

江西程2大學 —起 来学

大学英语(一)

第3版

狂送 87 分 范围内听力和习题汇总

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英语(一)复习须知

本资料适用于 2020 年

Part I Writing (15%)

写作优秀句式

- 1、描述一种社会现象,社会问题
- ①Nowadays,某某问题 has become the focus of society.
- ②Recently, more and more people are beginning to be aware of the importance of 某某问题
- ③某某问题 has been playing an increasingly important role in our daily life.
- 2、阐述观点
- ①别人的:

People's views on 什么问题 vary from person to person.

Some hold that 一种观点

However, others believe that 另一种观点

But as far as I am concerned, I think that 我认为啥啥啥

②自己的:

In my opinion, we should attach more importance to 怎么怎么...

3、

表达优缺点

(1) Generally, its advantages can be seen as follows.

First it is 优点..

②But every coin has two sides.

The negative aspects are also apparent.

One of the important disadvantages is that 缺点..

- 4、怎么解决问题
- ①People have figured out many ways to solve 什么什么问题.

Only in these ways can we 可以干嘛

- ②There is no doubt that the best way to solve the problem
- is 去干嘛干嘛
- ③Obviously, If we want to 解决什么, it is essential that 干嘛干嘛
- 5、描述图片, 表格
- ①It is obvious that the picture (图片) /table (表格)

is trying to tell us 什么什么内容.

②It is clearly depicted in the picture (图片) /table (表格)

that 描述一下

Part II Listening Comprehension (25%)

Section A (3%=3*1'): 三篇短对话 (一遍)

参考高考听力短对话真题

Section B (4%=4*1'): 一篇长对话(一遍)

听力音频及原文请使用外研随身学 APP

Unit 1 Understanding a conversation

1.

What the purposes of support services are.

What issues new college students will face.

What the purposes of the freshman introduction are.

What new college students should know before they arrive.

2.

She finds the information a little confusing.

She finds the information a little frightening.

She considers it as a chance to make new friends.

She considers it as an exciting meeting for students.

3.

He will join a club outside his major.

He will take as many courses as he can.

He will use the campus support services.

He will help other students to be successful.

4.

Focus only on studying.

Have a lot of fun in clubs.

Enjoy their time in studies.

Balance study and relaxation.

Unit 2 Understanding a conversation

1.

She tells her son what is best for his future.

She tells her son what course he should study.

She encourages her son to decide on his own future.

She encourages her son again to only study engineering.

2

He doesn't have any idea.

He doesn't want to think about it.

He doesn't want to discuss it with anyone.

He doesn't want to study something he doesn't like.

3.

Try not to make his dad unhappy.

Talk to his dad about all his worries.

Take some time to consider his future.

Talk to her again at any time he prefers.

4

Talk to his dad.

Try to please his dad.

Find out what his dad wants him to be.

Think about becoming an engineer like his dad.

Unit 3 Understanding a conversation

1.

Set up his mum's computer.

Buy his mum a birthday gift.

Solve his dad's computer problems.

Help his dad choose a new computer.

2.

They never had a computer of their own.

They had little or no experience with computers.

Nobody taught them how to use computers.

Nobody helped them with their computer problems.

3.

It would be silly.

It would be boring.

It would be amazing.

It would be unimaginable.

4.

They get bored without electronic things.

They are happy without electronic things.

They wish they had more experience with electronic things.

They hope their grandchildren would use electronic things less.

Unit 4 Understanding a conversation

1.

A host of City Centre Talk.

An employee at the City Centre.

An ordinary person who did something great.

An amazing nurse who saved a patient's life.

2

Because the girl was sleeping on the street.

Because the girl was standing on the street.

Because the girl was crying loudly on the street.

Because the girl was walking alone on the street.

3.

She saw the mum moving.

She saw the mum breathing.

She found the mum sleeping.

She found the mum shedding tears.

4

Because the mum was only sleeping.

Because the mum was only frightened.

Because she did what anyone else would do.

Because she only did what the girl asked her to do.

Unit 5 Understanding a conversation

1.

He is not improving at all.

He has not won any games.

He has not played well recently.

He is not working very hard lately.

2.

Because Jimmy doesn't have the right attitude.

Because Jimmy is kicking others out of the team.

Because Jimmy doesn't like to help other teammates.

Because Jimmy may make the team lose the championship.

3.

He feels sick.

He has hurt his leg.

He doesn't know he's slow.

He doesn't have energy to run.

4.

Talk to the coach.

Speak directly to Jimmy.

Speak to other teammates.

Leave a note on Jimmy's car.

Unit 6 Understanding a conversation

1.

He's going to work.

He's going shopping.

He's going home from work.

He's going to school from home.

2

He studies the next day.

He has no time to study.

He stays up all night to study.

He studies when he's not exhausted.

3.

Because he doesn't have any student loans.

Because he doesn't want to use his parents' money.

Because he doesn't have to worry about his studies.

Because he doesn't want to owe too much in student loans.

4

He has experience in managing difficult people.

He knows the value of his work at the supermarket.

He has experience in dealing with difficult situations.

He knows how to make better choices between work and study.

Unit 7 Understanding a conversation

1.

To work as club president.

To lend some money to him.

To let him copy her homework.

To complete assignments for him.

2.

Because she doesn't have time.

Because she is afraid to get in trouble.

Because she would be late with her own homework.

Because she doesn't understand the learning material.

3.

Learning.

Being honest.

Passing exams.

Doing homework.

4.

Stop working at his part-time job.

Stop borrowing money.

Take one more class.

Talk to his advisor.

Unit 8 Understanding a conversation 南昌普通 3A

1.

Someone of a different gender.

Someone who has different interests.

Someone who has a different personality.

Someone who can be trusted and is reliable.

2.

Because they both love video games.

Because they both like laughing loudly.

Because they have very similar interests.

Because they have very different personalities.

3.

Because the woman is Ed's cousin.

Because the woman is not attracted to Ed.

Because the woman didn't grow up with Ed.

Because the woman doesn't like Ed's personality.

4

A boy and a girl could study together.

A boy could just call a girl to have a chat.

A boy could go to the mall with a girl as friends.

A boy and a girl could only have a romantic relationship.

Section C (8%=4*2'): 一篇短文 (一遍)

Unit 1 Understanding a passage

1.

Canada is more secure.

Canada is more modern.

Canadian people are friendlier.

Canadian places are more beautiful.

2.

Canada is much colder in winter than the UK.

The UK is much colder in winter than Canada.

Products sold in Canada will have a sales tax added to the price.

Products sold in the UK are often more expensive than in Canada.

3.

Sales taxes are lower.

The price of wine is lower.

The cost of beer is higher.

The cost of petrol is higher.

4

They don't bite people.

They come out in winter.

They are in small numbers.

They can survive cold winters.

Unit 1 Homework passages

1.

She considers herself very special.

She considers herself the same as others.

She considers herself a confident woman.

She considers herself an experienced doctor.

2

She lost an arm and a leg.

She began to live a normal life.

She moved to China with her family.

She almost died from a serious disease.

Because she wanted to save people's lives.

Because she got excellent scores on exams.

Because she was so confident in herself.

Because her mother was born blind.

4.

Because she had strong anxiety to help patients.

Because she would not let others see her missing limbs.

Because an admissions officer thought she couldn't be a doctor.

Because admissions officers refused to give reasons to reject her.

Unit 2 Understanding a passage 南昌普通 3A

1.

Children who helped animals.

Children who kept animals as pets.

Children who grew up like animals.

Children who liked to spend time with animals.

2.

He walked like monkeys.

His parents left him in the jungle.

His knees were damaged by monkeys.

He spent his whole childhood in a jungle.

3.

She brought dogs inside her house.

She watched her parents drink alcohol.

She left the dogs outside the doghouse.

She ran on her hands and feet like dogs.

4

Most of them were saved.

All of their parents were punished.

Most of them still behaved like animals.

All of them learnt to speak like humans.

Unit 2 Homework passages

1.

Wedding gifts.

Wedding parties.

Wedding dresses.

Wedding customs.

2.

More brides wear black wedding dresses.

More brides wear dresses of different styles.

People expect the bride to wear a white dress.

People expect the bride to wear something beautiful.

The bride receives gifts.

The bride gives gifts away.

The bride welcomes men to the party.

The bride invites people to her new home.

4.

The bridegroom may drink a lot of alcohol.

The bridegroom may invite women to the party.

The bridegroom usually wears white for the party.

The bridegroom also invites his bride to the party.

Unit 3 Understanding a passage

1.

Because water comes to them every day.

Because water is easy to use in their homes.

Because they can't live for a day without water.

Because they have to walk far to get water every day.

2.

It is a place high up the mountain.

It is a place not far from people's homes.

It is a place for people to wait for their turns to get water.

It is a place for people to get water three times every week.

3.

Because it is their custom.

Because they can walk faster.

Because it is the easiest way to carry water.

Because they are too old to use their hands.

4

Because they walk a lot and push a heavy can.

Because they carry heavy water on their heads.

Because it's difficult to walk on the bumpy road.

Because it's difficult to pump water into a plastic can.

Unit 3 Homework passages

1.

Because dogs leave people alone.

Because dogs like to be with people.

Because dogs are willing to do things for people.

Because all dogs, including wild dogs, are friendly.

2

Because dogs are friendly by nature.

Because humans are friendly to them.

Because dogs like to be taught how to do things.

Because humans bred wild dogs into friendly ones.

Cats choose humans.

Cats care if humans are happy.

Cats refuse to come near humans.

Cats are interested in learning things.

4.

Cats want to be close to humans.

Cats want to make humans happy.

Dogs regard humans as their equals.

Dogs regard humans as their masters.

Unit 4 Understanding a passage

1.

He disagrees with what you are saying.

He shows he is in control of everything.

He shows interest in what you are saying.

He feels comfortable when talking to you.

2.

He is friendly.

He is childlike.

He is confident.

He is uncertain.

3.

He seems direct.

He seems excited.

He seems aggressive.

He seems open-minded.

4

Body language is always easy to understand.

Body language can always tell us what people think.

Body language should be used to express exact meaning.

Body language may have different meanings in different cultures.

Unit 4 Homework passages

1.

Because people wanted to become rich.

Because people went out to have too much fun.

Because people spent too much time enjoying nature.

Because people spent too much time inside their homes.

2.

He hid a box full of treasure for people to find.

He gave money to people who were successful in life.

He gave two million dollars to people who explored the world.

He encouraged people to visit the Rocky Mountains of the US.

He died but his body hasn't been found yet.

He was missing but Mr. Fenn didn't know.

He was supported by his family and friends.

He went treasure hunting with his little dog and died.

4.

Another woman also died while hunting.

Many people still dream about finding the treasure.

Randy was one of many who died while hunting.

Randy's death stopped many people from hunting for the treasure.

Unit 5 Understanding a passage

1.

Exercising mice and rats liked to learn new skills.

Exercising mice and rats remembered new skills better.

Mice and rats without exercise disliked learning new skills.

Mice and rats without exercise remembered new skills better.

2.

Half of the people exercised while the other half didn't exercise.

Half of the people learnt something while the other half didn't learn.

Half of the people exercised for four hours after they learnt something.

Half of the people began exercising immediately after learning something.

3.

Those who wait to exercise four hours later.

Those who exercise right after they learn.

Those who wait to exercise late at night.

Those who exercise for four hours.

4

How much we should sleep.

How much we should study.

When we should exercise.

When we should study.

Unit 5 Homework passages

1.

It has been in use since 1934.

It was considered a strong prison.

It only kept killers and bank robbers.

It was considered the worst prison in America.

2

All of them were caught and put back to prison.

All of them were caught and were killed right away.

The five missing prisoners were eventually found.

The five missing prisoners were assumed to have died.

It was officially closed in 1963.

It became a tourist attraction in 1963.

Twenty-nine prisoners tried to escape in 1963.

The sea salt began to damage the prison in 1963.

4.

Watch a movie being filmed.

Visit the damaged lighthouse.

Take a tour in the famous prison.

Observe San Francisco from the island.

Section D (10%=10*1'): 短文填空 (10 个单词) (三遍)

注意不一定考空里面的单词

Passages-2

There are so many changes when a person comes to college. Some of the new college students
may have been to camps or 1) away from home before, but for some it's the 2)
first time they've left home. That means having to make certain 3) that they've never
really had to make before.
Besides some basic everyday activities, for example, eating and 4), there are many
more important matters, such as whom to become friends with. "And what happens if I don't do
well on my first test? Does that mean I should change fields?" 5), there are just so many
issues new college students have to face. It's really a jump from high school.
It's such a change when they don't have any parents around. They need to make 6) with
their studies, and with their social lives. They need to learn how to act in the right way so that they
can enjoy their social lives without 7) their studies.
This is very common to college students in the first year. It takes a little while for them to
8) their college life and learn to balance their studies and social lives. There are a lot of
9) for students to try new things. There are so many new ways to meet other people on
campus. If they find out it's not working for them, they can 10) and try something else.
They should just give it a go! That's the way everybody learns to grow up.
(1) programs/programmes
(2) very
(3) decisions
(4) doing laundry
(5) Obviously
(6) choices
(7) ruining
(8) get used to
(9) opportunities
(10) step back

Passages-2

People joke that no one in Los Angeles reads; everyone watches TV, rents videos, or goes to the
movies. The most popular reading materials are 1) books, movie magazines, and TV
guides. City libraries have only 10 percent of the 2) that car washes have. But how do
you explain this? A yearly book festival in west Los Angeles is 3) "sold out" year after
year. People wait half an hour for a parking space to become 4)
This outdoor festival, supported by a newspaper, takes place every April for one weekend. This
year, about 70,000 people 5) the festival on Saturday and 75,000 on Sunday. The festival
6) 280 exhibitors. There were about 90 talks given by authors, with an 7)
question-and-answer period following each talk. A food court sold all kinds of local foods, from
hot dogs to ice drinks. Except for a \$7 parking fee, the festival was 8) Even so, some
people take their own sandwiches and drinks to avoid the high prices of the food court.
The idea for holding the festival in Los Angles was 9) years ago, but nobody knew if it
would succeed. Although book festivals were already popular in other US cities, would people in
this city 10) one? "Fortunately, they do," said one of the festival founders.
(1) comic
(2) traffic
(3) constantly
(4) available
(5) took part in
(6) attracted
(7) audience
(8) free of charge
(9) put forward
(10) embrace
Passages-2 南昌普通 3A
I desages 2 用自己地 5/1
Some parts of the earth are more likely to have earthquakes than other parts. This is usually true of
1) areas because there the thickness of rocks is not even.
It is easy to understand why people are so 2) by earthquakes. People used to believe that
when an earthquake 3), the ground opened, swallowed great numbers of people, and
then it closed. It was also thought that those people would 4) forever. But now we know
this is not what really happens.
What we need to fear most is the effects of a serious earthquake, including fires, floods, and
landslides. A powerful earthquake 5) in Yellowstone National Park on August 17, 1959.
The earthquake was 6) and very strong. It also caused the worst landslides in US history
since 1927.
After the earthquake, some people said that they would never visit Yellowstone, because they were
afraid they would be 7) in such a disaster caused by the earthquake. This is actually a
foolish idea. Such a fear would 8)beautiful mountains for the rest of our lives. Even
though earthquakes happen every day, such a powerful earthquake like the Yellowstone one does
not happen frequently at all. We should feel 9) that very few of us will suffer such a bad
natural disaster. Besides, if we know 10) and make careful preparations, the loss of lives

could be avoided. (1) mountainous (2) frightened (3) took place (4) vanish (5) occurred (6) massive (7) caught (8) keep us away from (9) grateful (10) in advance Passages-2 Humans' first means of transportation were walking and swimming. 1) , humans learned to use animals for transportation. The use of animals not only allowed heavier loads to be hauled by them, but also 2) humans to ride the animals so they could travel longer distances in a shorter amount of time. The invention of the wheel helped make animal transportation more efficient through the introduction of 3) . Also, water transportation 4) early times and it was the best way to move large quantities of materials over long distances before the Industrial Revolution. 5) _____, most cities that grew up as sites for trading have been established along rivers or the coast. Until the Industrial Revolution, transportation was very slow and expensive. After the Revolution, transportation changed 6) . In the 19th century, the invention of the steam engine made land transportation independent of human or animal power. Both speed and 7) rapidly. With the development of cars at the 8) of the 20th century, land transportation became more common. In 1903, the first controllable airplane was invented, and after World War I, it became a fast way to transport people and goods. After World War II, 9) and airplanes became more popular as methods of transportation. Then, after high-speed rail was first introduced in Japan in 1964, passengers started using it in Asia and Europe instead of using airplanes to travel long distances. Now, 10) the development of technology, human beings are able to enjoy various methods of transportation for their speed and comfort. (1) Gradually (2) enabled (3) vehicles (4) dates back to (5) As a result (6) thoroughly (7) capacity

(8) turn

(9) automobiles (10) thanks to

Passages-2

Most people like to keep a healthy diet during the holiday season starting from Thanksgiving to
Christmas and New Year. There are many social events to 1) and we love to look our
best. We also need healthy food to 2) the energy necessary to go to all of these parties
with enthusiasm.
But the unfortunate reality is that many of us have a hard time 3) healthy eating habits
during the holidays. We face more 4) at this time than we do during the rest of the year.
Starting from Thanksgiving, many of us are already 5) gaining some weight. The
holiday season is when we bring out abundant and delicious food. Turkey, ham, cakes and other
great foods attract us to eat larger 6) than we need. Many of us are more likely than
usual to 7) ourselves, and not always with the healthiest food. Moreover, the holiday
season is a busy, and often stressful, time of year. We are rushing too much, spending too much,
and letting stress 8) us too often. This can lead to emotional eating, that is, eating too
much or too little.
Luckily, there are some 9) ways to fight holiday eating problems. Learn about the causes
of and solutions for emotional eating. Eat some healthy food before you go to a party so that you
won't eat too much there. Exercise after the party is over. All these 10) can help you curb
holiday eating without reducing your holiday joy.
(1) celebrate
(2) provide us with
(3) sticking to
(4) challenges
(5) anticipating
(6) portions
(7) stuff
(8) take hold of
(9) effective
(10) strategies
Passages-2
There are many factors that affect a person's sleep. Stress is the number one cause of short-term
sleeping difficulties. Stressful situations include school- or job-related 1), and serious
illness in the family. Usually the sleeping problems 2) when the stressful situations pass.
However, if short-term sleeping problems are not managed properly from the beginning, they can
last long and thus 3) good health.
Unhealthy habits may lead to sleeping problems, too. Drinking coffee or 4) in the
afternoon or evening, exercising close to bedtime, following an irregular morning and nighttime
schedule, and working or doing other mentally 5) activities right before or after getting
into bed can interrupt sleep.
Traveling also 6) sleep, especially traveling across several time zones. This can
7) your biological rhythms and cause sleep disorders such as trouble falling asleep and
trouble remaining asleep.
Environmental factors such as a room that's too hot or cold, too noisy or too bright can be an
obstacle to sound sleep. Other influences to 8) are the comfort and size of your bed and

the habits of your sleep partner. If you have to sleep beside someone who has different sleeping habits, breathes in a noisy way, or 9) other sleeping difficulties, it often becomes your problem too!
Having a 24/7 lifestyle can also interrupt regular sleep patterns. Industries are working round the clock to be 10), so some people have to work at night; with nonstop automatic communication systems, people are communicating day and night. All these make sleeping at regular times difficult.
(1) pressures (2) disappear (3) compromise (4) alcohol (5) intense (6) interferes with (7) undermine (8) pay attention to (9) suffers from (10) competitive
Passages-2
Anna was awarded a special day out for herself and her family after taking part in a competition run by a magazine in April, beating over 2,000 people who 1) the event. Anna's wild day out will include a special tour of the city's nature park, with exclusive 2) areas of the site that are not usually available to the public. During her visit, Anna is likely to see some natural wonders including rare birds feeding their young and a 3)
number of newly hatched chicks. Anna may also see a great flamingo 4) nesting at the
nature park after it escaped from the zoo last year. The most 5) thing is that Mike Dilger, a well-known wildlife reporter for BBC, will 6) the family throughout the day. Mike is an experienced biologist, so he is ready to share his experiences and knowledge of the natural world every step of the way.
Henry, manager of the nature park, says, "Visiting a nature park is a 7) way to learn
more about types of wildlife that you just can't see in your daily life. It's an 8) time of
year for a visit – the hatching season is well underway, so there are lots of chicks hatching across
the park, and as parents take regular trips to find food for their young, there is a very good chance
of 9) some of our very rare birds. Anna will have a great day; we are really 10)

her visit."

- (1) participated in
- (2) access to
- (3) tremendous
- (4) currently
- (5) incredible
- (6) accompany
- (7) remarkable
- (8) amazing
- (9) catching a glimpse of
- (10) looking forward to

Passages-2

- ********
According to a new study, happiness in life has more to do with respect and influence than wealth.
Researchers say that they got interested in this idea because there is abundant 1) that
higher income or wealth does not contribute to happiness much at all. At the same time, many
theories suggest that higher status should 2) happiness.
The researchers put their idea to the test in a set of studies. First, they 3)80 college
students. The amount of respect the students received from their peers was 4) based on
peer evaluation, self-reports and the number of leadership positions the students held. The
researchers also 5) the students' family income and asked them about their social well-
being. They found the admiration the students received from their peers 6) their social
well-being. However, their wealth or income did not.
Similar results 7) in another study with a larger group of students.
In a final study, the researchers followed graduate students in business schools. They found the
MBA students' social well-being 8) changes in the respect they felt from their peers
before and after graduation. They noted that respect had more to do with the students' well-being
after graduation than the money they made.
One of the reasons why money doesn't buy happiness is that people quickly 9) the new
level of income or wealth. Lottery winners, for example, are initially happy but then return to their
10) level of happiness quickly. What can last is the feeling of being respected, having
influence and being socially connected.
(1) evidence
(2) enhance
(3) interviewed
(4) rated
0 = 0 = 0 = 0 = 0 = 0 = 0 = 0 = 0 = 0 =
(5) took into account
(6) forecast
(6) forecast (7) emerged
(8) was related to
(9) adapt themselves to
(10) original
70

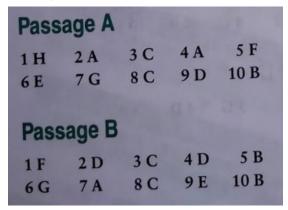
Part III Reading Comprehension (Skimming and Scanning) (10%)

注意 因为本题太多 只给出第一题 然后判断是哪道题目 上下分别对应 PassgeA 和 B

- 1. University students' life is hard due to the increase of living costs and their uncertain employment prospects.
- 1. The growth rate of people who received bachelor's degrees was three times that of population over the same period in the United States.

Pass	age A	3	AL	TE D
1 A	2 H	3 C	4 J	5 D
6 E	7 C	8 G	9 B	10 J
Pass	age E	2.7.		
1 B	2 A	3 F	4 C	5 E
6 G	7 F	8 A	9 E	10 C

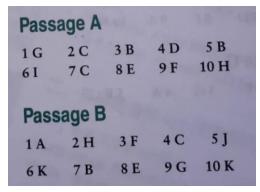
- 1. Schools should make it known to parents that fathers and mothers as well are expected to get involved in children's study. 南昌普通 3A
- 1. Adult children staying with their parents should pay their shares of expenses and do the washing and cleaning by themselves.



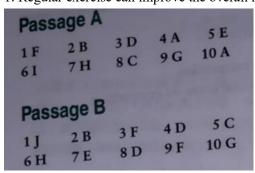
- 1. Students find it more difficult to locate the right information from among a large number of websites.
- 1. Inefficient people in a lot of occupations will lose their jobs as more and more robot cars run on the roads.

Pass	age A	Ph. 161	1339	The land
1 C 6 I	2 J 7 A	3 C 8 D	4 B 9 G	5 H 10 E
Pass	age B			
1 doc				
1 D	2 E	3 B	4 H	5 G

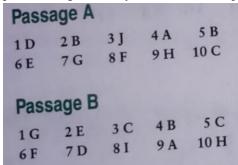
- 1. Studies on the component features of heroism and their practical application can benefit society profoundly.
- 1. The world is in constant need for heroes who can help those in danger and defend justice.



- 1. Burnout begins to appear in children probably due to the hard push from parents and coaches, and the large amount of training and travel.
- 1. Regular exercise can improve the overall health and quality of life accordingly.



- 1. Suppose that you could have several days a year for paid leave, the problems such as no one looking after your sick kid would be solved.
- 1. Because of the fierce competition in the job market, you should submit as many applications as possible to guarantee your successful acquisition of a great job.



- 1. Parents should show their children that they are interested in what they have learned rather than good grades they have received.
- 1. With different values and life experiences, people have their own ways of explaining and using ethical norms, which gives rise to many ethical disagreements

Pass 1 G 6 A	age A 2 H 7 J	3 C 8 B	4 D 9 C	5 I 10 F
Pass 1 C 6 E	2 F 7 B	3 D 8 H	4 A 9 D	5 G 10 G

- 1. You can keep yourself on top of other people's mind by sending them what they are interested in.
- 1. Anyone who fails to communicate effectively will find it difficult to survive in today's competitive business environment.

Pass 1 I 6 J	age A 2 E 7 B	3 H 8 I	4 C 9 D	5 G 10 H
Pass	sage B			
1 C 6 C	2 G 7 D	3 E 8 G	4 D 9 B	5 A 10 F

Part IV Reading Comprehension (Reading in Depth) (20%):

有一篇选自下面 12 篇,还有一篇选自长篇阅读(一)

Unit 1 Multiple choice Passage 1

Last December, David Leonhardt, a member of the Yale College class of 1994, identified with crystal clarity the issues we face in the form of a picture he published in The New York Times — a budget Sudoku(预算数独). In this brilliant graphical display, he demonstrated that no combination of discretionary (不受严格规定控制的) spending cuts could close the federal budget gap by 2020. The only way to do so involves some combination of reducing Social Security benefits, controlling Medicare and Medicaid costs, reducing defense spending, and raising taxes. David's Sudoku allowed his readers to see the big picture clearly, and he was rewarded with the Pulitzer Prize.

I am going to make the audacious (大胆的) claim that David's Yale education has had a lot to do with his ability to see the big picture. He experienced, just as you will over the next four years, exposure to a variety of disciplines — in his case, mathematics, economics, politics, and history,

as well as physics and art history. This broad education has allowed him to look beyond the small-mindedness of what politicians say to interpret the larger trends driving the economy and society. He also learned to write clearly, analytically, and forcefully. He mastered this essential tool not only through his English courses but also through his principal extracurricular activity as a reporter for and subsequently as editor of the Yale Daily News.

David Leonhardt is but one of many visible examples of the profound way in which the liberal arts education you are about to experience can help you to develop the capacity to see the big picture. By sampling courses across a wide range of disciplines, you will learn to see problems from multiple perspectives. And by learning to think critically and analytically, you will become disinclined to accept simplified slogans as truth, more able to see subtle interconnections, more capable of forging solutions that embrace complexity without being overwhelmed by it. No matter what subjects you choose to pursue in depth, you will be required in your first two years to develop some breadth, and you will be challenged to think for yourselves — independently and analytically.

1	TT 71 ' 1	C .1	C 11 '		.0
	Which	of the	tollowing	statements i	s correct?
т.	* * 111011	OI LIIC	10110 WILLS	State III citts 1	o confect.

A.David Leonhardt is an editor of The New York Times.

B.David Leonhardt is an editor of the Yale Daily News.

C.David Leonhardt is a faculty member of Yale College.

D.David Leonhardt is an alumnus of Yale College.

2. According to David Leonhardt, the following measures EXCEPT _____ should be taken to close the Federal budget gap.

A.reducing taxes and duties

B.reducing Social Security benefits

C.controlling Medicare and Medicaid costs

D.reducing defense spending

3. David Leonhardt was exposed to the disciplines of when he was a Yale College student.

A.mathematics, history, literature, philosophy, physics and art history

B.mathematics, economics, politics, and history, as well as physics and art history

C.economics, history, literature, philosophy, politics and art history

D.economics, history, literature, philosophy, history and art history

4. The author says, it is important for a student to develop the following capacities except the capa city of .

A.thinking critically and analytically

B.writing clearly and forcefully

C.drawing pictures

D.seeing subtle interconnections

5. The author mainly narrates

A.the importance of David Leonhardt's budget Sudoku

B.the relationship between students' success and university education

C.the importance of thinking independently

D.the requirements of Yale educatio

Unit 1 Multiple choice Passage 2

The UK university system is second only to the vastly bigger US system in its number of internationally top-ranked universities, and in the percentage of overseas students it attracts each year. These are significant achievements, too often overlooked. They were not quickly or easily won. In an increasingly competitive world, they can be quickly and permanently lost.

Within the UK, universities deliver huge benefits, particularly well documented in science, technology and medicine, the greatest of which may be the flow of graduates into the workforce. The most remarked-upon, however, is the rapid expansion of our role as innovators with a significant economic impact. In recent years, high-technology and biotechnology clusters have sprung up around a number of research-intensive universities.

Focusing only on what is most easily measured or on immediate economic impact is to miss the deeper point, of course. Through the arts, humanities and social sciences, this country's universities contribute broadly to society, adding greatly to human well-being. Although universities are offering their best help in the economic downturn (衰退), as institutions we are above all for the students of today who will be the workforce, citizens and leaders of tomorrow; the discoveries that will transform the future; the scholarly insights that will change the way the world thinks and acts.

What has made the UK system so successful? I point to the quality of what we provide, the talent we attract, and the diversity of strengths that we offer. The diversity of UK universities is partially reflected in our differences in age, size, history, governance, in the makeup of our student bodies, course offerings, the kinds of research we do, the combination of teaching and research, and the balance of academic and professional or pre-professional training.

1. According to the passage, the number of the internationally top-
ranked universities in the UK is only less than that of in the world.
A.Japan
B.France
C.Germany
D.the United States
2. According to the writer, the most important contribution made by UK universities to society is _
·
A.the quality graduates
B.scientific discoveries
C.technological improvements
D.biotechnological achievement
3. According to the author, universities should pay more attention to
A.measures with economic impact
B.current issues
C.people and discoveries that will change the future
D.economic downturn

4. According to the author, UK university system is very successful, because they offer quality edu

cation, .	
A.and attract different kinds of professors and students	
B.and all universities are world famous	
C.and focus on what is most easily measured	
D.attract the talent, and have many strengths	
5. The passage is probably written by a UK .	
A.government official	
B.educational expert	
C.salesman	
D.economist	
D.COHOIIISt	
Unit 2 Multiple choice Passage 1	
While it is true that fathers are responsible for disciplining their sons, as a rule they should try play more of a nurturing role when it comes to the day-to-day routine. If you rule with a fe provoking iron fist, then your relationship will become strained at best. It usually works better focus on the principles the sons should abide by than to harp on a laundry list of "don'ts".	ar-
Simply put, a father needs to be there for his son. This extends beyond major events, such graduations, birthdays, holidays and sporting events. It is also an everyday thing that includes spending time with him on a regular basis. More often than not, a father's advice is usually be valued and respected, and it is vital that a dad is there to dole out his guidance.	des
Both the father and the son need to embrace forgiveness since no one is perfect. A dad that forgivened and gives the benefit of the doubt can make his son want to please him more. On the flip side, so need to realize that their fathers are humans who make mistakes, and that they want what's best them, regardless of any shortcomings.	ons
Sons sometimes have a tendency to withdraw as both they and their fathers get older. The thinking is usually something to the effect that Dad wouldn't understand. This can be frustrating to the fathering since he would love to reach out to his son, but the more he tries, the less he succeeds. Sons show the remember that their fathers were their age once.	her
1. In the sentence "they should try to play more of a nurturing role", "nurturing" means A.taking care of a child for a long time	
B.taking care of a child and helping him to develop	
C.teaching a child a lot of knowledge	
D.doing a lot of things for a child	
2. It is recommended in the first paragraph that a father should	

C.let his son know some behavior is forbidden D.not play a nurturing role in daily routine

A.give his son proper guidance
B.rule with a fear-provoking iron fist

A.the father should be present only in some major events

B.the father should be present both in major events and on daily occasions

C.sometimes a father's guidance will be seriously considered

D.a father should always give his son vital advice

4. It is mentioned in the third paragraph that _____.

A.a son will make more mistakes than his father

B.a father wants his son to be the best

C.a son need not pay attention to his father's shortcomings

D.the father and the son should forgive each other

5. It is recommended in the fourth paragraph that _____.

A.sons should be more active when they get older

B.fathers should understand their sons

C.sons and fathers should understand each other

D.the father should reach out to his son

Unit 2 Multiple choice Passage 2

Parenting is not an easy task. Becoming a parent is the easiest part, whereas, being a conscious and positive parent is a momentous task. Parenting is the most important role one faces in a lifetime. Parents who provide an encouraging environment for their children are rewarded when, as adults, their children realize a successful fit into the culture and society.

Parenting concepts are deeply rooted in the majority of families in that country, because of a strong, sustained tradition of educating and training young parents to accept, perform and establish enduring relationships and responsibilities with their children. Generally, the young mother is introduced to the nuances of parenting by way of the "hands on" method at her parental home, and under the guidance of her mother or an experienced family member. This practice could be the reason why the need for professional parent education usually is not expressed.

Effective parenting enables children to build and develop positive behavior and good, solid self-concepts that are important for functioning fully as a healthy adult. Parenting, as such, is greatly dependent on intra-familial issues that play a significant role in parental performance. However, parenting skills can be strengthened if parents learn about themselves as a "parent" and about children's development. Learning about the stages of human development helps parents understand about their ever changing roles in the lives of their children and also what is expected of a parent at each stage. Finally, a father's love and influence is as important as a mother's in the life of a child. Fathers should overcome the internal and external barriers that exist to fulfill the duties of fathering.

1. According to the author,	
A.becoming a parent is a very difficult task	
B.parenting is a difficult and important task	
C.becoming a parent is an important task	
D.parenting is an easy task	
2. "Nuances" in the second paragraph means	
A.very slight things	

B.very basic things

C.very important thing

D.very special things

3. Why are parenting concepts deeply rooted in the majority of families in that country?

A.Because there is a tradition in which young parents are properly educated and trained.

B.Because young parents have established enduring relationships and responsibilities with their children.

C.Because enduring relationships and responsibilities with their children are performed by the young parents.

D.Because enduring relationships and responsibilities with their children are accepted by the young parents.

4. What is the ultimate aim of effective parenting according to the author?

A.It is to build and develop positive behavior.

B.It is to build and develop good, solid self-concepts.

C.It is to build a physically and mentally healthy adult for the society.

D.It is to build an independent character.

5. According to the author, which of the following statements is NOT true?

A.Parents' roles in the lives of their children are changing.

B.There are several stages in human development.

C.Different roles are expected at different stages.

D.Parents' roles in the lives of their children do not change.

Unit 3 Multiple choice Passage 1

In his landmark book, Understanding Media: The Extensions of Man, Marshall McLuhan expounded on his famous statement, "The medium is the message." McLuhan's essential point is that to what use a technology is put (i.e. the content) is less important than the impact of the technology itself. That is, it is the very act of watching television that is crucial, rather than whether one is watching a children's show or a violence-laden adult drama.

McLuhan also divides media into "hot" and "cool". He stated that "A hot medium is one that extends one single sense in 'high definition (高清晰度,高分辨率)', which is being well filled with data." Examples of hot media are films, radio, and books. These media provide an experience in which the participant is essentially passive. The image is viewed, the sound heard, and the words read, but the individual does not have an active involvement in how the experience is created (e.g., one can read the end of the book first, but to get the full experience of the author, it is meant to be read in a linear fashion).

Cool media, by contrast, force the participant to engage in the transmission process. Examples of cool media are newspapers and televisions. In each case, the medium is not "well filled with data". The individual may read a newspaper story in a linear fashion, but the selection of the story (or advertisement) to be read first from the mosaic of the newspaper page is at the discretion of the individual. Television is considered cool due to the nature of the technology. The screen is a cathode ray tube (阴极射线管) that continually scans a series of dots or pixels (像素) with a beam of light.

The eyes only input a fraction of these dots, and the brain actively engages in putting the pieces together to create an image. Cool media, by definition then, create a significantly more engaging experience. Computer screens, and thus computer activities, are also cool (and therefore engaging), because they use the same basic technology as the television. Simply observing an experienced computer user (or television watcher) or, more dramatically, futilely attempting to gain his or her full attention, speaks to the level of engagement experienced.

1. According to Marshall McLuhan, which of the following statements is correct?

A.TV watching behavior is more crucial than the TV programs one watches.

- B.One can understand the author's experience by reading the book ending first.
- C.Participants are forced to engage in the transmission process of hot media.
- D.Newspapers and televisions are both cool media because of their technology nature.
- 2. According to Marshall McLuhan, which of the following is NOT a "hot medium"?

B.Newspaper.

C.Radio.

D.Book.

- 3. Which of the following is the key difference between hot media and cool media?
- A. Words are read in hot media but not in cool media.
- B.Hot media have both image and sound while cool media don't.

C.Cool media require participants' active engagement while hot media don't.

- D.Hot media require participants' active engagement while cool media don't.
- 4. Which of the following is true for an experienced computer user?
- A.It is easy to attract his attention from the computer.

B.It is hard to attract his attention from the computer.

- C.A computer user is more engaged than a TV watcher.
- D.A computer user is less engaged than a TV watcher.
- 5. When one watches TV, which of the following is NOT true?
- A.The TV watcher's eyes cannot input all dots on the screen.
- B. The screen keeps scanning a series of dots or pixels with a beam of light.

C.The TV watcher does not have an active involvement.

D.The brain puts the dots that the eyes input together to create an image.

Unit 3 Multiple choice Passage 2

An Israeli entrepreneur with decades of experience in international education plans to start the first global, tuition-free Internet university, a non-profit venture he has named the University of the People.

"The idea is to take social networking and apply it to academia," said Shai Reshef, an entrepreneur and founder of several previous Internet-based educational businesses. "The open source courseware is there, from universities that have put their courses online, available to the public, free. We know that online peer-to-peer teaching works. Putting it all together, we can make a free university for students all over the world, anyone who speaks English and has an Internet

connection."

Online learning is growing in many different contexts. Through the Open Courseware Consortium, started by the Massachusetts Institute of Technology in 2001, universities around the world have posted materials for thousands of courses — as widely varied as Utah State University's "Lambing and Sheep Management" and MIT's "Relativistic Quantum Field Theory" — all free to the public. Many universities now post their lectures on the iTunes music store.

For-profit universities like the University of Phoenix and Kaplan University have extensive online offerings. And increasingly, both public universities, like the University of Illinois, and private ones, like Stanford, offer at least some classes online.

Outside the United States, too, online learning is booming: Open University in Britain, for example, enrolls about 160,000 undergraduates in distance learning courses.

The University of the People, like other Internet-based universities, would have online study communities, weekly discussion topics, homework assignments and exams. But in lieu of tuition, students would pay only nominal fees for enrollment (\$15 to \$50) and for exams (\$10 to \$100), with students from poorer countries paying the lower fees.

Reshef said his new university would use active and retired professors — some paid, some volunteers — along with librarians, master-level students and other professionals to develop and evaluate curriculum, and oversee assessments.

He plans to start small, capping enrollment at 300 students when the university begins in the autumn, and at first offering only bachelor's degrees in business administration and computer science. Reshef said the university would apply for accreditation (资格认定) as soon as possible.

- 1. According to the passage, what kind of people can join the University of the People?
- A.People who are from the developed countries like the US.
- B.People who are from the developing countries.
- C.People who can speak English and have an Internet connection.
- D.People who have finished their high school education.
- 2. Which of the following universities first put their course materials on the Internet?

A.Massachusetts Institute of Technology.

- B.Utah State University.
- C.University of Phoenix.
- D.University of Illinois.
- 3. According to the passage, what kind of people Shai Reshef will NOT employ in the University of the People?
- A.Retired professors.
- B.Relevant professionals.
- C.Librarians.
- D.University undergraduates.

4. The University of the People is a free university. It means .

A.students who want to attend the university don't have to pay anything

B.students need to pay a small amount of money for enrollment and exams

C.students from poorer countries don't need to pay anything

D.students from rich countries don't need to pay anything, just like students from poor countries

5. Which of the following is NOT true about the initial plan of Shai Reshef for the University of the People?

A.Only 300 students will be enrolled.

B.The university starts in the autumn.

C.The university has already got the accreditation.

D.The university offers bachelor's degree for two majors.

Unit 4 Multiple choice Passage 1

Carolyn Twietmeyer lay in an Addis Ababa (亚的斯亚贝巴,埃塞俄比亚首都) hospital bed in July 2008, holding 11-year-old Selah, who had been her daughter for only a few weeks. Swatting (拍, 打) biting insects that swarmed through the window, she listened as doctors said there was little hope for her child: Selah had AIDS (艾滋病), weighed mere 32 pounds, and had long been denied blood transfusions due to limited supply. With Carolyn's blood now pumping through the girl's body, she prayed Selah would be well enough to board a plane to the Twietmeyers' home in the Chicago suburbs.

Luck may have played a part, but Twietmeyer's determination made a difference in Selah's life — she's now an energetic 13-year-old girl — as it has done for Carolyn and her husband Kiel's 12 other kids, aged 4 to 21. With seven biological children and six adopted (two of whom have HIV), Carolyn, 40, and Kiel, 35, preside over a somewhat unwieldy (笨重的) but obviously loving clan.

In 2006, the Twietmeyers founded Project Hopeful, a nonprofit that, so far, has helped place orphans, many with HIV, with 180 families in the US. Shane and Diane Lewis, of Crown Point, Illinois, worked with Project Hopeful to adopt four daughters, aged 6 to 8, who are all HIV positive. "Carolyn is always available with answers or encouragement," says Shane. "Adopting a child with serious medical needs is not easy," he adds. "Your commitment will be tested, but it's absolutely worth it."

The Twietmeyers also feel the challenges. Kiel's \$64,000 salary is stretched thin and Carolyn rises at 4:00 a.m. to prepare meals and lesson plans. But the happiness, they say, far outweighs the costs. One evening, 12 of the kids stage a break-dance contest in the family room. Watching them collapse into a pile of giggles and shrieks, Carolyn catches Kiel's eyes and smiles. "We're not wealthy," she says. "But we feel rich."

1. Where do the Twietmeyers live?

A.Crown Point, Illinois.

B.Chicago suburbs.

C.Addis Ababa.

D.New York City.

2. Which of the following contributed the most to turn Selah into an energetic girl from a dying AIDS patient?

A.Carolyn's blood transfusions to her.

B.Carolyn and Kiel's determination to love and care for her.

C.That Selah dances a lot.

D.That Carolyn prays every day.

3. How many biological children do Carolyn and Kiel have?

A.7.

B.13.

C.12.

D.6.

4. What is the main function of Project Hopeful?

A.Raising fund to help AIDS patients.

B.Helping US families to adopt orphans.

C.Making more money.

D.Making the Twietmeyers more well-known.

5. Which of the following is NOT a challenge to the Twietmeyers?

A.Short of money.

B.Tough housework.

C.Children education.

D.Conflicts between children.

Unit 4 Multiple choice Passage 2

The number of families that struggle to get enough food has increased in recent years. The US Department of Agriculture reported that in 2010, 14.5 percent of households in the United States — about 17.2 million — lacked the resources to provide enough food for everybody. Among those, about 6.4 million households saw normal eating patterns disrupted or reduced because there wasn't enough food.

Food insecurity — uncertainty about where the next meal will come from — is particularly hard on one group: children.

The nonprofit Feeding America, a network of more than 200 food banks around the United States, reports that one in five children are at risk of hunger. For children in African-American or Latino households, it's closer to one in three.

They're likely to have trouble focusing in school. They might experience illness or poor health as a result. They're also likely to struggle with stress at home or in class. While many are eligible for free or reduced-price food at school, those programs don't provide food at night, on weekends or during breaks from school.

Hunger is still a more frequent problem for homes headed by single parents and for homes below the federal poverty line, the USDA reports, but it has also crept into homes that have never experienced it before.

"It's invasive and real," said Paula Thornton-Greear, a Feeding America spokeswoman. "It's a time of record need, a time when you're seeing people from all walks of life needing assistance to meet their food needs."

"For adults, the most important step might be talking about it, reaching out to friends and family who can help and learning what government and nonprofit food programs are available," said Thornton-Greear.

"At some point, we're all in need of something," she said. "It's reflective of a society experiencing a huge downturn. It's not reflective of one individual."

For kids, it might mean getting adults more engaged in teaching nutrition and stopping hunger before it starts.

1. According to the passage, which group of people suffer the most from food insecurity in the USA?

A.Single parent family.

B.Children.

C.Family below poverty line.

D.Jobless adults.

2. What suggestion did Thornton-Greear give to adults on their food insecurity problem?

A.Try to work hard and earn more money to buy food.

B.Learn more skills to be better qualified for new jobs with higher pay.

C.Ask friends, government and nonprofit food programs for help.

D.Stay at home waiting for others to come to help.

3. According to the passage, why do the children who are eligible for free or reduced-price food at school still face hunger problem?

A.Because they experience illness or poor health.

B.Because they struggle with stress at home or in class.

C.Because no such food is provided when they are not at school.

D.Because they have difficulty focusing in school.

4. According to the passage, which of the following figures was reported by Feeding America?

A.There were 14.5 percent of households in the US in 2010 lacking the resources to provide food for everybody.

B.In African-American or Latino households, nearly one in three children are at risk of hunger.

C.There were about 17.2 million households in 2010 lacking the resources to provide food for everybody.

D.About 6.4 million households saw their normal eating patterns disrupted or reduced due to the shortage of enough food in 2010.

5. According to the passage, which of the following statements is NOT true?

A.Food insecurity is more common in African-American or Latino households.

B.Food insecurity is only a problem for a few social groups.

C.Feeding America is a nonprofit organization helping people meet their food needs.

D. Teaching nutrition is also a way to help children who are in danger of hunger.

Unit 5 Multiple choice Passage 1

Television has opened windows in everybody's life. Young men will never again go to war as they did in 1914. Millions of people now have seen the effects of a battle. And the result has been a general dislike of war, and perhaps more interest in helping those who suffer from all the terrible things that have been shown on the screen.

Television has also changed politics. The most distant areas can now follow state affairs, see and hear the politicians before an election. Better informed, people are more likely to vote, and so to make their opinions count.

Unfortunately, television's influence might be harmful to the young. Children do not have enough experience to realize that TV shows present an unreal world, and that TV advertisements lie to sell products that are sometimes bad or useless. They believe that the violence they see on the screen is normal and acceptable. All educators agree that the "television generations" are more violent than their parents and grandparents.

Also, the young are less patient. Used to TV shows, where everything is quick and interesting, they do not have the patience to read an article without pictures, to read a book that requires thinking, to listen to a teacher who doesn't do funny things like the people on TV programs. And they expect all problems to be solved happily in 10, 15, or 30 minutes. That's the time it takes on the screen.

1. In the past, young men
A.liked wars
B.went in for politics
C.liked to save the wounded in wars
D.didn't know the effects of war
2. Now with TV people can
A.discuss politics at an information center
B.get more information about politics
C.make their own decisions on political affairs
D.express their opinions freely
3. The author thinks that television is
A.reliable on the whole
B.useless to people
C.a good guide to adults
D.very harmful to the young
4. Which of the following statements is NOT true according to the passage?
A.People have become used to the violence shown on TV now.
B.With a TV set some problems can be solved quickly.
C.People now like to read books with pictures.
D.The adults are less violent than the young.
5. From the passage, we can conclude that

A.children should be kept away from TV B.TV programs should be improved C.children's books should have pictures D.TV has a deep influence on people

Unit 5 Multiple choice Passage 2

Most young people enjoy some forms of physical activity. It may be walking, cycling or swimming, or in winter, skating or skiing. It may be a game of football, hockey, golf, or tennis. It may be mountaineering.

Those who have a passion for climbing high and difficult mountains are often looked upon with astonishment. Why are people willing to suffer cold and hardship, and to take risks on high mountains? This astonishment is caused probably by the difference between mountaineering and other forms of activity to which men give their leisure.

Mountaineering is a sport and not a game. There are no man-made rules, while there are for such games as golf and football. There are, of course, rules of a different kind which it would be dangerous to ignore, but it is this freedom from man-made rules that makes mountaineering attractive to many people. Those who climb mountains are free to use their own methods.

If we compare mountaineering and other more familiar sports, we might think that one big difference is that mountaineering is not a "team game". We should be mistaken in this. It is true that there are no "matches" between "teams" of climbers, but when climbers are on a rock face linked by a rope on which their lives may depend, there is obviously teamwork.

A mountain climber knows that he may have to fight against forces that are stronger and more powerful than man. He has to fight against the forces of nature. His sport requires high mental and physical qualities.

A mountain climber continues to improve his skill year after year. A skier is probably past his best by the age of 30, and most international tennis champions are in their early 20s. But it is not unusual for men of 50s or 60s to climb the highest mountains in Alps. It may take them more time, but they probably climb with more skill and less waste of effort, and they certainly experience equal enjoyment.

1. Mountaineering involves	
A.no rules	
B.skating and skiing	
C.no teamwork	
D.hardship and physical risk	
2. Mountaineering is not a game, but a sport because there are no	for it.
A.fans	
R man-made rules	

C.uniforms
D.risks
3. Which of the following statements is NOT true?
A.Older people can still climb the highest mountains in Alps.
B.Older people may climb mountains with more skill and less waste of effort.
C.Older people can't develop their mountain-climbing skill because of their old age.
D.Older people can also experience enjoyment when climbing mountains.
4. Mountaineers sometimes have to fight against
A.the forces of nature
B.each other
C.other teams
D.international standards
5. The best title for this passage may be
A.Mountaineering, a sport or a game
B.Mountaineering and other sports

C.Mountaineering

D.Mountain climbers

Unit 6 Multiple choice Passage 1 南昌普通 3A

Now most of the workers and public servants work from 9:00 a.m. to 5:00 p.m. Some of them even work from 8:00 a.m. or 8:30 a.m. to 5:00 p.m. However, according to the global Internet survey done by the UK Sleep Council, the Mediterranean siesta (午睡) is the right idea all along. The UK Sleep Council called on the country's bosses to end 9-to-5 working hours in favor of more flexible hours. They believe what would really pump up the pulse of worker productivity is a nice afternoon nap, rather than those bonuses and incentives.

Forty-one percent of the 12,000 people who responded to the council's survey said they were most productive in the morning, while 38 percent said they worked better in the evening. "The implication is that the majority are not so energetic in the middle of the day — the traditional time for a siesta in hot countries," said sleep expert Dr. Chris. "We must conclude from this survey that the traditional 9-to-5 working day does not suit the majority." He suggested that allowing workers to follow their natural sleeping habits would actually benefit employers by allowing workers to expand their working hours and be more productive.

Fortunately, being a college lecturer, I don't have to go to work every day. I only work three days a week, but during the three days, I work really long hours and have no time for a little siesta. I'm usually so tired and sleepy in the afternoon, which really affects the result of my classes. I used to feel very guilty and sorry for the students of the afternoon classes, but then I excused myself by thinking I'm not a man wearing his shorts outside the long pants, superman does.

I strongly support Dr. Chris' idea for two reasons. One is when people have flexible working hours they could reach their highest productivity. On top of that, flexible working hours means that people don't have to work all at the same time, so that we could avoid traffic congestion and jams. Therefore

it's really killing two birds with one stone! What do you guys think?

- 1. Which of the following statements is correct?
- A.The majority of workers and public servants work from 8:00 a.m. or 8:30 a.m. to 5:00 p.m.
- B.Most of the workers and public servants have the chance for a siesta at noon time.
- C.Bonuses and incentives increase workers' productivity most.

D.A good afternoon nap works better to increase workers' productivity.

2. According to the UK Sleep Council's survey, what percentage of people interviewed are NOT working in their best state at noon time?

A.79 percent.

B.41 percent.

C.38 percent.

D.21 percent.

- 3. Based on the result of the UK Sleep Council's survey, what would happen if companies allow workers to follow their natural sleeping habits?
- A.Most workers will not take an afternoon nap.
- B. Workers will work harder to compensate for the nap.
- C. Workers will work longer hours.

D.The productivity will be increased.

- 4. What's the author's occupation?
- A.A boss of a company.
- B.A survey analyst.

C.A teacher.

- D.A news reporter.
- 5. Which of the following is NOT true about a start-up company?
- A.Staff can wear casual clothes to work.

B.People will not be easily noticed for their laziness.

- C.Staff sometimes can play games during working days.
- D.People there enjoy more freedom in work.

Unit 6 Multiple choice Passage 2

Joining an established, highly prestigious company has become more difficult for graduates in recent years. It seems that many major corporations have a steady team of staff. If positions become vacant, you have to compete with hundreds of applicants to get a job interview. Consequently, more graduates are working for start-up companies. It's both highly risky and rewarding.

A start-up company provides an uncertain future. But if it becomes an established name or brand, you'll have a greater sense of achievement than you would have for working for a big corporation.

If you want to join a small company, it's useful to know that start-ups and big companies have vastly different career paths, and you'll find contrasting corporate cultures. "Teamwork is especially important in a start-up company," said Tang Qin, HR manager in a technology company launched in 2001. Tang explained that a start-up company often has a small staff but big plans and goals. "In

a start-up, you want to create something, but you cannot do it alone. So it requires you to cooperate with others," she said. "But big companies always want you to spend all your time on small details."

Start-up companies also have quicker paths to promotion, and value innovative ideas more than big corporations. Lin Yan, 28, a graduate in computer science from Shantou University, joined a start-up company. In four months, he became a team leader. Six months later he became a project manager. "A start-up company will always have room to entertain your creative imagination."

Start-up companies also have a more casual working atmosphere. Zhang Xin, 25, a PR manager of a game company, always wears a T-shirt and jeans to work. Staff can play board games during working days, because it helps them to design new games. "You get more freedom," said Zhang. "But you must get things done before the deadline. If you are too laid-back, it will be easily noticed."

- 1. According to the passage, which of the following is NOT the reason for the increasing difficulty of college graduates to get a job in a big company?
- A.Big companies usually have a steady team of staff.
- B.If there is any vacancy in a big company, a large number of applicants would apply for it.

C.Big companies are usually well-established with good reputation.

- D.Graduates are faced with intense competition to get a job interview.
- 2. According to the passage, which of the following is the advantage of working for big companies?

A.It offers a certain future.

B.It is highly risky.

C.It gives a greater sense of achievement.

D.It is very rewarding.

- 3. According to the passage, which of the following is NOT one of the differences between big companies and start-up companies?
- A.Different career paths.
- B.Different corporate cultures.

C.Different levels of salary.

- D.Different working atmospheres.
- 4. According to the passage, teamwork is more important for a start-up company because a start-up company .

A.needs to strengthen its team spirit to function more efficiently

B.needs to build up its team in order to expand its business

C.always wants to create something new to be more competitive

D.has a small staff but big plans, so workers have to cooperate with others

- 5. Which of the following is NOT true about a start-up company?
- A.Staff can wear casual clothes to work.

B.People will not be easily noticed for their laziness.

- C.Staff sometimes can play games during working days.
- D.People there enjoy more freedom in work.

Unit 7 Multiple choice Passage 1

Throughout the world of adventure and sport, no group generates as much anger and hatred as road cyclists do. Over the last six months, I've conducted an informal survey of friends and family, asking them "What do you think of road cyclists?" It turned out that road cyclists piss people off.

At the heart of the problem is that road cyclists are often perceived as arrogant, elitist, self-righteous, and acting as if they were above the law. Two weeks ago, we posted a video of a car crashing into two road cyclists, then leaving the scene without stopping. Commenters predictably directed anger at the driver, but there were also plenty who pointed out that the riders ran stop signs prior to being hit. Even when road cyclists are victims, they find a way to attract criticism.

Lest you think I'm staking out an anti-cyclist bias, I'd like to raise two points. First, I love bikes and bike culture, including the rich heritage of road cycling in all its forms. I ride a road bike regularly. I was the founding editor of Bike magazine, and my colleague here at AJ, Michael Frank, was an editor at Bicycling and Mountain Bike for a decade. Our other main partner in crime, Brendan Leonard, cycled his road bike across the country two years ago. We are bike people — road, mountain, cross, single speed, fixed, etc. — and our passion for cycling should come through in the depth and breadth of our coverage here.

The second point is that the image of road cyclists and road cycling matters to all of us who ride. Open conflict between road cyclists and drivers is only going to make issues more difficult for those on two wheels — getting more bike lanes will be tougher; cooperation on bike-friendly policy will be a great challenge; and, perhaps most importantly, the roads will become more dangerous.

1. According to the author's informal survey, road cyclists people.
A.delight
B.annoy
C.surprise C.surprise
D.sadden
2. Speaking of the road cyclists' public image, which of the following statements is NOT true?
A.Road cyclists are regarded as arrogant.
B.Road cyclists often behave in a proud way.
C.Road cyclists usually obey the traffic law.
D.Road cyclists think they are always right.
3. What might the author think of the road accident mentioned in Paragraph 2?
A.He might feel that the car driver should be harshly criticized for crashing into the two road
cyclists.
B.He might be for the two road cyclists because they were the victims in the road accident.
C.He might know the car driver who left the scene without stopping after the accident.
D.He might think that it was the two road cyclists' fault to run stop signs before being hit by the
car.
4. The author takes his colleagues and himself as examples to
A.attract more attention
B.describe their strong liking for road cycling

C.demonstrate their rich knowledge of cycling

D.prove his impartial attitude toward road cyclists

5. According to the author, what might be the most serious outcome of the open conflict between road cyclists and drivers?

A. The roads will possibly become more dangerous.

B.It will be difficult to get more bike lanes.

C.It will be hard to carry out bike-friendly policy.

D.The number of road cyclists will decrease.

Unit 7 Multiple choice Passage 2

During 37 years on the School of Law faculty, Tamar Frankel has written textbooks on mutual funds, securitization, and the regulation of investment management. She has been a visiting scholar at the Securities and Exchange Commission and was on the commission that established the structure of the Internet. She has become a resource for national business reporters needing an expert's perspective. And she has watched American business ethics deteriorate.

Concerned by the trend over the past three decades of increasing tolerance of dishonesty and financial abuse, Frankel has written a disturbing analysis of where America has gone wrong and how to revive itself.

Trust and Honesty: America's Business Culture at a Crossroad (Oxford University Press) traces how temptations and opportunities to defraud have risen while legal and moral barriers to trust have declined and now threaten our prosperity. To reverse this trend, Frankel says, Americans must demand of their leaders, of themselves, and of one another more honesty and trust and less cynicism — a utopian ideal, but a necessary cultural aspiration.

Trust and Honesty has gained a global audience. InternetBar.org, a virtual bar association, in a first-of-its-kind symposium, staged a 10-day online dialog discussing Frankel's book and its suggestions about the road to a more ethical society. Participants from the United States, Africa, the Middle East, and Southeast Asia concluded with the goal of creating a permanent cyber network to keep open the discussion of such issues and help the legal profession lead an effort to establish greater trust around the world.

According to Tamar Frankel, to move back toward an honest society, the first step is to be aware of the change. The second is to recognize the harm of this change and the danger that it will become our permanent culture. The third is trying to restore the balance between morality and law and the justice of the market.

1. The textbooks written by Tamar Frankel are mainly relevant to
A.law
B.finance
C.securities C.securities
D.morality
2. It can be inferred from the passage that Tamar Frankel is .

A.a professor of law and an author

B.a professor of finance and a visiting scholar

C.a professor of business and an author

D.a professor of business and a visiting scholar

3. According to the passage, Trust and Honesty: America's Business Culture at a Crossroad is

A.an article

B.a research report

C.a book

D.an academic paper

4. The example of InternetBar.org is used to ...

A.emphasize that the symposium was the first of its kind

B.illustrate that Trust and Honesty has gained a global audience

C.show that participants in the online dialog came from different continents

D.stress that people are determined to establish greater trust around the world

5. In Trust and Honesty, Tamar Frankel .

A.analyzes where the world has gone wrong

B.traces how temptations and opportunities to defraud have risen

C.discusses how legal and moral barriers to trust have been removed

D.suggests four steps to move back toward an honest society

Unit 8 Multiple choice Passage 1

In the college-admissions wars, we parents are the true fighters. We're pushing our kids to get good grades, take SAT preparatory courses and build resumes so they can get into the college of our first choice. We see our kids' college background as a prize demonstrating how well we've raised them. But we can't deny that our obsession (痴迷) is more about us than our kids. It actually doesn't matter much whether Adam and Nicole go to Stanford.

We have a full-blown prestige (名望) panic; we worry that there won't be enough prizes to go around. Fearful parents urge their children to apply for more schools than ever. Underlying the hysteria (歇斯底里) is the belief that scarce elite degrees must be highly valuable. Their graduates must enjoy more success because they get a better education and develop better contacts. All that is plausible—and mostly wrong. We haven't found any convincing evidence that selectivity or prestige matters. Selective schools don't systematically employ better instructional approaches than less selective schools.

Kids count more than their colleges. Getting into Yale may signify intelligence, talent and ambition. But it's not the only indicator and, paradoxically (自相矛盾地), its significance is declining. The reason: So many similar people go elsewhere. Getting into college is not life's only competition. In the next competition — the job market or graduate schools — the results may change. Princeton economist Alan Krueger studied admissions to one top Ph.D. program. High scores on the GRE helped explain who got in; degrees of prestigious universities didn't.

So, parents, lighten up. The stakes have been vastly exaggerated. Up to a point, we can rationalize our pushiness. America is a competitive society; our kids need to adjust to that. But too much pushiness can be destructive. The very ambition we impose on our children may get some into Harvard, but may also set them up for disappointment. One study found that, other things being equal, graduates of highly selective schools experienced more job dissatisfaction. They may have been so conditioned to being on top that anything less disappoints them.

- 1. Why does the author say that parents are the true fighters in the college-admissions wars?
- A. They have the final say in which university their children are to attend.
- B. They know best which universities are the most suitable for their children.
- C.They have to carry out intensive surveys of colleges before their children make an application.
- D. They care more about which college their children go to than the children themselves.
- 2. Why do parents urge their children to apply for more schools than ever?
- A. They want to increase their children's chances of entering a prestigious college.
- B. They hope their children can enter a university that offers attractive scholarships.
- C. Their children will have a wider choice of which college to go to.
- D.Elite universities now enroll fewer students than they used to.
- 3. What does the author mean by "kids count more than their colleges" (Sentence 1, Paragraph 3)?
- A.Continuing education is more important to a person's success.
- B.A person's happiness should be valued more than their education.
- C.Kids' actual abilities are more important than their college background.
- D. What kids learn at college cannot keep up with job market requirements.
- 4. What does Alan Krueger's study tell us?
- A.Getting into Ph.D. programs may be more competitive than getting into college.
- B.Degrees of prestigious universities do not guarantee entry to graduate programs.
- C.Graduates from prestigious universities do not care much about their GRE scores.
- D.Connections built in prestigious universities may be sustained long after graduation.
- 5. One possible result of pushing children into elite universities is that _____.
- A.they earn less than their peers from other institutions
- B.they turn out to be less competitive in the job market
- C.they experience more job dissatisfaction after graduation
- D.they overemphasize their qualifications in job application

Unit 8 Multiple choice Passage 2

The night is not what it was. Once, the earth was cast perpetually half in shadow. Man and beast slept beneath inky skies, dotted with glittering stars. Then came fire, candle, and the light bulb, gradually drawing back the curtain of darkness and giving us unprecedented (前所未有的) control over our lives.

But a brighter world, as is becoming increasingly clear, has its drawbacks. A study released last year found that breast cancer is nearly twice as common in brightly-lit communities as in dark. The finding added once more to a growing body of evidence that artificial light threatens public health, wildlife, and possibly even safety.

Those findings are all the more troubling considering that an estimated 30 percent of outdoor lighting — plus even some indoor lighting — is wasted. Ill-conceived, ineffective, inefficient light costs US about 10.4 million dollars a year, according to Bob Gent of the International Dark Sky Association, a non-profit organization that aims to control light pollution, and it generates 38 million tons of carbon dioxide a year.

Motivated by such trends, more than two dozen cities worldwide will go dim on March 29 in an hour-long demonstration. According to the World Wildlife Fund, which is organizing the event, an estimated 2.2 million Australians switched off their lights or took other action during "Earth Hour" last year in Sydney, briefly reducing that city's energy use by more than 10 percent.

A number of groups are trying to measure light pollution and assess its detrimental (有害的) effects on the environment in the hope that people will reduce their own contribution to the problem. Last week, as part of an annual program called GLOBE at Night, thousands of students and amateur scientists stared up at the constellation Orion (猎户星座) from locations across the country and reported how many of its stars they could see. No data are yet available, but such action has already aroused public attention on light pollution.

1. The word "drawbacks"	(Sentence 1, Paragraph 2) probably means	
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A.benefits

B.interests

C.effects

D.problems

2. What disadvantages do people have if working at night?

A. They lose the chance to gaze stars.

B. They have a higher risk of health problem.

C.They have less exposure to white light.

- D.They are to blame for light pollution.
- 3. What can be learned from Paragraph 3?

A.The study revealed causes lots of trouble.

B.Indoor lighting costs the US more than outdoor lighting.

C. The International Dark Sky Association makes efforts to reduce light pollution.

- D.The International Dark Sky Association strongly opposes outdoor lighting service.
- 4. What will people in some cities do on March 29 according to the passage?

A.They will turn on some lights for an hour.

B.They will organize an event to have some fun.

C. They will hold a demonstration which will last for an hour.

- D. They will gather together and count how many stars they can see.
- 5. Amateur scientists counted the number of stars in order to ...

A.illustrate the impact of light pollution

B.compare air quality in different areas

C.see how the sky has changed with time

D.arouse public interest in space

Part V Vocabulary and Structure (10%): 十个句子, 四选一

B1Unit 1

1. That touching movie has exerted a(n) effect on my view of love.			
A. bad	B. profound	C. adverse	D. convincing
2. If you undertake the	is project, you are bo	ound to diffic	rulties.
A. counter	B. overcome	C. encounter	D. defeat
3. Think twice and do	not a new ca	reer before the time	is right.
A. take on	B. walk on	C. embark on	D. put on
4. Excuse me, these se	eats are for th	e special guests. Co	uld you please take a seat over
there?			
A. committed	B. ordering	C. imposed	D. reserved
5. Parents should bew	rare of their or	wn tastes on their ch	nildren.
A. imposing	B. putting	C. giving	D. passing
6. Teachers have a lim	nited amount of time	to with each	child.
A. interactive	B. interact	C. contact	D. touch
7. The sofa can	for use as a bed.		
A. transfer		C. transform	D. transcend
8. All dogs are	of doing harm to hu	man beings.	
A. able	B. enable	C. enabled	D. capable
			ological development.
A. formulate	B. formula	C. form	D. set
10. The most visible s			
A. intense	B. intention	C. intensity	D. tension
1-5 BCCDA	6-10 BCDAC		
		B1Unit 2	
1. Snakes always	at their nrew h		
A. glare B. stare		•	
			ne that I had heart trouble.
A. routine B. regula			ne that I had heart trouble.
3. As she stood on the			
A. anyway B. some			
4. Once the program s	•		n
A. agenda . B. process		D. schedule	··
-			wish I had someone to play with.
	essly C. anxiously		with the someone to pluy with
• •	•		e the challenges that await them.
A. pondering B. re			
			more than just someone who
teaches and someone			·
A. contact B. con	nnection C. assoc	iation D. bond	

8. Some people	live in permanent insecurity, and	have many fears a	nd anxieties that make them
dependent and	to the judgments of other	s.	
A. fragile B.	vulnerable C. weak D. frail		
9. Speaking wel	l of yourself would only make yo	ou appear conceited	d and
A. miraculous	B. sparkling C. pretentious	D. listless	
10. I have made	the last check-up for you, and a	ll is right. You can	from hospital.
A. discharge	B. escape B. release D. free		
11. Pitifully, Ch	inese fans won't have their own	teams to fo	r throughout the Rio 2014
World Cup.			
A. support B	. fight C. root D. pledge		
12. It gradually	on me that I still had tale	ent and ought to run	n again.
A. dawned	B. occurred C. hovered D.	appeared	
13. Marriage is	about the biggest commitment ye	ou can imagine, and	d ending a marriage is a
experie	nce.		
A. incredible	B. dreadful C. thrilling	D. miraculous	
14. He	the important letter from the was	te paper basket.	
A. retrieved	B. retreat C. relocate D.	retail	
15. His mind wa	as a of fear and confusion	1.	
A. maze B.	gaze C. haze D. daze		
1-5 BACDB	6-10 ADBCA 11-15 CABAC		
		昌普通 3A 1-5	
1. A cheaper car	mera is not always to a mo	ore expensive one.	
A. interior	B. inferior	C. exterior	D. superior
	in make you feel empty and a ser		
•	B. belonging		•
_	e of pride over her as she		ory in her school days.
-	B. swept		D. poured
4. Patience is _	, but its fruit is sweet.		
A. bitterness	B. bitter	C. bittering	
_	t to show that you are open to tea	_	but it's also vital that you
on your o	own ideas if you believe in them.		
A. take	B. stick	C. fasten	D. impose
	cician is; he may make mis		
A. fallible	B. fallacious	C. false	D. infallible
C	th his wife so vehemently that he		
A. hoarsely	B. hoarseness	C. hoarse	D. hoarsen
8. We are certai	n that he will his illness.		
A. come over	\mathcal{E}	C. get over	D. give over
	and technology are disciplines		her and from science.
A. differ	B. distinct	C. distinctive	D. extinct
	at cloth over the baby's face, you		
A. smother	B. cover	C. breathe	D. smooth

1-5 BCBBC 6-10 DCCBA

B1Unit 4 南昌普通 3A 6-10

1. She's a woman who believes marriage comes by destiny.
A. sensible B. sensational C. senseless D. sentimental
2. It is generally agreed that education is a matter of learning process from to grave.
A. birth B. beginning C. origin D. cradle
3. We'd better keep off topics when talking with people from another culture.
A. particular B. special C. sensitive D. unique
4. She is acutely aware of the discrepancy between her inner state and her public A. demeanor B. action C. move D. status
5. A translator must be armed with the excellent ability of expressiveness and imagination.
A. live B. living B. alive D. vivid
6. Currently, government should give to its education rather than economic reform.
A. priority B. preemption C. preference D. highlight
7. Our wildlife trips offer a encounter with wildlife in its natural state.
A. influential B. positive C. thrilling D. thoughtful
8. Only when we realize the importance of helping each other can we be to building a
harmonious society.
A. devoted B. focused C. concentrated D. absorbed
9. A neighbor asked for the music to be turned down and the party broke
A. down B. off C. away D. up
10. The first of the project was completed two months ahead of schedule.
A. process B. section C. span D. phase
11. A student is practicing writing the Chinese xue, which means to study or to learn.
A. word B. letter C. script D. character
12. These trophies are constant of his glorious basketball career.
A. remainder B. retainer C. reminder D. retriever
13. His wages were up by his wine bills.
A. drowned B. swallowed C. consumed D. worn
14. We should make decisions in accordance with conditions.
A. special B. specialized C. specific D. specified

15. Anne and Mike were indeed a beautiful couple and I miss them terribly already.
A. now and then B. pure and simple C. inside and out D. fair and square
1-5 DDCAD 6-10 ACADD 11-15 DCBCC
B1Unit 5
1. I've been to almost all kinds of pets for my whole life, but luckily there are still a few I
can live with.
A. sensitive B. allergic C. alert D. adaptable
2. If I had known how he felt, I would never have let him those children.
A. adapt B. adjust C. adopt D. advocate
3. Never think success is merely a of luck. Rather, it's the result of untiring efforts.
A. piece B. wee C. stroke D. slight
4. An earthquake hit the capital, causing among the population.
A. scare B. panic C. fear D. fright
5. Mr. Burns had to quit his position as CEO, after it came to light that his brother was in jail for
corruption. Shareholders got scared he might have more skeletons in the
A. cabinet B. safe C. wardrobe D. closet
6. I noticed a slight of disagreement on his face.
A. nodding B. wink C. frown D. complexion
7. The parents showed remarkable forbearance toward their and unruly son.
A. defiant B. disciplined C. dishonest D. dutiful
8. After all the losses, we had to start from and it took times.
A. scramble B. scream C. scrape D. scratch
9. Among the habits which children should are slovenliness, rudeness, laziness, lying,
stealing and slandering.
A. shake B. shrink C. shatter D. shun
10. When an earthquake strikes, most people in doorways, or other strong points in their
homes.
A. cower B. cuddle C. huddle D. curl
11. My daughter ran away from home, I have to her back at once.
A. talk B. persuade C. convince D. coax
12. Relief agencies are stepping up efforts to provide refugees with food, and medical
supplies.
A. facilities B. shelter C. residence D. rescue
13. He will talk to anyone and out his life story to a total stranger.
A. spill B. confide B. disclose D. reveal
14. Seeking to from punishment, he only brought more suffering upon himself.
A. avoid B. escape C. flee D. shun
15. You've been drifting from job to job without any real
A. commitment B. seriousness C. duty D. passion

1-5 BCCBD 6-10 CADDA 11-15 DBACA

B1Unit 6

1. Having been living	in this small town s	since my birth, I fee	el so to leave.
A. willing B	3. reluctant	C. isolated	D. resolute
2. These actions are	with his prin	ciples.	
A. accord B	. according	C. consisting	D. consistent
3. If you have a crush	on her, take the	then: ask her if	you can train with her.
A. risks E	3. steps	C. initiative	D. initial
4. Patients may be put	at if hospital	staff refuse to work	in the evenings and at weekends.
A. danger B	. risk	C. operation	on D. compassion
5. He was a man of	, but unfortuna	tely he had a bad re	putation which I believe was not
deserved.			
A. integrate I	3. integral	C. integrity	D. initiative
6. It is not possible to	o another po	erson through kissii	ng.
A. affect	B. effect	C. infect	D. pollute
7. I disagree with the_	that economic	e development has	priority over the environment.
A. promise B.	<mark>premise</mark>	C. preface	D. demise
8. It is neither reasonal	ole nor fair to judge	e the blacks simply	by your
A. appearance	B. words	C. stereotype	D. types
9. For two decades the	country has been	by civil wan	r and foreign intervention.
A. ravaged B.	ravaging	C. preserved	D. preserving
10. He AIDS f	rom a blood transf	usion.	
A. distracted	B. contracted	C. attracted	D. isolated
1-5: BDCBC 6-	10: CBCAB		
		B1Unit 7	
-	are coming to reali	ze that tourism is a	mixed: it has advantages and
disadvantages.			
A. welfare B. bene			
	him quest	ions that made him	embarrassed but there'll be harder
ones to come.			
A. sharp B. harsh		D. picky	
3. We can by t	•		
A. drop B. fall	-	-	
	••		and hospitality of the people.
	overwhelmed		
5. Resourceful as he is			
A. run out B. used	-	,	
	_		own and cried into tears.
	C. collapsed		
	their successes a	nd mistakes as w	rell as up a few tips and tricks
along the way.			
A. acquire B. obt	ain C. gain	D. pick	

8. I was disappoir	nted to miss Bryan, who had	d just packed and o	out.
A. departed I	B. left C. checked I	O. fled	
9. in the sentence	"visitors from all parts of t	he world on Sunda	y afternoons to view public
exhibitions. ", wh	nich of the following cannot	be used in the blank?	
A. gathered I	B. assembled C. congre	gated D. aggregate	
10. We feel	by our local community's	generosity and support.	
A. humbled	B. degraded C. humili	ated D. disgraced	
	art of me is so from		roken heart.
	Ill C. weary D. bored		
12. My doctor sai	id he would some m	nedicine to quiet my nerves	S.
	B. describe C. ascribe		
13. He had a	of 20,000 dollars on his	head.	
	B. bound C. bonus	D. bounty	
14. The rats	around, searching for sc	raps of food in the rubbish	
	cramble C. dodge	<u>-</u>	
	s will also have to produce of		have paid social security or
	city for one year.		
	gratify B. justify	D. modify	
		•	
1-5 DCABA	6-10 BDCDA 11-15	CDDDA	
		B1Unit 8	
1. We up	the courage to ask the high-	rank official exactly what	it's like down those
forbidden streets.	_	,	
	B. mastered	C. mustered	D. took
_	less space because they		
A. turned		C. curve	D. twist
	ate Bridge is the ninth longe		
A. suspend			
-	m hand her some pretty pin	1 0	•
A. lean	B. whisper		D. weep
	ecided to go back to Beijing		1
A. desperation		C. depressed	D. depressing
	that he should have kr	_	g
A. chance	B. coincidence	C. accident	D. incident
	her voice until it was barely		
A. audible	B. edible	C. unbearable	D. unhearable
	lchair use will almos		2. william in
A. destroy	B. ruin	C. scuff	D. break
•	nething that seems impossib		2. Sivan
A. mystery	B. wonder	C. miracle	D. magic
• •	to pick up the paper crap		- · · · · · · · · · · · · · · · · · · ·
	B. stooped		orwarded

Part VI Translation (20%)

Section A (10%): 英译中

Unit 1 Section A

Toward a brighter future for all 奔向更加光明的未来

1 Good afternoon! As president of the university, I am proud to welcome you to this university. Your achievement is the triumph of years of hard work, both of your own and of your parents and teachers. Here at the university, we pledge to make your educational experience as rewarding as possible.

- 1 下午好! 作为校长,我非常自豪地欢迎你们来到这所大学。你们所取得的成就是你们自己多年努力的结果,也是你们的父母和老师们多年努力的结果。在这所大学里,我们承诺将使你们学有所成。
- 2 In welcoming you to the university, I am reminded of my own high school graduation and the photograph my mom took of my dad and me. "Pose naturally," Mom instructed us. "Wait!" said Dad, "Let's take a picture of me handing him an alarm clock." The clock woke me up every morning in college. It is still on my office desk.
- 2 在欢迎你们到来的这一刻,我想起自己高中毕业时的情景,还有妈妈为我和爸爸拍的合影。妈妈吩咐我们:"姿势自然点。""等一等,"爸爸说,"把我递给他闹钟的情景拍下来。" 在大学期间,那个闹钟每天早晨叫醒我。至今它还放在我办公室的桌子上。
- 3 Let me share with you something that you may not expect. You will miss your old routines and your parents' reminders to work hard and attain your best. You may have cried tears of joy to be finally finished with high school, and your parents may have cried tears of joy to be finally finished with doing your laundry! But know this: The future is built on a strong foundation of the past.
- 3 让我来告诉你们一些你们未必预料得到的事情。你们将会怀念以前的生活习惯,怀念父母曾经提醒你们要刻苦学习、取得佳绩。你们可能因为高中生活终于结束而喜极而泣,你们的父母也可能因为终于不用再给你们洗衣服而喜极而泣! 但是要记住: 未来是建立在过去扎实的基础上的。
- 4 For you, these next four years will be a time unlike any other. Here you are surrounded by great resources: interesting students from all over the country, a learned and caring faculty, a comprehensive library, great sports facilities, and student organizations covering every possible interest from the arts to science, to community service and so on. You will have the freedom to explore and learn about new subjects. You will learn to get by on very little sleep, meet fascinating people, and pursue new passions. I want to encourage you to make the most of this unique experience, and to use your energy and enthusiasm to reap the benefits of this opportunity. 4 对你们而言,接下来的四年将会是无与伦比的一段时光。在这里,你们拥有丰富的资源:有来自全国各地的有趣的学生,有学识渊博又充满爱心的老师,有综合性图书馆,有完备的运动设施,还有针对不同兴趣的学生社团——从文科社团到理科社团、到社区服务等等。你们将自由地探索、学习新科目。你们要学着习惯点灯熬油,学着结交充满魅力的人,学着去追求新的爱好。我想鼓励你们充分利用这一特殊的经历,并用你们的干劲和热情去收获这一机会所带来的丰硕成果。

- 5 You may feel overwhelmed by the wealth of courses available to you. You will not be able to experience them all, but sample them widely! College offers many things to do and to learn, and each of them offers a different way to see the world. If I could give you only one piece of advice about selecting courses, it would be this: Challenge yourself! Don't assume that you know in advance what fields will interest you the most. Take some courses in fields you've never tried before. You will not only emerge as a more broadly educated person, but you will also stand a better chance of discovering an unsuspected passion that will help to shape your future. A wonderful example of this is the fashion designer, Vera Wang, who originally studied art history. Over time, Wang paired her studies in art history with her love of fashion and turned it into a passion for design, which made her a famous designer around the world.
- 5 有这么多课程可供选择,你可能会不知所措。你不可能选修所有的课程,但是要尽可能体验更多的课程!大学里有很多事情可做可学,每件事情都会为你提供不同视角来审视世界。如果我只能给你们一条选课建议的话,那就是:挑战自己!不要认为你早就了解自己对什么样的领域最感兴趣。选择一些你从未接触过的领域的课程。这样,你不仅会变得更加博学,而且更有可能发现一个你未曾想到的、能成就你未来的爱好。一个绝佳的例子就是时装设计师王薇薇,她最初学的是艺术史。随着时间的推移,王薇薇把艺术史研究和对时装的热爱结合起来,并将其转化为对设计的热情,从而使她成为全球闻名的设计师。
- 6 Here at the university, it may not always be pleasant to have so many new experiences all at once. In your dorm, the student next door may repeatedly play the one song, which gives you a giant headache! You may be an early bird while your roommate is a night owl! And still, you and your roommate may become best friends. Don't worry if you become a little uncomfortable with some of your new experiences. I promise you that the happy experiences will outweigh the unpleasant ones. And I promise that virtually all of them will provide you with valuable lessons which will enrich your life. So, with a glow in your eye and a song in your heart, step forward to meet these new experiences!
- 6 在大学里,一下子拥有这么多新鲜体验可能不会总是令人愉快的。在你的宿舍楼里,住在你隔壁寝室的同学可能会反复播放同一首歌,令你头痛欲裂!你可能喜欢早起,而你的室友却是个夜猫子!尽管如此,你和你的室友仍然可能成为最要好的朋友。如果有些新的经历让你感觉不那么舒心,不要担心。我保证快乐的经历会多于不快的经历。而且我保证几乎所有这些经历都会给你带来宝贵的经验教训,从而使你的生活更加丰富多彩。所以,带着热切的目光和欢乐的心情,去拥抱这些新的体验吧!
- 7 We have confidence that your journey toward self-discovery and your progress toward finding your own passion will yield more than personal advancement. We believe that as you become members of our community of scholars, you will soon come to recognize that with the abundant opportunities for self-enrichment provided by the university, there also come responsibilities. A wise man said: "Education is simply the soul of a society as it passes from one generation to another." You are the inheritors of the hard work of your families and the hard work of many countless others who came before you. They built and transmitted the knowledge you will need to succeed. Now it is your turn. What knowledge will you acquire? What passions will you discover? What will you do to build a strong and prosperous future for the generations that will come after you?
- 7 我们相信,你们的自我发现之旅和对爱好的寻求带给你们的将不仅仅是个人的进步。我们相信,当你们成为我们的学者群体中的一员时,你们很快就会认识到,大学不仅提供大量自我充实的机会,同时也带来了责任。一位智者说过:"教育代代相传,它就是社会的灵

- 魂。"你们是你们家庭辛勤劳动成果的传承者,也是无数前辈辛勤劳动成果的传承者。他们积累了知识,并把知识传递给你们,而这些知识正是你们取得成功所必需的。现在轮到你们了。你们会获取什么样的知识?你们会发现什么样的兴趣爱好?你们怎样做才能为你们的子孙后代创造一个强大昌盛的未来?
- 8 We take great pleasure in opening the door to this great step in your journey. We take delight in the many opportunities which you will find, and in the responsibilities that you will carry as citizens of your communities, your country, and the world. Welcome!
- 8 我们很高兴能为你们人生旅途中这一重大阶段开启大门。我们很高兴你们将获得许多机会,也很高兴你们将作为社区、国家乃至世界的公民承担起应有的责任。欢迎你们!

Unit 1 Section B 南昌普通 3A

What we wish 我们的期望 My dear child, 我亲爱的孩子:

and challenge you; you will grow in incredible ways.

- 1 You are about to participate in the next leg of your journey through life. For us, this part is bittersweet. As you go off to college, exciting new worlds will open up to you. They will inspire
- 1 你即将踏上人生的下一段旅程。这让我们感到喜忧参半。当你离家、步入大学的校门, 激动人心的崭新世界将会展现在你面前。这将带给你鼓舞,也会使你面临挑战;你将获得 更大的进步与成长。
- 2 This is also a moment of sadness. Your departure to college makes it undeniably clear that you are no longer a child. There has been no greater joy than watching you arrive at this moment. You have turned our greatest challenge into our greatest pride. Although we have brought you to this point, it is hard to watch you depart. Remember above all things, we will miss you.
- 2 这也是令人伤感的时刻。离家去上大学就明确意味着你不再是个孩子了。没有什么比看到你走到今天这一步更令我们欣喜的了。你曾经是我们最大的挑战,现在却成为我们最大的骄傲。虽然是我们把你带到了这一步,但是看着你离开仍然很不舍。记住,最主要的是,我们会想念你。
- 3 College will be the most important time of your life. It is here that you will truly discover what learning is about. You often ask, "Why do I need to know this?" I encourage you to stay inquisitive, but remember this: "Education is what remains after one has forgotten everything he learned in school." What you learn is not as important as the fact that you learn. This is the heart of scholarship: moving from teacher-taught to master-inspired, on over to the point where you become a self-learner. So, take each subject seriously, and if something doesn't immediately engage you, don't despair. Embrace it as a challenge. Find a way to make it your own.
- 3 大学将是你人生中最重要的时光。只有在大学里你才会真正发现学习的真谛。你经常会问:"为什么我需要知道这个?"我希望你保持好奇心,但是记住:"教育就是当一个人忘记了在学校所学的一切之后剩下的东西。"你学什么并不如学习本身更重要。做学问的精髓就在于它可以使你从被动学习转向主动学习——直至成为一个真正具有学习能动力的自学者。所以,要认真对待每一门课程。如果某门课不能马上吸引你,不要绝望。把它当作一个挑战来接受它,设法使之成为你自己所喜欢的。
- 4 Of course, you must still take care to sign up for courses which stimulate your passion and your intellectual capacity. Don't be bound by what other people think. Steve Jobs said, when you are in

college, your passion will create many dots, and later in your life you will connect them. So, don't worry too much about what job you will have; don't be too practical. If you like French or Korean, study it even if someone else tells you that it's not useful. Enjoy picking your "dots". Be assured that one day, you will find your own meaningful career, and you will connect a beautiful curve through those dots.

- 4 当然,你还必须注意,要选择那些能够激发你的热情、拓展你的智力的课程。不要被别人的想法所左右。史蒂夫·乔布斯曾说过,在大学里,你的激情将会创造出很多个点,以后在生活中你会把这些点连接在一起。所以,不必过多担忧你将来会做什么样的工作,不要太现实。如果你喜欢法语或韩语,就去学,即使别人对你说学这些没用。尽情采集你的那些"点"。要坚信有一天,你会找到你自己的有意义的事业,你会把那些点串连成美丽的曲线。
- 5 You know that we always want you to do your best, but don't let the pressure of grades get to you. We care only that you try your very best, and that you learn. It is better that your greatest effort earns a lesser grade than that no effort earns you a decent or higher grade. Grades in the end are simply letters fit to give the vain something to boast about, and the lazy something to fear. You are too good to be either. The reward is not the grade but what you learn.
- 5 你知道我们总是希望你竭尽全力,但不要让分数的压力困扰你。我们只关心你已经尽了力,并且学到了知识。你尽了最大的努力而分数不高比你没有努力却得了像样的或更高的分数更有意义。分数只不过是虚荣的人用以吹嘘和慵懒的人所恐惧的数字而已。而你既不虚荣,也不慵懒。努力的回报不是分数,而是你所学到的东西。
- 6 More importantly, make friends and trust others. The friends you make in college can be the best ones you will ever have. During these years, when you move into adulthood, the friends you make in college live closer to you than your family. You will form bonds of friendship that will blossom over many decades. Pick friends who are genuine and sincere. Select a few and become truly close to them. Don't worry about their hobbies, grades, or looks. Instead, trust your instincts when you make new friends. You are a genuine and sincere person; anyone would enjoy your friendship. So be confident, secure, and proactive. If you think you like someone, tell them. You have very little to lose. Don't be afraid to trust. Give others the benefit of the doubt, and don't reduce anyone to stereotypes. Nobody is perfect; as long as others are genuine, trust them and be good to them. They will give back.
- 6 更重要的是,要结交朋友并信任他人。大学里结交的朋友可能是你会结交的最好的朋友。在你步入成年的这些年里,你在大学里结交的朋友比家人离你更近。你会结下将绽放几十年的友情。选择坦率真诚的人做朋友。选择几个朋友,真正走近他们。不必计较他们的爱好、成绩或长相。相反,结交新朋友时要相信你的直觉。你是坦率真诚的人,任何人都会喜欢和你做朋友,所以要自信,别害怕,要积极主动。如果你认为自己喜欢某个人,就告诉他。你不会损失什么的。不要害怕去信任别人。即使有所怀疑,也要相信别人,不要对任何人抱有成见。人无完人。只要他们真诚,就信任他们,善待他们。他们会给予回报的。

7 Remember also that your youth is full of strength and beauty, something that you will not comprehend until it is gone. You must guard and cultivate your strength and beauty. A healthy body and a sound mind are the greatest instruments you will ever possess. Enjoy life. Dance if you feel like it. Don't be afraid of what other people think. But also keep yourself safe and sound. Don't let the range of new experiences take your innocence, health, or curiosity away from you.

Treasure your youth and the university experience before you.

- 7 还要记住,你的青春充满力和美,只有到青春逝去时你才能理解这一点。你必须要呵护和培养你的力和美。健康的身体和健全的思想是你将拥有的最大的资本。享受生活吧。想跳舞就跳舞,不用担心别人怎么想。但也要让自己平平安安的。不要让各种各样的新体验带走你的纯真、健康或好奇心。珍惜青春,珍惜你眼前的大学经历吧。
- 8 College is the time when you have: the first taste of independence, the greatest amount of free time, the most flexibility to change, the lowest cost for making mistakes.
- 8 在大学这一段时光里, 你会: 初尝独立的滋味, 拥有最多的自由时光, 享有最大的可塑性, 承担最低的犯错代价。
- 9 Approach these years enthusiastically! Make the most of your time. Become the great thinker you were born to be. Let your talents evolve to their fullest potential. Be bold! Experiment! Learn and grow! We are enormously proud that you've made it this far, and we can't wait to see what you will become.
- 9 用满腔的热情拥抱大学时光吧! 充分利用好你的时间。成为一个你注定会成为的优秀的思考者。使你的聪明才智发挥出最大的潜力。无所畏惧! 勇于尝试! 坚持学习,并不断成长! 我们对于你已经取得的成功深感自豪,我们也迫不及待地盼望看到你未来的成就。

Your father

你的父亲

Unit 3 Section A

College life in the Internet age

互联网时代的大学生活

- 1 The college campus, long a place of scholarship and frontiers of new technology, is being transformed into a new age of electronics by a fleet of laptops, smartphones and connectivity 24 hours a day.
- 1 大学校园长久以来都是学术之地,也是新技术的前沿。现在随着手提电脑和智能手机的大量出现,加上每天 24 小时不间断的网络连接,大学校园正在转而进入电子设备的新时代。
- 2 On a typical modern-day campus, where every building and most outdoor common areas offer wireless Internet access, one student takes her laptop everywhere. In class, she takes notes with it, sometimes instant-messaging or emailing friends if the professor is less than interesting. In her dorm, she instant-messages her roommate sitting just a few feet away. She is tied to her smartphone, which she even uses to text a friend who lives one floor above her, and which supplies music for walks between classes.
- 2 在典型的现代校园里,每幢建筑和大部分室外公共区域都提供无线互联网接入,学生可以把手提电脑带到任何地方。课堂上,她用手提电脑记笔记,有时如果教授的课一点都没意思,她就会给朋友发送即时信息或电子邮件。在寝室,她甚至会给近在咫尺的室友发送即时信息。她离不开智能手机,甚至对住在楼上的朋友也要发短信;在从上一堂课去下一堂课的路上她也要用智能手机听音乐。
- 3 Welcome to college life in the 21st century, where students on campus are electronically linked to each other, to professors and to their classwork 24 / 7 in an ever-flowing river of information and communication. With many schools offering wireless Internet access anywhere on campus, colleges as a group have become the most Internet accessible spots in the world.

- 3 欢迎来体验 21 世纪的大学生活:通过源源不断的信息流,学生之间、师生之间以及学生和课堂作业之间建立了电子化的联系,一天 24 小时,一周 7 天,从不间断。在许多学校,无线互联网连接覆盖了校园的各个角落,大学整体上也因此成为世界上互联网最普及的地方。
- 4 Students say they really value their fingertip-access to the boundless amount of information online, and the ability to email professors at 2 a.m. and receive responses the next morning. "I always feel like I have a means of communication in class and out of class," says one engineering major.
- 4 学生们说他们非常看重动动手指就可获得无限的网上信息,还可以在凌晨两点给教授发电子邮件,并能在第二天早上收到教授的回复。一位工程专业的学生说:"我觉得无论在课内还是在课外,我都拥有一种交流手段。"
- 5 Many are using smartphones, not only to create their own dialects when texting, but also to do more serious work, such as practicing foreign languages and analyzing scripts from their theater classes. In a university class on the history of American radio, students use smartphones to record their own radio shows. The course instructor said, "It's adding to students' sense of excitement about the subject." Professors have been encouraged to tape their lectures and post them online. "We realized there might be some potential for a device that could get attention and encourage sophisticated thinking," says one leading university director.
- 5 很多学生不仅使用智能手机自创语体发短信,而且也用智能手机来做更正经的工作,比如练习外语、分析戏剧课的脚本等。在一所大学的有关美国广播电台历史的课上,学生们用智能手机录下他们自己的广播节目。教授这门课的教师说:"这提高了学生学习这门课的兴奋感。"学校也鼓励教授录下授课内容并发布到网上。一位一流大学的主管说:"我们意识到,像这样一种能够引起学生关注、并促使他们深入思考的工具也许大有潜力。"
- 6 For most undergraduates, non-stop Internet connectivity is the fuel of college life. More than just toys, these instruments are powerful tools for the storage and management of virtually every kind of information. And as more people around the world adopt these instruments, they are becoming indispensable. So, students should use the wonders of the Internet to do homework, review lecture outlines, take part in class discussions and network online with their friends. But in doing so, students must remember to regulate and balance their time. Too much time online can mean too little time in real-life studying or exercising or visiting with friends. Students should not let the Internet world on their computer screens take them away from the real world outside.
- 6 对于大多数本科生来说,永不间断的互联网是大学生活的动力。网络工具不只是玩具,而且是储存和管理几乎各种信息的强大工具。随着世界上越来越多的人使用这些工具,它们已经变得不可或缺。所以,学生应该运用互联网所创造的奇迹来完成作业、复习讲座提纲、参与课堂讨论、与朋友们进行网上社交。但是在做这些的同时,学生们必须记住,要控制和平衡好时间。上网时间过长就意味着在现实生活中学习、锻炼或和朋友叙谈的时间过少。学生们不应该让电脑屏幕上的互联网世界使他们脱离外面的现实世界。
- 7 Colleges began embracing Internet access in the mid-1990s, when many began wiring dorms with high-speed connections. In the past few years, schools have taken the lead by turning their campuses into bubbles of Wi-Fi networks. In fact, a recent study in the US found that information technology accounted for 5% to 8% of college budgets, up from an estimated 2% to 3% in the mid-1980s.
- 7 大学在 20 世纪 90 年代中期迎来互联网,那时许多大学开始给学生寝室接入高速网络。在过去的几年中,学校率先把校园变成了被无线网络覆盖的世界。事实上,美国最近的一

项研究发现,信息技术的投入占高校预算的 5%-8%, 比 20 世纪 80 年代中期约 2%-3%的投入有所增加。

- 8 On one campus, students use Wi-Fi to fire off instant messages, review their homework assignments, and check their bank balances. Just nine miles down the highway, another university had been feeling a bit of a technology inferiority complex. To compensate, it spent tens of thousands of dollars to give every one of its incoming freshmen a free Apple iPad.
- 8 有一所大学里,学生用无线网络发送即时信息、复习家庭作业以及查看银行账户余额。 而就在沿公路往前九英里处,另一所大学一直有种技术不如别人的自卑感。为了弥补这一 点,该大学花了数万美元给每一名入学新生免费赠送了一台苹果 iPad。
- 9 Some universities even require that all students own or lease a laptop. Some say the focus on technology prepares students for a wired world. "You have to keep up with the rest of the world. Students expect high-bandwidth information, and if you can't deliver it, you're at a competitive disadvantage," states a university president.
- 9 有些大学甚至要求所有学生拥有或租用一台手提电脑。有人说注重技术可以使学生作好准备面对被网络连接的世界。一位大学校长指出:"你必须与世界保持同步,学生们期望通过高带宽获取信息。如果你不能提供,你就会在竞争中处于劣势。"
- 10 Other colleges are straining to stand out from their peers. The race to attract students with the most modern networks and the hottest systems has reached fever pitch. Some business majors are receiving free portable computers. In an always-connected mode, they can get information anytime and anywhere they need. One university is even giving its freshmen new smartphones to enrich the student experience and prepare them for success in a rapidly changing world.
- 10 其他大学正努力从同行当中脱颖而出。大学之间用最现代的网络和最热门的系统来吸引学生的竞争已经达到狂热的地步。一些商科专业的学生可以领到免费的便携式电脑。在永久在线模式下,他们可以根据需要随时随地获取信息。一所大学甚至为新生配备了智能手机,以丰富其大学经历,为他们在一个日新月异的世界上取得成功作好准备。
- 11 For those who prefer to travel laptop-free, colleges supply several computer labs. And for students who study late into the night, many have set up 24-hour repair shops where students can get their laptops fixed by the next day and receive a loaner in the meantime.
- 11 大学还为那些不喜欢随身携带手提电脑的学生提供了若干个机房。而且,许多大学为那些熬夜学习的学生开设了 24 小时电脑维修店,电脑第二天就可以修好,而且在电脑送修期间,学生可以使用维修点提供的代用电脑。
- 12 Colleges around the world have been replacing their computer systems for the past decade, in large part to provide students with the most advanced free system. The anywhere-anytime access has already yielded amazing benefits in education. With the widespread application of computer technologies, we are going to produce a generation of problem-solvers and intelligent thinkers, which is indispensable for the future of the world.
- 12 在过去 10 年里,世界各地的大学都在更换其计算机系统,主要是为了给学生提供最先进的免费系统。随时随地的网络连接使教育深受裨益。随着计算机技术的广泛应用,我们将培养出善于解决问题和善于思考的一代人,这对于世界的未来是至关重要的。

Unit 3 Section B

Too much of a good thing – A real addiction 过犹不及——真正的成瘾

- 1 Perhaps the greatest change the world has seen in modern times has been the rise of the Internet. It's hard to deny the positive changes it adds to people's lives as it makes life easier with quick access to things like maps, news, and online stores. As a research tool, it is unmatched. It's a great way to keep up with friends. It enables a wealth of media outlets and alternative news sources. Internet access and the ability to make good use of it is practically a must for success in the modern world.
- 1 现代世界经历的最大变化也许就是互联网的崛起。我们难以否认网络给人们的生活带来的种种便利。通过网络,人们能够迅速地查到诸如地图、新闻和网上商店等,网络使生活变得简单。作为研究工具,互联网是无与伦比的。它是我们与朋友保持联系的极好的途径。它给我们提供多样的媒体渠道以及各种各样的新闻来源。有条件上网以及有能力充分利用网络是现代社会取得成功的必要条件。
- 2 Like any technology, though, it has negative aspects that become clear as we start to depend upon it. Like pollution and traffic jams that come with the convenience of cars, Internet access has proven so popular that it has given rise to a new kind of social epidemic, Internet addiction.
- 2 然而,像任何技术一样,随着我们开始依赖网络,网络的负面因素就显现出来。正如伴随着汽车的便利而来的是污染和交通堵塞一样,互联网的大行其道导致了一种新的社会流行病,那就是网瘾。
- 3 Consider the following stories. A few years ago, a couple in the United States was charged with child neglect. It was their addiction to playing games online that kept them from caring for their two infant children. Another recent news story told of a man who spent so much time online that he didn't sleep enough to keep his job. Eventually, he lost his house but kept his laptop and still spent all day online.
- 3 看看下面的报道。几年前,美国一对夫妇被指控疏于照顾孩子。正是因为他们迷恋网络游戏而疏于对两个幼儿的照顾。最近还有个关于一位男子的新闻报道,他因为上网时间过长,导致睡眠不足而丢掉了工作。最终,他连房子都没了,但他保留了手提电脑,仍然整日上网。
- 4 College students are impacted as well. There are many stories of excellent students who lost their university scholarships from poor grades, or of other students who failed at the university altogether simply because they spent too much time online. One student not only failed, but lost 12 pounds. He was so involved online that he forgot to eat! Imagine the agony of this condition! 4 大学生们也受到影响。有很多报道是关于一些优秀的学生由于成绩差而失去奖学金,还有的学生因此而无法毕业,这全是因为他们上网时间过长所致。有一个学生不仅没有毕业,而且体重减了 12 磅。他过于沉迷网络,结果连饭都忘了吃!想一想,这是多么令人痛心啊!
- 5 These things did not happen to these people because they were lazy or stupid. They happened because of addiction. New college students, even the brightest and most successful ones, are most at risk from these effects because the Internet is important for their studies and because they are just entering a world where their online habits are no longer monitored by concerned parents. Without the discipline and structure of home, students have to manage time by themselves. During their very first term, their grades can plunge, their health decline, and their friendships cease. 5 这些事情发生在这些人身上,不是因为他们懒惰或愚蠢,而是因为他们上网成瘾。新入学的大学生,甚至是那些最聪明、最成功的大学生,受此影响的风险最大,因为互联网对他们的学业很重要,也因为他们刚刚进入一个新环境,他们的上网习惯不再受到关心他们的父母的监督。没有家人的监督和约束,学生们只能自己管理上网时间。在第一学期,他

们可能成绩骤降、健康受损、友谊中断。

6 It is easy for those who are unaffected by the powerful draw of connectivity – those who can easily control their time online – to view Internet addiction as an imaginary problem or to attribute its origins to a weak personality. But the brain chemistry behind Internet addiction is not imaginary. Many common Internet interactions, such as scoring points in online games, getting emails or instant messages, finding new blog entries, all cause the release of endorphins in the brain. Endorphins are the essential brain chemicals connected with positive feelings of success and pleasure. This is no surprise, considering that Internet interactions often involve succeeding at a challenge or having social exchanges. Our brains reward us for these activities in real life all the time.

6 那些不受网络巨大吸引力影响的人,也就是那些可以轻松控制上网时间的人,容易把网瘾问题看作是假想的问题,或者把网瘾的根源归咎于软弱的性格。但是,网瘾的背后有其脑部化学病理,这不是想象出来的。许多常见的网络互动,如在网络游戏中得分、接收电子邮件或即时信息、寻找新的博客日志,所有这些都会引发大脑中内啡肽的释放。内啡肽是大脑中与成功和快乐这些正面情绪相关的重要化学物质。鉴于网络互动经常包含成功应对挑战或进行社会交往,因此网络互动能引起内啡肽的释放也就不足为奇了。对于这些现实生活中的活动,我们的大脑一直在给予我们奖励。

7 The trouble with the Internet is that it makes it possible to have unnaturally long periods of endorphin release, sustained rewards from the brain that are as quick as the click of a mouse. These rewards are not actual, useful, real-life rewards, but simple stimulation that arouses positive feedback in the brain. In real life endorphins encourage us to interact with friends or family, or attempt to learn something new. With Internet addiction endorphins do nothing but keep people hooked to their computers. Internet addicts behave very much like gamblers pulling the lever at machines in Las Vegas, even if it is not rational, hurts their studies, or spoils their health and their lives.

7 互联网的问题在于,它可以造成过于长期的、非自然的内啡肽释放,也就是来自大脑的持续不断的奖励,就像点击鼠标一样快速。这些奖励不是真实的、有用的、现实的奖励,它们只是引发大脑中正面反馈的简单刺激。在现实生活中,内啡肽促使我们和朋友、家人交往或者尝试学习新东西。而一旦上网成瘾,内啡肽只会使人更加迷恋电脑。有网瘾的人的行为就好像那些在拉斯维加斯的赌徒们不断拉动赌博机的操作杆,虽然这样做不理智、妨害他们的学业或损害他们的健康和生活。

8 So watch how much time you spend online; moderation is your best defense against Internet addiction. Use the wonders of connectivity to enrich your studies, stay connected with distant friends and explore multiple new worlds. Just be careful. Notice if you find you are thinking about the Internet even when you're not online, or if you prefer your online time to time with your real-life friends, or if you hide or lie about how much time you spend online. If you find yourself doing any of these things, take a step back. Look for other ways to enjoy your life. Get some exercise, which is a major source of endorphins! Visit a museum or a beautiful park. Get together with friends to study or schedule some fun time to relax. The Internet is a powerful tool, but make sure that you use it wisely for all the good value it offers and that you won't let too much of a good thing become something bad.

8 所以,要留意你在网上花了多少时间。节制是对抗网瘾的最好的防御方式。利用网络创造的奇迹来充实你的学业、与远方的朋友保持联系、探索多样的新世界。只是要小心。留意一下,看自己不上网时是否还惦记着网络,或者你是否更愿意上网而不愿意与现实生活

中的朋友在一起,或者你是否对上网时间进行掩饰和撒谎。如果你发现自己符合以上任何一种情况,那就要停下来想想了。去寻找其他享受生活的方式。做些运动,运动是内啡肽的重要来源!参观博物馆或去逛逛美丽的公园。和朋友们一起学习或安排娱乐时间来放松一下。互联网是一个强大的工具,但是要确保能明智地利用它,来获得它所能带来的一切好处,确保不会因过度使用而使它变成害人的东西。

Unit 4 Section A

Heroes among us

我们身边的英雄

- 1 Who's a hero these days? In an era of heightened heroism, the word hero has become more common. We use hero to describe both victims and survivors of all kinds of difficulties and tragedies. Who are the heroes among us?
- 1 谁是当今的英雄?在一个英雄主义发扬光大的时代,"英雄"一词已经变得更加常见。我们把各种困难和悲剧的受害者和幸存者都称为"英雄"。那么,我们身边哪些人是英雄呢?
- 2 In the days subsequent to a mass shooting in Tucson, Arizona, many described 20-year-old political associate Daniel Hernandez as a hero. During the horrible shooting, he courageously ran through the danger to save the life of one of the victims, his boss and friend, congresswoman Gabrielle Giffords. Daniel held her head up so she could breathe and applied pressure to her wounds. He spoke tender words of sympathy, telling her that he would find her husband and her parents and that everything would be fine. And he never left her side, staying beside her in the ambulance all the way to the hospital.
- 2 在亚利桑那州图森市枪击案发生后的日子里,许多人都把 20 岁的政界同事丹尼尔•赫尔南德兹描述为英雄。在骇人的枪击案发生时,他勇敢地冒着危险,去救助受害者之一、也是他的上司和朋友的加布里埃尔•吉福德议员。丹尼尔把她的头托高,便于她呼吸,并用力摁住她的伤口。他用温柔体贴的话语安慰她,告诉她他会把她的丈夫和父母找来,告诉她一切都会好的。而且,他一直守护在她身边,在去医院的路上,他也一直在救护车里陪伴在她身旁。
- 3 Another hero from the mass shooting in Tucson was Dory Stoddard. Dory gave his life for his wife, Mavy. Dory and his wife had been friends since childhood and when Dory heard shots ring out he immediately fell on top of his wife to shield her from the hail of bullets. At the memorial service, the priest said: "Dory didn't die a hero; he lived a hero." Long known for his remarkable spirit and love of humanity, Dory Stoddard died as he had always lived, assisting others.
- 3 图森枪击事件中的另一位英雄是多利•斯托达德。多利为保护妻子梅维献出了自己的生命。多利和他的妻子自小青梅竹马。一听到枪声,多利马上扑在妻子身上为她挡住扫射过来的子弹。在葬礼仪式上,牧师说道:"多利一生英雄,非死才为英雄。"多利•斯托达德一直以来以精神高尚、富有爱心而为大家所熟知,他至死也同他生前一样在帮助他人。
- 4 These are civilian heroes, who acted instinctively with courage and grace when caught up in extraordinary circumstances.
- 4 这些都是平民英雄。他们在特别危急的情况下,本能地做出勇敢而高尚的举动。
- 5 But what about first responders, whose job is, in the words of the widow of a fallen police officer, to "rush toward danger"?

- 5 但是,那些应急救援人员是否也算是英雄呢?用一位已故警官遗孀的话来说,他们的工作就是"迎着危险上"。
- 6 In Toronto, Canada, downtown life stopped when more than 11,000 police and other emergency responders marched solemnly through the streets to honor Sergeant Ryan Russell, a 35-year-old "good man and good cop", who believed deeply in his commitment to protect and serve. Sgt. Russell moved quickly to protect others from harm. He tried to stop a drunk driver in a stolen snowplow with only his police automobile and his goodwill to help others. Sadly, Sgt. Russell was unable to stop the drunk driver and was killed in the effort.
- 6 在加拿大多伦多市,11,000 多名警察和其他应急救援人员肃穆地在大街上游行,纪念一位具有高度保护和服务意识的"好男人和好警察"、35 岁的瑞安•罗素警佐。当时整个市中心的其他活动都停止了。罗素警佐迅速采取行动,保护他人免受伤害。他仅凭着一辆警车和一颗帮助他人的善良的心,试图挡住一辆醉驾司机驾驶的偷来的扫雪车。不幸的是,他没能拦住醉驾司机,不幸牺牲。
- 7 It used to be that the word hero was reserved for those who performed acts of distinct courage beyond the call of duty. A soldier who runs through gunfire to rescue other military personnel is seen as a hero. So are larger-than-life leaders such as Nelson Mandela, who emerged after 27 years of jail, confined in a solitary chamber. He made the choice not to be bitter, and worked hard as South Africa's first black president to establish harmony and helped society reconcile its conflicted past.
- 7 在过去,"英雄"一词仅限于称呼那些做出超乎职责范围的特别英勇的行为的人们。一位战士冒着枪林弹雨去抢救其他战友,他被看作英雄。同样,超凡卓越的具有传奇色彩的领袖人物也是英雄,比如纳尔逊•曼德拉。被囚禁于单人牢房 27 年后,曼德拉终于摆脱了牢狱生活。他没有抱怨,作为南非的第一位黑人总统,他努力奋斗,致力于创建和谐国家,促进社会化解以往的矛盾。
- 8 But today, our heroes are average men and women, "everyday heroes" to whom we can relate, people like us.
- 8 但是今天,我们的英雄是平凡的男男女女,他们是我们看得见、摸得着的"平民英雄", 是和我们一样的普通人。
- 9 However, while many people honor Sgt. Russell, some people raise this question when they try to make sense of a tragedy like Sgt. Russell's: "Some first responders do not succeed in helping others and they get injured or die in their efforts. Do these people become heroes because of what happens to them as they try to help others instead of what they actually make happen?"
- 9 虽然很多人尊重罗素警佐,但有些人在试图理解像罗素警佐这样的悲剧时提出了一个问题:"有些应急救援人员在帮助他人时没能获得成功,而自己却受伤或牺牲了。这些人不是因为他们成功帮助了别人,而是因为他们在帮助别人时所遭遇的不幸才成为英雄的吗?"
- 10 I asked road safety advocate Eleanor McMahon whether she thought Sgt. Russell was a hero. Ms. McMahon's late husband, a police officer, was killed by a drunk truck driver in a 2006 off-duty bicycling accident. Through grief and rage, Ms. McMahon founded Share the Road, a cycling association, and worked tirelessly until the government established "Greg's Law", legislation that gave authority to police to immediately seize the automobiles of drunk drivers caught on the road. 10 我问道路交通安全倡导者埃莉诺•麦克玛农,她是否认为罗素警官是位英雄。麦克玛农女士的已故丈夫曾是一名警官,2006 年的一天,他未当班,却在骑车时因一名醉驾卡车司机肇事而丧生。在悲伤和愤怒中,麦克玛农女士创立了"道路共享单车联合会",一个自行车协会。她不懈地努力,直到政府颁布了《格雷格法案》,授予警察在路上一旦发现醉驾司

机就当场予以扣留车辆的权力。

- 11 Ms. McMahon replied that she thought Sgt. Russell was indeed a hero. "Just imagine, in the middle of an intense snowstorm this policeman thinks: I've got to stop this snowplow before it hurts others." Ms. McMahon summed up why she considered many police officers to be heroes: "It's natural to be afraid of danger. It's natural for that fear to cause most people to rush toward safety and away from danger. Heroes do just the opposite. They rush toward danger to help those in need."
- 11 麦克玛农女士回答说,她认为罗素警官确实是英雄。"想象一下,在狂风暴雪中,这位警官想道:我必须挡住这辆扫雪车,不让它伤及他人。"麦克玛农女士概括了为什么她认为许多警官都是英雄的原因:"害怕危险是正常的。大多数人因害怕危险而奔向安全之处躲避危险,这也是正常的。而英雄则恰恰相反。他们迎着危险上,为的是帮助需要帮助的人。"
- 12 We count on first responders to rush toward danger, especially when it involves us or those we love. We expect nothing less. So when one of them dies doing that, we should recognize the heroic action even though we may doubt our own capacity to be heroic ourselves.
- 12 我们指望应急救援人员冲向危险,尤其是当我们或我们所爱的人身处险境时。这正是我们对应急救援人员的期望。所以,当他们中的一位因冲向危险而遭遇不幸时,我们应认可他们的英勇行为,哪怕我们可能怀疑自己是否具有这样的勇气。
- 13 The inspiring stories of heroes help remind us that ordinary people can do extraordinary things, whether it is in the fulfillment of their duties or as part of everyday life. We honor the fireman, the policeman, and the average citizen by recognizing their heroism. Perhaps, even more importantly, we honor them by working to change the circumstances that led to their death. By honoring them we can be inspired by them. Will we be heroes when circumstances call on us to act heroically? Hopefully, we will!
- 13 英雄们激励人心的事迹有助于提醒我们,平凡的人也可以做出不平凡的事,不管是履行职责,还是在日常生活中。我们向消防员、警察和普通平民致敬,赞扬其大无畏的精神。也许,甚至更为重要的是,我们要通过改变让他们遭遇不幸的环境来向他们致敬。通过缅怀他们,我们可以从中得到鼓舞。一旦有情况召唤我们挺身而出时,我们会当英雄吗?但愿我们会!

Unit 4 Section B

A hero's aspiration

一位英雄的愿望

- 1 Officer Jonda's pulse quickened. Road conditions were dangerous on that cold, dark wintery night. The fierce storm made it hard to see, but she could tell the car ahead of her was in trouble. It was swaying. It was not swaying violently, and was still barely within the lane, but on the winding road in the fierce November rain, it was enough. Jonda had a sixth sense for accidents and lived in terror of them ever since that awful night so many years ago. She still couldn't abolish the terrible image of that teenager screaming for help, her help. Help that she had been unable to give as she was driven back by the intense heat of the car fire.
- 1 琼达警官的心跳加快了。在那个寒冷、漆黑的冬夜,路况险恶。狂风暴雨令人视线不清,但她能感到前面的车出了麻烦。那辆车开得歪歪扭扭。虽然歪得不是很厉害,还勉强开在车道里,但在十一月大雨滂沱中的蜿蜒道路上,这已经够悬的了。琼达对事故有着第六感,并且自从很多年以前那个可怕的夜晚之后,她一直生活在对事故的恐惧中。那个十

几岁的少年呼喊求助——向她求助——的骇人情景至今在她脑海中,挥之不去。她当时无能为力,因为汽车燃起的大火使她无法靠近。

- 2 Her subsequent report on the incident had dutifully noted the facts, as she had been trained to write them, facts that did not include screams or pain. It was strange to talk about them one way: a string of facts for a police report; and to think about them in another: burning metal and deep tire tracks on the slippery concrete, bits of safety glass like primitive crystals reflecting in pools of blood. These were memories Jonda could never really turn off. She leaned on her training for support, and these days she never ignored any signs of the next accident. She made a gesture to turn on the patrol car's flashing lights, but her partner, David, beat her to it; he too had sensed the danger. "Let's pull that car over before someone gets hurt," he said.
- 2 她在事后的事故报告中按照以前的培训要求,就事论事地记录了事实,并没有对尖叫声和伤痛的描述。记录的是一种形式,即警方报告中的一连串事实;而回忆却是另一种形式:熊熊燃烧着的金属、湿滑水泥地上深深的车胎痕迹,还有散落在血泊中、如天然水晶般闪烁的安全玻璃碎屑。记录和回忆竟会如此不同,着实令人奇怪。这些成为琼达脑海中始终摆脱不掉的记忆。她靠着受过的训练来支撑自己。现在,她再不会放过任何预示下一起事故的征兆。她动手要去打开巡逻车上的警灯,但是她的搭档戴维抢先一步打开了警车顶灯,他也觉察到了险情。"我们让那辆车靠边停下,以免有人出事,"他说道。
- 3 The big car slowed, but not enough to stop at the warning sign as the driver slammed on the brakes. The car slipped off the road into the Dalton River.
- 3 那辆大轿车的司机猛踩刹车,车子慢了下来,但还是来不及停在警示线内。车子滑下公路,掉进了道尔顿河。
- 4 Jonda quickly brought the police car to a halt and got out. Yelling at David to call for backup help, she slipped down the side of the road to the water's edge.
- 4 琼达急忙停下警车,来到车外。她一边喊着让戴维呼叫支援,一边沿路肩下滑到河边。
- 5 The rain had swelled the river into a raging monster. It roared well over its banks, rushing swiftly with tree limbs caught in the raging current. And half submerged in the current was the car. As big as it was, the force of the water had heaved it against a tree, the passenger seat submerged, water rushing over the windshield. "Dear Lord!" Jonda prayed. "Never again!" This is too much, too familiar, Jonda thought.
- 5 雨水使河水猛涨,变成一头凶猛的怪兽。它咆哮着冲上两岸,夹杂着被急流冲下的树枝,汹涌奔腾。那辆车一半已被水流淹没。尽管车不小,但是水流的力量把它顶在一棵树上,副驾驶座一侧被淹没,河水漫过挡风玻璃。"我的上帝啊!"琼达祈祷道。"不要再像上次一样啊!"这样的事让人受不了,太熟悉了,琼达心想。
- 6 The driver would not have had time to make it out, Jonda knew. Her flashlight beam barely cut through the heavy rain, but she could still see the trapped driver screaming and banging the window. And the car was filling up with water.
- 6 琼达知道,司机肯定来不及脱身。倾盆大雨中,她手电的光亮几乎没什么用,但是她还 是能够看到被困司机在叫喊着,拍打着车窗。河水正在灌满车厢。
- 7 "David, I need the window hammer!" Jonda called over her radio and rushed toward the car. By the time she was at the driver door, the water was rushing up to her waist, and unbelievably cold, like her legs had been encased in ice. If she didn't work quickly, she could lose the feeling in her lower body and collapse.
- 7"戴维,我需要破窗锤!"琼达向对讲机呼叫,并冲向车子。当她来到驾驶员一侧的车门时,水已经涨到她的腰部,而且冰冷刺骨,她的双腿就像被冰包裹住一样。如果她动作不

- 够快,她的下半身可能就会失去知觉,她就会瘫倒。
- 8 Through the window, Jonda saw the woman with water up to her chest. A work badge pinned to her chest identified her as Sandy. And she was old, 65 or 70. She would not last long in the icy water. Her eyes, betraying her intense fear, were locked on Jonda's. "Save me," she screamed.
- 8 透过车窗, 琼达看到那位妇女, 水已经淹到她的胸口。她胸前别有一枚工作胸卡, 写着她的名字桑迪。她年事已高, 有 65 岁或 70 岁。她在冰冷的水中支撑不了多久。她的眼中流露出极度的恐惧, 直直地盯着琼达的眼睛。"救救我,"她大声呼喊着。
- 9 David caught up with Jonda and passed her the window hammer. "Ma'am," she yelled through the window, "I need you to turn away from the glass! I'm going to break through!" The woman turned her head, and Jonda struck. The glass, thick as the old car was big, barely cracked. And with a heavy heart Jonda felt the car heave. The current was loosening it from the tree.
- 9 戴维赶到琼达身边,把破窗锤递给她。"夫人,"她透过车窗喊道,"请你转过身,避开玻璃!我要把车窗砸开!"那位妇女转过头去,琼达砸向车窗。这辆旧车车身大,窗玻璃也厚,砸一下几乎不见裂缝。这时,琼达感到车起伏了一下,她不禁心头一沉。水流正把车推离那棵树。
- 10 Jonda struck again with all her might and this time, mercifully, the window broke into little pieces. Water rushed in and the car heaved again, soon to be carried downstream.
- 10 琼达用尽全力又砸了一次,谢天谢地,这次车窗碎成了小片。水灌了进来,车又起伏了 一下,它很快就会被冲到下游。
- 11 The woman tried to speak through her shivering lips. "Tell my grandchildren I love them," she moaned.
- 11 那位妇女颤抖着双唇,努力想说些什么。"告诉我的孙子孙女,我爱他们,"她呜咽着。
- 12 Jonda leaned in and wrapped her arms around the woman. "We're not going to lose you, Sandy! Put your arms around my neck and hold on! David, grab my waist and pull!"
- 12 琼达探进身子,用自己的双臂箍住妇女。"桑迪,我们不会让你死的!你抱住我的脖子,抓紧!戴维,搂住我的腰往外拉!"
- 13 With all her strength in the icy water, Jonda grabbed the slender woman out of her seat and through the broken window, David pulling at her waist. The car heaved one last time, and just as the woman cleared it, it was swallowed by the water.
- 13 戴维搂住她的腰往外拉。同时,琼达在冰冷的水里用尽全力把那位瘦弱的妇女拖出驾驶座,从砸破的车窗拉了出来。车最后又起伏了一下,那位妇女刚被救出,车就被水吞没了。
- 14 The woman was crying in Jonda's arms. "It's all right, ma'am," Jonda said, tears streaking down her cheeks, unable to let go of the woman. "We didn't lose you! We didn't lose you!" she cried. Stiff and sore, Sandy cried, "Thank you!"
- 14 那位妇女在琼达的怀里哭了。"没事了,夫人,"琼达说道,泪水顺着她的脸颊滚落下来,她抱紧那位妇女不愿松开。"我们没有失去你!我们没有失去你!"她哭着说。四肢僵硬酸痛的桑迪也哭着说道:"谢谢你!"
- 15 Since the accident, the two women have become close friends. "She's a fantastic woman," Sandy says. "She just refused to let me die. I'm forever grateful to her." But Jonda feels she has much to be grateful for too, because finally, she is healed and free of the acute nightmares of her past.
- 15 自从那次车祸之后,两位女士成了亲密的朋友。"她是一个了不起的女人,"桑迪说。 "她绝不让我死。我永远感激她。"但是琼达感到她也同样很感激。因为她内心的创伤终于

Section B (10%): 中译英

Unit 1

孔子是中国历史上著名的思想家、教育家,是儒家学派(Confucianism)的创始人,被尊称为古代的"圣人"(sage)。

Confucius was a great thinker and educator in Chinese history. He was the founder of Confucianism and was respectfully referred to as an ancient "sage".

他的言论和生平活动记录在《论语》(The Analects)一书中。

His words and life story were recorded in The Analects.

《论语》是中国古代文化的经典著作,对后来历代的思想家、文学家、政治家产生了很大 影响。

An enduring classic of ancient Chinese culture, The Analects has had a great influence on the thinkers, writers, and statesmen that came after Confucius.

不研究《论语》,就不能真正把握中国几千年的传统文化。

Without studying this book, one could hardly truly understand the thousands-of-years' traditional Chinese culture.

孔子的很多思想, 尤其是其教育思想, 对中国社会产生了深远的影响。

Much of Confucius' thought, especially his thought on education, has had a profound influence on Chinese society.

在 21 世纪的今天, 孔子的学说不仅受到中国人的重视, 而且也越来越受到整个国际社会的重视。

In the 21st century, Confucian thought not only retains the attention of the Chinese, but it also wins an increasing attention from the international community.

Unit 3 南昌普通 3A

中国航天业开创于 1956 年。China's space industry was launched in 1956. 几十年来,中国航天事业创造了一个又一个奇迹。 Over the past decades, China's space industry has created one miracle after another. 1970 年,中国成功发射了第一颗人造地球卫星,成为世界上第五个独立自主研制和发射人造地球卫星的国家。 In 1970 China launched its first man-made earth satellite, ranking China the fifth country in the world to independently develop and launch man-made earth satellites. 1992 年,中国开始实施载人航天飞行工程(manned spaceflight program)。 In 1992 China began to carry out the manned spaceflight program. 2003 年,中国成功发射了"神舟五号"载人飞船,使中国成为第三个发射载人飞船的国家。 In 2003 China launched Shenzhou-5, a manned spaceship. The successful launch made China the third country to launch manned spaceships. 2007 年发射了"嫦娥一号",即第一颗绕月球飞行(lunar-orbiting)的人造卫星。 In 2007 Chang'e-1, the first lunar-orbiting man-made satellite was sent to space. 2013 年,第五艘载人飞船"神舟十号"发射成功,为中国空间站的建设打下了基础。 In 2013 Shenzhou-10, the fifth manned spaceship, was launched successfully, laying the foundation for building the Chinese Space Station.

Unit 4

郑和是中国历史上最著名的航海家 (maritime explorer)。

Zhen He was the most famous maritime explorer in Chinese history.

公元 1405 年,明朝的统治者为了稳固边防(border defense)和开展海上贸易,派郑和下西洋(the Western Seas)。

In 1405 AD, the ruler of the Ming Dynasty sent Zhen He on a voyage to the Western Seas in order to strengthen border defense and develop trade by sea.

在此后的 28 年里,郑和带领船队七下西洋,前后出海的人员有 10 多万人,访问了 30 多个国家和地区。

In the following 28 years, Zhen He led his fleet, made seven voyages to the Western Seas with over 100,000 crew members in total, and visited more than 30 countries and regions.

船队纵横南亚、西亚,一直到非洲大陆。

The fleet traveled far into South Asia and West Asia, and made all the way to the continent of Africa.

郑和下西洋是世界航海 (navigation) 史上的壮举,

Zheng He's voyages to the Western Seas were a great feat in the world's navigation history.

它展现了郑和卓越的航海和组织才能,同时展现了明朝的国力和国威(national strength and prestige),加强了明朝和海外各国之间的关系。

It showed ZhenHe's outstanding navigation and organization talents; meanwhile, it exhibited the national strength and prestige of the Ming Dynasty, and strengthened the relationships between the Ming Dynasty and the overseas countries.

Unit 5

太极拳(Tai Chi)是一种武术(martial arts)项目,也是一种健身运动,在中国有着悠久的历史。

Tai Chi is a kind of martial arts, and a fitness exercise as well. It has a long history in China.

太极拳动作缓慢而柔和,适合任何年龄、性别、体型的人练习。

With slow and gentle movements, Tai Chi is suitable for people of any age, sex, or body type to practice.

太极拳既可防身,又能强身健体,因而深受中国人的喜爱。

It can be used to provide self-defense as well as build the body. Therefore, it has become very popular among Chinese people.

太极拳在发展的过程中,借鉴并吸收了中国传统哲学、医术、武术的合理内容 (element),成为特色鲜明的一项运动。

During its development, Tai Chi borrowed and absorbed desirable elements from traditional Chinese philosophy, medicine, and martial arts, and it has developed into a sport with unique features.

作为中国特有的一种运动形式,太极拳也越来越受到众多外国朋友的喜爱。

As a unique sport in China, Tai Chi is also gaining increasing popularity among many foreign friends.