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四级英语 阅读练习

4 篇 · 16 题 · 含解析

约 220 词 · 细节 / 推断 / 主旨

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The Four-Day Workweek • 阅读

四级阅读 · LingoSheets

Several companies have tested a four-day workweek without cutting pay. The results have been surprisingly positive. In one trial in the UK, 61 companies took part, and most decided to keep the new schedule after the experiment ended. Employees reported lower stress and better sleep, while managers said productivity stayed the same or improved. Supporters argue that a shorter week forces companies to cut unnecessary meetings and focus on real work. Critics, however, warn that the model may not fit every industry. Hospitals, restaurants and shops need staff to be present on certain days, and not every job can be compressed into four days. They also point out that the trials were often small and short, so long-term effects are still unknown. Still, the debate has changed: instead of asking whether employees work enough hours, some employers now ask whether the hours are used well.

Questions

1. 1. What did most UK companies do after the trial?

A. Kept the four-day week B. Cut pay C. Returned to five days D. Closed

2. 2. What did managers report?

A. Productivity stayed the same or improved B. Sales fell C. More meetings D. Higher costs

3. 3. What is one criticism?

A. Not every industry fits B. Employees work too little C. Pay is too high D. Trials were too large

4. 4. What is the main idea?

A. The debate is shifting to how hours are used B. Four-day weeks always work C. Hospitals should close D. Productivity fell

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答案与解析

1. **1. A** — most decided to keep the new schedule。
2. **2. A** — managers said productivity stayed the same or improved。
3. **3. A** — not every job can be compressed into four days。
4. **4. A** — 最后一句 the hours are used well。

Why We Procrastinate • 阅读

四级阅读 · LingoSheets

Procrastination is often seen as laziness, but psychologists describe it differently. It is a way of managing negative emotions. When a task makes us anxious, bored or unsure, we avoid it and feel better for a moment. The relief teaches the brain that postponing works, so the habit grows. Research suggests that self-compassion, rather than self-criticism, helps people start. Students who forgive themselves for past delays are less likely to delay again. Another useful step is to make the first action very small: open the document, write one sentence, or set a five-minute timer. Once started, people often continue. The goal is not to feel motivated first, but to begin and let motivation follow.

Questions

1. 1. How do psychologists describe procrastination?

A. Managing negative emotions B. Laziness C. Poor planning D. Low intelligence

2. 2. What makes the habit grow?

A. Relief after postponing B. Punishment C. Motivation D. Deadlines

3. 3. What helps according to research?

A. Self-compassion B. Self-criticism C. Longer breaks D. Working alone

4. 4. What is the main idea?

A. Start small instead of waiting for motivation B. Procrastination is laziness C. Deadlines are useless D. Self-criticism works

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答案与解析

1. **1. A** — It is a way of managing negative emotions.
2. **2. A** — The relief teaches the brain that postponing works.
3. **3. A** — self-compassion... helps people start.
4. **4. A** — begin and let motivation follow.

The Cost of Fast Fashion • 阅读

四级阅读 · LingoSheets

Fast fashion has made new clothes cheap, but the price is paid elsewhere. Every year, millions of tons of clothing end up in landfills. Producing a single cotton shirt can take thousands of litres of water, and synthetic fabrics release tiny plastic fibres when washed. In response, some brands now offer recycling programmes and claim to use more sustainable materials. Campaigners welcome these steps but warn about “greenwashing” : marketing that makes a small change look like a big one. They argue that the most effective solution is to buy less and wear clothes longer. Consumers can also choose second-hand shops, repair damaged items and look for clear information about how clothes are made. Individual choices matter, but campaigners say government rules are needed to change the industry at scale.

Questions

1. 1. What happens to millions of tons of clothing?

A. They end up in landfills B. They are all recycled C. They are exported D. They are repaired

2. 2. What is greenwashing?

A. A small change marketed as big B. Recycling C. Second-hand shopping D. Repairing clothes

3. 3. What do campaigners say is most effective?

A. Buy less and wear longer B. Buy more C. Recycle only D. Wait for brands

4. 4. What is the main idea?

A. Individual choices plus rules are needed B. Fast fashion is fine C. Recycling solves everything D. Clothes are cheap

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答案与解析

1. **A** — millions of tons of clothing end up in landfills.
2. **A** — makes a small change look like a big one.
3. **A** — the most effective solution is to buy less and wear clothes longer.
4. **A** — Individual choices matter, but... government rules are needed.

Learning a Language as an Adult • 阅读

四级阅读 · LingoSheets

Adults often believe they are too old to learn a new language, but research tells a more encouraging story. Children may pick up accents more easily, yet adults have advantages: they can set goals, use grammar explanations and organise their study. The key is regular practice rather than long sessions. Twenty minutes a day is more effective than three hours once a week, because memory improves when learning is repeated over time. Adults also benefit from speaking early, even with mistakes. Waiting until you are “ready” usually means waiting forever. Finally, choose material you actually enjoy—news, films or conversations—so that practice does not feel like punishment.

Questions

1. 1. What advantage do adults have?

A. Goal setting and grammar B. Better accents C. More free time D. Better memory

2. 2. What is more effective?

A. 20 minutes a day B. 3 hours once a week C. No practice D. Only reading

3. 3. What should adults do about mistakes?

A. Speak early B. Wait until ready C. Avoid speaking D. Study grammar only

4. 4. What is the main idea?

A. Adults can learn with regular practice B. Adults cannot learn C. Only children can learn
D. Grammar is useless

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答案与解析

1. **1. A** — they can set goals, use grammar explanations.
2. **2. A** — Twenty minutes a day is more effective.
3. **3. A** — speaking early, even with mistakes.
4. **4. A** — The key is regular practice.