
2022 年全国硕士研究生入学统一考试

管理类专业学位联考英语试题

Section I Use of English

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark [A], [B], [C] or [D] on the ANSWER SHEET. (10 points)

Harlan Coben believes that if you're a writer, you'll find the time; and that if you can't find the time, then writing isn't a priority and you're not a writer. For him, writing is a 1 job—a job like any other. He has 2 it with plumbing, pointing out that a plumber doesn't wake up and say that he can't work with pipes today.

3, like most writers these days, you're holding down a job to pay the bills, it's not 4 to find the time to write. But it's not impossible. It requires determination and single-mindedness. 5 that most bestselling authors began writing when they were doing other things to earn a living. And today, even writers who are fairly 6 often have to do other work to 7 their writing income.

As Harlan Coben has suggested, it's a 8 of priorities. To make writing a priority, you'll have to 9 some of your day-to-day activities and some things you really enjoy. Depending on your 10 and your lifestyle, that might mean spending less time watching television or listening to music, though some people can write 11 they listen to music. You might have to 12 the amount of exercise or sport you do. You'll have to make social media an 13 activity rather than a daily, time-consuming 14. There'll probably have to be less socialising with your friends and less time with your family. It's a 15 learning curve, and it won't always make you popular.

There's just one thing you should try to keep at least some time for, 16 your writing—and that's reading. Any writer needs to read as much and as widely as they can; it's the one 17 supporter—something you can't do without.

Time is finite. The older you get, the 18 it seems to go. We need to use it as carefully

and as 19 as we can. That means prioritising our activities so that we spend most time on the things we really want to do. If you're a writer, that means—20—writing.

- | | | | |
|-------------------------|------------------|--------------------|--------------------|
| 1. [A] difficult | [B] normal | [C] steady | [D] pleasant |
| 2. [A] combined | [B] compared | [C] confused | [D] confronted |
| 3. [A] If | [B] Though | [C] Once | [D] Unless |
| 4. [A] enough | [B] strange | [C] wrong | [D] easy |
| 5. [A] Accept | [B] Explain | [C] Remember | [D] Suppose |
| 6. [A] well-known | [B] well-advised | [C] well-informed | [D] well-chosen |
| 7. [A] donate | [B] generate | [C] supplement | [D] calculate |
| 8. [A] cause | [B] purpose | [C] question | [D] condition |
| 9. [A] highlight | [B] sacrifice | [C] continue | [D] explore |
| 10. [A] relations | [B] interests | [C] memories | [D] skills |
| 11. [A] until | [B] because | [C] while | [D] before |
| 12. [A] put up with | [B] make up for | [C] hang on to | [D] cut down on |
| 13. [A] intelligent | [B] occasional | [C] intensive | [D] emotional |
| 14. [A] habit | [B] test | [C] decision | [D] plan |
| 15. [A] tough | [B] gentle | [C] rapid | [D] funny |
| 16. [A] in the place of | [B] in charge of | [C] in response to | [D] in addition to |
| 17. [A] indispensable | [B] innovative | [C] invisible | [D] instant |
| 18. [A] duller | [B] harder | [C] quitter | [D] quicker |
| 19. [A] peacefully | [B] generously | [C] productively | [D] gratefully |
| 20. [A] at most | [B] in turn | [C] on average | [D] above all |

Section II Reading Comprehension

Part A

Directions:

Read the following four texts. Answer the questions after each text by choosing [A], [B], [C] or [D]. Mark your answers on the ANSWER SHEET. (40 points)

Text 1

On a recent sunny day, 13,000 chickens roam over Larry Brown's 40 windswept acres in Shiner,

Texas. Some rest in the shade of a parked car. Others drink water with the cows. This all seems random, but it's by design, part of what the \$6.1 billion U.S. egg industry bets will be its next big thing: climate-friendly eggs.

These eggs, which are making their debut now on shelves for as much as \$8 a dozen, are still labelled organic and animal-friendly, but they're also from birds that live on farms using regenerative agriculture—special techniques to cultivate rich soils that can trap greenhouse gases. Such eggs could be marketed as helping to fight climate change.

“I'm excited about our progress,” says Brown, who harvests eggs for Denver-based Nest Fresh Eggs and is adding more cover crops that draw worms and crickets for the chickens to eat. The birds' waste then fertilizes fields. Such improvements “allow our hens to forage for higher-quality natural feed that will be good for the land, the hens, and the eggs that we supply to our customers.”

The egg industry's push is the first major test of whether animal products from regenerative farms can become the next premium offering. In barely more than a decade, organic eggs went from being dismissed as a niche product in natural foods stores to being sold at Walmart. More recently there were similar doubts about probiotics and plant-based meats, but both have exploded into major supermarket categories. If the sustainable-egg rollout is successful, it could open the floodgates for regenerative beef, broccoli, and beyond.

Regenerative products could be a hard sell, because the concept is tough to define quickly, says Julie Stanton, associate professor of agricultural economics at Pennsylvania State University Brandywine. Such farming also brings minimal, if any, improvement to the food products (though some producers say their eggs have more protein).

The industry is betting that the same consumers paying more for premium attributes such as free-range, non-GMO, and pasture-raised eggs will embrace sustainability. Surveys show that younger generations are more concerned about climate change, and some of the success of plant-based meat can be chalked up to shoppers wanting to signal their desire to protect the environment.

Young adults “really care about the planet,” says John Brignell, president of Egg Innovations. “They are absolutely altering the food chain beyond what I think even they understand what they're doing.”

21. The climate-friendly eggs are produced _____.

[A] at a considerably low cost

[B] at the demand of regular shoppers

[C] as a replacement for organic eggs

[D] on specially designed forms

22. Larry Brown is excited about his progress in _____.

[A] reducing the damage of worms

[B] accelerating the disposal of waste

[C] creating a sustainable system

[D] attracting customers to his products

23. The example of organic eggs is used in the paragraph 4 to suggest _____.

[A] the doubts over natural feeds

[B] the setbacks in the egg industry

[C] the potential of regenerative products

[D] the promotional success of supermarkets

24. It can be learned from the last two paragraph that young people _____.

[A] are reluctant to change their diet

[B] are likely to buy climate-friendly eggs

[C] are curious about new food

[D] are amazed at agriculture advances

25. John Brignell would disagree with Julie Stanton “regenerative products” on _____.

[A] markets prospects

[B] standard definition

[C] nutritional value

[D] moral implication

Text 2

More Americans are opting to work well into retirement, a growing trend that threatens to upend the old workforce model.

One in three Americans who are at least 40 have or plan to have a job in retirement to prepare for a longer life, according to a survey conducted by Harris Poll for TD Ameritrade. Even more surprising is that more than half of “unretirees”—those who plan to work in retirement or went back

to work after retiring—said they would be employed in their later years even if they had enough money to settle down, the survey showed.

Financial needs aren't the only culprit for the "unretirement" trend. Other reasons, according to the study, include personal fulfillment such as staying mentally fit, preventing boredom or avoiding depression. About 72% of "unretiree" respondents said that they would return to work once retired to keep mentally fit while 59% said it would be tied to making ends meet.

"The concept of retirement is evolving," said Christine Russel, senior manager of retirement at TD Ameritrade. "It's not just about finances. The value of work is also driving folks to continue working past retirement."

One reason for the change in retirement patterns: Americans are living longer. Older Americans are also the fastest-growing segment of the U. S. workforce, and boomers are expected to live longer than previous generations. The percentage of retirement-age people in the labor force has doubled over the past three decades. About 20% of people 65 and older were in the workforce in February, up from an all-time low of 10% in January 1985, according to money manager United Income.

Because of longer life spans, Americans are also boosting their savings to preserve their nest eggs, the TD Ameritrade study showed, which surveyed 2,000 adults between 40 to 79. Six in 10 "unretirees" are increasing their savings in anticipation of a longer life, according to the survey. Among the most popular ways they are doing this, the company said, is by reducing their overall expenses, securing life insurance or maximizing their contributions to retirement accounts.

Unfortunately, many people who are opting to work in retirement are preparing to do so because they are worried about making ends meet in their later years, said Brent Weiss, a co-founder at Baltimore-based financial-planning firm Facet Wealth. He suggested that pre-retirees should speak with a financial adviser to set long-term financial goals.

"The most challenging moments in life are getting married, starting a family and ultimately retiring," Weiss said. "It's not just a financial decision, but an emotional one. Many people believe they can't retire."

26. The survey conducted by Harris Poll indicates that _____.

[A] over half of the retirees are physically fit for work

[B] the old workforce is as active as the younger one

[C] one in three Americans enjoy earlier retirement

[D] more Americans are willing to work in retirement

27. It can be inferred from Paragraph 3 that Americans tend to think that _____.

[A] retirement may cause problems for them

[B] boredom can be relieved after retirement

[C] the mental health of retirees is overlooked

[D] “unretirement” contributes to the economy

28. Retirement patterns are changing partly due to _____.

[A] labor shortages

[B] population growth

[C] longer life expectancy

[D] rising living costs

29. Many unretirees are increasing their savings by _____.

[A] investing more in stocks

[B] taking up odd jobs

[C] getting well-paid work

[D] spending less

30. With regard to retirement, Brent Weiss thinks that many people are _____.

[A] unprepared

[B] unafraid

[C] disappointed

[D] enthusiastic

Text 3

We have all encountered them, in both our personal and professional lives. Think about the times you felt tricked or frustrated by a membership or subscription that had a seamless sign-up process but was later difficult to cancel. Something that should be simple and transparent can be complicated, intentionally or unintentionally, in ways that impair consumer choice. These are examples of dark patterns.

First coined in 2010 by user experience expert Harry Brignull, “dark patterns” is a catch-all term for practices that manipulate user interfaces to influence the decision-making ability of users.

Brignull identifies 12 types of common dark patterns, ranging from misdirection and hidden costs to “roach motel”, where a user experience seems easy and intuitive at the start, but turns difficult when the user tries to get out.

In a 2019 study of 53,000 product pages and 11,000 websites, researchers found that about one in 10 employs these design practices. Though widely prevalent, the concept of dark patterns is still not well understood. Business and nonprofit leaders should be aware of dark patterns and try to avoid the gray areas they engender.

Where is the line between ethical, persuasive design and dark patterns? Businesses should engage in conversations with IT, compliance, risk, and legal teams to review their privacy policy, and include in the discussion the customer/user experience designers and coders responsible for the company’s user interface, as well as the marketers and advertisers responsible for sign-ups, checkout baskets, pricing, and promotions. Any or all these teams can play a role in creating or avoiding “digital deception”.

Lawmakers and regulators are slowly starting to address the ambiguity around dark patterns, most recently at the state level. In March, the California Attorney General announced the approval of additional regulations under the California Consumer Privacy Act (CCPA) that “ensure that consumers will not be confused or misled when seeking to exercise their data privacy rights.” The regulations aim to ban dark patterns—this means prohibiting companies from using “confusing language or unnecessary steps such as forcing them to click through multiple screens or listen to reasons why they shouldn’t opt out.”

As more states consider promulgating additional regulations, there is a need for greater accountability from within the business community. Dark patterns also be addressed on a self-regulatory basis, but only if organizations hold themselves accountable, not just to legal requirements, but also to industry best practices and standards.

31. It can be inferred from the first two paragraphs that dark patterns _____.

- [A] improve user experience
- [B] leak user information for profit
- [C] undermine users’ decision-making
- [D] remind users of hidden costs

32. The 2019 study on dark patterns is mentioned to show _____.

[A] their major flaws

[B] their complex designs

[C] their severe damage

[D] their strong presence

33. To handle digital deception, businesses should _____.

[A] listen to customer feedback

[B] talk with relevant teams

[C] turn to independent agencies

[D] rely on professional training

34. The additional regulations under the CCPA are intended to _____.

[A] guide users through opt-out processes

[B] protect consumers from being tricked

[C] grant companies data privacy rights

[D] restrict access to problematic content

35. According to the last paragraph, a key to coping with dark patterns is _____.

[A] new legal requirements

[B] businesses' self-discipline

[C] strict regulatory standards

[D] consumers' safety awareness

Text 4

Although ethics classes are common around the world, scientists are unsure if their lessons can actually change behavior; evidence either way is weak, relying on contrived laboratory tests or sometimes unreliable self-reports. But a new study published in *Cognition* found that, in at least one real-world situation, a single ethics lesson may have had lasting effects.

The researchers investigated one class session's impact on eating meat. They chose this particular behavior for three reasons, according to study co-author Eric Schwitzgebel, a philosopher at the University of California, Riverside: students' attitudes on the topic are variable and unstable, behavior is easily measurable, and ethics literature largely agrees that eating less meat is good because it reduces environmental harm and animal suffering. Half of the students in four large

philosophy classes read an article on the ethics of factory-farmed meat, optionally watched an 11-minute video on the topic and joined a 50-minute discussion. The other half focused on charitable giving instead. Then, unbeknownst to the students, the researchers studied their anonymized meal card purchases for that semester—nearly 14,000 receipts for almost 500 students.

Schwitzgebel predicted the intervention would have no effect; he had previously found that ethics professors do not differ from other professors on a range of behaviors, including voting rates, blood donation and returning library books. But among student subjects who discussed meat ethics, meal purchases containing meat decreased from 52 to 45 percent—and this effect held steady for the study’s duration of several weeks. Purchases from the other group remained at 52 percent. “That’s actually a pretty large effect for a pretty small intervention,” Schwitzgebel says. Psychologist Nina Strohminger at the University of Pennsylvania, who was not involved in the study, says she wants the effect to be real but cannot rule out some unknown confounding variable. And if real, Strohminger notes, it might be reversible by another nudge: “Easy come, easy go.”

Schwitzgebel suspects the greatest impact came from social influence—classmates or teaching assistants leading the discussions may have shared their own vegetarianism, showing it as achievable or more common. Second, the video may have had an emotional impact. Least rousing, he thinks, was rational argument, although his co-authors say reason might play a bigger role. Now the researchers are probing the specific effects of teaching style, T.A.s’ eating habits and students’ video exposure. Meanwhile Schwitzgebel—who had predicted no effect—will be eating his words.

36. Scientist generally believe that the effects of ethics classes are _____.

- [A] hard to determine
- [B] narrowly interpreted
- [C] difficult to ignore
- [D] poorly summarized

37. Which of the following is a reason for the researchers to study meat-eating?

- [A] It is common among students.
- [B] It is a behavior easy to measure.
- [C] It is important to students’ health.
- [D] It is hot topic in ethics classes.

38. Eric Schwitzgebel's previous findings suggest that ethics professors _____.

[A] are seldom critical of their students.

[B] are less sociable than other professors.

[C] are not sensitive to political issues.

[D] are not necessarily ethically better.

39. Nina Strohminger thinks that the effect of the intervention is _____.

[A] permanent

[B] predictable

[C] uncertain

[D] unrepeatable

40. Eric Schwitzgebel suspects that the students' change in behavior _____.

[A] can bring psychological benefits

[B] can be analyzed statistically

[C] is a result of multiple factors

[D] is a sign of self-development

Part B

Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A-G for each of the numbered paragraphs (41—45). There are two extra subheadings which you do not need to use. Mark your answers on the **ANSWER SHEET**. (10 points)

[A] Make it a habit

[B] Don't go it alone

[C] Start low, go slow

[D] Talk with your doctor

[E] Listen to your body

[F] Go through the motions

[G] Round out your routine

How to Get Active Again After a Break

“Exercise is a miracle ‘drug,’ ” says Keri L. Denay, lead author of a recent American College of Sports Medicine advisory that encourages Americans to not overlook the benefits of activity during the pandemic.

Moving your body has been shown to reduce anxiety and depression, lower rates of many types of cancer and the risk of a heart attack, and improve overall immunity. It also helps build strength and stamina.

Getting back into exercise can be a challenge at the best of times, but with gyms and in-person exercise classes off-limits to many people these days because of COVID-19 concerns, it can be tricky to know where to start. And it’s important to get the right dose of activity. “Too much too soon either results in injury or burnout,” says Mary Yoke, a faculty member in the kinesiology department at Indiana University at Bloomington.

41. _____

Don’t try to go back to what you were doing before your break. If you were walking three miles a day, playing 18 holes of golf three times a week or lifting 10-pound dumbbells for three sets of 10 reps, reduce activity to a half-mile every other day, or nine holes of golf once a week with short walks on other days or use five-pound dumbbells for one set of 10 reps.

Increase time, distance and intensity gradually. “This isn’t something you can do overnight,” Denay says. But you’ll reap benefits such as less anxiety and improved sleep right away.

42. _____

If you’re breathing too hard to talk in complete sentences, back off. If you feel good, go a little longer or faster. Feeling wiped out after a session? Go easier next time. And stay alert to serious symptoms, such as chest pain or pressure, severe shortness of breath or dizziness, or faintness, and seek medical attention immediately.

43. _____

Consistency is the key to getting stronger and building endurance and stamina.

Ten minutes of activity per day is a good start, says Marcus Jackovitz, a physical therapist at the University of Miami Hospital. All the experts we spoke with highly recommend walking because

it's the easiest, most accessible form of exercise. Although it can be a workout on its own, if your goal is to get back to classes, tennis, cycling or any other activity, walking is also a great first step.

44. _____

Even if you can't yet do a favorite activity, you can practice the moves. With or without a club or racket, swing like you're hitting the ball. Paddle like you're in a kayak or canoe. Mimic your favorite swimming strokes. The action will remind you of the joy the activity brought you and prime your muscles for when you can get out there again.

45. _____

Exercising with others "can keep you accountable and make it more fun, so you're more likely to do it again," Jackovitz says.

You can do activities such as golf and tennis or take a walk with others and still be socially distant. But when you can't connect in person, consider using technology. Chat on the phone with a friend while you walk around your neighborhood. FaceTime or Zoom with a relative as you strength train or stretch at home.

You can also join a live stream or on-demand exercise class. SilverSneakers offers them for older adults, or try EverWalk for virtual challenges.

Section III Translation

46. Directions:

Translate the following text into Chinese. Write your translation on the **ANSWER SHEET**. (15 points)

Although we try our best, sometimes our paintings rarely turn out as originally planned. Changes in the light, the limitations of your painting materials and the lack of experience and technique mean that what you start out trying to achieve may not come to life the way that you expected.

Although this can be frustrating and disappointing, it turns out that this can actually be good for you. Unexpected results have two benefits: you pretty quickly learn to deal with disappointment

and realise that when one door closes, another opens. You also quickly learn to adapt and come up with creative solutions to the problems the painting presents and thinking outside the box will become your second nature. In fact, creative problem-solving skills are incredibly useful in daily life, with which you're more likely to be able to find a solution when a problem arises.

Section IV Writing

Part A

47. Directions:

Suppose you are planning a campus food festival. Write an email to the international students in your university, to

- 1) introduce the food festival, and
- 2) invite them to participate.

You should write about 100 words on the **ANSWER SHEET**.

Do not use your own name. Use "Li Ming" instead. (10 points)

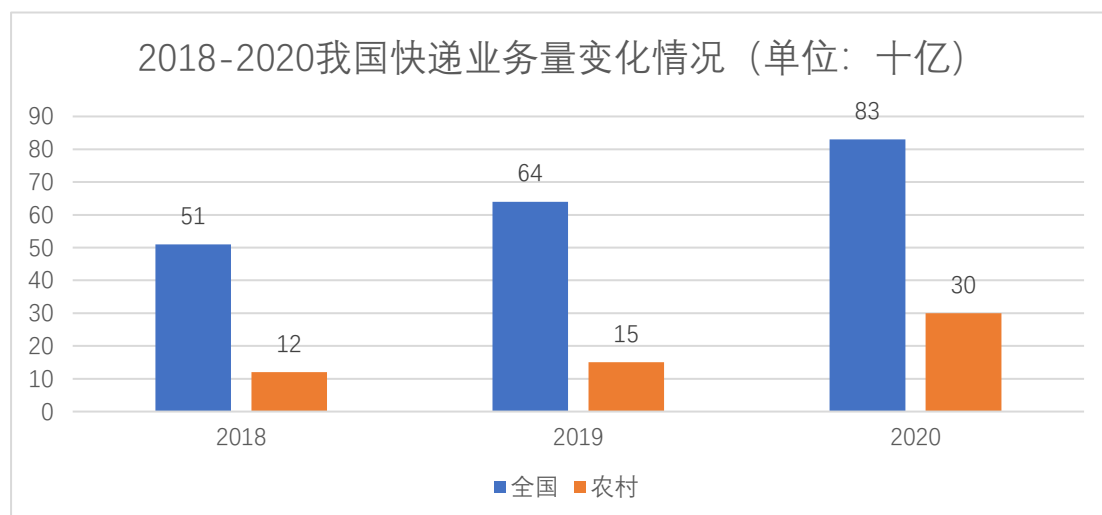
Part B

48. Directions:

Write an essay based on the chart below. In your writing, you should

- 1) interpret the chart, and
- 2) give your comments.

You should write about 150 words on the **ANSWER SHEET**. (15 points)



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01-05. BBADC 06-10. ACCBB 11-15. CDBAA 16-20. DADCD
21-25. DCCBA 26-30. DAADA 31-35. CDBBB 36-40. ABDCC
41-45. CEAFF

Section I Use of English

1. 【答案】B

[A] difficult 困难的 [B] normal 正常的；一般的

[C] steady 稳定的 [D] pleasant 令人愉快的；让人满意的

【解析】首句说明哈兰·科本的观点：作家总能找到时间来写作；找不到写作时间的人不可称为作家。空格句指出，对哈兰·科本而言，写作是一份工作和其他任何工作一样。从空格句句内来看，破折号后内容（a job like any other）解释说明 a job，即空格词应说明写作的“普通 / 平常”。再联系首句可知，空格句意在说明写作只是一项普通工作，作家也应像其他行业的工作者一样花时间做好本职工作。综上，空格词应表示“平常的 / 普通的”。[B] normal 正确。

2. 【答案】B

[A] combined（使）结合 [B] compared 比较；对比

[C] confused 误认；混淆 [D] confronted 使面对；使面临

【解析】空格句指出，哈兰·科本将写作（it=writing）与修管道（plumbing），指出管道工不会在早上醒来后说自己今天没法修理管道。联系上两句内容“如果你是一名作家，你一定能找到时间来写作；写作和其他任何工作一样”可知，空格句是在将“写作”与最普通的工作“管道修理”相比较，以此来直观说明“写作并没有什么特别之处，作家应该像管道工一样尽职尽责地完成工作”。空格词应表示“比较 / 对比”，compare A with B 意为“将 A 与 B 比较”，[B] compared 正确。

3. 【答案】A

[A] If 如果

[B] Though 虽然；尽管

[C] Once 一旦；一.....就..... [D] Unless 除非

【解析】空格句从句部分指出，____，像现在的大多数作家一样，你干着一份糊口的工作。主句部分则指出，找到写作的时间不.....。可见，从句是在引导读者想象自己是一位“边干其他工作养家边写作的作家”，来分析“这种情况下找到写作时间的难易等”，空格词应表示“如果 / 假设”等以引出假想情况，且这一“假定的具体情形”恰能顺接上段内容，[A] If 正确。

4. 【答案】D

[A] enough 足够的；充足的 [B] strange 奇怪的；异常的

[C] wrong 错误的；不正确的 [D] easy 容易的；不费力的

【解析】空格句指出，如果你像大多数作家一样，干着一份养家糊口的工作，则找到写作时间不____。随后一句则转而指出，但这不是不可能（But it's not impossible.）。联系两句间逻辑以及常识可知，意在说明作家在养家糊口的同时要找到时间写作“确有难处”，it's not 指向“有难度”，空格词应表示“容易 / 简单”，[D] easy 正确。

5. 【答案】C

[A] Accept 接受；承认 [B] Explain 解释；说明

[C] Remember 记住；牢记 [D] Suppose 假定；假设

【解析】空格句指出，大多数畅销书作家当初开始写作的时候都在干着其他赖以谋生的工作。结合前三句大意“干着养家糊口工作的作家要找到写作时间不容易，但并非不可能，只是这需要决心和专注”可知，空格句是在以“畅销书作家大都经历的情形”来提醒 / 安慰 / 鼓励读者“开始写作的初期都是辛苦的（要想成为成功作家，必然要经历艰辛）”。[C] Remember 正确。

6. 【答案】A

[A] well-known 出名的；知名的

[B] well-advised 谨慎的；经过周密考虑的

[C] well-informed 消息灵通的；见多识广的

[D] well-chosen 精心挑选的；合适的

7. 【答案】C

[A] donate 捐赠；赠送

[B] generate 产生

[C] supplement 增补；补充

[D] calculate 计算；核算

【解析】空格句指出，而且如今，即便是相当 6 的作家也往往不得不干点别的活儿以 7 他们的写作收入，句中副词 even 表明情况出乎意料。再联系上句“大多数畅销书作家刚开始写作时都在干着其他赖以谋生的工作”和 And today 体现的“顺接关系”，可知本句意在强调如今类似于以前畅销书作家的情形“即便相当成功的作家也得干点别的活儿来补贴写作收入”，writers who are fairly 6 和 7 their writing income 分别对应上句 bestselling authors 和 doing other things to earn a living。可确定空格 6 应表示“成功的 / 知名的”，[A] well-known 正确；空格 7 应表示“补贴 / 辅助”，[C] supplement 正确。

8. 【答案】C

[A] cause 原因；起因

[B] purpose 意图；目的

[C] question 问题

[D] condition 情况；条件

【解析】空格句指出，正如哈兰·科本所说，这是一个优先项的“这（it）”指代 II 段所述问题“作家能否在从事其他工作的同时找到写作时间”，联系首段的科本观点“如果你找不到时间来写作，那写作就不是你的优先项，你也就不是一名作家”可知，空格句是在点明 II 段所述问题的实质“作家能否找到写作时间取决于写作是否被视为优先项”，空格词应体现“核心 / 关键问题”，a question of sth 意为“……的问题”，表示问题的本质，[C] question 正确。

9. 【答案】B

[A] highlight 突出；强调

[B] sacrifice 牺牲；舍弃

[C] continue 继续做

[D] explore 探究；探索

【解析】空格句指出，要想让写作成为优先项，你必须 一些日常活动和一些自己喜欢做的事。根据 priority 含义 sth that you think is more important than other things and should be dealt with first“优先事项；最重要的事”可知，“日常活动（day-to-day activities）”和“喜欢做的事（some things you really enjoy）”位于写作之后，居于次要地位，应做出让步 / 牺牲。根据下文 spending less time、less socializing 也可进一步推测，空格词应表示“减少 / 牺牲 / 舍弃”，[B] sacrifice 正确。

10. 【答案】B

[A] relations 关系；亲属 [B] interests 兴趣爱好

[C] memories 记忆力；回忆 [D] skills 技术；技能

【解析】空格句指出，取决于你的“_____”和“生活方式”，这可能意味着要减少花在“看电视”“听音乐”上的时间。句内分析：your_____and your lifestyle 应能涵盖 watching television or listening to music 等活动。句间关联：空格句中 that 指代上句，watching television or listening to music 属于 day-to-day activities and some things you really enjoy，即 your_____and your lifestyle 应同样能体现 day-to-day activities and some things you really enjoy。综上，your and your lifestyle 应表示“兴趣爱好以生活方式”，[B] interests 正确。

11. 【答案】C

[A] until 到……时；直到……为止 [B] because 因为

[C] while 与……同时 [D] before 在……以前

【解析】空格句指出，要让写作成为优先项，就要减少看电视或听音乐的时间，尽管有人可以写作听音乐。though 提示转折，即空格所在部分应指向“不必减少听音乐的时间”，结合常识可知，该部分表示“写作与听音乐可同时进行，两者并不冲突”，空格词应表示“与……同时”，[C] while 正确。

12. 【答案】D

[A] put up with 容忍；忍受 [B] make up for 补偿；弥补

[C] hang on to 紧握；保留 [D] cut down on 削减；减少

【解析】空格句指出，你可能不得不_____锻炼或运动的量。其中，“锻炼(exercise)”“运动(sport)”指向兴趣爱好/生活方式，可见空格句承上继续列举为了写作需要做出牺牲的活动，空格词应与上文 sacrifice、spending less time 语义同向，表示“减少”，[D] cut down on 正确。

13. 【答案】B

[A] intelligent 明智的；智能的 [B] occasional 不经常的；偶尔的

[C] intensive 加强的；集中的 [D] emotional 情感的；情绪化的

【解析】空格句指出，你将不得不让使用社交媒体成为一项_____活动。联系上文可知，“使用社交媒体”同样指向兴趣爱好 / 生活方式，是需要做出牺牲、让步的活动，空格词应表示“次要的 / 偶尔为之的”等，[B] occasional 正确。

14. 【答案】A

- [A] habit 习惯 [B] test 测试
[C] decision 决定 [D] plan 计划

【解析】空格句指出，要让使用社交媒体成为一项偶尔为之的活动，而不是每日例行的、耗费时间的。取舍结构 rather than 表明，a daily, time-consuming 应与“an occasional activity（偶尔为之的活动）”语义相对，再结合空格前修饰成分 daily（每日例行的）、time-consuming（耗费时间的）可知，空格词应表示“日常习惯/常规活动”，[A] habit 正确。

15. 【答案】A

- [A] tough 艰难的 [B] gentle 温和的；平缓的
[C] rapid 快速的；瞬间的 [D] funny 有趣的

【解析】空格句指出，这是一条_____学习曲线，而且并不一定能让你大受欢迎。结合上文可知，“这（It）”概括上文内容“为了找出写作时间，牺牲掉多种兴趣爱好及日常活动”。此处 learning curve 含义不明，应根据语义逻辑解题。首先进行句内分析：结合其字面义“学习曲线”和“并不一定能让你大受欢迎”，可推测 learning curve 指“学习过程”，a learning curve 应指“一条艰难的 / 曲折的学习曲线”，体现“虽然过程艰难，但结果不一定如愿”之意，空格词应体现“艰难的 / 痛苦的 / 需要毅力的”等意。随后，结合上文用词 have to sacrifice、have to cut down on、have to make、have to be less 等隐含的“虽不情愿但不得不努力减少自己用于多种兴趣爱好的时间”，可进一步确认这一推测。[A] tough 正确。

16. 【答案】D

- [A] in place of 代替；顶替 [B] in charge of 负责；主管
[C] in response to 作为对……的反应 [D] in addition to 除……之外

【解析】空格句指出，只有一件事你应该尽力留出一些时间去做，_____写作——那就是阅读。上文提到，作家应将写作视为优先项，需为此牺牲一系列日常活动和兴趣爱好。联

系可知，空格句是在转承上段，指出唯有“阅读”是唯一必须留时间去做的事，是重要性仅次于写作的事，故空格词应表示“除……之外 / 仅次于”，[D] in addition to 正确。

17. 【答案】A

[A] indispensable 不可或缺的；必不可少的

[B] innovative 革新的；创新的

[C] invisible 看不见的；隐形的

[D] instant 立即的；方便的；紧急的

【解析】空格句指出，任何作家都需要尽可能多而广地阅读，这是_____支撑——你没它不成前一分句“需要尽可能多而广地阅读”、破折号后解释说明内容“你没它（阅读）不成（you can't do without）”均强调了阅读的必要性，故空格词应表示“不可或缺；极其重要”，[A] indispensable 正确。

18. 【答案】D

[A] duller 更乏味地 [B] harder 更困难地

[C] quieter 更安静地 [D] quicker 更快地

【解析】末段首句指出，时间是有限的。空格句指出，年龄越大，时间似乎流逝得_____。第三局句以 We need to... 顺而提出建议：确定活动的优先次序，将大部分时间花在我们真正要做的事情上。联系全文可知，末段进行升华，提醒读者时间有限、光阴飞逝，应将精力集中于优先事项。故空格词应表示“更快地”，[D] quicker 正确。

19. 【答案】C

[A] peacefully 平静地 [B] generously 慷慨地

[C] productively 有效地 [D] gratefully 感激地

【解析】空格句指出，我们要尽可能谨慎且_____地利用时间，这意味着要确定活动的优先次序，以便将大多数时间花在我们真正要做的事情上。从句内来看，空格词应与其前的并列副词 carefully（谨慎地）指向一致，“谨慎、_____利用时间”应与其后的解释性从句“确定活动的优先次序，将时间花在真正要做的事上”语义一致，空格词应表示“合理地 / 有效地 / 明智地”等。此外，由上两句“时间有限、光阴飞逝”也可得出此结论。[C] productively 正确。

20. 【答案】D

[A] at most 至多；不超过 [B] in turn 依次；相应地；转而

[C] on average 平均来看 [D] above all 最重要的是；首先

【解析】空格句指出，如果你是一名作家，那意味着——_____写作。“那（that）”指代上文的泛泛而谈“我们应确定活动的优先次序，将大多数时间花在真正要做的事情上”。结合句间逻辑（从面向所有人到聚焦“作家”）、文章主旨（作家的优先项是写作）以及生活常识（作家的首要任务是写作）可知，空格词应与 prioritising、spend most time on 语义指向一致，表示“优先 / 首要”，[D] above all 正确。

Section II Reading Comprehension

Part A

Text 1

21. 【答案】D

The climate-friendly eggs are produced_____.

气候友好型鸡蛋是_____生产的。

[A] at a considerably low cost 以相当低的成本

[B] at the demand of regular shoppers 应老顾客的需求

[C] as a replacement for organic eggs 作为有机鸡蛋的替代品

[D] on specially designed farms. 在专门设计的农场里

【解析】题干关键词 climate-friendly eggs 出现于开篇段的末尾，且以冒号引出，说明其为全文话题，下文的 These eggs、Such eggs、sustainable-egg、Regenerative products 均指代这类鸡蛋，围绕这些表达的相关信息均可作为解题依据。四个选项涉及这类鸡蛋的生产成本、生产动机（市场需求、品类更替）、生产方式（农场特点），需分别进行回文定位，核查相关信息。具体来看，[A] 中关键信息“成本无法根据原文准确推断出来：[B] 中“顾客”似乎对应文中的产品销售等信息，但“应老顾客的需求”与文中多处暗示的信息恰恰相反，气候友好型鸡蛋作为刚刚上架的新品类是为了挖掘市场潜力，而非因为老顾客的需求。[C] 中“有机鸡蛋”在第四段有集中论述，但选项曲解了行文逻辑，该段提及有机鸡蛋和可持续鸡

蛋（气候友好型鸡蛋）的目的是以前者为例子说明后者，并未指出后者会替代前者。

22. 【答案】C

Larry Brown is excited about his progress in_____.

拉里·布朗对他在_____方面取得的进步感到兴奋。

[A] reducing the damage of worms 减少虫害

[B] accelerating the disposal of waste 加快粪便处理

[C] creating a sustainable system 创建一个可持续的系统

[D] attracting customers to his products 吸引顾客购买他的产品

【解析】根据题干很容易定位到第三段，该段采用了“总—分—总”的行文方式：段首出现了概括性短语 *our progress*（农场的进步），段中则以 *is adding more... that draw worms... then fertilizes fields* 描绘可持续的循环型生产模式，具体展现农场的进步，段末又用回指语 *Such improvements* 指代上文所述的农场的进步，继而引出其带来的积极影响。题干考查布朗（的农场）在哪一方面取得了进步，故段中描述循环型生产模式的部分才是正确项的来源，据此可首先排除用下文信息设置干扰的 [D]，[A]、[B] 虽源自该部分，但曲解了其中的细节信息，[C] 从整体上抓住了该部分的主旨，为正确项。

23. 【答案】C

The example of organic eggs is used in Paragraph 4 to suggest_____.

第四段使用有机鸡蛋的例子来说明_____。

[A] the doubts over natural feeds （人们）对天然饲料的怀疑

[B] the setbacks in the egg industry 蛋品行业经历的挫折

[C] the potential of regenerative products 再生产品的潜力

[D] the promotional success of supermarkets 超市在营销上取得的成功

【解析】本题考查第四段例子的写作目的，需要准确把握第四段的行文逻辑，才能选出正确项，同时也要警惕干扰项针对某些细节信息设置的陷阱。本题选项指向例子所论证的深层主旨，应能反推出例子本身的浅层信息，可根据这一思路逐一比对选项关键词与文中的例子信息。具体来看，[A]、[B] 两项反映了有机鸡蛋的消极方面（*doubts* 暗示其不受欢迎，*setbacks* 暗示其发展受挫），而文中并未提到有机鸡蛋的消极方面，故可排除这两项；[C]、[D] 两项则反映了有机鸡蛋的积极方面（*potential* 暗示其市场接受度由小变大，

promotional success 暗示其成功打开了大众市场），比对原文可发现 [D] 偷换了市场推广的行为主体，故可排除该项，最终确定 [C] 正确。

24. 【答案】B

It can be learned from the last paragraph that young people_____.

从最后一段可以得知，年轻人_____。

[A] are reluctant to change their diet 不愿意改变他们的饮食

[B] are likely to buy climate-friendly eggs 可能会购买气候友好型鸡蛋

[C] are curious about new food 对新型食品感到好奇

[D] are amazed at agriculture advances 对农业的进步感到惊讶

【解析】本题表面上考查对末段信息的梳理和推断，本质上考查对末段主旨乃至全文主题的把握，有两种解题思路。思路一是从选项出发，将选项逐一回文定位，比对原文信息：四个选项描述年轻人在某方面的行为偏好（[A]、[B]）和情感态度（[C]、[D]），需要在末段中找到描述行为偏好或做事意愿的表达，以及描述情感态度的表达，然后核实选项是否符合原文信息。思路二是从段落主旨和全文主题出发，找到与其最为贴近、相似或匹配的选项：本文开篇段引出全文话题“气候友好型鸡蛋”，下文几段围绕此话题展开论述，着重论述了这类鸡蛋的市场潜力，末段进一步聚焦这类鸡蛋在年轻人群中的市场潜力，选项中只有 [B] 出现了全文主题词“气候友好型鸡蛋”，而且也符合末段主旨。

25. 【答案】A

John Brunnquell would disagree with Julie Stanton over regenerative products'_____.

约翰·布伦克尔与朱莉·斯坦顿在再生产品的_____方面也许会有分歧。

[A] market prospects 市场前景

[B] standard definition 标准定义

[C] nutritional value 营养价值

[D] moral implication 道德意蕴

【解析】正确项 [A] 可以涵盖斯坦顿对再生产品市场前景的描述（第五段的 could be a hard sell）以及布伦克尔 / 蛋品行业对再生鸡蛋市场前景的描述（末段的 the same consumers...will embrace sustainability、shoppers wanting to...protect the environment、really care about the planet）。[B] 源自第五段中斯坦顿的看法“再生产品的概念很难快速定义（暗

示其定义比较复杂)”，但末段布伦克尔言论中并未涉及对再生产品的定义，而且文中也未提到蛋品行业在这方面的看法，故排除该项。[C] 源自第五段中斯坦顿的看法“再生农业技术对再生产品的改良作用微乎其微（尽管一些生产商宣称其鸡蛋含有更多蛋白质）”，但据此无法推知其他生产商或整个蛋品行业对再生鸡蛋营养价值的看法，而且末段布伦克尔的言论中并未谈论再生鸡蛋的营养价值，故也可排除该项。[D] 在文中无据可依。

Text 2

26. 【答案】D

The survey conducted by Harris Poll indicates that_____.

哈里斯民意调查公司进行的调查表明_____。

[A] over half of the retirees are physically fit for work

超过一半的退休者体力上仍可胜任工作

[B] the old workforce is as active as the younger one

年老员工与年轻员工一样积极活跃

[C] one in three Americans enjoy earlier retirement

三分之一的美国人乐于提前退休

[D] more Americans are willing to work in retirement

越来越多的美国人愿意退休后继续工作

【解析】[D] more Americans are willing to work in retirement 既是对两项调查结果 One in three Americans... have or plan to have a job in retirement, more than half. . . would be employed in their later years 的概括总结，也是对调查所阐述的现象，即全文开篇句 More Americans are opting to work well into retirement 的同义转述。[A] 窜改第二段②句调查结果：首先将对象“unretirees”偷换为 retirees，其次将原文 went back to work（返回就业岗位）与第三段 mentally fit（心理健康）糅杂，扭曲为 physically fit for work（体力上可胜任工作），原文并未提及调查对象的身体状况。[B] 对调查结果过度引申：选项由文意“大量年老员工打算在退休后继续工作”推断他们“工作积极活跃”，但“工作意愿”≠“工作积极性”，而且文中并未比较他们与年轻员工的工作积极性。[C] 窜改第二段 1 句调查结果：选项将“三分之一的美国人已经或计划在退休后继续工作，即他们选择延迟退休”窜改为“乐于提前退休”。

27. 【答案】A

It can be inferred from Paragraph 3 that Americans tend to think that_____.

由第三段可推知，美国人往往认为_____。

[A] retirement may cause problems for them 退休可能会给他们带来问题

[B] boredom can be relieved after retirement 退休后无聊可以得到缓解

[C] the mental health of retirees is overlooked 退休人员的心理健康被忽视了

[D] "unretirement" contributes to the economy “不退休”利于经济发展

【解析】推理引申题往往难以直接选出正确项，可采用排除法。本题中，[A] 没有明显定位词，难以直接判断正误，可先保留。[B] 可根据关键词 **boredom** 轻松定位，并判断出该项与文意相悖，故排。[C] 虽近义复现文中关键词 **mentally fit**，但其核心义 **is overlooked** 在文中并无依据，故排除。[D] 根据 **the economy** 定位至第三段 1、3 句，但回文阅读后发现该项曲解原文含义，故排除。此时再检视 [A]，发现该项可由本段主旨“美国人为避免财务和心理问题而不退休”反推而来，故正确。

28. 【答案】C

Retirement patterns are changing partly due to _____.

退休模式正在发生变化，部分原因在于_____。

[A] labor shortage 劳动力短缺

[B] population growth 人口增长

[C] longer life expectancy 预期寿命延长

[D] rising living costs 生活成本上涨

【解析】题干+[C]是对第五段首句的同义转述，其中 **partly due to...**对应 **One reason...**，**longer life expectancy** 对应 **are living longer**。[A] 利用第五段 5 句“退休年龄人口在劳动力中的比例增加”臆断出“劳动力短缺”，但二者并无直接因果关系：“退休年龄人口占比增加”无法反映“劳动力总量的变化情况”。[B] 利用第五段②句 **population** 及各组增长数据干扰，但文中讨论的是老年人的占比情况，而非人口总量的变化。[D] 利用第五段末句词汇 **up from...low**、**money** 干扰，将其糅合为“生活成本上涨”，但 **up from...low** 实际指向“老年劳动力的占比”，**money**（**manager**）意在说明 **United Income** 是一家“资金管理公司”，与生活成本毫无关系。

29. 【答案】D

Many “unretirees” are increasing their savings by _____.

许多“不退休者”通过_____来增加储蓄。

[A] investing more in stocks 增加股票投资

[B] taking up odd jobs 打零工

[C] getting well-paid work 获得高薪工作

[D] spending less 减少开支

【解析】根据 *increasing their savings* 定位至第六段 2 句，该句指出，许多“不退休者”都在增储蓄，3 句进一步指出，这些人最常用的增加储蓄的方法包括减少总体开支（*doing this* 回指 *increasing their savings*）。本题易于定位，但定位句并未提供答案，此时应通读对应文段，从上下文寻找线索。先看上文，该句与定位句含义一致，仅指出“美国人在增加储蓄”这一事实，并未具体说明“增储方法”；再看下文，该句出现关键词 *ways*（方法）及表方式的标志词 *by*（通过……；借由……），由此可判断该介词后内容为答案来源，[D] 符合原文 *reducing their overall expenses*，故正确。

30. 【答案】A

With regard to retirement, Brent Weiss thinks that many people are _____.

对于退休，布伦特·韦斯认为许多人都_____。

[A] unprepared 没有做好准备

[B] unafraid 并不害怕

[C] disappointed 感到失望

[D] enthusiastic 充满热情

【解析】本题易于定位，难点在于定位句表意委婉，考生需进行适度推理。各项均为描述人物状态或态度的词，故应尤其注意定位句处的情感态度表达词（如情态动词、形容词、副词等）。*Unfortunately* 一词奠定了定位段的情感基调，即韦斯评述的是一种令人遗憾惋惜的现象。*Most challenging* 形容退休极具挑战，*worried*、*can't retire* 体现许多人对退休的担忧和恐惧，只有 [A] 最能契合这一态度。[B] [D] 与此相反，[C] *disappointed* 适用于描述“退休后生活不如预期”的情形，与本题提问对象“选择不退休的许多人”不符，故均排除。

Text 3

31. 【答案】C

It can be learned from the first two paragraphs that dark patterns _____.

从前两段可以得知，黑暗模式

[A] improve user experiences 改善用户体验

[B] leak user information for profit 泄露用户信息以牟利

[C] undermine users' decision-making 损害用户的决策

[D] remind users of hidden costs 提醒用户注意隐藏成本

【解析】本题考查事实细节。根据题干定位到原文第二段。First coined in 2010 by user experience expert Harry Brignull, "dark patterns" is catch-all term for practices that manipulate user interfaces to influence the decision-making ability of users.(2010 年，用户体验专家 Harry Brignull 首次提出黑模式，“黑暗模式”是一个涵盖一切的术语，用来描述操纵用户界面以影响用户决策能力的实践。从翻译可以看出[C]选项最为贴切。[A][B][D]都属于无中生有，原文没有谈。所以本题选 C。

32. 【答案】D

The 2019 study on dark patterns is mentioned to show _____.

文中提及 2019 年关于黑暗模式的研究，是为了说明

[A] their major flaws 其主要缺陷

[B] their complex designs 其复杂设计

[C] their severe damage 其造成的严重损害

[D] their strong presence 其大量存在

答案：

【解析】本题考推理判断。根据题干定位到原文第二段，Though widely prevalent the concept of dark patterns is still not well understood.（虽然黑暗模式的概念广泛流行，但仍然没有被很好地理解。）由此可见只有[D]选项是说明黑暗模式存在的最能解释原文中普遍流行的意思。其他选项在原文中并未提及。所以本题选 D。

33. 【答案】B

To handle digital deception, businesses should _____.

为应对数字欺诈，企业应该

[A] listen to customer feedback 听取客户的反馈

[B] talk with relevant teams 与相关团队谈话

[C] turn to independent agencies 求助于独立机构

[D] rely on professional training 依靠专业培训

【解析】本题考查事实细节。第四段提到 Businesses should engage in conversations with IT, compliance, risk and legal teams to review their privacy policies.(企业应该与 IT、合规、风险和法律团队进行对话以审查他们的隐私政策)。由此可以推知，企业需要同相关部门沟通，故[B]正确。其他选项，原文中并没有涉及。所以本题选 B。

34. 【答案】B

The additional regulations under the CCPA are intended to _____.

CCPA 补充规定旨在

[A] guide users through opt-out processes 指导用户完成退出程序

[B] protect consumers from being tricked 保护消费者不被欺骗

[C] grant companies data privacy rights 授予公司数据隐私权

[D] restrict access to problematic content 限制访问有问题的内容

【解析】本题考查事实细节。原文定位到第六段， California_Consume Privacy Act(CPPA)that 34 ensure that consumers will not be confused or misled when seeking to exercise their data privacy rights."(《加州消费隐私法案》(CPPA)，确保消费者在行使其数据隐私权时不会被混淆或误导)[B]的解释最符合原文意思。[A]原文中并未提及，[C]是授予公司的数据，而不是保护消费者。[D]无中生有。所以本题选 B。

35. 【答案】B

According to the last paragraph, a key to coping with dark patterns is _____.

根据最后一段，应对黑暗模式的一个关键在于

[A] new legal requirements 新的法律要求

[B] businesses' self-discipline 企业的自我约束

[C] strict regulatory standards 严格的监管标准

[D] consumers' safety awareness 消费者的安全意识

【解析】本题考查推理判断。第六段②句指出,Dark patterns also can be addressed on a self-regulatory basis,but only if organizations hold themselves accountable(黑暗模式也可以在自我监管的基础上得到解决,但前提是组织要对自己负责。) [A][C]原文未提及[D]是指消费者的安全意识,而原文中是指组织的自我监管,故不正确。所以本题选 B。

Text 4

36. 【答案】A

Scientists generally believe that the effects of ethics classes are _____.

科学家们普遍认为,道德课的影响

[A] hard to determine 难以确定

[B] narrowly interpreted 被狭隘理解

[C] difficult to ignore 难以忽视

[D] poorly summarized 被糟糕总结

【解析】本题为细节题。根据题干关键词 Scientists、ethics classes 定位到第一段①句的前半句: Although ethics classes are common around the world, scientists are unsure if their lessons can actually change behavior。其中 can actually change behavior(确实能够改变行为)指的就是题干中的 effects(效果)。A 项 hard to determine(很难确定)是对①句中 unsure(不确定的)的同义替换。所以本题选 A。

37. 【答案】B

Which of the following is a reason for the researchers to study meat-eating?

以下哪项是研究者研究吃肉行为的原因?

[A] It is common among students. 它在学生中很普遍

[B] It is a behavior easy to measure. 它是一种容易衡量的行为

[C] It is important to students' health. 它对学生的健康很重要

[D] It is a hot topic in ethics classes. 它是道德课上的一个热门话题

【解析】本题为细节题。根据题干关键词 reason 定位到第二段②句: They chose this

particular behavior for three reasons ...: students' attitudes on the topic are variable and unstable, behavior is easily measurable, and ethics literature largely agrees that eating less meat is good ...。其中 They 指 the researchers, this particular behavior 指 meat-eating。B 项 It is a behavior easy to measure(它是一种容易测量的行为)是对②句中 behavior is easily measurable(行为是容易测量的)的同义替换。所以本题选 B。

38. 【答案】D

Eric Schwitzgebel's previous findings suggest that ethics professors _____.

埃里克·施维茨格贝尔之前的发现表明, 伦理学教授

[A] are seldom critical of their students 很少批评他们的学生

[B] are less sociable than other professors 不像其他教授那样好交际

[C] are not sensitive to political issues 对政治问题不敏感

[D] are not necessarily ethically better 道德水平未必更高

【解析】本题为细节题。根据题干关键词 previous findings 和 ethics professors 定位到第三段①句的后半句: he had previously found that ethics professors do not differ from other professors on a range of behaviors, including voting rates, blood donation ...。其中 he 指 Eric Schwitzgebel, a range of behaviors 指的是包括投票率、献血等在内的道德行为。D 项 are not necessarily ethically better(未必在道德上更好)是对①句中 do not differ from other professors on a range of behaviors(在一系列行为上与其他教授并无不同)的合理概括。所以本题选 D。

39. 【答案】C

Nina Strohmingher thinks that the effect of the intervention is _____.

尼娜·施特罗明格认为, 这种干预的影响是

[A] permanent 永久性的

[B] predictable 可预测的

[C] uncertain 不确定的

[D] unrepeatable 不可重复的

【解析】本题为细节题。根据题干关键词 Nina Strohmingher 和 the effect 定位到第四段②句: Psychologist Nina Strohmingher ... says she wants the effect to be real but cannot rule out some unknown confounding variable。其中 the effect 指 the effect of the intervention。C 项

uncertain(不确定的)是对②句中 cannot rule out some unknown confounding variable(不能排除一些未知的混淆变量)的合理推断, 即 Nina Strohminger 认为一些混淆变量可能和 the intervention 干预手段一起影响了实验结果, 因此干预手段的效果是不确定的。所以本题选 C。

40. 【答案】C

Eric Schwitzgebel suspects that the students' change in behavior _____.

埃里克·施维茨格贝尔认为, 学生的行为改变

[A] can bring psychological benefits 能(给学生)带来心理健康

[B] can be analyzed statistically 可以进行统计分析

[C] is a result of multiple factors 是多种因素作用的结果

[D] is a sign of self-development 是(学生)自我成长的标志

答案: [C] is a result of multiple factors

【解析】本题为细节题。根据题干关键词 Schwitzgebel suspects 定位到第五段①句的前半句: Schwitzgebel suspects the greatest impact came from social influence, 即导致学生行为变化的最大影响来自于社会影响。结合②句中的 Second, the video may have had an emotional impact(第二, 视频可能产生了情感方面的影响), 以及③句中的 Least rousing ... was rational argument(最不激动人心的是理性讨论), 可知 Schwitzgebel 提到了社会影响、视频、理性讨论等多种影响因素。C 项 is a result of multiple factors(是多种因素的结果)是对①-③句中各种影响因素的合理概括。所以本题选 C。

Section II Reading Comprehension

Part B

How to Get Active Again

Moving your body has been shown to reduce anxiety and depression, lower rates of many types of cancer and the risk of a heart attack, and improve overall immunity. It also helps build

strength and stamina.

Getting back into exercise can be a challenge in the best of times, but with gyms and in-person exercise classes off-limits to many people these days because of COVID-19 concerns, it can be tricky to know where to start. And it's important to get the right dose of activity. “Too much too soon either results in injury or burnout,” says Mary Yoke, PhD, a faculty member in the kinesiology department at Indiana University in Bloomington. The following simple strategies will help you return to exercise safely after a break.

41. 【答案】C Start low, go slow 低起步，慢慢来

【解析】段落中心句为两段的首句，一段首句提出呼吁 Don't try to go back to what you were doing before your break(不要试图立马回到以前锻炼的状态)，紧跟的②句阐释①句，其中 reduce activity to...(将活动减少到……)，对应 start low;同时二段段首继续提出 increase time, distance, and intensity gradually(逐渐增加时间、距离和强度)，对应 go slow。C项 Start low, go slow(从低(标准)开始，慢慢来)是对原文信息的综合概括。所以本题选 C。

Don't try to go back to what you were doing before your break. If you were walking 3 miles a day, playing 18 holes of golf three times week, or lifting 10-pound dumbbells for three sets of 10 reps, reduce activity to half a mile every other day, or nine holes of golf once a week with short walks on other days, or use 5-pound dumbbells for one set of 10 reps.

Increase time, distance, and intensity gradually. “This isn't something you can do overnight,” Denay says. But you will reap benefits such as less anxiety and improved sleep right away.

42. 【答案】E Listen to your body 倾听身体的声音

【解析】无明显段落中心句，①②句营造情境，阐述当感觉……时，应采取……活动。③句以一个问句引出④⑤句意在提出建议。⑤句指出 stay alert to serious symptoms, such as chest pain or pressure, severe shortness of breath or dizziness, or faintness, and seek medical attention immediately.(对严重症状保持警惕，如胸痛或感到压力，严重呼吸急促、头晕或昏厥，并立即就医)，E项 Listen to your body 中 listen to 对应原文 stay alert to, body 对应 such as chest pain or pressure, severe shortness of breath or dizziness, or faintness，且该项与①②句所述信息相符。所以本题选 E。

If you're breathing too hard to talk in complete sentences, back off. If you feel good, go a little longer or faster. Feeling wiped out after a session? Go easier next time. And stay alert to serious symptoms, such as chest pain or pressure, severe shortness of breath or dizziness, or faintness, and seek medical attention immediately.

43 【答案】A Make it a habit 让它成为一种习惯

【解析】段落中心为首句，首句 Consistency is the key to getting stronger and building endurance and stamina.(连贯性是变得更强壮，建立忍耐力和持久力的关键。)，该句表述比较抽象，后紧接着 Marcus Jackovitz 提出建议进行阐述 Ten minutes of activity per day is a good start(每天十分钟的活动是一个良好的开端)。两句均在指向形成习惯，与 A 项 Make it a habit 对应。所以本题选 A。

Consistency is the key to getting stronger and building endurance and stamina.Ten minutes of activity per day is a good start, says Marcus Jackovitz, DPT, a physical therapist at the University of Miami Hospital. All the experts we spoke with highly recommend walking because it's the easiest, most accessible form of exercise. Although it can be a workout on its own, if your goal is to get back to Zumba classes, tennis, cycling, or any other activity, walking is also a great first step.

44. 【答案】F Go through the motions 练习动作

【解析】段落中心为首句，该句指出 Even if you can't yet do a favorite activity, you can practice the moves (即使你还不能做喜欢的活动，也可以练习动作)，F 项 Go through the motions 中的 go through 对应 practice, the motions 对应 the moves。所以本题选 F。

Even if you can't yet do a favorite activity, you can practice the moves. With or without a club or racket, swing like you're hitting the ball. Paddle like you're in a kayak or canoe. Mimic your favorite swimming strokes. The action will remind you of the joy the activity brought you and prime your muscles for when you can get out there again.

45 【答案】B Don't go it alone 不要单独行动

【解析】段落中心为首句，B 项 Don't go it alone(不要单打独斗)是对 Exercising with others “can keep you accountable and make it more fun, so you're more likely to do it again,”(与他人

一起锻炼“可以让你承担责任，让它更有趣，所以你更有可能会再做。”)的反向同义转述。所以本题选 B。

Exercising with others “can keep you accountable and make it more fun, so you're more likely to do it again,” — Jackovitz says. You can do activities such as golf and tennis or take a walk with others and still be socially distant. But when you can't connect in person, consider using technology. Chat on the phone with a friend while you walk around your neighborhood. Face Time or Zoom with a relative as you strength train or stretch at home. You can also join a live stream or on-demand exercise class. Silver Sneakers offers them for older adults, or try Ever Walk for virtual challenges.

Section III Translation

Although we try our best, sometimes our paintings rarely turn out as originally planned. Changes in the light, the limitations of your painting materials, and the lack of experience and technique mean that what you start out trying to achieve may not come to life the way that you expected.

Although this can be frustrating and disappointing, it turns out that this can actually be good for you. Unexpected results have two benefits: you pretty quickly learn to deal with disappointment and realise that when one door closes, another opens. You also quickly learn to adapt and come up with creative solutions to the problems the painting presents, and thinking outside the box will become your second nature.

In fact, creative problem-solving skills are incredibly useful in daily life, with which you are more likely to be able to find a solution when a problem arises.

【参考译文】

虽然我们尽了最大的努力，但有时我们的画作最终很少会像原来计划的那样。光线的变化、有限的绘画材料以及经验和技术的欠缺，都意味着你一开始尝试创作的作品最终可能不会达到预期效果。

虽然这可能会令人沮丧和失望，但事实证明，这实际上可以是对你有好处的。意想不到的结果有两个好处：你很快就能学会如何应对失望的情绪，并意识到当一扇门关闭时，另一

扇门就会打开。你也很快就能学会适应并想出创造性的解决方案来解决画作中呈现的问题，因此，创新性地思考将成为你的第二天性。

事实上，创造性的问题解决技能在日常生活中非常有用，也让你更有可能在出现问题时找到解决方案。

Section IV Writing

答案（略）