

历年大学英语四级真题及答案解析之阅读理解1 (2024年6月第二套)

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Passage One

Questions 46 to 50 are based on the following passage.

People often wonder why some entrepreneurs have greater success than others. Is it habits, connections, luck, work ethic or any other behavior? I believe the key to success is willpower. Willpower is the ability to control yourself. It is a strong determination that allows you to do something difficult. It is a behavior we are born with more than one we learn; however, it is possible to not only learn it, but also strengthen it with constant exercise.

Willpower is just like a muscle; to keep it strong you need to constantly exercise it. People with a great amount of willpower have the discipline to develop positive, successful habits. Even with an incredible amount of talent, without the discipline and motivation to create positive habits, it can be difficult to achieve success.

Willpower and habits go hand in hand. It is critical to create good habits and take the actions necessary to stick to those habits day in and day out for greater success. Almost half of our daily actions are part of our habits and not decisions, so once the correct habits are in place, you will automatically perform those tasks on a day-to-day basis.

The best way to create and stick to a habit is to have strong motivation. It's easier to change your habits to lose weight if you have a health issue and you want to be around longer for your kids, or if your business is something you're passionate about. Having a valuable outcome associated with a habit will help you stick to that habit permanently.

The art of self-control is one that most successful individuals have mastered. Self-control enables you to avoid behaviors that don't contribute to your success and adopt those that do.

Because there is a delayed satisfaction associated with self-control, it can be easy to get off track. However, if you work on sticking to those small positive habits one day at a time, it becomes easier to stay strong and achieve that delayed reward. Once a reward is achieved, it is much easier to continue sticking to your habits.

46. What does the author say we need to do to strengthen our willpower?

- A) Keep it under control.
- B) Apply it continuously.
- C) Learn from entrepreneurs.
- D) Aim at success determinedly.

47. How are almost half of our daily actions performed according to the passage?

- A) Out of habit.
- B) With determination.
- C) Like muscle building.
- D) By self-discipline.

48. What will help people stick to doing something constructive automatically?

- A) Practising it on a day-to-day basis.
- B) Associating it with improving health.
- C) Possessing a reasonable amount of talent.
- D) Foreseeing the desired outcome it will yield.

49. How does the art of self-control help us succeed?

- A) By allowing us to remain clear-headed permanently.
- B) By enabling us to alter our behaviors constantly.
- C) By enabling us to take positive actions.
- D) By allowing us to avoid taking risks.

50. Why can it be difficult for us to maintain self-control?

- A) Most of us are not in the habit of exercising self-control.
- B) We may not get immediate rewards from self-control.
- C) Self-control tends to be associated with pains.
- D) Self-control only brings about small benefits.

答案解析：

46. 由题干中的关键词“strengthen our willpower”定位到第一段“it is possible to not only learn it, but also strengthen it with constant exercise.”以及第二段“Willpower is just like a muscle; to keep it strong you need to constantly exercise it.”，文中提到要像锻炼肌肉一样不断运用意志力来使其增强，也就是要持续运用它，所以选B。

47. 由题干中的关键词“almost half of our daily actions”“performed”定位到第三段“Almost half of our daily actions are part of our habits and not decisions”，文中表明几乎一半的日常行为是出于习惯，所以选A。

48. 由题干中的关键词“stick to doing something constructive automatically”定位到第四段“Having a valuable outcome associated with a habit will help you stick to that habit permanently.”，这里提到将一个习惯与有价值的成果联系起来有助于永久坚持这个习惯，也就是预见它能产生的理想结果会有帮助，所以选D。

49. 由题干中的关键词“the art of self-control”“help us succeed”定位到第五段“Self-control enables you to avoid behaviors that don't contribute to your success and adopt those that do.”，文中说明自我控制能让我们避免不利于成功的行为，采取有利于成功的行为，也就是采取积极行动，所以选C。

50. 由题干中的关键词“difficult for us to maintain self-control”定位到第六段“Because there is a delayed satisfaction associated with self-control, it can be easy to get off track.”，这里指出自我控制与延迟满足相关，所以很难维持，即我们可能无法从自我控制中获得即时奖励，所以选B。