

Model Test Two

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay commenting on *square dancing, a popular pastime among the elderly in China*. You are required to write at least 150 words but no more than 200 words.

Part II

Listening Comprehension

(30 minutes)

Section A

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 1 to 4 are based on the conversation you have just heard.

1. A) Open a deposit account for her company.
B) Withdraw some money to pay a bill.
C) Transfer some money to a company account.
D) Change her address she registered in the bank before.
2. A) Within two days.
B) Right now.
C) After the woman have got the needed information.
D) After the man have got his manager's approval.
3. A) Because there is a very big sum of money in her account.
B) Because he has no authority to close accounts for customers.
C) Because the bank doesn't have so much money right now.
D) Because he needs to arrange a security guard for the woman.
4. A) Tired.
B) Exited.
C) Alert.
D) Impatient.

Questions 5 to 8 are based on the conversation you have just heard.

5. A) How confidence helps people.
B) How lack of confidence harms people.
C) How over-confidence harms people.
D) How to develop self-confidence.
6. A) They are likely to die earlier.
B) They are likely to prolong their lives.
C) Two thirds of them are likely to get cured in the end.
D) They are twice as likely to get cured in the end.
7. A) They come into his laboratory with passion.
B) They come into his laboratory full of confidence.
C) They have been in the middle of their classes.
D) They have struggled hard to enter the university.

8. A) Evidence is needed in every step of teaching.
B) Confidence is a must for a qualified teacher.
C) Knowledge can be gained from critical thinking.
D) Opportunities can be gained from self-confidence.

Section B

Directions: *In this section, you will hear two 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 9 to 11 are based on the passage you have just heard.

9. A) It is a program for girls to practice outdoor skills. C) It is a program charging no fee.
B) It is a program for women explorers. D) It is a program for mountaineering enthusiasts.
10. A) Five. C) Twelve.
B) Nine. D) Fourteen.
11. A) Participants should have a higher education background.
B) Interested girls should write to explain why they want to participate.
C) Knowing some basics of outdoor skills is a must for participants.
D) Easy-going girls are more likely to be accepted as participants.

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

12. A) They are terrifying in appearance.
B) They are attractive but poisonous.
C) They are on the edge of extinction.
D) They are native to the North Pacific.
13. A) They are threatening the sea life in the area.
B) They are diversifying its marine environment.
C) They are simplifying the food-chain of the area.
D) They are affecting the local tourism.
14. A) It is a government-funded team.
B) It is a private team.
C) It is an expert-led team.
D) It is a student-led team.
15. A) By putting it into a tank full of the fish.
B) By remote-controlling it to attack the fish.
C) By showing it thousands of images of the fish.
D) By equipping it with a sensing device.

Section C

Directions: *In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played 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 recording you have just heard.

16. A) It is a scientific group doing research in Antarctica.
B) It is an independent group aiming to protect wildlife.
C) It is an independent group aiming to protect the environment.
D) It is a scientific group exploring the currents around the Antarctica Ocean.
17. A) Approximately 1.8 million tons.
B) Approximately 8 million tons.
C) Approximately 18 million tons.
D) Approximately 80 million tons.
18. A) Ban all single-use plastic by 2022.
B) Organize more waste clean-up activities.
C) Develop and produce degradable plastic bags.
D) Ask movie stars to promote environmental protection.

Questions 19 to 22 are based on the recording you have just heard.

19. A) People tend to choose the latest brand of cars.
B) The auto industry is undergoing intense competition.
C) More and more buyers want to buy eco-friendly cars.
D) A large number of automakers are desperate for innovation.
20. A) They cost twice as much as traditional cars.
B) They are now available only in a few countries.
C) Drivers need to replace the batteries often to avoid sudden breakdown.
D) Drivers need to charge the batteries frequently during a long journey.
21. A) It is now popular all around the world. C) It can be built into existing roads.
B) It can only be built into specially designed roads. D) It has undergone three years' development.
22. A) It is implemented by one single company. C) It is not effective under extreme weather.
B) It costs 5 million dollars per kilometer. D) It has not been ready for wide industrial use yet.

Questions 23 to 25 are based on the recording you have just heard.

23. A) Its moving path. B) Its intensity. C) Its formation. D) Its scale.
24. A) They are of finite use. C) They are misleading.
B) They are not referential. D) They are quite accurate.
25. A) It involves more than eight low-orbit satellites.
B) It can send back all needed information about hurricanes.
C) It has successfully helped predict the intensity of hurricanes in 2017.
D) It can measure surface winds in and near the centre of tropical storm systems.

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.

Suddenly, everywhere you look, everyone's taking cold showers. Not literally—that would be weird—but there's no mistaking a lifestyle trend when you see one. They're 26 in a new book, *What Doesn't Kill Us*, which 27 the exploits of the Dutch extreme-cold *enthusiast* (狂热者) Wim Hof, who once spent nearly two hours in an ice bath. In *The New York Times*, the novelist Ben Dolnick reports that cold showers changed his "entire 28 toward the outside world". The benefits include everything from 29 immunity to slowing ageing and fighting depression. It's environmentally better, too, so you'll feel the warm glow of being moral, which is fortunate, given that you're going to be extremely bloody cold.

As someone who has always preferred the cold, and 30 the way hot days are considered "good weather", I'm a natural candidate for the craze. Finding myself sleepy at 5 p.m.—having woken with the baby at 5 a.m.—I tried taking naps, 31 that plan, and then started jumping under icy water instead. It worked 32, helping me squeeze out a few more hours of energy. When I took another cold shower before bed, I slept better, too.

But I'll admit there's something a little 33 about this, as there is with many strategies for "breaking out of your comfort zone". What are we all trying to prove, exactly? It's hard to avoid the conclusion that behind the desire to 34 over extreme cold, there's a desire to somehow conquer yourself, since both participants in this wrestling

match, as you may have noticed, are you. The far more likely result is just more 35 conflict.

A) abandoned	F) exciting	K) overcome
B) boosting	G) goal	L) recommended
C) brilliantly	H) initial	M) resents
D) charts	I) inner	N) self-punishing
E) disposition	J) intelligently	O) triumph

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**.*

Exercise Is Good for Your Body and Your Mind

- A) The benefits of exercise are widely known: it helps you live longer and lowers risk of heart disease, stroke and diabetes. A new study published Wednesday in *The Lancet Psychiatry* journal suggests that when done in moderation, it leads to better mental health as well. The researchers analyzed responses from 1.2 million adults in the United States taken from a US Centres for Disease Control and Prevention survey given in 2011, 2013 and 2015. The average number of days of poor mental health per person in the past month was around 3.4, according to the study. Those who reported exercising had about 1.5, or 43%, fewer days of “bad self-reported mental health” in the past month compared to those who did not exercise. Poor mental health was reported in the study as stress, depression and trouble with emotions.
- B) “I think in comparison to all other treatments, when a patient successfully exercises at the right dose, there is a sense of self-efficacy and confidence that the patient develops that is absolutely also a remarkably positive thing,” said Dr. Madhukar Trivedi, Director of the Centre for Depression Research and Clinical Care at the Peter O'Donnell Jr. Brain Institute at UT Southwestern Medical Centre in Dallas. He was not involved with the study but recently published a paper in *JAMA Psychiatry* linking midlife fitness with lower risk of depression.
- C) “I think it’s a huge deal,” said Adam Chekroud, an author of the study and Assistant Professor of Psychiatry at Yale University. “Even just walking just three times a week seems to give people better mental health than not exercising at all. I think from a public health perspective, it’s pretty important because it shows that we can have the potential for having a pretty big impact on mental health for a lot of people.”
- D) The sweet spot for exercising was found to be 45-minute sessions three to five times a week. There wasn’t a big difference in benefit for exercising beyond 90 minutes in a session—until one hit the three-hour mark. After that, there appeared to be worse mental health associated with those people compared to others who did not exercise at all.
- E) “I think it makes sense,” Chekroud said. “If you’re not exercising enough, perhaps that’s not giving you the biological aspect of exercise, maybe you’re not putting your body through the intensity and through the changes that it needs to stimulate those biological changes in the brain. And on the high end, anecdotally we hear a lot about people who get addicted to exercise or maybe you’re kind of running yourself into the ground.”
- F) Though all forms of exercise resulted in better mental health compared to doing nothing, the strongest association was found in people who played popular team sports (a 22% lower mental health burden), cycling (22%) and other aerobic and gym activities (20%). Even completing household chores led to about a 10% drop in days of poor mental health in a month, the researchers found. “Exercise in group settings could have a slightly higher benefit than exercise alone,” Trivedi said. “There’s not enough evidence to be very strong but that could be what happened.”

- G) As for cycling, Chekroud, who is also chief scientist at Spring Health, a mental health company based in New York that provides mental health services to large employers and an avid cyclist himself, said, “There’s... the biological benefit of exercise. And you’ll have increases in your *respiratory* (与呼吸有关的) rate and your heart rate and that kind of thing. But also, it’s an opportunity where you’re not working for a relatively long period of time and you get to think things through, perhaps reevaluate situations that happen in your life.”
- H) The authors adjusted for various physical and sociodemographic factors like age, race, gender, marital status, socioeconomic status, education, self-reported physical health and previous diagnosis of depression. Still the improvement seen from exercise was more than what could be seen from any other modifiable social or demographic factor such as education, body mass index or household income.
- I) Seventy-five types of “exercise” were included in the report, leading to some experts preferring another label instead. “In the current study, we see the inclusion of activities such as childcare, housework, lawn-mowing, carpentry, fishing, and yoga as forms of exercise,” wrote Dr. Gary Cooney, a psychiatrist at Gartnavel Royal Hospital in the United Kingdom in an accompanying commentary published with the article. “The study...in its all-encompassing approach, might more accurately be considered a study in physical activity rather than exercise.”
- J) Though the study is purportedly the largest of its size, and “unprecedented in scale”, it does have a few limitations, Cooney said. Mental health disorders are not a monolith and there are discrete factors involved in research and clinical purposes of various conditions like dementia, substance misuse or personality disorder, he said.
- K) “There is an uncomfortable interchangeability between mental health and depression, as if these concepts were functionally equivalent, or as if other mental disorders were somewhat peripheral,” wrote Cooney, who also cited the authors’ choice to research previous studies regarding exercise and primarily depression. Consequently, the study may offer the most guidance in depression research.
- L) “I think that particular concern is more of an academic concern rather than a practical concern,” Chekroud countered. “I think part of the reason that we were less concerned about that than the particular commentary was that we know that depression and anxiety are the most common mental health conditions. And when we talk about mental health, most people have mood or anxiety disorders. So it’s true that some people will have things like *schizophrenia* (精神分裂症) or *bipolar disorder* (狂躁抑郁症) but those conditions make up a very small percentage of the population.” “In the future we can start to maybe hone in on different illness categories and maybe we would see a different pattern, but I think overall though it’s kind of an edge case in this situation,” he added.
- M) And because the answers to the survey are self-reported, individuals who have conditions like schizophrenia, *schizoaffective disorder* (分裂情感性障碍) or bipolar affective disorder, may have a diminished ability to do so accurately, Cooney said.
- N) The next step in research is asking more detailed questions and following up with people long-term, Trivedi said. The authors of the study also propose collecting data from wearable trackers, like Fitbit, to more precisely determine how frequency, duration and intensity of exercise and mental health burden are connected.
- O) “People and patients should actually get well informed and become informed consumers and ask their doctors about whether this is a valid treatment for them or not,” Trivedi said. “And if the doctor says yes, then you try to figure out a plan to make sure like any other treatment—if you get pills, then you figure out a way to take them regularly. If your doctor and you decide exercise is your treatment, then you develop strategies to make sure you basically swallow the pill.”
36. People who exercised for between 1.5 and 3 hours were almost in the same mental health condition as those who did for three quarters of an hour.
37. The chief scientist at Spring Health believes that people can consider things thoroughly or reassess what goes on in

their life when cycling.

38. Dr. Gary Cooney prefers to use the label of physical activity instead of exercise in the report.
39. Respondents with psychological problems like bipolar affective disorder may be less able to make correct self-reports.
40. According to the data from the US Centres for Disease Control and Prevention, participants without exercise felt stressful or depressed more often than those who exercised.
41. In Chekroud's opinion, the mental health problems except depression and anxiety are less mentioned in the study partly because they are edge cases.
42. The contribution made to mental health by changeable social or demographic factors was less than that made by exercise.
43. After doctors' verification, patients should make a plan for exercise and perform it regularly like taking medicine.
44. What Dr. Madhukar Trivedi has written in *JAMA Psychiatry* is that keeping fit in middle age can reduce the incidence of depression.
45. Even doing housework can reduce about 10% of days of poor mental health every month.

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.

A UK supermarket has become the first in the world to let shoppers pay for groceries using just the veins in their fingertips.

Customers at the Costcutter store, at Brunel University in London, can now pay using their unique vein pattern to identify themselves.

The firm behind the technology, Sthaler, has said it is in "serious talks" with other major UK supermarkets to adopt hi-tech finger vein scanners at pay points across thousands of stores.

It works by using *infrared* (红外线) to scan people's finger veins and then links this unique *biometric* (生物特征识别的) map to their bank cards. Customers' bank details are then stored with payment provider Worldpay, in the same way you can store your card details when shopping online. Shoppers can then turn up to the supermarket with nothing on them but their own hands and use it to make payments in just three seconds.

It comes as previous studies have found fingerprint recognition, used widely on mobile phones, is vulnerable to being hacked and can be copied even from finger smears left on phone screens.

But Sthaler claims vein technology is the most secure biometric identification method as it cannot be copied or stolen.

Sthaler said dozens of students were already using the system and it expected 3,000 students out of 13,000 to have signed up by November.

Vein scanners are also used as a way of accessing high-security UK police buildings and authorising internal trading at least one major British investment bank.

The firm is also in discussions with nightclubs, gyms about using the technology to verify membership and even Premier League football clubs to check people have the right access to VIP hospitality areas.

The technology uses an infrared light to create a detailed map of the vein pattern in your finger. It requires the person to be alive, meaning in the unlikely event a criminal hacks off someone's finger, it would not work. Sthaler said it takes just one minute to sign up to the system initially and, after that, it takes just seconds to place your finger in a scanner each time you reach the supermarket checkout.

Simon Binns, commercial director of Sthaler, told the *Daily Telegraph*: “This makes payments so much easier for customers. They don’t need to carry cash or cards. They don’t need to remember a pin number. You just bring yourself. This is the safest form of biometrics. There are no known incidences where this security has been breached. When you put your finger in the scanner it checks you are alive, it checks for a pulse, and it checks for *haemoglobin* (血红蛋白). Your vein pattern is secure because it is kept on a database in an encrypted form, as binary numbers. No card details are stored with the retailer or ourselves; it is held with Worldpay, in the same way it is when you buy online.”

46. It can be inferred from the first two paragraphs that _____.
A) the Costcutter store offers the finger vein payment in the world first
B) there are no two identical fingerprints in the world
C) Sthaler has spread its finger vein recognition technology to the overseas market
D) customers have their finger veins scanned at the checkout in British supermarkets
47. Making payments with the finger vein scanners in physical stores and submitting payments online _____.
A) show the difference in how to link to shoppers’ bank cards
B) choose the same storage location for users’ bank details
C) yield the same better-than-expected results
D) differ in the degree of difficulty in the payment process
48. Fingerprint identification technology is _____.
A) widely applied in communication
B) most exposed to cyber attacks
C) likely to be duplicated from finger marks
D) the safest way of biometric recognition
49. The finger vein scanners are already used to authenticate users to get into _____.
A) universities
B) police stations
C) investment banks
D) VIP sections
50. As to the technology developed by his company, Simon Binns pointed out that _____.
A) there was no use paying with someone else’s finger
B) customers didn’t have to waste energy memorizing ID numbers
C) no severe safety accidents arose in its system
D) neither Sthaler nor the sellers preserved customers’ card details

Passage Two

Questions 51 to 55 are based on the following passage.

The Trades Union Congress (TUC) has urged the government to use productivity gains from the greater use of robots and artificial intelligence to reverse planned changes to the state pension age.

Before its annual congress in Brighton, the TUC said higher levels of productivity thanks to technological innovation ought to bring greater benefits for working people. It said recent progress had mainly benefited business owners, rather than being shared across the workforce through better wages and working conditions.

Analysis from the accountants PricewaterhouseCoopers suggests GDP could receive a 10% boost from productivity gains linked to artificial intelligence by 2030, helping to bolster the British economy as it seeks to escape a period of weak output growth. That could relieve the pressure on workers to stay in employment into their late 60s, according to the TUC. The government announced in July that it would increase the state pension age from 67 to 68 between 2037 and 2039. Frances O’Grady, the TUC general secretary, said: “Robots and AI could let us produce more for less, boosting national prosperity. But we need a debate about who benefits from this wealth, and how workers get a fair share.”

There have been previous waves of technological advances since the first Industrial Revolution, when inefficient jobs have been replaced by machines or the number of people required to do work has been reduced. Such advances

have not led to an overall loss of jobs, but have disrupted the type of work people do.

There are concerns that the current phase of innovation could be more damaging, while the rewards from higher productivity have not necessarily translated into higher wages. The latest available figures show low levels of unemployment unseen since the mid-1970s, but growth in real wages remains negative as inflation *outstrips* (超过) a *sluggish* (迟缓的) earnings growth.

In 1950, almost one in three workers worked in manufacturing, while one in twelve worked in professional and technical services. By 2016 the proportions had reversed, but the jobs lost in manufacturing were not replaced by jobs of similar or better quality in the communities affected. Wages in former industrial areas were still 10% below the national average.

The increase in the state pension age, which was controversially brought forward by seven years by the Work and Pensions Secretary, David Gauke, is expected to affect about 7 million people in their late 30s and early 40s. As well as reversing the move on the pension age, the TUC said workers should be given the right to a midlife career review, while firms should invest more in workplace training. At present, the UK invests just half of the EU average, it said. O'Grady said: "Robots are not just terminators. Some of today's jobs will not survive, but new jobs will be created. We must make sure that tomorrow's jobs are no worse than today's."

51. According to the TUC, what should be the result of the application of robots and artificial intelligence?

- A) Technological advances. C) Benefits for working people.
- B) Higher levels of productivity. D) More wealth of business owners.

52. The author cites the data from PricewaterhouseCoopers to _____.

- A) testify the impact of robots and AI C) analyze causes of economic growth
- B) provide proofs for the TUC's argument D) illuminate policies of the government

53. Which of the following statements is Frances O'Grady most likely to agree with?

- A) Technological advances should result in people's well-being.
- B) Sixty-seven should be the upper limit for the state pension age.
- C) The cost saved by robots and AI should be shared among people.
- D) The use of robots and AI is bound to reduce the number of jobs.

54. It can be inferred that the waves of technological advances _____.

- A) were the outcome of the Industrial Revolution C) slowly raised the real income of working people
- B) tended to be more damaging than constructive D) exerted a profound influence on the labor structure

55. What can we learn about the proposal of David Gauke?

- A) It reflects the real needs of economic growth. C) It meets with strong opposition from the TUC.
- B) It has produced a widespread influence. D) It will help to create new types of jobs.

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**.

在中国,数百万计的人通过网络视频直播(live streaming)与世界分享他们的生活。网络视频直播并不是一个新概念。在中国,各种各样的在线直播应用程序层出不穷。这些应用程序也被用于商业目的,个人和公司都用它们来销售各种各样的产品。明星们也使用视频直播直接与粉丝互动。网络直播在人们的生活中扮演着重要角色,不仅让人们的生活变得越来越多样,而且让人与人之间的交流更加便捷、有趣。