

Model Test One

Part I

Writing

(30minutes)

Directions: For this part, you are allowed 30 minutes to write a letter to offer your suggestions to your cousin who sought your advice on how to make his resume distinctive . You should write at least 120 words but no more than 180 words.

Part II

Listening Comprehension

(25 minutes)

Section A

Directions: In this section, you will hear three news reports. At the end of each conversation, you will hear four questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on

Answer Sheet 1 with a single line through the centre.

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

1. A) Two. B) Three. C) Four. D) Five.
2. A) He called the police after the accident.
B) He broke his arm in the accident.
C) He was caught taking drugs.
D) He was arrested by the police.

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

3. A) A cure to brain cancer.
B) A new surgical instrument.
C) A pen that can identify cancerous tissue.
D) A new drug that can eliminate cancerous tissue.
4. A) Finding the border between the cancerous and normal tissue.
B) Identifying the accuracy rate of the new device.
C) Improving their speed of removing a tumour.
D) Using the new device in brain surgery.

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

5. A) To collect scientific data on it . C) To take photos of the storm on it.
B) To monitor the storm on it. D) To investigate its environment.
6. A) It has lasted for nearly 350 years. B) It has lasted for more that 350 months.
C) It seems to be getting smaller. D) It seems to be getting larger.
7. A) What initially caused the storm. C) What is the impact of the storm.
B) What is underneath the storm. D) What makes the storm last for so long.

Section B

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

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

8. A) It's for disabled adults. B) It's in a sports centre.
C) It's rewarding and challenging. D) It's compulsive in her community.
9. A) The skills they need. B) The products they have.
C) The market they target. D) The language they require.
10. A) Diversify markets and sales strategies. B) Reduce costs and jobs.
C) Learn from other companies. D) Listen to the opinions of experts.
11. A) The salary and the workload.
B) The office hour and the penalty system.
C) The welfare and the holiday system.
D) The ethical policy and the carbon footprint.

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

12. A) Double-decker buses.
B) The traffic in London.
C) Bus routes.
D) Travels in Britain.
13. A) It has no windows.
B) People get onto it at the front.
C) It has two carriages.
D) It is open at the back.
14. A) Uncomfortable. B) Noisy. C) Dangerous. D) Shabby.
15. A) Bendy buses can help reduce the traffic jam.
B) Bendy buses are more environmentally friendly.
C) Bendy buses are convenient for people in wheelchairs.
D) Bendy buses are more popular among tourists.

Section C

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

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

16. A) They had four toes.
B) They were not as big as dogs.
C) They lived in South America.
D) They lived in thick forests.
17. A) They had long legs and a long tail.
B) They were smaller and had front eyes.
C) They began to eat grass as well as fruit.
D) They were bigger and had long legs.
18. A) They evolved into donkeys in Asia and Africa.
B) They used their long legs to run south to South Africa.
C) They began to eat apples on the North American plains.
D) They preferred grass to fruit and vegetables.

Questions 19 to 21 are based on the passage you have just heard.

19. A) Being rejected by friends and teachers.
B) Staying away from his native land.

- C) Adapting to new study expectations.
 D) Keeping a balance between study and job.
20. A) Talking with older brothers or sisters. C) Starting a conversation with close friends.
 B) Having a casual talk with a college student. D) Playing with friends on the same sports team.
21. A) Follow traditions of with a college student. C) Respect the customs of different colleges.
 B) Take part in as many activities as possible. D) Take others' advice as reference only.

Questions 22 to 25 are based on the passage you have just heard.

22. A) They tend to harm wildlife. C) They are thrown away everywhere.
 B) They are hardly recyclable. D) They are made from useless materials.
23. A) It is fatal. B) It is weird.
 C) It is very serious. D) It is complicated.
24. A) The sea creatures that have taken in then are consumed by humans.
 B) The ocean's ecology has been polluted and affected humans.
 C) Humans eat the seabirds that have swallowed plastic particles.
 D) Humans consume the fish that have eaten sea creatures with them.
25. A) Its use has been drastically reduced. C) Most products use natural materials.
 B) It is still an indispensable material. D) The use of plastic items will be charged.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Questions 26 to 35 are based on the following passage.

A third of the planet's land is severely degraded and fertile soil is being lost at the rate of 24bn tonnes a year, according to a new United Nations-backed study that calls for a shift away from destructively intensive agriculture. The alarming ____26____, which is forecast to continue as demand for food and productive land increases, will add to the risks of conflicts unless ____27____ actions are implemented, warns the institution behind the report.

"As the ready supply of healthy and productive land dries up and the population grows, competition is ____28____ for land within countries and globally," said executive secretary of the UN Convention to Combat Desertification (UNCCD) at the launch of the Global Land Outlook. "To ____29____ the losses, the outlook suggests it is in all our interests to step back and rethink how we are managing the pressures and the competition."

The Global Land Outlook is ____30____ as the most comprehensive study of its type, mapping the interlinked impacts of urbanization, climate change, erosion and forest loss. But the biggest factor is the ____31____ of industrial farming. Heavy tilling, multiple harvests and ____32____ use of agrochemicals have increased yields at the ____33____ of long-term sustainability. If the past 20 years, agricultural production has increased threefold and the amount of irrigated land has doubled, notes a paper in the outlook by the Joint Research Centre (JRC) of the European commission. Over time, however, this ____34____ fertility and can lead to abandonment of land and ____35____ desertification.

A) absorb	I) limited
B) abundant	J) minimize
C) billed	K) occasionally
D) decline	L) optimizes
E) diminishes	M) rate
F) expansion	N) remedial
G) expense	O) ultimately
H) intensifying	

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Take Naps at Work. Apologize to No One

[A] In the past two weeks I've taken three naps at work, a total of an hour or so of shut-eye while on the clock. And I have no shame or uncertainty about doing it. I couldn't feel better about it, and my productivity reflects it, too.

[B] Sleeping on the job is one of those workplace taboos-like leaving your desk for lunch or taking an afternoon walk-that we're taught to look down on. If someone naps at 2 p. m. while the rest of us furiously write memos and respond to emails, surely it must mean they're slacking off (偷懒). Or so the assumption goes.

[C] Restfulness and recharging can take a back seat to the perception and appearance of productivity. It's easier to stay on a virtual hamster (仓鼠) wheel of activity by immediately responding to every email than it is to measure aggregate productivity over a greater period of time. But a growing field of occupational and psychological research is building the case for restfulness in pursuit of greater productivity.

[D] Companies are suffering from tremendous productivity problems because people are stressed out and not recovering from the workday, said Josh Bersin, Principal and Founder of Bersin by Deloitte. "They're beginning to realize that this is their problem, and they can't just say to people, 'Here's a work-life balance course, go teach yourself how to manage your inbox,' "Mr. Bersin said. "It's way more complicated than that."

[E] To be sure, the ability to nap at work is far from widespread, experts said. Few among us have the luxury of being able to step away for a half-hour snoozefest. But lunch hours and coffee breaks can be great times to duck out, and your increased productivity and alertness will be all the evidence you need to make your case to inquiring bosses.

[F] In an ideal world, we'd all solve this problem by unplugging early and getting a good night's sleep. Here's our guide on how to do just that. But the next best thing is stealing away for a quick power nap when you're dragging after lunch.

[G] In a study published in Nature Neuroscience, researchers tested subjects on their perceptual performance four times throughout the day. Performance deteriorated with each test, but subjects who took a 30-minute nap between tests stopped the deterioration in performance, and those who took a 60-minute nap even reversed it.

[H] "Naps had the same magnitude of benefits as full nights of sleep if they had a quality of nap," said Sara Mednick, a co-author of the study and associate professor of psychology at the University of California, Riverside.

[I] Dr. Mednick, a sleep researcher and the author of *Take a Nap! Change Your Life*, said daytime napping can have many of the benefits of overnight sleep, and different types of naps offer specific benefits.

[J] For example, Dr. Mednick said a 20-to 60-minute nap might help with memorization and learning specific bits of information. It's just long enough to enter stage-two sleep, or non-rapid eye movement (R.E.M.) sleep.

[K] After 60 minutes, you start getting into R.E.M. sleep, most often associated with that deep, dreaming state we all enjoy at night. R.E.M. sleep can improve creativity, perceptual processing and highly associative

thinking , which allows you to make connections between disparate ideas, Dr. Mednick said. Beyond that , your best bet is a 90-minute nap, which will give you a full sleep cycle.

[L] Any nap, however, can help with alertness and perception and cut through the general fog that creeps in during the day, experts said.

[M] So how did we even arrive at this point where aptitude is inextricably tied (紧密相连) to working long, concentrated hours? Blame technology, but think broader than smartphones and laptops; the real issue is that tech has enabled us to be available at all times.

[N] “We went through a period where people were in denial and business leaders were ignoring it, ” Mr. Bersin said. “They were assuming that if we give people more tools, more emails, more Slack , more chatter, and we’ll just assume they can figure out how to deal with it all. And I think they’ve woken up to the fact that this is a big problem , and it is affecting productivity, engagement, health, safety, wellness and all sorts of things.”

[O] It isn’t just office workers who can benefit from an afternoon siesta (午睡). A 2015 study published in Current Biology looked at the at the sleeping habits of three hunter-gatherer preindustrial societies in Tanzania, Namibia and Bolivia.

[P] “They’re active in the morning, then they get in the shade under the trees and have a sort of quiet time, but they’re not generally napping,” said Jerome Siegel, professor of psychiatry and biobehavioral sciences, and director of the U.C.L.A. Center for Sleep Research, a co-author of the study. “ Then they do some work and go to sleep, and they sleep through the night.”

[Q] Still, Mr. Siegel said, “the only genuine way to solve daytime sleepiness and fatigue starts the night before with a solid night’s sleep.” The real Holy Grail of restfulness is a regular sleep schedule with ideally seven or eight hours of sleep each night, which experts say is optimal.

[R] “Daytime napping certainly does increase alertness,” Mr. Siegel said. “But it’s not as simple as going to the gas station and filling the tank.”

[S] He also advises avoiding caffeine late in the day and waking around the same time every morning, even if you can’t get to sleep at the same time every night. This helps acclimate (使适应) your body to your regular wake-up time, regardless of how much sleep you got the night before.

[T] So if you’ve made it this far and you’re interested in giving workday naps a try (or just starting to nod off) , here’s a quick guide to the perfect nap;

Find a quiet, unoccupied space where you won’t be disturbed.

Try to make your area as dim as possible (or invest in a sleep mask you can keep in the office). Earplugs might help, too.

Aim for around 20 minutes. Any longer than that and you’re likely to wake up with sleep inertia (睡眠惰性) , which will leave you even groggier (头脑昏沉的) than before.

36. Participants’ perceptual performance became better after sleeping one hour between tests in an article in Nature Neuroscience.
37. Jerome Siegel found that only by sleeping soundly through the previous night could people tackle their weariness during the day.
38. Our talent is closely bound to working with concentration for long periods of time because technology makes us accessible 24/7.
39. Taking a nap at work is normally regarded as laziness that should be held in contempt and avoided in workplace.
40. Between 20 to 60 minutes, people can get into non-REM sleep which may improve memory and learning ability according to Dr. Mednick.
41. People can doze off at lunch and coffee breaks and defended themselves by saying their improved productivity and alertness when bosses investigated their whereabouts.
42. The author’s tips on taking a perfect nap involve sleeping place, environment and duration.

43. The author believes business leaders are aware that availability at any time due to technology has negative effects on every aspect of people's life.
44. The optimal length of a nap was an hour and a half so that people could go through a complete sleep cycle.
45. Josh Bersin mentioned the cause of companies' big productivity problems and the solution which needs more than just employees' efforts.

Section C

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

Every office worker hates meetings. But it's a strange sort of hate, similar to the hatred of Londoners for the Northern Line, or New Yorkers for tourists who walk too slowly: the dislike is real, yet if the despised thing were to vanish, it'd be like surrendering a piece of your soul.

When researchers probed into why people put up with the strain that meetings place on their time and sanity, they found something—those who resent and dread meetings the most also defend them as a “necessary evil”, sometimes with great passion. True, research suggests that meetings take up vastly more of the average manager's time than they used to. True, done badly, they're associated with lower levels of innovation and employee wellbeing (幸福). But that's just office life, right? It's not supposed to be fun. That's why they call it work.

Underlying (引起) this attitude is an assumption that's drummed into us not just as workers but as children, parents and romantic partners; that more communication is always a good thing. So suggestions abound for (大量存在) communicating better in meetings—for example, hold them standing up, so speakers will come to the point more quickly. But even when some companies consider abolishing meetings entirely, the principle that more communication is better isn't questioned. If anything, it's reinforced when such firms introduce “flat” management structures, with bosses always available to everyone, plus plenty of electronic distraction. In fact, constant connectivity is disastrous for both job satisfaction and the bottom line.

And anyway, once you give it three seconds' thought, isn't it clear that more communication frequently isn't a good thing? Often, the difference between a successful marriage and a second-rate one consists of leaving about three or four things a day unsaid. At work, it's surely many more than four, though for a different reason; office communication comes at the cost of precisely the kind of focus that's essential to good work. Yet we're so accustomed to seeing talking as a source of solutions—for resolving conflicts or finding new ideas—that it's hard to see when it is the problem.

46. What does the author say about meetings?
- A) Londoners hate them as well as the Northern Line.
 - B) They can help to keep workers' physical and spiritual health.
 - C) Workers might be reluctant to give up them completely.
 - D) New Yorkers dislike meetings more than Londoners.
47. What did researchers find about people's attitude towards meeting?
- A. Their attitude and behavior are paradoxical.
 - B) People who hate meetings the most are senior insane.
 - C) Those who like meetings might be considered insane.
 - D) More meetings are regarded as a sign of less innovation.
48. Why do people think that more communication is always a good thing?
- A) Because the concept is firmly believed by workers.
 - B) Because everyone loves to communicate with others.
 - C) Because the idea has been instilled into people's mind.

- D) Because communication is vital for building relationships.
49. What does the author think of the “flat” management structure?
- A) It forces bosses to frequently contact their employees.
- B) It helps to soften employees’ bottom line of work.
- C) It is definitely a disaster to employees’ job satisfaction.
- D) It strengthens people’s deeply-rooted notion of communication.
50. What is the author’s argument about office communication?
- A) It is an effective way to solve office conflicts.
- B) It affects work efficiency in a negative way.
- C) It should come to a halt at intervals.
- D) It is useful for workers to find new ideas.

Passage Two

Questions 51 to 55 are based on the following passage.

The Internet has enabled the spread of information at lightning speed. This information revolution has created tremendous business opportunities for online publishers, but not all of them maintain proper quality-control mechanisms to ensure that only good information is being shared. Instead, many publishers aim simply to make money by whatever means possible, with no regard for the implications for society at large.

When selfish publishers set up shops online, the primary goal is to publish as much as possible, often at the cost of quality. In this respect, many publishers start numerous online journals focused on overlapping(重叠的)disciplines—to increase their total number of published papers—and hire young business managers who do not have any experience in either science or publishing. In some cases, online publishers even give up peer review, while still presenting themselves as scientific journals—deception designed to take advantage of scientists who simply want to share their research.

If publishers structure their business to make more revenue, it often does harm to their products. When publishers start journals with overlapping domains, in combination with the pressure to publish more studies, this could promote the publication of marginal or even questionable articles. Moreover, publishers with multiple overlapping journals and journals with very narrow specialties(专业)increase the demands on the time and efforts of willing reviewers. With the fact that reviewers are generally not compensated for their time and effort, journal editors are often unable to find enough reviewers to keep up with the increased publication rate.

To improve the situation and increase the trust in scientific community, the pressure to publish must be reduced. Funding and promotion decisions should not be based on the number of publications, but on the quality of those publications and a researcher’s long-term productivity and instructions.

And that’s just the start. We need additional mechanisms, such as Beall’s list of predatory(掠夺的)publishers, to alert scientists to fake journals and fake articles. In addition, the price for online publication must be controlled and a mechanism must be put in place to honor and reward hard-working reviewers.

51. What does the author think of online publishers?
- A) A small proportion of them can guarantee their publishing quality.
- B) They have lots of opportunities to renovate their business models.
- C) Many of them tend to try every means to make a buck.
- D) Social impact is their first priority when publishing books.
52. It can be inferred from the second paragraph that ____.
- A) peer review generally is a criterion to identify academic journals
- B) researchers focus their research on the combination of disciplines
- C) scientists care about their publications rather than research
- D) young business managers are willing to face new challenges

53. Why can't publishers find enough reviewers to review papers?
- A) Reviewers are pressed for time when reviewing articles.
 - B) Reviewers' gains can't make up for what they have done.
 - C) Publishers may compel reviewers to accept marginal articles.
 - D) Publishers urge reviewers to increase publication rate rapidly.
54. What is the author's suggestion for online publication?
- A) More weight should be put on the quantity of publications.
 - B) It is worthwhile to reward diligent reviewers for their effort.
 - C) Fake journals should be reported to a regulatory organization.
 - D) The price of online publication should be lowered greatly.
55. What is the main idea of this passage?
- A) Online publishers should take measures to fight against fake scientific journals.
 - B) Online publishers are pursuing their work efficiency at the cost of quality.
 - C) Online publishers business models are quite likely to harm their publications.
 - D) Online publishers are sacrificing the quality of research articles to make money.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into

English. You should write your answer on **Answer Sheet 2**.

春节是中国的传统节日，相当于美国的圣诞节。美国小孩能从圣诞老人哪里获得圣诞礼物，而中国小孩则能从长辈哪里得到“压岁钱（lucky money）”，这也是每个孩子过节时都热切期盼的礼物。“压岁钱”是长辈送给孩子的护身符（amulet），表达了长辈对孩子的美好祝福，据说可以使孩子平平安安地度过新的一年。“压岁钱”可在晚辈磕头拜年后当众赏给，也可在除夕夜孩子睡着时，家长偷偷地放在孩子的枕头底下。

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