**Quiz (2023.6)**

**I. Useful expressions: (20\*2)**

1. 田径比赛 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. 像雄鹰一样翱翔 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. 超乎最狂野的想象 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. 错失良机 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. 在内心的最深处 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. 加大筹码 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. 报名参加 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. 尽情享受 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. 塑造某人的个性 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. 不言自明 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. 估计赢的机会 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. 感到有用和被人赏识 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. 生死攸关的事 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. 严格地说 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. 激发我们的情感 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. 保持眼神交流 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
17. 成才较晚 /大器晚成 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. 使回到现实中 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. 根深蒂固的观念 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
20. 审时度势 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**II. Vocabulary: (15\*2)**

1. You should plan ahead and \_\_\_\_\_ your time so you can complete the heavy readings.

A. calculate B. finance C. budget D. analyze

2. The findings \_\_\_\_\_ just how important friendships are to our health, the researchers say.

A. underachieve B. undergo C. undertake D. underscore

3. The only major \_\_\_\_\_ was the transformation of a shower room into an elegant sitting room.

A. alteration B. alter C. alternative D. alternation

4. The local government has refused to approve the construction of a new chemical plant because it is not *in the public \_\_\_\_\_\_\_\_.*

A. perspective B. right C. interest D. credit

5. Health professionals define “overweight” as a(n) \_\_\_\_\_ amount of body weight that includes muscles, bone, fat and water.

A. exercise B. efficient C. access D. excess

6. Having been living in Chengdu for five years, Alice has \_\_\_\_\_ a good knowledge of Chinese.

A. acquired B. required C. inquired D. studied

7. Last night when I was putting the finishing touches on my paper, a computer failure completely \_\_\_\_\_\_\_\_ my files.

A. wore up B. wiped out C. struck down D. cut into

8. Having delayed several times, we must put this plan into \_\_\_\_\_\_\_\_ now.

A. practice B. effect C. position D. situation

9. For more than two thousand years, the Chinese have followed Confucianism, which teaches them to act \_\_\_\_\_.

A. moderately B. slightly C. extremely D. considerably

10. It’s important for everyone to have a sense of \_\_\_\_\_ in the group.

A. belonging B. feeling C. effort D. comfortable

11. Even if you love to play tennis, you won’t automatically be good at it, you still have to play on a regular *\_\_\_\_\_\_\_\_.*

A. schedule B. basis C. routine D. occasion

12. If you don’t \_\_\_\_\_ what may happen, you’ll find yourself at a loss when things crop up.

A. participate B. anticipate C. expect D. suspect

13. Smiling and laughing has actually been shown to \_\_\_\_\_ tension and stress.

A. conceive B. receive C. believe D. relieve

14. Her performance has taken the critics by \_\_\_\_\_\_\_\_\_\_\_\_.

A. light B. chance C. storm D. accident

15. Does that mean that by eating fish, the idea is that you have a  \_\_\_\_\_\_\_\_ year coming on?

A. bountiful B. massive C. wishful D. desirable

**III. Cloze and translation (20+10)**

|  |
| --- |
| A. strips B. bonding C. potentially D. negative E. interpersonal  F. enables G. interact H. increasingly I. apart J. compete  K. react L. asideM. peers |

The impact of social media on families has been researched to see what negative and positive effects are happening. Psychologists are (1) \_\_\_\_H\_\_\_\_ concerned that technology is breaking down family communication.

The impact of social media is powerful. Most often technology can bring forth (2)\_\_\_\_\_E\_\_\_ interaction, or zero interaction between siblings, couples, or parent-child. It starves the family of learning and modeling with each other social cues, interpersonal relationship skills, communication skills, and bonding.

As humans, we are social by nature and crave (3) \_\_\_\_B\_\_\_\_ within relationships. We may feel that we are connected through social media, but it (4) \_\_\_\_A\_\_\_\_ us of our ability to hear and see verbal and nonverbal messages.

Researchers are finding that individuals communicate more often with family and friends due to technology, but the style and type of communication is (5) \_\_\_C\_\_\_\_ weaker. Studies are also finding that kids who spend more time using technology and are in front of a screen, have more difficulty than (6) \_\_\_\_M\_\_\_ understanding emotion, developing relationships, and may be more dependent on others.

Man uses social media. In conclusion, what is the balance? It is important for (7) \_\_\_\_F\_\_\_ connection with families. Kids want to be hugged, listened too, and spend quality time with family members. Kids don’t want to be texted or feel they have to (8) \_\_\_J\_\_\_\_ with their parents against screen time.

Working to increase quality family time without technology is important. Setting (9)\_\_\_L\_\_\_\_ family time, such as family meals, game nights, quality time of talking about each other’s day that is free of phones, TV, and computers. Learning to (10) \_\_\_\_\_K\_\_\_\_ with each other face-to-face and modeling healthy communication and interpersonal relationships.

**Translate the underlined sentence into Chinese:**

The impact of social media on families has been researched to see what negative and positive effects are happening.

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**Answer Sheet**

**I. Useful Expressions (40)**

1. track and field competition

2. soar like an eagle

3. beyond the wildest imagination

4. miss the good opportunity

5. at the bottom of one’s heart

6. up the ante

7. sign up for

8. enjoy to the fullest

9. build someone's personality

10. self-explanatory

11. estimate the chances of winning

12. feel useful and appreciated

13. a matter of life and death

14. strictly speaking

15. arouse our emotions

16. maintain eye contact

17. late Maturity

18. bring it back to reality

19. deep-seated beliefs

20. assess the situation

**II. Vocabulary (30)**

1. \_\_\_\_C\_\_\_\_ 2. \_\_\_D\_\_\_\_\_ 3. \_\_\_A\_\_\_\_\_ 4. \_\_\_C\_\_\_\_\_ 5. \_\_\_\_D\_\_\_\_

6. \_\_\_\_A\_\_\_ 7. \_\_\_\_B\_\_\_\_ 8. \_\_\_\_\_A\_\_\_ 9. \_\_\_A\_\_\_\_\_ 10. \_\_A\_\_\_\_

11. \_\_\_\_\_B\_\_\_ 12. \_\_\_\_B\_\_\_\_ 13. \_\_\_D\_\_\_\_\_ 14. \_\_\_\_C\_\_\_\_ 15. \_\_\_\_A\_\_\_\_

**III. Cloze (20)**

1. \_\_\_\_H\_\_\_\_ 2. \_\_\_\_D\_\_\_\_ 3. \_\_\_\_B\_\_\_\_ 4. \_\_\_\_A\_\_\_\_ 5. \_\_\_\_C\_\_\_\_

6. \_\_\_\_M\_\_\_\_ 7. \_\_\_\_E\_\_\_\_ 8. \_\_\_\_J\_\_\_\_ 9. \_\_\_\_L\_\_\_\_ 10. \_\_\_\_G\_\_\_\_

**Translation (10) 将完型填空文章里划线的句子翻译为中文**

社交媒体对家庭的影响已经进行了研究，以了解正在发生的消极和积极影响。