

2022 上

我是瑞斯拜四级

四六级我只看瑞斯拜

Life is like a marathon. There are ups and downs downs downs.



阅读

课程观看 B 站：我是瑞斯拜



请打印听课

All Copyrights reserved

写在前面

各位亲爱的同学，四级考试词汇量要求是 4200-4500 左右，但是即使你把所有的大纲词汇都记住了，你还是会遇到生词，这很正常。我在之前学习英语的时候，每每遇到生词就会记中文意思在旁边，积累的单词多了可以用英文来记新单词的含义。久而久之遇到的次数多了单词就记住了。我在课堂上会在讲到阅读的方法，但是这些方法都是基于单词的基础的。所以请大家一定要重视单词，勤动手记笔记。笔记不用单独准备笔记本，记在讲义上就行。

如果你词汇量低，可以先刷一刷词汇课 30 讲。再来听课会轻松得多。

阅读部分在英语四级考试中分为三个题型

SectionA 选词填空-这个题 10 个题只占 5%的分数，我们最后来冲刺 5 篇。

SectionB 长篇阅读-段落匹配 10 道题 10%的分数，学会方法较为简单，在课程上会讲系统的做题方法。由于页数较多不建议全部打印，讲义中仅展示一篇。大家需要刷题可以按照自己的需求打印。

SectionC 仔细阅读 10 道题 占 20%的分数，我们的课程是这个部分为主。

做题顺序：先做 sectionC，再做翻译，再做 sectionB，最后 SectionA

TEXT1

Losing your ability to think and remember is pretty scary. We know the risk of dementia (痴呆症) increases with age. But if you have memory slips, you probably needn't worry. There are pretty clear differences between signs of dementia and age-related memory loss.

After age 50, it's quite common to have trouble remembering the names of people, places and things quickly, says Dr. Kirk Daffner of Brigham and Women's Hospital in Boston.

The brain ages just like the rest of the body. Certain parts shrink, especially areas in the brain that are important to learning, memory and planning. Changes in brain cells can affect communication between different regions of the brain. And blood flow can be reduced as blood vessels narrow.

Forgetting the name of an actor in a favorite movie, for example, is nothing to worry about. But if you forget the plot of the movie or don't remember even seeing it, that's far more concerning, Daffner says.

When you forget entire experiences, he says, that's "a red flag that something more serious may be involved." Forgetting how to operate a familiar object like a microwave oven, or forgetting how to drive to the house of a friend you've visited many times before can also be signs of something going wrong.

But even then, Daffner says, people shouldn't panic. There are many things that can cause confusion and memory loss, including health problems like temporary stoppage of breathing during sleep, high blood pressure, or depression, as well as medications (药物) like antidepressants.

You don't have to figure this out on your own. Daffner suggests going to your doctor to check on medications, health problems and other issues that could be affecting memory. And the best defense against memory loss is to try to prevent it by building up your brain's cognitive (认知的) reserve, Daffner says.

"Read books, go to movies, take on new hobbies or activities that force one to think in novel ways," he says. In other words, keep your brain busy and working. And also get physically active, because exercise is a known brain booster.

46. Why does the author say that one needn't be concerned about memory slips?

- A. Not all of them are symptoms of dementia.
- B. They occur only among certain groups of people.
- C. Not all of them are related to one's age.
- D. They are quite common among fifty-year-olds.

47. What happens as we become aged according to the passage?

- A. Our interaction skills deteriorate.
- B. Some parts of our brain stop functioning.
- C. Communication within our brain weakens.
- D. Our whole brain starts shrinking.

48. Which memory-related symptom should people take seriously?

- A. Totally forgetting how to do one's daily routines.
- B. Inability to recall details of one's life experiences.
- C. Failure to remember the names of movies or actors.
- D. Occasionally confusing the addresses of one's friends.

49. What should people do when signs of serious memory loss show up?

- A. Check the brain's cognitive reserve.
- B. Stop medications affecting memory.
- C. Turn to a professional for assistance.
- D. Exercise to improve their well-being.

50. What is Dr. Daffner's advice for combating memory loss?

- A. Having regular physical and mental checkups.
 - B. Taking medicine that helps boost one's brain.
 - C. Engaging in known memory repair activities.
 - D. Staying active both physically and mentally.
- Passage Two

阅读答案：ACACD

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT2

A letter written by Charles Darwin in 1875 has been returned to the Smithsonian Institution Archives (档案馆) by the FBI after being stolen twice.

"We realized in the mid-1970s that it was missing," says Effie Kapsalis, head of the Smithsonian Institution Archives. "It was noted as missing and likely taken by an intern (实习生), from what the FBI is telling us. Word got out that it was missing when someone asked to see the letter for research purposes," and the intern put the letter back. "The intern likely took the letter again once nobody was watching it."

Decades passed. Finally, the FBI received a tip that the stolen document was located very close to Washington, D.C. Their art crime team recovered the letter but were unable to press charges because the time of limitations had ended. The FBI worked closely with the Archives to determine that the letter was both authentic and definitely Smithsonian's property.

The letter was written by Darwin to thank an American geologist, Dr. Ferdinand Vandever Hayden, for sending him copies of his research into the geology of the region that would become Yellowstone National Park.

The letter is in fairly good condition, in spite of being out of the care of trained museum staff for so long. "It was luckily in good shape," says Kapsalis, "and we just have to do some minor things in order to be able to unfold it. It has some glue on it that has colored it slightly, but nothing that will prevent us from using it. After it is repaired, we will take digital photos of it and that will be available online. One of our goals is to get items of high research value or interest to the public online."

It would now be difficult for an intern, visitor or a thief to steal a document like this. "Archiving practices have changed greatly since the 1970s," says Kapsalis, "and we keep our high value documents in a safe that I don't even have access to."

51.What happened to Darwin's letter in the 1970s?

- A.It was recovered by the FBI.
- B.It was stolen more than once.
- C.It was put in the archives for research purposes.
- D.It was purchased by the Smithsonian Archives.

52.What did the FBI do after the recovery of the letter?

- A.They proved its authenticity.
- B.They kept it in a special safe.
- C.They arrested the suspect immediately.
- D.They pressed criminal charges in vain.

53.What is Darwin's letter about?

- A.The evolution of Yellowstone National Park.
- B.His cooperation with an American geologist.
- C.Some geological evidence supporting his theory.
- D.His acknowledgement of help from a professional.

54.What will the Smithsonian Institution Archives do with the letter according to Kapsalis?

- A.Reserve it for research purposes only.
- B.Turn it into an object of high interest.
- C.Keep it a permanent secret.
- D.Make it available online.

55.What has the past half century witnessed according to Kapsalis?

- A.Growing interest in rare art objects.
- B.Radical changes in archiving practices.
- C.Recovery of various missing documents.
- D.Increases in the value of museum exhibits.

阅读答案：BADDB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT3

Living in an urban area with green spaces has a long-lasting positive impact on people's mental well-being, a study has suggested. UK researchers found moving to a green space had a sustained positive effect, unlike pay rises or promotions, which only provided a short-term boost. Co-author Mathew White, from the University of Exeter, UK, explained that the study showed people living in greener urban areas were displaying fewer signs of depression or anxiety. "There could be a number of reasons," he said, "for example, people do many things to make themselves happier: they strive for promotion or pay rises, or they get married. But the trouble with those things is that within six months to a year, people are back to their original baseline levels of well-being. So, these things are not sustainable; they don't make us happy in the long term. We found that for some lottery (彩票) winners who had won more than £ 500,000 the positive effect was definitely there, but after six months to a year, they were back to the baseline."

Dr. White said his team wanted to see whether living in greener urban areas had a lasting positive effect on people's sense of well-being or whether the effect also disappeared after a period of time. To do this, the team used data from the British Household Panel Survey compiled by the University of Essex.

Explaining what the data revealed, he said: "What you see is that even after three years, mental health is still better, which is unlike many other things that we think will make us happy." He observed that people living in green spaces were less stressed, and less stressed people made more sensible decisions and communicated better.

With a growing body of evidence establishing a link between urban green spaces and a positive impact on human well-being, Dr. White said, "There's growing interest among public policy officials, but the trouble is who funds it. What we really need at a policy level is to decide where the money will come from to help support good quality local green spaces."

46. According to one study, what do green spaces do to people?
- A. Improve their work efficiency.
 - B. Add to their sustained happiness.
 - C. Help them build a positive attitude towards life.
 - D. Lessen their concerns about material well-being.
47. What does Dr. White say people usually do to make themselves happier?
- A. Earn more money.
 - B. Settle in an urban area.
 - C. Gain fame and popularity.
 - D. Live in a green environment.
48. What does Dr. White try to find out about living in a greener urban area?
- A. How it affects different people.
 - B. How strong its positive effect is.
 - C. How long its positive effect lasts.
 - D. How it benefits people physically.
49. What did Dr. White's research reveal about people living in a green environment?
- A. Their stress was more apparent than real.
 - B. Their decisions required less deliberation.
 - C. Their memories were greatly strengthened.
 - D. Their communication with others improved.
50. According to Dr. White, what should the government do to build more green spaces in cities?
- A. Find financial support.
 - B. Improve urban planning.
 - C. Involve local residents in the effort.
 - D. Raise public awareness of the issue.

阅读答案：BACDA

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT4

You probably know about the Titanic, but it was actually just one of three state-of-the-art (先进的) ocean ships back in the day. The Olympic class ships were built by the Harland & Wolff ship makers in Northern Ireland for the White Star Line company. The Olympic class included the Olympic, the Britannic and the Titanic. What you may not know is that the Titanic wasn't even the flagship of this class. All in all, the Olympic class ships were marvels of sea engineering, but they seemed cursed to suffer disastrous fates.

The Olympic launched first in 1910, followed by the Titanic in 1911, and lastly the Britannic in 1914. The ships had nine decks, and White Star Line decided to focus on making them the most luxurious ships on the water.

Stretching 269.13 meters, the Olympic class ships were wonders of naval technology, and everyone thought that they would continue to be so for quite some time. However, all suffered terrible accidents on the open seas. The Olympic got wrecked before the Titanic did, but it was the only one to survive and maintain a successful career of 24 years. The Titanic was the first to sink after famously hitting a huge iceberg in 1912. Following this disaster, the Britannic hit a naval mine in 1916 and subsequently sank as well.

Each ship was coal-powered by several boilers constantly kept running by exhausted crews below deck. Most recognizable of the ship designs are the ship's smoke stacks, but the fourth stack was actually just artistic in nature and served no functional purpose. While two of these ships sank, they were all designed with double hulls (船体) believed to make them "unsinkable", perhaps a mistaken idea that led to the Titanic's and the Britannic's tragic end.

The Olympic suffered two crashes with other ships and went on to serve as a hospital ship and troop transport in World War I. Eventually, she was taken out of service in 1935, ending the era of the luxurious Olympic class ocean liners.

51.What does the passage say about the three Olympic class ships?

- A.They performed marvellously on the sea.
- B.They could all break the ice in their way.
- C.They all experienced terrible misfortunes.
- D.They were models of modern engineering.

52.What did White Star Line have in mind when it purchased the three ships?

- A.Their capacity of sailing across all waters.
- B.The utmost comfort passengers could enjoy.
- C.Their ability to survive disasters of any kind.
- D.The long voyages they were able to undertake.

53.What is said about the fourth ship of the class?

- A.It was a mere piece of decoration.
- B.It was the work of a famous artist.
- C.It was designed to let out extra smoke.
- D.It was easily identifiable from afar.

54.What might have led to the tragic end of the Titanic and the Britannic?

- A.Their unscientific designs.
- B.Their captains' misjudgment.
- C.The assumption that they were built with the latest technology.
- D.The belief that they could never sink with a double-layer body.

55.What happened to the ship Olympic in the end?

- A.She was used to carry troops.
- B.She was sunk in World War I.
- C.She was converted into a hospital ship.
- D.She was retired after her naval service.

阅读答案：CBADD

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT5

For thousands of years, people have known that the best way to understand a concept is to explain it to someone else. "While we teach, we learn," said Roman philosopher Seneca. Now scientists are bringing this ancient wisdom up-to-date. They're documenting why teaching is such a fruitful way to learn, and designing innovative ways for young people to engage in instruction.

Researchers have found that students who sign up to tutor others work harder to understand the material, recall it more accurately and apply it more effectively. Student teachers score higher on tests than pupils who're learning only for their own sake. But how can children, still learning themselves, teach others? One answer: They can tutor younger kids. Some studies have found that first-born children are more intelligent than their later-born siblings (兄弟姐妹). This suggests their higher IQs result from the time they spend teaching their siblings. Now educators are experimenting with ways to apply this model to academic subjects. They engage college undergraduates to teach computer science to high school students, who in turn instruct middle school students on the topic.

But the most cutting-edge tool under development is the "teachable agent"—a computerized character who learns, tries, makes mistakes and asks questions just like a real-world pupil. Computer scientists have created an animated (动画的) figure called Betty's Brain, who has been "taught" about environmental science by hundreds of middle school students. Student teachers are motivated to help Betty master certain materials. While preparing to teach, they organize their knowledge and improve their own understanding. And as they explain the information to it, they identify problems in their own thinking.

Feedback from the teachable agents further enhances the tutors' learning. The agents' questions compel student tutors to think and explain the materials in different ways, and watching the agent solve problems allows them to see their knowledge put into action.

Above all, it's the emotions one experiences in teaching that facilitate learning. Student tutors feel upset when their teachable agents fail, but happy when these virtual pupils succeed as they derive pride and satisfaction from someone else's accomplishment.

46. What are researchers rediscovering through their studies?

- A) Seneca's thinking is still applicable today.
- B) Better learners will become better teachers.
- C) Human intelligence tends to grow with age.
- D) Philosophical thinking improves instruction.

47. What do we learn about Betty's Brain?

- A) It is a character in a popular animation.
- B) It is a teaching tool under development.
- C) It is a cutting-edge app in digital games.
- D) It is a tutor for computer science students.

48. How does teaching others benefit student tutors?

- A) It makes them aware of what they are strong at.
- B) It motivates them to try novel ways of teaching.
- C) It helps them learn their academic subjects better.
- D) It enables them to better understand their teachers.

49. What do students do to teach their teachable agents?

- A) They motivate them to think independently.
- B) They ask them to design their own questions.
- C) They encourage them to give prompt feedback.
- D) They use various ways to explain the materials.

50. What is the key factor that eases student tutors' learning?

- A) Their sense of responsibility.
- B) Their emotional involvement.
- C) The learning strategy acquired.
- D) The teaching experience gained.

阅读答案：ABCDB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT6

A new batch of young women—members of the so-called Millennial (千禧的) generation—has been entering the workforce for the past decade. At the starting line of their careers, they are better educated than their mothers and grandmothers had been—or than their young male counterparts are now. But when they look ahead, they see roadblocks to their success. They believe that women are paid less than men for doing the same job. They think it's easier for men to get top executive jobs than it is for them. And they assume that if and when they have children, it will be even harder for them to advance in their careers.

While the public sees greater workplace equality between men and women now than it did 20-30 years ago, most believe more change is needed. Among Millennial women, 75% say this country needs to continue making changes to achieve gender equality in the workplace, compared with 57% of Millennial men. Even so, relatively few young women (15%) say they have been discriminated against at work because of their gender.

As Millennial women come of age they share many of the same views and values about work as their male counterparts. They want jobs that provide security and flexibility, and they place relatively little importance on high pay. At the same time, however, young working women are less likely than men to aim at top management jobs: 34% say they're not interested in becoming a boss or top manager; only 24% of young men say the same. The gender gap on this question is even wider among working adults in their 30s and 40s, when many women face the trade-offs that go with work and motherhood.

These findings are based on a new Pew Research Center survey of 2,002 adults, including 810 Millennials (ages 18-32), conducted Oct. 7-27, 2013. The survey finds that, in spite of the dramatic gains women have made in educational attainment and labor force participation in recent decades, young women view this as a man's world—just as middle-aged and older women do.

51. What do we learn from the first paragraph about Millennial women starting their careers?

- A) They can get ahead only by striving harder.
- B) They expect to succeed just like Millennial men.
- C) They are generally quite optimistic about their future.
- D) They are better educated than their male counterparts.

52. How do most Millennial women feel about their treatment in the workplace?

- A) They are the target of discrimination.
- B) They find it satisfactory on the whole.
- C) They think it needs further improving.
- D) They find their complaints ignored.

53. What do Millennial women value most when coming of age?

- A) A sense of accomplishment.
- B) Job stability and flexibility.
- C) Rewards and promotions.
- D) Joy derived from work.

54. What are women in their 30s and 40s concerned about?

- A) The welfare of their children.
- B) The narrowing of the gender gap.
- C) The fulfillment of their dreams in life.
- D) The balance between work and family.

55. What conclusion can be drawn about Millennial women from the 2013 survey?

- A) They still view this world as one dominated by males.
- B) They account for half the workforce in the job market.
- C) They see the world differently from older generations.
- D) They do better in work than their male counterparts.

阅读答案：DCBDA

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT7

California has been facing a drought for many years now, with certain areas even having to pump freshwater hundreds of miles to their distribution system. The problem is growing as the population of the state continues to expand. New research has found deep water reserves under the state which could help solve their drought crisis. Previous drilling of wells could only reach depths of 1,000 feet, but due to new pumping practices, water deeper than this can now be extracted (抽取). The team at Stanford investigated the aquifers(地下蓄水层)below this depth and found that reserves may be triple what was previously thought.

It is profitable to drill to depths more than 1,000 feet for oil and gas extraction, but only recently in California has it become profitable to pump water from this depth. The aquifers range from 1,000 to 3,000 feet below the ground, which means that pumping will be expensive and there are other concerns. The biggest concern of pumping out water from this deep is the gradual settling down of the land surface. As the water is pumped out, the vacant space left is compacted by the weight of the earth above.

Even though pumping from these depths is expensive, it is still cheaper than desalinating(脱盐)the ocean water in the largely coastal state. Some desalination plants exist where feasible, but they are costly to run and can need constant repairs. Wells are much more reliable sources of freshwater, and California is hoping that these deep wells may be the answer to their severe water shortage.

One problem with these sources is that the deep water also has a higher level of salt than shallower aquifers. This means that some wells may even need to undergo desalination after extraction, thus increasing the cost. Research from the exhaustive study of groundwater from over 950 drilling logs has just been published. New estimates of the water reserves now go up to 2,700 billion cubic meters of freshwater.

46. How could California's drought crisis be solved according to some researchers?

- A) By building more reserves of groundwater.
- B) By drawing water from the depths of the earth.
- C) By developing more advanced drilling devices.
- D) By upgrading its water distribution system

47. What can be inferred about extracting water from deep aquifers?

- A) It was deemed vital to solving the water problem.
- B) It was not considered worth the expense.
- C) It may not provide quality freshwater.
- D) It is bound to gain support from the local people.

48. What is mentioned as a consequence of extracting water from deep underground?

- A) The sinking of land surface.
- C) The damage to aquifers.
- B) The harm to the ecosystem.
- D) The change of the climate.

49. What does the author say about deep wells?

- A) They run without any need for repairs.
- B) They are entirely free from pollutants.
- C) They are the ultimate solution to droughts.
- D) They provide a steady supply of freshwater.

50. What may happen when deep aquifers are used as water sources?

- A) People's health may improve with cleaner water.
- B) People's water bills may be lowered considerably.
- C) The cost may go up due to desalination.
- D) They may be exhausted sooner or later.

阅读答案：BBADC

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT8

The AlphaGo program's victory is an example of how smart computers have become.

But can artificial intelligence (AI) machines act ethically, meaning can they be honest and fair?

One example of AI is driverless cars. They are already on California roads, so it is not too soon to ask whether we can program a machine to act ethically. As driverless cars improve, they will save lives. They will make fewer mistakes than human drivers do. Sometimes, however, they will face a choice between lives. Should the cars be programmed to avoid hitting a child running across the road, even if that will put their passengers at risk? What about making a sudden turn to avoid a dog? What if the only risk is damage to the car itself, not to the passengers?

Perhaps there will be lessons to learn from driverless cars, but they are not super-intelligent beings. Teaching ethics to a machine even more intelligent than we are will be the bigger challenge.

About the same time as AlphaGo's triumph, Microsoft's 'chatbot' took a bad turn. The software, named Taylor, was designed to answer messages from people aged 18-24. Taylor was supposed to be able to learn from the messages she received. She was designed to slowly improve her ability to handle conversations, but some people were teaching Taylor racist ideas. When she started saying nice things about Hitler, Microsoft turned her off and deleted her ugliest messages.

AlphaGo's victory and Taylor's defeat happened at about the same time. This should be a warning to us. It is one thing to use AI within a game with clear rules and clear goals. It is something very different to use AI in the real world. The unpredictability of the real world may bring to the surface a troubling software problem.

Eric Schmidt is one of the bosses of Google, which own AlphaGo. He thinks AI will be positive for humans. He said people will be the winner, whatever the outcome. Advances in AI will make human beings smarter, more able and "just better human beings."

51.What does the author want to show with the example of AlphaGo’s victory?

- A)Computers will prevail over human beings.
- B)Computers have unmatched potential.
- C)Computers are man’s potential rivals.
- D)Computers can become highly intelligent.

52.What does the author mean by AI machines acting ethically?

- A)They are capable of predicting possible risks.
- B)They weigh the gains and losses before reaching a decision.
- C)They make sensible decisions when facing moral dilemmas.
- D)They sacrifice everything to save human lives.

53.What is said to be the bigger challenge facing humans in the AI age?

- A)How to make super-intelligent AI machines share human feelings.
- B)How to ensure that super-intelligent AI machines act ethically.
- C)How to prevent AI machines doing harm to humans.
- D)How to avoid being over-dependent on AI machines.

54.What do we learn about Microsoft’s “chatbot” Taylor?

- A)She could not distinguish good from bad.
- B)She could turn herself off when necessary.
- C)She was not made to handle novel situations.
- D)She was good at performing routine tasks.

55. What does Eric Schmidt think of artificial intelligence?

- A) It will be far superior to human beings.
- B) It will keep improving as time goes by.
- C) It will prove to be an asset to human beings.
- D) It will be here to stay whatever the outcome.

阅读答案：DCBAC

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT9

Roughly the size of a soda can, sitting on a bookshelf, a relatively harmless gadget may be turning friends away from your home. The elephant in your living room is your Internet-connected security camera, a device people are increasingly using for peace of mind in their homes. But few stop to think about the effect these devices may have on house guests. Should you tell your friends, for instance, that they're being recorded while you all watch the big game together?

“It's certainly new territory, especially as home security cameras become easier to install,” says Lizzie Post, president of the Emily Post Institute, America's foremost manners advisors. “I think it will be very interesting to see what etiquette (礼仪) emerges in terms of whether you tell people you have a camera or not, and whether guests have a right to ask that it be turned off, if it's not a security issue.”

Post wants to make clear that she's not talking about legal rights, but rather personal preference. She also wants to explain that there are no right or wrong answers regarding manners on this front yet, because the technology is just now becoming mainstream. Besides, the Emily Post Institute doesn't dictate manners.

When it comes to security cameras, Post says it's a host's responsibility to make sure guests feel comfortable within their home. “I'm always a fan of being open and honest.” For instance, if the host casually acknowledges that there is a camera in the room by telling a story about it, that may be enough to provide an opening for a guest to say if they are uncomfortable.

However, if a contractor is working in your home, you don't need to tell them that there are cameras watching. Then again, the air of accountability that the camera generates can also work in contractors' favor. “If anything does go wrong while they're in the house, they don't want to be blamed for it,” she says. “In fact, the camera could be the thing that proves that they didn't steal the \$20, or knock the vase off the table.”

46. For what reason may your friends feel reluctant to visit your home?

- A) The security camera installed may intrude into their privacy.
- B) They don't want their photos to be circulated on the Internet.
- C) The security camera may turn out to be harmful to their health.
- D) They may not be willing to interact with your family members.

47. What does Lizzie Post say is new territory?

- A) The effect of manners advice on the public.
- B) Cost of applying new technologies at home.
- C) The increasing use of home security devices.
- D) Etiquette around home security cameras.

48. What is Lizzie Post mainly discussing with regard to the use of home security cameras?

- A) Legal rights.
- B) Moral issues
- C) Likes and dislikes of individuals.
- D) The possible impact on manners.

49. What is a host's responsibility regarding security cameras, according to Lizzie Post?

- A) Making their guests feel at ease.
- B) Indicating where they are.
- C) Turning them off in time.
- D) Ensuring their guests' privacy.

50. In what way can the home security camera benefit visitors to your home?

- A) It can satisfy their curiosity.
- B) It can prove their innocence.
- C) It can help them learn new technology.
- D) It can make their visit more enjoyable.

阅读答案：ADCAB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT10

PepsiCo is to spend billions of dollars to develop drinks and snacks and reformulate existing ones with lower sugar, salt and fat, as consumers demand healthier options and regulatory pressure intensifies amid an obesity epidemic (流行病) .

The maker of Mountain Dew and Gatorade has been one of the earlier movers in the industry to offer products with reduced levels of unhealthy ingredients—PepsiCo claims a packet of its chips now contains less salt than a slice of white bread. However, its new 10-year plan makes clear it believes it still has a long way to go.

Shifting eating habits, including a sharp drop in consumption of sparkling drinks, have forced radical change on the industry. But those shifts have yet to be reflected in record obesity levels, which stand at 36.5% overall in the US.

Indra Nooyi, PepsiCo chairman, said the plan to make its products healthier was important for the company's growth. But on the subject of obesity, she pointed out that consumers' lifestyles have changed significantly, with many people being more sedentary (久坐不动的) not least because more time is spent in front of computers. She said PepsiCo's contribution was to produce healthier snacks that still tasted good.

“Society has to change its habits,” she added. “We can't do much to alter sedentary lifestyles, but we can provide consumers with great-tasting products, low in salt, sugar and fat. In the past we had to have a taste trade-off. But we're breaking that trade-off.”

PepsiCo's plan for its foods and drinks is based on guidelines from the World Health Organisation, which last week backed using taxes on sparkling drinks to reduce sugar consumption. Initiatives also include efforts to reduce its environmental impact, water consumption and materials used in packaging by 2025.

PepsiCo did not say exactly how much it planned to invest to reach its goals. However, Dr Mehmood Khan, chief scientific officer, said the company had doubled research and development spending in the past five years and was “committed to sustaining investment”, adding that companies cannot cost-cut their way to increasing sales. PepsiCo's research and development budget in 2015 was \$754 million.

51. Why is PepsiCo making a policy change?

- A) To win support from the federal government.
- B) To be more competitive in the global market.
- C) To satisfy the growing needs for healthy foods.
- D) To invest more wisely in the soft drink industry.

52. What does PepsiCo think it will have to do in the future?

- A) Invest more to develop new snacks.
- B) Reduce levels of obesity in the US.
- C) Change consumers' eating habits.
- D) Keep on improving its products.

53. Why does PepsiCo plan to alter its products, according to Indra Nooyi?

- A) To ensure the company's future development.
- B) To adapt to its customers' changed taste.
- C) To help improve its consumers' lifestyles.
- D) To break the trade-off in its product design.

54. What does Indra Nooyi say about the obesity epidemic?

- A) It is mainly caused by overconsumption of snacks.
- B) It results from high sugar and salt consumption.
- C) It is attributable to people's changed lifestyles.
- D) It has a lot to do with longer working hours.

55. What has PepsiCo been doing to achieve its objective?

- A) Studying WHO's guidelines.
- B) Increasing its research funding.
- C) Expanding its market overseas.
- D) Cutting its production costs.

阅读答案：CDACB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT11

The latest in cat research reveals that the lovely animal seems to have a basic grasp on both the laws of physics and the ins and outs of cause and effect.

According to a newly published study, cats seem to be able to predict the location of hiding prey (猎物) using both their ears and an inborn (天生的) understanding of how the physical world works.

In a recent experiment, Japanese researchers taped 30 domestic cats reacting to a container that a team member shook. Some containers rattled (发出响声) ; others did not. When the container was tipped over, sometimes an object fell out and sometimes it didn't.

It turns out that the cats were remarkably smart about what would happen when a container was tipped over. When an object did not drop out of the bottom of a rattling container, they looked at it for a longer time than they did when the container behaved as expected.

“Cats use a causal-logical understanding of noise or sounds to predict the appearance of invisible objects,” lead researcher Saho Takagi says in a press release. The researchers conclude that cats' hunting style may have developed based on their common-sense abilities to infer where prey is, using their hearing.

Scientists have explored this idea with other endearing creatures: babies. Like cats, babies appear to engage in what's called “preferential looking”—looking longer at things that are interesting or unusual than things they perceive as normal.

When babies' expectations are violated in experiments like the ones performed with the cats, they react much like their animal friends. Psychologists have shown that babies apparently expect their world to comply with the laws of physics and cause and effect as early as two months of age.

Does the study mean that cats will soon grasp the ins and outs of cause and effect? Maybe. Okay, so cats may not be the next physics faculty members at America's most important research universities. But by demonstrating their common sense, they've shown that the divide between cats and humans may not be that great after all.

46. What do we learn from a newly published study about cats?

- A) They can be trained to understand the physical world.
- B) They know what kind of prey might be easier to hunt.
- C) They have a natural ability to locate animals they hunt.
- D) They are capable of telling which way their prey flees.

47. What may account for the cats' response to the noise from the containers?

- A) Their inborn sensitivity to noise.
- B) Their unusual sense of direction.
- C) Their special ability to perceive.
- D) Their mastery of cause and effect.

48. What is characteristic of the way cats hunt, according to the Japanese researchers?

- A) They depend on their instincts.
- B) They rely mainly on their hearing.
- C) They wait some time before attack.
- D) They use both their ears and eyes.

49. In what way do babies behave like cats?

- A) They focus on what appears odd.
- B) They view the world as normal.
- C) They do what they prefer to do.
- D) They are curious about everything.

50. What can we conclude about cats from the passage?

- A) They have higher intelligence than many other animals.
- B) They interact with the physical world much like humans.
- C) They display extraordinarily high intelligence in hunting.
- D) They can aid physics professors in their research work.

阅读答案：CDBAB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT12

Imagine you enter a car with no steering wheel, no brake or accelerator pedals (踏板). Under a voice-activated command, you say an address. “The fastest route will take us 15.3 minutes. Should I take it?” You say “yes” and you are on your way. The car responds and starts moving all by itself. All you have to do is sit back and relax.

How weird would it be if, one day in the future, everyone had such a car? No crazy driving, no insults, no cutting in; traffic laws would be respected and driving much safer. On the other hand, imagine the cost savings for local police enforcement and town budgets without all those speeding and parking tickets.

A new technology has the potential to change modern society in radical ways. There’s no question that self-driving vehicles could be an enormous benefit. The potential for safer cars means accident statistics would drop: some 94% of road accidents in the U.S. involve human error. Older drivers and visually-or physically-impaired people would gain a new level of freedom. Maintaining safe speeds and being electric, self-driving cars would drastically reduce pollution levels

and dependency on non-renewable fuels. Roads would be quieter, people safer.

But we must also consider the impact of the new technology on those who now depend on driving for their livelihoods. According to the U.S. Department of Labor, in May 2015 there were 505,560 registered school bus drivers. The American Trucking Association lists approximately 3.5 million professional truck drivers in the U.S.

The companies developing self-driving vehicles should be partnering with state and federal authorities to offer retraining for this massive workforce, many of whom will be displaced by the new technology. This is similar to what’s happening in the coal and oil industries, a situation that fuels much of the current political discontent in this country.

New technologies will, and should, be developed. This is how society moves forward. However, progress can’t be one-sided. It is necessary for the companies and state agencies involved to consider the ethical consequences of these potential changes to build a better future for all.

51. What would be the impact of the extensive use of driverless cars?

- A) People would be driving in a more civilized way.
- B) It would save local governments a lot of money.
- C) More policemen would be patrolling the streets.
- D) Traffic regulations would be a thing of the past.

52. How would the elderly and the disabled benefit from driverless cars?

- A) They could enjoy greater mobility.
- B) They would suffer no road accidents.
- C) They would have no trouble driving.
- D) They could go anywhere they want.

53. What would be the negative impact of driverless cars?

- A) The conflict between labor and management would intensify.
- B) The gap between various sectors of society would be widened.
- C) Professional drivers would have a hard time adapting to new road conditions.
- D) Numerous professional drivers would have to find new ways of earning a living.

54. What is the result of the introduction of new technologies in energy industries?

- A) Political dissatisfaction.
- B) Retraining of employees.
- C) Fossil fuel conservation.
- D) Business restructuring.

55. What does the author suggest businesses and the government do?

- A) Keep pace with technological developments.
- B) Make new technologies affordable to everyone.
- C) Enable everyone to benefit from new technologies.
- D) Popularize the use of new technologies and devices.

阅读答案：BADAC

词汇拓展：

词汇拓展		
生词	文中搭配	中文释义
随写区		

请将文中生词整理誊写至词汇拓展区

长篇阅读方法

From Accountant to Yogi: Making a Radical Career Change

[A] At some point, almost all of us will experience a period of radical professional change. Some of us will seek it out; for others it will feel like an unwelcome intrusion into otherwise stable careers. Either way, we have choices about how we respond to it when it comes.

[B] We recently caught up with yoga entrepreneur Leah Zaccaria, who put herself through the fire of change to completely reinvent herself. In her search to live a life of purpose, Leah left her high-paying accounting job, her husband, and her home, hi the process, she built a radically new life and career. Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people. Even if your personal reinvention is less drastic, we think there are lessons from her experience that apply.

[C] Where do the seeds of change come from? the Native American Indians have a saying: “Pay attention to the whispers so you won’t have to hear the screams.” Often the best ideas for big changes come from unexpected places — it’s just a matter of tuning in. Great leaders recognize the weak signals or slight signs that point to big changes to come. Leah reflects on a time she listened to the whispers: “About the time my daughter was five years old. I started having a sense that ‘this isn’t right.’” She then realized that her life no longer matched her vision for it.

[D] Up until that point, Leah had followed traditional measures of success. After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby. “I did what everybody else thought looked successful,” she says. Leah easily could have fallen into a trap of feeling content; instead, her energy sparked a period of experimentation and renewal.

[E] Feeling the need to change, Leah started playing with future possibilities by exploring her interests and developing new capabilities. First trying physical exercise

and dieting, she lost some weight and discovered an inner strength. “I felt powerful because I broke through my own limitations,” she recalls.

[F] However, it was another interest that led Leah to radically reinvent herself. “I remember sitting on a bench with my aunt at a yoga studio,” she said, having a moment of clarity right then and there: Yoga is saving my life. Yoga is waking me up. I’m not happy and I want to change and I’m done with this.” In that moment of clarity Leah made an important leap, conquering her inner resistance to change and making a firm commitment to take bigger steps.

[G] Creating the future you want is a lot easier if you are ready to exploit the opportunities that come your way. When Leah made the commitment to change, she primed herself to new opportunities she may otherwise have overlooked. She recalls:

[H] One day a man I worked with, Ryan, who had his office next to mine, said, “Leah, let’s go look at this space on Queen Anne.” He knew my love for yoga and had seen a space close to where he lived that he thought might be good to serve as a yoga studio. As soon as I saw the location, I knew this was it. Of course I was scared, yet I had this strong sense of “I have to do this.” Only a few months later Leah opened her first yoga studio, but success was not instant.

[I] Creating the future takes time. That’s why leaders continue to manage the present while building toward the big changes of the future. When it’s time to make the leap, they take action and immediately drop what’s no longer serving their purpose. Initially Leah stayed with her accounting job while starting up the yoga studio to make it all work.

[J] Soon after, she knew she had to make a bold move to fully commit to her new future. Within two years, Leah shed the safety of her accounting job and made the

switch complete. Such drastic change is not easy.

[K] Steering through change and facing obstacles brings us face to face with our fears. Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: “I was probably up against the most fear I’ve ever had, ” she says. “I had spent two years cultivating this community, and it had become successful very fast, but within six months I was facing the prospect of losing it all.”

[L] She connected with her sense of purpose and dug deep, cultivating a tremendous sense of strength. “I was feeling so intentional and strong that I wasn’t going to let fear just take over. I was thinking, ‘OK, guys, if you want to try to shut me down, shut me down.’ And I knew it was a negotiation scheme, so I was able to say to myself, ‘This is not real.’” By naming her fears and facing them head-on, Leah gained confidence. For most of us, letting go of the safety and security of the past gives us great fear. Calling out our fears explicitly, as Leah did, can help us act decisively.

[M] The cycle of renewal never ends. Leah’s growth spurred her to open her second studio—and it wasn’t for the money.

[N] I have no desire to make millions of dollars. It’s not about that; it’s about growth for me. Honestly, I didn’t need to open a second studio. I was making as much money as I was as an accountant. But I know if you don’t grow, you stand still, and that doesn’t work for me.

[O] Consider the current moment in your own life, your team or your organization. Where are you in the cycle of renewal: Are you actively preserving the present, or selectively forgetting the past, or boldly creating the future? What advice would Leah give you to move you ahead on your journey? Once we’re on the path of growth, we can continually move through the seasons of transformation and renewal.

36. Readiness to take advantage of new opportunities will make it easier to create one's desired future.
37. By conventional standards, Leah was a typical successful woman before she changed her career.
38. Leah gained confidence by laying out her fears and confronting them directly.
39. In search of a meaningful life, Leah gave up what she had and set up her own yoga studios.
- 40 Leah's interest in yoga prompted her to make a firm decision to reshape her life.
41. Small signs may indicate great changes to come and therefore merit attention.
42. Leah's first yoga studio was by no means an immediate success.
43. Some people regard professional change as an unpleasant experience that disturbs their stable careers.
44. The worst fear Leah ever had was the prospect of losing her yoga business.
45. As she explored new interests and developed new potentials, Leah felt powerful internally.

长篇阅读答案: G D L B F C H A K E

长篇阅读页数较多 在此仅展示一篇, 电子版题目大家可以按需要打印自行刷题。

选词填空冲刺 1

The center of American automobile innovation has in the past decade moved 2,000 miles away. It has 26 from Detroit to Silicon Valley, where self-driving vehicles are coming into life.

In a 27 to take production back to Detroit, Michigan lawmakers have introduced 28 that could make their state the best place in the country, if not the world, to develop self-driving vehicles and put them on the road.

“Michigan’s 29 in auto research and development is under attack from several states and countries which desire to 30 our leadership in transportation. We can’t let happen,” says Senator Mike Kowall, the lead 31 of four bills recently introduced.

If all four bills pass as written, they would 32 a substantial update of Michigan’s 2013 law that allowed the testing of self-driving vehicles in limited conditions. Manufacturer would have nearly total freedom to test their self-driving technology on public roads. They would be allowed to send groups of self-driving cars on cross-state road trips, and even set on-demand 33 of self-driving cars, like the one General Motors and Lyft are building.

Lawmakers in Michigan clearly want to make the state ready for the commercial application of self-driving technology. In 34, California, home of Silicon Valley, recently proposed far more 35 rules that would require human drivers be ready to take the wheel, and commercial use of self-driving technology.

- | | |
|----------------|----------------|
| A) bid | I) replace |
| B) contrast | J) represent |
| C) deputy | K) restrictive |
| D) dominance | L) reward |
| E) fleets | M) significant |
| F) knots | N) sponsor |
| G) legislation | O) transmitted |
| H) migrated | |

26.H 27.A 28.G 29.D 30.I 31.N 32.J 33.E 34.B 35.K

选词填空冲刺 2

Just because they can't sing opera or ride a bicycle doesn't mean that animals don't have culture. There's no better example of this than killer whales. As one of the most __26__ predators (食肉动物), killer whales may not fit the __27__ of a cultured creature. However, these beasts of the sea do display a vast range of highly __28__ behaviors that appear to be driving their genetic development.

The word "culture" comes from the Latin "colere," which __29__ means "to cultivate." In other words, it refers to anything that is __30__ or learnt, rather than instinctive or natural. Among human populations, culture not only affects the way we live, but also writes itself into our genes, affecting who we are. For instance, having spent many generations hunting the fat marine mammals of the Arctic, the Eskimos of Greenland have developed certain genetic __31__ that help them digest and utilize this fat-rich diet, thereby allowing them to __32__ in their cold climate.

Like humans, killer whales have colonized a range of different __33__ across the globe, occupying every ocean basin on the planet, with an empire that __34__ from pole to pole. As such, different populations of killer whales have had to learn different hunting techniques in order to gain the upper hand over their local prey (猎物). This, in turn, has a major effect on their diet, leading scientists to __35__ that the ability to learn population-specific hunting methods could be driving the animals' genetic development.

- | | |
|-----------------|--------------|
| A) acquired | I) image |
| B) adaptations | J) literally |
| C) brutal | K) refined |
| D) deliberately | L) revolves |
| E) expressed | M) speculate |
| F) extends | N) structure |

26.C 27.I 28.K 29.J 30.A 31.B 32.O 33.G 34.F 35.M

Questions 26 to 35 are based on the following passage.

When travelling overseas, do you buy water in plastic bottles or take your chances with tap water? Imagine you are wandering about on a Thai island or 26 the ruins of Angkor. It's hot so you grab a bottle of water from a local vendor. It's the safe thing to do, right? The bottle is 27, and the label says "pure water". But maybe what's inside is not so 28. Would you still be drinking it if you knew that more than 90 percent of all bottled water sold around the world 29 microplastics?

That's the conclusion of a recently 30 study, which analysed 259 bottles from 11 brands sold in nine countries, 31 an average of 325 plastic particles per litre of water. These microplastics included a 32 commonly known as PET and widely used in the manufacture of clothing and food and 33 containers. The study was conducted at the State University of New York on behalf of Orb Media, a journalism organisation. About a million bottles are bought every minute, not only by thirsty tourists but also by many of the 2.1 billion worldwide who live with unsafe drinking water.

Confronted with this 34, several bottled-water manufacturers including Nestle and Coca-Cola undertook their own studies using the same methodology. These studies showed that their water did contain microplastics, but far less than the Orb study suggested. Regardless, the World Health Organisation has launched a review into the 35 health risks of drinking water from plastic bottles.

A) adequate	I) natural
B) admiring	J) potential
C) contains	K) released
D) defending	L) revealing
E) evidence	M) sealed
F) instant	N) solves
G) liquid	O) substance
H) modified	

26.B 27.M 28.I 29.C 30.K 31.L 32.O 33.G 34.E 35.J

