**Exercises for Senior II Practice 9**

Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I. Listening Comprehension**

**Section A**

**Directions:** In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

1.A. Much traffic. B. Inconvenient location.

C. Living in town. D. Expensive vehicles.

2.A. 5 pounds. B. 7 pounds. C. 8 pounds. D. 10 pounds.

3.A. In a shopping mall. B. In acar showroom.

C. At a car repair shop. D. At a parking lot.

4.A. Whether the man has attended the conference.

B. Whether the conference is successful.

C. Whether the photos areready.

D. Whether the quality of the pictures is good.

5.A. It is looked down upon. B. The room prices have dropped.

C. The rooms are beyond the beach. D. It isover-crowded.

6. A. Most people killed in traffic accidents are heavy drinkers.

B. Innocent people are unlikely to be drunk drivers.

C. Drivers run high risk of losing lives.

D. The danger of drunk driving deserves much attention.

7.A. Stay in bed. B. Go to a clinic.

C. Buy some medicine. D. Go to a drugstore.

8.A. Surfing the net. B. Watching a TV programme.

C. Looking for a fashion site. D. Making a new dress.

9.A. She liked the poor children on TV. B. She worked for the Hope Project.

C. She felt obliged to donate. D. She hoped to be a millionaire.

10.A. The man should consult his dancing teacher.

B. The man should take other interesting courses.

C. The man should continue his dancing class.

D. The man should improve his dancing skills first.

**Section B**

**Directions:** In Section B, you will hear several longer conversation(s) and short passage(s), and you will be asked several questions on each of the conversation(s) and the passage(s). The conversation(s) and the passage(s) will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper and decide which one is the best answer to the question you have heard.

*Questions 11 through 13 are based on the following passage.*

11. A. It can cultivate their love for music.B. It can reduce work pressure.

C. It can control their shopping habits. D. It can encourage job creation.

12. A. Fast music. B. Slow music. C. Rock music. D. Relaxing music.

13. A. Background music has no effect. B. Milliam experimented on traffic flow.

C. Muzak is a music supplier. D. Background musicmakesadifference.

*Questions 14 through 16 are based on the following passage.*

14. A. They support humanlife. B. They cure humandiseases.

C. They estimate species. D. They stop plant extinction.

15. A. Polluting the environment. B. Destroying wildlife habitat.

C. Organizing activities. D. Introducing new species.

16. A. To analyze the main causes of the disappearing of wildlife.

B. To appeal to people to protect wildlife.

C. To emphasize the importance of the earth.

D. To describedifferent ways to stop pollution.

*Questions 17 through 20 are based on the following conversation.*

17. A. She goes jogging. B. She exercises in the gym.

C. She exercises at home. D. She goes swimming.

18. A. Because she can’t fall asleep at night. B. Because she can’t get up in the morning.

C. Because of theweather condition. D. Because ofhertight schedule.

19. A. Vegetables. B. Meat. C. Fish. D. Cakes.

20. A. How the woman stays healthy. B. How the woman has a balanced diet.

C. How the woman loses weight. D. How the woman changes habits.

**II. Grammar and Vocabulary**

**Section A**

**Directions:**After reading the passage below, fill in the blanks to make the passage coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

Rescue in the Rapids

ON A BREEZY Saturday in April 2014, former police officer Kevin O’Connor and his son, Ryan, were standing in a park near the Fox River in Geneva, Illinois. As Kevin gazed at the river, he caught sight of several people on the bank (21)\_\_\_\_\_\_ (motion) toward the water. When he looked in that direction, he noticed a bright red boat turning in a spinning circle in the stormy water at the base of the Geneva Dam, 300 feet away.

Kevin assumed the person on the boat (22)\_\_\_\_\_\_ (jump) out of it. “Then I heard a warning signal with a loud sound,” says Kevin, now 42. “That’s (23)\_\_\_\_\_\_ I realized somebody was in trouble.”

He couldn’t see anyone in the river, (24)\_\_\_\_\_\_ he sped toward the bank and dashed into the freezing water. About 150 feet from shore, he spied an object moving downriver. “I thought it was a life jacket,” he says. “When I caught up to it, I realized it (25)\_\_\_\_\_\_ (attach) to a person.”

Now in water up to his neck, Kevin grabbed the man, (26)\_\_\_\_\_\_ was floating on his back unconscious, under both armpits and held his head above the surface. Kevin struck the man’s chest again and again. After five hits, the man coughed up water and began speaking incoherently. Just back to life, the man was still weak. Battling the current, Kevin sidestepped his way (27)\_\_\_\_\_\_ the shoreline, repeatedly digging his shoes into the river’s rocky bottom. When he reached the bank, someone jumped into the river and helped Kevin lift the 200-pound drowning man over a six-foot brick retaining wall to waiting doctors, who took him away in an ambulance. The man recovered, but a friend who was boating with him died after being trapped underwater near the dam.

Kevin pulled (28)\_\_\_\_\_\_ up to sit on the shore beside Ryan, who had followed his father’s path down the river. “When I caught my breath, I realized I saved someone’s life, which is what I (29)\_\_\_\_\_\_do.” Kevin says.

In December 2015, Kevin received an award from the Carnegie Hero Fund Commission. “Lots of honour-receivers lost their lives saving someone,” he says. “(30)\_\_\_\_\_\_ (put) in the same category is very humbling.”

**Section B**

**Directions:** Fill in each blank with a proper word chosen from the box. Each word can be used only once. Note that there is one word more than you need.

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| --- |
| A. coversB. processC. accomplishD. grandE. consumeF.physics  G.consistentlyH. spareI. overcomesJ.continueK. especially |

How to Stick to Good Habits by Using the “2-Minute Rule”

Most of the tasks that you procrastinate on (that is to say, you postpone doing what you should be doing,) aren’t actually difficult to do — you have the talent and skills to \_\_31\_\_ them — you just avoid starting them for one reason or another. The 2-Minute Rule \_\_32\_\_ procrastination and laziness by making it so easy to start taking action that you can’t say no. It might sound like this strategy is too basic for your \_\_33\_\_ life goals, but I beg to differ. It works for any goal because of one simple reason: the \_\_34\_\_ of real life.

As Sir Isaac Newton taught us a long time ago, objects at rest tend to stay at rest and objects in motion tend to stay in motion. This is just as true for humans as it is for falling apples. Once you start doing something, it’s easier to \_\_35\_\_ doing it. I love the 2-Minute Rule because it takesup the idea that all sorts of good things happen once you get started.

The most important part of any new habit is getting started — not just the first time, but each time. It’s not about performance, it’s about \_\_36\_\_ taking action. In many ways, getting started is more important than succeeding. This is \_\_37\_\_ true in the beginning because there will be plenty of time to improve your performance later on. The 2-Minute Rule isn’t about the results you achieve, but rather about the\_\_38\_\_of actually doing the work. I can’t guarantee whether or not the 2-Minute Rule will work for you. But, I can guarantee that it will never work if you never try it.

The problem with most articles you read, podcasts you listen to, or videos you watch is that you

\_\_39\_\_ the information but never put it into practice. I want this article to be different. I want you to actually use this information, right now. What’s something you can do that will take you less than two minutes? Do it right now. Anyone can \_\_40\_\_ the next 120 seconds. Use this time to get one thing done. Go.

**III. Reading Comprehension**

**Section A**

**Directions:** For each blank in the following passage there are four words or phrases marked A, B, C and D. Fill in each blank with the word or phrase that best fits the context.

Travel, a home coming tour

In the UK travel is an enriching life experience that will make your resume stand out amongst other applicants. Travel is not simply a pursuit of \_\_41\_\_ but also “character-building”, “defining” and potentially “career-boosting”.

Most of the people I know here at university \_\_42\_\_ the desire to travel and escape the stress surrounding us. But I don’t think, as UK students, we can blame our addiction to international travel simply on a stressful life. Yes, I have a lot to handle and it’s a fine \_\_43\_\_ act managing my part-time job, my degree and my social life to a perfect level. In a truly open world, we can get anywhere, see anything and experience every culture under the sun, at the click of a button, the purchase of a \_\_44\_\_.

Many people I met while working in China were surprised at the number of countries I’d travelled to. Compared to friends and family I consider myself vastly \_\_45\_\_. I’ve never set foot across the pond in the U.S.A and Canada, let alone South America and even within Europe my checklist of destinations is far from \_\_46\_\_. I was also met by \_\_47\_\_ at how little travelling I had done within my own borders. This was something I had not really considered before. How much of my own country had I really seen and experienced? To those from a place as vast and varied as China, Britain was really so \_\_48\_\_ in comparison and so to have spent 20 years there and not seen every part of it was quite surprising.

I had a conversation with a Chinese colleague over the reasoning behind our use of golden Cotswold stone, which sounds dull for most people. As a student of history, I found anything \_\_49\_\_ fascinating. However it was not the stone within British cities I found interesting. What was curious was that it was something I had never even considered, and yet here was someone \_\_50\_\_ on something I had simply taken for granted.

We continued our discussion, yet I was left \_\_51\_\_ that I could not answer her question. In China, as well as a wealth of new culture that fascinated me, I discovered that there were parts of the UK’s culture, history, the very structure of my identity that were so different, so unique from China that I also \_\_52\_\_ a newly found interest in my own heritage.

In this respect, travelling enables you with two things. Firstly you develop a(n)\_\_53\_\_ with new cultures, understanding customs, experiencing cuisines and absorbing the sights and smells of every new city. For many employers this \_\_54\_\_ to new locations is seen as tremendous in your personal resume. But alongside increased employability, through international, cross-cultural conversations, you develop an interest in your own history, culture, and customs. You return to your home \_\_55\_\_ an understanding of other people’s fascination with it and your own sense of love for its peculiarities.

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| 41. | A. leisure | B. wealth | C. company | D. personality |
| 42. | A. question | B. refuse | C. detect | D. experience |
| 43. | A. balancing | B. forcing | C. judging | D. disturbing |
| 44. | A. course | B. stamp | C. diploma | D. ticket |
| 45. | A. under-stuffed | B. under-travelled | C. under-used | D. under-expanded |
| 46. | A. official | B. vacant | C. complete | D. accurate |
| 47. | A. excitement | B. hatred | C. astonishment | D. disgust |
| 48. | A. young | B. beautiful | C. remote | D. small |
| 49. | A. historical | B. dramatic | C. religious | D. perfect |
| 50. | A. piled | B. hooked | C. relied | D. carried |
| 51. | A. exhausted | B. embarrassed | C. puzzled | D. convinced |
| 52. | A. exchanged | B. lost | C. gained | D. traded |
| 53. | A. observation | B. resolution | C. fascination | D. illustration |
| 54. | A. relation | B. preference | C. agreement | D. adaptability |
| 55. | A. objecting to | B. filled with | C. bothered by | D. searching for |

**Section B**

**Directions:** Read the following three passages. Each passage is followed by several questions or unfinished statements. For each of them there are four choices marked A, B, C and D. Choose the one that fits best according to the information given in the passage you have just read.

(A)

The Christmas of 1988, my husbandand I had four children. Peter was eleven, Leigh-Ann nine, Laura six and Matthew only two. When Santa arrived, Matthew parked himself on Santa’s lap andremained impressedgreatly by him for the rest of the evening. Anyone who had their picture taken with Santa that Christmas also had their picture taken with little Matthew.

Little did any of us know how precious those photos with Santa and Matthew would become. Five days after Christmas, our sweet little Matthew died in an accident. When our first Christmas without Matthew approached, it was hard for us to get into the holiday spirit.

Then, on December 13, we were just finishing dinner when we heard a knock on the front door. When we went to answer it, no one was there. On the front porch was a card and gift. The gift-giver just wanted to help us get through a rough time by cheering us up with his or her name unknown, like a fairy.

In the gift bag was a cassette of favorite Christmas music, which was in a little cardboard Christmas tree. We put the cassette in our player and, song by song, the spirit of Christmas began to warm our hearts, and the thoughtfulness of our “fairy”touched our hearts.

That was the beginning of a series of gifts from the clever giver, one for each day until Christmas. Each gift followed the theme of “The Twelve Days of Christmas” in a creative way. The kids especially liked “seven swans a-swimming,” which was a basket of swan-shaped soaps plus passes to the local swimming pool. “Eight maids a-milking” included eight bottles of chocolate milk in glass bottles with paper faces. Every day was something very special.

The **ingenuity** and thoughtfulness shocked us as we enjoyed each surprise. We were so caught up in the excitement and curiosity of what would possibly come next, that our grief didn’t have much of a chance to rob us of the spirit of Christmas. What our fairy did was absolutely miraculous.

We give thanks for our fairy who was, we finally realized, our very own Christmas angel. We never did find out who it was, although we have our guess. We actually prefer to keep it that way.

56. The photos taken with little Mathew became valued because \_\_\_\_\_\_.

A. Mathew is the youngest child of our family

B. they are the photos taken on Christmas Eve

C. Mathew seated himself on Santa’s legs

D. we lost Mathew five days after the Christmas of 1988

57. Which of the following is TRUE according to the passage?

A.“Seven Swans a-swimming” was a soap with swans coined.

B. We received 12 gifts before the very first Christmas without Mathew.

C. We were still in no mood for preparing for Christmas with a cassette.

D. It was Santa who secretly sent us the unexpected gifts.

58. The phrase “**ingenuity**” (paragraph 6) can be best replaced by “\_\_\_\_\_\_”.

A. delicacy B. responsibility C. originality D. attraction

59. Which of the following serves as the best title for the passage?

A. Mathew’s Present. B. An Angel among Us.

C. Christmas Day. D. Five Golden Rings.

(B)

A Language Programme for Teenagers

Welcome to Teenagers Abroad! We invite you to join us on an amazing journey of language learning.

**Our Courses**

Regardless of your choice of course, you’ll develop your language ability both quickly and effectively.

Our Standard Course guarantees a significant increase in your confidence in a foreign language, with focused teaching in all 4 skill areas—speaking, listening, reading and writing.

Our Intensive Course builds on our Standard Course, with 10 additional lessons per week, guaranteeing the fastest possible language learning (see table below).

|  |  |  |  |
| --- | --- | --- | --- |
| **Course Type** | **Days** | **Number of Lessons** | **Course Timetable** |
| Standard Course | Mon-Fri | 20 lessons | 9:00-12:30 |
| Intensive Course | Mon-Fri | 20 lessons | 9:00-12:30 |
| 10 lessons | 13:00-14:30 |

**Evaluation**

Students are placed into classes according to their current language skills. The majority of them take an online language test before their programme. However, if this is not available, students sit the exam on the first Monday of their course.

Learning materials are provided to students throughout their course, and there will never be more than 15 participants in each class.

**Arrivals and Transfer**

Our programme offers the full package—students are taken good care of from the start through to the very end. They are collected from the airport upon arrival and brought to their accommodation in comfort. We require the student’s full flight details at least 4 weeks in advance.

**Meals/Special Dietary Requirements**

Students are provided with breakfast, dinner and either a cooked or packed lunch (which consists of a sandwich, a drink and a dessert). Snacks outside of mealtimes may be purchased by the student individually.

We ask that you let us know of anydietary requirements as well as information about any medicines you take. Depending on the type ofdietary requirements, an extra charge may be made for providing special food.

60.When can a student attend Standard Course?

A.13:00-14:30 Monday. B. 13:00-14:30 Friday.

C. 9:00-12:30 Tuesday. D. 9:00-12:30 Saturday.

61. With the full package, the programme organizer is supposed to \_\_\_\_\_\_.

A. inform students of their full flight detail

B. look after students throughout the programme

C. offer students free medical care

D. collect students’ luggage in advance

62. Which of the following may require an extra payment?

A. Cooked dinner. B. Mealtime dessert.

C. Packed lunch. D. Special diet.

(C)

I plan to remember this year’s vacation season with just two words: NEVER AGAIN. Never again, that is, will I take all my technology along. The Internet has ruined summer vacations.

Instead of reading dog-eared summerhouse mystery novels, this year we browsed the Internet. Instead of long evenings ofcrossword puzzles orboard games, we checked our Twitter feeds and updated our Facebook pages. And that, of course, is the problem with the Internet: It’s so easy that, unless you’re equipped with massive self-control, you use it if it’s there.

For several years, I kept my Internet addiction under control by using inconvenient technology: a laptop which is old and not in good condition and a slow dial-up connection. But this year, the combination of a new iPad and very good Wi-Fi turned out to be fatal. The magical iPad signaled silently from the picnic table: What harm could it be to give the e-mail a quick check? But once that attractive touch screen lights up, who can resist?

I’m not the first to get lost across this problem, of course. I’m a late adopter. As early as 2008, Nicholas Carr, author of *The Shallows: What the Internet Is Doing to Our Brains*, was warning that broadband Internet was reducing our attention spans and making us stupid. The Web, he said, encourages us to get stuck into our “natural state of distractedness.” Even before that, in 2000, Harvard’s Robert Putnam warned that television — and, more broadly, staring into any kind of screen — had reduced the amount of time families spent in social interactions. And last year, researchers at UC-Irvine reported that employees who were unplugged from their e-mail got more work done — and experienced far less stress.

Access to the Web is unquestionably a wonderful thing. I love having a bottomless library at my fingertips; I love having the world’s newspapers on my electronic doorstep. I love being able to pay bills and make airplane reservations online. And, thanks to those ugly cell phone towers in the woods, we now have a way to call for help if we need an ambulance or a fire truck. It’s also nice to have an app that identifies the constellations (星座) when you hold the iPad up to the night sky. But then, you have to remember to put the screen down and simply drink in the stars — the original, uncut version.

And that’s the point: It’s important not to let the convenience of the Internet get in the way of simpler beauties. It’s our fault instead of the Internet, for failing to control the urge to browse. My problem is learning how to limit the time I spend on it. So now I have one more thing to look forward to next summer: More time reading old novels; more time playing crossword puzzles and chasing frogs. Next year, I promise to unplug. Except, of course, when we need to find a new bike trail, or Google a recipe for wild blueberry pie.

63. Throughout the passage, what evidence does the author provide to support the claims he makes in paragraph2?

A. Scientific studies and statistics about Internet use.

B. Historical facts regarding the effects of television and the Internet.

C. Personal accounts and opinions of thosewho have studied the Internet.

D. Results of opinion polls about Internet use.

64. According to the passage, how does the writer keep himself from getting addicted to the Internet?

A. By using outdated laptops with poor Internet access.

B. By only giving the e-mail a quick look.

C. By keeping the electronic devices out of reach.

D. By accessing new iPad and good Wi-Fi.

65. In the article, UC-Irvine research functions as \_\_\_\_\_\_.

A. a personal account that illustrates an idea about social life

B. a restatement of the author’s main argument

C. historical context to allow the reader to understand the article’s setting

D. evidence to support a point made by Nicolas Carr

66. Which of the following statement will the author probably agree to?

A. people should not rely simply on the Internet to provide them with news and other information

B. people can have meaningful vacations only if they leave all electronic devices at home

C. although the Internet is often useful, it can become addictive and prevent human interaction

D. even though there are some good things about the Internet, overall it has affected civilization for the worse

**Section C**

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| --- |
| A. Watling Street’s origins are lost in prehistory.  B.But Shakespeare can still be connected to the road.  C. In fact, it is hard to find a character from the British imagination who cannot be linked to Watling Street in some way.  D.It is one of the few permanent fixtures of this island and one of the first lines on the map.  E.Here characters including Sherlock Holmes and Batman have been brought to life.  F. It is Watling Street — and there is no road in the English-speaking world more steeped in stories. |

**Directions:**  Read the following passage. Fill in each blank with a proper sentence given in the box. Each sentence can be used only once. Note that there are two more sentences than you need.

The road that led to 1,000 stories

In his new book *Watling Street*, John Higgs explores one of Britain’s oldest roads — and how it inspired countless stories, from the *Canterbury Tales* to *Great Expectations* to *Star Wars*.

Chaucer’s *Canterbury Tales*, written in the late 14th Century, tells the story of a group of medieval pilgrims travelling from London to Canterbury. Six hundred years later, the *Star Wars* movies were filmed on the same road.67.

We now think of Watling Street as the A2 and the A5 motorways, which runacross Britain from Anglesey in north-west Wales to Dover in south-east Englandin a way that joins two opposite sidesat an angle. But the road has existed throughout all of British history. 68 . It has been a Neolithic(新石器时代的) pathway, a Roman road, one of the four medieval (中世纪的) royal highways, a main road in the age of coach travel and a road today usually with traffic jams.

It is a place that reflects its own history, always being rewritten.69 . James Bond drives along the road in Ian Fleming’s novel *Moonraker*. Doctor Who appears suddenly at different points along it in different historical eras. It is part of Robin Hood’s plans in the medievalnarrative poem*A Little Geste of Robin Hood and his Meiny*. Miss Havisham’s decaying Gothic house in Charles Dickens’ *Great Expectations* is based on Restoration House in Rochester, which stands just yards from Watling Street. In the 12th-Century Histories of the Kings of Britain, Geoffrey of Monmouth tells how a young Merlin released the dragons that caused King Vortigern’s tower to fall. This was at DinasEmrys in Snowdonia, on the route of the original, pre-Roman road through Wales.

For many years it was believed that William Shakespeare wrote a play called *The Widow of Watling Street*; it was included in early collections of his work. It is now thought that the real author of that play was Thomas Middleton.70. Before the Romans bridged the Thames, the original route of Watling Street crossed the river where Westminster Palace now stands.The route would have run close to where Shakespeare’s Globe Theatre in Southwark later stood.

**V. Translation**

**Directions:** Translate the following sentences into English, using the words given in the brackets.

72．这位专家应对变化的能力令人赞不绝口。(compliment)

73．手机支付在我们的日常生活中越来越重要，现在我们出门无需带现金了。(save)

74．如果杂志社的编辑能真正理解这位摄影师所面对的困难，就不会对他所做的事吹毛求疵了。(critical)

75．正是因为有高度的责任感和丰富的实践经验，这位乡村老师才培养出了一批批优秀的学生。(It is…)