

绝密★启用前

2022 年全国硕士研究生招生考试

英语（二）

（科目代码：204）



☆考生注意事项☆

1. 答题前，考生须在试题册指定位置上填写考生编号和考生姓名；在答题卡指定位置上填写报考单位、考生姓名和考生编号，并涂写考生编号信息点。
2. 考生须把试题册上的“试卷条形码”粘贴条取下，粘贴在答题卡的“试卷条形码粘贴位置”框中。不按规定粘贴条形码而影响评卷结果的，责任由考生自负。
3. 选择题的答案必须涂写在答题卡相应题号的选项上，非选择题的答案必须书写在答题卡指定位置的边框区域内。超出答题区域书写的答案无效；在草稿纸、试题册上答题无效。
4. 填（书）写部分必须使用黑色字迹签字笔书写，字迹工整、笔迹清楚；涂写部分必须使用 2B 铅笔填涂。
5. 考试结束，将答案卡和试题册按规定交回。

（以下信息考生必须认真填写）

考生编号																				
考生姓名																				

2022年全国硕士研究生招生考试英语（二）试题

Section I Use of English

Directions:

Read the following text. Choose the best word (s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET. (10 points)

Harlan Coben believes that if you're a writer, you'll find the time; and that if you can't find the time, then writing isn't a priority and you're not a writer. For him writing is a 1 job—a job like any other. He has 2 it with plumbing, pointing out that a plumber doesn't wake up and say that he can't work with pipes today.

 3 , like most writers these days, you're holding down a job to pay the bills, it's not 4 to find the time to write. But it's not impossible. It requires determination and single-mindedness. 5 that most bestselling authors began writing when they were doing other things to earn a living. And today, even writers who are fairly 6 often have to do other work to 7 their writing income.

As Harlan Coben has suggested, it's a 8 of priorities. To make writing a priority, you'll have to 9 some of your day-to-day activities and some things you really enjoy. Depending on your 10 and your lifestyle, that might mean spending less time watching television or listening to music, though some people can write 11 they listen to music. You might have to 12 the amount of exercise or sport you do. You'll have to make social media an 13 activity rather than a daily, time-consuming 14 . There'll probably have to be less socialising with your friends and less time with your family. It's a 15 learning curve and it won't always make you popular.

There's just one thing you should try to keep at least some time for, 16 your writing—and that's reading. Any writer needs to read as much and as widely as they can; it's the one 17 supporter—something you can't do without.

Time is finite. The older you get, the 18 it seems to go. We need to use it as carefully and as 19 as we can, that means prioritising our activities so that we spend most time on the things we really want to do. If you're a writer, that means — 20 writing.

- | | | | |
|-----------------------|------------------|--------------------|--------------------|
| 1. [A] difficult | [B] normal | [C] steady | [D] pleasant |
| 2. [A] combined | [B] compared | [C] confused | [D] confronted |
| 3. [A] If | [B] Though | [C] Once | [D] Unless |
| 4. [A] enough | [B] strange | [C] wrong | [D] easy |
| 5. [A] Accept | [B] Explain | [C] Remember | [D] Suppose |
| 6. [A] well-known | [B] well-advised | [C] well-informed | [D] well-chosen |
| 7. [A] donate | [B] generate | [C] supplement | [D] calculate |
| 8. [A] cause | [B] purpose | [C] question | [D] condition |
| 9. [A] highlight | [B] sacrifice | [C] continue | [D] explore |
| 10. [A] relations | [B] interests | [C] memories | [D] skills |
| 11. [A] until | [B] because | [C] while | [D] before |
| 12. [A] put up with | [B] make up for | [C] hang on to | [D] cut down on |
| 13. [A] intelligent | [B] occasional | [C] intensive | [D] emotional |
| 14. [A] habit | [B] test | [C] decision | [D] plan |
| 15. [A] tough | [B] gentle | [C] rapid | [D] funny |
| 16. [A] in place of | [B] in charge of | [C] in response to | [D] in addition to |
| 17. [A] indispensable | [B] innovative | [C] invisible | [D] instant |
| 18. [A] duller | [B] harder | [C] quieter | [D] quicker |
| 19. [A] peacefully | [B] generously | [C] productively | [D] gratefully |
| 20. [A] at most | [B] in turn | [C] on average | [D] above all |

Section II Reading Comprehension

Part A

Directions:

Read the following four texts. Answer the questions below each text by choosing A, B, C or D. Mark your answers on the ANSWER SHEET. (40 points)

Text 1

On a recent sunny day, 13,000 chickens roam over Larry Brown's 40 windswept acres in Shiner, Texas. Some rest in the shade of a parked car. Others drink water with the cows. This all seems random, but it's by design, part of what the \$ 6.1 billion U.S. egg industry bets will be its next big thing: climate-friendly eggs.

These eggs, which are making their debut now on shelves for as much as \$ 8 a dozen, are still labeled organic and animal-friendly, but they're also from birds that live on farms using regenerative agriculture—special techniques to cultivate rich soils that can trap greenhouse gases. Such eggs could be marketed as helping to fight climate change.

“I'm excited about our progress,” says Brown, who harvests eggs for Denver-based Nest Fresh Eggs and is adding more cover crops that draw worms and crickets for the chickens to eat. The birds' waste then fertilizes fields. Such improvements “allow our hens to forage for higher-quality natural feed that will be good for the land, the hens, and the eggs that we supply to our customers.”

The egg industry's push is the first major test of whether animal products from regenerative farms can become the next premium offering. In barely more than a decade, organic eggs went from being dismissed as a niche product in natural foods stores to being sold at Walmart. More recently there were similar doubts about probiotics and plant-based meats, but both have exploded into major supermarket categories. If the sustainable-egg rollout is successful, it could open the floodgates for regenerative beef, broccoli, and beyond.

Regenerative products could be a hard sell, because the concept is tough to define quickly, says Julie Stanton, associate professor of agricultural economics at Pennsylvania State University Brandywine. Such farming also brings minimal, if any, improvement to the food products (though some producers say their eggs have more protein).

The industry is betting that the same consumers paying more for premium attributes such as free-range, non-GMO, and pasture-raised eggs will embrace sustainability. Surveys show that younger generations are more concerned about climate change, and some of the success of plant-based meat can be chalked up to shoppers wanting to signal their desire to protect the environment. Young adults “really care about the planet,” says John Brunnquell, president of Egg Innovations. “They are absolutely altering the food chain beyond what I think even they understand what they're doing.”

21. The climate-friendly eggs are produced _____.
- [A] at a considerably low cost
 - [B] at the demand of regular shoppers
 - [C] as a replacement for organic eggs
 - [D] on specially designed farms
22. Larry Brown is excited about his progress in _____ .
- [A] reducing the damage of worms
 - [B] accelerating the disposal of waste
 - [C] creating a sustainable system
 - [D] attracting customers to his products
23. The example of organic eggs is used in Paragraph 4 to suggest _____.
- [A] the doubts over natural feeds
 - [B] the setbacks in the egg industry
 - [C] the potential of regenerative products
 - [D] the promotional success of supermarkets
24. It can be learned from the last paragraph that young people _____.
- [A] are reluctant to change their diet
 - [B] are likely to buy climate-friendly eggs
 - [C] are curious about new food
 - [D] are amazed at agriculture advances
25. John Brunnquell would disagree with Julie Stanton over regenerative products' _____.
- [A] market prospects
 - [B] standard definition
 - [C] nutritional value
 - [D] moral implication

Text 2

More Americans are opting to work well into retirement, a growing trend that threatens to upend the old workforce model.

One in three Americans who are at least 40 have or plan to have a job in retirement to prepare for a longer life, according to a survey conducted by Harris Poll for TD Ameritrade. Even more surprising is that more than half of “unretirees”—those who plan to work in retirement or went back to work after retiring—said they would be employed in their later years even if they had enough money to settle down, the survey showed.

Financial needs aren't the only culprit for the “unretirement” trend. Other reasons, according to the study, include personal fulfillment such as staying mentally fit, preventing boredom or avoiding depression. About 72% of “unretiree” respondents said that they would return to work once retired to keep mentally fit while 59% said it would be tied to making ends meet.

“The concept of retirement is evolving,” said Christine Russell, senior manager of retirement at TD Ameritrade. “It’s not just about finances. The value of work is also driving folks to continue working past retirement.”

One reason for the change in retirement patterns: Americans are living longer. The share of the population 65 and older was 16% in 2018, up 32% from the prior year, according to the US. Census Bureau. That’s also up 302% since 2010. Older Americans are also the fastest-growing segment of the US. workforce, and boomers are expected to live longer than previous generations. The percentage of retirement-age people in the labor force has doubled over the past three decades. About 20% of people 65 and older were in the workforce in February, up from an all-time low of 10% in January 1985, according to money manager United Income.

Because of longer life spans, Americans are also boosting their savings to preserve their nest eggs, the TD Ameritrade study showed, which surveyed 2000 adults between 40 to 79. Six in 10 “unretirees” are increasing their savings in anticipation of a longer life, according to the survey. Among the most popular ways they are doing this, the company said, is by reducing their overall expenses, securing life insurance or maximizing their contributions to retirement accounts.

Unfortunately, many people who are opting to work in retirement are preparing to do so because they are worried about making ends meet in their later years, said Brent Weiss, a co-founder at Baltimore-based financial-planning firm Facet Wealth. He suggested that preretirees should speak with a financial adviser to set long-term financial goals.

“The most challenging moments in life are getting married, starting a family and ultimately retiring,” Weiss said. “It’s not just a financial decision, but an emotional one. Many people believe they can’t retire”

26. The survey conducted by Harris Poll indicates that _____ .
- [A] over half of the retirees are physically fit for work
 - [B] the old workforce is as active as the younger one
 - [C] one in three Americans enjoy earlier retirement
 - [D] more Americans are willing to work in retirement
27. It can be inferred from Paragraph 3 that Americans tend to think that _____ .
- [A] retirement may cause problems for them
 - [B] boredom can be relieved after retirement
 - [C] the mental health of retirees is overlooked
 - [D] “unretirement” contributes to the economy
28. Retirement patterns are changing partly due to _____ .
- [A] labor shortage
 - [B] population growth
 - [C] longer life expectancy
 - [D] rising living costs
29. Many “unretirees” are increasing their savings by _____ .
- [A] investing more in stocks
 - [B] taking up odd jobs
 - [C] getting well-paid work
 - [D] spending less
30. With regard to retirement, Brent Weiss thinks that many people are _____ .
- [A] unprepared
 - [B] unafraid
 - [C] disappointed
 - [D] enthusiastic

Text 3

We have all encountered them, in both our personal and professional lives. Think about the times you felt tricked or frustrated by a membership or subscription that had a seamless sign-up process but was later difficult to cancel. Something that should be simple and transparent can be complicated, intentionally or unintentionally, in ways that impair consumer choice. These are examples of dark patterns.

First coined in 2010 by user experience expert Harry Brignull, “dark patterns” is a catch-all term for practices that manipulate user interfaces to influence the decision-making ability of users. Brignull identifies 12 types of common dark patterns, ranging from misdirection and hidden costs to “roach motel,” where a user experience seems easy and intuitive at the start, but turns difficult when the user tries to get out.

In a 2019 study of 53,000 product pages and 11,000 websites, researchers found that about one in 10 employs these design practices. Though widely prevalent, the concept of dark patterns is still not well understood. Business and nonprofit leaders should be aware of dark patterns and try to avoid the gray areas they engender.

Where is the line between ethical, persuasive design and dark patterns? Businesses should engage in conversations with IT, compliance, risk, and legal teams to review their privacy policy, and include in the discussion the customer/user experience designers and coders responsible for the company’s user interface, as well as the marketers and advertisers responsible for sign-ups, checkout baskets, pricing, and promotions. Any or all these teams can play a role in creating or avoiding “digital deception.”

Lawmakers and regulators are slowly starting to address the ambiguity around dark patterns, most recently at the state level. In March, the California Attorney General announced the approval of additional regulations under the California Consumer Privacy Act (CCPA) that “ensure that consumers will not be confused or misled when seeking to exercise their data privacy rights.” The regulations aim to ban dark patterns—this means prohibiting companies from using confusing language or unnecessary steps such as forcing them to click through multiple screens or listen to reasons why they shouldn’t opt out.”

As more states consider promulgating additional regulations, there is a need for greater accountability from within the business community. Dark patterns also can be addressed on a self-regulatory basis, but only if organizations hold themselves accountable, not just to legal requirements but also to industry best practices and standards.

31. It can be learned from the first two paragraphs that dark patterns _____ .
- [A] improve user experiences
 - [B] leak user information for profit
 - [C] undermine users' decision-making
 - [D] remind users of hidden costs
32. The 2019 study on dark patterns is mentioned to show _____ .
- [A] their major flaws
 - [B] their complex designs
 - [C] their severe damage
 - [D] their strong presence
33. To handle digital deception, businesses should _____ .
- [A] listen to customer feedback
 - [B] talk with relevant teams
 - [C] turn to independent agencies
 - [D] rely on professional training
34. The additional regulations under the CCPA are intended to _____ .
- [A] guide users through opt-out processes
 - [B] protect consumers from being tricked
 - [C] grant companies data privacy rights
 - [D] restrict access to problematic content
35. According to the last paragraph, a key to coping with dark patterns is _____ .
- [A] new legal requirements
 - [B] businesses' self-discipline
 - [C] strict regulatory standards
 - [D] consumers' safety awareness

Text 4

Although ethics classes are common around the world, scientists are unsure if their lessons can actually change behavior; evidence either way is weak, relying on contrived laboratory tests or sometimes unreliable self-reports. But a new study published in *Cognition* found that, in at least one real-world situation, a single ethics lesson may have had lasting effects.

The researchers investigated one class session's impact on eating meat. They chose this particular behavior for three reasons, according to study co-author Eric Schwitzgebel, a philosopher at the University of California, Riverside: students' attitudes on the topic are variable and unstable, behavior is easily measurable, and ethics literature largely agrees that eating less meat is good because it reduces environmental harm and animal suffering. Half of the students in four large philosophy classes read an article on the ethics of factory-farmed meat, optionally watched an 11-minute video on the topic and joined a 50-minute discussion. The other half focused on charitable giving instead. Then, unknown to the students, the researchers studied their anonymized meal-card purchases for that semester—nearly 14,000 receipts for almost 500 students.

Schwitzgebel predicted the intervention would have no effect; he had previously found that ethics professors do not differ from other professors on a range of behaviors, including voting rates, blood donation and returning library books. But among student subjects who discussed meat ethics, meal purchases containing meat decreased from 52 to 45 percent—and this effect held steady for the study's duration of several weeks. Purchases from the other group remained at 52 percent.

“That's actually a pretty large effect for a pretty small intervention,” Schwitzgebel says. Psychologist Nina Strohminger at the University of Pennsylvania, who was not involved in the study, says she wants the effect to be real but cannot rule out some unknown confounding variable. And if real, she notes, it might be reversible by another nudge: “Easy come, easy go.”

Schwitzgebel suspects the greatest impact came from social influence—classmates or teaching assistants leading the discussions may have shared their own vegetarianism, showing it as achievable or more common. Second, the video may have had an emotional impact. Least rousing, he thinks, was rational argument, although his co-authors say reason might play a bigger role. Now the researchers are probing the specific effects of teaching style, teaching assistants' eating habits and students' video exposure. Meanwhile, Schwitzgebel—who had predicted no effect—will be eating his words.

36. Scientists generally believe that the effects of ethics classes are _____ .
- [A] hard to determine
 - [B] narrowly interpreted
 - [C] difficult to ignore
 - [D] poorly summarized
37. Which of the following is a reason for the researchers to study meat eating?
- [A] It is common among students.
 - [B] It is a behavior easy to measure.
 - [C] It is important to students' health.
 - [D] It is a hot topic in ethics classes.
38. Eric Schwitzgebel's previous findings suggest that ethics professors _____ .
- [A] are seldom critical of their students
 - [B] are less sociable than other professors
 - [C] are not sensitive to political issues
 - [D] are not necessarily ethically better
39. Nina Strohminger thinks that the effect of the intervention is _____ .
- [A] permanent
 - [B] predictable
 - [C] uncertain
 - [D] unrepeatable
40. Eric Schwitzgebel suspects that the students' change in behavior _____ ..
- [A] can bring psychological benefits
 - [B] can be analyzed statistically
 - [C] is a result of multiple factors
 - [D] is a sign of self-development

Part B

Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A -G for each numbered paragraph (41 - 45). There are two extra subheadings which you do not need to use. Mark your answers on the ANSWER SHEET. (10 points)

[A] Make It a Habit.

[B] Don't Go It Alone.

[C] Start Low, Go Slow.

[D] Talk With Your Doctor.

[E] Listen to Your Body.

[F] Go Through the Motions.

[G] Round Out Your Routine

How to Get Active Again

Getting back into exercise can be a challenge in the best of times, but with gyms and in-person exercise classes off-limits to many people these days, it can be tricky to know where to start. And it's important to get the right dose of activity. "Too much too soon either results in injury or burnout," says Mary Yoke, PhD, a faculty member in the kinesiology department at Indiana University in Bloomington. The following simple strategies will help you return to exercise safely after a break.

41. _____

Don't try to go back to what you were doing before your break. If you were walking 3 miles a day, playing 18 holes of golf three times a week, or lifting 10-pound dumbbells for three sets of 10 reps, reduce activity to half a mile every other day, or nine holes of golf once a week with short walks on other days, or use 5-pound dumbbells for one set of 10 reps. Increase time, distance, and intensity gradually. "This isn't something you can do overnight," says Keri L. Denay, MD, lead author of a recent American College of Sports Medicine advisory that encourages Americans to not overlook the benefits of activity during the pandemic. But you will reap benefits such as less anxiety and improve sleep right away.

42. _____

If you're breathing too hard to talk in complete sentences, back off. If you feel good, go a little longer or faster. Feeling wiped out after a session? Go easier next time. And stay alert to serious symptoms, such as chest pain or pressure, severe shortness of breath or dizziness, or faintness, and seek medical attention immediately.

43. _____

Consistency is the key to getting stronger and building endurance and stamina. Ten minutes of activity per day is a good start, says Marcus Jackovitz, DPT, a physical therapist at the University of Miami Hospital. All the experts we spoke with highly recommend walking because it's the easiest, most accessible form of exercise. Although it can be a workout on its own, if your goal is to get back to Zumba classes, tennis, cycling, or any other activity, walking is also a great first step.

44. _____

Even if you can't yet do a favorite activity, you can practice the moves. With or without a club or racket, swing like you're hitting the ball. Paddle like you're in a kayak or canoe. Mimic your favorite swimming strokes. The action will remind you of the joy the activity brought you and prime your muscles for when you can get out there again.

45. _____

Exercising with others "can keep you accountable and make it more fun, so you're more likely to do it again," Jackovitz says. You can do activities such as golf and tennis or take a walk with others and still be socially distant. But when you can't connect in person, consider using technology. Chat on the phone with a friend while you walk around your neighborhood. FaceTime with a relative as you strength train or stretch at home. You can also join a livestream or on-demand exercise class.

Section II Translation

46. Directions:

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

Although we try our best, sometimes our paintings rarely turn out as originally planned. Changes in the light, the limitations of your painting materials, and the lack of experience and technique mean that what you start out trying to achieve may not come to life the way that you expected.

Although this can be frustrating and disappointing, it turns out that this can actually be good for you. Unexpected results have two benefits: you pretty quickly learn to deal with disappointment, and realise that when one door closes, another opens. You also quickly learn to adapt and come up with creative solutions to the problems the painting presents, and thinking outside the box will become your second nature.

In fact, creative problem-solving skills are incredibly useful in daily life, with which you're more likely to be able to find a solution when a problem arises.

Section III Writing

Part A

47. Directions:

Suppose you are planning a campus food festival. Write an e-mail to the international students in your university to

- 1) introduce the food festival, and
- 2) invite them to participate.

You should write about 100 words on the ANSWER SHEET.

Do not use your own name. Use “Li Ming” instead. (10 points)

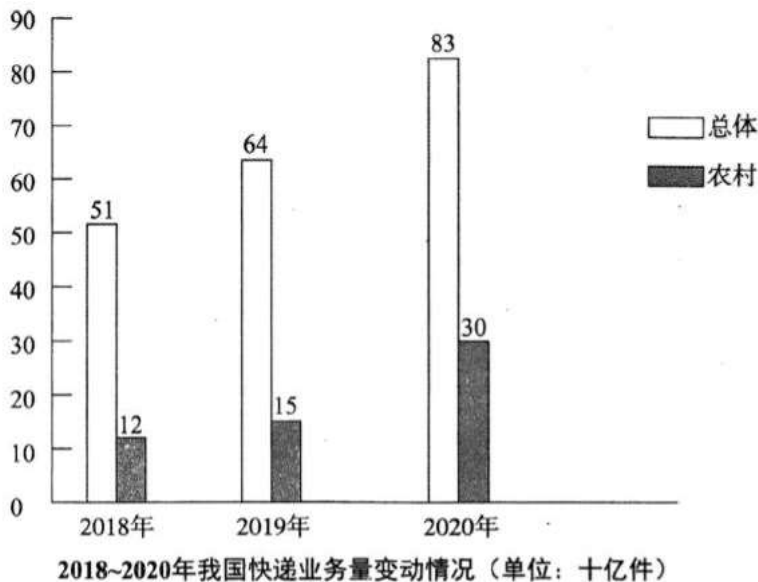
Part B

48. Directions:

Write an essay based on the following chart. In your writing, you should

- 1) interpret the chart, and
- 2) give your comments.

You should write about 150 words on the ANSWER SHEET. (15 points)



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- ✓ 每个老师都有自己的长处，也有其一定的局限性。选择适合自己的老师是最重要的。
- 🚢 阅读：唐迟
 - 阅读看唐迟的就够了，听他的文章讲解后会对文章有新的认识
 - 唐迟老师绝对是99%干货，还有1%的幽默风趣小笑话让大家乐
 - 强烈推荐，前期时间充足可以多看看，在后期没什么时间看英语
 - 注重讲阅读的逻辑，无废话，听的同学一定要勤记单词
 - 阅读跟着唐迟就没问题！另外刷真题阅读第一刷一定要精刷，弄懂每道题的出题套路等，手译长难句，有时间的全文翻译。
 - 手译精读全文一来是锻炼翻译能力，二来是吃透每一篇阅读，推荐《句句译紫皮书》（这个是真题手译本，精刷真题贼好用）
- 🚢 语法 / 长难句：田静和刘晓艳
 - 刘晓燕：讲解快速得分的技巧，直击重点。刘晓艳喜欢讲段子，不是全程精讲，课时会拖得比较长，但课比较活跃。
 - 田静老师：课程由浅入深，全程精讲，无废话！讲课内容都很细容易理解和接受。
 - 先学习语法，再去划分长难句会容易很多，轻松很多
 - 语法长难句听刘晓艳or田静都不错。根据个人喜好，如果不好选择可以先看看她们的网课再做选择，个人更加喜欢田静。
- 🚢 翻译：唐静
 - 课程里面很多干货，课上讲很多实用的翻译方法，步骤详细。
 - 墙裂建议找真题中的长难句出来翻译练习，或者用手译本《句句译紫皮书》
- 🚢 作文：刘晓艳/石磊鹏
 - 石磊鹏强烈推荐，没有套路，多积累句子，看了一两堂课真的太好了
 - 刘晓艳的作文是教大家总结自己的模板
 - 另外王江涛也不错。他的《王江涛高分作文》最好买一本。
 - 作文就是要靠背，后后模仿着去写，背多了自然而然就会写了，自己再总结一套属于自己的模板，考试绝对没问题
- 🚢 单词：朱伟/董仲鑫
 - 单词书用恋恋有词或者红宝书都可以的
 - 网课可以试试朱伟，我也看了董仲鑫的课，觉得也不错，英语基础比较差的同学，有一些巧记单词方法，并对单词举一反三
 - 单词看网课不是重点！可以不看，不要花太多时间在单词网课，重点自己要去背记

- **建议配合** ⚠️ **《词到单词默写本》**（背单词神器，可撕可折，总共记7次，防止干扰的，根据艾宾浩斯记忆，很nice，强推）一起使用，某宝有买，可以去搜索下名字就行。
- 单词重点在认真去背，看视频是次要！一定要把**真题的单词都弄懂**！（至少近二十年的真题）可以把不会的单词用个本子记下来（推荐**《词到单词默写本》**），根据艾宾浩斯记忆周期，反复背看，直到记住为止！
- 再推荐一个app-墨墨背单词，前期每天100个，后期再增加！

📖 **完型/新题型：王晟/刘晓艳**

- 完型性价比低，每个空0.5分一个，完型部分相对比较不容易得分，新题型练习几次就能找到感觉，王晟老师的课会讲这两个部分的套路，和一些解题技巧，对答题还是有一定帮助。看刘晓艳的可以，教的是直接拿分的办法！很实用。

📖 **关于辅导书**

- **比较推荐书有：**《张剑黄皮书真题》、《句句译紫皮书》（这个是真题手译本，阅读差的同同学强推），《田静语法与长难句》、《恋词5500》、《唐迟阅读的逻辑》（看他的网课就不必要买，做好笔记即可）、《王江涛高分作文》
- ⚠️ **考研英语不用买别的什么模拟题~ 买真题完全ok（3次最好，时间急的至少刷2次）**
- **真题建议用《黄皮书》就可以啦，配合《句句译紫皮书》**（这个是真题手译本，阅读差或者想拔高的同学强推）一起用
 - ⚠️ **真题记得留着近2-3年的下来，不要都做了，留到最后冲刺模拟测试自己！**
- **★得阅读者得高分，大家可以多花点时间在阅读部分**
 - 时间足够的同学最好要通过手译文章，**精读一篇胜过泛读十篇，还能同时训练翻译部分**，手译一遍之后，你就会发现你语感好很多了。把阅读里面不认识的单词单独列出来进行背诵，不懂的句子自行划分结构，明白每一道题为什么选这个、有什么套路、掌握技巧、方法论、题型分类和题型所出现的标准（这个可以参考唐迟老师的阅读逻辑的课），这样手译之后可以检测你是否真正掌握了文章里面所有的句子。虽然这个过程会很费时间，但这样做会迅速提高你阅读理解的能力，对于基础不好的同学绝对值得。
 - **👉建议大家可以某宝买本英语真题手译本《句句译紫皮书》，紫色封面的，很nice，翻译文章就方便很多，节省很多时间。**
 - 手译全文一来是锻炼翻译能力，二来是吃透每一篇阅读。**得阅读者得高分！**（这个笨办法亲测好用，所以我很推荐。）
 - 虽然逐句翻译需要花费大量时间，坚持下来，必将显著提升英语阅读水平！当然，如果时间不够，也可以只把近10年的真题精读一遍，就已经很不错了。考研的人基本都做了真题，为什么有的人考的高，有的人却连国家线都过不了，关键是你弄懂了多少，消化吸收了多少。能力的提高不在于做了多少题，而是你做了多少总结。