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# 大学英语 四级题源 押题试卷

2013新题型

- 直击2013年8月考试改革后新题型
- **四六级考神**赵建昆老师重磅推荐
- 紧扣考点，提高考试分数



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赵建昆

尹延

欧阳萍

刘辛阳

周洁

王菲

副主编

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教·育·出·版·中·心

图书在版编目 (CIP) 数据

大学英语四级题源押题试卷: 2013 新题型/  
赵建昆, 卢根主编. —北京: 中国石化出版社,  
2013. 9 (2013. 10 重印)  
ISBN 978-7-5114-2355-9

I. ①大… II. ①赵… ②卢… III. ①大学英语水平  
考试-习题集 IV. ①H319.6

中国版本图书馆 CIP 数据核字(2013)第 213271 号

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中国石化出版社出版发行

地址: 北京市东城区安定门外大街 58 号

邮编: 100011 电话: (010)84271850

读者服务部电话: (010)84289974

<http://www.sinopec-press.com>

E-mail: [press@sinopec.com](mailto:press@sinopec.com)

北京科信印刷有限公司印刷

全国各地新华书店经销

\*

787×1092 毫米 16 开本 13.25 印张 315 千字

2013 年 10 月第 1 版第 4 次印刷

定价: 29.80 元 (赠送 MP3 光盘)





大学英语四六级考试(College English Test Band 4/6),于1986年第一次试验举行起,到现在已经走过27个年头了。在此期间,伴随中国教育改革和国人英语学习热度的升温,四六级考试也经历了数次变化,并逐渐成长为全国最具备影响力的大学英语能力测试(Language Proficiency Test)。2006年6月四级考试,更是创下全国超过1000万人的单次参考人数纪录,使其当之无愧地成为全球参与人数最多的语言测试。

四六级考试巨大的影响力和公信力缘何而来?我认为主要来自以下几点:

第一,在27年中的数次改革中,四六级的考试信度和效度不断与时俱进。1999年,增加口语考试;2005年,采取标准分制;2006年,扩大听力分值;2013年,取消完型填空,提升翻译比重。以上改革使得四六级考试的形式和内容不断靠近国际流行语言能力测试(例如托福和雅思)并同时保持中国特色(例如汉译英题目比重的增加),成为一个不断创新并臻科学完善的测试。

第二,二十多年来,四六级考试极大地推动了中国大学生英语能力和素质。全国考生在听、读、写、译、完型等各科目的平均成绩一直都在上升。而对比2013年6月试卷和20世纪90年代的试卷,测试难度也早已无法同日而语。另外,四六级考试的数次改革,都对中国大学英语教学和中国大学生英语学习习惯产生了巨大的反溅作用(Washback Effects,指测试对学习者的反作用)。例如很多大学生,都开始从过去的“哑巴”英语,到目前普遍重视听力和口语等交流性语言技能的学习。

第三,四六级考试已经被用人单位广泛认可,成为超越地域、学校和专业的英语能力甚至学习能力标准。我曾经和一位著名国企的HR经理交流,问,既然你们工作中使用英语的几率不高,缘何单位在招聘时依然需要应聘者获得四六级成绩呢?他说,是否可以通过四六级考试,实际更多反映了应聘者在大学期间的综合学习能力和学习态度。举个例子,如果这名应聘者说,曾经尝试多次考级均以失败告终,我们一定会怀疑他/她的学习能力和规划自控能力。在学校、专业和地域都存在差异时,四六级便成为一个重要的全国衡量标准。

2013年8月14日,教育部四六级出题委员会在其网站宣布,2013年12月的四六级考试将再次进行试卷改革。此举再次引发全社会关注。这次改革中,听写改为全面考查词汇短语,阅读增加段落信息匹配题,完型被扩展至15%的翻译所取代。此次变化加大了对考生英语实际能力尤其是语言输出能力(output)的测试,进一步弱化了有一定



偶然性的客观选择题比例。为此,我和北京新东方学校四六级项目负责人卢根老师,即刻组织了听力、翻译、写作、阅读、词汇等五大科目几十位新东方一线资深教师,经过仔细教研编撰,为大家奉献上一套专门针对 2013 年 12 月新版四六级试题的备考书籍,为即将参加新版四六级考试的考生助一臂之力。感谢您对新东方的信任,在此,我们提醒各位考生,针对此次考试,你需要:

1. 注意单词和短语的积累,为各个科目尤其是翻译科目做充足准备;
2. 注意练习听写,确认可以将做过的题目都听懂,并能拼写出其中重点的词语;
3. 注意提升阅读速度,积累强大的同义替换能力;
4. 多多练字,多练笔译和写作,并反复修改,以提升主观题得分能力。

从 2003 年在新东方教授四六级开始,我在四六级培训方面的时间已经达到 10 个年头,期间直接或间接影响的学员估计有几十万人。经过我和我同事的培训,其中绝大部分同学已经和四六级考试“快乐分手”了。我们始终认为,通过所有考试的法宝只有两个:正确的方法和长久的坚持。这个系列的书籍,帮你解决前半半的问题,而后一半,就需要小伙伴们自己努力了。特别想对一些屡战屡败且屡败屡战的“困难户”们说一句,多次低水平备考(或裸考)导致的失败会折损我们的学习信心和动力。明确计划、按部就班、努力坚持,你一定会迎来笑傲考场的那一刻。

为了让各位考生尽快看到此书,老师与编辑们的工作可以用争分夺秒来形容,如果因为疏漏而造成内容和形式上的差错,敬请考生谅解。建昆老师将利用新浪微博(@建昆老师)及公共微信(建昆老师)时刻和考生读者保持互动交流,并及时更新与纠正。

最后送大家三句我一直鼓励同学们的话,我一直很受用,我相信你们也会。

没有失败,只有放弃。只要提高,永远不晚。只要改变,就有空间。

祝福各位四六级考生,祝你们考试成功!

建昆老师

于北京

2013 年 8 月 23 日



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Section A

Listening Comprehension

(30 minutes)

Directions: In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A, B, C, and D, and decide which is the best answer. Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.

注意：此部分试题请在答题卡1上作答。



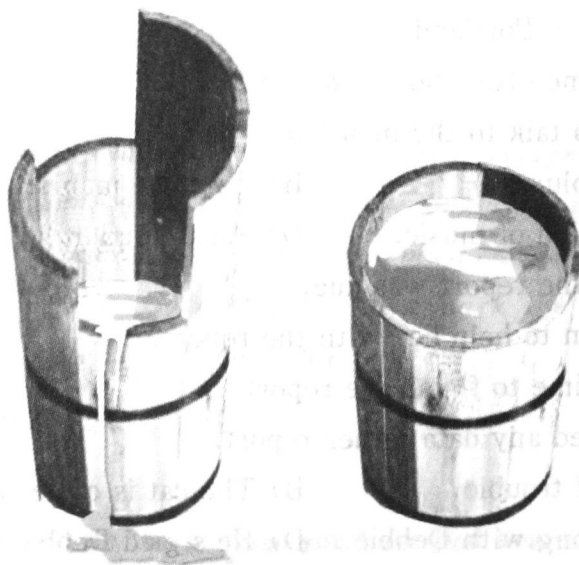
# Model Test One

## Part I

## Writing

(30 minutes)

**Directions:** For this part, you are allowed 30 minutes to write an essay. You should start your essay with a brief description of the picture and then express your views on our advantages and disadvantages. You should write at least 120 words but no more than 180 words. Write your essay on **Answer Sheet 1**.



木桶理论

注意:此部分试题请在答题卡 1 上作答。

## Part II

## Listening Comprehension

(30 minutes)

### Section A

**Directions:** In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

注意:此部分试题请在答题卡 1 上作答。



1. A) Go to the movies with the man.      B) Take her brother to the movies.  
C) Eat at her brother's.      D) Cook dinner with Lois.
2. A) The man should have offered his assistance earlier.  
B) She doesn't need the man's help.  
C) She didn't realize the boxes were empty.  
D) She wants the man to move the boxes.
3. A) He'd like to have the windows open.  
B) He rarely leaves the windows open.  
C) He thinks the air is polluted.  
D) He'll help her close the windows.
4. A) The results might be ready tomorrow.  
B) The man needs another test tomorrow.  
C) The results were called in last night.  
D) The doctor called the lab last night.
5. A) She doesn't remember much about Portland.  
B) She's never been to Portland.  
C) She knows someone else who could help him.  
D) She'd be happy to talk to the man later.
6. A) Turn down the volume.      B) Help the man study for a test.  
C) Play a different kind of music.      D) Speak louder.
7. A) She forgot when the report was due.  
B) She'd like the man to help her with the report.  
C) She needs more time to finish the report.  
D) She hasn't included any data in her report.
8. A) The cat is a lot of trouble.      B) The cat is quite friendly.  
C) He doesn't get along with Debbie.      D) He's glad Debbie gave him the cat.

**Questions 9 to 11 are based on the conversation you have just heard.**

9. A) Mating habits of squid and octopus.  
B) The evolution of certain forms of sea life.  
C) The study of marine shells.  
D) Survival skills of sea creatures.
10. A) He didn't understand the lecture.  
B) He wants to borrow her notes next week.  
C) He needs help with a makeup exam.  
D) He was sick and unable to attend.
11. A) Some sea creatures developed vertebrae.  
B) The first giant squid was captured.  
C) Some sea creatures shed their shells.  
D) Sea life became more intelligent.



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

12. A) There aren't enough cabinets.  
B) There is too much noise.  
C) Office supplies are taking up space.  
D) Some teaching assistants don't have desks.
13. A) To chat with Jack socially.      B) To get help in the course.  
C) To hand in their assignments.      D) To practice giving interviews.
14. A) Give Jack a different office.  
B) Complain to the department head.  
C) Move the supplies to the storage room.  
D) Try to get a room to use for meetings.
15. A) They'd have to get permission.  
B) Jack wouldn't like it.  
C) She thinks it might work.  
D) The other assistants should be consulted.

## Section B

**Directions:** In this section, you will hear 3 short passages. At the end of each passage, you will hear some 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.

注意:此部分试题请在答题卡 1 上作答。

### Passage One

Questions 16 to 18 are based on the passage you have just heard.

16. A) How much exercise they get every day?  
B) What they are most worried about?  
C) How long their parents accompany them daily?  
D) What entertainment they are interested in?
17. A) get enough entertainment      B) have more activities  
C) receive early education      D) have regular checkups
18. A) be no place for play      B) be near a common area  
C) have no TV sets      D) have a computer for study

### Passage Two

Questions 19 to 21 are based on the passage you have just heard.

19. A) Family debts.      B) Bank savings.  
C) Monthly bills.      D) Spending habits.
20. A) \$ 190,000.      B) \$ 330,000.      C) \$ 500,000.      D) \$ 1,000,000.



21. A) Invest into a mutual fund. B) Use the discount tickets.  
C) Quit his eating-out habit. D) Use only paper bills and save coins.

### Passage Three

Questions 22 to 25 are based on the passage you have just heard.

22. (A) To explain a new requirement for graduation.  
(B) To interest students in a community service project.  
(C) To discuss the problems of elementary school students.  
(D) To recruit elementary school teachers for a special program.
23. (A) To find jobs for graduating students.  
(B) To help education majors prepare for final exams.  
(C) To offer tutorials to elementary school student.  
(D) To provide funding for a community service project.
24. (A) He advises students participating in a special program.  
(B) He teaches part-time in an elementary school.  
(C) He observes elementary school students in the classroom.  
(D) He helps students prepare their r sums.
25. (A) Contact the elementary school.  
(B) Sign up for a special class.  
(C) Submit a r sum to the dean.  
(D) talk to Professor Dodge.

### Section C

**Directions:** In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks with the exact words you have just heard. Finally, when the passage is read for the third time, you should check what you have written.

注意:此部分试题请在答题卡 1 上作答。

The judgment that cigarette smoking is hazardous to health is the result of more than 30 years of research carded on by hundreds of scientists in this country and abroad. The conclusion that cigarette smoking is a 26 health hazard is supported by every medical and health 27 in the world which is known to have 28 an opinion on the matter.

While cigarette smokers tend to have higher death rates than nonsmokers. 80% of the excess deaths 29 with this habit are caused by three major diseases. They are lung cancer, coronary heart disease, and emphysema. Lung cancer was a 30 disease 50 years ago. Today, it is 31 that 60,000 men and women per year in the United States will die of this disease. Among men it is the most 32 cause of death from cancer.

Cigarette smoking is the major cause of lung cancer. Although chronic 33 from certain chemical substances, radiation, 34, occupational hazards, air pollution, and other environmental factors have been implicated in this disease, they are of small importance compared with cigarette smoking. To those who smoke, however, they can be important in increasing the risks still further. 35 90 percent of all primary cancer cases occur in people who smoke cigarettes. Laboratory studies have isolated from tobacco smoke a number of chemical compounds that can cause cancer. In addition, there are elements in smoke that interact with other compounds to promote cancer production.

### Part III

### Reading Comprehension

(40 minutes)

#### Section A

**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**.

Questions 36 to 45 are based on the following passage.

Not too long ago, a guest checking out of our Polynesian Village resort at Walt Disney World was asked how she enjoyed her visit. She told the front-desk clerk she had had a wonderful 36, but was heartbroken about losing several rolls of Kodacolor film she had not yet 37. She was particularly upset over the loss of the pictures she had shot at our Polynesian Luau, as this was a memory she 38 treasured.

Now, please 39 that we have no written service 40 covering lost luau snapshots. 41, the hostess at the front desk understood Disney's philosophy of 42 our guests. She asked the woman to leave her a couple of rolls of fresh film, promising she would take care of the rest.

Two weeks later, this guest received a package at her home. In it were photos of the entire cast of our luau show, personally autographed by each performer. There were also 43 of the parade and fireworks in the theme park, taken by the front-desk 44 on her own time, after work. I happen to know this story because this guest wrote us a letter. She said that never in her life had she received such compassionate 45 from any business establishment. Heroic service does not come from policy manuals. It comes from people who care—and from a culture that encourages and models that attitude.

注意:此部分试题请在答题卡 2 上作答。



- |                |               |
|----------------|---------------|
| A) abandon     | I) qualify    |
| B) prospect    | J) access     |
| C) vacation    | K) desperate  |
| D) especially  | L) hostess    |
| E) standards   | M) service    |
| F) developed   | N) caring for |
| G) understand  | O) photos     |
| H) fortunately |               |

**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*.

**Easy Steps to Stay Safe (and Private!) on Facebook**

A) Unknown to most mainstream Facebook users, the social network actually offers a lot of privacy controls and security features which can help you batten down the hatches, so to speak. If used properly, you'll never have to worry about whether you should friends the boss and your mom. You can friend anyone you want while comfortable in the knowledge that not everyone gets to see everything you post. The problem in implementing these privacy options is that they're just too confusing for most non-tech savvy people to handle. And often, folks don't want to bother to take the time to learn. To simplify the process, we're offering five easy steps you can take today to help make your Facebook experience safer, more secure, and more private.

**Step 1: Make friend lists**

B) Yes, it will take some time, especially if you're connected to a couple hundred friends already. But this step, while not the quickest, is fairly simple. And it will be one of the most useful things you can do on Facebook.

C) Friend lists, like they sound, are lists for categorizing your friends into various groups. The nice thing about this feature is that once you set these lists up, you won't have to do it again. We suggest that you put your work colleagues and professional acquaintances into a friend list designated "work", personal friends you're not very close with into a list called "Acquaintances", and people you're related to into a list called "Family". Those three main categories will separate out the groups of "friends" who you may want to hide some information from. To create a friend list, click on "Friends" at the top of the Facebook homepage. In the left-hand column, click "Friends" again under the "Lists" section. Now you'll see a

button at the top that says “Create New List”. Click it. In the pop-up that appears, you can name your list and pick members. If you’ve ever shared an application with your friends, the process of doing this will be very familiar. When you’ve finished making lists, you’ll be able to use them when selecting who can see that (or who can’t!) when configuring (配置) the security settings described below.

### Step 2: Who can see what on your profile

- D) At the top right of Facebook, there’s a menu that many people probably ignore: “Settings”. But this menu is now going to become your best friend. To get started, hover your mouse over the Settings menu and click “Privacy Settings” from the list that appears. On the next page, click “Profile”. This takes you to a page where you can configure who gets to see certain information on your profile. Before making changes, think carefully about the sorts of things you want private. Should “everyone” get to see photos you’re tagged in? Or would you like to limit this only to those you’ve specifically chosen as Facebook friends?
- E) Underneath each section on this page (basic info, personal info, status, etc.), you can designate who gets to see that particular bit of information. For anyone not using custom lists (see step 1), the best thing to enter here is “Only Friends”. Anything else opens up your profile information to people you may or may not know. For example, choosing “Everyone” makes that info public, “Friends of Friends” lets your friends’ friends see it, “My Networks and Friends” opens up your info to anyone in your networks—that means anyone in your city, your high school, your college, a professional organization you listed, etc. You can also block certain groups from seeing these sections, too. On any item that offers an “Edit Custom Settings” option, you can click that link to display a pop-up box where you can choose people or lists to block (see where it says “Except these people”). If you haven’t made custom lists as explained in step 1 above, you can enter individual names here instead. (Sorry, mom, dad, boss—this is where you get blocked.)

### Step 3: Who can see your address and phone number

- F) Did you list your address and phone number on Facebook? While that’s a handy feature, you may not want every one you friended to have this information. To access this configuration page, you follow the same steps as above in step 2 to display the Profile Privacy page. You’ll notice that the page has two tabs at the top—click on the one that reads “Contact information”. As previously described above, you can again use the drop-down lists provided to designate who gets to see what and/or block certain people or lists from viewing this information. The sections on this page include “IM Screen Name”, “Mobile Phone”, “Other Phone”, “Current Address”, “Website”, and your email.

### Step 4: Change who can find you on facebook via search

- G) Sick of getting friend requests from old high school pals? While for some the beauty of Facebook is that it lets you reconnect with everyone you ever knew throughout



your life, others find this intrusive and annoying. You're not friends with any of these people anymore for a reason, right? As it turns out, you can still enjoy Facebook without some folks ever knowing or finding you thanks to the search privacy settings. Click on the "Settings" menu on Facebook's homepage and then click "Search" on the following page. You'll be taken to a Search Privacy page where you can specify who gets to find you on Facebook. Want to be wide open? Change the "Search Visibility" drop-down box to "Everyone". Want to keep it a little more limited? Select "My Networks and Friends", "Friends of Friends", or "My Networks and Friends of Friends" instead. Don't want anyone finding you on Facebook? Change it to "Only Friends". That means only the people who you've already friended can find you in a Facebook search.

**Step 5: Stop sharing personal info with unknown applications**

H) Remember when we told you about what Facebook quizzes know about you? Using Facebook's default (默认) settings, you're unknowingly sharing a plethora of personal information (and your friends' info too!) with various Facebook applications and the developers who created them. The problem is so bad that the ACLU recently created their own Facebook Quiz to demonstrate how much information an app. has access to. It's time to take back control! From the Facebook homepage, hover your mouse over the "Settings" menu and choose "Privacy Settings" from the drop-down list. On the next page, click "Applications" then click the tab that reads "Settings" which is next to the "Overview" tab.

I) On this page, you can check and uncheck boxes next to your personal information (picture, education history, wall, religious views, etc.). This controls what applications your friends are using can see about you. Yes, your friends' apps. can see your personal info if you don't have the same control over your own apps. The best you can do is head over to the Applications page and delete the apps. you're not using anymore.

注意:此部分试题请在答题卡 2 上作答。

46. It seems that many people may not realize the top right Settings menu when surfing the Facebook.
47. One should input their names in editing custom settings, if he fails to make friend lists.
48. When setting the information about one's address and phone number, one should click contact information in the Profile Privacy page.
49. For some people who don't want to recontact everyone they have ever known, it is intrusive and annoying if their information is public on Facebook.
50. In order to test the information of Facebook applications, ACLU founds Facebook Quiz of their own.
51. We learn from the passage that Facebook is a net of making friends.

52. Setting safety protection isn't understood by most people on Facebook.
53. The problem of complex process of privacy setting exists on Facebook according to the passage.
54. The author say that it is easy and helpful to do on Facebook about making friend lists.
55. We only need set friend lists once is the typical advantage we can get from making friend lists.

### 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 56 to 60 are based on the following passage.

American pink slips continue to mount this winter, with the national unemployment rate reaching a postwar high of 7.2 percent for the month of December, according to the U. S. Department of Labor. Job losses reached 2.6 million in 2008—the most since 1940s, and some experts predicted that 2009 would bring the worst unemployment rate since the Great Depression of the 1930s.

In New York, North Carolina and Ohio this week, unemployment claims meet an obstacle when websites crashed and phone lines became weak under a barrage (连珠炮) of requests for relief. December and January losses are fed by some of the nation's biggest corporations, including AT&T, DuPont, Walgreen and Alcoa.

Sectors hard hit in the labor department's just-released end-of-2008 report include construction, which has dropped 899,000 total jobs since 2006; factory jobs, down 791,000 for 2008; temp work, down 490,000 positions last year; and retail, which saw 522,000 fewer gigs (数字) in 2008. The few employment bright spots included education, government and healthcare, the latter of which was up 32,000 positions in December alone.

"The jobs market is still in a free fall," said Global Insight chief economist Nariman Behraves in a statement. His firm predicts that the unemployment rate will continue to climb to as high as 9.5 percent in 2009 if a federal stimulus package doesn't stem the flow of job losses.

Some experts suggest that the percentage of unemployed workers is actually in the double digits when the marginally employed and perpetually unemployed are counted. "We think it's going to be a nasty employment situation in 2009," says Kevin Fehas, associate director of the Jerome Levy Forecasting Center.

Is there any good news? Tig Gilliam, North American CEO of the employment solutions giant at Adecco, says there's still demand for highly skilled workers in such



sectors as finance, accounting, information technology and engineering, the latter two seeing 1,400 openings listed today at Adeeeo.

What's more, Jason Zickerman, CEO and president of business owners' peer group—The Ahemativc Board, says entrepreneurs who are considering cutting their work forces can find creative ways to keep their people and still save money. He suggests implementing a four-day work week, extra weeks of unpaid vacation, and partial- or no-pay education sabbaticals (年休假). "When your employees see you're doing everything in your power to avoid layoffs, it promotes allegiance," Zickerman says.

Meanwhile, Feltes predicts that while '09 will be a tough year economically, there will be light at the end of the tunnel starting in 2010.

And, for entrepreneurs, Feltes notes that the age-old problem of finding labor, especially in the service industry, won't be as difficult. "There will be a lot more workers available, and that will be one bright side," he says. "We don't think this is the end of the world."

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56. The expression "pink slip" (Line 1, Para.1) most probably means \_\_\_\_\_.  
A) unemployment rate  
B) employment rate  
C) a letter which informs people of the news that they are fired  
D) a letter which informs people of the news that there are job vacancies
57. In which sectors the problem of unemployment seems to be most serious?  
A) Education, information technology, and temporary jobs.  
B) Government, healthcare, and retail.  
C) Construction, retail, temporary jobs, and factory jobs.  
D) Education, finance, accounting, and healthcare.
58. The percentage of unemployed workers is in the double digits when \_\_\_\_\_.  
A) those who will be fired soon and those who never ever have a job are counted  
B) those who have been fired already and those who are going to be fired are counted  
C) those who have been fired already are counted  
D) children and women who always stay at home are counted
59. Which is the entrepreneurs' way to keep people and still save money?  
A) Entrepreneurs ask employees to pay for their training and education.  
B) Entrepreneurs provide extra weeks of paid vacation for employees.  
C) Entrepreneurs provide free training and education for employees.  
D) Employees are only required to work 4 days per week.
60. What is the bright side of the growth of job losses?  
A) Many old-aged workers are fired.  
B) American society is in an urgent need of workers in service industry.  
C) Workers may get relaxed and prepare well for their future jobs.  
D) Enterprises have more opportunities to select best and young workers.

Passage Two

Questions 61 to 65 are based on the following passage.

For many years, people believed that the brain, like the body, rested during sleep. After all, we are rendered unconscious by sleep. Perhaps, it was thought, the brain just needs to stop thinking for a few hours every day. Wrong. During sleep, our brain—the organ that directs us to sleep—is itself extraordinarily active. And much of that activity helps the brain to learn, to remember and to make connections.

It wasn't so long ago that the regretful joke in research circles was that everyone knew sleep had something to do with memory—except for the people who study sleep and the people who study memory. Then, in 1994, Israeli researchers reported that the average performance for a group of people on a memory test improved when the test was repeated after a break of many hours—during which some subjects slept and others did not. In 2000, a Harvard team demonstrated that this improvement occurred only during sleep.

There are several different types of memory—including declarative (fact-based information), episodic (events from your life) and procedural (how to do something)—and researchers have designed ways to test each of them. In almost every case, whether the test involves remembering pairs of words, tapping numbered keys in a certain order or figuring out the rules in a weather-prediction game, “sleeping on it” after first learning the task improves performance. It's as if our brains squeeze in some extra practice time while we're asleep.

This isn't to say that we can't form memories when we're awake. If someone tells you his name, you don't need to fall asleep to remember it. But sleep will make it more likely that you do. Sleep-deprivation experiments have shown that a tired brain has a difficult time capturing memories of all sorts. Interestingly, sleep deprivation is more likely to cause us to forget information associated with positive emotion than information linked to negative emotion. This could explain, at least in part, why sleep deprivation can trigger depression in some people: memories stained with negative emotions are more likely than positive ones to “stick” in the sleep-deprived brain.

Sleep also seems to be the time when the brain's two memory systems—the hippocampus (海马体) and the neocortex (新皮质)—“talk” with each other. Experiences that become memories are laid down first in the hippocampus, eliminating whatever is underneath. If a memory is to be retained, it must be shipped from the hippocampus to a place where it will endure—the neocortex, the wrinkled outer layer of the brain where higher thinking takes place. Unlike the hippocampus, the neocortex is a master at weaving the old with the new. And partly because it keeps incoming information at bay, sleep is the best time for the “undistracted” hippocampus to shuttle memories to the neocortex, and for the neocortex to link them to related memories.

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61. Which of the following is TRUE according to the first paragraph?