, the more, the merrier.

W: Look, I'd better go, or I'll be late. (11-2) So I'll meet you down at the station around 6:00?

M: Fine, see you later.

Questions 8 and 11 are based on the news report you have just heard.

未听先知：预览四道题各选项，第 8 题、第 9 题和第 10 题各选项均为动词短语，因此这三题考查某人的行为动作。

其中，第 8 题各选项均为过去完成时动词，因此考查某人已经发生的行为动作；第 9 题和第 10 题各选项均为现在时，且多次出现 his，因此可大胆推测，这两题考查男士现在或将来的行为动作；第 11 题各选项均与交通工具有关，因此考查某人的出行方式。

8. What has the man just done?

答案： A 详解：对话开头，男士说刚才是他本周最后一次经济学讲座。可知男士刚刚参加过一场经济学讲座，答案为

A。

9. What is the man going to do this weekend?

答案： C

详解：对话中，男士拒绝了女士的提议，说这周末是他弟弟的 18 岁生日，因此要回家，故答案为 C。

10. What does the man ask the woman to do?

答案： D

详解：对话中，男士问女士要不要一起来（参加他弟弟的生日宴会），并且说自己的母亲见到她一定会很开心。因此此答案为 D。

11. How would they go to the man's home?

答案： B

详解：对话中，男士在邀请到女士去自己家之后说，要先去车站看看能否买到 6 点半的火车票。对话最后女士征求男士的意见 6 点左右在车站会合，男士表示同意，因此答案为 B。

Conversation Two

M: Hi, Jane. How is everything going?

W: So far so good. I just finished my last exam.

M: Good, the term is coming to an end. (12) Do you think we should take a holiday overseas to relax and have fun? (13) I've saved my tips for my waiter job these past few months and I should have enough by July.

W: Yes, that's a wonderful idea. (14) I got a little put aside for a rainy day, but I might need to earn a little more before we go. By the way, what's like working in a restaurant?

M: Well, it's really tough, as working a ten-hour shift is like hell. I am not sure if it'll suit you, but it's pretty cool if your bosses are right. Do you think we should invite some others to come along?

W: Yes. We could ask Tom and Tracy if they are interested. I haven't been abroad for a long while. It would be great to go somewhere by the sea. I can't wait. (15) And, if Tom goes, we could go sailing. He has a lot of experience with boats. And it works out a lot cheaper to hire one if there's more of us to share the cost.

M: So, that's a plan. We will save as much as we can and go sailing next July. Let's say Spain, or anywhere cheap we find.

W: OK. But, first we'd better contact Tom and Tracy and see if they are up for it. If not, it will be better to join board.

Questions 12 and 15 are based on the news report you have just heard.

未听先知：预览四道题各选项，由选项中的 exam、courses 和 term paper 可知，对话与学生有关；再根据选项中的 vacation abroad、money、Working part time 和 sailing 等词可推测，对话内容涉及出国度假、挣钱、兼职工作等方面内容。其中，第 15 题各选项主语均为 He，考查某男士的细节信息。

12. What does the man think of doing?

答案：A 详解：对话中，男士提到学期要结束了，问女士是否认为他们应该去国外度假、休息放松一下。因此答案为

A。 13. What has the man been doing for the past few months?

答案：C 详解：对话中男士提到，在过去的几个月里他已经攒下了做服务生挣得的小费。因此答案为

C。 14. What does the woman say she needs to do before departure?

答案：B

详解：对话中，女士提到自己有一点储蓄以备不时之需，但在出发前可能还需要多挣一些。因此答案为 B。

15. Why does the woman want to invite Tom?

答案：A

详解：对话中，男士问女士是否应该再叫几个人一起去，女士回答说可以问问 Tom 和 Tracy，并且提到如果 Tom 去，他们就可以进行帆船运动，Tom 有很多船上的经验。因此答案为 A。

Section C

Passage One

Most people know Marie Curie was the first woman to win the Nobel Prize, and the first person to win it twice.

(16) However, few people know that she was also the mother of a Nobel Prize winner.

Irene Curie was born on September 12, 1897. At the age of 10, Irene's ~~starch~~ interest in mathematics were apparent. Irene entered Sevigne University in October, 1914, to prepare for her degree in mathematics and physics. When World War I began, she left Sevigne University to help her mother, who was using X-ray facilities to help save the lives of wounded soldiers. (17) Irene continued this work by developing X-ray facilities for military in France and Belgium. After the war she received a Military Medal for her work. In 1918, Irene became her mother's assistant at the Curie Institute. In December 1924, Frederic Joliot visited the Institute where he met Marie Curie. Frederic became one of her assistants and Irene taught him the techniques required to work with radioactivity. Irene and Frederic soon fell in love and got married on October 29, 1926. Their daughter was born in 1927 and their son in 1932.

Like her mother, Irene combined family with career. Like her mother, Irene was awarded a Nobel Prize, along with her husband, Frederic, in 1935, for producing new radioactive elements. (18) Unfortunately, also like her mother, she developed blood cancer because of her exposure to radiation. Irene Joliot-Curie died on March 17, 1956.

Questions 16 and 18 are based on the news report you have just heard.

未听先知：预览三道题各选项，由选项中出现 won、Nobel Prize 和 winner 可知，本篇短文与诺贝尔奖获得者有关。第 16 题和第 17 题各选项主语均为 She，可推测该诺贝尔奖获得者为女性；再结合语义可推测，第 16 题考查该女性的经历或成就，第 17 题考查该女性的贡献或所做的有助益的事情，第 18 题则考查该女性与另一人物的共同特点。

16. What does the speaker say about Marie Curie's daughter?

答案：D

详解：短文开头提到，大多数人都知道 Marie Curie 是第一位获得诺贝尔奖的女性，也是第一个获得两次诺贝尔奖的人，然而很少有人知道她也是一位诺贝尔奖得主的母亲。下文接着对 Marie Curie 的女儿 Irene 进行了介绍，因此答案为 D。

17. For what was Irene Curie awarded a Military Medal?

答案：B

详解：短文中提到，一战爆发后，Irene Curie 离开了大学，帮母亲用 X 射线设备拯救受伤士兵的生命。Irene Curie 继续这项工作，为法国和比利时的军事医院研发 X 射线设备。战争结束后，她获得一枚军功章，作为对她的工作的肯定。因此答案为 B。

18. In what way were Marie and Irene similar?

答案：A

详解：短文最后提到，不幸的是，Irene 和她的母亲 Marie 一样，由于暴露在辐射中而得了血癌，Irene 于 1956 年 3 月 17 日去世。因此答案为 A。

Passage Two

Have you ever heard of the Vikings? They were sea travelers from Norway. More than a thousand years ago, they made three important geographical discoveries.

(19)The Vikings' first major discovery occurred in the ninth century. A man called Naddod was on his way from Norway to the Faroe Islands, north of England, when his ship was caught in a storm. The storm blew the ship west for several days. When the weather cleared, Naddod found himself on the coast of a new land. Later, Viking travelers named it Iceland.

In 982, a Viking called Eric the Red sailed west in search of new land. (20)Five hundred miles west of Iceland, he and his men reached an icy rocky mass of land. They sailed around it until they reached the western side. Here, they found some green areas, so they named the island Greenland.

Then, in 1001, the Vikings made their most important discovery. The son of Eric the Red, named Leif Ericson, had heard rumors about land west of Greenland. He sailed west and soon found it. He and his men landed in three places. They called the first one Helluland, which means land of flat stones. The Vikings then sailed south and made their second landing. They named this place Markland. The third landing was at a place they called Vinland. Leif Ericson and his men were the first Europeans to walk on the shores of North America, almost 500 years earlier than Columbus.

Questions 19 and 21 are based on the news report you have just heard. 未听先知：预览三道题各选项，由选项中出现的第一 settlers、Europe、conquerors、the ninth century 以及反复出现的 the Vikings 可知，短文内容与早期维京人的领土扩张有关。第 19 题各选项的主语 They 很有可能就是指维京人，此题考查有关维京人的细节描述；第 20 题各选项主语均为 It，结合语义可推测，本题可能考查某地的方位或者特征；第 21 题各选项均为名词短语且均比较有概括性，可能考查短文主旨。

19. What do we learn about the Vikings?

答案：C

详解：短文中提到，维京人的第一个重大发现发生在 9 世纪。一个名叫 Naddod 的人要从挪威到英格兰北部的法罗群岛 (Faroe Islands)，但他的船遇到了暴风雨，被吹向了西方并行驶了几天，等天气晴朗之后，他们发现自己到了一片新陆地，之后维京人将其命名为 Iceland。因此答案为 C。

20. What does the passage say about Greenland?

答案：D

详解：短文中提到，Eric the Red 和他的船员们在 Iceland 以西 500 里发现了一块结满了冰且到处都是岩石的陆地，他们绕着这块陆地航行抵达了它的西面，在这里他们发现了一些绿地，因此将它命名为 Greenland。因此答案为 D。

21. What does the speaker mainly talk about?

答案：A 详解：短文从简单介绍维京人开始，引出了他们的三大重要地理发现，全篇以这三大发现展开描述。从短文中不难得出，维京人的三大发现均与海洋、航行和发现新陆地有关，因此可以概括为海洋探索，答案为 A。

Passage Three

Where do you think you will be in ten years? It's difficult to know exactly where you will be and what you will be

doing. (22)But everyone dreams about the future. You might imagine the job you will get when you finish school. You may daydream about meeting your life partner or live in a big house by the sea.

In my dreams, I would have twins, a boy and a girl. We would live in a large two-story house with floors and the staircase made of wood. Now, at the age of 46, I look back on those dreams and smile. Things haven't turned out exactly as I imagined. (23)But I wouldn't change what I have now for that imaginary world. (24)In college, I studied international business, and planned to enter a law school. In my third year of university, I realized that I didn't want to become a lawyer. I chose to become a language teacher. I did get married, but had more than two children. We had five. Do I live in the dream house with wooden floors? No, I don't love my home and I wouldn't want to live in any other place.

I believe that as a young person, it's important to dream and make plans. However, it's also important to realize that not all of your plans will turn out exactly as you wish. (25)One of the biggest lessons I have learned in life is this: Be happy with what you have.

Questions 22 and 25 are based on the news report you have just heard.

未听先知：预览四道题各宣泄下，第 22 题四个选项均为对一般行为的描述，考查某人的行为动作；由第 23 题选项中反复出现的 his 和 he 可推测，本篇短文与某位男士有关，应注意与男士相关的动作描述；第 24 题各选项均为名词短语，听音时注意提及选项关键词的细节描述；第 25 题多为哲理行描述，可能考查启发类的题目，应多注意短文的总结性语言。

22. What does the speaker think everyone tends to do?

答案：C 详解：短文开头部分，讲话者明确提到每个人都会梦想将来，因此答案为 C。

23. What does the speaker say he would refuse to do?

答案：B 详解：短文中，讲话者提到了自己对将来的梦想，也提到现实与梦想有所差别，但是讲话者明确说自己不会拿现在所拥有的一切去换取以前想象中的世界。因此答案为 B。

24. What did the speaker major in during the first two years of college?

答案：D 详解：短文中，讲话者提到他在大学时学的是国际商务，而且打算进入一个法学院，但是在大三的时候意识到自己不想成为一名律师。因此答案为 D。

25. What is one of the biggest lessons the speaker has learned in life?

答案：C 详解：短文最后，讲话者提到自己在生活中所学到的其中最重要的一点是：为你所拥有的感到快乐。因此答案为 C。

Section A

Part Reading Comprehension

全文翻译：

技术变革为生活在 20 世纪 90 年代的美国人带来了巨大的全新选择。这十年里，娱乐、商业、研究和通讯的新形式在美国普及开来。这场变革背后的推动力是一个众所周知的 (26) 新事物——因特网。

20 世纪 70 年代国防部开发了因特网。在遭到攻击的情况下，军事顾问提出了能从另一个终端操控一台计算机的 (27) 优势。在因特网发展的初期，它主要被科学家用来与其他科学家交流。直到 1984 年，因特网 (28) 依然由政府控制。

因特网用户早期面临的一个问题是网速。电话线路只能以 (29) 有限的 速度传输信息。光纤电缆的发展使得每分钟接收数十亿比特的信息成为可能。英特尔等公司开发出更快的微处理器，这样个人计算机能够以更快的速度处理 (30) 输入的 信号。

20 世纪 90 年代初，万维网被开发出来，在很大程度上是为了 (31) 商业 目的。企业制作主页，放上文字和图片以销售产品。很快，购买机票、(32) 预订 旅馆、甚至购买汽车和房子都可以在网上进行。大学把研究数据 (33) 发布 到因特网上，学生不用离开宿舍就能找到 (34) 有价值的 信息。公司很快发现员工可以在家工作，通过网络 (35) 提交 任务，这样全新的远程办公族就出现了，他们不剃胡子、穿着睡衣在家办公。

详解详析：

26. 答案：F) innovation

详解：名词辨析题。空格前为冠词 a(n)，空格后为过去分词短语 popularly known as the Internet 作后置定语修

饰该空，因此应填入可数名词单数。本段第一句指出，技术变革为美国人带来了巨大的全新选择，而空格所在句指出，这一变革背后的推动力是众所周知的因特网。由此可知，因特网在 20 世纪 90 年代的美国是新事物，故填入 F) innovation “新事物，创新”。

27. 答案：A) advantage

详解：名词辨析题。空格位于冠词 the 和介词 of 之间，应填入名词。本句意为，在遭到攻击的情况下，军事顾问突出了能够从另一个终端操控一台计算机的____。由句意可知，这样的操作对终端所在地没有限制，具有一定的优势，因此应填入 A) advantage “优势，优点”。

28. 答案：L) remained

详解：动词辨析题。分析句子结构可知，本空位于主语之后，缺少谓语，应填入动词。由句意可知，因特网到 1984 年一直由政府控制，应填入表示持续一段时间的动词，故答案是 L) remained “继续，依然”。

29. 答案：G) limited
详解：形容词辨析题。本空位于冠词 a 和名词 rate 之间，因此应填入形容词修饰 rate。空格所在句的前一句提到，因特网用户早期面临的一个问题是网速，也就是说早期的因特网网速很慢。本句是对前一句的进一步解释，电话线路只能以_____速度传输信息。空格处应填入有“慢”含义的形容词，故答案是 G) limited “有限的”。

30. 答案：E) incoming

详解：形容词辨析题。本空位于冠词 the 和名词 signals 之间，因此应填入形容词修饰 signals。本句意为，英特尔等公司开发出更快的微处理器，这样个人计算机能够以更快的速度处理_____信号。空格所在句的前一句提到，光纤电缆可以让每分钟接收的信息以数十亿比特计，这就要求个人计算机能更快地处理这些接收的信号，故应填入 E) incoming “进来的，正来临的”。

31. 答案：B) commercial

详解：形容词辨析题。本空位于名词 purposes 之前，应填入形容词作定语修饰 purposes。由空格所在句的下一句可知，企业利用万维网创建主页以销售产品，由此可知万维网诞生之初是因为企业的需求，故应填入 B) commercial “商业的”。

32. 答案：M) reservations

详解：名词辨析题。该空位于 hotel 之后，而且与 airline tickets、cars and homes 构成主语，因此应填入名词。该句意为，很快，购买机票、_____旅馆，甚至购买汽车和房子都可以在网上进行。结合日常生活，我们知道在网上可以预订宾馆房间，故空格处应填入 M) reservations “预订”。

33. 答案：K) posted

详解：动词辨析题。分析句子结构可知，本空位于主语 universities 和宾语 research data 之间，因此应填入动词作谓语。本句意为，大学把研究数据_____到因特网上，学生不用离开宿舍就能找到_____信息。由后半句可知，学校的数据放到网上，学生足不出户就能找到信息。因此本空应填入含有“上传”含义的动词，故答案为 K) posted “发布，张贴”。

34. 答案：O) valuable

详解：形容词辨析题。本空位于不可数名词 information 之前，应填入形容词作定语。由句意可知，学生足不出户可以在网上查到学校发布的研究数据，而这些数据对他们来说肯定是有用的，因此应填入 O) valuable “有价值的，珍贵的”。

35. 答案：N) submitted

详解：动词辨析题。分析句子结构可知，本空与 and 前的 done 是并列结构，和 be 共同构成被动语态，因此应填入动词过去分词形式。本句意为，公司很快发现员工可以在家工作，然后通过网络_____，这样全新的远程办公族就出现了，他们不剃胡子，穿着睡衣在家办公。由此可知，员工可以在家办公，通过网络把完成的任务提交上司，因此应填入含有“上交”含义的动词，故答案为 N) submitted “提交”。

Section B

全文翻译：

编织对健康的益处

A) 大约 15 年前，我被邀请加入编织小组。我同意试一试。

B) (41) 15 岁时，母亲曾教过我编织，大学期间我在课上编织过，毕业后的几年里，也一直在编织。然而几十年过去了，我再也没有碰过织针，但在两个周一参加了编织小组的活动后，我就被吸引了，不仅被编织吸引，而且还被钩织吸引了，我快要成为一个非常高产的手艺人了。

C) 我编织了无数的婴儿毯、毛衣、围巾、帽子和婴儿帽。到哪儿都带着我的编织活，尤其当我需要坐着不动

聆听的时候。(36)正如我在大学时发现的那样,当我的双手忙碌时,我的头脑就会专注于当下。

D) 似乎我也是全国性地对编织和其他手工艺重燃兴趣的一员。工艺纱理事会报告说,如今年龄在 25 岁至 35 岁之间的女士中有三分之一的人在编织或钩织。(38)甚至男士和中小學生也加入到这个大队伍中,其中就包括我朋友的三个小孙子。去年四月份,为了庆祝国家压力意识月,工艺纱理事会发起了一场“缝走压力”的活动。身心医学研究所的创始人、《放松反应》的作者。赫伯特·本森博士说,针线活儿的重复动作可以像深思和瑜伽那样产生放松的状态。一旦你超越了最初的学习曲线,编织和钩织就可以降低心率和血压。

E) (45)但与沉思不同的是,手艺活做出了有形且常常有用的物品,这些物品能增强自尊。我在手机里保留着自己非凡成就的照片,以便在需要时提振精神。

F) (43)自 20 世纪 90 年代以来,工艺纱理事会调查了成千上万的编织者和钩织者,他们经常把缓解压力和创造性满足列为这些活动的主要收获。他们中有一个女儿早產的父亲,他说孩子在重症监护病房的五个星期里,“在觉得非常无助的时候,学者编织婴儿帽给了我一种目标感。这成了我一直在坚持的一个爱好,并且它仍帮助我应对工作中的压力,在忙碌的日子里提供一种秩序感,让我的大脑有时间解决问题。”

G) 最近纱线公司 Red Heart 发布了一封主题为“钩织和编织对健康的益处”的电子邮件,这封邮件促使我去探索编织之类的活动所带来的健康价值中还有什么其他需要了解的。我的研究表明,这些活动带来的回报远远超过了创造的满足感来代替压力和焦虑。

H) (37)例如,多伦多的一名人生教练海伦·海耶斯实施了编织治疗方案,包括用“编织戒烟”方案来帮助抽烟者戒烟,“编织治疗”方案来帮助人们应对健康危机,比如癌症诊断或家庭成员的严重疾病。有手艺课程的学校和监狱报告说,这些课程能产生镇静的效果,并能提高社交技能。遵循复杂手艺课程的指导可以提高孩子的数学技能。

I) 一些人发现,手艺活可以帮助他们的控制体重。(42)就像边编织边抽烟很困难一样,当手里拿着编织针和钩针时,就会减少因无聊而吃零食和瞎吃的可能性。

J) 我发现,尽管不断变老,用纱线做手工使我患了关节炎的手指更加灵巧。一位女士在患了引发手部剧痛的自身免疫疾病以后,被鼓励尝试编织,她在工艺纱理事会的网站上汇报说,她的手现在不那么僵硬和疼痛了。

K) 不列颠哥伦比亚大学 2009 年研究了 38 名学习编织的患有饮食失调症的女士,研究发现,学习这种手艺有效改善了饮食失调症。她们中 74% 的人表示,这项活动减轻了她们的恐惧,使她们不去想自己的疾病。

L) 蓓塔森·科克希尔是一名来自英格兰巴斯的健康教练,同时也是《为健康和幸福编织》一书的作者,她创建了一个名为 Stitchlinks 的网站,探索被她称之为编织治疗的价值。在他的受访者中, 54% 的临床抑郁症患者表示编织使他们感到高兴或非常高兴。(40)科克希尔女士和同事对 60 名自我报名称患有持续性疼痛的患者进行了一项研究,她们报告称编织使患者能够重新调整自己的注意力,减少对疼痛的意识。她认为,大脑一次只能处理这么多事情,编织和钩织之类的活动是大脑很难注意到疼痛信号。也许最令人兴奋的是,研究表明诸如编织和钩织等手艺可能有助于防止因年龄增长导致的大脑功能退化。在 2011 年的一项研究中,由罗切斯特市马友诊所的约纳斯·杰达博士带领研究人员随机采访了 1,321 名年龄在 70 岁至 89 岁的人,他们中大部分人在认知方面是正常的,研究人员针对他们晚年从事的认知活动进行了访问。(44)该研究发表在《精神医学与临床神经科学杂志》上,研究发现那些从事编织和钩织等手艺的人患轻度认知障碍和记忆力丧失可能性会降低。

M) 尽管只能认知健康的人才有可能从事这样的活动,但那些阅读报纸、杂志。或伴奏的人却没有表现出类似的好处。研究人员推测,手艺活动促进了大脑神经通路的发展,有助于保持认知健康。

N) 为了支持这一建议,德克萨斯大学拉达拉斯分校的丹尼斯·C.帕克和他的同事于 2014 年进行了一项研究,该研究证明,学习编织或数码摄影能增强老年人的记忆功能。那些参加非智力挑战活动的人,无论是社交团体还是孤身一人,都没有显示出这样的改善。

O) (39)鉴于持续的社会交往已被证明有助于健康和长寿,那些希望最大程度发挥手工艺健康价值的人可以考虑加入感兴趣的小组。对我来说,我尽量不错过编织小组每周一次的活动。

详解详析:

<p>36. When the author was a college student, she found that knitting helped her concentrate. 译文: 当作者是一名大学生时,她发现编织有助于她集中注意力。 定位: 由题干中的 college, found 和 concentrate 定位到原文画线处。</p>	<p>C) I've made countless baby blankets, sweaters, scarves, hats, caps for newborns. I take a knitting project with me everywhere, especially when I have to sit still and listen. As I discovered in college, when my hands are busy, my mind stays focused on the here and now.</p>
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详解： C段末句提到，正如我在大学时发现的那样，当我的双手忙碌时，我的头脑就会专注于当下。题干中的

found 对应原文中的 discovered; concentrate 对应 stays focused on , 题干是对定位句的同义转述, 故答案为 C。

<p>37. Knitting can help people stay away from tobacco. 译文：编织可以帮助人们远离烟草。 定位：由题干中的 Knitting , help 和 tobacco 定位到原文画线处。</p>	<p>H) For example, Karen Hayes, a life coach in Toronto, conducts knitting therapy programs, including Knit to Quit to help smokers give up the habit, and Knit to Heal for people coping with health crises, like a cancer diagnosis or serious illness of a family member. Schools and prisons with craft programs report that they have a calming effect and enhance social skills. And having to follow instructions on complex craft projects can improve children math skills.</p>
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详解：H 段定位句前半句提到，多伦多的一名人生教练海伦·海耶斯实施了编织治疗方案，其中就包括用“编织戒烟”方案来帮助抽烟者戒烟。题干中的 stay away from tobacco 对应原文中的 give up the habit, 题干是对定位句的概括归纳，故答案为 H。

<p>38. Even men and children are now joining the army of knitters. 译文：甚至男士和孩子也加入了编织者大军。 定位：由题干中的 men and children 和 joining the army 定位到原文画线处。</p>	<p>D) It seems, too, that I'm partial a renewal of interest in needle and other handicrafts (手工艺). The Craft Yarn Council reports that a third of women ages 25-35 now knit or crochet. <u>Even men and schoolchildren are swelling the ranks, among them my friend three small grandsons.</u> Last April, the council created a Stress "Stress" campaign in honor of National Stress Awareness Month. Dr. Herbert Benson, a pioneer in mind/body medicine and author of The Relaxation Response, says that the repetitive action of needlework can induce a relaxed state like that associated with meditation (沉思) and yoga. Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure.</p>
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详解：D 段前三句提到，如今全国人都对编织和其他手工艺重燃兴趣，不仅仅是女士对编织和钩织感兴趣，甚至男士和中小学生在壮大这一队伍。题干中的 men and children 对应原文中的 men and schoolchildren ; joining the army of knitters 对应原文中的 swelling the ranks , 题干是对定位句的同义转述，故答案为 D。

<p>39. Being a member of a crafts group enhances one health and prolongs one life's 译文：成为某个手工艺小组的成员可以增进健康，延长生命。 定位：由题干中的 crafts group 和 health 定位到原文画线处。</p>	<p>O) <u>Given that sustained social contacts have been shown to support health and a long life, those wishing to maximize the health value of crafts might consider joining a group of like-minded folks.</u> I for one try not to miss a single weekly meeting of my knitting group.</p>
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详解：定位句提到，鉴于持续的社会交往已被证明有助于健康和长寿，那些希望最大程度发挥手工艺健康价值的人可以考虑加入感兴趣的小组。题干是对定位句的概括归纳，故答案为 O。

<p>40. Knitting diverts people's attention from their pain. 译文：编织能转移人们对疼痛的注意力。 定位：由题干中的 Knitting 和 pain 定位到原文画线处。</p>	<p>L) Betsan Corkhill, a wellness coach in Bath, England, and author of the book Knit for Health & Wellness, established a website, Stitchlinks, to explore the value of what she calls therapeutic knitting. Among her respondents, 54 percent of those who were clinically depressed said that knitting made them feel happy or very happy. <u>In a study of 60 self-selected people with persistent pain, Ms. Corkhill and colleagues reported that knitting enabled them to redirect their focus, reducing their awareness of pain.</u> She suggested that the brain can process just so much at once, and that activities like knitting and crocheting make it harder for the brain to register pain signals. Perhaps most exciting is research that suggests that crafts like knitting and crocheting may help to keep off a decline in brain function with age. In a 2011 study, researchers led Dr. Yonas Geda at the Mayo Clinic in Rochester interviewed a random (随机的) sample of 1,321 people ages 70-89, most of whom were cognitively (在认知方面) normal, about the cognitive activities they engaged in late in life. The study, published in the Journal of Neuropsychiatry & Clinical Neurosciences, found that those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss.</p>
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详解：定位句提到，科克希尔女士和同事们研究发现，编织使人们能够重新调整自己的注意力，减少对疼痛的意识，编织和钩织之类的活动使大脑很难注意到疼痛信号。由此可知，编织能分散人们对疼痛的注意力，题干是对定位句的概括归纳，故答案为 L。

41. The author learnt to knit as a teenager, but it was not until she was much older that she became keenly interested.

B) My mother had taught me to knit at 15, and I knitted in class throughout college and for a few years thereafter. Then

译文：作者在青少年时就学过编织，但是直到长大后，她才对编织非常感兴趣。	decades passed without my touching a knitting needle. But within two Mondays in the group, I was hooked, not only on knitting but also on crocheting (钩织), and I was on my way to becoming a highly productive crafter.
定位：由题干中的 knit as a teenager 和 keenly interested 定位到 B 段。	

详解：定位段提到，作者在 15 岁时曾学过编织，在大学期间及大学毕业后的几年里，也一直在编织，但在后来的几十年里再也没有碰过织针，直到在两个周一参加了编织小组的活动后，作者就被编织和钩织吸引了，快要成为一个非常高产的手艺人了。题干中的 as a teenager 对应原文中的 at 15；became keenly interested 对应原文中的 was hooked，题干是对定位段的概括总结，故答案为 B。

42. When people are knitting, they tend to eat fewer snacks. 译文：当人们编织时，吃的零食往往会变少。	I) Some people find that craftwork helps them control their weight. Just as it 's challenging to smoke while knitting, when hands are holding needles and hooks, there 's less snacking and mindless eating out of boredom.
定位：由题干中的 knitting 和 fewer snacks 定位到原文画线处。	

详解：I 段提到，一些人发现，手艺活可以帮助他们控制体重。就像边编织边抽烟很困难一样，当手里拿着编织针和钩针时，因无聊而吃零食和瞎吃就会减少。简言之，编织时，人们就会减少吃零食。题干中的 eat fewer snacks 对应原文中的 less snacking and mindless eating，题干是对定位句的同义转述，故答案为 I。

43. Survey findings show that knitting can help people relieve stress. 译文：调查结果显示，编织可以帮助人们缓解压力。	F) Since the 1990s, the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the main benefits. Among them is the father of a prematurely born daughter who reported that during the baby 's five weeks in the intensive care unit, " learning how to knit infant hats gave me a sense of purpose during a time that I felt very helpless. It 's a hobby that I 've stuck with, and it continues to help me cope with stress at work, provide a sense of order in hectic (忙乱的) days, and allow my brain time to solve problems. "
定位：由题干中的 Survey 和 relieve stress 定位到原文画线处。	

详解：定位句提到，自 20 世纪 90 年代以来，工艺纱理事会调查了成千上万的编织者和钩织者，他们经常把缓解压力和创造性满足列为这些活动的主要收获。题干中的 help... relieve stress 对应原文中的 stress relief，题干是对定位句的同义转述，故答案为 F。

44. According to a study, knitters and crocheters are less likely to suffer mild cognitive damage. 译文：一项研究发现，编织者和钩织者遭受轻度认知损害的可能性更低。	L) Betsan Corkhill, a wellness coach in Bath, England, and author of the book Knit for Health & Wellness, established a website, Stitchlinks, to explore the value of what she calls therapeutic knitting. Among her respondents, 54 percent of those who were clinically depressed said that knitting made them feel happy or very happy. In a study of 60 self-selected people with persistent pain, Ms. Corkhill and colleagues reported that knitting enabled them to redirect their focus, reducing their awareness of pain. She suggested that the brain can process just so much at once, and that activities like knitting and crocheting make it harder for the brain to register pain signals. Perhaps most exciting is research that suggests that crafts like knitting and crocheting may help to keep off a decline in brain function with age. In a 2011 study, researchers led Dr. Yonas Geda at the Mayo Clinic in Rochester interviewed a random (随机的) sample of 1,321 people ages 70-89, most of whom were cognitively (在认知方面) normal, about the cognitive activities they engaged in late in life. The study, published in the Journal of Neuropsychiatry & Clinical Neurosciences, found that those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss.
定位：由题干中的 knitters and crocheters 和 mild cognitive damage 定位到原文画线处。	

详解：定位句提到，研究发现那些从事编织和钩织等手工艺的人患轻度认知障碍和记忆力丧失的可能性会降低。题干中的 are less likely to suffer ... 对应原文中的 had a diminished chance of developing ...，题干是对定位句的同义转述，故答案为 L。

45. The products of knitting can increase one 's sense of self-respect. 译文：编织的物品可以增强人们的自尊。	E) But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem. I keep photos of my singular accomplishments on my cellphone to boost my spirits when needed.
定位：由题干中的 products 和 sense of self-respect 定位	

到原文画线处。

详解：定位句提到，与沉思不同的是，手艺活能做出有形且实用的物品，这些物品能增强自尊，由此可知，编织

的物品可以增强自尊。题干中的 increase one's sense of self-respect 对应原文中的 enhance self-esteem，故答案为 E。

Section C

全文翻译：

Passage One

没有人真的知道拉各斯到底有多大。无可争议的是它在快速的增大。从现在到 2050 年，非洲的城镇人口会激增到目前的三倍。(46) 尽管如此，撒哈拉沙漠以南地区的非洲城市并没有像世界其他地方的城市那样日益富有。绝大多数的非洲市民居住在贫民窟；移居到城市的人们生活经常还不如在乡村的时候好。这是为什么？

当下的问题是贫穷。(47) 相对于世界其他地区，大多数非洲地区的城市化进程是在一个较低的收入水平上进行的。这意味着几乎没有什么钱可以用来投资那些使城市宜居和更具生产力的项目。但没有升级和新技能的情况下，桥梁、道路以及电力系统很难满足不断增长的人口需求。除了南非之外，撒哈拉沙漠以南地区只有埃塞俄比亚的亚迪斯亚贝巴有地铁轻轨系统。(48) 交通拥挤引起的成本上升以及不确定性等都让投资者望而却步。

在世界其他地方，不断提高的农业生产力和工业化进程是相辅相成的。高产的农民越多意味着有过剩的粮食供给城市；反过来，这又为工厂创造了大量的劳动力。(49) 但是非洲的城市不是这样的。它们大多是建立在消耗自然资源的基础上。政府多集中在首都城市，资金也是如此。大多数的非洲城镇居民为少数富人工作，而这些富人往往来自依靠裙带关系而发家的企业或在政界工作。由于非洲农业仍然普遍缺乏生产力，所以粮食是进口的，这消耗了国家部分收入。

那么，怎样才能改变这一状况呢？尽管非洲国家都比较贫穷，但是并不是所有的非洲城市都贫穷。在拉各斯，外国石油工人每年为了在该城市治安较好的位置租住一套普通的公寓，就要支付高达 65,000 美元。如果这笔收入征收更多的税，那将是改善基础设施的一个不错的资金来源。(50) 如果该城市的领导人对他们的市民会更加负责的话，他们或许会更加支持那些用来帮助市民的项目。然而当修建新的公路时，人口就会增加。当城市的人口以每年 5% 的速度增加时，基础设施是很难跟得上的。

详解详析：

46. 答案：B

定位：由题干中的 cities in sub-Saharan Africa 定位到首段第四至五句：Yet cities in sub-Saharan Africa are not getting richer the way cities in the rest of the world have. Most urban Africans live in slums (贫民窟); migrants are often not much better off than they were in the countryside.

详解：推理判断题。文章开篇指出拉各斯在快速增大，并用数字突出其人口增长之快。但是定位句话锋一转，表明撒哈拉沙漠以南地区的非洲城市并没有像世界其他地方的城市那样日益富有。绝大多数的非洲城市人口居住在贫民窟。由此可见，以拉各斯为代表的撒哈拉沙漠以南的非洲城市虽然人口快速增长，但并没有变得更加富有，故答案为 B。

47. 答案：B

定位：由题干中的 urbanization in other parts of the world 定位到第二段第二句：Most of Africa is urbanizing at a lower level of income than other regions of the world did.

详解：推理判断题。定位句提到，相对于世界其他地区，大多数非洲地区的城市化进程是在一个较低的收入水平上进行的。反之，其他地区的城市化进程是在较高的收入水平上进行的，故答案为 B。

48. 答案：A

定位：由题干中的 unappealing to investors 定位到第二段末句：Traffic jam leads to expense and unpredictability, things that keep investors away.

详解：推理判断题。定位句提到，交通拥挤引起的成本上升以及不确定性等都让投资者望而却步，且第二段第五句指出，除了南非之外，撒哈拉沙漠以南地区只有埃塞俄比亚的亚迪斯亚贝巴有地铁轻轨系统。由此可见，撒哈拉沙漠以南地区的城市的基础设施并不健全，无法跟人口扩张所带来的需求的增加，换言之，交通拥挤是该地区的短板，打消了投资者的投资念头，故答案为 A。

49. 答案：C

定位：由题干中的 African cities 和 different 定位到第三段第三至四句：But African cities are different. They are too often built around consuming natural resources.

详解：实施细节题。第三段前两句提到，在世界其他地方，不断提高的农业生产力和工业化进程是相辅相成的。高产的农民越多意味着过剩的粮食供给城市；反过来，这样又为工厂创造了大量的劳动力。由此可见，在城镇化进程中，农业的基础作用十分重要。定位句提到，但是非洲的城市不同。它们大多是建立在消耗自然资源的基础之上，

度答案为 C。

50. 答案：D

定位：由题干中的 a solution to the problems facing African cities 定位到第四段第五句：If city leaders were more accountable to their residents, they might favour projects designed to help them more.

详解：推理判断题。作者在第四段第一句提出问题：那么，怎样才能改变这一状况呢？接着提出了自己对这一问题的建议，一个是增加财政收入，另一个则是对领导人提出建议。定位句提到，如果该城市的领导人对他们的市民更加负责任的话，他们或许会更加支持那些用来帮助市民们的项目，故答案为 D。

Passage Two

全文翻译：

(51) 在过去几十年里，关于如何在美国出人头地，似乎有一个共识：获得大学文凭，找一份稳定的工作，买一栋自己的房子。但是现在美国人还相信这个上升道路吗？如果相信，能实现吗？

最近一期的国家杂志就美国梦这一话题对受访者进行了民意调查，话题包括如何实现自己的目标，是否感觉对自己成功的能力有强大的控制力。(52) 结果显示，绝大多数人认为，当今人们对美国梦的定义以及实现美国梦的途径都与二十世纪晚期人们的看法相去甚远。

总的来说，人们感觉他们的行动和努力（而非外部力量）是他们人生走向的决定性因素。但是，受访者很明显对于在当今的经济格局中哪些行为可以改善生活怀有复杂的心情。

(53) 在过去的七年中，美国人对知识改变命运的看法越来越悲观。即使他们认为读大学是很多人想要实现的目标。但是 52%的人认为，年轻人要想成功并不需要四年的大学教育。

42 岁的米格尔·梅达拥有硕士学位，在公共健康部门工作，他是家里的第一个大学生，正是因为如此，他体会到了他的父母和祖父母从未体会到的经济稳定感。

(54) 虽然像梅达一样的人强调，学位的价值要高于教育本身，但其他人仍然认为，大学是一种获取新视野和生活经历的途径。

60 岁的威尔·芬德利曾在军队有着一份成功的职业，他从来没有上过大学，他认为，“自我驱动力”要比上大学重要的多。(55) 对芬德利而言，驱动力以及目标，再加上有效的高中教育和类似于平衡收支这样的基本生活技能，才是在美国拥有成功人生的必备要素。

详解详析：

51. 答案：A

定位：由题干中的 used to be commonly acknowledged 和 succeed in America 定位到第一段第一句：For the past several decades, it seems there been a general consensus on how to get ahead in America: Get a college education, find a reliable job, and buy your own home.

详解：实施细节题。定位句指出，在过去的几十年里，关于如何在美国出人头地似乎有一个共识：获得大学文凭，找一份稳定的工作，买一幢自己的房子。由此可知，上大学，找份稳定的工作，买房子曾是美国成功人士的标志，故答案为 A。

52. 答案：C

定位：由题干中的 the finding of the latest National Journal poll 和 the American dream 定位到第二段第二句：Overwhelmingly, the results show that today, the idea of the American dream — and what it takes to achieve it — looks quite different than it did in the late 20th century.

详解：推理判断题。文章第二段指出，最近一期的国家杂志就美国梦这一话题对受访者进行了民意调查，定位句指出，结果显示，绝大多数人认为，当今人们对美国梦的定义以及实现美国梦的途径与二十世纪晚期人们的看法相去甚远。换句话说，当今美国人对美国梦的看法已经发生了巨大的变化，故答案为 C。

53. 答案：C

定位：由题干中的 the role of college education in achieving success 定位到第四段：In the last seven years, Americans have grown more pessimistic about the power of education to lead to success. Even though they see going to college as a fairly achievable goal, a majority — 52 percent — think that young people do not need a four-year college education in order to be successful.

详解：事实细节题。定位段提到，在过去的七年中，美国人对知识改变命运的看法越来越悲观。即使他们认为读大学是很多人想要实现的目标，但是 52%的人认为，年轻人想要成功并不需要四年的大学教育。此外，文章在接下来的三段用米格尔·梅达和威尔·芬德利两个例子，对定位段的观点进行了论证，故答案为 C。

54. 答案：D

定位：由题干中的 some people 和 view college education these days 定位到第六段： While some, like Maeda, emphasized the value of the degree rather than the education itself, others still see college as a way to gain new perspectives and life experiences.

详解：推理判断题。本题提问在当今社会，一些人对于大学教育的看法。定位段指出，虽然像梅达一样的人强调，学位的价值要高于教育本身，但其他人仍然认为，大学是一种获取新视野和生活经历的途径。由此可见，当今社会中，一些人仍然认为大学教育是必不可少的一个过程，可以给人们带来新的视野和经历，故答案为 D。

55. 答案： D

定位：由题干中的 one factor essential to success 和 Will Fendley 定位到文章最后一段末句： To Fendley, a sense of drive and purpose, as well as an effective high-school education, and basic life skills, like balancing a checkbook, are the necessary ingredients for a successful life in America.

详解：推理判断题。定位句提到，对芬德利来说，驱动力以及目标，再加上有效的高中教育和类似于收支平衡这样的基本生活技能，才是在美国拥有成功人生的必备要素。由此可见，在芬德利的心目中，驱动力以及目标是至关重要的，故答案为 D。

参考译文：

Part Translation

Huashan(Mount Hua) is situated in Huayin City, 120 kilometers away from Xi'an. It is part of the Qinling Mountains, which divides not only Southern and Northern Shaanxi, but also South and North China. Unlike Taishan, which became a popular place of pilgrimage, Huashan was not well visited in the past because it is dangerous for the climbers to reach its summit. Huashan was also an important place frequented by immortality seekers, as many herbs grow there especially some rare ones. Since the installation of the cable cars in the 1990s, the number of visitors has increased significantly.