




MENTAL GYMNASTICS

A

The working day has just started at the head office of Barclays Bank in London. Seventeen staff are helping themselves to a buffet breakfast as young psychologist Sebastian Bailey enters the room to begin the morning's training session. But this is no ordinary training session. He's not here to sharpen their finance or management skills. He's here to exercise their brains.

 解析

B

Today's workout, organised by a company

解析

答题

Question 1

1/8

We do not have enough inspiration to keep our brain fit.

- ☐ A Sebastian Bailey
- ☒ B Lawrence Katz
- ☐ C Guy Claxton
- ☐ D Susan Greenfield

解析

Keywords: 定为not enough和keep our brain fit。
注意原文中: lack=not have,

解析

答题

Question 1

1/8

sufficient=enough, mental stimulation=inspiration, keep in trim=keep fit。答案是Lawrence Katz。

原文： 对应G段第2句 Katz, a neurobiologist at Duke University Medical School in North Carolina, argues that just as many of us fail to get enough physical exercise, so we also lack sufficient mental stimulation to keep our brain in trim.

翻译： 卡茨是北卡罗来纳州杜克大学医学院的神经学专家。她认为，我们当中的许多人既缺乏足够的体能锻炼，又缺乏足够的能使我们的的大脑得到锻炼的精神刺激。

解析： We do not have enough inspiration to keep our brain fit. 题意： 我们没有足够的动力来让我们的大脑保持健康。



解析

答题

Question 1

1/8

Question 2

2/8

The more you exercise your brain like exercise in the gym, the more brain will grow.

- ☐ (A) Lawrence Katz
- ☒ (B) Susan Greenfield
- ☐ (C) Guy Claxton
- ☐ (D) Sebastian Bailey

解析

解析

答题

Question 2

2/8

Keywords: the more...the more和gym。注意原文中if you exercise your brain it will grow表达了the more...the more...的含义。答案是就近的人名Susan Greenfield。

原文：对应E段末句。 And on its website, Mind Gym trades on a quote from Susan Greenfield, one of Britain's best known neuroscientists: "It's a bit like going to the gym, if you exercise your brain it will grow."

翻译：灵健身房在网上引用英国著名神经学家苏珊·格林菲尔德的话，说道：“这有点像是去健身房，如果你锻炼了你的大脑，你的大脑就会成长。”

解析：The more you exercise your brain like exercise in the gym, the more brain will grow. 题意：像在健身房一样你的大脑锻炼

解析

答题

Question 2

2/8

越多，大脑越会成长。

Question 3

3/8

Exercise can keep your brain health instead of improving someone's IQ.

- ☐ A Guy Claxton
- ☐ B Sebastian Bailey
- ☒ C Lawrence Katz
- ☐ D Susan Greenfield

解析

答题

Question 3

3/8

解析

Keywords: 定位大写的IQ。注意原文中 maintenance=keep, rather than=instead of, bulking up=improving。

原文： 对应I段第2句。 "What I'm really talking about is brain maintenance rather than bulking up your IQ," Katz adds.

翻译： “我要谈论的是大脑保养而不是如何增长你的智商”卡茨补充道。

解析： Exercise can keep your brain health instead of improving someone's IQ. 题意： 锻炼能让大脑健康而不是提高智商。

Question 4

4/8



解析

答题

Question 3

3/8

Question 4

4/8

It is valuable for schools to teach students about creative skills besides basic known knowledge.

- ☐ (A) Sebastian Bailey
- ☒ (B) Guy Claxton
- ☐ (C) Susan Greenfield
- ☐ (D) Lawrence Katz

解析

解析

答题

Question 4

4/8

解析

Keywords: 定位schools; 注意原文中no reason和shouldn't连在一起, 指“不这么做是没有原因的”, 意思是“这么做是有价值的valuable”。

原文: 对应N段末句。Claxton for one believes there is no reason why schools and universities shouldn't spend more time teaching basic thinking skills, rather than trying to stuff heads with facts and hoping that effective thought habits are somehow absorbed by osmosis.

翻译: 克拉科斯顿认为, 学校花在基本思维技能训练上的时间太少, 总是试图往学生的脑袋里塞事实, 希望通过渗透作用使学生吸收有效思维习惯, 这是不合理的。

解析

答题

Question 4

4/8

解析： It is valuable for schools to teach students about creative skills besides basic known knowledge. 题意：对学校来说，除了交给学生基础知识，教授创新技能，是有价值的。

Question 5

5/8

We can develop new neuron connections when we lose old connections via certain treatment.

- ☐ A Guy Claxton
- ☒ B Lawrence Katz

解析

答题

Question 5

5/8

- ☐ C Sebastian Bailey
- ☐ D Susan Greenfield

解析

Keywords: 定位neuron connection和treatment。
注意原文中brain cell= neuron,
sprout=develop, therapy=treatment。

原文： 对应I段末句。 Katz, And neurologists have proved time and again that people who lose brain cells suddenly during a stroke often sprout new connections to compensate for the loss especially if they undergo extensive therapy to overcome any paralysis.

解析

答题

Question 5

5/8

翻译：卡茨，以及其他一些神经学专家一次又一次地证明，那些因中风突然丧失脑细胞的人，尤其是因瘫痪而正在接受大型治疗的人，他们的大脑通常会生出新的连接，以弥补损失的脑细胞。

解析：We can develop new neuron connections when we lose old connections via certain treatment. 题意：当我们失去旧的神经元连接时，通过某种治疗我们可以发展出新的神经元连接。

Question 6

6/8

People usually mark themselves as not creative before figuring out there are approaches for each person.

解析

答题

Question 6

6/8

- ☐ A Lawrence Katz
- ☒ B Sebastian Bailey
- ☐ C Guy Claxton
- ☐ D Susan Greenfield

解析

Keywords: 定位not creative。注意原文中
label=mark, uncreative=not
creative, realising=figuring out,
techniques=approaches。

原文： 对应M段首句。 Bailey agrees that the trick
is simple. But it is surprising how few such

解析

答题

Question 6

6/8

tricks people have to call upon when they are suddenly asked to be creative: "They tend to just label themselves as uncreative, not realising that there are techniques that every creative person employs."

翻译：贝利也认为这一把戏很简单。令人感到意外的是，当人们被突然要求去勇于创新时，很少有人能想到如此简单的把戏：“他们倾向于把自己标榜成无创新能力的人，而没有意识到每位创新型人才都是要使用一些技巧的。”

解析：People usually mark themselves as not creative before figuring out there are approaches for each person. 题意：在认识到每个人都有方法之前，人们总是认为自己没有创新能力。



解析

答题

Question 6

6/8

Question 7

7/8

An instructor in Mind Gym who guided the employees to exercise.

- ☐ A Guy Claxton
- ☐ B Lawrence Katz
- ☐ C Susan Greenfield
- ☒ D Sebastian Bailey

解析

解析

答题

Question 7

7/8

Keywords: 定位专用名词Mind Gym。找到B段，解释人物身份。读A段发现在描写人物的工作。注意training=exercise。

原文：对应A段和B段首句。 The working day has just started at the head office of Barclays Bank in London. Seventeen staff are helping themselves to a buffet breakfast as young psychologist Sebastian Bailey enters the room to begin the morning's training session.

翻译：在伦敦巴克莱银行总部，一天的工作才刚刚开始。当年轻的心理学家塞巴斯蒂安·贝利走进屋子开始上午的训练课时，17名员工正吃着自助早餐。

解析：An instructor in Mind Gym who guided the employees to exercise. 题意：Mind Gym公司的一位指导员工锻炼的教师。

解析

答题

Question 7

7/8

Question 8

8/8

Majority of people don't have appropriate skills-training for brain.

- ☐ A Susan Greenfield
- ☐ B Lawrence Katz
- ☐ C Sebastian Bailey
- ☒ D Guy Claxton

解析

解析

答题

Question 8

8/8



Guy Claxton

解析

Keywords: 定位majority of people。注意原文中
most of us=majority of people,
never=don't, get=have,
proper=appropriate。

原文: 对应J段第4句。The problem, says
Claxton, is that most of us never get proper
training in these skills.

翻译: 问题是大多数的人在这些技能上都没受过
合理的训练, 克拉科斯顿说道。

解析: Majority of people don't have appropriate
skills-training for brain. 题意: 大部分人没
有恰当的大脑技能训练。