

Part I Writing**参考范文：**

College life, as is known to us all, is an important new phase of life that can shape an individual's future. However, it is not an easy thing to achieve this goal since academic studies are time-consuming and mentally challenging. Good health keeps us energetic. Therefore, doing physical exercise does contribute to achieving success at college.

The benefits of getting physical exercise are indisputable. To start with, students who engage in regular exercise show a higher class attendance and better academic performance due to less sick leave.

Secondly, studies have revealed that our brains release a number of chemicals, including endorphins when we work out. Increased endorphins and regular exercise can sharpen focus and improve mood, energy and memory. More importantly, physical exercise can relieve stress, reduce anxiety and lower the risk of depression.

To sum up, exercising has sorts of health benefits, both in the short term and long term. I firmly believe that college students should do physical exercise on a regular basis. Only in this way can they become all-rounded students and achieve success.

Part III Reading Comprehension

26	27	28	29	30	31	32	33	34	35	36	37	38
K	B	L	A	D	E	H	G	F	I	C	H	E
39	40	41	42	43	44	45	46	47	48	49	50	51
B	I	C	A	G	D	F	B	D	C	A	C	D
52	53	54	55									
B	A	B	C									

Part IV Translation**参考译文：**

The winter solstice is the day with the longest days and shortest nights of the whole year, marking the beginning of the coldest time of the year. After the winter solstice, the temperature gets colder and people's outdoor activities gradually decrease. Farmers are not doing much work in the fields and are mainly busy with the maintenance of irrigation systems and freeze protection for major crops, while preparing for planting in the coming spring. The Chinese have attached great importance to the winter solstice for many years. Many places regard the winter solstice as a festival, and the way to celebrate it is different. People in the north have the custom of eating dumplings, while people in the south have the tradition of eating sweet dumplings.