

2019年6月四级真题（第一套）

Part I

Writing(30 minutes)

请于正式开考后半小时内完成该部分，之后将进行听力考试。

For this part, you are allowed 30 minutes to write a news report to *your school newspaper on a volunteer activity organized by your Student Union to help elderly people in the neighborhood*. You should write at least 120 words not more than 180 words.

【范文】

Young Volunteers Visited a Nursing Home

Volunteers from our university visited a nursing home located in Hangzhou on June 14th, which was highly appraised by the elderly there.

Upon the students' arrival, tears of joy glistened in the seniors' eyes when the young students presented them with well-prepared gifts. Then, the students talked to them one-on-one with kindness. Both the youth and the aged were willing to share their life stories, immersing in an atmosphere of joy. When it was time for the youngsters to leave, the elderly thanked them over and over again. And the volunteers expressed that they learned a lot and were all stunned by the optimism their elderly friends had for their future.

According to Winston Churchill, a British statesman, "we make a living by what we get, but we make a life by what we give." The visit not only enriches the seniors' daily life, but also provides the youth with an opportunity to learn some important life lessons from the elderly residents.

By Aria, school newspaper

【点评】

写作试题是考查考生综合运用英语语言的能力，四级写作试题对考生的要求也越来越高。今年考查了新闻报道这一新的文章体裁，这也就意味着出题人更加强调学生把考场作文和真实生活中的写作联系在一起，对于学生观察生活的能力提出了更高的要求——注意到新闻的格式和内容安排的特点。一方面，新闻报道需要写出标题和落款，标题注意简洁明了，落款既要写出人名还要按照新闻报道的格式写出 by sb.，最后还要写出所在的新闻机构。另一方面，在内容上，分三段进行写作，第一段写导语，点明事件的基本情况（时间、地点、事件、人物、目的或意义）；第二段写经过（一般按照时间顺序进行书写，同时可以对其中一个小事进行特写，中间还可以穿插人物采访）；第三段写对这一事件，人物的看法、想法和观点。

在体裁上虽然不同于以往四级命题的规律，但是万变不离其宗的是仍然把学生对英语语言能力的运用能力作为考查重点。综观近五年的四级写作命题趋势，无论是要说明理由、解释原因、阐明影响，第一段的功能始终都是引入，这跟新闻报道的第一段写导语是一致的，所以考生可以结合以往作文的行文思路作为切入点书写新闻报道。第二段是浓墨重彩的一段，而新闻报道与普通作文的区别是更侧重事实，所以要求考生在书写的时候只需要客观写出事情的起因、经过、结果即可。第三段无论是以往的作文还是新闻报道，都需要给出总结（对事件的看法和观点），在新闻报道的结尾段作出对事件的评价和写出所感悟就可以了。

今年考查的话题是养老院、农场和当地小学，与考生的生活比较贴近，在写作时，列举的例子应较为典型，这样阅卷老师很容易明白考生文中所描述的内容。同时，考生对这个例子也应很熟悉，能够熟练运用一些有关的词或短语，这样下笔时才会有话可

说，从而将相关的背景知识与正确的语言表达有效地结合起来。这些话题与大学生的生活息息相关。这些话题对于考生而言都会有话可说，并且能够提出一定的看法和观点。

Part 2 Listening Comprehension(25 minutes)

本次四级听力难度适中，就听力文本的主题而言，难度略有下降。因为今年这套听力的内容和大学生生活较为贴近，主题以校园，生活类为主，没有难度较大的政治，经济，科技，科普之类的主题，因而，对听力较好的同学而言，应该会感受到比往年题目听到的生词少。

但题目设置上的难度并没有降低（**没有题目，红色字体为猜测出题点**）。由于目前还没有试卷选项，单就原文和出题位置来看，出题位置符合我们上课讲的“头尾重点”“逻辑”处等考点，考生在应试时若把握好这这些内容，应能较快反应出对应的答案。

Section A

News report 1

此篇新闻是关于一个从旧金山游到 Alcatraz 岛屿的 9 岁男孩，首发于 2016 年 1 月美联社的报道。这属于社会新闻，是新闻中听懂难度较低的一种。但这篇新闻存在较多地点专有名词，可能会对考生在听力中造成影响。

1. 新闻主旨题。重点听开头前两句。
2. 新闻细节题。

A 9-year-old central California boy braved strong currents and cold water to swim from San Francisco to Alcatraz Island and back. A California television station Enfresno, reported Tuesday that Jim Savage, set a record as the youngest swimmer to make the journey to the former prison. The TV station reported that by completing the swim, the fourth grade student from Losbanios broke a record previously held by a 10-year-old boy. Jim said that waves in the San Francisco Bay hitting him in the face 30 minutes into this swim, made him want to give up. His father said, he had offered his son 100 dollars as a reward. **To encourage his struggling son, he doubled it to 200 dollars.** James pushed forward, making it to Alcatraz Island and back in a little more than 2 hours. Alcatraz is over a mile from the mainland.

Questions 1 and 2 are based on the news report you have just heard.

1. What did the boy from central California do according to report?
2. What did the father do to encourage his son?

News report 2

这篇新闻讲述了大家比较熟悉的事件，关于我国将取消晚婚假。内容生词较少，对于考生听懂的难度应该不高。

1. 考察新闻中“原因”要素。由于是此篇新闻的第一题，考点句仍然落在头两句。
2. 结尾处+转折处考点。

On the first January, new regulations were coming to a fact which eliminated an annual leave bonus for people who put off marriage until the age of 23 for women and 25 for men, the South China morning post reports. **The holiday bonus was to design to encourage young people to delay getting married, in lines with China's one-child policy**, but with the policy now been abolished, this holiday incentive is no longer necessary.

The government says. In shanghai, the young couple at the registration office told the paper that they decided to register their marriage as soon as possible to take advantage of the existing policy. Because an extra holiday was a big deal for them. In Beijing, one registration office had about 300 couples seeking to get married the day after the changes were announced. Rather than the usual number, often between 70 and 80, **but one lawyer tell the paper the changes still have to be adopted by local governments and this procedures take time, so people who are rushing for a marriage can relax.**

Questions 3 and 4 are based on the news report you have just heard.

3. What was purpose of the annual leave bonus of China?
4. What do we learn about the new regulations?

New report 3

这篇新闻新西兰两个女佣创业，专门负责清理家庭聚会后的残局。

1. 主旨题。
2. 考点句位于开头处。
3. 结尾考点。

Everyone loves a good house party, **but the cleaning up in the next morning isn't as enjoyable.** Now however, a New Zealand based startup company aims to bring messy homes and even splitting headaches back to normal. The properly named startup Morning After Maids, was launched about 1 month ago in Auckland by room-maids Rebecca Folly and Catherine Ashers. Aside from cleaning up, the two will also cook breakfast and even get coffee and painkillers for recovering merrymakers. Although they are both gainfully employed, they did cleaning jobs into their nights and weekends which is when their service is in most demand anyway.

Besides being flatted with request from across the country, Folly and Ashers have also received request from the US and Canada to provide the services there, **they are reportedly meeting with lawyers to see how best to take the business forward,**

Question 5—7 are based on the news report you have just heard.

5. what is the news report mainly about?
6. what is the common problem of the house party?

7. what are Rebecca Folly and Catherin Ashish planning to do?

Long Conversation 1

长对话

这篇长对话生活类题材，话题也是大家非常熟悉的考驾照。是两人就男生的驾考进行对话，男生是对话的核心，回答女生的问题。

1. 细节题。答案在对话开头处。
2. 细节题。
3. 细节题。
4. 细节题。

W: Carl, how did your **driver's theory exam** go? It was yesterday, right?

M: Yes, I've prepared as much as I could. But I was so nervous since it was my second trial. The people who worked at the test center were very kind though. We had a little conversation which calmed me down a bit, and that was just what I needed. Then, after the exam, they printed out my result. But I was afraid to open it until I was outside. I was such a relief that I passed.

W: Congratulations! I knew you could do it. **I think you underestimated how difficult it would be the first time, didn't you?** I hear a lot of people make that mistake and go in underprepared. But good job in passing the second time. I'm so proud of you. Now, all you have to do next is your road test. Have you had any lessons yet?

M: Yes, thanks. I'm so happy to be actually on the road now. **I've only had two driving lessons so far, and my instructor is very understanding. So, I'm really enjoying it.** I can't wait for my next session. Although the lessons are rather expensive. 20 pounds an hour, and the instructor says I'll need above 30—40 lessons in total, that's what? 6—8 hundred pounds. **So, this time, I'll need to make a lot more effort, and hopefully, I'll be successful the first time.**

W: Well, good luck.

Questions 8—11 are based on the conversation you have just heard.

8. What did the man do yesterday?
9. Why did he fail the exam the first time?
10. What does the man say about his driving lessons?
11. What does the man hope to do next?

Long Conversation 2

这篇对话是校园场景类的对话，出现了很多往年校园场景类对话中出现过的词汇。对话内容是两个学生在讨论他们的学习和毕业后的工作。开头题，考点句就在第一轮对话的问句里。细节题，这轮对话是女生提问，男生回答，重点听男生说话，不难发现 **only** 所在的句子。细节题。和第二题同一轮对话，所以重点仍然是男生说自己，或者女生说对方的内容。最后一轮对话是男生提问，所以重点听女生。关注 **but** 转折后的内容。

M: Emma, I've got accepted to the university of Leeds. Since you're going to university in England, **do you know how much it is for international students to study there?**

W: Congratulations. Yes, I believe for international students, you'll have to pay around

13,000 pounds a year, it's just a bit more than the local students.

M: OK, that's about 17,000 dollars for the tuition and fees. **Anyway, I'm only going to be there for a year, doing my masters.** So it's pretty good. If I stayed in the U.S., it'd take 2 years, and cost at least 50,000 dollars in tuition alone. Also, I have a good chance of winning a scholarship at Leads, which would be pretty awesome, **the benefit of being a music genius.**

W: Yeah, **I heard you are a talented piano player.** So you are doing a post-graduate degree now? I'm still in my last year, graduating next June. Finally, I'll be done with my studies, and could go on to earning lots of money.

M: Are you still planning on being a teacher? No money at that job then.

W: You'd be surprised, **I'm still going to be a teacher. But the plan is to work at an international school overseas,** after I get a year or so experience in England. It's better paid, and I get to travel, which reminds me I'm late for my class, and I've got some documents I need to print out first. I've got to run.

Questions 12—15 are based on the conversation you have just heard.

12. What does the man want to know?

13. What is the man going to do?

14. What might qualify the man for a scholarship at the leads university?

15. What is the woman planning to do after graduation?

Passage 1

短文第一篇是说明介绍性的文章，介绍了蚂蚁，着重介绍了对于人类房屋有危害的蚂蚁品种。

文章主旨题，答案出现在听力开篇处。第二题的出现位置较后，需要考生保持耐心。听到“in addition”的时候紧张起来，就能听到答案句最后一道题往往出在结尾处。反复出现的信息。

原文：

Scientists have identified thousands of known ants species around the world. And only a few of them bug humans. Most ants live in the woods, or out in nature. There, they keep other creatures in check, distribute seeds, and clean dead and decaying materials from the ground. A very small percentage of ants do harm to humans. But those are incredibly challenging to control. They are small enough to easily slip inside your house. Live in colonies that number in the tens of thousands to the hundreds of thousands, and reproduce quickly. That makes them good at getting in, and hard to kick out. Once they settle in, these insects start affecting your home. **In addition to** barging ants, other species can cause different kinds of damage. **Some, like carpenter ants, can undermine a home structure,** while others interfere with the electrical units.

Unfortunately, our homes are very attractive to ants, because it provides everything the colony needs to survive, such as food, water, and shelter. So, how can we prevent ants from getting into our homes? **Most important of all, avoid giving ants any access to food, particularly sugary food,** because ants have a sweet tooth. **We also need to clean up spills as soon as they occur, and store food in air-tight containers.** Even garbage attracts ants, **so empty your trash as often as possible.** And store your outside garbage in a lidded can, while

away from doors and windows.

Questions 16—18 are based on the conversation you have just heard.

16. What does the passage say about ants?
17. What do we learn from the passage about carpenter ants?
18. What can we do to prevent ants from getting into our homes?

Passage 2

短文第 2 篇是一篇自述，介绍了“我”在老年保健领域的研究工作。体裁接近下午六级 section C。文章主旨题，答案出现在听力开篇处，第一句话直接出答案，在开头走神的考生很容易失去第一道题的答案。细节题。细节题，和第 2 题的位置很接近。但通过反复听到的“old”和“health”，不难找到答案。

原文：

My research focus is on what happens to our immune system as we age. So the job of the immune system is to fight infections. It also protects us from viruses and from autoimmune diseases. We know that as we get older, it's easier for us to get affections. So older adults have more chances of falling ill. This is evidence that our immune system really doesn't function so well when we age. In most of our work, when we were looking at older adults who've got an illness, we always have to have health controls. So we work very closely with a great group of volunteers called the One Thousand Elders, these volunteers are all 65 or over, but in good health. **They come to the university to provide us with blood samples to be interviewed and to help us to carry out a whole range of research. The real impact of our research is going to be on health in old age.** At the moment, we are living much longer. Life expectancy is increasing at 2 years for every decade, that means an extra 5 hours a day. I want to make sure that older adults are still able to enjoy their old age, and that they are not spending time in hospital with infection. Feeling unwell and being generally weak we want people to be healthy even when they are old.

Questions 19—21 are based on the passage you have just heard.

19. What is the focus of the speaker's research?
20. What are the volunteers are asked to do in the research?
21. What does the speaker say will be the impact of his research?

Passage 3

短文第 3 篇是记叙文，人物故事题。介绍了一个老师在小学教授国际象棋的事，也介绍了这所小学的教学特点。介绍学校和人物故事是四级短文出现很多次的类型。

1. 第一题答案仍然出现在听力开篇处，第一句话直接出答案。
2. 细节题。
3. 细节题
4. 细节题。

When Ted Komada started teaching 14 years ago at Kilip Elementary, he didn't know how to manage a classroom and was struggling to connect with students, **he noticed a couple of days after school that a group of kid would get together to play chess.** "I know how to play chess, let me go and show these kids how to do it," he said. Now, Komada coaches the school's chess team. The whole program started as a safe place for kids to come

after school. **And this week, dozens of those students are getting ready to head out to Nashville Tennessee to compete with about 5000 other young people at the Super Nationals of Chess.** The competition only happens every four years, and the last time the team went, they won the third place in the nation. Komada says Chess gives him and his students control. **The school has the highest number of kids from low-income families.** Police frequent the area day and night. As 2 months ago, a young man was shot just down the street. **Komada likes to teach his students that they should think about their move before they do it.** The lessons proved valuable outside the classroom as well. Many parents see these lessons translate into the real world. Students are more likely to think about their actions and see whether they will lead to trouble.

Questions 22—25 are based on the passage you have just heard.

22. What did Ted Komada notice one day after he started teaching at Kilip Elementary?
23. What are dozens of students from Komada's school going to do this week?
24. What do we learn about the students of Kilip Elementary?
25. What have the students learned from Komada?

Part III Reading Comprehension (40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **ANSWER SHEET 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Ships are often sunk in order to create underwater reefs (暗礁) perfect for scuba driving (水肺式潜水) and preserving marine 26. Turkish authorities have just sunk something a little different than a ship, and it wouldn't normally ever touch water, an Airbus A300. The hollowed-out A300 was 27 of everything potentially harmful to the environment and sunk off the Aegean coast today/ Not only will the sunken plane 28 the perfect skeleton for artificial reef growth, but authorities hope this new underwater attraction will bring tourist to the area.

The plane 29 a total length of 54 meters, where experienced scuba divers will 30 be able to venture through the cabin and around the plane's 31. Aydin Municipality bought the plane from a private company for just under US\$100,000, but they hope to see a return on that 32 through the tourism industry. Tourism throughout Turkey is expected to fall this year as the country has been the 33 of several deadly terrorist attacks. As far as sunken planes go, this Airbus A300 is the largest 34 sunk aircraft ever.

Taking a trip underwater and 35 the inside of a sunken A300 would be quite an adventure, and that is exactly what Turkish authorities are hoping this attraction will make people think. Drawing in adventure seekers and experienced divers, this new artificial Airbus reef will be a scuba diver's paradise (天堂).

- A) create B) depressed C) eventually D) Experiences E) exploring
 F) exterior G) habitats H) innovate
 J)intentionally J)investment K)revealing L)stretches
 M)stripped N)territory O)victim

答案: 26. G 27. M 28. A 29. L 30. C 31. F 32. J 33. O 34. I 35. E

【答案解析】

26. 根据空格位置, marine 此处形容词, 可判断出 26 题应为名词。marine 的意思是“海生的, 海运的”固定搭配“marine habitat”海洋栖息地。所以本题答案为“G”habitat“栖息地”。
27. 根据空格位置, 词性应该为动词的被动态。本篇文章对 A300 持有肯定态度, 所以此句想表达“A300”对环境没有任何潜在的坏处, 故答案应为“M”, “be stripped of”意为“剥夺”。
28. 此题空格前有“will”, 所以此处应填动词原形。选项中动词原形有“A”和“H”, 根据句意得知, 沉没的飞机可以让人工珊瑚长的更好。所以本题答案为“A”, create“创造, 产生”。
29. 此处应填动词原形, 主语为“plane”, 故谓语动词应为单三形式。所以答案是“L”, stretches 意为“延伸”, 此处指“飞机机身总长为 54 米”。
30. 此处应填副词, 用来修饰后面的“be able to venture”, 答案应锁定在“C”eventually 和“L”intentionally。这句话的意思是水肺式潜水者能够在船舱内冒险。故选项“C”eventually“最终地”, 更符合句意。
31. 此处应填名词形式, 因为空格前为“plane’s”。名词选项有“F”和“N”。空格处前半句是时水肺式潜水者能够在船舱内冒险, 所以后半句应该为他们也可以在船舱外面冒险。故答案为“F”exterior“外部, 表面”。
32. 因为空格前为“on that”...所以此处应为名词。本句话的大意是: 买这架飞机花了很多钱, 所以他们希望通过旅游业能够看到自己投资的回报。所以答案为“J”investment“投资”。
33. 此处应填名词形式。空格后的内容为“严重的致命恐怖袭击”, 所以空格处应为 victim“受害者”。故答案为“O”。
34. 此处应为副词形式。因为副词修饰形容词“largest”。副词只剩“I”intentionally 有目的地, 故意地, 修饰后面 sunk, 所以本题答案为“I”。
35. 此题应为 v.-ing 形式, 与 and 前的“taking a trip underwater”保持并列。“E”exploring 和“K”revealing 都是 v.-ing 形式。根据本句句意, “E”exploring“探索”更符合句意。本句话的意思是“水下旅行和探索沉没的 A300 的内部都会是一场冒险”。

Section B

Directions: *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on Answer Sheet 2.*

Resilience Is About How You Recharge, Not How You Endure

[A] As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, or movies. We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane. Then, when

- we try to have that amazing work session in flight, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to *soldier on with* (继续处理) the emails that have inevitably still piled up.
- [B] Why should flying deplete us? We're just sitting there doing nothing. Why can't we be tougher, more *resilient* (有复原力的) and determined in our work so we can accomplish all of the goals we set for ourselves? Based on our current research, we have come to realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.
- [C] We often take a militaristic, "tough" approach to resilience and determination like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play. We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be. However, this entire conception is scientifically inaccurate.
- [D] The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems. And lack of recovery—whether by disrupting sleep with thoughts of work or having continuous cognitive arousal by watching our phones—is costing our companies \$62 billion a year in lost productivity.
- [E] And just because work stops, it doesn't mean we are recovering. We "stop" work sometimes at 5pm, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from Norway found that 7.8% of Norwegians have become *workaholics* (工作狂). The scientists cite a definition of "workaholism" as "being overly concerned about work, driven by an uncontrollable work motivation, and investing so much time and effort in work that it impairs other important life areas."
- [F] We believe that the number of people who fit that definition includes the majority of American workers, which prompted us to begin a study of workaholism in the U.S. Our study will use a large corporate dataset from a major medical company to examine how technology extends our working hours and thus interferes with necessary cognitive recovery, resulting in huge health care costs and turnover costs for employers.
- [G] The misconception of resilience is often bred from an early age. Parents trying to teach their children resilience might celebrate a high school student staying up until 3am to finish a science fair project. What a distortion of resilience! A resilient child is a well-rested one. When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the cognitive resources to do well on his English test; he has lower self-control with his friends; and at home, he is moody with his parents. Overwork and exhaustion are the opposite of resilience and the bad habits we acquire when we're young only magnify when we hit the workforce.
- [H] As Jim Loehr and Tony Schwartz have written, if you have too much time in the performance zone, you need more time in the recovery zone, otherwise you risk burnout. Gathering your resources to "try hard" requires burning energy in order to overcome your currently low arousal level. It also worsens exhaustion. Thus the more imbalanced

we become due to overworking, the more value there is in activities that allow us to return to a state of balance. The value of a recovery period rises in proportion to the amount of work required of us.

- [I] So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and recovery are not the same thing.
- [J] If you're trying to build resilience at work, you need adequate internal and external recovery periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 paper: "Internal recovery refers to the shorter periods of relaxation that take place within the frames of the work day or the work setting in the form of short scheduled or unscheduled breaks, by shifting attention or changing to other work tasks when the mental or physical resources required for the initial task are temporarily depleted or exhausted. External recovery refers to actions that take place outside of work—e.g. in the free time between the work days, and during weekends, holidays or vacations." If after work you lie around on your bed and get irritated by political commentary on your phone or get stressed thinking about decisions about how to renovate your home, your brain has not received a break from high mental arousal states. Our brains need a rest as much as our bodies do.
- [K] If you really want to build resilience, you can start by strategically stopping. Give yourself the resources to be tough by creating internal and external recovery periods. Amy Blankson describes how to strategically stop during the day by using technology to control overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. You can also use apps like Offtime or Unplugged to create tech free zones by strategically scheduling automatic airplane modes. The average person turns on their phone 150 times every day. If every distraction took only 1 minute, that would account for 2.5 hours a day.
- [L] In addition, you can take a cognitive break every 90 minutes to charge your batteries. Try to not have lunch at your desk, but instead spend time outside or with your friends—not talking about work. Take all of your paid time off, which not only gives you recovery periods, but raises your productivity and likelihood of promotion.
- [M] As for us, we've started using our plane time as a work-free zone, and thus time to dip into the recovery phase. The results have been fantastic. We are usually tired already by the time we get on a plane, and the crowded space and unstable internet connection make work more challenging. Now, instead of swimming upstream, we relax, sleep, watch movies, or listen to music. And when we get off the plane, instead of being depleted, we feel recovered and ready to return to the performance zone.

36. It has been found that inadequate recovery often leads to poor health and accidents.
37. Mental relaxation is much needed, just as physical relaxation is.
38. Adequate rest not only helps one recover, but also increases one's work efficiency.
39. The author always has a hectic time before taking a

flight.

40. Recovery may not take place even if one seems to have stopped working.
41. It is advised that technology be used to prevent people from overworking.
42. Contrary to popular belief, rest does not equal recovery.
43. The author has come to see that his problem results from a misunderstanding of the meaning of resilience.
44. People's distorted view about resilience may have developed from their upbringing.
45. People tend to think the more determined they are, the greater their success will be.

答案:

答案: 36.D 37.J 38.L 39.A 40.E 41.K 42.I 43.B 44.G 45.C

36. 答案: D。题干中 inadequate recovery 替换原文 D 段中的 lack of a recovery。
37. 答案: J。题干中 relaxation is much needed, just as physical relaxation is 替换原文 J 段中第二句的 the mental or physical resources required。
38. 答案: L。题干中 increases one's work efficiency 替换原文 L 段最后一句中的 raises your productivity
39. 答案: A。题干中 has a hectic time before taking a flight. 替换原文 A 段第三句中的 Then, when we try to have that amazing work session in flight。
40. 答案: E。题干中 Recovery may not take place even if one seems to have stopped working. 替换原文 E 段第一句的 And just because work stops, it doesn't mean we are recovering。
41. 答案: K。题干中 technology be used to prevent people from overworking 替换原文 K 段第二句中的 by using technology to control overworking。
42. 答案: I 题干中 rest does not equal recovery 替换原文 I 段中最后一句 That's because rest and recovery are not the same thing。
43. 答案: B。题干中 problem results from a misunderstanding 替换原文 B 段最后一句中的 the problem comes from a misconception。

44. 答案: G 题干中 developed from their upbringing 替换原文 G 段中第一句的 often bred from an early age

45. 答案: C 题干中 People tend to think the more determined they are, the greater their success will be. 替换原文 C 段第二句中的 We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions unfinished statements. For each of them there are four choices marked A), B), C) and D) . You should decide on the best choice and mark the corresponding.....*

Answer Sheet 2 with a single line through the centre.

Passage One

Question 46 to 50 are based on the following passage.

Most kids grow up learning they cannot draw on the walls. But it might be time training—this summer, a group of culture addicts, artists and community organization New Yorkers to write all over the walls of an old house on Governor’s Island.

The project is called Writing On it All, and it’s a participatory writing project that has happened on Governor’s Island every summer since 2013.

“Most of the participants are people who are just walking by or are on the island.....,or they just kind of happen to be there,” Alexandra Chasin , artistic director..... tells Smithsonian.com.

The 2016 season runs through June 26 and features sessions facilitated byto domestic workers . Each session has a theme, and participants are giveand prompts and asked to cover surfaces with their thoughts and art.range from one that turns the house into a collaborative essay to one.....of exile.

.....vernor’s Island is a national historic landmark district long used forown as “New York’s shared space for art and play,” the island , and Brooklyn in Upper New York Bay ,is closed to cars but open to ...for festivals, picnics, adventures, as well as these “legal graffiti(涂鸦)..... notes and art scribbled (涂画)on the walls are an experiment in self-..... have ranged in age from 2 to 85.Though Chasin says the focus of....activity of writing, rather than the text that ends up getting written, some of the work that comes out of the sessions has stuck with her.

“One of the sessions that moved me the most was state violence on black women and black girls, ”says Chasin, explaining that in one room, people wrote down the names of those killed because of it. “people do beautiful work and leave beautiful messages.”

46. what does the project Writing On It All invite people to do?

A) Unlearn their training in drawing.

- B) Participate in a state graffiti show.
C) Cover the walls of an old house with graffiti
D) Exhibit their artistic creation in an old house.

47. what do we learn about the participants in the project?

- A) They are just culture addicts. C) They are writers and artists
B) They are graffiti enthusiasts D) They are mostly passers-by

48. What did the project participants do during the 2016 season?

- A) They were free to scribble on the walls whatever came to their mind.
B) They expressed their thoughts in graffiti on the theme of each session
C) They learned the techniques of collaborative writing.
D) They were required to cooperate with other creators.

49. What kind of place is Governor's Island?

- A) It is a historic site that attracts tourists and artists
B) It is an area now accessible only to tourist vehicles
C) It is a place in Upper New York Bay formerly used for exiles
D) It is an open area for tourists to enjoy themselves year round.

50. What does Chasin say about the project?

- A) It just focused on the sufferings of black females
B) It helped expand the influence of graffiti art.
C) It has started the career of many creative artists.
D) It has created some meaningful artistic works.

【答案】CDBAD

【解析】

46. 选 C, 替换了原文 para1 中的 to write all over the walls of an old house on Governor's Island.

A: 对原文 1-1 细节信息的改写重组: 原文 1-1 中的 learn 被改成 unlearn, 再结合 train 贺 draw 两个原文复现词汇, 组合成了该干扰选项。

B: 对原文信息的增补, 文中未提及这个活动是一场 show。学生易选到该选项是因为受到 2-1 participatory 一词的干扰。

D: 属于无中生有, artistic creations 未出现过

47. 选 D, 由定位词 participants 定位在 3-1, D 选项对原文的 people who are just walking by 进行了改写

A, C, B 选项受 1-2 中信息 culture addicts, artists.... 等的干扰

48. 选 B, 由定位词 2016 season 回到原文 para4, B 答案是对 4-2 Each season has a theme, and participants are given ... and prompts and asked to cover surfaces with their thoughts and art.

A: 原文未提及 be free to scribble

C: 受到 4-4 中 collaborative 一词的干扰, 对原文进行了概念的偷换

D: “他们被要求与其他创作者协同合作”符合常识, 易被学生搞混

49. 选 A, A 是对原文 5-1... is a national historic landmark district long used for的改写
 B: 错在 only to.. 原文 5-4 说明这个岛屿还会对其他对象开放
 C: 原文细节信息重组, 4-5 与 5-3 重组出的错误信息
 D: 无中生有

50. 选 D, 是对 6-3“people do beautiful work and leave beautiful messages”的改写
 A: 错在 just focused on...原文未提及这点
 B: 错在 help expand the influence of...这个选项很符合常识, 所以易被选去
 C: “它开启了许多创造性艺术家们的事业生涯”也是个符合常识的选项, 易被选去, 但原文未提及这点。

Passage Two

Questions 51 to 55 are based on the following passage

Online programs to fight depression are already commercially available. While they sound efficient cost-saving, a recent study reports that they are not effective, primarily because depressed patients are not likely to engage with them or stick with them.

The study looked at computer-assisted cognitive behavioral therapy for depression, helping people challenge negative thoughts and change the way they think in order to change their mood and behaviors. However, online CBT programs have been gaining popularity, with the attraction of providing low-cost help wherever someone has access to a computer.

A team of researchers from the University of York conducted a randomized (随机的) control trial with 691 depressed patients from 83 physician practices across the England. The patients were split into three groups: one group received only usual care from a physician while the other two groups received usual care from a physician plus one of two computerized CBT programs. Participants were balanced across the three groups for age, sex, educational background, severity and duration of depression, and use of antidepressants(抗抑郁药).

After four months, the patients using the computerized CBT programs had no improvement in depression levels over the patients who were only getting usual care from their doctors.

“It’s an important, cautionary note that we shouldn’t get too carried away with the idea that a computer system can replace doctors and therapists,” says Christopher Dowrick, a professor of primary medical care at the University of Liverpool. “We do still need the human touch or the human interaction, particularly when people are depressed.”

Being depressed can mean feeling “lost in your own small, negative, dark world,” Dowrick says. Having a person, instead of a computer, reach out to you is particularly important in combating that sense of isolation. “When you’re emotionally vulnerable, you’re even more need of a caring human beings,” he says.

51. What does the recent study say about online CBT programs?

- A) Patients may not be able to carry them through for effective cure.
 B) Patients cannot engage with them without the use of a computer.
 C) They can save patients trouble visiting physicians.
 D) They have been well received by a lot of patients.

52. What has made online CBT programs increasingly popular?

- A) Their effectiveness in combating depression.
- B) The low efficiency of traditional talk therapy.
- C) Their easy and inexpensive access by patients.
- D) The recommendation by primary care doctors.

53. What is the major finding by researchers at the University of York?

- A) Online CBT programs are no more effective than regular care from.....
- B) The process of treating depression is often more complicated than a.....
- C) The combination of traditional CBT and computerized CBT is mos.....
- D) Depression is a mental condition which is to be treated with extrer.....

54.....is Professor Dowrick's advice concerning online CBT programs?

- A) They should not be neglected in primary care.
- B) Their effectiveness should not be overestimated.
- C) They should be used by strictly following instructions
- D) Their use should be encouraged by doctors and therapists

55.....more important to an emotionally vulnerable person?

- A) positive state of mind C)Timely encouragement
- B) Appropriate medication D)Human inter.....

【答案】 ACABD

【解析】

51. What does the recent study say about online CBT programs?

【解析】 由题干关键词“the recent study”和“CBT”定位到第一段第二句第二段第一句。第一段第二句已给出此研究的观点即“not effective”，原因由“because”引导的内容“are not likely to engage with them or stick with them”得出，抑郁症患者不太可能参与并且坚持全程，对应 A 选项“Patients may not be able to carry them through for effective cure”。

52. What has made online CBT programs increasingly popular?

【解析】 由题干关键词“CBT”和“increasingly popular”定位第三段最后一句“online CBT programs have been gaining popularity”，受欢迎的因素紧随其后——“low cost help”“access to a computer”，选项 C“ Their easier and inexpensive access by patients”是原

文的同义替换，故为答案。

53. What is the major finding by researchers at the University of York?

【解析】由题干关键词“researchers”和“the University of York”定位到第四段。第四段描述的是研究主要内容和过程，而题干问的“major finding”在第五段可以找到——“had no improvement in depression levels over the patients who were only getting usual care from their doctors”，将两种治疗方法进行对比，发现用网络 CBT 疗法的病人没有得到更有效的改善，所以对应选项 A Online CBT programs are no more effective than regular care from p...。

54. What is Professor Dowrick's advice concerning online CBT programs?

【解析】由题干关键词“Professor Dowrick”定位到第六段。第六段的第一句话是 Dowrick 教授的建议——“we shouldn't get too carried away with the idea that a computer system can replace doctors and therapists”。教授建议不应该过于沉迷于电脑系统可以替代医生和治疗专家的观点，因此对应 B 选项“Their effectiveness should be not be overestimated”。

55. What is more important to an emotionally vulnerable person?

【解析】由题干关键词“emotionally vulnerable person”定位到最后一段最后一句，对“a caring human being”的需要对应 D 选项“Human interaction”。

Part IV Translation (30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on Answer Sheet 2.

剪纸是中国民间艺术的一种独特形式，已有 2000 多年历史。剪纸很可能源于汉代，继纸张发明之后。从此，它在中国的许多地方得到了普及。剪纸用的材料和工具很简单：纸和剪刀。剪纸作品通常是用红纸做成的，因为红色在中国传统文化中与幸福相联。因此，在婚礼、春节等喜庆场合，红颜色的剪纸是

门窗装饰的首选。

【译文】 Paper cutting, with a history of 2,000 years, is a unique form of Chinese folk arts. It probably originated from Han Dynasty after the invention of the paper. Since then, it has gained popularity in many parts of China. The material and the tool used for paper cutting are very simple: paper and scissors. The paper-cutting artwork is usually made of the red paper, because the color red is connected with happiness in traditional Chinese culture. Therefore, the red paper-cutting is the first option of the door and window decoration in joyous occasion such as weddings and the Spring Festival.

【逐句解析】

(1) 剪纸是中国民间艺术的一种独特形式，已有 2000 多年历史。

【解析】 考查一主多动词的翻译技巧：同一个主语“剪纸”有两个谓语“是”和“有”，可以将其中一个动词处理成谓语，另一个动词处理成非谓语、介词或者其他形式。考查后置定语的翻译技巧。剪纸：paper cutting；民间艺术：folk art；独特的：unique；形式：form

【参考答案】 Paper cutting, with a history of 2,000 years, is a unique form of Chinese folk arts.

或者 Paper cutting, a unique form of Chinese folk arts, has a history of 2,000 years.

(2) 剪纸很可能源于汉代，继纸张发明之后。

【解析】 考查一主多动词的翻译技巧。同一个主语“剪纸”有“源于”和“(是)继...”两个动词，可以将其中一个动词处理成谓语，另一个动词处理成非谓语、介词或者其

他形式。源于: originate from / be date back to 等; 很可能: probably; 汉代: Han Dynasty;
发明: invention (n.)

【参考答案】 It probably originated from Han Dynasty after the invention of the paper.

(3) 从此, 它在中国的许多地方得到了普及。

【解析】 考查状语的翻译语序和完成时态。从此: since then; 得到普及: become universal / gain popularity; 在中国的许多地方: in many parts of China

【参考答案】 Since then, it has gained popularity in many parts of China.

(4) 剪纸用的材料和工具很简单: 纸和剪刀。

【解析】 考查后置定语翻译。主干是“材料和工具都很简单”, 修饰是“剪纸用的”
译文“used for paper cutting”。材料: material; 工具: tool; 剪刀: scissors

【参考答案】 The material and the tool used for paper cutting are very simple: paper and scissors.

(5) 剪纸作品通常是用红纸做成的, 因为红色在中国传统文化中与幸福相联。

【解析】 考查被动结构的翻译: 用……做成的 is made of; 剪纸作品: paper-cutting artwork;
与...相联: be associated with / be connected with / be related to; 中国传统文化 Chinese traditional culture

【参考答案】 The paper-cutting artwork is usually made of the red paper, because the color red is connected with happiness in Chinese traditional culture.

(6) 因此, 在婚礼、春节等喜庆场合, 红颜色的剪纸是门窗装饰的首选。

【解析】考查后置定语翻译。“门窗装饰的首选”译文“首选 of 门窗装饰”。婚礼：wedding；春节：the Spring Festival；喜庆场合：joyous occasion；门窗装饰：the door and window decoration；首选：first option / choice

【参考答案】Therefore, the red paper-cutting is the first option of the door and window decoration in joyous occasion such as weddings and the Spring Festival.

或者 Therefore, people decorate their doors and windows with the red paper-cutting as the first option in joyous occasion such as weddings and the Spring Festival.