

专题 04 阅读理解之争论文

(一)

(2024·辽宁葫芦岛·高二期末) Staying positive through the cold season could be your best defense against getting sick, a new American study suggests.

In an experiment that exposed healthy volunteers to a cold or flu virus, researchers found that people with a generally sunny character were less likely to fall ill.

The findings, published in the journal Psychosomatic Medicine, build on evidence that a “positive emotional style” can help ward off the common cold and other illness.

“People with a positive emotional style may have different immune (免疫的) responses to the virus,” explained lead study author Dr Sheldon Cohen of Carnegie Mellon University in Pittsburgh. “And when they do get a cold, they may interpret their illness as being less severe.”

Cohen and his colleagues have found in a previous study that happier people seemed less likely to catch a cold, but some questions remained as to whether the emotional quality itself had the effect.

For the new study, the researchers had 193 healthy adults complete standard measures of personality qualities, physical health and “emotional style”.

Those who tended to be happy, energetic and easy-going were judged as having a positive emotional style, while those who were often unhappy, tense and hostile (敌意的) had a negative style.

Afterwards, the researchers gave them nose drops containing either a cold virus or a particular flu virus that causes flu-like symptoms. Over the next six days, the volunteers reported on any aches, pains, sneezing they had. Cohen and his colleagues found that happy people were less likely to develop a cold.

What's more, when happy folks did develop a cold, their symptoms were less severe than expected based on objective measures.

In contrast, people with negative characters were not at increased risk of developing a cold based on objective measures, though they did tend to get down about their symptoms.

“We find that it's really positive emotions that have the big effect,” Cohen said, “not the negative ones.”

So can a bad-tempered person fight a cold by deciding to be happy?

1. What does the underlined phrase "ward off" in paragraph 3 mean?

- A. Get close to.
- B. Keep away from.
- C. Get used to.
- D. Go on with.

2. What was the purpose of Cohen's new study?

- A. To find effective ways to fight illnesses.
- B. To test people's different immune responses to cold virus.
- C. To tell differences between happy people and unhappy people.
- D. To examine whether health was related to emotional styles,

3. How did Cohen reach his conclusion?

- A. By comparing different experimental results.
- B. By asking the volunteers to complete a form.
- C. By collecting data among people with a cold.
- D. By observing the volunteers' symptoms.

4. What can we conclude from the text?

- A. Success is the twin of positive spirits.
- B. We get more by being more positive.
- C. The happier we are, the fewer colds we will suffer.
- D. Physical health is more important than mental health.

【答案】1. B 2. D 3. A 4. C

【解析】这是一篇争论文。文章提出，在寒冷的季节保持主动的心态可能是你预防生病的最好方法，并通过试验探讨的方式来证明这一观点。

1. 词义揣测题。A. Get close to. 靠近，接近；B. Keep away from. 远离；C. Get used to. 习惯于；D. Go on with. 接着。依据文章第一句“Staying positive through the cold season could be your best defense against getting sick (在寒冷的季节保持主动的心态可能是你预防生病的最好方法，)”可知，主动的心态可以让人少生病，划线词所在句子“that a “positive emotional style” can help ward off the common cold and other illness. (“主动心情”有助于 ward off 感冒和其他疾病。”的主语是 a positive emotional style, 宾语是 the common cold and other illness, 可推断，该句中的 ward off 意为：远离，故选 B 项。

2. 推理推断题。依据倒数第二段中 Cohen 所说的话“We find that it's really positive emotions that have the big effect (我们发觉主动的心情有很大的影响)”可推断，他们做这项探讨的目的就是为了检查健康是否与心情类型有关。故选 D 项。

3. 推理推断题。依据倒数第五段中“Cohen and his colleagues found that happy people were less likely to develop a cold. (科恩和他的同事们发觉，欢乐的人不简洁

患感冒。)”和倒数第四段“What`s more, when happy folks did develop a cold, their symptoms were less severe than expected based on objective measures. (更重要的是,当欢乐的人们真的患了感冒时,依据客观测量他们的症状比预期的要轻。)”可知,他们视察到了欢乐的人们对感冒的反应;又依据倒数第三段“In contrast, people with negative characters were not at increased risk of developing a cold based on objective measures, though they did tend to get down about their symptoms. (相比之下,依据客观测量,性格消极的人患感冒的风险并不会增加,尽管他们的确倾向于对自己的症状表达不满。)”可知,他们通过对比的方式发觉性格消极的人对感冒的反应。综上所述,他们是通过对比两种试验结果而得出“主动的心情对健康有很大的影响”这一结论的,故选A项。

4. 主旨大意题。文章第一段开篇点题“Staying positive through the cold season could be your best defense against getting sick (在寒冷的季节保持主动的心态可能是你预防生病的最好方法)”,后面整篇文章通过介绍科学探讨的过程及结论来证明第一段提出的论点,因此我们可以从文章中得出“我们越欢乐就越少受感冒的熬煎”这一结论。故选C项。

(二)

(2024·辽宁沈阳·高二期末) A decade ago, at the end of my first semester teaching at Captain, my student Jack stopped by for office hours. He sat down and burst into tears. My mind started cycling through a list of events that could make a college junior cry: His girlfriend had broken up with him; he had been accused of cheating in exams; he forgot to turn in papers before the deadline. “I just got my first A minus,” he said.

Year after year, I watch in depression as students are crazy about getting straight A's. Some sacrifice their health; a few have even tried to charge their school after failure. They believe top marks are a ticket to elite graduate schools and rewarding job opportunities. I was one of them. I started college with the goal of graduating with a GPA of 4.0. It would be a reflection of my brainpower and willpower, showing that I had the right things to succeed. But I was wrong.

The evidence is clear: Across industries, research shows that the association between grades and job performance is modest in the first year after college and insignificant within a handful of years. For example, at Microsoft, once employees are two or three years out of college, their grades have nothing to do with their performance. (Of course, it must be said that if you got D's, you probably wouldn't end up at Microsoft.)

Academic grades rarely assess qualities like creativity, leadership and teamwork skills, or social, emotional and political intelligence. Yes, straight A

students master large amounts of information and reproduce it in exams. But career success is rarely about finding the right solution to a problem—it's more about finding the right problem to solve. This might explain why Steve Jobs finished high school with a GPA of 2.65, and Martin Luther King Jr. got only one A in his four years at Morehouse.

5. Why did Jack feel sad?

- A. His girlfriend abandoned him. B. He was caught cheating in exams.
C. He failed to get straight A's. D. He didn't hand in his paper in time.

6. What did the author once believe?

- A. It was wrong to care too much about marks. B. Failure was schools' fault.
C. Marks didn't reflect willpower and brainpower. D. Top marks meant well-paid job offers.

7. Why are the employees at Microsoft mentioned?

- A. To indicate academic performance is important.
B. To stress the company values employees with top marks.
C. To introduce successful examples in the technology industry.
D. To show academic excellence isn't a strong predictor of career performance.

8. What should people focus more on to succeed?

- A. How to solve a problem. B. What problem to be solved.
C. How to be a creative leader. D. What to do with detailed information.

【答案】5. C 6. D 7. D 8. B

【解析】这是一篇争论文。文章主要介绍很多学生热衷于考试得A，但是作者认为学习成果优异并不能代表将来的成功，并说明白缘由。作者最终指出事业上的成功并不在于找到解决问题的正确方法，更多的是找到须要解决的正确问题。

5. 推理推断题。依据第一段中“‘I just got my first A minus,’ he said. (‘我第一次得了A-’他说)”可知，杰克因为没有得到A+而感到难受。故选C。

6. 细微环节理解题。依据其次段中“‘They believe top marks are a ticket to elite graduate schools and rewarding job opportunities. I was one of them. I started college with the goal of graduating with a GPA of 4.0. It would be a reflection of my brainpower and willpower, showing that I had the right things to succeed. But I was wrong. (他们认为高分是进入精英探讨生院和获得有价值的工作机会的门票。我就是其中之一。我起先高校生涯的目标是以4.0的GPA毕业。这将是我的智力和意志力的反映，表明我有获得成功的正确的事情。但我错了)’”可知，作者曾经信任高分意味着高薪的工作机会。故选D。

7. 推理推断题。依据倒数其次段“The evidence is clear: Across industries, research shows that the association between grades and job performance is modest in the first year after college and insignificant within a handful of years. For example, at Microsoft, once employees are two or three years out of college, their grades have nothing to do with their performance. (Of course, it must be said that if you got D's, you probably wouldn't end up at Microsoft.)”可知证据很明显：在各个行业中，探讨表明，成果和工作表现之间的联系在高校毕业后的第一年适度的，在几年内也不显著。例如，在微软，一旦员工从高校毕业两三年，他们的成果和他们的表现没有任何关系(当然，必须要说的是，假如你得了D，你可能就去不了微软了)。由此可推知，提到微软的员工是为了说明卓越的学历并不是职业表现的强有力预料。故选D。

8. 细微环节理解题。依据最终一段中“But career success is rarely about finding the right solution to a problem—it's more about finding the right problem to solve. (但是事业上的成功并不在于找到解决问题的正确方法，更多的是找到须要解决的正确问题)”可推知，要想成功，人们应当更多地专注要解决什么问题。故选B。

(三)

(2024 湖南省岳阳市高二期末) As stay-at-home orders relieve and cities reopen for business, many doctors and hospital administrators are calling for a quick return of health care to pre-pandemic levels. For months now, routine care has been postponed. Elective procedures—big moneymakers—were stopped so that hospitals could transfer resources to treating Covid-19 patients. Routine clinic visits were canceled or replaced by online sessions. This has resulted in great financial losses for hospitals and clinics. Hospitals have been forced to reduce employees or cut pay.

Most patients, on the other hand, at least those with stable chronic(慢性的) conditions, seem to have done OK. In a recent survey, only one in ten respondents said their health or a family member's health had worsened as a result of delayed care. Eighty-six percent said their health had stayed about the same.

Admittedly, postponing health care had terrible health consequences for some patients with non-Covid-19 illnesses. Still, a majority of patients seem to have done better than what most doctors expected. It will probably take years to understand why. However, perhaps Americans don't require the volume(体积) of care that their doctors are used to providing.

It is well recognized that a substantial amount of health care in America is wasteful, accounting for hundreds of billions of dollars of the total health care

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