

单词

方法总结

段落分析

解题思路

同义替换

逻辑提示词 (时间、转折、感情色彩)

真题链接

Mindlessly 不加思考的  
routine

N-VAR A routine is the usual series of things that you do at a particular time. A routine is also the practice of regularly doing things in a fixed order. 惯例; 常规 墨守成规

① 可以当做选择形容词，选择 formation的特征  
formation的同义替换是develop，develop的修饰是consciously (副词)，那么formation的修饰就要选和 consciously同义的形容词，即guided  
② direct=guide

① 句内：分号表前后相同的逻辑  
those: 前面有指代  
those ruts=old habit  
② 句间：instead: 表相同逻辑  
Those old roads =old habit  
所以，ruts= roads =tracks

2009-1

先题后文，只看题干，不看选项，预测文章主题

- 21. In Wordsworth’s view, “habits” is characterized by being .
- 22. Brain researchers have discovered that the formation of habit can be .
- 23. “ruts” (Line 1, Paragraph 4) is closest in meaning to .
- 24. Dawna Markova would most probably agree that .
- 25. Ryan’s comments suggest that the practice of standardized testing

第一段

Habits are a funny thing. We reach for them mindlessly, setting our brains on autopilot and relaxing into the unconscious comfort of familiar routine. “Not choice, but habit rules the unreflecting herd,” William Wordsworth said in the 19th century. In the ever-changing 21st century, even the word “habit” carries a negative connotation.

第一段：习惯是无意识的

21. In Wordsworth’s view, “habits” is characterized by being .

- [A] casual
- [B] familiar
- [C] mechanical 呆板的，机械的
- [D] changeable.

反复强调的是重点，重点是考点  
negative强调方向向下

第二段【公众号：考研云分享】

So it seems paradoxical to talk about habits in the same context as creativity and innovation. But brain researchers have discovered that when we consciously develop new habits, we create parallel paths, and even entirely new brain cells, that can jump our trains of thought onto new, innovative tracks.

第二段：习惯是可以有意识地培养的

第三段

Rather than dismissing ourselves as unchangeable creatures of habit, we can instead direct our own change by consciously developing new habits. In fact, the more new things we try — the more we step outside our comfort zone — the more inherently creative we become, both in the workplace and in our personal lives.

养成习惯=develop

22. Brain researchers have discovered that the formation of habit can be .

- [A] predicted
- [B] regulated
- [C] traced
- [D] guided

第四段【公众号：考研云】

But don’t bother trying to kill off old habits; once those ruts of procedure are worn into the brain, they’re there to stay. Instead, the new habits we deliberately press into ourselves create parallel pathways that can bypass those old roads.

第四段：培养新习惯不会抹杀旧习惯

23. “ruts” (Line 1, Paragraph 4) is closest in meaning to .

- [A] tracks
- [B] series
- [C] characteristics
- [D] connections

第五段【公众号：考研云分享】

The first thing needed for innovation is a fascination with wonder," says Dawna Markova, author of *The Open Mind*. "But we are taught instead to 'decide,' just as our president calls himself 'the Decider.'" She adds, however, that "to decide is to kill off all possibilities but one. A good innovational thinker is always exploring the many other possibilities."

第五段：好奇心对创造力很重要

24. Dawna Markova would most probably agree that .

- [A] ideas are born of a relaxing mind ×未提及  
[B] innovativeness could be taught ×学的是decide  
[C] decisiveness derives from fantastic ideas ×偷换概念/围绕D选项设计的干扰  
[D] curiosity activates creative minds √ D: curiosity= wonder  
creative mind = innovation

第六段

All of us work through problems in ways of which we're unaware, she says. Researchers in the late 1960s discovered that humans are born with the capacity to approach challenges in four primary ways: **analytically, procedurally, relationally (or collaboratively) and innovatively**. At the end of adolescence, however, the brain shuts down half of that capacity, preserving only those modes of thought that have seemed most valuable during the first decade or so of life.

第七段

The current emphasis on **standardized testing highlights analysis and procedure, meaning that few of us inherently use our innovative and collaborative modes of thought**. "This **breaks** the major rule in the American belief system — that anyone can do anything," explains M. J. Ryan, author of the 2006 book *This Year I Will...* and Ms. Markova's business partner. "That's a **lie** that we have **perpetuated**, and it fosters commonness. Knowing what you're good at and doing even more of it creates excellence." This is where developing new habits comes in.

第六段、第七段：有四种能力，但标准化的考试只强调前两种。

lie、perpetuate 方向向下

25. Ryan's comments suggest that the practice of standardized testing

- [A] prevents new habits from being formed √  
[B] no longer emphasizes commonness ×foster 相反  
[C] maintains the inherent American thinking model ×相反  
[D] complies with the American belief system ×break 相反



perpetuated

V-T If someone or something perpetuates a situation, system, or belief, especially a **bad one**, they cause it to continue. 使继续 (尤指不好的情形、体系或信仰)

本文总结

1.猜词题：利用逻辑关系相同或相反，找到句内或句间相对应的词

2.反复强调的是重点，重点是考点

3. **perpetuated**

V-T If someone or something perpetuates a situation, system, or belief, especially a **bad one**, they cause it to continue. 使继续 (尤指**不好**的情形、体系或信仰) ↓