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UNIT

1

# Fresh start

## Passage 1

**Directions:** In this section, there is a passage with 10 blanks. There is a word bank following the passage. Read the passage carefully and select one word for each blank from the word bank. You may NOT use any of the words more than once.

### Navigating the path to university

The task of being accepted and enrolled in a university begins early for some students. Long before they graduate from high school, these students take special courses to prepare for 1. \_\_\_\_\_ study. They may also take one or more examinations that test how well 2. \_\_\_\_\_ they are for the university. In the final year of high school, they complete applications and send them, with their student 3. \_\_\_\_\_, to the universities which they hope to attend. Some high school students may be required to have a(n) 4. \_\_\_\_\_ with representatives of the university. Usually very positive and 5. \_\_\_\_\_ dressed, they are determined to show that they have a good attitude and the ability to succeed.

When the new students are finally 6. \_\_\_\_\_, there may be one more step they have to take before registering for classes and getting to work. Many colleges and universities 7. \_\_\_\_\_ an orientation program for new students. For these programs, the young people get to know the procedures for 8. \_\_\_\_\_, university rules, the use of the library and all the other major services of the college or university.

Beginning a new life in a new place can be very 9. \_\_\_\_\_. The more knowledge students have about the school, the easier it will be for them to adapt to the new environment. However, it takes time to get 10. \_\_\_\_\_ to university life.

- |            |            |           |             |                |
|------------|------------|-----------|-------------|----------------|
| A accepted | B prepared | C records | D used      | E offer        |
| F neatly   | G choosing | H finish  | I program   | J registration |
| K advanced | L subject  | M outcome | N confusing | O interview    |

**Directions:** In this section, there is a short passage followed by some questions or incomplete statements. For each of them there are four choices marked A, B, C and D. Read the passage carefully. Then decide on the best choice.

### Avoiding the dreaded college weight gain: The importance of exercise for college students

Building a healthy relationship with exercise for personal wellness is important for every individual, especially college students. In a dynamic world filled with stress, **sedentary** lifestyles, and negative media-induced body image ideals, it is important for students to build healthy habits now to jumpstart a lifetime of wellness.

“College is the absolute best time for students to learn the importance of making time and dedicating energy to a health and fitness program,” said Nakeeya Deas, wellness coordinator at Champlain College in Burlington. “The habits set in college will transfer into their lives after college. It is our job to teach how to care for the body. It’s invaluable, it’s life-long, and it’s life-changing.”

The human body is meant to move, and quite frankly, needs to move! Exercise can build confidence, reduce and relieve stress, improve learning and mental health, and build healthy relationships around common interests in well-being, etc.

Physical exercise can reduce risk of illness. Healthy and active individuals are generally those with stronger immune systems and are less likely to catch colds and viruses that spread around campus. Patrons should be sure to disinfect gym equipment before and after use to prevent the spread of germs.

Professor Betsy Allen-Pennebaker, who in addition to teaching Bodies instructs the first-year Core Course, says she assigns students a “happiness project” each semester to commit to one lifestyle change for a month that they believe will increase their individual happiness. Most students choose one of two things: Get more sleep or get more exercise. At the end of the month, students report on the experience from a

psychological and neurological perspective. “All students report significant increase in how happy they are, but additionally how much energy they have, as well as their increased concentration and decreased fatigue in classes,” said Allen-Pennebaker. “I work out every day to achieve the same results my students reported in their happiness projects,” she continued.

Interestingly, it is found that exercise can help curb cravings and suppress hunger, but too much exercise could lead to injury, exhaustion, and/or eating anxieties. It could also have a negative effect on one’s social life, work performance or grades. To stay healthy, active people need to eat a balanced diet, drink enough water, and get plenty of sleep. Together with exercise, these will ensure that you feel your best, both physically and mentally. Exercising for just 30 minutes a few times a week can help relieve the stress of academics, improve sleep quality and your mood, and boost your brainpower.

Most colleges offer fitness centers with a variety of amenities: gym equipment from cardio machines to free weights, athletic fields and swimming pools. Research the fitness facilities on your campus and in your community, and see what programs are free or discounted to students. With all the resources available during college, keeping fit and healthy is an attainable goal for any student.

1. Which of the following is closest in meaning to “sedentary” in Para. 1?  
A special                      B ordinary                      C dreadful                      D inactive
2. Why does Nakeeya Deas, wellness coordinator at Champlain College, believe college is the best time for students to focus on health and fitness?  
A Because building up bodies conforms to societal body image ideals.  
B Because healthy habits established on campus will last beyond college.  
C Because students will impress friends with physical fitness achievements.  
D Because students will engage in extreme dieting for personal wellness.

3. According to the passage, which of the following is the benefit of regular exercise for college students?
  - A Enhancing spontaneity and random day-to-day lives.
  - B Reducing the need for social and extracurricular activities.
  - C Improving learning, mental health, and healthy relationships.
  - D Eliminating the necessity for setting schedules and routines.
  
4. In Professor Betsy Allen-Pennebaker's classes, which kind of lifestyle changes do students typically choose for their "happiness project"?
  - A Learning a new skill each month.
  - B Reducing social stimulation.
  - C Getting more sleep or more exercise.
  - D Avoiding part-time jobs and projects.
  
5. According to the passage, which of the following is NOT mentioned as a resource for college students to maintain fitness?
  - A Fitness center with gym equipment.
  - B Athletic fields and swimming pools.
  - C Free or discounted programs on campus.
  - D Unlimited machines from colleges.

**Directions:** In this section, there is a passage followed by 10 statements. 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.

### Balancing college life and academics

- A** Organization and time management skills are two of the most valuable skills you will ever have. One of the first things you should do at the beginning of each semester is to organize the dates of all class tests and project deadlines from each syllabus, and all required meetings and events from each organization. Next, it is highly recommended for you to set a schedule for yourself to include all other items you want to create as a routine. Most importantly, this should include the time of study. Of course, the most important part of creating a schedule is sticking to it! So, be disciplined enough to schedule any other activities that are less important around those that are the most important.
- B** Whether it involves academics or organizational responsibilities, everyone comes to a point where they feel overwhelmed. This is what friends, fellow members, and other university resources are there for. Unfortunately, there are several reasons why people don't seek help when it is available. Some people try to take on too much, trying to prove to themselves that "I can do this all on my own." Others may not want to admit to people that they "can't handle everything."
- C** Academically, seek out help when you don't understand something. There should be plenty of resources available, from writing centers, to computer labs, to graduate assistants, to your professors who offer office hours. There are also other students who may understand that subject better, or who have even taken the course before. Especially in very large classes, some students may be intimidated to ask for help. But, the sole purpose of the institution and all of these resources is to help you learn. So use them. Ask for a rope to be thrown down before you drown!



- D** Understanding what your PRIORITIES are each and every day is one of the biggest keys to college success. It is also one of the easiest concepts to lose track of. It is a fast-paced world, where it is easy to become sidetracked with social activities, TV shows, video games, etc. Some people carry a card in their wallet, or even post a card on their PC, where they list the top five priorities in their life. The card says, “Is what I am doing RIGHT NOW with my time directly contributing to one of my top priorities in life?” If the answer is “No,” then that serves as a good reminder that you should do something more important.
- E** Everyone has exactly 24 hours each day. People who achieve more in life simply make better use of their 24 hours each day. What you do with each of your 24 hours has as much to do with your success during college as any other factor. There is an old saying that “If it is important enough to you, you make time for it.” Be sure that nobody is in charge of your time except you. It is one of the most valuable assets you have. Don’t wait until the end of your college career to stop procrastinating (拖延). Write down what can be done when you are going to do something, not simply when something is due. Set deadlines for yourself, and put them in writing. Then stick to it. If you complete tasks early, you can enjoy your leisure time without worry. This is one of the biggest ways to alleviate stress.
- F** If it is the third day of the month, and there is a project due on the 28th of the month, most students hardly have that project on the radar screen yet. Then, they see the project creep up on their calendar on the 24th or 25th, and they say “Uh-oh!” Further, they realize there is an event planned on the 26th, and they have to work at their part-time job on the 27th! This lack of planning is what leads to either missed deadlines, or turning a project in on time, but with poor quality. In addition to poor quality, it also leads to undue stress for four days. One easy way to tackle projects ahead of time is to break the project down into several smaller ones.
- G** The more classes you attend, the less you have to study, and the more time you have for everything else you want or need to do. Professors also have a way of telling you what will be on the test, and explaining the answers in class, but you are privy to them only if you are actually in class.

H Try to get in the habit of forcing yourself to sit in the front of the class, especially in large classes. Studies show that students sitting in the front retain more information, and pay more attention, even if they don't realize it. It also helps keep you awake. That usually allows you to take better notes as well. And make sure the professor knows your name!

I Almost every organization has one or more students who are shining examples of the balance between extracurricular activities and academics. They make the Dean's List (优秀学生名单) every semester, hold an important office in the organization, work part-time, and even have a girlfriend or boyfriend. Everyone seems to ask, "How do they do it?"

J So, are they smarter than you? In most cases, ABSOLUTELY NOT! There have been literally millions of college students that were "smart enough" to graduate, but failed in the areas of time management, priorities, and responsibilities. So, understand the habits of those who are successful at balancing college life and academics. Ask them what their secrets are, and they will surely be willing to help.

1. Some individuals may resist seeking assistance due to a desire to prove self-sufficiency or a reluctance to admit they can't manage everything on their own.
2. Organization and time management skills are crucial for effectively scheduling and sticking to study routines and other important activities.
3. Students are encouraged to learn from successful peers and seek advice on effective balancing of college life and academics.
4. Students are encouraged to proactively seek academic assistance from various available resources such as teaching assistants, professors and fellow students.
5. Regular class attendance reduces the need for extensive studying, provides valuable insights from professors regarding test content and answers, and ultimately creates more time for other activities.

6. Students are advised to have a card listing their top priorities to assess whether their current activities align with them.
7. It is recommended to develop the habit of sitting in the front row in class.
8. There is a common tendency for students to neglect assignments until close to the deadline, resulting in missed deadlines, low-quality work, or increased stress.
9. There are students who excel academically while actively participating in extracurricular activities, holding leadership positions, working part-time, and maintaining personal relationships.
10. It is necessary to take control of one's time, set deadlines, and avoid procrastination to alleviate stress and make the most of the 24 hours available each day.

## Writing

**Directions:** Suppose your school is organizing an orientation program to help freshmen adapt to the new environment and academic studies. You are now to write a proposal, which may include its aim, duration, participants and activities. You should write at least 150 words but no more than 200 words.

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