

# 大学英语四级考试标准预测卷(一)

## Model Test One

### Part I Writing (30 minutes)

**Directions:** For this part, you are allowed 30 minutes to write an invitation. You have a friend who lives in another country. Write a letter to this friend to visit you. You should write at least 120 words but no more than 180 words. Write your essay on **Answer Sheet 1**.

You should write about 100 words.

Do not sign your own name at the end of the letter. Use "Li Ming" instead.

Do not write the address.

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### Part II Listening Comprehension (25 minutes)



扫码获听力

#### Section A

**Directions:** In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the center.

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

- |   |   |
|---|---|
| 1. A) They want to spend all of their time on it. | B) They sometimes want to get away from it.   |
| C) They feel relaxed in the virtual world.        | D) They can express their ideas freely by it. |
| 2. A) Around 80%.                                 | B) About 30%.                                 |
| C) More than 50%.                                 | D) All.                                       |

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

- A) Tech companies let many employees keep working at home.  
B) Tech companies make every effort to make remote work easier.  
C) Tech companies try to visualize the future working patterns.  
D) Remote working is far less effective than working in a company.
- A) Most people were interested in full-time remote work.

- B) Most people wanted to go back to the company to work.
- C) Most people preferred to a mix of remote work and in-office work.
- D) Most people lost their working enthusiasm when working at home.

**Questions 5 and 7 are based on the news report you have just heard.**

- 5. A) Graduate with a master's degree on time.
  - B) Invite her family to the graduation ceremony.
  - C) Go back to work in India after graduation.
  - D) Celebrate her graduation ceremony in India.
- 6. A) Despite the epidemic, they still held the graduation ceremony on campus.
  - B) They decided to cancel the ceremony due to the current serious epidemic.
  - C) They used robots to ensure students to participate in the ceremony online.
  - D) They decided to postpone the graduation ceremony for the grad class of 2020.
- 7. A) Robots have been active in all walks of life around the world.
  - B) The school leaders tried to fulfill the students' wishes.
  - C) Robots helped US students take part in graduation ceremony.
  - D) Students can't attend the graduation ceremony due to the epidemic.

## Section B

**Directions:** *In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.*

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

- 8. A) They will travel in the New York City for the whole day.
  - B) They will go shopping in the New York City.
  - C) They will go to the art gallery in the New York City.
  - D) They will have activities at Student Activities Center.
- 9. A) He benefits a lot from the Student Activities Center.
  - B) He thanked the woman for introducing him to the job.
  - C) The job involves organizing trips to New York City.
  - D) The activities organized in the center are popular.
- 10. A) She hires a tour guide for them.
  - B) She provides funds for the activity.
  - C) She buys the tickets for them.
  - D) She will drive them to the gallery.
- 11. A) They will get there by bus because it's very convenient.
  - B) They will walk there because it's supposed to be a sunny day.
  - C) Some will walk there while some will take a bus to get there.
  - D) The tour guide will lead them to walk there.

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

12. A) The lack of functional printers in the student center.  
B) The large crowds gathered in the computer labs.  
C) The skills that computer and printer technicians need.  
D) The expected delivery of new computer printers.
13. A) To show him where he can print the papers.  
B) To indicate who serves as computer technicians.  
C) To tell him the place to learn the skills.  
D) To indicate the problem is also common there.
14. A) Because he needs to prepare for the exam.  
B) Because many students need to submit the paper.  
C) Because it is a daily necessity for him.  
D) because he needs to print many important documents.
15. A) Replace empty ink cartridges in printers.  
B) Ask the man to fix them by himself.  
C) Send a technician to repair the printers.  
D) Buy some new printers immediately.

**Section C**

**Directions:** *In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.*

**Questions 16 to 18 are based on the passage you have just heard.**

16. A) His/her teacher.  
C) His/her little friends.
- B) Clowns.  
D) His/her relatives.
17. A) Birthday is a taboo for old people, so they don't celebrate it.  
B) They will receive presents from their family and friends.  
C) They will have a big meal with the extended family.  
D) They will arrange a trip for themselves.
18. A) Because she can receive lots of presents.  
B) Because it means she becomes an adult.  
C) Because her parents will hold a big party for her.  
D) Because she can do anything she wants.

**Questions 19 to 22 are based on the passage you have just heard.**

19. A) Her husband forces her to eat Natto.  
B) She has unfortunately married a Japanese.  
C) Japanese people still enjoy Natto.

- D) Her husband loves Natto, but she doesn't.
20. A) Because it is eaten with steaming hot boiled rice.  
B) Japanese eat it every morning.  
C) It has a terrible smell that she can't bear.  
D) It is made from dead fish and soy beans.
21. A) Because it will make the beans change color and tastes better.  
B) Because it will prevent the beans from sticking together.  
C) Because it will make the beans become sticky and stringy.  
D) Because it can make people pick the beans more easily.
22. A) They should brush their teeth. B) They should wash their faces.  
C) They should take a short break. D) They should kiss their beloved.

Questions 23 to 25 are based on the passage you have just heard.

23. A) She was too ambitious.  
B) She had nothing in common with other girls.  
C) She didn't behave like a girl.  
D) She played football better than boys.
24. A) Because it was too difficult.  
B) Because she wanted to become a pilot.  
C) Because she often made mistakes.  
D) Because she earned very little money.
25. A) She borrowed money from her parents and bought a plane.  
B) She had an air race with other male pilots.  
C) She flew alone from Britain to Australia.  
D) She had better flying skills than the male pilots.

## 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.

This is an unusual time for all of us. It is particularly difficult for teens, who 26 when they feel connected to their peers and have a(an) 27 of belonging.

28, you'd struggle to limit your teens' time spent on social media and in the 29 world. But in an odd turn of events, this is a time when we as professionals are grateful that teens have 30 to social media.

There are many reasons why you should not only allow but 31 your teens to stay engaged with their peers via FaceTime or similar platforms. For one, you certainly don't want your kids to feel isola-

ted. Feelings of isolation can lead to 32 and depression, and exacerbate those existing 33.

Also, keep in mind that social distancing, also 34 to as physical distancing, doesn't mean the same thing as emotional distancing. Yes, your teens must maintain physical distance from peers, as well as others outside your household. But they can and should stay emotionally connected with their peers.

This is not only fun, but it gives them the opportunity to 35 out and discuss the feelings they have about the current state of events in our world and in their world. It is important that they understand that others are feeling the way they are. No one of any age wants to feel alone. Teens I talk to not only look forward to connecting with individual peers but enjoy group video chats as well. Teens are also staying connected to their peers by playing video games together online.

A) access	B) annual	C) anxiety	D) blooming
E) commonly	F) encourage	G) issues	H) known
I) normally	J) referred	K) sense	L) sort
M) system	N) thrive	O) virtual	

## 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**.*

### How to Cope with That “Always-On” Feeling

- A) Tools allowing for instant communication have given us the ability to work from anywhere. With employees being only an email or Slack message away, organizations are now omnipresent in the lives of employees. And now, with many working from home during the Covid-19 pandemic, managers and coworkers who were once in the office down the hall, are now in your living room, kitchen, or bedroom (wherever you can find a quiet place to plug in your laptop).
- B) This has opened a door into our personal lives that can be quite difficult to close. The negative effects of this “always-on” lifestyle were becoming apparent even before the pandemic, with research demonstrating that *spousal* (配偶的) resentment and work-family conflict increased the more often employees checked smart devices during family time. Now that constant connectivity is our new normal, it is even more important that we learn to set clear boundaries for ourselves, in order to sustain our productivity and our families' well-being.
- C) So, what are we to do? While we're all experiencing greater job and family stress in this new normal, our recent research has found there are steps that employees can take to protect their well-being.
- D) Build Your Willpower. Employees with a strong ability to self-regulate can mitigate the stress of constant connectivity. Also known as “willpower,” self-regulation represents our ability to resist temptation. Anyone who has been expecting an update on Slack while eating dinner with the family knows that the “need” to check for that update is a very real temptation.
- E) The good news is that self-regulation is a muscle that gets stronger the more you use it. In other words, no one is cursed to live a life without willpower—it can be improved. Even better, self-regulation is universal; the willpower used to resist that second piece of cheesecake is the same willpower

that can keep you from checking your phone for the 14th time this hour.

- F) To improve your willpower, we recommend starting with the basics. With your new work environment being the home, it is easy to grow lax when it comes to daily chores and following basic routines. Not making the bed anymore? Make your bed. Instead of slouching at your desk chair—sit up straight. Diet gone out the window after your third week in quarantine? Get back on the healthy eating wagon. All of these little, minor disciplines are small workouts that strengthen your overall willpower and will ultimately help you in separating your work life from your home life.
- G) Set Boundaries—and Stick to Them. Of course, there will come a time when your willpower runs out. Current research suggests willpower is slowly depleted throughout the day as we resist temptations and only recharges once we go to sleep. In other words, our ability to self-regulate continually decreases throughout the day and leaves us at our weakest point in the evening. Temptations like that one extra slice of cheesecake or answering just “a few” more emails are nearly irresistible at night simply because we no longer possess the willpower necessary to resist. In our new normal, especially for parents who attempt to work after their children go to bed, this is a perfect storm of weakness that makes evening work sessions so unproductive.
- H) Our recommendations for combatting this lack of willpower are twofold. First, don’t give your willpower a chance to falter. Set a hard cut-off for checking your messages from work and then physically enforce it—close Slack, log out of Teams, turn off your phone. At a minimum, turn off all notifications so that you don’t hear or see the “incoming” message alert. Remember, if you don’t have cheesecake in your refrigerator, you can’t eat it—similarly, if you can’t see the messages, you can’t check them. Note that this may mean you need to “manage your boss” to set realistic expectations as to how quickly you will be able to respond after certain hours.
- I) Second, as the pandemic continues to wear on, some people may begin to feel like they are struggling with a lack of willpower and an absence of motivation. This is a vicious cycle because willpower requires motivation. This makes intuitive sense; there is no reason to self-regulate your behavior if you have no motivation to do so. Thus, if you are feeling unmotivated right now, it is going to be incredibly difficult to self-regulate. No one is going to fault you for failing to stay motivated during this pandemic, especially when the vast majority of us have been labeled “unessential.” However, this is the time to take a moment and reflect on why your job is “essential” to you, to your clients, and to the greater community. Try not to forget that all of us are contributing to something bigger than ourselves.
- J) Communicate Directly and Deliberately. In a time of social distancing, when we live in our own echo chambers, it is not surprising that many of us crave being able to bounce our ideas off others. We no longer have the opportunity to run into someone in the hall or break room. In lieu of walking over to a colleague’s desk, we send a Slack message and hope they are available (e. g. , not chasing a toddler around their house).
- K) The result of this *asynchronous* (不同期的) communication is that every time we return to our computers or phones, we have numerous unread messages—many time-sensitive—waiting for us. What would have been a quick stop by a friend’s office now becomes a series of 10 or more messages exchanged over the course of a day or two—all of which both you and your colleague feel require immediate responses. Worse, what if the colleague you are asking for a second opinion is already swamped with work? In the past, you may have sought out that colleague at work and found them at

- their desk, head in hand, and decided to walk away so as not to burden them with another problem.
- L) Now more than ever, as we work in an office-less environment, it is imperative that we try to communicate deliberately and not in a haphazard fashion. Send the messages that need to be sent and try to limit those that are unnecessary.
- M) Leaders have a special responsibility to set an example and act deliberately. Sending emails and messages at all hours of the day and night will set an expectation that employees need to do the same. Instead of spending time with their family in the evening, employees will have one eye on their phone awaiting that inevitable next message. A more effective approach is to actively choose what to request of your employees and work with them to determine a realistic timeline for that task's completion. This aids in establishing standards of "how" work will be done, not just "what" work will be done. Setting such expectations acknowledges the stresses employees are experiencing and likely will result in reduced stress and higher quality job performance.
- N) As we reflect on the Covid-19 pandemic response to date, an unprecedented level of digital connectedness for both employees and leaders has emerged. As social distancing continues and we adjust to these new work demands, it is critical that employees retain (or regain) some level of control over their work. If employees work to improve their willpower and set appropriate work-to-life boundaries, and if leaders communicate standards and expectations effectively, working from home during this pandemic can be a universal positive for everyone lucky enough to be able to do it.
36. For leaders, communicating standards and expectations effectively will contribute to less stress and better job performance.
37. It's recommended to improve your willpower by developing good habits and routines.
38. Our self-control is often exhausted by the end of the day, and it's easier to give in to temptation when we're tired.
39. Resentment and work-family conflict tend to arise in marriage when one spouse is "married" to a job during family time.
40. Self-control can also be strengthened on the long term through exercise.
41. Setting a time limit to stop checking your messages from work is one way to enhance your willpower.
42. The level of digital connectedness for both employers and employees is higher more than ever during COVID-19 Coronavirus.
43. Unread messages in the hundreds will pile up to read in digital communication.
44. When we work at home, we should control ourselves in sending out messages casually.
45. Willpower is the ability to resist short-term temptations and desires.

## Section C

**Directions:** *There are 2 passages in this section. Each passage is followed by some questions or 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 letter on **Answer Sheet 2** with a single line through the centre.*

### Passage One

**Questions 46 to 50 are based on the following passage.**

Archaeologists used DNA taken from a broken clay pipe stem found in Maryland to build a picture of

an enslaved woman who died around 200 years ago and had origins in modern-day Sierra Leone. One researcher called the work “a mind-blower”.

“In this particular context, and from that time period, I think it’s a first,” team member Hannes Schroeder told *the Washington Post*. “To be able to get DNA from an object like [a pipe stem] is quite exciting. Also it is exciting for *descendent*(后裔) communities.... Through this technology, they’re able to make a connection not only to the site but potentially back to Africa.”

The pipe stem was found at the Belvoir plantation in Crownsville, Maryland, where enslaved people lived until 1864 and where a likely slave cemetery was recently found. DNA taken from the pipe linked back to a woman either directly from or descended from the Mende people, who lived in west Africa, in an area now part of Sierra Leone.

Julie Schablitsky, the chief archaeologist with the Maryland state highway administration, told the *Post* the discovery, based on saliva absorbed into the clay pipe, was a “mind-blower”. She also said records show the existence of a slave trade route from Sierra Leone to Annapolis, plied by British and American ships. “As soon as people stepped on those slave ships in Africa,” she said, “whether they were from Benin or whether they were from Sierra Leone, wherever they were from, that identity was lost. Their humanity is stripped from them. Who they are as a people has gone.”

The new analysis is part of ongoing research around Belvoir that has given descendants of the people enslaved there new insight into the lives of their ancestors. Speaking to *the Post*, Nancy Daniels, a *genealogist*(系谱专家) from Laurel, Maryland who thinks she is a descendant of enslaved families from Belvoir but was not linked to the research on the pipe, called the discovery “overwhelming”. “I’m sitting here about ready to cry,” she said. “I’m sorry. I’m so happy.... Thank God for the DNA.”

Analysis of the pipe stem was carried out at the University of Illinois at Urbana-Champaign. The results were then passed to Schroeder at the University of Copenhagen, which holds a database of African DNA. The subsequent discovery was first reported in *the Journal of Archaeological Science*.

This year, events and ceremonies are being held to mark the 400th anniversary of the arrival of the first enslaved people in America, at Jamestown, Virginia, in 1619. Slavery was effectively abolished in the US on 1 January 1863, with the issue by Abraham Lincoln of *the Emancipation Proclamation*. It formally ended in December 1865, after the civil war, with the *ratification*(批准) of the 13th amendment.

46. What did the archaeologists find from the DNA taken from the pipe stem?

- A) The lifestyle of the slaves 200 years ago.
- B) The portrait of a female slave 200 years ago.
- C) The regions where slaves lived 200 years ago.
- D) The origins of female slaves 200 years ago.

47. Why did Hannes Schroeder say it’s quite exciting to get DNA from an object?

- A) Because it embodies the progress of the technology.
- B) Because it will help people better explore Africa.
- C) Because it enables people to relive the life 200 years ago.
- D) Because it helps the descendent communities find their ancestors.

48. What can be inferred about the pipe stem from Paragraph 3?

- A) It was related to a slave woman.
- B) It was found in a slave cemetery.



- C) It was used by the owner of the plantation.  
D) It witnessed the development of history.
49. Which of the following is true according to Julie Shcablitsky?  
A) The DNA shows the inhumanity of the British and Americans to the slaves.  
B) Once the slaves were sold to Britain or America, they would have better life.  
C) The evidence attained from a pipe system supports the discovery.  
D) The slaves who were sold are mainly from Benin and Sierra Leone.
50. The new research around Belvoir has enabled the descendants of slaves \_\_\_\_\_.  
A) have a new understanding of their ancestors' lives  
B) appreciate their present life to more extent  
C) feel bad about what happened to their ancestors  
D) use a unique way to remember their ancestors

## Passage Two

Questions 51 to 55 are based on the following passage.

New car sales fell more than 4% in the UK last month, the second-lowest April since 2012, with analysts blaming consumer reluctance to make significant purchases while Brexit (脱欧) uncertainty persists. Just over 160,000 new cars were sold, with 10.3% fewer registrations by private motorists than a year ago. Diesel sales continued to decline, and now account for just 29% of the market for new cars, compared to 50% in the year before the VW emissions scandal of 2015. Howard Archer, chief economic adviser to the EY ITEM Club, said: "Consumer confidence surveys for April indicated that consumers are currently reluctant to make big-ticket purchases despite the delaying of Brexit. Additionally, it is by no means certain that the recent improvement in consumer spending power will continue."

Sales had briefly rallied at the start of 2019, and the latest 4.1% fall compares with an unusually strong April in 2018. Ian Plummer, Auto Trader director, commented: "There's little doubt the market has shown incredible resilience over the last few months, but the effect of the ongoing Brexit uncertainty and fuel type confusion is hard to ignore. Sue Robinson, director of the National Franchised Dealers Association, said the timing of Easter had contributed to the overall fall in sales, but there was continuing solid demand at *dealerships* (特许经销商) for used and nearly new cars.

Manufacturers said the removal of government grants towards the purchase of hybrid vehicles had also weighed on sales of some of the cleaner vehicles available, with sales of plug-in hybrids down 34% year on year—the biggest drop in a single month since the grants were axed in October. Electric car sales rose more than 50%, although at just over 1,500 units they remain less than 1% of new cars sold, according to the figures from the Society of Motor Manufacturers and Traders. The industry trade body said manufacturers were investing heavily to bring ultra-low and zero emission cars to market, but that government support was needed to build up consumer confidence.

Mike Hawes, chief executive of the SMMT, said there was a growing range of pure electric cars, but added: "They still only represent a tiny fraction of the market and are just one of a number of technologies that will help us on the road to zero. "We need policies that help get the latest, cleanest vehicles on the road more quickly and support market transition for all drivers."

Car dealers echoed calls for more support to facilitate the move towards greener fleets. The government has targeted a ban on conventional petrol and *diesel* (柴油的) cars by 2040, and pressure is growing to bring the date forward. Plummer said the introduction of the ultra-low emission zone in London had prompted an 81% increase in a year in Auto Trader searches for AFVs (alternatively-fuelled vehicles) in the capital, and the fastest-selling used car last month was, for the first time, an electric hybrid.

51. What is the main reason for the decrease of the new car sales in the UK?
- A) The lack of consumer enthusiasm.
  - B) The persistence of Brexit uncertainty.
  - C) Less favourable car purchase policy.
  - D) The scandal of the emissions in 2015.
52. The word “resilience” (Line 3, Para. 2) probably means \_\_\_\_\_.
- A) increase
  - B) deformation
  - C) rebounding
  - D) transformation
53. What caused the decrease of the sales of hybrid vehicles?
- A) The removal of the government grants.
  - B) The low performance of the hybrid cars.
  - C) Consumer’s reluctance to accept new products.
  - D) Lack of corresponding service for the hybrid cars.
54. According to Mike Hawes, what should be done to promote the pure electric cars?
- A) The range of electric cars should be expanded.
  - B) The government needs to establish supporting policy measures.
  - C) The performance of the electric cars should be improved.
  - D) People should increase the publicity of the electric cars.
55. What is the main idea of the passage?
- A) Electric cars have become the most popular ones.
  - B) Electric cars will be the trend of future development.
  - C) The consumers hesitate to purchase UK new cars.
  - D) The government encourages people to buy clean vehicles.

## 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**.

每年农历的正月十五日就是元宵节。元宵主要的活动就是看灯。东汉时期提倡佛教。皇帝听说佛教有正月十五日僧人观佛舍利(sarira)、点灯敬佛的做法,就命令这一天夜晚在皇宫和寺庙里点灯敬佛。以后这种佛教礼仪节日逐渐形成民间盛大的节日,该节日也从中原传到了全国。

## Key to Model Test One

### Part I

### Writing

(30 minutes)

#### 写作思路

这是一篇说明文,介绍了中国的传统节日——春节。第一段表明作者意图,即邀请外国朋友来中国过春节;第二段介绍了春节的传统习俗及地方过春节的习俗;第三段点明主题,并再次提出邀请。

#### 参考范文

Dear Chris,

I would love to invite you to the coming Spring Festival. You can fly to Beijing on Feb 24th and stay with us for a week or so.

Chinese New Year, also known as Lunar New Year or Spring Festival, is China's most important festival. It usually falls on the 1st day of the 1st lunar month. It is the time for family reunion, just like Christmas in the West and all people living away from home will go back. Many customs accompany the Spring Festival. Some are still followed today, such as putting up decorations, eating reunion dinner with family on New Year's Eve and giving red envelopes and other gifts. In many Chinese cities, from New Year's Day, traditional performances can also be seen: dragon dances, lion dances, and imperial performances like an emperor's

wedding.

It will be a great way for you to be immersed in the traditional Chinese culture. Let me know if you would be able to make it. Look forward to seeing you soon!

Yours,  
Li Ming

#### 高分词汇

fall on 落在  
imperial 皇家的  
immerse 沉浸

#### 衍生句型

① Many customs accompany the Spring Festival.

a. There are many customs about this special festival.

b. Many customs associated with Spring Festival arose.

② It will be a great way for you to be immersed in the traditional Chinese culture.

a. It will be a great way for you to learn more about the traditional Chinese culture.

b. It will be a great way for you to experience the traditional Chinese culture in person.

### Part II

### Listening Comprehension

(25 minutes)

#### Section A

##### News Report One

Some adults and teachers may think young people want to spend all of their time using social media. But a recent survey shows that may not be true. (1) It found that students sometimes want to turn off their electronic devices to get away from

the pressure to take part in social media.

For the study, researchers led a series of discussions at classes in the United States. They asked young people what they thought about social media. Eight out of ten students said that "some people think too much about their social media posts and are always trying to be perfect." About a third said it was acceptable "to post a version of

yourself on social media that's not 100 percent real.”

The students also talked about the issue of publishing unkind or hateful comments online. (2) More than half of those questioned said that social media are tearing us apart more than they are bringing people together.

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

【听前预测】根据两道题的选项可以推测第一题与态度有关,第二题与数字和百分比相关。

1. What is young people's attitude to using social media?

【详解】B)。本题考查年轻人对社会媒体的态度,报道中提到了 students sometimes want to turn off their electronic devices to get away from the pressure to take part in social media,因此和 B) 选项内容一致,故 B) 为正确答案。

2. How many people disagree with posting unkind comments online according to the study?

【详解】C)。此题的选项为百分比。此题考查多少人反对在网上发布恶意言论,因此听的时候应注意这部分信息,报道中提到 the issue of publishing unkind or hateful comments online,接着又提到了 More than half of those questioned said that social media are tearing us apart more than they are bringing people together,因此可知正确答案为 C) More than 50%。

### News Report Two

American technology companies are looking ahead to the future of office work after the coronavirus crisis. Some are considering whether to permit employees to keep working from home. The companies are seeking to use their own technology to make remote work easier. For now, employees at Facebook, Google, Twitter and others have been given permission to work remotely through the rest of the year. Microsoft has told its employees they can work from home until October.

Facebook founder and CEO Mark Zuckerberg recently discussed the issue of full-time remote work in a company meeting broadcast live on his

Facebook page. He said a company survey had found that about 20 percent of workers were “extremely or very interested” in moving to full-time remote work after virus-related restrictions are lifted. Another 20 percent said they were “somewhat” interested in the possibility. (4) The largest group favored a work situation including both remote and in-office work. In the future, Zuckerberg said, up to half of Facebook's workers could be working remotely.

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

【听前预测】根据题目的选项可知此报道的关键词为 employee, remote work, tech company, in-office work 等,因此可猜测与远程办公相关。

3. What is the news report mainly about?

【详解】A)。该题考查报道的主旨。报道中科技公司正在考虑是否应该疫情过后也实施远程办公,接着提到了几个公司的做法,因此可知 A) 为正确选项。

4. According to the survey made by the Facebook, what did they find?

【详解】C)。该题和大多数人的态度相关。根据报道可知,Facebook 的调查显示 20% 的人对远程办公非常感兴趣,20% 的人有点儿感兴趣,但是大部分比较倾向于将远程办公和在单位办公相结合的方式,因此 C) 为正确选项。

### News Report Three

Juili Kale was looking forward to receiving her master's degree at Arizona State University. (5) She planned to invite her family living in India to the United States for her graduation ceremony.

But, in March, the pandemic ended those plans as schools nationwide closed to stop the spread. Kale's dream of spending time with family members on her big day came crashing down. Yet the graduation ceremony is taking place—just not as she expected.

(6) University officials have turned to robots so Arizona State graduates and their families can take part in the event online.

Cameras recorded images of Kale and about 140 other graduates online this month. They were wearing robes and mortar board caps. With the help of the robot, they stepped forward to receive their diplomas and take pictures.

Sanjeev Khagram is dean of Arizona State's Thunderbird School of Global Management. He told the news agency "It may not have been ideal for the students. But, we want to show that we did everything that we could to celebrate them."

**Questions 5 to 7 are based on the news report you have just heard.**

【听前预测】根据三道题的选项可知此报道的关键词为 graduation ceremony, Robot 等,因此可猜测该报道和毕业典礼、机器人等相关。

5. What does Juili Kale expect to do?

【详解】B)。该题的所有选项均为动词短语,因此可猜测该题为“做某事”。报道中的开头提到 Juili Kale planned to invite her family living in India, to the United States for her graduation ceremony,表明她想请她在印度的家人来美国参加她的毕业典礼,因此可知 B) 选项为正确选项。

6. What decision did the university officials make about the graduation ceremony?

【详解】C)。该题的主语是 university officials,报道中提到 University officials have turned to robots so Arizona State graduates and their families can take part in the event online,因此可知校领导采用了机器人举办线上毕业典礼,因此 C) 为正确选项。

7. What is the news report mainly about?

【详解】C)。该题考查报道的主旨,全文都是在围绕借助于机器人进行线上的毕业典礼展开,因此 C) 为正确选项。

## Section B

### Conversation One

W: Hello, Jack. Is everything set for the trip this Saturday?

M: Everything's ready—uh, fifteen people have

signed up! (8) Our train gets into New York City at noon—which leaves plenty of time to get downtown to the art gallery.

W: It's great you could organize this!

M: Thank you. (9) Working here at the Student Activities Center made me realize how popular our activities are.

W: Well, you've done a super job organizing everything!

M: Thanks...and (10) I'm glad you could provide the funding for us.

W: My pleasure...uh, by the way...how're you getting to the gallery from the train station?

M: Well, there're buses that run downtown.

W: Right, you grew up in New York City, didn't you?

M: Yeah, but...well—the weather for Saturday's supposed to be really nice—sunny, warm... it'd be a great opportunity to walk there.

W: Sounds wonderful...but, have you considered—not everybody might be interested in walking that far...they might prefer the bus.

M: (11) Couldn't we just split up, you know, have some of us walk, and the others take the bus?

W: But remember, Jack, you are the tour leader. You'd need to find someone to accompany people on the bus...then you'd take the walkers...

M: Yeah, but who?

W: Well, I did my graduate work in New York. Of course, it was a while ago...but I still know how to get around the city.

M: Yeah...

W: And I'd love to see that exhibit...

M: You'd go? Ah, that'd be great!

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

【听前预测】根据题目的选项可知此对话的关键词为 New York City, art gallery, activities 等,因此可猜测此对话和纽约、艺术馆、活动等相关。

8. What will they do this Saturday?

【详解】C)。该题考查他们去做什么。对话的开头男士提到 Our train gets into New York City at noon—which leaves plenty of time to get downtown to the art gallery, 可知他们要去纽约的艺术展览馆, 因此 C) 为正确选项。

9. What point does the student make about his job in the Student Activities Center?

【详解】D)。该题考查该男士对某事的看法, 听的过程中注意相关表达。对话中提到, Working here at the Student Activities Center made me realize how popular our activities are, 可知他认为该活动中心举办的活动都非常地受欢迎, 因此 D) 为正确选项。

10. What does the woman do for the activity?

【详解】B)。该题考查该女士为本次活动做了什么, 该对话中男士提到 I'm glad you could provide the funding for us, 因此可知 B) 为正确选项。

11. How will they get to the gallery from the train station?

【详解】C)。该题考查他们如何去艺术馆, 对话中男士提议要走着去, 但是女士认为有些人可能想坐公交车, 因此最后决定分成两路, 所以 C) 为正确选项。

### Conversation Two

M: Excuse me. (12) Do you know all the printers in the student center have stopped working?

W: There are eight printers connected to the computers there. You're saying they're all broken?

M: Yes, I just came from there. There's a lot of frustrated students. Can you fix them?

W: Well, not really. I'm just an administrator. Most of our actual technicians are students who take the job on the side.

M: Where are they?

W: Well, (13) most of the students who work at the computer labs study at the engineering school and, uh, unfortunately, they all took the day off. I think they have some big exams tomorrow.

M: Because people need to print their papers. People need those printers working.

W: Well, we just ordered new printers and next month we're replacing the old ones.

M: (14) But the deadline for submitting papers is just two hours away. The new printers that are coming next month...

W: Yeah. It's possible some of the printers are malfunctioning because they ran out of ink. I'm no technician but if that's what's wrong I could fix it... (15) I guess I'll grab some ink cartridges and, uh, go over to the student center and check. No guarantees—sorry—but, ah, it might fix the problem.

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

【听前预测】根据题目的选项可知此对话的关键词为 printer, student center, paper 等, 因此可猜测此对话与打印机、论文等相关。

12. What do the speakers mainly discuss?

【详解】A)。该题的所有选项均为名词词组。对话的开头男士提到 Do you know all the printers in the student center have stopped working, 可知该对话是在讨论学生中心的打印机坏了, 因此 A) 选项为正确选项。

13. Why does the woman mention the engineering school?

【详解】B)。该题考查该女士为什么提到 engineering school。因此, 在听的过程中要特别注意这一点, 根据对话可知打印机的技术人员都是这个学校的学生, 因此可知 B) 为正确选项。

14. Why does the man need the printer so badly?

【详解】B)。该题考查为什么该男士那么急需打印机。根据对话可知, 许多同学急需打印论文, 因此应选择 B) 选项。

15. What does the woman offer to do?

【详解】A)。该题考查该女士最后提到要干什么。对话中提到她认为有些打印机坏了是因为没有墨了, 需要换墨盒, 因此她想去换个墨盒看看, 因此应选择 A) 选项。



## Section C

### Passage One

For British and American people, birthdays are very special days, especially for children. Parents and family members send cards and give presents. (16) Often children invite their friends, who bring presents to the party. There are games, and prizes, and a birthday “tea” with sandwiches, biscuits, ice cream and a birthday cake. There are small candles on the cake. When the little guests leave, they each get a small present and a balloon.

Birthdays are special days for older people too. (17) Family members and friends give presents, and send birthday cards. When people meet someone on their birthday sometimes even at work, they say “Happy birthday!” or “Many happy returns of the day!”

The most important birthday in the US is the eighteenth. (18) When you are eighteen, you are grown up. You can vote, you can get married, and you can even go to prison! People often have a big party on their eighteenth birthday, and receive a lot of presents. In the UK, the most important birthday is the twenty-first, and many Brits throw huge parties for that event.

Fortieth and seventieth birthdays are also rather special, and in Britain, if you live to be a hundred, the Queen sends you her congratulations.

**Questions 16 to 18 are based on the passage you have just heard.**

**【听前预测】**根据题目的选项可知该文章的关键词为 party, old people, present 等,因此可猜测此文章和聚会相关。

16. Who will a British child invite to the birthday party?

**【详解】C)**。该题的选项都是人,考查英国小孩过生日会邀请谁参加。文章中提到他们会邀请自己的朋友来参加,因此可知 C) 为正确选项。

17. How do old people celebrate their birthday?

**【详解】B)**。该题的选项中提到了老年人过生日,文章中提到 Birthdays are special days for older people too. Family members and friends give presents, and send birthday cards. 因此可知 B) 选项与之相符,故为正确选项。

18. Why is the eighteenth birthday the most important one for an American girl?

**【详解】B)**。该题考查为什么 18 岁的生日对美国女孩来说很重要。文章中提到 When you are eighteen, you are grown up. You can vote, you can get married, and you can even go to prison! 也就是说到 18 岁,就意味着是个大人了,因此可知 B) 选项与之相符,故为正确选项。

### Passage Two

(19) The trouble with international marriages is the food. Even after 26 years of living in Japan, there is still one food that my husband loves but I don't.

(20) Smelling like dead fish—even today, that is the reason why I won't eat Natto, a traditional Japanese food. To many Japanese, eating Natto with steaming hot boiled rice is a breakfast ritual. My husband loves Natto. Without it his day doesn't begin. So every morning of my married life, I must endure.

One day, I decided to try Natto in some Western-style recipes. I put Natto in scone dough and baked them as usual. Next in spaghetti and sandwiches. My students and Papa loved them, but I still didn't want to try them. It is the smell that repels me. It stays even after baking.

To eat Natto, you have to put the beans and soy sauce in a small bowl and stir the mixture using chopsticks with all your strength. (21) The beans will get very sticky and stringy. You must remember to lift the beans from the bowl 2 to 3 feet to get the real effect of Natto.

You must then, if possible, put one chopstickful in your mouth, all the while fighting the strings.

(22) After eating Natto, you must wipe your face carefully, especially if you are kissing your wife goodbye for the day.

**Questions 19 to 22 are based on the passage you have just heard.**

【听前预测】根据题目的选项可知此文章的关键词为 Natto, Japanese 等, 因此可猜测此文章和日本人的饮食——纳豆相关。

19. What is the trouble with the author?

【详解】D)。文章开头提到 The trouble with international marriages is the food. Even after 26 years of living in Japan, there is still one food that my husband loves but I don't, 她所提到的问题就是她的丈夫非常喜欢吃纳豆, 但是不喜欢, 因此可知 D) 为正确选项。

20. Why does the author dislike Natto?

【详解】C)。该题考查作者为什么不喜欢纳豆。文中提到 Smelling like dead fish—even today, that is the reason why I won't eat Natto, 即: 她不喜欢纳豆的原因是因为它的味道, 因此可知 C) 为正确选项。

21. When eating Natto, why do people need to mix the beans and soy sauce together and stir them?

【详解】C)。该题考查为什么吃纳豆时要把豆子和酱油进行搅拌。文中提到搅拌过后 The beans will get very sticky and stringy, 因此可知 C) 为正确选项。

22. According to the passage, what should people do after eating Natto?

【详解】B)。该题考查吃完纳豆后, 人们应该做什么。文中提到 After eating Natto, you must wipe your face carefully, especially if you are kissing your wife goodbye for the day, 即: 吃完纳豆后要认真地洗脸, 因此可知 B) 为正确选项。

### Passage Three

Amy Johnson was a very ambitious and energetic person. She didn't have much in common with other girls in her school, however. She played football better than most boys, and unfortunately she made a rather bad impression on many of her

teachers. (23) Amy just didn't act the way they thought a girl should. She studied at a university and later took a job as a typist. Although she was enthusiastic and did her best, she made many mistakes and was poorly paid. (24) She didn't want to be a typist, anyway, she dreamed of becoming a pilot!

Amy moved to London, borrowed some money, and learned to fly. Nobody, however, wanted to hire a female pilot. (25) She decided to fly alone to Australia to prove that she could fly as well as any man. Her parents lent her money to buy an airplane.

Amy set off on May 5, 1930. Her route took her over Vienna, Constantinople, and Baghdad. She was caught in a sandstorm and had to make an emergency landing in the desert. Over Burma, she ran into a monsoon, and was able to save herself only by landing on a football field. She finally reached Australia. The plane propeller had been broken during her last landing, and she had to crash-land. But Amy had proven that she could fly and that a woman could do most anything she really put her mind to.

**Questions 23 to 25 are based on the passage you have just heard.**

【听前预测】通过题目的选项可知此篇章的关键词为 girl, pilot, flying 等, 因此可猜测此文章和成为飞行员相关。

23. Why did Amy leave a bad impression on many of her teachers?

【详解】C)。该题考查为什么艾米给她的老师留下了坏印象。根据文章的开头可知, Amy just didn't act the way they thought a girl should, 即她的行为举止不太像女孩, 因此和选项 C) 一致。

24. Why didn't Amy like her job as a typist?

【详解】B)。该题考查为什么她不喜欢作为打字员的工作, 文中提到 She didn't want to be a typist, anyway, she dreamed of becoming a pilot! 因此可知 B) 为正确选项。



25. What did Amy do to prove that she could fly as well as men?

【详解】C)。该题考查 Amy 做了什么来证明她能像男人一样飞得好,文中提到 She decid-

ed to fly alone to Australia to prove that she could fly as well as any man,即她决定独自飞到澳大利亚,以证明她能飞得和任何男人一样好,因此可知 C) 为正确选项。

## Part III

## Reading Comprehension

(40 minutes)

### Section A

#### 全文翻译

对我们大家来说,这是一个不寻常的时刻。这对青少年来说尤其困难,当他们感到与同龄人有联系和归属(27)感时,他们会(26)茁壮成长。

(28)通常来说,你会努力限制青少年在社交媒体和(29)虚拟世界中的时间。但奇怪的是,在这个时代,我们作为专业人士需要感谢青少年能够(30)接触到社交媒体。

有很多原因让你允许并(31)鼓励你的孩子通过视频通话软件或类似平台与同龄人保持联系。首先,你肯定不希望你的孩子被孤立。孤独感会导致(32)焦虑和抑郁,并加剧这些现有(33)问题。

另外,要记住,社交距离,也(34)被称为身体距离,并不意味着是情感距离。是的,你的孩子必须与同龄人保持身体上的距离,也必须与你家以外的其他人保持身体上的距离。但他们可以,也应该与同龄人保持情感上的联系。

这不仅有趣,而且让他们有机会(35)理清和讨论他们对我们这个世界和他们那个世界现状的感受。重要的是,他们要了解别人的感受。任何年龄的人都不想感到孤独。与我交谈的青少年不仅期待与自己的同龄人建立虚拟联系,而且也喜欢集体视频聊天。青少年也通过在网上一一起玩电子游戏而与同龄人保持联系。

#### 选项释义

名词: A) access 进入; C) anxiety 焦虑; G) issues 问题; K) sense 感觉; M) system 体系

动词: F) encourage 鼓励; H) known 知道; J) referred 谈及; L) sort 分类; N) thrive 繁荣

形容词: B) annual 年度的; D) blooming 盛开的; O) virtual 虚拟的

副词: E) commonly 通常地; I) normally 正常地

26. 【解析】N) 动词辨析题。本空位于 who 之后, when 之前,由此可知,本空应为该定语从句的谓语动词,全句为一般现在时,故该空格所填词应为不及物动词且为一般现在时。根据句意“这对青少年来说尤其困难,当他们感到与同龄人有联系和归属\_\_\_\_\_时,他们会\_\_\_\_\_”可知,该动词表示积极意思,且用来形容人。备选动词: F) encourage 为及物动词,排除; H) known 过去式,排除; J) referred 为过去式,排除; L) sort 代入不符合语境,只有 N) thrive 代入符合句意,故选 N) thrive。

27. 【解析】K) 名词辨析题。本空位于冠词之后, of 之前,由此可知,本空应为可数名词单数形式。a sense of belonging 为固定搭配,译为“归属感”。故选 K) sense。

28. 【解析】I) 副词辨析题。本空位于句子开头,且有逗号与主句隔开,故该空格应填入副词,限定全句。本句话说的是:“\_\_\_\_\_, 你会努力限制青少年在社交媒体和\_\_\_\_\_世界中的时间”,备选副词有 E) commonly 和 I) normally。E) commonly 不能置于句首,故排除,故本处应选 I)。

29. 【解析】O) 形容词辨析题。本空位于 the 后,名词 world 前,故该空格应填入形容词。本句话说的是:“通常来说,你会努力限制青少年在社交媒体和\_\_\_\_\_世界中的时间”,候选形容词有: B) annual, D) blooming, O) virtual, 只有 virtual world 能构成搭配,译为“虚拟世界”,故本处应选 O)。

30. 【解析】A) 名词辨析题。本空前为谓语动词 have,后为介词 to,故应填名词。本句话的主要意思是:“在这个时代,我们作为专业人士

需要感谢青少年能够\_\_\_\_\_到社交媒体。”  
have access to 为固定搭配,译为“能接触到……  
渠道”,故应选 A) access。

31. 【解析】F) 动词辨析题。本空前为 but, 后为 your teens, 故该空格应填入及物动词, 且与 but 前的 allow 为并列关系。本句意为: “有很多原因让你允许并\_\_\_\_\_你的孩子通过视频通话软件或类似平台与同龄人保持联系”, 由此可知, 该动词为褒义词。候选动词 F) encourage, H) known, J) referred, L) sort 中, H) known 和 J) referred 时态不对, L) sort 为不及物动词, 故均排除。F) encourage 符合上下文语义, 故应选 F) encourage。
32. 【解析】C) 名词辨析题。本空前为动词短语 lead to, 后为 and depression, 所以应填名词, 且意义与 depression 为并列关系, 即该处应填入 depression 的近义词。该句意为“孤独感会导致\_\_\_\_\_和抑郁, 并加剧这些现有问题。”候选名词 C) anxiety, G) issues, M) system 中, 只有 C) anxiety 与 depression 为近义词, 故本处应选 C) anxiety。
33. 【解析】G) 名词辨析题。本空前为 those existing, 后为逗号, 故该空格应为可数名词复数。本句话说的是: “孤独感会导致焦虑和抑郁, 并加剧这些现有\_\_\_\_\_”。候选名词 C) anxiety, G) issues, M) system 中, 只有 G) issues 是可数名词复数形式, 故本处应选 G), 代入指现有的问题。
34. 【解析】J) 动词辨析题。本空所在成分为插入语, 前为逗号 also, 后为介词 to。故该空格所填词应为过去分词。be referred to as 为固定搭配, 译为“被称为”, 故答案为 J) referred。
35. 【解析】L) 动词辨析题。本空前为 the opportunity to, 后为介词 out, 故空格处应填入动词原形。sort out 为固定搭配, 译为“整理, 理清”, 故本处填 L)。

## Section B

### 全文翻译

如何应对这种“永远在线”的感觉

A) 即时通讯工具使我们能够在任何地方工

作。随着员工收到一封电子邮件或 Slack 消息, “组织”便出现在员工的生活中。现在, 在疫情期间, 许多人在家工作, 曾经在走廊中的办公室工作的经理和同事现在都在你的客厅、厨房或卧室 (只要你能找到安静的地方插上笔记本电脑)。

B) 这打开了一扇通往我们个人生活的大门, 而这扇门很难关上。这种“永远在线”的生活方式的负面影响甚至在疫情之前就开始显现, (39) 研究表明, 当员工在家庭时间更频繁地查看智能设备时, 配偶的怨恨以及工作与家庭之间的冲突就会增加。如今, 持续的网络连接是我们的新常态, 更重要的是, 我们要学会为自己设定明确的界限, 以维持我们的生产力和家庭幸福。

C) 那么, 我们该怎么办呢? 在这种新常态下, 我们都面临着更大的工作和家庭压力, 我们最近的研究发现, 员工可以采取一些措施来保护自己的健康。

D) 锻炼你的毅力。具有较强自我调节能力的员工可以减轻持续在线的压力。(45) 自律也被称为“意志力”, 代表了我们抵抗诱惑的能力。任何在与家人共进晚餐时等待 Slack 更新的人都知道, 查看该更新的“需要”是一个非常现实的诱惑。

E) (40) 好消息是, 自我调节是一种“肌肉”, 你使用得越多, 它就越强壮。换句话说, 没有人被诅咒要过着没有意志力的生活——意志力是可以提高的。更好的是, 自我调节是普遍的; 用来抵制第二块芝士蛋糕的意志力和阻止你在这小时内第 14 次看手机的意志力是一样的。

F) (37) 为了提高你的意志力, 我们建议从最基本的开始。你的新工作环境就是你的家, 当涉及日常琐事和基本的日常事务时, 你很容易变得松懈。不再铺床了吗? 去整理你的床。不要懒散地坐在办公椅上, 要坐直。在隔离期的第三周, 你的节食计划就泡汤了? 回到健康饮食的行列。所有这些小的、次要的训练都是小的锻炼, 可以增强你的整体意志力, 最终会帮助你把工作和家庭生活分开。

G) 设定界限——并坚持。当然, 总有一天你的意志力会耗尽的。(38) 目前的研究表明, 意志力在一天中会慢慢耗尽, 因为我们一直在抵制

诱惑,只有在睡觉时才会重新“充电”。换句话说,我们自我调节的能力在一天中不断下降,到了晚上我们的自我调节能力最弱。像多吃一片芝士蛋糕或多回“几封”邮件这样的诱惑在晚上几乎是无法抗拒的,因为我们不再拥有必要的意志力去抵抗。在我们的新常态中,尤其是对那些试图在孩子睡觉后工作的父母来说,这是一场完美的软弱风暴,使得晚上的工作毫无成效。

H)我们对克服意志力缺乏的建议有两方面。首先,不要让你的意志力有动摇的机会。(41)设置一个严格的截止日期来检查你的工作信息,然后身体力行地执行——关闭 Slack,退出团队,关掉手机。至少,关闭所有的通知,这样你就不会听到或看到“传入”消息提示。记住,如果你的冰箱里没有奶酪蛋糕,你就不能吃它——同样,如果你看不到信息,你就不能查看它们。请注意,这可能意味着你需要“管理你的老板”,对你在特定时间后的反应速度设定现实的预期。

I)第二,随着疫情的持续,一些人可能开始感到缺乏意志力和缺乏动力,他们正在与之斗争。这是一个恶性循环,因为意志力需要动力。这很直观;如果你没有这样做的动机,就没有理由去自我调节你的行为。因此,如果你现在感觉没有动力,自我调节将会非常困难。在这场疫情期间,没有人会因为你没有保持积极性而责怪你,尤其是当我们大多数人都被贴上“非必要”的标签时。然而,现在是时候花点时间反思一下,为什么你的工作对你、你的客户和更大的社区来说是“必不可少的”。不要忘记我们所有人都在为比自己更重要的事情做贡献。

J)直接而有目的地沟通。在一个保持社交距离的时代,当我们生活在自己的回音室里,我们中的许多人渴望能够从他人那里征求意见,这并不奇怪。我们不再有机会在大厅或休息室碰到某人。我们不是走到同事的办公桌前,而是发送一个 Slack 的消息并且希望他们有空看到(就像不要在家里追着一个刚学会走路的孩子)。

K)(43)这种异步通信的结果是,每次我们回到我们的计算机或手机时,我们有许多未读的消息——许多信息都具有时效性——等待我们马上回复。在朋友办公室的短暂停留现在变成

了在一两天的时间里,你和你的同事就会收到 10 条甚至更多的信息——所有这些信息都需要立即回复。更糟糕的是,如果你想征求另一位同事的意见,而他已经有很多工作要做,该怎么办?过去,您可能已经在工作中找到了那个同事,看着他们埋头苦干,所以决定离开,以免给他们带来另一个麻烦。

L)当我们在没有办公室的环境中工作时,现在比以往任何时候我们更有必要进行有意识地沟通,而不是以一种随意的方式。(44)发送需要发送的消息,并尽量限制不必要的消息。

M)领导者有一种特殊的责任,那就是树立榜样,谨慎行事。不分昼夜地发送电子邮件和信息会让员工产生这样的预期:他们也需要这样做。相较于晚上和家人呆在一起,员工们会用一只眼睛盯着手机,等待下一条不可避免的信息。一个更有效的方法是主动选择你的员工的要求,并与他们一起确定完成任务的现实时间表。这有助于建立“如何”工作的标准,而不仅仅是“做什么”工作。(36)设定这样的期望是承认员工所承受的压力,这样做可能会减少压力,提高工作质量。

N)(42)在我们对迄今为止的疫情应对措施进行反思时,员工和领导人之间的数字化联系达到了前所未有的水平。随着社交距离的扩大和我们适应新的工作需求,员工保留(或重新获得)一定程度的工作控制权至关重要。如果员工努力提高自己的意志力并设定适当的工作与生活界限,并且领导者能够有效地传达标准和期望,那么在疫情期间在家中工作对于每个有幸能够做到的人来说都是一种普遍的积极因素。

36. M)【详解】转换题。根据题干关键词 leaders 和 less stress,可定位到 M)段的最后一句。定位句指出“设定这样的期望是承认员工所承受的压力,可能会减少压力,提高工作质量。”定位句中 result in 和题干中 contribute to 属于同义替换,higher quality job performance 和 better job performance 属于同义替换,故答案选 M)。

37. F)【详解】概括题。根据题干关键词 improve your willpower 可定位到 F)段。该段第一、二

句指出“为了提高你的意志力,我们建议从最基本的开始。你的新工作环境就是你的家,当涉及日常琐事和基本的日常事务时,你很容易变得松懈。”定位句中 daily chores and following basic routines 与题干中 good habits and routines 是同义表达,故答案选 F)。

38. G)【详解】转换题。根据题干关键词 the end of the day 可定位到 G) 段的第三句。定位句指出“目前的研究表明,意志力在一天中会慢慢耗尽,因为我们一直在抵制诱惑,只有在睡觉时才会重新“充电”。换句话说,我们自我调节的能力在一天中不断下降,到了晚上我们的自我调节能力最弱。”定位句中 slowly depleted throughout the day 与题干中 exhausted 是同义表达,故答案选 G)。

39. B)【详解】转换题。根据题干关键词 Resentment 可定位到 B) 段的第二句。定位句指出“研究表明,当员工在家庭时间更频繁地查看智能设备时,配偶的怨恨以及工作与家庭之间的冲突就会增加。”定位句中 increased 与题干中 arise 是同义表达,故答案选 B)。

40. E)【详解】概括题。根据题干关键词 Self-control 和 exercise 可定位到 E) 段第一、二句。定位句指出“好消息是,自我调节是一种“肌肉”,你使用得越多,它就越强壮。换句话说,没有人被诅咒要过着没有意志力的生活——意志力是可以提高的。”定位句中 gets stronger 是题干中 strengthened 的同义替换,故答案选 E)。

41. H)【详解】转换题。根据题干关键词 stop checking your messages from work 可定位到 H) 段的第三句。定位句指出“设置一个严格的截止日期来检查你的工作信息,然后身体力行地执行——关闭 Slack,退出团队,关掉手机。”定位句 Set a hard cut-off 与题干句 Setting a time limit 是同义表达,故答案选 H)。

42. N)【详解】转换题。根据题干关键词 The level of digital connectedness 可定位到 N) 段的第一句。定位句指出“在我们对迄今为止的疫情应对措施进行反思时,员工和领导人之间的

数字化联系达到了前所未有的水平。”定位句中 unprecedented 与题干中 higher more than ever 是同义表达,故答案选 N)。

43. K)【详解】转换题。根据题干关键词 Unread messages 可定位到 K) 段第一句。定位句指出“这种异步通信的结果是,每次我们回到我们的计算机或手机时,我们有许多未读的消息——许多信息都具有时效性——等待我们马上回复。”定位句中 asynchronous communication 与题干中 digital communication 是同义替换,故答案选 K)。

44. L)【详解】转换题。根据题干关键词 sending out messages 可定位到 L) 段的第二句。定位句指出“有发送需要发送的消息,并尽量限制不必要的消息。”定位句中 in a haphazard fashion 与题干中 casually 是同义表达,故答案选 L)。

45. D)【详解】转换题。根据题干关键词 temptations 可定位到 D) 段的第三句。定位句指出“自律也被称为‘意志力’,代表了我们抵抗诱惑的能力。”定位句中 represents our ability 是题干中 is the ability 的同义表达,故答案选 D)。

## Section C

### Passage One

#### 全文翻译

(46) 在马里兰州,考古学家们发现了一只破碎的陶制烟杆,并利用从中提取的 DNA 还原了一名女性奴隶的画像。据推测,此人 200 年前曾生活在现今塞拉利昂一带。一位研究员称,本次成果令人叹为观止。

“本次研究样本,历史背景特殊,历史阶段特殊,这样的情况应该是首次遇到。”团队成员汉斯·施罗德对《华盛顿邮报》表示,“能从烟杆中提取出 DNA 非常令人激动。对后代群体来说,也是令人激动的……(47) 通过此技术,不仅可以探索 DNA 样本与发掘现场之间的联系,我们甚至有机会将其和非洲大地联系起来。”

该烟杆是在马里兰州克朗斯维尔的贝尔沃



种植园发现的。1864 年以前,这里一直是奴隶的居住地,最近还找到了一个可能是奴隶墓地的地方。(48)DNA 样本与一名妇女相关,这名妇女很可能是门德人的直接后裔或后代,生活在西非。该地区现在是塞拉利昂的一部分。

马里兰州高速公路管理局的首席考古学家朱莉·夏布里茨基告诉记者,(49)这一发现是根据吸收到烟杆的唾液得出的,这是一件令人兴奋的事情。她还说,记录显示,存在一条从塞拉利昂到安纳波利斯的奴隶贸易路线,英国和美国船只往返其中。“踏上那些非洲奴隶船的一刻,”她说,“无论来自贝宁还是塞拉利昂,无论他们来自哪里,之前的身份就消失了,人权被剥夺了,‘人’的身份一去不复返。”

这项新分析隶属于目前对贝尔沃伊尔展开的研究。(50)该研究使此区域奴隶的后代对自己祖先的生活有了新的认识。系谱学家南茜·丹尼尔斯来自马里兰州劳雷尔市,她认为自己是贝尔沃伊尔奴隶家庭的后裔,但她并没有把该观点与烟杆研究联系起来。她在接受《华盛顿邮报》采访时表示,这一发现“令人震惊”。“我坐在这快哭出来了,”她说,“对不起我没控制住情绪。我太高兴了……感谢上帝,让我们发现 DNA。”

伊利诺伊大学厄巴纳-香槟分校对烟杆进行了分析,随后把研究结果传递给哥本哈根大学的施罗德,该大学拥有一个非洲 DNA 数据库。后续发现首次在《考古科学杂志》上发表。

今年,弗吉尼亚州詹姆斯敦将举行活动和仪式,纪念 1619 年第一批被奴役的人在弗吉尼亚州的詹姆斯敦抵达美国 400 周年。1863 年 1 月 1 日,亚伯拉罕·林肯签署了《解放黑奴宣言》,美国在实际上废除了奴隶制。1865 年 12 月,南北战争结束后,宪法第 13 条修正案获得批准,奴隶制正式结束。

46.【答案】B)

【详解】事实细节题。根据题干关键词 archaeologists find from the DNA taken from the pipe stem 可定位于第一段。第一段前两句指出“考古学家们发现了一只破碎的陶制烟杆,并利用从中提取的 DNA 还原了一名女性奴隶

的画像。据推测,此人 200 年前曾生活在现今塞拉利昂一带。”由此可知考古学家从烟杆上的 DNA 发现了一位女奴隶的画像,因此应选 B)。A)“200 年前奴隶的生活方式”,原文没有提到,故排除。C)“200 年前奴隶生活的地区”,这个是从烟杆出土的位置就可以得知,而并非从 DNA 上发现的,故排除。D)“200 年前女性奴隶的起源”,文中没有提到这一点,故排除。

47.【答案】B)

【详解】事实细节题。根据题干关键字 quite exciting to get DNA from an object 可定位于第二段。第二段最后一句汉斯·施罗德指出“通过此技术,不仅可以探索 DNA 样本与发掘现场之间的联系,我们甚至有机会将其和非洲大地联系起来。”由此可知,通过研究 DNA 可以更好地发现非洲大地。因此正确答案为 B)。A)“因为它体现了技术的进步”,原文并未提及,故排除。C)“因为它能让人们重温 200 年前的生活”,原文未提及,故排除。D)“因为它帮助后代群体找到他们的祖先”,该选项在后面提到了,但并不是汉斯·施罗德所指出的,故排除。

48.【答案】A)

【详解】推断题。根据题干提示定位于第三段。该段明确提到 DNA 样本与一名妇女相关,因此 A) 为正确选项。B)“它是在一个奴隶墓地被发现的”,张冠李戴,故排除。C)“这是种植园主使用的”,同样也是张冠李戴,文中提到是奴隶而不是农场主,故排除。D)“它见证了历史的发展”,原文并未提及,故排除。

49.【答案】C)

【详解】事实细节题。根据题干关键词 Julie Shcablitsky 可定位于第四段。该段指出“朱莉·夏布里茨基告诉记者,这一发现是根据吸收到烟杆的唾液得出的”,因此应选择 C)。A)“DNA 显示了英国人和美国人对奴隶的不人道”,张冠李戴,这并不是 DNA 中所显示的。B)“一旦奴隶被卖到英国或美国,他们的生活会变得更好”,与事实相反,文中提

到“踏上那些非洲奴隶船的一刻,无论他们来自哪里,之前的身份就消失了,人权被剥夺了,‘人’的身份一去不复返”。可知他们的命运会更悲惨,故排除。D)“被贩卖的奴隶主要来自贝宁和塞拉利昂”,文中未提及,故排除。

#### 50. 【答案】A)

【详解】事实细节题。根据题干关键词 the new research around Belvoir 可定位于第五段。第五段中提到了目前对贝尔沃伊尔展开的研究,指出“该研究使此区域奴隶的后代对自己祖先的生活有了新的认识”。因此 A)“对他们祖先的生活有了新的认识”为正确答案。B)“更感激他们现在的生活”,文中未提及,故排除。C)“对发生在他们祖先身上的事情感到难过”,文中未提及,故排除。D)“用一种独特的方式来纪念他们的祖先”,张冠李戴,故排除。

### Passage Two

#### 全文翻译

(51)上月,英国新车销量下跌逾 4%,这个四月是 2012 年以来销量第二低的四月。分析师将其归咎于英国脱欧不确定性持续之际,消费者不愿意做出重大的购买决定。新车销量刚刚超过 16 万辆,前往登记的个人司机比去年降低了 10.3%。柴油销量继续下跌,目前的新车市场中柴油车所占份额仅为 29%,而在 2014 年,大众尚未爆发尾气排放丑闻前,这一比例是 50%。EY ITEM Club 首席经济顾问霍华德·阿彻表示:“4 月份的消费者信心调查显示,尽管英国推迟了脱欧计划,但消费者面对大额支出时,仍显得十分谨慎。近期消费能力的改善是否会持续下去,这一点并不确定。”

(52)2019 年初,汽车销量曾有过短暂反弹;在 2018 年 4 月时,市场表现异常,数据过于乐观,而最近一次下跌了 4.1 个百分点,与 4 月的繁荣形成了对比。汽车贸易主管伊恩·普卢默评论道:“毫无疑问,过去几个月市场表现出了惊人的韧性,但脱欧的问题持续发酵,油料归类也较为混乱,这些因素确实造成了一定影响,我们对此不能忽视。”苏·罗宾逊在全国特许经

销商协会担任会长一职,她表示,复活节期间,整体销量虽然呈现出下滑的趋势,但是市面上对二手准新车的需求依旧坚挺。

(53)制造商表示,政府取消对混合动力汽车的购买补贴,给现有的一些清洁型汽车也造成了销售压力。充电式混合动力汽车的销量同比下降 34%——自去年 10 月削减补贴以来,单月降幅最大的一次。据美国汽车制造商和贸易商协会的数据显示,电动车的销量虽然涨幅超过了 50%,总数却仅为 1 500 多辆,不到新车销量的 1%。该行业协会表示,制造商正大举投资,将超低排放和零排放汽车推向市场,但如果希望消费者重拾信心,那么政府的支持将必不可少。

SMMT 首席执行官迈克·霍斯表示,纯电汽车的种类在不断增加。“这类汽车只占市场的一小部分,只是帮助实现零排放的众多技术之一。”(54)他补充称,“我们迫切需要政策的出台,方便最先进的清洁能源汽车可以尽快上路;也需要政策支持市场转型,给司机以更多选择的机会。”

汽车经销商响应了要求政策给予更多支持以促进绿色出行的呼声。政府原本计划在 2040 年前禁止汽油车和柴油车,但随着民间声音越来越强,要求提前结束燃油车的时代,政府的压力也越来越大。普勒默表示,伦敦规划超低排放区的举措,促使伦敦汽车交易商对替代燃料汽车的关注在一年内增长 81%。上个月,电动混合动力汽车首次当选最热销的二手车。

#### 51. 【答案】B)

【详解】事实细节题。根据题干关键词 the decrease of the new car sales in the UK 可定位于第一段。第一段第一句指出“上月,英国新车销量下跌逾 4%,这个四月是 2012 年以来销量第二低的四月。分析师将其归咎于英国脱欧不确定性持续之际,消费者不愿意做出重大的购买决定。”因此应选 B)。A)“缺乏消费者的热情”,并非汽车销量下跌的根本原因,故排除。C)“购车政策不太优惠”,未提及,故排除。D)“2015 年排放丑闻”,这一选项是影响柴油车的销售原因,故排除。

## 52. 【答案】C)

【详解】词汇题。根据题干提示可定位于第二段。根据第二段可知,汽车市场不稳定,销量时而下跌,时而上涨,根据上下文可知,C)选项的 rebounding 与原词意思相近,故为正确选项。

## 53. 【答案】A)

【详解】事实细节题。根据题干关键词 the decrease of the sales of hybrid vehicles 提示定位于第三段。该段第一句明确提到“制造商表示,政府取消对混合动力汽车的购买补贴,给现有的一些清洁型汽车也造成了销售压力。”因此 A) 为正确选项。B) “混合动力汽车的低性能”, C) “消费者不愿意接受新产品”, D) “混合动力汽车缺乏相应的服务”, 均未在文中提到,故排除。

## 54. 【答案】B)

【详解】事实细节题。根据题干关键词 Mike Hawes 可定位于第四段。该段指出, Mike Hawes 提到“我们迫切需要政策的出台,方便最先进的清洁能源汽车可以尽快上路;也需

要政策支持市场转型,给司机以更多选择的机会。”因此应选择 B)。A) “应该增加电动汽车的种类”,该选项为迷惑选项,文中提到电动汽车的种类在不断增加,这是正在做的,而不是需要以后做的,故排除。C) “电动汽车的性能应该提高”和 D) “人们应该增加电动汽车的宣传”均未在文中提及,应排除。

## 55. 【答案】C)

【详解】主旨题。该题考查全文的主旨,文章一开始就提到了新车销售量的下滑,接着提到了下滑的原因,以及政府该如何做来促进电动汽车的销售,因此全文都是在围绕人们在购买新车时犹豫不决这一社会现象展开的,因此 C) 为正确选项。A) “电动汽车已经成为最受欢迎的汽车”,虽然我们判断以后会有更多的电动汽车,但是作者并未在文中表达这一观点,故排除。B) “电动汽车将是未来发展的趋势”,同样这一选项也不是作者强调的重点,故排除。D) “政府鼓励人们购买清洁的汽车”,文中未提及,故排除。

## Part IV

## Translation

(30 minutes)

## 参考译文

① The Lantern Festival falls on the 15th day of the 1st lunar month. ② This day's important activity is watching lanterns. ③ Throughout the Han Dynasty, Buddhism flourished in China. ④ One emperor heard that Buddhist monks would watch sarira and light lanterns to worship Buddha on the 15th day of the 1st lunar month, so he ordered to light lanterns in the imperial palaces and temples to show respect to Buddha on this day. ⑤ Later, the Buddhist rite developed into a grand festival among common people and its influence expanded from the Central Plains to the rest of China.

## 【解析】

①本句话翻译,注意主语的选择,应为全文的话题“元宵节”,动词为 fall on。

②本句话翻译,注意主语要根据英文形合语言的特点,增加 This day's 与上文承接。

③本句话翻译,注意主语的选择,本句为汉语的无主句,翻译的时候,应选择本句所陈述重心,用“佛教”作主语。

④本句话翻译,注意应用合句,选择连词 so,连接主句和从句。

⑤本句话翻译,注意应用合句,选择连词 and,连接两个并列句。