

绝密★启用前

2022年4月高等教育自学考试全国统一命题考试

## 英语阅读（一）

（课程代码 00595）

注意事项：

1. 本试卷分为两部分。
2. 应考者必须按试题顺序在答题卡（纸）指定位置上作答，答在试卷上无效。
3. 涂写部分必须使用2B铅笔，书写部分必须使用黑色字迹签字笔。

### PART ONE

#### I. CAREFUL READING

Read the following passages carefully. Decide on the best answer and blacken the corresponding letter on the ANSWER SHEET. (40 points, 2 points each)

##### Passage 1

Questions 1 to 5 are based on the following passage.

Do you ever feel like there just isn't enough time in the day? Do you spend your days in lots of activities, only to find you've not done as much as you thought you would? And how come some people just seem to get so much done in the same period of time? In every aspect of life, we find that the highest achievers manage their time particularly well. And while it may seem like we are all working, there's a difference between being busy and being effective, and good time management is what makes that difference.

But how did the concept of time management evolve, and what are the broad principles by which we try to define it? The 19th century saw the rise of the industrial revolution and the development of modern technologies like the telegraph, railroad, and postal service. These new developments depended on precision clocks and standardized work hours. If time management had always been needed, now it was official.

So there was now a dependency on precision, with time being an allocation (分配) of alarms, time cards, schedules and standardized rates. As factories grew and productivity became a universal target, time management gave rise to the need for quotas. It often determined the weekly salary, and could even standardize the methods of production. The

principles of business profit and loss now involved the management of time.

Throughout history, different individuals have been recognized for their contributions towards today's concept of time management. Catharine Beecher, in her 1847 book *A Treatise on Domestic Economy*, dealt with creating a more efficient household management by using time more productively. Frederick Winslow Taylor proposed in his 1909 paper *The Principles of Scientific Management* that it was more efficient to optimize how work was performed than to force employees to work as hard as they could—an early case of the “work smart” philosophy. Stephen R. Covey focused on doing what's most important rather than allowing yourself to get buried in smaller tasks.

Today you'll find hundreds of strategies, electronic and paper tools, and theories about how to better multi-task to fit all you want to accomplish into your day. In the past few decades, the main approach of time management has been on preparing schedules and setting goals based on a defined time frame. The modern approach still uses these techniques, but now the focus can often be more on prioritizing tasks based on their importance and on controlling inputs and distractions to stay on track.

1. Which word can best describe a high achiever's work?
 

A. Unique.	B. Busy.
C. Creative.	D. Efficient.
2. What can we learn about time management in the 19th century?
 

A. It was unknown to the public.
B. It was officially performed.
C. It caused stress and anxiety.
D. It was a controversial issue.
3. What does “It” in Paragraph 3 refer to?
 

A. Standardized production.
B. The need for quotas.
C. Time management.
D. High productivity.
4. Which of the following was produced by Catharine Beecher?
 

A. <i>The Principles of Scientific Management.</i>
B. <i>A Treatise on Domestic Economy.</i>
C. The “work smart” philosophy.
D. The “Time Saving” approach.

5. Which of the following is more emphasized in the modern approach of time management?
- Setting goals within a defined time frame.
  - Employing classical theories and strategies.
  - Giving priority to tasks of greater importance.
  - Arranging flexible schedules for multi-tasking.

### Passage 2

Questions 6 to 10 are based on the following passage.

Intensive study of reading texts can be a means of increasing learners' knowledge of language features and their control of reading strategies. It can also improve their comprehension (理解) skill. It fits into the language-focused learning strand of a course. The classic procedure for intensive reading is the grammar-translation approach where the teacher uses the first language to explain the meaning of a text sentence by sentence. This can be a very useful procedure as long as it is only a part of the reading programme and is complemented by other language-focused learning and by extensive reading for language development and fluency development.

At its worst, intensive reading focuses on comprehension of a particular text with no thought being given to whether the features studied in this text will be useful when reading other texts. Such intensive reading usually involves translation and thus comprehension of the text. So, one goal of intensive reading may be comprehension of the text. The use of translation makes sure that learners understand.

Intensive reading may also have another goal and that is to determine what language features will get attention in the course. That is, the language features that are focused on in each text become the language syllabus (大纲) for the course. This has several positive aspects. First, the language features are set in the communicative context of a text. The text can be used to show how the language features contribute to the communicative purpose of the text and this can be good preparation for subsequent writing activities. Second, choosing features in this way is likely to avoid the interference between vocabulary items or grammatical features that can occur when topic-centred syllabus design is used.

There are also negative aspects to letting texts determine the language features of a course. First, the features given attention to may be an uncontrolled mixture of useful and not very useful items. That is, high frequency and low frequency vocabulary, frequent grammatical items and very infrequent or irregular grammatical items may get equal attention. Second, the topic of the text determines the salience (突出) of the items and the teaching gets directed towards this text rather than what will be useful in a range of texts.

If intensive reading is to be done well, the major principle determining the focus of the teaching should be that the focus is on items that will occur in a wide range of texts. The teacher should ask "How does today's teaching make tomorrow's text easier?"

6. What is the function of intensive reading in language learning?
- Increasing learners' knowledge of language features.
  - Creating new language teaching programmes.
  - Developing language teaching approaches.
  - Promoting translation strategies.
7. What is a potential problem with intensive reading?
- The process for understanding is slowed down.
  - Sentence translation limits language comprehension.
  - Too much grammatical analysis affects language fluency.
  - Little attention is paid to the future use of language features.
8. What is one positive aspect of a course focusing on language features?
- Reducing first language interference.
  - Conforming to a topic-centred syllabus.
  - Emphasizing the teaching of culture.
  - Helping lay the basis for the follow-up writing activity.
9. What is a drawback of a course in which texts determine language features?
- Too much emphasis is placed on word formation.
  - Little attention is directed to useful language items.
  - Equal importance is given to all language features.
  - Excessive explanation is given to how to read a word.
10. What does the author think should be focused on in teaching intensive reading?
- Interesting topics.
  - Translation skills.
  - Learning strategies.
  - Widely-used language items.

### Passage 3

Questions 11 to 15 are based on the following passage.

Every time you leave a comment about yourself on a public social website, you're unknowingly giving ammunition to data harvesters and hackers (黑客) looking to gain a backdoor into your online accounts.

The social network is absolutely littered with seemingly harmless posts asking users to comment and share—what was the name of your first pet? what was the name of the street you grew up on?—and it's not uncommon to see that thousands of people have obliged. But a lot of these personal details are the same as those used by sites when you need to reset your password or prove your identity.

Since there are so many pages online that do nothing but pose these sorts of questions and spread the posts as wide as possible, would-be attackers just need to follow along and harvest the data. Even worse, by commenting on such a post you're flagging that you're not opposed to giving this kind of historical information away, and an attacker could click (点击) through to your public profile and collect an entire store of security question answers, along with potentially your full name, date of birth and email address.

"It seems pretty clear that criminals are indeed harvesting such information from social website," said security researcher Brian Krebs. "Why wouldn't they? It's free, and people self-select for targeting."

Mr. Krebs said it's not necessarily true that the pages themselves are run by people who want to use your data for their own purposes. It just so happens that asking people to express something about themselves is one of the best ways to collect big numbers of comments. "Probably most of these are started by well-meaning companies and individuals," he said. "Unfortunately, when people respond truthfully it opens them to fraud because their responses remain tied to their own profiles."

At a time when passwords are broken by algorithms (计算程序) and users are encouraged to use password managers to create complex and unique passwords for each account, security questions are a weak link. By giving data away on the public internet you're only making the hacker's job easier. Mr. Krebs said social websites aren't necessarily doing anything wrong by allowing posts that ask for personal information, and he doesn't expect the social network to do anything about them. "A better response is for these posts to be flooded with comments from people stating how bad an idea it is to respond truthfully," he said.

11. The word "ammunition" in Paragraph 1 means something that \_\_\_\_\_.
- A. can be used against somebody
  - B. is always found online
  - C. can be easily ignored
  - D. is often talked about

12. What does the author imply about the people willing to answer personal questions online?
- A. They are unaware of the potential harm.
  - B. They want to protect their identity.
  - C. They want to make friends online.
  - D. They are eager to become famous.
13. What did Mr. Krebs say is the best way to collect comments?
- A. Carrying out large-scale surveys.
  - B. Asking people to talk about themselves.
  - C. Holding discussions on certain topics.
  - D. Bribing people to answer questions.
14. What does Mr. Krebs suggest as a solution to the personal information disclosure?
- A. Users make up answers to personal questions.
  - B. Post operators avoid asking personal questions.
  - C. Password managers create complex passwords.
  - D. People punish hackers who steal personal data.
15. What is the best title for this passage?
- A. Types of Questions on Social Network
  - B. Means of Collecting Online Comments
  - C. Be Cautious When Posting Comments Online
  - D. Be Truthful When Answering Security Questions

#### Passage 4

Questions 16 to 20 are based on the following passage.

Being socially active in your 50s and 60s may help lower the risk of developing dementia (痴呆) in later life, a study has found.

Researchers studied data that tracked more than 10,000 people from 1985 to 2013. The participants answered a questionnaire (调查问卷) every five years about the frequency of their social contact with friends and relatives. They were also subject to cognitive testing, and electronic health records were searched for dementia diagnoses.

The results published in the journal *PLoS* showed that seeing friends almost daily at age 60 was associated with a 12% lower likelihood of developing dementia in later life, compared with those who saw only one or two friends every few months. Seeing relatives, on the other hand, did not show the same beneficial association.

The authors suggest that practising using the brain for memory and language during social contact can build so-called cognitive reserve.

Tara Spires-Jones, a professor at the University of Edinburgh who was not involved in the work, explained: "Learning new things builds connections between brain cells, and so does social contact. The biology underlying this study is that the people who are socially active keep their brains better connected. If you have a better connected network in your brain, it can resist pathology (病状) for longer."

Clive Ballard, a professor of age-related disorders at the University of Exeter, who was also not involved in the work, said: "There are plenty of other studies that have found that social isolation is a risk factor. The strength of this work is the large population studied, and that the assessment of social contact was done so long before the cognitive assessment. It makes the direction of cause-and-effect much stronger."

The authors note that the data does not include detail on the quality of social contact, and that dementia cases may have been missed if participants did not present themselves to their doctors.

There may also be overlapping factors at play: "It is known that depression is a significant risk factor, and our work has shown that hearing loss is also a significant risk factor. Both of those might lead to social isolation. It's likely to be a cluster of things which are not totally independent," said Ballard.

The work contributes to growing evidence that social activities could protect people from dementia in the long run, in addition to treating hearing loss and maintaining a healthy lifestyle.

16. What has the study found about dementia?
- A. It occurs to people in their fifties.
  - B. Social activities are a cure for it.
  - C. Being socially active can help protect against it.
  - D. It is fatal to people suffering from heart disease.
17. How did the researchers carry out the study on dementia?
- A. They studied the 1985-2013 records of dementia.
  - B. They gave physical examination to 10,000 people.
  - C. They asked the participants to answer questionnaires.
  - D. They organized social activities for the participants.

18. What do the researchers suggest for building cognitive reserve?
- A. Using the brain in social contact.
  - B. Recalling childhood memories.
  - C. Doing physical exercise daily.
  - D. Learning a foreign language.
19. What can be inferred from Tara Spires-Jones' explanations of the study?
- A. The conclusion is biologically justified.
  - B. The study lacks theoretical foundations.
  - C. The study method needs improving.
  - D. The participants are well chosen.
20. Which of the following is missing from the data?
- A. The number of participants.
  - B. The electronic health records.
  - C. The frequency of social contact.
  - D. The detail on the quality of social contact.

## II. SPEED READING

Skim or scan the following passages, and then decide on the best answer and blacken the corresponding letter on the ANSWER SHEET. (10 points, 1 point each)

### Passage 5

Questions 21 to 25 are based on the following passage.

Body language affects your interactions with other people and yourself. Many people don't realize just how powerful body language is when it comes to self-esteem and self-confidence.

Maybe your mother told you to smile, even if you don't feel like it, because it can help you and the people around you feel better. This old piece of advice has real roots in reality, because your own body language has a powerful effect on you and the people around you.

Smile for a few seconds and notice how you feel. You might feel a bit silly, but chances are you also feel a more positive feeling. Psychologists often use this technique to help people with depression lift their spirits, encouraging them to try to smile as much as possible.

The way your body moves also affects your self-esteem and self-confidence. Stand up and walk across the room with your shoulders forward, your head down, and your feet moving heavily. How does it feel? Now walk back across the room with your shoulders square and back, your head held up, and your feet moving lightly. What differences do you notice?

So, your own body language does have an impact on your daily life. One advantage to knowing this is that it gives you a greater amount of control over your own feelings and attitude. Of course a smile alone is not going to correct a great deal of sadness, or fear, but when used regularly and in combination with other non-verbal expressions, it can help you start to feel better.

Another part of applying body language to your daily life is your appearance. What happens when you just throw on a pair of jeans and an old T-shirt? How do you feel? Now think about when you get dressed up in nice clothes with your hair neat and makeup looking good? How do you feel? Chances are the simple action of putting on nice clothes leaves you feeling confident, happy, and attractive.

Think about all of the different ways your own body language gives your own brain some important non-verbal clues. Sometimes it is really hard to force yourself to change your body language. It may even feel as if you're "lying" to yourself a little bit. Despite these feelings, there is nothing wrong about using non-verbal actions to build up your own confidence and self-esteem. Knowing how and when to do this is a powerful tool in dealing with the challenges and opportunities of daily life.

21. What are many people unaware of according to the passage?
- A. The effect of body language on self-esteem.
  - B. The process of developing body language.
  - C. The way self-confidence influences body language.
  - D. The impact of human interactions on body language.
22. What message can be drawn from Paragraph 2?
- A. Some pieces of old advice are out of date.
  - B. Your smile can influence people around you.
  - C. Your smile can make your mother feel proud.
  - D. Body language is passed down from parents.
23. Why does the author mention two different ways of walking across a room?
- A. To tell you two ways of moving the body gracefully.
  - B. To give two examples of how humans move their body.
  - C. To tell you how to relax after working hard in the office.
  - D. To show the influence of body movements on self-confidence.

24. For what purpose does the author ask you to imagine yourself in nice clothes?
- A. To inform you what the latest fashion is.
  - B. To guide you to dress appropriately at work.
  - C. To help you get used to wearing new clothes.
  - D. To tell you that appearance affects your feelings.
25. Which of the following is the best title for this passage?
- A. Body Language and Lies
  - B. Body Language and the Brain
  - C. Body Language and Self-esteem
  - D. Body Language and Silly Behavior

### Passage 6

*Questions 26 to 30 are based on the following passage.*

The notion that nothing good happens after midnight does not seem to apply to times of birth. Around the world the peak hours for births fall between 1 am and 7 am; the numbers then decrease throughout the rest of the day. This has led many scientists to believe that giving birth during the early morning offers some sort of evolutionary advantage, perhaps gained long ago when mothers and their infants would benefit from having their group reunited during the small hours to help with care and to defend them against animals.

The problem with this theory is that almost all the information on the timing of human births comes from modern, urban settings, such as clinics and hospitals, which could produce artificial conditions that affect the variation in timings. Not so, it turns out. As Carlye Chaney shows in her research, early-morning births are common to communities with both modern and traditional lifestyles.

The mothers that Ms Chaney chose to study live in a rural province in Argentina. They were divided into two groups that were considered to be both culturally and genetically distinct. One group consisted of 1,278 women from the Criollo population, a people of mixed Spanish and indigenous (本地的) heritage who live relatively modern lives and typically engage in farming. The second group was made up of 1,110 women who belonged to the Wichi and Toba populations, two of the traditionally nomadic (游牧生活的) peoples who also live there.

If a modern way of life plays a part in favoring early-morning births, Ms Chaney speculated that she would see such timings dominate in the results for the Criollo women, but feature less prominently among the results for the Wichi and Toba. Not so. The data and additional analysis make it clear that there is no statistical difference in the average birth time

found between the two groups. Both showed a surge in births between 2 am and 3 am, and a big drop around 5 pm. More specifically, the average time of birth for the Criollo was 6.34 am and that for the Wichi and Toba was 4.18 am.

Ms Chaney believes that the mechanism driving the tendency for mothers to give birth during the early morning is likely to be melatonin, a hormone which is known to increase at the start of labor (分娩) and is predominantly produced by the body between midnight and 5 am. That mechanism may well have come about, Ms Chaney suspects, because it was advantageous to go into labor when most help was to hand.

26. What do many scientists believe according to Paragraph 1?
- A. New births help unite the family.
  - B. Nothing good happens after midnight.
  - C. Men seldom look after newly-born babies.
  - D. Early-morning births are an evolutionary advantage.
27. What do we know about the data on birth timing collected before Ms Chaney's study?
- A. They were collected in rural areas.
  - B. They were mostly from urban areas.
  - C. They were shared by many hospitals.
  - D. They were used in reports on people's welfare.
28. What do we know about the mothers that Ms Chaney studied?
- A. Their total number is 1,278.
  - B. They live in the countryside.
  - C. The Criollo mothers live a nomadic life.
  - D. The Wichi and Toba mothers are farmers.
29. When did a big drop in births occur as shown in Ms Chaney's study?
- A. Around 5 pm.
  - B. About midnight.
  - C. From midnight to 2 am.
  - D. Between 4.18 am and 6.34 am.
30. What do we know about melatonin in the last paragraph?
- A. It is a hormone.
  - B. It helps mothers feel well.
  - C. It delays the labor process.
  - D. It is produced before midnight.

## PART TWO

### III. DISCOURSE CLOZE

The following is taken from the textbook. Read the passage and fill in the numbered spaces (there are more suggested answers than necessary). Write the letter of the answer on the ANSWER SHEET. (10 points, 1 point each)

American football has a reputation for being a brutal and dangerous game. (31) \_\_\_\_\_. The players hurl themselves at each other fiercely, but today their uniforms and helmets (fitted with visors to protect their faces) are so skillfully padded that (32) \_\_\_\_\_. By comparison, the rugby player is almost naked, having only a thin jersey and a pair of shorts to protect him from his opponents' boots and tackling.

(33) \_\_\_\_\_—more important than the professors, some say! The coach picks promising football players from the high schools, and recommends that (34) \_\_\_\_\_. This is the only way some boys from poor families with no intellectual background can get to college. Quite a few of these students go on to become professional football players. The names of professional football clubs are as well known to Americans as professional soccer clubs are to Europeans and South Americans.

The Americans are addicted to crazes. (35) \_\_\_\_\_, they do so wholeheartedly, and often the rest of the world follows their lead. Jogging is an example of this. The Americans now have another craze, a game which most other countries call "football", but which they call soccer. (36) \_\_\_\_\_ and gaining in popularity on baseball. It is being run by big business and TV advertisers, who are doing everything they can to sell it to the public. They are employing famous fashion designers to design novel uniforms for the players. They have introduced a musical background to the games, and there is a big screen in the stadium (37) \_\_\_\_\_. Most important, they have hired, at enormous expense, famous coaches and players from Europe and South America. (38) \_\_\_\_\_, including the offside rules to make the game more exciting.

Soccer games can now draw crowds of over 70 thousand in cities (39) \_\_\_\_\_. The soccer stadiums are much more luxurious than the vast majority of European and South American League grounds. There is a seat for everyone and a parking lot for 25 thousand cars. (40) \_\_\_\_\_, like any other promising American product.

(From *Two Kinds of Football*)

- A. Soccer is spreading like wildfire through all the States
- B. where the likeness between the two games ends
- C. where baseball attracts a mere 20 thousand spectators
- D. which explains to spectators what is happening
- E. who march like well-drilled soldiers during the half-time show
- F. When they take something up
- G. there are few serious injuries
- H. They have also changed some of the rules
- I. The football coach is a very important member of the college staff
- J. they be given scholarships
- K. Soccer is being brilliantly promoted
- L. This reputation is not really deserved

#### IV. WORD FORMATION

Complete each of the following sentences with the proper form of the word in brackets. Write your answers on the ANSWER SHEET. (10 points, 1 point each)

- 41. (courage) It was \_\_\_\_\_ of her to challenge the managing director's decision.
- 42. (strength) To \_\_\_\_\_ his position in parliament, he held talks with the leaders of the Peasant Party.
- 43. (guilt) Our daughter must have done something wrong, because she's looking so \_\_\_\_\_.
- 44. (free) Thanks to the automobile, people soon had a \_\_\_\_\_ of movement previously unknown.
- 45. (short) There's no \_\_\_\_\_ of ideas when it comes to improving the education of children.
- 46. (exist) The company has been in \_\_\_\_\_ for nearly 30 years.
- 47. (deep) The lake ranges from five to fourteen feet in \_\_\_\_\_.
- 48. (secure) The station was closed for two hours because of a \_\_\_\_\_ alert.
- 49. (relief) The clients played cards to \_\_\_\_\_ the boredom of the long wait.
- 50. (globe) The commission is calling for a \_\_\_\_\_ ban on whaling.

#### V. GAP FILLING

The following is taken from the textbook. Fill in the numbered gaps with the correct forms of the words in the box (there are more words than necessary). Write your answers on the ANSWER SHEET. (10 points, 1 point each)

on	true	dream	mankind	because	term
by	sense	take	man-made	depend	hard

I doubt the holy man's idea of happiness, and I doubt the dreams of happiness-market, too. Whatever happiness may be, I believe, it is neither in having nothing nor in having more, but in changing—in changing the world and (51) \_\_\_\_\_ into pure states.

To change is to make efforts to deal with difficulties. As Yeats, a great Irish poet, once put it, happiness we get for a lifetime (52) \_\_\_\_\_ on how high we choose our difficulties. Robert Frost, a great American poet, was thinking in almost the same (53) \_\_\_\_\_ when we spoke of "the pleasure of taking pains".

It is easy to understand. We even demand difficulty for the fun in our games. We demand it because without difficulty there can be no game. And a game is a way of making something (54) \_\_\_\_\_ for the fun of it. The rules of the game are (55) \_\_\_\_\_ difficulties. When the player ruins the fun, he always does so by refusing to play (56) \_\_\_\_\_ the rules. It is easier to win at chess if you are free, at your pleasure, to cast away all the rules, but the fun is in winning within the rules.

The same is (57) \_\_\_\_\_ to happiness. The buyers and sellers at the happiness-market seem to have lost their (58) \_\_\_\_\_ of the pleasure of difficulty. Heaven knows what they are playing, but it seems a dull game. And the Indian holy man seems dull to us, I suppose, (59) \_\_\_\_\_ he seems to be refusing to play anything at all. The Western weakness may be in the (60) \_\_\_\_\_ that happiness can be bought. Perhaps the Eastern weakness is in the idea that there is such a thing as perfect happiness in man himself. Both of them forget a basic fact: no difficulty, no happiness.

(From *What Is Happiness?*)

## VI. SHORT ANSWER QUESTIONS

The following questions are based on Passage 4 in this test paper. Read the passage carefully again and answer the questions briefly by referring back to Passage 4. Write your answers on the ANSWER SHEET. (10 points, 5 points each)

61. What did the study results show about dementia?
62. What are the two significant risk factors Ballard mentioned in Paragraph 8 and what might they lead to?

## VII. TRANSLATION

The following excerpt is taken from the textbook. Read it carefully and translate into Chinese each of the numbered and underlined parts. Write your answers on the ANSWER SHEET. (10 points, 2 points each)

Hollywood suggests glamour, a place where the young star-truck teenagers could, with a bit of luck, fulfill their dreams. (63) Hollywood suggests luxurious houses with vast palm-fringed swimming pools, cocktail bars and furnishings fit for a millionaire. And the big movie stars were millionaires. Many spent their fortunes on yachts, Rolls Royces and diamonds. (64) A few of them lost their glamour quite suddenly and were left with nothing but emptiness and colossal debts.

Movies were first made in Hollywood before World War I. (65) The constant sunshine and mild climate of southern California made it an ideal site for shooting motion pictures. (66) Hollywood's fame and fortune reached its peak in the 1930s and 1940s, the golden days of the black and white movies. Most of the famous motion pictures corporations of those days, Metro-Goldwyn-Mayer, Columbia and Warner Brothers are still very much in business and great stars like Greta Garbo, Marlene Dietrich, Charlie Chaplin, Gary Cooper, and many others besides, have become immortal.

(67) In those days Hollywood was like a magnet, drawing ambitious young men and women from all over the world. Most of them had only their good looks to recommend them and had no acting experience—or ability—whatsoever. Occasionally they got jobs, if they were lucky enough to be noticed.

(From *Hollywood*)