

2005-3

2018年8月24日 18:34

词汇、解题思路

正文、题目

语篇分析

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

• **suspended** V-I If

you suspend something, you delay it or stop it from happening for a while or until a decision is made about it. 暂停 (否定)

• **Disguise** N-VAR If you are in disguise, you are not wearing your usual clothes or you have altered your appearance in other ways, so that people will not recognize you. 伪装• **Thermostat** n. 恒温器; 自动调温器• **are susceptible to** 对...敏感; 易患...; 易受...影响 (尤指伤害)• **innermost** ADJ Your innermost thoughts and feelings are your most personal and secret ones. 最隐秘的**come to** 开始=now

问的是现在的观点

**Above all= most**

## 例证题

- 例子是为了说明观点的
- 标志: 当谈到A, 是为了说明
- 例子的特征: 大写、专业术语
- 例证题做对的关键

## 2005Text3

先题后文, 只看题干, 不看选项, 预测文章主题

31. **Researchers** have come to believe that **dreams** \_\_\_\_\_.  
 32. By referring to the **limbic system**, the author intends to show \_\_\_\_\_.  
 33. The **negative feelings** generated during the day tend to \_\_\_\_\_.  
 34. Cartwright seems to suggest that \_\_\_\_\_.  
 35. What advice might Cartwright give to those who sometimes have **bad dreams**?

串联题干, 知道文章大概是和做梦、情绪有关

## 第一段

Of all the components of a good night's sleep, **dreams** seem to be **least within our control**. In dreams, a window opens into a world where logic is **suspended** and dead people speak. A century ago, Freud formulated his revolutionary theory that dreams were the **disguised** shadows of our unconscious desires and fears; by the late 1970s, neurologists had switched to thinking of **them** as just "mental noise" —the random byproducts of the neural-repair work that goes on during sleep. **Now** researchers **suspect** that **dreams** are part of the mind's emotional **thermostat**, regulating moods while the brain is "off-line." **And one leading authority says that these intensely powerful mental events can be not only harnessed but actually brought under conscious control, to help us sleep and feel better.** "It's your dream," says Rosalind Cartwright, chair of psychology at Chicago's Medical Center. "If you don't like it, change it."

31. **Researchers have come to believe that dreams** \_\_\_\_\_.  
 [A] can be modified in their courses ✓全文中心的改写 细节服从主旨[B] **are susceptible to** emotional changes ×强干扰, 关系说反了[C] reflect our **innermost** desires and fears ×过去的观点

[D] are a random outcome of neural repairs ×过去的观点

## 第二段

**Evidence from brain imaging supports this view.** The brain is as active during **REM** (rapid eye movement) sleep—when most vivid dreams occur—as it is when fully awake, says **Dr. Eric Nofzinger** at the University of Pittsburgh. But not all parts of the brain are equally involved; **the limbic system** (the "emotional brain") is especially active, **while the prefrontal cortex** (the center of intellect and reasoning) is relatively quiet. "We wake up from dreams happy or depressed, and those feelings can stay with us all day," says Stanford sleep researcher Dr. William Dement.

least表否定

考研的文章: 捧杀、欲扬先抑、欲抑先扬

开头讲梦不能被人控制, 文章很有可能反过来说梦能被控制

这个开头和2010-1的开头很像

所有的专业术语都是纸老虎, 重在逻辑

**Now:** 时间相反一切相反

①后面是文章中心

②后面是重点

**Suspect** 认为 (肯定)**Doubt** 怀疑 (否定)**these:** 代词+n. 前面一定提到过这个名词

这里=dream

第一段: 过去人们认为梦是不能被控制的, 现在研究发现梦是可以被控制的

专业术语看不懂没关系

①这段话都是在说例子, 第一句话是观点, "this view" 指代上一段话的观点

②三段首句也是观点

**While** 表对比

- 例子的特征：大写、专业术语
- 例证题做对的关键
  - ①审题清晰，看清是例证题
  - ②分清例子在哪里，观点在哪里（观点一般在例子前，有时在例子后，有时还需要跨越段落，上段下段都可以考虑）
  - ③特别注意选项里的代词，很有可能是指代题干中的例子本身
  - ④排除干扰选项双管齐下
- 例证题的本质还是“细节服从主旨”

cortex (the center of intellect and reasoning) is relatively quiet. We wake up from dreams happy or depressed, and those feelings can stay with us all day.” says Stanford sleep researcher Dr. William Dement.

While 表对比

♥ 32. By referring to the limbic system, the author intends to show \_\_\_\_\_. .

第二段：第一段观点举例

- [A] its function in our dreams *its指代 the limbic system, 还是例子本身*  
 [B] the mechanism of REM sleep. 例子本身  
 [C] the relation of dreams to emotions ✓  
 [D] its difference from the prefrontal cortex 例子本身

### 第三段

The link between dreams and emotions shows up among the patients in Cartwright's clinic. Most people seem to have more bad dreams early in the night, progressing toward happier ones before awakening, suggesting that they are working through negative feelings generated during the day. Because our conscious mind is occupied with daily life we don't always think about the emotional significance of the day's events—until, it appears, we begin to dream.

Suggest that总结前文

33. The negative feelings generated during the day tend to \_\_\_\_\_. .

- [A] aggravate in our unconscious mind 方向相反  
 ♥ [B] develop into happy dreams Happy≠happier 性质不同  
 [C] persist till the time we fall asleep ×it appears until we begin to dream 说反了  
 [D] show up in dreams early at night ✓同义改写

第三段：梦和情绪的关系

□ 2006-31 注意原文中的比较级、最高级，干扰选项会以原形设置

When prehistoric man arrived in new parts of the world, something strange happened to the large animals: they suddenly became extinct. Smaller species survived. The large, slow-growing animals were easy game, and were quickly hunted to extinction. Now something similar could be happening in the oceans.

31. The extinction of large prehistoric animals is noted to suggest that \_\_\_\_\_. .

- [A] large animals were vulnerable to the changing environment  
 ♥ [B] small species survived as large animals disappeared ×  
 [C] large sea animals may face the same threat today ✓同义替换 细节服从主旨  
 [D] slow-growing fish outlive fast-growing ones

game 猎物

### 第四段

And this process need not be left to the unconscious. Cartwright believes one can exercise conscious control over recurring bad dreams. As soon as you awaken, identify what is upsetting about the dream. Visualize how you would like it to end instead; the next time it occurs, try to wake up just enough to control its course. With much practice people can learn to, literally, do it in their sleep.

双重否定表肯定：梦是可以被控制的

This process= dream  
第四段：梦是可以被控制的

- Visualize V-I If you visualize something, you imagine what it is like by forming a mental picture of it. 想像

## 34. Cartwright seems to suggest that \_\_\_\_\_.

- [A] waking up **in time** is essential to the ridding of bad dreams ×try to weak up ≠wake up in time  
 [B] visualizing **bad dreams** helps bring them under control ×偷换概念  
 [C] dreams should be left to their natural progression ×反义  
 [D] dreaming may not entirely belong to the unconscious √同义改写

C和D互为相反选项，  
往往会出正确答案

## 第五段

At the end of the day, there' s probably little reason to pay attention to our dreams at all **unless** they keep us from sleeping or "we wake up in a panic," Cartwright says. Terrorism, economic uncertainties and general feelings of insecurity have increased people' s anxiety. Those suffering from persistent nightmares **should** seek help from a therapist. For the rest of us, the brain has its ways of working through bad feelings. Sleep—or rather dream—on it and you' ll feel better in the morning.

第五段：虽然梦可以被控制，梦和情绪有很大关系，但一般人不需要过度关注

情态动词表作者观点态度

Sometimes  
注意题干的小词，尤其是副词！！

35. What advice might Cartwright give to those who **sometimes** have bad dreams?

- [A] Lead your life as usual.  
 [B] Seek professional help.  
 [C] Exercise conscious control.  
 [D] Avoid anxiety in the daytime.

## 本文总结

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- 例证题的本质是“细节服从主旨”

## 2.特别注意题干中的小词，特别是副词

above all= most, come to=now, sometimes

## 3.考研的文章：捧杀、欲扬先抑、欲抑先扬

## 4.Now：时间相反一切相反

- ①后面是文章中心
- ②后面是重点

## 5.Suspect 认为（肯定）

Doubt 怀疑（否定）

## 6.所有的专业术语都是纸老虎，重在逻辑

