

六级听力 讲座 ——选项分析法

讲师：祁连山老师

枪哥英语脱口秀

微信公众号 ▶



枪哥英语脱口秀

抖音账号 ▶



1

四六级听力题型

	时 长	分 值	题 型	材 料	题 数	分 值
四级	25m	35%	四选一 无题干	3篇新闻	7	每题一分
				2篇对话	8	每题一分
				3篇短文	10	每题两分
六级	30m	35%	四选一 无题干	2篇对话	8	每题一分
				2篇短文	7	每题一分
				3篇讲座	10	每题两分

2

讲座

篇章数量	六级3篇
题目数量	每篇3-4题
语音特征	美音英音搭配
话题素材	介绍科学研究，进行描述、解释、展望建议

3

讲座技巧——主旨是答案

主旨在哪

- a. 转折后面是主旨 (but, however)
- b. 关联词是主旨 (firstly, secondly, finally)
- c. 重复的是主旨

4

应对策略正解

对应原则

- a. 一一对应+两点一线
- b. 选项与原文原词或替换词对应

派生词替换, communicate — communication

近义词替换, communicate with—talk to

反向替换, refused to do —had not done (注意否定词尾吞音)

5

错误选项三种情况

原文：春天鸟语花香，夏天骄阳似火，秋天枫叶红了，冬天大雪纷飞。

01

没提选项：春天蝴蝶可多了（切勿脑补）

02

矛盾选项：春天花不香

03

混搭选项：春天大雪纷飞

6

例二：2020年12月（第1套） 六级（recording1）

16. A) Their obsession with consumption.
B) Their failure to accumulate wealth.
C) The ever-increasing costs of housing.
D) The deterioration of the environment.

18. A) They serve multiple purposes.
B) They benefit the environment.
C) They are mostly durable.
D) They are easily disposable.

17. A) Things that are rare to find.
B) Things that cost less money.
C) Things that boost efficiency.
D) Things that we cherish most.

7

例二：2020年12月（第1套） 六级（recording1）

16. A) Their **obsession** with **consumption**.
B) Their **failure** to **accumulate wealth**.
C) The **ever-increasing costs** of **housing**.
D) The **deterioration** of the **environment**.

18. A) They serve **multiple purposes**.
B) They **benefit** the **environment**.
C) They are **mostly durable**.
D) They are **easily disposable**.

17. A) Things that are **rare to find**.
B) Things that **cost less money**.
C) Things that **boost efficiency**.
D) Things that we **cherish most**.

8

例二：2020年12月（第1套） 六级（recording1）

16. A) Their obsession with consumption.
B) Their failure to accumulate wealth.
C) The ever-increasing costs of housing.
D) The deterioration of the environment.

18. A) They serve multiple purposes.
B) They benefit the environment.
C) They are mostly durable.
D) They are easily disposable.

17. A) Things that are rare to find.
B) Things that cost less money.
C) Things that boost efficiency.
D) Things that we cherish most.

9

例二：2020年12月（第1套） 六级（recording1）

16. A) Their obsession with consumption. （原文&替换&转折but）
B) Their failure to accumulate wealth. （没提）
C) The ever-increasing costs of housing. （没提）
D) The deterioration of the environment. （没提）

17. A) Things that are rare to find. （没提）
B) Things that cost less money. （没提）
C) Things that boost efficiency. （没提）
D) Things that we cherish most. （替换&转折but）

10

例二：2020 年 12 月 (第1套) 六级 (recording1)

18. **A) They serve multiple purposes.** (原文&Finally)
B) They benefit the environment. (没提)
C) They are mostly durable. (没提)
D) They are easily disposable. (没提)

11

例一：2020 年 12 月 (第2套) 六级 (recording1)

- | | |
|--|--|
| 16. A) It overlooked the possibility that emotions may be controlled.
B) It ignored the fact that emotions are personal and subjective.
C) It classified emotions simply as either positive or negative.
D) It measured positive and negative emotions independently. | 18. A) It proved hard to depict objectively.
B) It went hand in hand with sadness.
C) It helped increase low-arousal emotions.
D) It tended to intensify negative emotions. |
| 17. A) Sitting alone without doing anything seemed really distressing.
B) Solitude adversely affected the participants' mental well-being.
C) Sitting alone for 15 minutes made the participants restless.
D) Solitude had a reductive effect on high-arousal emotions. | |

12

例一：2020年12月（第2套） 六级（recording1）

16. A) It overlooked the possibility that emotions may be controlled.
B) It ignored the fact that emotions are personal and subjective.
C) It classified emotions simply as either positive or negative.
D) It measured positive and negative emotions independently.

18. A) It proved hard to depict objectively.
B) It went hand in hand with sadness.
C) It helped increase low-arousal emotions.
D) It tended to intensify negative emotions.

17. A) Sitting alone without doing anything seemed really distressing.
B) Solitude adversely affected the participants' mental well-being.
C) Sitting alone for 15 minutes made the participants restless.
D) Solitude had a reductive effect on high-arousal emotions.

13

例一：2020年12月（第2套） 六级（recording1）

16. A) It overlooked the possibility that emotions may be controlled.
B) It ignored the fact that emotions are personal and subjective.
C) It classified emotions simply as either positive or negative.
D) It measured positive and negative emotions independently.

18. A) It proved hard to depict objectively.
B) It went hand in hand with sadness.
C) It helped increase low-arousal emotions.
D) It tended to intensify negative emotions.

17. A) Sitting alone without doing anything seemed really distressing.
B) Solitude adversely affected the participants' mental well-being.
C) Sitting alone for 15 minutes made the participants restless.
D) Solitude had a reductive effect on high-arousal emotions.

14

例一：2020年12月（第2套） 六级（recording1）

16. A) It overlooked the possibility that emotions may be controlled. （混搭）
B) It ignored the fact that emotions are personal and subjective. （没提）
C) It classified emotions simply as either positive or negative. （原文&替换&重复）
D) It measured positive and negative emotions independently. （混搭）
17. A) Sitting alone without doing anything seemed really distressing. （混搭）
B) Solitude adversely affected the participants' mental well-being. （没提）
C) Sitting alone for 15 minutes made the participants restless. （混搭）
D) Solitude had a reductive effect on high-arousal emotions. （原文&替换&重复）

15

例一：2020年12月（第2套） 六级（recording1）

18. A) It proved hard to depict objectively. （没提）
B) It went hand in hand with sadness. （没提）
C) It helped increase low-arousal emotions. （原文&重复）
D) It tended to intensify negative emotions. （混搭）

16

听写跟读练习

17

例二：2020 年 12 月 (第1套) 六级 (recording1)

Did you know that Americans have approximately xx xx xx xx xx xx we had 50 years ago? Therefore, you'd think we'd have sufficient room for all of our possessions. On the contrary, the personal storage business is now a growing industry. We've got triple the space, **【Q16】** but we've become such enthusiastic consumers that we require even more. This phenomenon has resulted in significant credit card debt, xx xx xx, and perhaps not coincidentally, our happiness levels have failed to increase over the same half century.

18

例二：2020 年 12 月 (第1套) 六级 (recording1)

I'm here to suggest an alternative – that having less, xx xx xx xx xx xx. Many of us have experienced, at some stage, the pleasure of possessing less. I propose that xx xx xx xx xx can not only help you xx, but also simplify your life. I recently xx xx xx xx to discover some creative solutions that offered me everything I required. By purchasing an apartment that was 40 square meters instead of 60, I immediately saved \$ 200,000. Smaller space leads to xx xx xx, xx xx xx xx xx xx. Because it is designed around an edited collection of possessions, limited to my favorite stuff, I'm really excited to live there.

19

例二：2020 年 12 月 (第1套) 六级 (recording1)

How can we live more basically? Firstly, we must ruthlessly cut the unnecessary objects out of our lives. xx xx xx, we should think before we buy, and ask ourselves, "Will it truly make me happier?" 【Q17】 Obviously, we should possess some great stuff, but we want belongings that we're going to love for years. Secondly, we require space efficiency. We want xx xx xx xx for use most of the time, not xx xx xx. Why own a six-burner stove when you rarely use even three burners?

20

例二：2020 年 12 月 (第1套) 六级 (recording1)

【Q18】 Finally, we need xx xx xx xx. I combined a movable wall with transforming furniture to get more out of my limited space. Consider my coffee table. It increases in size to accommodate ten. My office is xx xx, easily hidden. My bed simply pops out the wall. For guests, I can xx xx xx xx and utilize the foldable guest beds I installed.

I'm not saying that we should all live in tiny apartments, but consider the benefits of an edited life. When you return home and walk through your front door, take a moment to ask yourselves, "could I do with a little life editing? Will that give me more freedom and more time?"

21

例二：2020 年 12 月 (第1套) 六级 (recording1)

Did you know that Americans have approximately three times the amount of space we had 50 years ago? Therefore, you'd think we'd have sufficient room for all of our possessions. On the contrary, the personal storage business is now a growing industry. We've got triple the space, 【Q16】 but we've become such enthusiastic consumers that we require even more. This phenomenon has resulted in significant credit card debt, enormous environmental footprints, and perhaps not coincidentally, our happiness levels have failed to increase over the same half century.

22

例二：2020 年 12 月 (第1套) 六级 (recording1)

I'm here to suggest an alternative – that having less, **might actually be a preferable decision**. Many of us have experienced, at some stage, the pleasure of possessing less. I propose that **less stuff and less space** can not only help you **economize**, but also simplify your life. I recently **started an innovative project** to discover some creative solutions that offered me everything I required. By purchasing an apartment that was 40 square meters instead of 60, I immediately saved \$ 200,000. Smaller space leads to **reduced utility bills, and also a smaller carbon footprint**. Because it is designed around an edited collection of possessions, limited to my favorite stuff, I'm really excited to live there.

23

例二：2020 年 12 月 (第1套) 六级 (recording1)

How can we live more basically? Firstly, we must ruthlessly cut the unnecessary objects out of our lives. **To stem consumption**, we should think before we buy, and ask ourselves, "Will it truly make me happier?" 【Q17】 Obviously, we should possess some great stuff, but we want belongings that we're going to love for years. Secondly, we require space efficiency. We want **appliances that are designed** for use most of the time, not **for occasional use**. Why own a six-burner stove when you rarely use even three burners?

24

例二：2020年12月（第1套） 六级（recording1）

【Q18】 Finally, we need multifunctional spaces and housewares. I combined a movable wall with transforming furniture to get more out of my limited space. Consider my coffee table. It increases in size to accommodate ten. My office is tugged away, easily hidden. My bed simply pops out the wall. For guests, I can relocate the movable wall and utilize the foldable guest beds I installed.

I'm not saying that we should all live in tiny apartments, but consider the benefits of an edited life. When you return home and walk through your front door, take a moment to ask yourselves, "could I do with a little life editing? Will that give me more freedom and more time?"

25

例一：2020年12月（第2套） 六级（recording1）

Psychology research has tended to portray solitude as a negative experience. Studies conducted in the 1970s and 1990s suggested that people felt less happy when alone as compared to being with others. However, a new paper shows an xx xx xx xx, one in which solitude can be positive.

Let's start by looking at the earlier research. It had a couple of shortcomings. First it measured emotion xx xx xx xx xx xx xx, overlooking the possibility that our positive and negative emotions can xx xx. 【Q16】 Also, it xx emotions as simply positive or negative. It didn't consider that emotions xx xx xx xx xx and that both positive and negative emotions can arouse us a lot or a little. That is, whether positive or negative, emotions can be either high-arousal or low-arousal. Higher-arousal emotions include excitement on the positive side or anger on the negative side, while low-arousal ones include feeling calm on the positive side or lonely on the negative.

26

例一：2020 年 12 月 (第2套) 六级 (recording1)

This new research attempted to xx xx xx. Researchers began with a simple study. They asked participants to spend fifteen minutes sitting alone xx xx xx xx xx, and measured how this solitude xx xx xx xx. This experiment specifically aimed to determine the effect of solitude on high-arousal emotions. It looked at positive emotions such as being excited or interested, and negative emotions including being scared or distressed. 【Q17】 The results were clear. After fifteen minutes of solitude, the participants xx xx xx xx xx xx xx.

27

例一：2020 年 12 月 (第2套) 六级 (recording1)

【Q18】 A second study xx xx xx xx xx xx xx. These included both positive and negative emotions, such as feeling calm, relaxed, sad or lonely. 【Q18】 That experiment found that all of these emotions were increased by time alone. Thus it seems xx xx xx xx xx xx. It doesn't have a simple emotional effect that can be characterized as good or bad. Rather, it changes xx xx xx xx xx xx. It xx xx xx, but it xx xx xx of stronger feelings.

It's worth clarifying that these findings relate to relatively brief periods of solitude. This is xx xx xx xx. Research has demonstrated that xx xx xx xx xx xx xx of negative physical and psychological effects. How can people benefit from being alone? The findings here suggest that people can use solitude to regulate their emotions. Solitude can help us become quiet after excitement, xx xx xx xx xx, or simply feel at peace.

28

例一：2020年12月（第2套） 六级（recording1）

Psychology research has tended to portray solitude as a negative experience. Studies conducted in the 1970s and 1990s suggested that people felt less happy when alone as compared to being with others. However, a new paper shows an **alternative view of solitude**, one in which solitude can be positive.

Let's start by looking at the earlier research. It had a couple of shortcomings. First it measured emotion **on the scale from positive to negative**, overlooking the possibility that our positive and negative emotions can **fluctuate independently**. 【Q16】 Also, it categorized emotions as simply positive or negative. It didn't consider that emotions **arouse us to different degrees** and that both positive and negative emotions can arouse us a lot or a little. That is, whether positive or negative, emotions can be either high-arousal or low-arousal. Higher-arousal emotions include excitement on the positive side or anger on the negative side, while low-arousal ones include feeling calm on the positive side or lonely on the negative.

29

例一：2020年12月（第2套） 六级（recording1）

This new research attempted to **overcome the shortcomings**. Researchers began with a simple study. They asked participants to spend fifteen minutes sitting alone **without engaging in any activity**, and measured how this solitude **influences their emotional state**. This experiment specifically aimed to determine the effect of solitude on high-arousal emotions. It looked at positive emotions such as being excited or interested, and negative emotions including being scared or distressed. 【Q17】 The results were clear. After fifteen minutes of solitude, the participants showed reductions in both types of emotion.

30

例一：2020年12月（第2套） 六级（recording1）

【Q18】 A second study measured the effects of solitude on low-arousal emotions. These included both positive and negative emotions, such as feeling calm, relaxed, sad or lonely. 【Q18】 That experiment found that all of these emotions were increased by time alone. Thus it seems past depictions of solitude were wrong. It doesn't have a simple emotional effect that can be characterized as good or bad. Rather, it changes the intensity of our inner experience. It amplifies quieter emotion, but it diminishes the intensity of stronger feelings.

It's worth clarifying that these findings relate to relatively brief periods of solitude. This is distinct from prolonged loneliness. Research has demonstrated that the latter is correlated with an assortment of negative physical and psychological effects. How can people benefit from being alone? The findings here suggest that people can use solitude to regulate their emotions. Solitude can help us become quiet after excitement, calm after an angry episode, or simply feel at peace.

