

历年大学英语四级真题及答案解析之阅读理解1 (2023年12月第一套)

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Passage One

Questions 46 to 50 are based on the following passage.

One of my bad habits is saying "busy" when people ask me how I'm doing. Sometimes it's because I actually am busy, but other times it's because that's what I think I'm supposed to say. That's what important people say. That's what people who get promoted say. But working long hours doesn't drive better results. Never taking a vacation won't lead to a promotion. So why are we so proud to talk about how busy we are all the time?

In 2016, researchers from Columbia, Harvard, and Georgetown conducted a study to figure it out. They found busy people are perceived to be of high status, and interestingly, these status attributions are heavily influenced by our own beliefs about social mobility. In other words, the more we believe that one has the opportunity for success based on hard work, the more we tend to think that people who skip leisure and work all the time are of higher standing.

That's why we feel like we have to appear busy, and there's a real perception that if someone is knee-deep in meetings, emails, and stress, then they're probably a big deal. This culture of busyness is making it hard for employees to find work-life balance. According to a recent study, one in five highly engaged employees is at risk of burnout (精疲力竭).

Personally, I'm going to stop saying "busy" when people ask me how I am. It sounds self-righteous (自以为是的) and sets the wrong tone. Phrases like "I have limited access to email" and "I'll respond as soon as I get back" sound like you're being held against your will from working as opposed to making the most of your time off.

That's why we recently launched the Out of office Email Generator, a free tool you can use before your next long weekend or trip. You can share loud and proud that you won't be checking email until you're back. Managers need to think twice about emailing their teams on the weekend and talking about how busy they are. Leaders should take time off themselves and encourage employees to do the same.

46. What is a reason for the author to be in the habit of saying "busy" when asked how he is doing?

- A) He just follows successful people's example.
- B) He is actually proud to be fully occupied.
- C) He thinks everyone should be devoted to work.
- D) He believes busyness ensures accomplishments.

47. Why do we tend to think that busy people are of high status?

- A) Our status can be attributed to our social mobility.
- B) We hold the belief that hard work leads to success.
- C) Our own opportunity for success never comes easily.
- D) We find few people of high status have time for leisure.

48. What do we learn about the culture of busyness from a recent study?

- A) It places employees in endless meetings, emails and stress.
- B) It compels some 20% of employees to appear always busy.
- C) It distorts many employees' belief of what a satisfying life is.
- D) It does much harm to many busy employees' well-being.

49. What do such utterances as "I have limited access to email" sound like according to the author?

- A) One is too busy to check all emails in time.
- B) One is opposed to the prevailing work culture.
- C) One is forced by circumstances to stop working.
- D) One is simply enjoying their time off work.

50. Why did the author and his colleagues launch the Out of Office Email Generator?

- A) To enable busy employees to spend less time checking emails.
- B) To ensure employees as well as employers truly have time off.
- C) To stop managers from talking about how busy their teams usually are.
- D) To encourage both employers and employees to answer emails promptly.

答案解析：

46. 由题干中的“reason for the author to be in the habit of saying ‘busy’ when asked how he is doing”定位到第一段。“Sometimes it's because I actually am busy, but other times it's because that's what I think I'm supposed to say. That's what important people say. That's what people who get promoted say.”提到作者说“忙”有时是觉得应该这么说，因为成功人士、能升职的人都这么说，所以选A。

47. 由题干中的“Why do we tend to think that busy people are of high status”定位到第二段。“In other words, the more we believe that one has the opportunity for success based on hard work, the more we tend to think that people who skip leisure and work all the time are of higher standing.”提到我们越相信靠努力工作能获得成功，就越觉得忙碌的人地位高，所以选B。

48. 由题干中的“What do we learn about the culture of busyness from a recent study”定位到第三段。“According to a recent study, one in five highly engaged employees is at risk of burnout.”提到最近的研究表明忙碌文化使五分之一的高投入员工有精疲力竭的风险，对很多忙碌员工的健康有害，所以选D。

49. 由题干中的“What do such utterances as ‘I have limited access to email’ sound like according to the author”定位到第四段。“Phrases like ‘I have limited access to email’ and ‘I'll respond as soon as I get back’ sound like you're being held against your will from working as opposed to making the most of your time off.”提到这些话听起来像是被迫不工作，而不是好好享受假期，所以选C。

50. 由题干中的“Why did the author and his colleagues launch the Out of Office Email Generator”定位到第五段。“You can share loud and proud that you won't be checking email until you're back. Managers need to think twice about emailing their teams on the weekend and talking about

how busy they are. Leaders should take time off themselves and encourage employees to do the same.”提到推出这个工具是为了让员工和雇主都能真正有时间休息，所以选B。

