

第二部分 阅读理解 (共两节, 满分 42.5 分)

第一节 (共 12 小题; 每小题 2.5 分, 满分 30 分)

阅读下列短文, 从每题所给的 A、B、C 和 D 四个选项中, 选出最佳选项。

A

I was reading a book while my son watched an old comedy show on TV. Suddenly, I heard someone yell: “Go to your happy place!” These words made me put my book down and ponder all the happy places I have had over the years.

When I was a little boy, my happy place was my mom’s lap while we shared a freshly made bowl of popcorn. When I was in primary school, my happy place was a tree in the woods where I could sit and watch the leaves turn golden and red in the fall. When I was a teenager, my happy place was my bedroom where I could lie on my bed and listen for hours to my favorite songs on the radio. As a young man, my happy place was an old rocking chair where I could hold my 18 newborn babies in my arms and gently rock them to sleep.

As I got older, though, I realized that the very best happy place of all was deep down within my own soul. It was there that I realized just how much I was loved. It was there that I saw I could love too. It was there that I learned my happiness was in my own hands and that I could create it, one loving choice at a time.

When you have your own soul as your happy place, then your happy place is wherever you decide to go. When your happy place lives in your heart, then you get to give it to everyone you meet. When your happy place is a very life you live, then you make the world around you a happier place as well. Create your own happy place then. Fill your heart with love. Fill your soul with kindness. Fill your days with joy. Take this glorious gift of life you have been given and live it, one loving choice at a time.

1. What does the underlined word “ponder” in Paragraph 1 mean?  
A. Call at.                      B. Leave for.                      C. Think about.                      D. Search for.
2. Which of the following is NOT true about the author’s happy place?  
A. It differed as he grew.  
B. It was in his own hands.  
C. It lay in the depth of his soul.  
D. It was shaped by his surroundings.
3. According to the author, what influences one’s happy place most?  
A. Attitude.                      B. Creativity.                      C. Kindness.                      D. Environment.
4. What is the author’s purpose in writing the passage?  
A. To suggest ways to find happy places.  
B. To share his own growing experience.  
C. To stress the importance of happy places.  
D. To illustrate his understanding of happy places.

B

Housework might seem tiring, but a Singapore-based team of researchers have suggested tasks like dusting, sweeping floors and washing the windows might help adults to stay healthy into old age. Writing in the journal *BMJ Open*, they said regular physical activity “improves physical and mental health, lowers the risks of chronic (慢性的) diseases, encourages motion and reduces falls, dependence and even the death rate among older adults”.

The team randomly surveyed 489 adults aged 21—90 from the town of Yishun in Singapore and asked them to complete cognitive (认知的) function tests as well as activities to assess their physical abilities, such as standing up from a chair as quickly as they could. Participants were also quizzed on their levels of physical activity, including the amount of light housework (such as dusting) and heavy housework (such as sweeping floors) they did, and were assessed for their risk of having a fall.

After taking into account factors including age and sex, the team found cognitive scores and attention scores were 8% and 14% higher respectively for older adults doing high amounts of heavy housework, compared with low levels. Sit-to-stand times were lower for older adults reporting high amounts of heavy housework compared with low amounts, while they were also assessed as being at lower risks of having a fall. The team also found cognitive scores were 5% higher for older adults who reported high levels of light housework, compared with those undertaking low levels of such tasks.

Dr Shiou-Liang Wee, an expert in this field, said, “Housework is a purposeful activity performed by many older adults. Independent of entertainment and other work-related physical activity, heavy housework

is linked to sharper memory and better fall protection in older adults.”

Charlie Foster, a professor of physical activity and public health at the University of Bristol, however, noted that the study only relied on self-reported levels of housework and did not fully take into account other factors which may influence the results.

5. Which of the following may be a potential benefit of housework to old adults?
  - A. Curing their chronic diseases.
  - B. Lowering their level of dependence.
  - C. Preventing them from falling and moving.
  - D. Keeping them in good health at any time.
6. What can we infer about older adults' doing housework?
  - A. Age and sex have little influence on the results.
  - B. Higher amounts of heavy housework help reduce falls.
  - C. Lower levels of light housework reduce sit to-stand time.
  - D. The amount of housework completely decides cognitive scores.
7. What is Shiou-Liang Wee's attitude towards the study?
  - A. Approving.
  - B. Intolerant.
  - C. Doubtful.
  - D. Unclear.
8. The passage is probably taken from \_\_\_\_\_.
  - A. a guide book
  - B. a book review
  - C. a health magazine
  - D. a government report

### C

Most of us control our technology using our fingers and hands. But for years, people with disabilities have used their eyes as a way to control digital interfaces (界面). Some tablets give disabled people the ability to use the Internet, communicate and even play games using just their eyes as a mouse.

Now, researchers are experimenting with ways to bring eye-tracking technology to general users. At a conference last week scholars presented two new methods for able-bodied people to take advantage of a user interface that has mostly stayed within the field of assistive technology.

One of the most annoying things about writing is mistakes. Researchers at the university of Auckland and the university of Bath suggest using your gaze to fix those little mistakes. First, you look at the wrong word you want to fix. Then you start typing the program called Re-Type, identifies the word you're trying to change based on your gaze and replaces it with whatever you type. Then you just have to press ENTER to continue. It turns your eyeballs into a mouse. The research team has patented Re-Type and wants to turn it into a product.

It has been found that developers spend about 35% of their time looking through their code while they're working. When they're removing mistakes from a computer program, they spend about 50% of their time looking for information—something that slows them down greatly. To solve this problem, Weber and his workmates at media design school in New Zealand and the University of Bath used eye-gaze technology to look into whether using their eyes would save developers' time. The researchers found that relying on one's gaze was similar in speed to using a keyboard, though it was slower than using a mouse. However, they also found that when given the choice, most developers chose to use their gaze.

Both studies show that eye tracking could be used to increase productivity and one's gaze could become a compliment (补充物) to the mouse or even replace it altogether.

9. Why does the author mention “disabled people” in Paragraph 1?
  - A. To help introduce the topic.
  - B. To call on us to help the disabled.
  - C. To inform us of their different abilities.
  - D. To show their ability to use the technology.
10. What do you know about the new method from Paragraph 3?
  - A. You needn't type the word you want.
  - B. It prevents you from making mistakes.
  - C. The patent has benefited general users.
  - D. You can replace the mouse with your gaze.
11. What does the underlined part “this problem” in Paragraph 4 refer to?
  - A. Consuming time.
  - B. Developing programs.
  - C. Removing mistakes.
  - D. Seeking information.
12. What is the main idea of the passage?

- A. Eye tracking will help the disabled.
- B. Your eyeballs will work as a mouse.
- C. The technology will free us of mistakes.
- D. Assistive technology will determine our future.

**第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)**

根据短文内容, 从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Over the years working as a psychologist, I have found that the following habits seem to be the most important for developing a happier, healthier mind,

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By nature, most of us are critical of our emotions—especially the difficult ones: You feel anxious and afraid and then immediately criticize yourself for being weak. Though something feels bad, it doesn't mean it is bad. 14 When your muscles are painful after a good workout, your pain is a sign of growth and health. Sometimes pain is helpful. By avoiding it or trying to get rid of it, you could be making things worse on yourself.

**Be realistic with your expectations.**

When you create an expectation in your head—which is really just you imagining the thing you want to be true—it relieves some of that anxiety and uncertainty for the time being. But in reality, your expectations are merely fictions in your own mind.

Expectations have their place. 15 If you want a calmer and more peaceful mind, get into the habit of checking on your expectations regularly and make sure they aren't too far outside of reality.

**Practice compassion (同情) in your self-talk.**

16 When you're too negative and particular about yourself, you turn normal embarrassment into intense shame; everyday depression into anger; ordinary sadness into desperation. If you want to start being kinder toward yourself, follow The Other Golden Rule: 17 The next time you feel bad, imagine that a good friend felt the same way and came to you for support and advice... What would you say to them?

- A. Acknowledge your emotions.
- B. Try to avoid painful emotions.
- C. Negative self-talk worsens your emotions.
- D. In much of life, pain is actually a good thing.
- E. Treat yourself like you would treat a good friend.
- F. But they may run wild and cause negative effects if ignored.
- G. They teach your brain that your emotions are bad and dangerous.

**第三部分语言知识运用 (共三节, 满分 37.5 分)**

**第一节 (共 15 小题; 每小题 1 分, 满分 15 分)**

阅读下面短文, 从短文后各题所给的 A、B、C 和 D 四个选项中, 选出可以填入空白处的最佳选项。

In 2001, my wife, Leslie, and I flew to France to host Justice Ginsburg. The law school where I was president had a summer 18 there, and Justice Ginsburg had agreed to give some lectures. We hadn't met her before, so we were pretty 19, but the perfect justice and her wise husband, Marty, were easy to be with.

One day we were standing outside our hotel when Justice Ginsburg said, "That looks like 20." Parasailors (滑翔跳伞员) were flying above the sea. "I'd like to try it."

Leslie and I laughed nervously, but Marty took his wife's thinking 21 "You're crazy," he said. Though I had no real 22 to parasail, I did feel it a duty to 23 Justice Ginsburg, so when she said she intended to go, I 24 to join her.

The next morning, we all 25 to the beach. With a little dark humor, Marty told his wife, "You will be 26 by our grandchildren. Fastened to equipment attached to a boat, we took off with a flash of fear, but we got 27 pretty quickly. The view was splendid, and the silence was very peaceful. When we started 28 toward the water, Justice Ginsburg seemed concerned, but once I 29 that we'd go only low enough to touch the warm Mediterranean with our feet, she 30. Minutes later, we were greeted on the ground by our 31 spouses (配偶).

By the end of the week, we had become friends. I saw Justice Ginsburg from time to time over the years,

and the parasailing story was 32 mentioned.

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|---------------------|---------------|---------------|---------------|
| 18. A. vacation     | B. job        | C. program    | D. trip       |
| 19. A. excited      | B. nervous    | C. grateful   | D. helpful    |
| 20. A. dangerous    | B. boring     | C. odd        | D. fun        |
| 21. A. seriously    | B. personally | C. lightly    | D. carelessly |
| 22. A. chance       | B. desire     | C. skill      | D. ambition   |
| 23. A. turn to      | B. look after | C. take to    | D. go after   |
| 24. A. offered      | B. refused    | C. hesitated  | D. preferred  |
| 25. A. wandered     | B. swam       | C. marched    | D. sailed     |
| 26. A. praised      | B. witnessed  | C. expected   | D. remembered |
| 27. A. comfortable  | B. frightened | C. upset      | D. patient    |
| 28. A. elevating    | B. extending  | C. dropping   | D. diving     |
| 29. A. explained    | B. denied     | C. recognized | D. remarked   |
| 30. A. cried        | B. sighed     | C. collapsed  | D. relaxed    |
| 31. A. unselfish    | B. relieved   | C. frozen     | D. humble     |
| 32. A. occasionally | B. merely     | C. frequently | D. hardly     |

### 第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入 1 个适当的单词或括号内单词的正确形式。

In their spare time, most young people like to enjoy themselves and play on their smartphones. 33, Li Ruxue is an exception. He often goes around a forest and keeps himself from the outside world.

“Though the lifestyle is a little bit tiring, it’s meaningful,” the 27-year-old environmentalist said. In his college years, Li took an active part in field research with his teachers. 34 graduation, instead of starting a job instantly, he joined a Skywalker Gibbon (长臂猿) Protection organization, where one of his major 35 (responsibility) was picking up gibbon feces (粪便).

The Skywalker Gibbon is a top-level State-protected animal 36 population is smaller than 37 of wild giant pandas. Through 38 (analyze) the DNA from their feces, researchers can measure the inbreeding among different groups and protect them better. So over the past four and a half years, Li 39 (track) gibbons and collected their feces for researchers. Li said the job relies 40 (heavy) on luck and effort. But he has never regretted his choice or felt alone, as he has found more young people 41 (engage) in nature protection. “Young people are the future of the world and the future of global biodiversity 42 (conserve),” he said.

### 第三节 (共 15 小题; 每小题 0.5 分, 满分 7.5 分)

根据首字母或中文提示写出单词, 并注意所填单词的适当形式。

43. She was forced to w\_\_\_\_\_ from the game due to her back injury. (根据首字母单词拼写)
44. The only way for us to survive is to live in h\_\_\_\_\_ with nature. (根据首字母单词拼写)
45. O\_\_\_\_\_ with routine tasks, he had no time to take part in outdoor activities. (根据首字母单词拼写)
46. He was always o\_\_\_\_\_ about the future, even when things were at their worst. (根据首字母单词拼写)
47. Jane earned little money so she was still f\_\_\_\_\_ dependent on her parents. (根据首字母单词拼写)
48. Taking exercise can not only s\_\_\_\_\_ your body but also release your stress. (根据首字母单词拼写)
49. Athletes from around the world are looking forward to c\_\_\_\_\_ for gold medals in the coming Winter Olympics.
50. It’s \_\_\_\_\_ (不合法的) to drive through a red light. (根据汉语提示单词拼写)
51. I’ve made a \_\_\_\_\_ (预订) for you on the morning flight. (根据汉语提示单词拼写)
52. People began to \_\_\_\_\_ (恐慌) and scream when the bomb exploded. (根据汉语提示单词拼写)
53. The girl used to be shy, but is \_\_\_\_\_ (逐渐地) becoming active in group work. (根据汉语提示单词拼写)
54. He returned to the England team after being \_\_\_\_\_ (缺席的) from sports season. (根据汉语提示单词拼写)
55. Last night, she \_\_\_\_\_ (抱怨) to the official about the poor service on Britain’s railways.
56. \_\_\_\_\_ (相反的) to popular belief, some young people prefer to live with their parents nowadays.
57. Her dad has never forced her to sit down and do anything — it was out of her natural \_\_\_\_\_ (好奇心).

#### 第四部分写作（共两节，满分 40 分）

##### 第一节（满分 15 分）

58. 假如你是李华，上个月你校组织观看了来自中国空间站宇航员 一堂直播科普课（live science lecture）。请你为校英文报写一篇报道，内容包括：

1.活动时间、地点及参与人员；2.活动内容；3.活动反响。

注意：

1. 写作词数应为 80 左右；2.可适当增加细节，以使行文连贯。

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##### 第二节（满分 25 分）

59. 阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。续写的词数应为 150 左右。

The routine practice in the school band came to an end. Mark and Steven smiled at each other, happily talking about the weekend arrangements. Steven was putting his saxophone (萨克斯) into the case when he tripped over a shelf. Unfortunately, it fell and hit his saxophone. Clang! “Oh no!” Steven yelled.

Mark quickly picked up the saxophone, checked it and then handed it to Steven, who stood still, at a loss. Mark helped Steven put away all the things and comforted him with the thought that it was not a new saxophone. Anyway, it already had a lot of dents (凹痕).

“I know. But it’s my grandpa’s. He is visiting us this Sunday.” Steven lowered his head, upset.

Steven’s grandpa used to be a great saxophonist in the national band. When Steven was even a baby, his grandpa always played some famous tunes like “Edelweiss,” “Rivers of Babylon,” “Forever in love” for him.

Staring at Steven in confusion, Mark asked what was wrong. Steven sighed deeply and then showed his concern that whenever his grandpa came, he would ask Steven to play with his beloved saxophone. “Maybe he won’t notice the new dent or maybe he won’t care,” Mark said with a shrug (耸肩). “But what if Grandpa notices the dent? How is he going to react? And how shall I tell him about it?” replied Steven.

On the bus home, Steven thought about all the possibilities. To avoid playing the saxophone, he could pretend that he had a fever. Oh no! He didn’t like lying. He could get his baby brother, Joseph, to take all of Grandpa’s attention. Or, he could turn to mum for help...

When Sunday finally arrived, Steven still had no idea what he was going to do.

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Steven would have been delighted to hear Grandpa’s praise, but actually he was not.

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