Unit 6 Going Offline

Reading 2: All Boxed in, and Free at Last

课后练习完整解析 **(题目+答案+翻译+解析)**

| Part I Comprehension Check for Reading 2 阅读理解 (Q&A)

Skim the article and answer the following questions.

1. Who are most deeply disturbed by mobile phone addiction? What symptoms do they display?

Ans: Gen-Zers are most deeply disturbed by mobile phone addiction. They are always looking at their mobile phones — while walking, studying, and lying in bed. Many seem intent on working out how to overcome it.

| 谁最受手机成瘾困扰？他们表现出什么症状？Z 世代最受手机成瘾困扰。他们走路、学习、躺在床上时都在看手机。许多人似乎决心想办法克服它。

析: Para.1-2 原文。Gen-Zers = Z 世代（90 年代末到 00 年代初出生的人）。be intent on = 决心做某事。

2. What does the China Security Perception Report (2021) reveal?

Ans: It reveals that half of internet users say they are eager to escape the internet and stay away from mobile phones.

| 《中国安全感知报告(2021)》揭示了什么？报告揭示了一半互联网用户表示渴望逃离互联网、远离手机。

析: Para.3 原文。released by = 由...发布。Internet Development Research Institute of Peking University = 北京大学互联网发展研究院。

3. What is the cool gadget that promises to free mobile phone users from their addiction?

Ans: A mobile phone isolation box. Users put their phone in the box and set a time lock that prevents access for a set time. When the time expires, a beep sounds.

| 什么酷炫小工具承诺让手机用户摆脱成瘾？一种手机隔离箱。用户把手机放入箱中并设定时间锁，在设定时间内无法接触手机。时间到了会发出蜂鸣声。

析: Para.4 原文。isolation box = 隔离箱。time lock = 时间锁。expire = 到期。beep = 蜂鸣声。

4. According to Lin Qiang, what matters most when it comes to kicking mobile phone addiction?

Ans: Lin Qiang believes the individual matters most. He says self-disciplined people are bound to succeed without such stuff. The isolation box is just a "flashy" attempt at a solution.

| 据林强说，戒除手机成瘾最重要的是什么？林强认为个人因素最重要。他说自律的人没有这种东西也一定能成功。隔离箱只是"华而不实"的解决方案尝试。

析: Para.7 原文。the individual matters most = 个人因素最重要。flashy = 华而不实的/炫酷的。self-disciplined = 自律的。bound to = 注定/必然。

| Part II Vocabulary 词汇

Key Words from Reading 2:

Word/Phrase	Meaning	Example from Text
obsession	n. 痴迷	deeply bothered about this obsession (深受这种痴迷困扰)
Gen-Zers	n. Z 世代	Few are as deeply bothered as Gen-Zers (很少有人像 Z 世代那样深受困扰)
spring up	v. 涌现	Online discussion groups are springing up (在线讨论组不断涌现)
pledge	v. 承诺	who pledge to cut down their use (承诺减少使用)
ubiquitous	adj. 无处不在的	how ubiquitous cashless payments are

		(无现金支付多么无处不在)
tall order	phrase. 难以做到的事	That is a very tall order (那是一件很难做到的事)
isolation box	n. 隔离箱	mobile phone isolation box (手机隔离箱)
spectrum	n. 光谱；范围	at the other end of the spectrum (在另一极端)
suspect	v. 怀疑	makes Zhang suspect the classmate (让张怀疑那位同学)
flashy	adj. 华而不实的	a "flashy" attempt at a solution (华而不实的解决方案尝试)
regardless of	phrase. 不管	regardless of the effectiveness (不管效果如何)
self-disciplined	adj. 自律的	Self-disciplined people are bound to succeed (自律的人注定会成功)

| Part III Discussion 讨论题

1. Do you think the mobile phone isolation box is an effective solution? Why or why not?

2. What other methods could help people reduce their screen time?

3. Lin Qiang says "self-disciplined people are bound to succeed without such stuff." Do you agree? Why?

4. Zhang Yucheng says a 5-hour lockup is "too harsh" but 30 minutes is "cheating yourself." What do you think is a reasonable lock time?