

TEXT11

The wallet is heading for extinction. As a day-to-day essential, it will die off with the generation who read print newspapers. The kind of shopping—where you hand over notes and count out change in return—now happens only in the most minor of our retail encounters, like buying a bar of chocolate or a pint of milk, from a corner shop. At the shops where you spend any real money, that money is increasingly abstracted. And this is more and more true, the higher up the scale you go. At the most cutting-edge retail stores—Victoria Beckham on Dover Street, for instance—you don't go and stand at any kind of cash register, when you decide to pay. The staff are equipped with iPad to take your payment while you relax on a sofa.

Which is nothing more or less than excellent service, if you have the money. But across society, the abstraction of the idea of cash makes me uneasy. Maybe I'm just old-fashioned. But earning money isn't quick or easy for most of us. Isn't it a bit weird that spending it should happen in half a blink (眨眼) of an eye? Doesn't a wallet—that time-honoured Friday-night feeling of pleasing, promising fatness—represent something that matters?

But I'll leave the economics to the experts. What bothers me about the death of the wallet is the change it represents in our physical environment. Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets—is the very opposite of what our world is becoming. The opposite of a wallet is a smartphone or an iPad. The rounded edges, cool glass, smooth and unknowable as a pebble (鹅卵石). Instead of digging through pieces of paper and peering into corners, we move our fingers left and right. No more counting out coins. Show your wallet, if you still have one. It may not be here much longer.

46. What is happening to the wallet?

- A) It is disappearing.
- B) It is being fattened.
- C) It is becoming costly.
- D) It is changing in style.

47. How are business transactions done in big modern stores?

- A) Individually
- B) Electronically.
- C) In the abstract.
- D) Via a cash register.

48. What makes the author feel uncomfortable nowadays?

- A) Saving money is becoming a thing of the past.
- B) The pleasing Friday-night feeling is fading.
- C) Earning money is getting more difficult.
- D) Spending money is so fast and easy.

49. Why does the author choose to write about what's happening to the wallet?

- A) It represents a change in the modern world
- B) It has something to do with everybody's life.
- C) It marks the end of a time-honoured tradition.
- D) It is the concern of contemporary economists.

50. What can we infer from the passage about the author?

- A) He is resistant to social changes.
- B) He is against technological progress.
- C) He feels reluctant to part with the traditional wallet.
- D) He feels insecure in the ever-changing modern world

TEXT12

It's late in the evening: time to close the book and turn off the computer. You're done for the day. What you may not realize, however, is that the learning process actually continues-in your dreams.

It might sound like science fiction, but researchers are increasingly focusing on the relationship between the knowledge and skills our brains absorb during the day and the fragmented, often bizarre imaginings they generate at night. Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity (suggesting that there's some truth to the popular notion that we're "getting" a foreign language once we begin dreaming in it). What's more, researchers are coming to recognize that dreaming is an essential part of understanding, organizing and retaining what we learn.

While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural (神经的) virtual reality. A vivid example of such replay can be seen in a video researchers made recently about sleep disorders. They taught a series of dance moves to a group of patients with conditions like sleepwalking, in which the sleeper engages in the kind physical movement that does not normally occur during sleep. They then videotaped the subjects as they slept. Lying in bed, eyes closed, one female patient on the tape performs the dance moves she learned earlier.

This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know. In a 2010 study, researchers at Harvard Medical School reported that college students who dreamed about a computer maze (迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task.

Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material. Think about that as your head hits the pillow tonight.

51. What is scientists' finding about dreaming?

- A) It involves disconnected, weird images.
- B) It resembles fragments of science fiction.
- C) Dreaming about a learned task betters its performance.
- D) Dreaming about things being learned disturbs one's sleep.

52. What happens when one enters a dream state?

- A) The body continues to act as if the sleeper were awake.
- B) The neural activity of the brain will become intensified.
- C) The brain behaves as if it were playing a virtual reality video game.
- D) The brain once again experiences the learning activities of the day.

53. What does the brain do while we are sleeping?

- A) It systematizes all the data collected during the day.
- B) It substitutes old information with new data.
- C) It processes and absorbs newly acquired data.
- D) It classifies information and places it in different files.

54. What does Robert Stickgold suggest about enhancing learning?

- A) Having a little sleep after studying in the day.
- B) Staying up late before going to bed.
- C) Having a dream about anything.
- D) Thinking about the odds of dreaming about the material.

55. What can be inferred about dreaming from the passage?

- A) We may enhance our learning through dreaming.
- B) Dreaming improves your language ability.
- C) All sleepwalkers perform dance moves when they are sleeping.
- D) Taking a nap after learning can help you find the way through the maze.

TEXT13

Americans spend billions of dollars each year trying to change their weight with diets, gym memberships and plastic surgery.

Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety, depression, as well as unhealthy strategies for weight loss or muscle gain. It also has a financial cost. Having an eating disorder boosts annual health care costs by nearly US \$ 2,000 per person.

Why is there both external and internal pressure to look "perfect"? One reason is that society rewards people who are thin and healthy-looking. Researchers have shown that body mass index is related to wages and income. Especially for women, there is a clear penalty at work for being overweight or obese. Some studies have also found an impact for men, though a less noticeable one.

While the research literature is clear that labor market success is partly based on how employers and customers perceive your body image, no one had explored the other side of the question. Does a person's own perception of body image matter to earnings and other indicators of success in the workplace?

Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

As in other research, women in our sample tend to over-perceive their weight they think they're heavier than they are while men tend to under-perceive theirs.

We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence self-esteem (自尊心), mental health and health behaviors.

While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

46. What does the author say may have an adverse impact on people?

- A) Undergoing plastic surgeries in pursuit of beauty.
- B) Imitating the lifestyles of heroes and role models.
- C) Striving to achieve perfection regardless of financial cost.
- D) Attempting to meet society's expectation of appearance.

47. What have researchers found out about people's earnings?

- A) They are closely related to people's social status.
- B) They have to do with people's body weight and shape.
- C) They seem to matter much less to men than to women.
- D) They may not be equal to people's contributions.

48. What does the author's recent study focus on?

- A) Previous literature on indicators of competitiveness in the workplace.
- B) Traits that matter most in one's pursuit of success in the labor market.
- C) Whether self-perception of body image impacts one's workplace success.
- D) How bosses' perception of body image impacts employees' advancement.

49. What is the finding of the author's recent research?

- A) Being overweight actually does not do much harm to the overall well-being of employees.
- B) People are not adversely affected in the workplace by false self-perception of body weight.
- C) Self-esteem helps to combat gender inequality in the workplace.
- D) Gender inequality continues to frustrate a lot of female employees.

50. What does the author think would help improve the situation in the labor market?

- A) Banning discrimination on the basis of employees' body image.
- B) Expanding protection of women against gender discrimination.
- C) Helping employees change their own perception of beauty.
- D) Excluding body shape as a category in the labor contract.

TEXT14

The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting. You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

At the minimum, most of us work because we want to be able to support ourselves, our families, and the people around us. In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society. When you separate work and life, it's a little bit harder to make that connection. But when you think of work as part of a full life and a complete experience, it becomes easier to see that success in one aspect often supports another.

Losing your balance and falling isn't pleasant. A goal to balance suggests that things could quickly get off balance, and that causes terrible outcomes. It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

How we talk to ourselves matters, and how we talk about issues makes a difference. Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.

51. What does the author suggest by saying "The work-life balance is dead"?

- A) The hope of achieving a thriving life is impossible to realize.
- B) The pursuit of a fulfilling career involves personal sacrifice.
- C) The imbalance between work and life simply doesn't exist anymore.
- D) The concept of work-life balance contributes little to a fulfilling life.

52. What does the author say about our use of language?

- A) It impacts how we think and behave.
- B) It reflects how we communicate.
- C) It changes with the passage of time.
- D) It differs from person to person.

53. What does the author say we do in an ideal world?

- A) We do work that better the lives of our families and friends.
- B) We do work that gives us bursts of joy each new day.
- C) We do meaningful work that contributes to society.
- D) We do demanding work that brings our capacity into full play.

54. What does the author say about life?

- A) It is cyclical.
- B) It is dynamic.
- C) It is fulfilling.
- D) It is risky.

55. What does the author advise us to do?

- A) Make life as simple as possible.
- B) Talk about balance in simpler terms.
- C) Balance life and work in a new way.
- D) Strive for a more fulfilling life

TEXT15

When is cleaning walls a crime? When you're doing it to create art, obviously. A number of street artists around the world have started expressing themselves through a practice known as reverse graffiti (涂鸦). They find dirty surfaces and paint them with images or messages using cleaning brushes or pressure hoses (高压水管). Either way, it's the same principle: the image is made by cleaning away the dirt. Each artist has their own individual style but all artists share a common aim: to draw attention to the pollution in our cities. The UK's Paul Curtis, better known as Moose, operates around Leeds and London and has been commissioned by a number of companies to make reverse graffiti advertisements.

Brazilian artist, Alexandra Orion, turned one of Sao Paulo's transport tunnels into an amazing wall painting in 2006 by getting rid of the dirt. Made up of a series of white skulls (颅骨), the painting reminds drivers of the effect their pollution is having on the planet. "Every motorist sits in the comfort of their car, but they don't give any consideration to the price their comfort has for the environment and consequently for themselves," says Orion.

The anti-pollution message of the reverse graffiti artists confuses city authorities since the main argument against graffiti is that it spoils the appearance of both types of property: public and private. This was what Leeds City Council said about Moose's work: "Leeds residents want to live in clean and attractive neighbour hoods. We view this kind of advertising as environmental damage and will take strong action against it." Moose was ordered to "clean up his act." How was he supposed to do this: by making all property he had cleaned dirty again?

As for the Brazilian artist's work, the authorities were annoyed but could find nothing to charge him with. They had no other option but to clean the tunnel—but only the parts Alexandra had already cleaned. The artist merely continued his campaign on the other side. The city officials then decided to take drastic action. They not only cleaned the whole tunnel but every tunnel in Sao Paulo.

46. What do we learn from the passage about reverse graffiti?
- A) It uses paint to create anti-pollution images.
 - B) It causes lots of distraction to drivers.
 - C) It creates a lot of trouble for local residents.
 - D) It turns dirty walls into artistic works.
47. What do reverse graffiti artists try to do?
- A) Publicise their artistic pursuit.
 - B) Beautify the city environment.
 - C) Raise public awareness of environmental pollution.
 - D) Express their dissatisfaction with local governments.
48. What do we learn about Brazilian artist Alexandre Orion?
- A) He was good at painting white skulls.
 - C) He suggested banning all polluting cars.
 - B) He chose tunnels to do his graffiti art.
- D) He was fond of doing creative artworks.
49. What does the author imply about Leeds City Council's decision?
- A) It is simply absurd.
 - C) It is rather unexpected
 - B) It is well-informed.
 - D) It is quite sensible.
50. How did Sao Paulo city officials handle Alexandre Orion's reverse graffiti?
- A) They made him clean all the tunnels in Sao Paulo.
 - B) They took drastic action to ban all reverse graffiti.
 - C) They charged him with polluting tunnels in the city.
 - D) They made it impossible for him to practice his art.

TEXT16

The practice of paying children an allowance became popular in America about 100 years ago. Nowadays, American kids on average receive about \$ 800 per year in allowance. But the vast majority of American parents who pay allowance tie it to the completion of housework. Although many parents believe that paying an allowance for completing chores benefits their children, a range of experts expressed concern that tying allowance very closely to chores may not be ideal. In fact, the way chores work in many households worldwide points to another way.

Suniya Luthar, a psychologist, is against paying kids for chores. Luthar is not opposed to giving allowances, but she thinks it's important to establish that chores are done not because they will lead to payment, but because they keep the household running. Luthar's suggested approach to allowance is compatible with that of writer Ron Lieber, who advises that allowances be used as a means of showing children how to save, give, and spend on things they care about. Kids should do chores, he writes, "for the same reason adults do, because the chores need to be done, and not with the expectation of compensation.

"This argument has its critics, but considering the way chores are undertaken around the world may change people's thinking. Professor David Lancy of Utah State University has studied how families around the world handle chores. At about 18 months of age, Lancy says, most children become eager to help their parents, and in many cultures, they begin helping with housework at that age. They begin with very simple tasks, but their responsibilities gradually increase. And they do these tasks without payment. Lancy contrasts this with what happens in America. "We deny our children's bids to help until they are 6 or 7 years old," Lancy says, "when many have lost the desire to help and then try to motivate them with payment. The solution to this problem is not to try to use money as an incentive to do housework, but to get children involved in housework much earlier, when they actually want to do it."

51. What do some experts think about paying children for doing chores?

- A) It may benefit children in more ways than one.
- B) It may help children learn the worth of labor.
- C) It may not turn out to be the best thing to do.
- D) It may not be accepted by low-income parents.

52. According to Suniya Luthar, doing chores will help children learn to

- A) share family responsibilities
- C) cultivate the spirit of independence
- B) appreciate the value of work
- D) manage domestic affairs themselves

53. What does Ron Lieber think should be the goal of giving children allowances?

- A) To help to strengthen family ties.
- C) To motivate them to do more housework.
- B) To teach them how to manage money.
- D) To show parents' appreciation of their help.

54. What does David Lancy say about 18-month-olds?

- A) They have a natural instinct to help around the house.
- B) They are too young to request money for what they do.
- C) They should learn to understand family responsibilities.
- D) They need a little incentive to get involved in housework.

55. What does David Lancy advise American parents to do?

- A) Set a good example for children in doing housework.
- B) Make children do housework without compensation.
- C) Teach children how to do housework.
- D) Accept children's early bids to help

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.

TEXT2

How to determine if a company is a good fit for you

A) On paper, the job seemed perfect for me: The position was completely in line with my degree, the duties and responsibilities were compatible with my interests, and the office maintained a well-stocked kitchen that would satisfy my every snack desire.

B) Sounds like my dream job, right? There was only one small problem: I simply didn't get along with the company culture. They favored a more rigid, closed-door, corporate atmosphere, while I would have preferred something more collaborative and open. They were complete clock watchers, while I would have liked a more flexible schedule. To put it plainly, we just weren't on the same page.

C) When it comes to looking for a new job, you already know that a big part of the interview process involves the company evaluating whether or not you're a good fit for their open role. But, it's important to keep in mind that the employer isn't the only one who needs to identify a good match—you should be looking for that same exact thing. Company culture can have a big impact on how you feel about your work, so you want to make sure you sign an offer letter with an organization you're truly excited about.

D) However, figuring out what a company is like before you actually work there can be a bit of a challenge. Luckily, there are a few things you can do to determine whether or not a company is a good fit for you—before you ever sign your name on that dotted line.

E) First of all, know what you want. It's hard to make any decisions when you don't really know what you're looking for. So before you can determine whether you and a specific company would be compatible together, it's important to have a solid handle on what exactly you want from your employer. Many of us have an easier time identifying the things that we absolutely don't want. If those are the only things you can think of, don't worry! That's still a good place to start.

F) Start by writing down the things you didn't like about previous employers, as well as the parts you really valued. There's no wrong answer here—so from big things to small details, write them all down on your list. This will help you immediately identify what you're looking for in an organization, as well as the things you're trying to stay far, far away from.

G) Make sure to do your research. Now comes the part when you put on your detective hat and do a little digging. The Internet will be your best friend when you're trying to familiarize yourself with a company's culture before ever walking through their office doors. And where exactly should you look for these culture clues? Start with the most obvious place first: the company's website. Read through their copy and blog. Do they use formal, direct language? Or is it casual, conversational, and maybe even a little humorous? This can be a big indicator of what sort of atmosphere the company is trying to cultivate.

H) Next, turn your attention toward their social media outlets. Are they sharing photos of their team's Thursday afternoon barbecue or Halloween costume contest? Or are their social media accounts strictly reserved for company-related announcements and product launches?

I) An industry review website like Glassdoor is another spot to check in order to find some insider information about what you can expect about a company. However, remember to take the reviews you read with a grain of salt—many of them are written by scorned(被鄙视的)employees.

J) Finally, you can never fail with personal connections. Send a quick message to a current or previous company employee on Linked In or by email and ask if they would be willing to have a quick conversation with you about the organization in general. If you get a yes to your request for a chat, you'll be armed with some pretty powerful and helpful information heading into your interview!

K) Learn more by asking questions. You know that part at the end of a job interview when the hiring manager asks if you have any questions, and you just stare across the table blankly with your mouth hanging open? That's the perfect opportunity to speak up and get your burning company culture questions answered! So yes, you can definitely ask your interviewer about what it's like to work for that particular organization. Simple questions like, "What three words would you use to describe the culture here?" or "What's your favorite part about working for this company?" can reveal a lot about what it's really like behind closed doors.

L) Prioritize your values. What does my dream company culture look like? Well, I could come and go as I please, as long as I was getting the work done. My boss would genuinely listen to and value all of my ideas and suggestions. My co-workers would all be friendly with one another, without ever falling into the office gossip trap. The kitchen would have endless options of pizza and cookies. Oh, and they'd give me two months of paid vacation with a very generous salary.

M) What are my chances of finding all of those things with one employer? Slim to none— believe me, I've looked. This is why it's so important to know which aspects of a company's culture you value most. Is it an open communication style or a flexible schedule? Focus on the top spots on your priority list, and ensure a potential employer at least checks those boxes. Unfortunately, this is reality, you can't have everything you want but a few are certainly achievable.

N) When you're hunting for a new job, you already know that the employer is trying to decide whether or not you're a good fit for the position. But you should also look at the process through a similar lens. You may not be the one conducting the actual interview, but you're still trying to determine whether or not the company is a good fit for you.

O) Keep these tips in mind to figure out whether you and a potential employer are a perfect match or just a recipe (方案) for disaster. After all, it's a good thing to know before actually accepting an offer.

36. Clues about the culture of a company can be found on its website.

37. It can be difficult to know the real situation in a company until you become part of it.

38. It is impossible for a job applicant to have every expectation met.

39. Simply by reading its description, the author found the job offered ideal.

40. Job applicants are advised to make a written list of their likes and dislikes in their previous employment.

41. At the end of an interview, a job applicant should seize the opportunity to get answers to their urgent questions.

42. To begin with, job applicants should be clear what they expect from their future employer.

43. Job applicants should read with a critical eye what is written about a company on the website.

44. Job satisfaction has a lot to do with company culture.

45. A chat with an insider of a company can give job applicants very useful information when they prepare for an interview.

TEXT3

There's a stress gap between men and women

A) "I used to work very hard. I love to create things, grow them and solve problems," said Meng Li, a successful app developer in San Francisco. "I didn't really care about my mind and my body until they decided to go on strike."

B) Ms. Li said her stress led to sleeplessness. When she did sleep, she experienced "problem-solving dreams," which left her feeling unrested when she woke up. "After I became a first-time mother, I quickly realized I was so busy caring for other people and work that I felt like I'd lost myself," she said.

C) It's a common story—one we frequently ridicule and readily dismiss, for example, by claiming that women tend to complain more than men, despite the growing sum of research that underlines the problem. Women are twice as likely to suffer from severe stress and anxiety as men, according to a 2016 study published in *The Journal of Brain & Behavior*. The American Psychological Association reports a gender gap year after year showing that women consistently report higher stress levels. Clearly, a stress gap exists.

D) "The difference is not really news to me, as a clinical psychologist," said Erin Joyce, a women and couples therapist in Los Angeles. "It's been well documented in extensive research over the years that prevalence rates for the majority of the anxiety disorders are higher in women than men." Some people may argue that this is merely reported data, and they say many men feel the same pressures as women in terms of fulfilling responsibilities at work and home. In other words, we're all really, really stressed.

E) "The difference, however, is in the nature and scope of these responsibilities in the home environment in particular," Dr. Joyce said. For example, the United Nations reported that women do nearly three times as much unpaid domestic work as men. The problem is, housework is often overlooked as work, even though it is often as laborious (or in some cases, more so) as any paid job. As the scholar Silvia Federici put it in 1975, the unpaid nature of domestic work reinforces the assumption that "housework is not work, thus preventing women from struggling against it."

F) It's not just inside the home, though. Research from Nova Southeastern University found that female managers were more likely than male managers to display "surface acting," or forcing emotions that are not wholly felt. "They expressed optimism, calmness and sympathy even when these were not the emotions that they were actually feeling," the study said.

G) Surface acting is a prime example of "emotional labor," a concept that the writer Jess Zimmerman made familiar in a 2015 essay. The essay sparked a massive thread on the internet community blog Meta Filter. Hundreds of women spoke up about their own experience with emotional labor; the duties that are expected of them, but go unnoticed. These invisible duties become apparent only when you don't do them. Like domestic labor, emotional labor is generally dismissed and not labeled work. But research shows it can be just as exhausting as paid work. Emotional labor can lead to difficulty in sleeping and family conflict. Sure, circumstantial stress, like losing a job, may lead to these same issues. But emotional labor is not circumstantial. It's an enduring responsibility based on the socialized gender role of women.

H) Like Ms. Li, many women try to manage the added stress to reach what Dr. Joyce said was an unattainable ideal. "Some professional women aim to do it all. They want to reach the top of the corporate ladder and fly like supermom," she said. When women don't reach this ideal, they feel guilty; and even more stressed. After her own struggle with this, Ms. Li took a step back and used her experience to build *Sanity & Self*, a self-care app and platform for overworked women. "The realizations I had in that process helped me gain insights and ultimately got me ready to

integrate selfcare into my daily life," she said.

I) The stress problem extends beyond mental health when you consider the link between stress, anxiety and heart health. Worse, most of what we know about heart disease comes from studies involving men. However, "there are many reasons to think that it's different in women," Harvard Medical School reported. For example, women are more likely to experience disturbed sleep, anxiety and unusual fatigue before a heart attack. Stress is so normalized that it is easy for women to shrug off those symptoms as simply the consequences of stress. Many women also do not experience chest pain before a heart attack the way men do, which leads to fewer women discovering problematic heart issues. Harvard reports that women are "much more likely than men to die within a year of having a heart attack" and "many women say their physicians sometimes don't even recognize the symptoms."

J) The good news is, women are more likely than men to take charge of their stress and manage it, the American Psychological Association reports. The concept of self-care, at its core, is quite simple. "The basics of adequate sleep, healthy diet and exercise are a good place to start," Dr. Joyce said. "Support from trusted relationships is vital. This includes professional support from various health and wellness providers if stress is becoming increasingly overwhelming."

K) Disconnecting from work and home responsibilities is also obviously important. But it's much easier said than done. It is important to understand what causes your stress in the first place. "Get really specific with what's stressing you out," Ms. Li said. "We often chalk up our stress to broad experiences like work. But work stress can take many different forms. Is a colleague being disrespectful of your time? Is a boss undermining your day-to-day control over decision making? These are different causes of stress and can benefit from different kinds of self-care."

L) Ideally, your spouse or partner will be supportive, rather than dismissive, of your stress. It is important to talk through these issues before they come to a head. "Women working outside of the home should make an effort to have a conscious conversation with their partners about more equitable sharing of household and family responsibilities," Dr. Joyce said.

36. Some career women who aim high tend to feel guilty if they fail to achieve their goals.

37. The unpaid housework done by women is triple that done by men.

38. It is reported that women consistently suffer more from severe stress than men.

39. Women are advised to identify the specific causes of their stress so that steps can be taken to deal with it.

40. One study showed that women managers often expressed positive emotions that they didn't really feel.

41. Women tend to mistake signs of heart attacks for symptoms of stress.

42. For a time an app developer in America was so busy attending to work and family that she suffered from sleeplessness.

43. The emotional labor women do is noticed only when it is not done.

44. Dr. Joyce suggests that apart from self-care, women should seek professional support if they experience severe stress

45. Some people believe that there may not exist a stress gap between men and women.

TEXT4

Do In-Class Exams Make Students Study Harder?

Research suggests they may study more broadly for the unexpected rather than search for answers.

[A] I have always been a poor test-taker. So it may seem rather strange that I have returned to college to finish the degree I left undone some four decades ago. I am making my way through Columbia University, surrounded by students who quickly supply the verbal answer while I am still processing the question.

[B] Since there is no way for me to avoid exams, I am currently questioning what kind are the most taxing and ultimately beneficial. I have already sweated through numerous in-class midterms and finals, and now I have a professor who issues take-home ones. I was excited when I learned this, figuring I had a full week to do the research, read the texts, and write it all up. In fact, I was still rewriting my midterm the morning it was due. To say I had lost the thread is putting it mildly.

[C] As I was suffering through my week of anxiety, overthinking the material and guessing my grasp of it, I did some of my own polling among students and professors. David Eisenbach, who teaches a popular class on U.S. presidents at Columbia, prefers the in-class variety. He believes students ultimately learn more and encourages them to form study groups. “That way they socialize over history outside the class, which wouldn’t happen without the pressure of an in-class exam,” he explained, “Furthermore, in-class exams force students to learn how to perform under pressure, and essential work skill.”

[D] He also says there is less chance of cheating with the in-class variety. In 2012, 125 students at Harvard were caught up in a scandal when it was discovered they had cheated on a take-home exam for a class entitled “Introduction To Congress.” Some colleges have what they call an “honor code,” though if you are smart enough to get into these schools, you are either smart enough to get around any codes or hopefully, too ethical to consider doing so. As I sat blocked and clueless for two solid days, I momentarily wondered if I couldn’t just call an expert on the subject matter which I was tackling, or someone who took the class previously, to get me going.

[E] Following the Harvard scandal, Mary Miller, the former dean of students at Yale, made an impassioned appeal to her school’s professors to refrain from take-home exams. “Students risk health and well being, as well as performance in other end-of-term work, when faculty offers take-home exams without clear, time-limited boundaries,” she told me. “Research now shows that regular quizzes, short essays, and other assignments over the course of a term better enhance learning and retention.”

[F] Most college professors agree the kind of exam they choose largely depends on the subject. A quantitative-based one, for example, is unlikely to be sent home, where one could ask their older brothers and sisters to help. Vocational-type classes, such as computer science or journalism, on the other hand, are often more research-oriented and lend themselves to take-home testing. Chris Koch, who teaches “History of Broadcast Journalism” at Montgomery Community College in Rockville, Maryland, points out that reporting is about investigation rather than the memorization of minute details. “In my field, it’s not what you know—it’s what you know how to find out,” says Koch. “There is way too much information, and more coming all the time, for anyone to remember. I want my students to search out the answers to questions by using all the resources available to them.

[G] Students’ test-form preferences vary, too, often depending on the subject and course difficulty. “I prefer take-home essays because it is then really about the writing, so you have time to edit and do more research,” says Elizabeth Dresser, a junior at Barnard. Then there is the stress factor. Francesca Haass, a senior at Middlebury, says, “I find the in-class ones are more stressful in the short term, but there is immediate relief as you swallow information like

mad, and then you get to forget it all. Take-homes require thoughtful engagement which can lead to longer term stress as there is never a moment when the time is up.” Meanwhile, Olivia Rubin, a sophomore at Emory, says she hardly even considers take-homes true exams. “If you understand the material and have the ability to articulate (说出) your thoughts, they should be a breeze.”

[H] How students ultimately handle stress may depend on their personal test-taking abilities. There are people who always wait until the last minute, and make it much harder than it needs to be. And then there those who, not knowing what questions are coming at them, and having no resources to refer to, can freeze. And then there are we rare folks who fit both those descriptions.

[I] Yes, my advanced age must factor into the equation (等式), in part because of my inability to access the information as quickly. As another returning student at Columbia, Kate Marber, told me, “We are learning not only all this information, but essentially how to learn again. Our fellow students have just come out of high school. A lot has changed since we were last in school.”

[J] If nothing else, the situation has given my college son and me something to share, When I asked his opinion on this matter, he responded, “I like in-class exams because the time is already reserved, as opposed to using my free time at home to work on a test,” he responded. It seems to me that a compromise would be receiving the exam questions a day or two in advance, and then doing the actual test in class the ticking clock overhead.

[K] Better yet, how about what one Hunter College professor reportedly did recently for her final exam: She encouraged the class not to stress or even study, promising that, “It is going to be apiece of cake.” When the students came in, sharpened pencils in hand, there was not a bluebook in sight. Rather, they saw a large chocolate cake and they each were given a slice.

36. Elderly students find it hard to keep up with the rapid changes in education.
37. Some believe take-home exams may affect students' performance in other courses.
38. Certain professors believe in-class exams are ultimately more helpful to students.
39. In-class exams are believed to discourage cheating in exams.
40. The author was happy to learn she could do some exams at home.
41. Students who put off their work until the last moment often find the exams more difficult than they actually are.
42. Different students may prefer different types of exams.
43. Most professors agree whether to give an in-class or a take-home exam depends on type of course being taught.
44. The author dropped out of college some forty years ago.
45. Some students think take-home exams will eat up their free time.

TEXT5

The Health Benefits of Knitting

A) About 15 years ago, I was invited to join a knitting group. I agreed to give it a try.

B) My mother had taught me to knit at 15, and I knitted in class throughout college and for a few years thereafter. Then decades passed without my touching a knitting needle. But within two Mondays in the group, I was hooked, not only on knitting but also on crocheting(钩织), and I was on my way to becoming a highly productive crafter.

C) I've made countless baby blankets, sweaters, scarves, hats, caps for newborns. I take a knitting project with me everywhere, especially when I have to sit still and listen. As I discovered in college, when my hands are busy, my mind stays focused on the here and now.

D) It seems, too, that I'm part of a national renewal of interest in needle and other handicrafts(手工艺). The Craft Yarn Council reports that a third of women ages 25-35 now knit or crochet. Even men and schoolchildren are swelling the ranks, among them my friend's three small grandsons. Last April, the council created a "Stitch Away Stress" campaign in honor of National Stress Awareness Month. Dr. Herbert Benson, a pioneer in mind/body medicine and author of The Relaxation Response, says that the repetitive action of needlework can induce a relaxed state like that associated with meditation(沉思) and yoga. Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure.

E) But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem. I keep photos of my singular accomplishments on my cellphone to boost my spirits when needed.

F) Since the 1990s, the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the activities' main benefits. Among them is the father of a prematurely born daughter who reported that during the baby's five weeks in the intensive care unit, "learning how to knit infant hats gave me a sense of purpose during a time that I felt very helpless. It's a hobby that I've stuck with, and it continues to help me cope with stress at work, provide a sense of order in hectic(忙乱的) days, and allow my brain time to solve problems."

G) A recent email from the yarn(纺纱) company Red Heart titled "Health Benefits of Crocheting and Knitting" prompted me to explore what else might be known about the health value of activities like knitting. My research revealed that the rewards go well beyond replacing stress and anxiety with the satisfaction of creation.

H) For example, Karen Hayes, a life coach in Toronto, conducts knitting therapy programs, including Knit to Quit to help smokers give up the habit, and Knit to Heal for people coping with health crises, like a cancer diagnosis or serious illness of a family member. Schools and prisons with craft programs report that they have a calming effect and enhance social skills. And having to follow instructions on complex craft projects can improve children's math skills.

I) Some people find that craftwork helps them control their weight. Just as it's challenging to smoke while knitting, when hands are holding needles and hooks, there's less snacking and mindless eating out of boredom.

J) I've found that my handiwork with yarn has helped my arthritic(患关节炎的) fingers remain more dexterous(灵巧的) as I age. A woman encouraged to try knitting and crocheting after developing an autoimmune disease that caused a lot of hand pain reported on the Craft Yarn Council site that her hands are now less stiff and painful.

K) A 2009 University of British Columbia study of 38 women with an eating disorder who were taught to knit found that learning the craft led to significant improvements. Seventy-four percent of the women said the activity

lessened their fears and kept them from thinking about their problem.

L) Betsan Corkhill, a wellness coach in Bath, England, and author of the book *Knit for Health & Wellness*, established a website, *Stitchlinks*, to explore the value of what she calls therapeutic knitting. Among her respondents, 54 percent of those who were clinically depressed said that knitting made them feel happy or very happy. In a study of 60 self-selected people with persistent pain, Ms. Corkhill and colleagues reported that knitting enabled them to redirect their focus, reducing their awareness of pain. She suggested that the brain can process just so much at once, and that activities like knitting and crocheting make it harder for the brain to register pain signals. Perhaps most exciting is research that suggests that crafts like knitting and crocheting may help to keep off a decline in brain function with age. In a 2011 study, researchers led Dr. Yonas Geda at the Mayo Clinic in Rochester interviewed a random(随机的) sample of 1,321 people ages 70-89, most of whom were cognitively(在认知方面) normal, about the cognitive activities they engaged in late in life. The study, published in the *Journal of Neuropsychiatry & Clinical Neurosciences*, found that those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss.

M) Although it is possible that only people who are cognitively healthy would pursue such activities, those who read newspapers or magazines or played music did not show similar benefits. The researchers speculate that craft activities promote the development of nerve pathways in the brain that help to maintain cognitive health.

N) In support of that suggestion, a 2014 study by Denise C. Park of the University of Texas at Dallas and colleagues demonstrated that learning to knit or do digital photography enhanced memory function in older adults. Those who engaged in activities that were not intellectually challenging either in a social group or alone, did not show such improvements.

O) Given that sustained social contacts have been shown to support health and a long life, those wishing to maximize the health value of crafts might consider joining a group of like-minded folks. I for one try not to miss a single weekly meeting of my knitting group.

36. When the author was a college student, she found that knitting helped her concentrate.

37. Knitting can help people stay away from tobacco.

38. Even men and children are now joining the army of knitters.

39. Being a member of a crafts group enhances one's health and prolongs one's life.

40. Knitting diverts people's attention from their pain.

41. The author learnt to knit as a teenager, but it was not until she was much older that she became keenly interested.

42. When people are knitting, they tend to eat fewer snacks.

43. Survey findings show that knitting can help people relieve stress.

44. According to a study, knitters and crocheters are less likely to suffer mild cognitive damage.

45. The products of knitting can increase one's sense of self-respect.

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 | |

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 |
| G) habitats | O) thrive |
| H) humble | |

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	