

Model Test Three

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write a short essay to express your views on the phenomenon of keeping pets in dormitories. You should 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.

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| 1. A) He has opened a new account. | C) He began to pay back a car loan. |
| B) Something's wrong with his account. | D) He had to deal with a financial crisis. |
| 2. A) The bank is providing more favorable incentives. | |
| B) The bank is collecting more fees than he expected. | |
| C) He receives a bank statement every month. | |
| D) He can pay bills by credit cards without additional fees. | |
| 3. A) By getting a direct deposit for his salary. | C) By getting a check for his salary. |
| B) By having a new checking account. | D) By using the ATM to make a purchase. |
| 4. A) He has many credit cards. | C) He pays more attention to the accounts. |
| B) He didn't consult the woman before. | D) He pays little attention to the terms. |

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

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|---|----------------------------------|
| 5. A) The building with the log shape. | C) Senior homes with logs. |
| B) Traditional log cabins. | D) The blocking beams and walls. |
| 6. A) In a river valley of Europe. | C) In a remote area. |
| B) Along the Delaware River Valley. | D) In some European counties. |
| 7. A) The shape of log homes was suitable for them. | |
| B) They had easy access to logs in that area. | |
| C) They wanted to change the European traditions. | |
| D) The way of building a house with logs was easy. | |

8. A) Look at the slides of modern log houses.
B) See some pictures of mountain retreats.
C) Listen to the presentation of a New Yorker.
D) Take a trip to the Delaware River Valley.

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 12 are based on the passage you have just heard.

9. A) Stop to buy an umbrella. C) Seek shelter from the rain.
B) Run quickly than usual. D) Walk at normal speed.
10. A) Running gets a person wetter while raining.
B) Running fast keeps a person totally dry while raining.
C) Running has a little impact on keeping people dry while raining.
D) Running cannot protect people from getting wet while raining.
11. A) The researchers made a wrong calculation of the average walking pace.
B) The researchers ignored the distance running in the rain.
C) The researchers overestimated the psychological effects.
D) The researchers didn't use advanced technology to analyze data.
12. A) Running when caught in a storm. C) Taking an umbrella with you.
B) Sheltering from the rain under a tree. D) Walking in the rain rather than running.

Questions 13 to 15 are based on the passage you have just heard.

13. A) It still can be used. C) It should be thrown away.
B) It will break down. D) It will become bent.
14. A) The gift card's validity time is short. C) Shoppers have to pay gift card fees.
B) The gift card has a few chances to use. D) The gift card lacks protective measures.
15. A) They have overwhelming advantages. C) They are the symbol of people's status.
B) They are sold at very low prices. D) They meet customers' psychological needs.

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 19 are based on the recording you have just heard.

16. A) The factors that affect our decision-making.
B) Some ways to develop our skills and talents.
C) Some guidelines on hunting part-time jobs.
D) The advice on how to be versatile.
17. A) It is a trait we are born with. C) It is a skill that can be learned.
B) It is the key to success. D) It helps with reasoning ability.

18. A) It will make you analyze others' arguments better.
 B) It will help you have better conversations.
 C) It will inspire you to new viewpoints.
 D) It will increase your influence on others' choices.
19. A) A strategic narrative with digits. C) Pictures and photos.
 B) Large numbers and figures. D) Diagrams and charts.

Questions 20 to 22 are based on the recording you have just heard.

20. A) Parents never ask their children for advice.
 B) Parents always give their children constructive advice.
 C) Most teenagers seldom follow their parents' advice.
 D) Most teenagers have got good advice from their parents.
21. A) Being too repetitive and critical. C) Being too harsh and forcible.
 B) Being too frequent and compulsive. D) Being too subjective and overwhelming.
22. A) Workmates seldom give advice. C) We believe in ourselves more than others.
 B) We don't have good opportunities. D) We are afraid to suffer embarrassment.

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

23. A) They are more important than professional skills. C) They make you invaluable to employers.
 B) They improve your personal relationship. D) They help little in the technology area.
24. A) Get involved in both STEM and liberal arts. C) Learn something that your friends have learned.
 B) Major in what they are interested in. D) Make some friends with the same interests.
25. A) It lays a bad foundation for your career life. C) It allows you to amass professional skills.
 B) It provides you with different knowledge. D) It makes you know more about society.

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.*

Facebook is cracking down on *cryptocurrencies* (加密数字货币) by using one of its most powerful tools: access to its massive advertising *megaphone* (宣传). The social networking giant said on Tuesday that it will not 26 ads for financial products that “are frequently associated with misleading or deceptive promotional practices,” specifically 27 currencies and “initial coin offerings,” a *fundraising* (筹款的) tactic that new cryptocurrencies use to attract fresh investors. “We want people to continue to discover and learn about new products and services through Facebook ads without fear of 28 or deception,” wrote Rob Leathern, a product management director at Facebook, in a blog post.

The spectacular 29 in prices last year of bitcoin and many alternative cryptocurrencies has sparked a surge of interest among investors and companies of all kinds. The rampancy has led to schemes that, in some case, promise triple-digit returns and have 30 the investigation of the Securities and Exchange Commission (SEC). “Market

professionals, especially gatekeepers, need to act 31 and hold themselves to high standards,” SEC Chairman Jay Clayton said in recent speech. “To be frank, from what I have seen recently, 32 in the initial coin offering space, they can do better.”

Facebook provided a number of examples to illustrate its new policy, such as ad 33 that advises users to convert their retirement funds into bitcoin or promotions for “no-risk” cryptocurrencies.

The announcement comes weeks after Facebook chief executive Mark Zuckerberg acknowledged the potential of cryptocurrencies to 34 power away from “centralized systems.” “They come with the risk of being harder to control,” Zuckerberg said in a Facebook post. “I’m interested to go deeper and study the positive and negative aspects of these technologies, and how best to use them in our 35. ”

A) attracted	F) eliminate	K) scams
B) authorize	G) essential	L) services
C) capture	H) increase	M) simultaneously
D) copy	I) particularly	N) strategy
E) display	J) responsibly	O) virtual

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**.*

Your weight affects how long you live—but it’s extremely complicated

- A) We often think about weight loss in the short term, hoping to drop 5 pounds in time for vacation or 10 in time for a wedding. Of course, this kind of yo-yo dieting isn’t the greatest for our health. If you’re going to ask how much you should weigh, you want to think long term—what weight will keep you healthy?
- B) This question has been at the forefront of researchers’ minds for a while, and for good reason. Global obesity rates are high and steadily increasing, with 1.3 billion adults considered overweight and 600 million in the weight range categorized as obese.
- C) While it’s true that muscle weighs more than fat, most people who are carrying around a few extra pounds are doing so in the form of *adipose* (脂肪的) tissue. Unlike bone and muscle, fat cells can generate *inflammation* (炎症), allowing us to heal infections and protect our bodies from further damage. But having too many fat cells causes our bodies to release inflammatory proteins all the time. Many studies indicate this can increase our risk of developing cancer.
- D) Carrying around extra fat cells also affects other physiological pathways, many of which—high blood pressure, *hyperglycemia* (高血糖症), and high cholesterol, for example—can lead to potentially fatal heart problems.
- E) We all need some amount of body fat. So how much is too much? Using BMI (body mass index, the body mass divided by the square of the body height) and rates of overall mortality, scientists studying this question initially came to a surprising conclusion: On a population level, the relationship between BMI and mortality formed a U-shaped curve, in which the lowest point (the one where mortality was at its lowest) was actually at a BMI range considered nearly overweight (about 24.5, when 25 is overweight). Bring on all the healthy fats and *carbs* (含碳水化合物食物).
- F) But some scientists—including Andrew Stokes, a chronic disease and global health researcher at Boston

University—challenged those conclusions. Instead of a U-shaped curve, his group’s follow-up studies saw the risk of mortality increase with higher BMIs. The lowest risk category, he says, is somewhere in the low-normal weight range, and risk increases pretty consistently as BMI goes up.

- G) The earlier studies failed to account for two important factors, according to Stokes. “The normal weight category used in most of the studies combines low-risk, stable weight people with high-risk individuals who have lost weight,” he says. If a study subject spends most of his life obese and then loses weight, he might accumulate years of negative health effects. Not all of those risks disappear with weight loss. “Much of the research on obesity just uses a *snapshot* (简要描述) of weight currently,” says Stokes.
- H) Stokes equates this to the way we study smoking. You can’t simply compare non-smokers to smokers. Non-smokers include those who have never smoked as well as those who may have smoked for several decades and then quit.
- I) And smoking itself is another crucial factor in these BMI studies, Stokes says. Smoking can present a huge bias in estimating risks associated with obesity, because the habit affects body weight through metabolic effects and reduced appetite. By failing to take smoking into account, your analysis may include people who have a low body weight but smoke heavily, upping their chance of an early death. Once those outliers are removed, Stokes and his colleagues argue, the relationship between excess body weight and early mortality is clear.
- J) Of course, the range for normal BMI is pretty broad. For example, someone who is 5'4" has a normal BMI if they weigh anywhere from 108 pounds to 145 pounds. If we want to know which sliver of the range is actually best, Stokes says, researchers have a lot more work to do.
- K) And then there’s the question of whether BMI is the right metric to use at all. BMI is often criticized as a poor indicator of health. Because muscle weighs more than fat, a weightlifter could have a BMI in the overweight range, and that’s to say nothing of all the other variations the human form can take. Even two folks with the same BMI and the same amount of actual body fat might face different risks due to their adipose, if one carries more in their belly and the other stores more in their hips. Studies that compare BMI to superior methods like the DEXA scan, a type of X-ray that can determine exactly how much body fat you have and where, show that the potential misclassification is not trivial. But Stokes argues that on a population level, BMI is a pretty good parameter to use. Variations in its accuracy do exist, but it’s not so wildly off-base as to be useless when we make generalizations about risks throughout an entire population.
- L) But that’s the key here: We’re talking about average risk. None of this is to say that someone with an ideal BMI is bound to outlive someone who is obese. There are plenty of other factors at play in determining our health, including genetics, exercise, diet, and especially stress. The degree of fat we carry often intertwines with these other characteristics, but it’s still only one factor. An individual’s health can’t be determined by a number on a scale, and one should always talk to a doctor when considering major lifestyle changes.
- M) Still, while there’s no scientific consensus on what range of normal BMI equates to lowest overall mortality, Stokes hazards a guess for the lower end, perhaps 20 to 22. He also points out that many studies (on rodents and primates, anyway) show calorie restriction can increase longevity. One population he thinks we should study more are those humans who have always had a very low BMI. Ping-ponging your weight around to try to get on the lowest possible end of the healthy threshold is definitely not a good idea, but living your entire life with a BMI on the lower end—maybe even under 20—could decrease risk of diseases like cancer and diabetes. It’s an important question, Stokes says, and one that not enough researchers are asking.
36. If a person is overweight for long, even though his weight drops later, he may still have potential health problems.
37. Smoking can bring weight loss through a series of mechanisms, such as losing people’s appetite.

38. Carrying around a proper number of fat cells can help us to treat infections and contribute to our physical health.
39. Researchers have to make more efforts to identify the best range for BMI.
40. We may as well consider BMI as a good parameter though it's sometimes inaccurate.
41. Those people who have always had a very low BMI need our more research.
42. Our health condition is determined by a mass of factors and obesity is just one of them.
43. What weight we should have to keep fit in the long term is a significant question we should think about.
44. There are 600 million people who are obese in the world and the proportion is still growing.
45. Scientists originally knew how much body fat we should have by studying BMI and rates of overall mortality.

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.

Using data from a research study that took place in the U. K. which asked families to report on their diets, the team found that vegetarian males were more likely to be depressed than their *carnivorous* (食肉的) counterparts. The sample included nearly 10,000 men who had a pregnant partner, and everyone identified their dietary preference. Only 350 were reported being vegetarian.

The scientists compared how both plant- and meat-eaters fared on the Edinburgh Postnatal Depression Scale, used by U. K. doctors to determine if women are likely to develop *postpartum* (产后的) depression. The team found that vegetarians were more likely to have scores higher than 10, the minimum threshold of possible depression. They report their findings in the current issue of the *Journal of Affective Disorders*.

The survey ferreted out some honesty about what exactly the participants meant by "vegetarian." Although the men who said they followed such a diet didn't eat burgers or hot dogs, they did consume nearly as much oily fish and shellfish as meat-eaters. And those who identified as vegetarian actually did indulge in red meat: 72 reported some consumption while only 16 of the vegetarians admitted to cheating.

The researchers don't assert that being vegetarian causes depression. Instead, they're suggesting a link between plant-based diets and mental health. The primary theory for this link is that vegetarians receive fewer nutrients found in red meat, vitamin B12 specifically, and that could contribute to depressive symptoms. But the study authors believe this new data should spur a randomized controlled trial to further examine the relationship between meat and mood.

Studies have increasingly shown that nutrition and depression are linked. As researchers noted in a paper, nutritional neuroscience has just begun looking at how nutrition impacts cognition, behavior and emotion. Many patients with mental disorders have deficiencies in certain nutrients, including omega-3 fatty acids and B vitamins. In a small study of patients, doctors found that coupling vitamin B12 supplements with antidepressants significantly decreased symptoms.

46. From the data of the research study that took place in the U. K. , we know _____.
- A) vegetarians account for a small percentage of the respondents
 - B) males get depressed more easily than their pregnant partners
 - C) carnivorous pregnant women are more likely to be depressed
 - D) being a vegetarian does good to one's physical and mental health

47. What can we infer from the findings of the team?
- A) People who scored higher than 10 were less depressed.
 - B) The Edinburgh Postnatal Depression Scale needs revising.
 - C) Meat-eaters were likely to score lower than 10 on the scale.
 - D) The scores of all plant-eaters were higher than 10 on the scale.
48. Why do researchers suggest associating plant-based diets with mental health?
- A) Because many vegetarians become mentally disturbed.
 - B) Because the lack of nutrients in vegetarian diets may lead to depression.
 - C) Because some vegetarians admitted to cheating in the previous experiment.
 - D) Because plant-based diets prove to provide more nutrients for curing depression.
49. What do we know about patients with mental disorders?
- A) They bounced back by taking B vitamins.
 - B) Most of them used to be strict vegetarians.
 - C) They were found to be short of certain nutrients.
 - D) They failed to value the importance of having meat.
50. What is the main purpose of this passage?
- A) To help people have better understanding of vegetarians.
 - B) To explore the relationship between vegetarianism and depression.
 - C) To find out the means to cure depression by further study of nutrition.
 - D) To tell people to prevent depression by taking vitamins and supplements.

Passage Two

Questions 51 to 55 are based on the following passage.

It's well established that smoking cigarettes, especially large quantities of them, is bad for your health. But a new study shows the risk exists even with a minimal amount of smoking. Just one cigarette a day can increase the likelihood of *cardiovascular* (心血管的) disease. Researchers from University College London found that having a single cigarette each day raises the risk of coronary heart disease or stroke. "No safe level of smoking exists for cardiovascular disease," the authors conclude in their paper published Wednesday in *BMJ*.

The team analyzed 141 previously published studies conducted between 1946 and 2015, which included data from millions of men and women. They specifically looked at the cardiovascular effects of people who smoked one, five or twenty cigarettes per day compared to those who had never smoked. When adjusting for confounding factors, such as age and blood pressure, they found that men who smoked one cigarette per day had a 74-percent higher risk of heart disease than non-smokers and a 30-percent higher risk of stroke. Among women, the risk of heart disease among one-per-day smokers was increased by 119 percent and the risk of stroke by 46 percent compared to non-smokers.

"There's a misconception by many smokers that if you cut down you will reduce harm," Allan Hackshaw, a study co-author and epidemiology professor at University College London, told *Newsweek*. "This seems to be true for lung cancer, but people aren't aware that only a little bit of tobacco smoke has a big effect on the cardiovascular system."

Although light smoking can negatively affect your health, cutting down is still helpful. "I think a lot of people who work in the tobacco and the health industry right now forget how difficult it is to quit," Hackshaw said. "Going cold turkey is hard." Hackshaw suggests finding an appropriate *cessation* (中止) method to help cut back. But he also emphasizes that the end goal should be to quit.

One in every three deaths from cardiovascular disease is caused by smoking, according to the Centers for Disease

Control and Prevention. Understanding the role of minimal smoking in this risk could help reduce the incidence of cardiovascular disease.

Hackshaw and his colleagues hope their findings will be used to “strengthen public health campaigns (including those on smoking cessation services) and to provide a strong health incentive for smokers to quit (particularly women), rather than cut down,” they wrote in their paper.

51. What do we know about the minimal amount of smoking from the first paragraph?
- A) Its negative effects haven't been recognized.
 - B) It makes many people get addicted to smoking.
 - C) It can be a contributor to cardiovascular disease.
 - D) It can be roughly seen as the safe level of smoking.
52. What did the team find after analyzing 141 previously published studies?
- A) Passive smoking posed a significant threat to non-smokers.
 - B) Men were more vulnerable to the harm of smoking.
 - C) Smoking women were at much higher risk of heart disease and stroke than smoking men.
 - D) Age and blood pressure were less likely to affect heart disease.
53. What's the misconception held by many smokers according to Allan Hackshaw?
- A) Smoking won't lead to cardiovascular damage.
 - B) Harm can decrease as soon as one reduces smoking.
 - C) There is little significance in cutting down on smoking.
 - D) Reducing smoking helps in the treatment of lung cancer.
54. What does the underlined sentence “Going cold turkey is hard” mean in the passage?
- A) It is far from easy to form good habits.
 - B) Self-discipline is extremely challenging.
 - C) Quitting a bad habit is not as hard as it seems.
 - D) It is difficult to get rid of bad habits suddenly.
55. The researchers hope their findings can be used to _____.
- A) encourage smokers to give up smoking
 - B) remind smokers about the bad effects of smoking
 - C) warn smokers to smoke less for the sake of health
 - D) appeal to policy-makers to take preventive measures

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**.

黄海是中国三大边缘海 (marginal sea) 之一, 其面积约 38 万平方公里。黄海生物种类多, 水产资源 (aquatic resources) 丰富, 周边形成了许多良好的渔场, 带动了周边城市经济的发展。与此同时, 工业污染使黄海的生态环境面临着日益严峻的挑战。黄海沿岸有许多重要的港口, 如大连港、青岛港等, 这些港口多辟为中国对外开放港口, 促进了中国与周边国家的多边贸易, 这使黄海成为对外贸易的重要海域。