**四级混编真题试卷**

**Part I Writing (30 minutes)**

**Directions:** *Suppose you are going to write a proposal to your school clinic for improving its service. You are to write about its current problems and possible solutions to these problems. You will have 30 minutes to write the proposal. 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 news report, you will hear two or three 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) It studied the effects of exercise on sleep.

B) Its participants came from various walks of life.

C) Its findings confirmed those of previous studies.

D) It ran for as long as some thirty years.

2. A) Eating more vegetables instead of meats.

B) Drinking water instead of beverages with added sugar.

C) Consuming more energy drinks and sports drinks.

D) Forming the habit of exercising regularly.

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

3. A) He asked them about his lost paintings.

B) He knew the owner of two missing paintings.

C) He left his paintings at a highway rest stop.

D) He found two 17th-century oil paintings.

4. A) They are imitations. C) They were stolen by an Italian boy.

B) They are originals. D) They came from the same artist.

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

5. A) Look after her grandfather. C) Save her sick grandmother.

B) Leave the remote cold region. D) Flee from the threat of bears.

6. A) She has to face a criminal charge.

B) She was found lying motionless in the snow.

C) She searched for her daughter in freezing cold.

D) She works in childcare services.

7. A) She was found in a forest after three days.

B) She lay totally unconscious for three days.

C) She suffered from the effects of severe cold.

D) She was finally rescued by her relatives.

**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) A surprise party for Paul’s birthday.

B) Travel plans for the coming weekend.

C) Preparations for Saturday’s get-together.

D) The new market on the other side of town.

9. A) It makes the hostess’s job a whole lot easier.

B) It enables guests to walk ground and chat freely.

C) It saves considerable time and labor.

D) It requires fewer tables and chairs.

10. A) It offers some big discounts. C) It is more spacious and less crowded.

B) It is quite close to her house. D) It sells local wines and soft drinks.

11. A) Cook a dish for the party. C) Prepare a few opening remarks.

B) Arrive 10 minutes earlier. D) Bring his computer and speakers.

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

12. A) For commuting to work. C) For getting around in Miami.

B) For long-distance travel. D) For convenience at weekends.

13. A) They are reliable. C) They are spacious.

B) They are compact. D) They are easy to drive.

14. A) Buy a second-hand car. C) Seek advice from his friend.

B) Trust her own judgment. D) Look around before deciding.

15. A) He sells new cars. C) He is starting a business.

B) He can be trusted. D) He is a successful car dealer

**Section C**

**Directions:** *In this section, you will hear three passages. At the end of each passage, you will hear three or four 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) More and more people are treating pet cats like their children.

B) Parents and cat owners alike experience high levels of anxiety.

C) Owners’ personalities affect their cats’ behaviour and wellbeing.

D) Parents’ personalities can affect the personalities of their children.

17. A) Give their pets behavioural training. C) Know their pets’ feelings and desires.

B) Interact with their pets in novel ways. D) Provide their pets with the best care.

18. A) Further investigation. C) More extensive sampling.

B) Collection of more data. D) More convincing explanation.

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

19. A) Running is the easiest form of exercise for most people.

B) People should exercise at least 60 minutes every day.

C) Running is the best exercise for extending one’s life.

D) People should do more running than mere walking.

20. A) Accelerating their blood circulation. C) Regulating their breathing rate.

B) Slowing down their ageing process. D) Improving their brain function.

21. A) They were less affected by sad movies.

B) They were more eager to enjoy a movie.

C) They struggled to handle negative emotions.

D) They found it easy to control their emotions.

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

22. A) He is a famous architect. C) He is a local entrepreneur.

B) He is a tour guide. D) He is the owner of the Hill House.

23. A) He studied the blueprints of other famous buildings.

B) He inquired about his client’s family background.

C) He took a tour of his client’s old home.

D) He observed his client’s life and habits.

24. A) A house of a unique design. C) A house with a lot of free space.

B) A house of the current fashion. D) A house made of timber and brick.

25. A) They were badly damaged but restored.

B) They were designed by another architect.

C) They are copies built to the architect’s designs.

D) They are well preserved and in pretty good shape.

**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．*

Social isolation poses more health risks than obesity or smoking 15 cigarettes a day, according to research published by Brigham Young University. The   26   is that loneliness is a huge, if silent, risk factor.

Loneliness affects physical health in two ways. First, it produces stress hormones that can lead to many health problems. Second, people who live alone are less likely to go to the doctor  27 , to exercise or to eat a healthy diet.

Public health experts in many countries are  28  how to address widespread loneliness in our society. Last year Britain even appointed a minister for loneliness. “Loneliness  29  almost every one of us at some point,”  its minister for loneliness Baroness Barran said. “It can lead to very serious health  30  for individuals who become isolated and disconnected.”

Barran started a “Let's Talk Loneliness” campaign that  31  difficult conversations across Britain. He is now supporting “  32  benches,” which are public seating areas where people are encouraged to go and chat with one another. The minister is also  33  to stop public transportation from being cut in ways that leave people isolated.

More than one-fifth of adults in both the United States and Britain said in a 2018  34 that they often or always feel lonely. More than half of American adults are unmarried, and researchers have found that even among those who are married, 30% of relationships are  35  strained. A quarter of Americans now live alone, and as the song says, one is the loneliest number.

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| --- |
| A) abruptly                       F) friendly                  K) severely  B) appointments                  G) hindered                 L) sparked  C) consequences                  H) idiom                    M) splitting  D) debating                       I) implication              N) survey  E) dimensions                     J) pushing                   O) touches |

**Science of setbacks: How failure can improve career prospects**

1. How do early career setbacks affect our long-term success? Failures can help us learn and overcome our fears. But disasters can still wound us. They can screw us up and set us back. Wouldn't it be nice if there was genuine, scientifically documented truth to the expression "what doesn't kill you makes you stronger"?
2. One way social scientists have probed the effects of career setbacks is to look at scientists of very similar qualifications. These scientists, for reasons that are mostly arbitrary, either just missed getting a research grant or who just barely made it. In the social sciences, this is known as examining "near misses" and "narrow wins" in areas where merit is subjective. That allows researchers to measure only the effects of being chosen or not. Studies in this area have found conflicting results. In the competitive game of biomedical science, research has been done on scientists who narrowly lost or won grant money. It suggests that narrow winners become even bigger winners down the line. In other words, the rich get richer.
3. A 2018 study published in the*Proceedings of the National Academy of Sciences*, for example, followed researchers in the Netherlands. Researchers concluded that those who just barely qualified for a grant were able to get twice as much money within the next eight years as those who just missed out. And the narrow winners were 50 percent more likely to be given a professorship.
4. Others in the US have found similar effects with National Institutes of Health early-career fellowships launching narrow winners far ahead of close losers. The phenomenon is often referred to as the Matthew effect, inspired by the Bible’s wisdom that to those who have, more will be given. There's a good explanation for the phenomenon in the book*The Formula: The Universal Laws of Success* by Albert Laszlo Barabasi. According to Barabasi, it's easier and less risky for those in positions of power to choose to hand awards and funding to those who've already been so recognized.
5. This is bad news for the losers. Small early career setbacks seem to have a disproportionate effect down the line. What didn't kill them made them weaker. But other studies using the same technique have shown there's sometimes no penalty to a near miss. Students who just miss getting into top high schools or universities do just as well later in life as those who just manage to get accepted. In this case, what didn't kill them simply didn't matter. So is there any evidence that setbacks might actually improve our career prospects? There is now.
6. In a study published in*Nature Communications*, Northwestern University sociologist Dashun Wang tracked more than 1,100 scientists who were on the border between getting a grant and missing out between 1990 and 2005. He followed various measures of performance over the next decade. These included how many papers they authored and how influential those papers were, as measured by the number of subsequent citations. As expected, there was a much higher rate of *attrition* (减员) among scientists who didn't get grants. But among those who stayed on, the close losers performed even better than the narrow winners. To make sure this wasn't by chance, Wang conducted additional tests using different performance measures. He examined how many times people were first authors on influential studies, and the like.
7. One straightforward reason close losers might outperform narrow winners is that the two groups have comparable ability. In Wang’s study, he selected the most determined, passionate scientists from the loser group and*culled* (剔除) what he deemed the weakest members of the winner group. Yet the persevering losers still came out on top. He thinks that being a close loser might give people a psychological boost, or the proverbial kick in the pants.
8. Utrecht University sociologist Arnout van de Rijt was lead author on the 2018 paper showing the rich get richer. He said the new finding is apparently reasonable and worth some attention. His own work showed that although the narrow winners did get much more money in the near future, the actual performance of the close losers was just as good.
9. He said the people who should be paying regard to the Wang paper are the funding agents who distribute government grant money. After all, by continuing to pile riches on the narrow winners, the taxpayers are not getting the maximum bang for their buck if the close losers are performing just as well or even better. There's a huge amount of time and effort that goes into the process of selecting who gets grants, he said, and the latest research shows that the scientific establishment is not very good at distributing money. "Maybe we should spend less money trying to figure out who is better than who," he said, suggesting that some more equal dividing up of money might be more productive and more efficient. Van de Rijt said he's not convinced that losing out gives people a psychological boost. It may yet be a selection effect. Even though Wang tried to account for this by culling the weakest winners, it's impossible to know which of the winners would have quit had they found themselves on the losing side.
10. For his part, Wang said that in his own experience, losing did light a motivating fire. He recalled a recent paper he submitted to a journal, which accepted it only to request extensive editing, and then reversed course and rejected it. He submitted the unedited version to a more respect journal and got accepted.
11. In sports and many areas of life, we think of failures as evidence of something we could have done better. We regard these disappointments as a fate we could have avoided with more careful preparation, different training, a better strategy, or more focus. And there it makes sense that failures show us the road to success. These papers deal with a kind of failure people have little control over - rejection. Others determine who wins and who loses. But at the very least, the research is starting to show that early setbacks don't have to be fatal. They might even make us better at our jobs. Getting paid like a winner, though? That's a different matter.

36. Being a close loser could greatly motivate one to persevere in their research.

37. Grant awarders tend to favor researchers already recognized in their respective fields.

38. Suffering early setbacks might help people improve their job performance.

39. Research by social scientists on the effects of career setbacks has produced contradictory findings.

40. It is not to the best interest of taxpayers to keep giving money to narrow winners.

41. Scientists who persisted in research without receiving a grant made greater achievements than those who got one with luck, as suggested in one study.

42. A research paper rejected by one journal may get accepted by another.

43. According to one recent study, narrow winners of research grants had better chances to be promoted to professors.

44. One research suggests it might be more fruitful to distribute grants on a relatively equal basis.

45. Minor setbacks in their early career may have a strong negative effect on the career of close losers.

**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.**

Educators and business leaders have more in common than it may seem. Teachers want to prepare students for a successful future. Technology companies have an interest in developing a workforce with the STEM (science, technology, engineering and math) skills needed to grow the company and advance the industry. How can they work together to achieve these goals? Play may be the answers.

Focusing on STEM skills is important, but the reality is that STEM skills are enhanced and more relevant when combined with traditional, hands-on creative activities. This combination is proving to be the best way to prepare today's children to be the makers and builders of tomorrow. That is why technology companies are partnering with educators to bring back good, old-fashioned play.

In fact many experts argue that the most important 2lst-century skills aren't related to specific technologies or subject matter, but to creativity; skills like imagination, problem-finding and problem-solving, teamwork, optimism, patience and the ability to experiment and take risks. These

are skills acquired when kids *tinker* (鼓捣小玩意). High-tech industries such as NASA's Jet Propulsion Laboratory have found that their best overall problem solvers were master tinkerers in their youth.

There are *cognitive* (认知的) benefits of doing things the way we did as children — building something, tearing it down, then building it up again. Research shows that given 15 minutes of free play, four- and five-year-olds will spend a third of this time engaged in spatial, mathematical, and architectural activities. This type of play—especially with building blocks—helps children discover and develop key principles in math and geometry.

If play and building are critical to 21st-century skill development, that's really good news for two reasons: Children are born builders, makers, and creators, so *fostering*(培养) 21st-century skills may be as simple as giving kids room to play, tinker and try things out, even as they grow older. Secondly, it doesn't take 21st-century technology to foster 21st-century skills. This is especially important for under-resourced schools and communities. Taking whatever materials are handy and tinkering with them is a simple way to engage those important “maker” skills. And anyone, anywhere, can do it.

46. What does the author say about educators?

A) They seek advice from technology companies to achieve teaching goals.

B) They have been successful in preparing the workforce for companies.

C) They help students acquire the skills needed for their future success.

D) They partner with technology companies to enhance teaching efficiency.

47. How can educators better develop students’ STEM skills, according to the author?

A) By blending them with traditional, stimulating activities.

B) By inviting business leaders to help design curriculums.

C) By enhancing students’ ability to think in a critical way.

D) By showing students the best way to learn is through play.

48. How do children acquire the skills needed for the 21st century?

A) By engaging in activities involving specific technologies.

B) By playing with things to solve problems on their own.

C) By familiarizing themselves with high-tech gadgets.

D) By mastering basic principles through teamwork.

49. What can we do to help children learn the basics of math and geometry?

A) Stimulate their interest as early as possible.

B) Spend more time playing games with them.

C) Encourage them to make things with hands.

D) Allow them to tinker freely with calculators.

50. What does the author advise disadvantaged schools and communities to do?

A) Train students to be makers to meet future market demands.

B) Develop students’ creative skills with the resources available.

C) Engage students with challenging tasks to foster their creativity.

D) Work together with companies to improve their teaching facilities

**Passage Two**

**Questions 51 to 55 are based on the following passage.**

Sugar shocked. That describes the reaction of many Americans this week following revelations that, 50 years ago, the sugar industry paid Harvard scientists for research that shifted the focus away from sugar’s role in heart disease — and put the *spotlight* (注意的中心) squarely on dietary fat.

What might surprise consumers is just how many present-day nutrition studies are still funded by the food industry. Nutrition scholar Marion Nestle of New York University spent a year informally tracking industry-funded studies on food. “Roughly 90% of nearly 170 studies favored the sponsor’s interest,” Nestle tells us. Other systematic reviews support her conclusions.

For instance, studies funded by Welch Foods — the brand behind Welch’s 100% Grape Juice — found that drinking Concord grape juice daily may boost brain function. Another, funded by Quaker Oats, concluded, as a *Daily Mail* story put it, that “*hot oatmeal*(燕麦粥) breakfast keeps you full for longer.”

Last year, *The New York Times* revealed how Coca-Cola was funding well-known scientists and organizations promoting a message that, in the battle against weight gain, people should pay more attention to exercise and less to what they eat and drink. Coca-Cola also released data detailing its funding of several medical institutions and associations between 2010 and 2015.

“It’s certainly a problem that so much research in nutrition and health is funded by industry,” says Bonnie Liebman, director of nutrition at the Center for Science in the Public Interest. “When the food industry pays for research, it often gets what it pays for.” And what it pays for is often a pro-industry finding.

Given this environment, consumers should be *skeptical*(怀疑的）when reading the latest finding in nutrition science and ignore the latest study that pops up on your news feed. “Rely on health experts who’ve reviewed all the evidence,” Liebman says, pointing to the official government Dietary Guidelines, which are based on reviews of hundreds of studies.

“And that expert advice remains pretty simple, ”says Nestle. “We know what healthy diets are — lots of vegetables, not too much junk food, balanced calories. Everything else is really difficult to do experimentally.”

51. What did Harvard scientists do 50 years ago?

A) They raised public awareness of the possible causes of heart disease.

B) They turned public attention away from the health risks of sugar to fat.

C) They placed the sugar industry in the spotlight with their new findings.

D) They conducted large-scale research on the role of sugar in people's health.

52. What does Marion Nestle say about present-day nutrition studies?

A) They took her a full year to track and analyze.

B) Most of them are based on systematic reviews.

C) They depend on funding from the food industries.

D) Nearly all of them serve the purpose of the funders.

53. What did Coca-Cola-funded studies claim?

A) Exercise is more important to good health than diet.

B) Choosing what to eat and drink is key to weight control.

C) Drinking Coca-Cola does not contribute to weight gain.

D) The food industry plays a major role in fighting obesity.

54. What does Liebman say about industry-funded research?

A) It simply focuses on nutrition and health.

B) It causes confusion among consumers.

C) It rarely results in objective findings.

D) It runs counter to the public interest.

55. What is the author's advice to consumers?

A) Follow their intuition in deciding what to eat.

B) Be doubtful of diet experts' recommendations.

C) Ignore irrelevant information on their news feed.

D) Think twice about new nutrition research findings.

**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.*

铁观音（Tieguanyin）是中国最受欢迎的茶之一，原产于福建省安溪县西坪镇，如今安溪全县普遍种植，但该县不同地区生产的铁观音又各具风味。铁观音一年四季均可采摘，尤以春秋两季采摘的茶叶品质最佳。铁观音的加工非常复杂，需要专门的技术和丰富的经验。铁观音含有多种维生素，喝起来口感独特。常饮铁观音有助于预防心脏病、降低血压、增强记忆力。