

2024 学年第一学期期中考试

英语试题

I . Listening Comprehension

Section A

Directions: In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

1. A. She will run after the man. B. She can't run faster.
C. She will beat the man in running. D. She doesn't like running.
2. A. She doesn't know when the train leaves. B. It doesn't matter where the man goes for holiday.
C. She wants the man to make up his mind himself. D. It's not necessary for the man to worry.
3. A. To visit some local companies. B. To help the companies recruit students.
C. To know more about the companies. D. To apply for a job.
4. A. At the airport. B. In a restaurant. C. In a bank. D. At the hotel reception.
5. A. Read some instruction books. B. Search for professional help.
C. Study a computer program. D. Set up a computer themselves.
6. A. She wants to get some rest. B. She needs time to write a paper.
C. She has a literature class to attend. D. She has trouble going to sleep at night.
7. A. She will have chocolate cake. B. She will try apple pie with ice cream.
C. She won't have any dessert. D. She won't suggest what to order.
8. A. Her brother can help the man rent an apartment.
B. The man can stay in her brother's apartment.
C. Her brother can find the man a cheaper hotel.
D. The man can rent her brother's apartment.
9. A. She doesn't know whether Prof. Brown will return.
B. The man shouldn't be late for his afternoon class.
C. She can help the man get to Prof. Brown later.
D. The man should go to Prof. Brown's classroom.

10. A. Alice didn't seem to be nervous during her performance.
B. The man didn't enjoy Alice's performance very much.
C. Alice needs more training before playing for people.
D. The man admired Alice for her wonderful skills.

Section B

Directions: In Section B, you will hear two passages and one longer conversation. After each passage and conversation, you will be asked several questions. The passages and the conversation will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

Questions 11 through 13 are based on the following passage.

11. A. She didn't prepare well for it. B. She didn't like the topic of history.
C. She thought she looked foolish. D. She forgot to do it on that day.
12. A. She was nervous in front of people. B. She felt the weather was too hot for her.
C. She was in an overcrowded classroom. D. She wanted to answer questions in class.
13. A. Stop raising her hand in class. B. Forget about the people around.
C. Avoid staring at the window or the exit sign. D. Make more eye contact with the professor.
14. A. He is very likely to show up late for his next class.
B. He has a problem controlling his learned behavior.
C. He doesn't like his high school life nor high school friends.
D. He turns red whenever he talks to a girl.

Questions 15 through 17 are based on the following passage.

15. A. British solo stars. B. American pop singers.
C. Four Liverpool boys. D. The young of the 1960s.
16. A. Representing the young. B. Audience participation.
C. Praising love and truth. D. International popularity.
17. A. They were looked down upon by serious musicians.
B. They started from selling words and music to stars.
C. They represented the painful struggle for freedom.
D. They wrote about a variety of things in their songs.

Questions 18 through 20 are based on the following passage.

18. A. About one third. B. 40 percent.
C. Around 130 billion tons. D. Nearly 15 percent.
19. A. Farms grow smaller portions of food products every year.
B. Grocery stores get rid of food products that no one buys.
C. Restaurants send buffet leftovers to homeless people around.
D. Ordinary families throw food away because they are not nutritious.
20. A. To feed 25 million Americans a year.
B. To cut down food wasted by 50 percent by 2030.
C. To make abundant food supply a reality on Earth.
D. To provide Americans with affordable and nutritious food.

II. Grammar and Vocabulary

Section A: Multiple Choices (请涂在答题卡相应位置)

Directions: Beneath each of the following sentences there are four choices marked A, B, C and D. Choose the one answer that best completes the sentence.

1. Learning that I couldn't afford the rent, my boss _____ me a month's salary.

- A. committed B. chopped C. charged D. advanced

【答案】D

【解析】

【详解】考查动词词义辨析。句意：老板得知我付不起房租后，预支了我一个月的工资。A. committed 承诺；B. chopped 砍碎；C. charged 收费；D. advanced 预付，前进。根据上文“Learning that I couldn't afford the rent”可知此处指预付工资。故选D。

2. The court decided to _____ the charge against the suspect as no solid evidence was found against him.

- A. file B. answer C. drop D. assume

【答案】C

【解析】

【详解】考查动词词义辨析。句意：法院决定撤销对嫌疑人的指控，因为没有发现对他不利的确凿证据。A. file 把（文件等）归档；B. answer 回答；C. drop 放弃，终止；D. assume 假定，认为。根据 no solid evidence was found against him 可知，没有发现对嫌疑人不利的确凿证据，所以撤销指控，drop the charge 意为“撤销指控”。故选C。

3. Businesses are pushing the government to pass new laws to _____ late payments of debts, a problem that has been threatening their financial stability.

A. encounter B. counter C. expose D. facilitate

【答案】B

【解析】

【详解】考查动词词义辨析。句意：企业正在推动政府通过新的法律来对抗拖欠债务问题，这个问题一直威胁着他们的财务稳定。A. encounter 遭遇； B. counter 反击，抵制； C. expose 揭露； D. facilitate 促进。根据句意可知，企业希望通过法律来对抗或抵制债务的迟延支付问题。故选 B。

4. It was the love and support of his family and friends that _____ him during his time in prison.

A. sustained B. boosted C. accompanied D. emerged

【答案】A

【解析】

【详解】考查动词词义辨析。句意：是朋友和家人的支持和爱让她度过了人生中最艰难的时刻。A. sustained 支撑； B. boosted 推动； C. accompanied 陪伴； D. emerged 出现。本句使用了 It was... that... 强调句型，被强调的部分是主语 the love and support of his family and friends，结合“during his time in prison”可知，应用 sustain，表示这些支持和爱支撑她度过了人生中最艰难的时刻。故选 A。

5. The world of advertising is obviously less _____ by convention than the world of banking, allowing for more innovation and experimentation.

A. bound B. bordered C. boomed D. grasped

【答案】A

【解析】

【详解】考查动词词义辨析。句意：显然，广告界比银行业受传统的束缚更少，允许更多的创新和实验。A. bound 束缚，约束； B. bordered 接壤； C. boomed 繁荣； D. grasped 抓住。根据后文“allowing for more innovation and experimentation”可知，与银行业相比，广告界受传统的“束缚”更少，用动词 bind(约束)的过去分词 bound 构成被动语态。故选 A 项。

6. Believe it or not, newborns are able to _____ between a man's and a woman's voice.

A. forecast B. discriminate C. integrate D. accommodate

【答案】B

【解析】

【详解】考查动词词义辨析。句意：信不信由你，新生儿能够区分男人和女人的声音。A. forecast 预测； B. discriminate 区分，辨别； C. integrate 融合； D. accommodate 容纳。由句意和 between a man's and a woman's voice 可知，这里指新生儿能够“区分”男人和女人的声音。故选 B 项。

7. To this day, Michael Jordan is regarded as one of the best basketball players ever to have _____ the game,

whose unmatched skill and exceptional sportsmanship inspire players and fans alike.

- A. drawn B. graced C. explored D. commanded

【答案】B

【解析】

【详解】考查动词词义辨析。句意：至今，迈克尔·乔丹仍被视为有史以来最出色的篮球运动员之一，他无与伦比的技能和卓越的体育精神激励着球员和球迷。A. drawn 吸引；B. graced 使生辉，为增色；C. explored 探索；D. commanded 命令。根据“whose unmatched skill and exceptional sportsmanship inspire players and fans alike”可知，这里指迈克尔·乔丹为篮球的发展增色不少。故选 B 项。

8. According to the analyst, _____ pricing allows greater pricing flexibility by taking into account real-time changes in consumer demand.

- A. domestic B. dynamic C. initial D. earnest

【答案】B

【解析】

【详解】考查形容词词义辨析。句意：据分析师称，通过考虑消费者需求的实时变化，动态定价允许更大的定价灵活性。A. domestic 国内的；B. dynamic 动态的；C. initial 最初的；D. earnest 热切的，认真的。根据后文“by taking into account real-time changes in consumer demand”可知，此处是指“动态定价”能考虑到消费者需求的实时变化，允许更大的定价灵活性，用形容词 dynamic 作定语。故选 B 项。

9. The man arrived for the ceremony with old jackets and _____ jeans that the average person would save for mowing the lawn in his garden at the weekend.

- A. faded B. humble C. equivalent D. fine

【答案】A

【解析】

【详解】考查形容词词义辨析。句意：这个人来参加典礼时穿着旧夹克和褪色的牛仔裤，这种装扮一般人只在周末修剪花园草坪时才会穿。A. faded 褪色的；B. humble 谦卑的；C. equivalent 相等的；D. fine 好的。根据“old jackets”以及后文“that the average person would save for mowing the lawn in his garden at the weekend”可知，他穿着“褪色的”牛仔裤来参加典礼，这种装扮很随意，就像一般人只在周末修剪花园草坪时穿的那样。故选 A 项。

10. There is no quicker way to _____ a word to a respectable principle, system and movement than to stick to the end of it the suffix “-ism”.

- A. coin B. exchange C. elevate D. confuse

【答案】C

【解析】

【详解】考查动词词义辨析。句意：要将一个词提升为一个受人尊敬的原则、体系和运动，没有比在末尾加上后缀“-ism”更快的方法了。A. coin 创造；B. exchange 交换；C. elevate 提升；D. confuse 迷惑。由句意和 to a respectable principle, system and movement 可知，这里指把一个词“提升”到一个新的高度。故选 C 项。

Section B: (请写在答题纸相应位置)

Directions: After reading the passage below, fill in the blanks to make the passage coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

Try New Fruit. The Weirder, the Better.

As a kid, I often had nosebleeds. My parents blamed all the fruits I ate that gave me “excessive heat” — especially the lychees, my favorite. It didn’t stop me from wolfing them down _____11_____ the dozen, however. After we settled in a suburb of Quebec City, lychees became harder to find, and thus an infrequent treat.

_____12_____ I’ve grown older, my obsession with exotic fruit has intensified — the weirder, the better. _____13_____ natural or genetically modified, beautiful or misshapen, every new fruit expands my understanding of the world and enriches my experience within it. Just when I think I have encountered every natural smell, a fruit named lulo appears at my favorite store. Part pineapple juice and part rhubarb-flavored gummy, it’s a scent so rare that I’d rather believe it was picked from a food scientist’s imagination _____14_____ accept that it just happens to grow in some people’s backyards.

There’s a line in a Jack Gilbert poem that has inhabited a corner in my brain since I was a teenager. “What lasted is what the soul ate; the way a child knows the world is by putting it part by part into his mouth.” I think of the line _____15_____ I prepare to eat a new fruit. Each tasting is a chance to be reunited with my inner child, to be left wide-eyed as I get to know it, part by part. For me, the experience is no less expansive than seeing the ocean for the first time. You catch yourself _____16_____ (wonder) what else this world has been hiding and what beauty it’s capable of. _____17_____ tasked with naming these fruits appear to be equally under a spell, producing simple yet charming names like ice cream bean and dragon fruit.

Most fruits I try only a couple of times, but there’s one to _____18_____ I keep returning: the soursop (刺果番荔枝). At ripeness, it tastes like a wonderful combination of banana, strawberry and papaya. _____19_____ (wait) just one more day, though, and it starts to brown, emitting a smell that registers more like feet than fruit.

This rapid decaying actually comforts me. An approaching expiration date is only encouragement _____20_____ (taste) these joys as they come. We, too, will soon wake up and find our bodies softened and bruised.

Will we have let our sweetest days go to waste?

【答案】11. by 12. As

13. Whether

14. than 15. when

16. wondering

17. Those 18. which

19. Wait 20. to taste

【解析】

【导语】这是一篇记叙文。文章讲述了打小喜欢荔枝的作者在成年后对异国水果更加喜欢，这些水果使他拓展了对世界的了解，丰富了他的经验，甚至还让他有了“趁着还没老去，珍惜美好当下”的人生感悟。

【11 题详解】

考查介词。句意：然而，这并没有阻止我把它们一打一打地吞下去。by the dozen “按打计算”，固定短语，故填 by。

【12 题详解】

考查状语从句。句意：随着年龄的增长，我对异国水果的痴迷越来越强烈——越奇怪越好。结合句意可知，此处指“随着年龄的增长”，使用 as 引导时间状语从句，首字母应大写，故填 As。

【13 题详解】

考查固定短语。句意：无论是天然的还是转基因的，美丽的还是畸形的，每一种新的水果都扩展了我对世界的理解，丰富了我对世界的体验。结合句意及“or”可知，此处是固定短语 whether...or...，表示“无论是……还是……”，首字母应大写，故填 Whether。

【14 题详解】

考查固定短语。句意：一部分是菠萝汁，一部分是大黄味的软糖，这种气味非常罕见，我宁愿相信它是从食品科学家的想象中挑选出来的，也不愿接受它碰巧生长在某些人的后院。would rather do than do “宁愿做……而不愿做……”，故填 than。

【15 题详解】

考查状语从句。句意：当我准备吃一个新水果时，我想到了这句话。结合句意可知，此处指“当我准备吃一个新水果时”，使用 when 引导时间状语从句，故填 when。

【16 题详解】

考查非谓语动词。句意：你发现自己在想这个世界还隐藏了什么，它还能有什么美丽。空处是宾补，wonder 和宾语 yourself 之间是主谓关系，使用现在分词作宾补，故填 wondering。

【17 题详解】

考查代词。句意：那些负责给这些水果命名的人似乎也同样被施了魔法，想出了简单而迷人的名字，比如冰淇淋豆和火龙果。空处作主语，结合句意可知，此处指“那些负责给这些水果命名的人”，使用代词 those，首字母应大写，故填 Those。

【18 题详解】

考查定语从句。句意：大多数水果我只尝过几次，但有一种水果我总是吃，那就是刺果番荔枝。此处是“介词+关系词”引导的定语从句，先行词是 one，关系词在从句中作宾语，使用关系代词 which 引导，故填 which。

【19 题详解】

考查祈使句。句意：不过，再等一天，它就开始变成褐色，散发出一种更像脚的气味，而不是水果的味道。此处是祈使句，以动词原形开头，首字母应大写，故填 Wait。

【20 题详解】

考查非谓语动词。句意：一个即将到来的截止日期只会鼓励你在这些快乐到来时品尝它们。encouragement 后使用动词不定式作后置定语，故填 to taste。

Section C

Directions: Complete the following passage by using the words in the box. Each word can only be used once. Note that there is one word more than you need.

A. constituent	B. ultimately	C. fancied	D. functioning	E. game	F. grave
G. promising	H. parallel	I. cash	J. entitled	K. distinctly	

A basic weakness in a conservation system based wholly on economic motives is that most members of the land community have no economic value. Yet, these creatures are members of the biotic(生物的) community and, if its stability depends on its integrity, they are 21 to existence.

When one of these noneconomic categories is in 22 danger and, if we happen to love it, we invent excuses to give it economic importance. During the early 1900s, songbirds were supposed to be disappearing. Scientists jumped to the rescue with 23 shaky evidence to the effect that insects would eat us up if birds failed to control them. The evidence had to be economic to be valid.

A 24 situation exists in respect of predatory mammals. Time was when biologists somewhat overworked the evidence that these creatures preserve the health of 25 by killing the physically weak, or that they prey only on “worthless” species. It is only in recent years that we hear the more honest argument that predators are members of the community, and that no special interest has the right to kill them for the sake of a benefit, real or 26, to itself.

Some species of trees have been “excluded from the party” by economics-minded foresters because they grow too slowly or have too low a sale value to pay as _____27_____ crops. In Europe, where forestry is ecologically more advanced, the noncommercial tree species are recognized as members of native forest community, to be preserved as such, within reason. Moreover, some have been found to have a valuable role in building up soil fertility. The interdependence of the forest and its _____28_____ species and ground plants and animals is taken for granted.

To sum up, a system of conservation based solely on economic self-interest is hopelessly unjust. It tends to ignore, and thus _____29_____ to eliminate, many elements in the land community that lack commercial value. It assumes, falsely, that the economic parts of the biotic community will work without the uneconomic parts, which are nevertheless essential to its healthy _____30_____.

【答案】 21. J 22. F

23. K 24. H

25. E 26. C

27. G 28. A

29. B 30. D

【解析】

【导语】 本文是一篇议论文，主要讲述了完全基于经济动机的保护系统并不利于生态保护，无论物种是否能够给人类带来经济价值，它们都有生存权利。

【21 题详解】

考查动词。句意：然而，这些生物是生物群落的成员，如果其稳定性取决于其完整性，它们就有权生存。根据上文中的 “most members of the land community have no economic value” 和句中的 “these creatures are members of the biotic(生物的) community and, if its stability depends on its integrity” 可知，大部分生物是没有经济价值的，但这些生物都是整个生物群落的一部分，如果这个群落的稳定性是以其完整性为基础的，那么所有生物都有权生存下去。entitle 意为“使有权利，使有资格”，为及物动词，空前有 are，entitle 和 they 之间是动宾关系，所以用过去分词。故选 J。

【22 题详解】

考查形容词。句意：当一个无经济价值的物种处于严重危险之中，如果我们碰巧喜欢它，我们会编造借口赋予它经济重要性。空处应用形容词，修饰 danger。in danger 意为“处于危险之中”。根据下文中的 “songbirds were supposed to be disappearing” 可知，这里表示处于严重危险之中，grave 意为“严重的”。故选 F。

【23 题详解】

考查副词。句意：科学家们急忙救助，针对影响提出明显不可靠的证据，大意是如果鸟类不能控制昆虫，昆虫会吃掉我们。空处用副词，修饰 *shaky*。根据上文中的 “if we happen to love it, we invent excuses to give it economic importance” 和句中的 “insects would eat us up if birds failed to control them” 可知，我们会编造借口去拯救那些没有经济价值但受人类喜欢的物种，这里编造的关于鸟的理由明显不可靠。*distinctly* 意为“清楚地，明显地”。故选 K。

【24 题详解】

考查形容词。句意：捕食性哺乳动物也存在类似的情况。空处应用形容词，修饰 *situation*。上文讲述了关于鸟的例子，这里讲述了捕食性哺乳动物的类似情况。*parallel* 意为“相似的”。故选 H。

【25 题详解】

考查名词。句意：过去，生物学家有点过度研究这些证据：这些生物通过杀死身体虚弱的动物来保护猎物健康，或者它们只捕食“无用”的物种。空处用名词作介词 *of* 的宾语。根据空前的 “these creatures preserve the health of” 和空后的 “by killing the physically weak” 可知，这些生物捕食体弱者，以便保护猎物种群的健康。*game* 意为“猎物”。故选 E。

【26 题详解】

考查形容词。句意：直到最近几年，我们才听到比较诚实的观点，即捕食性动物是群落的成员，没有任何特殊利益集团有权为了自己的利益而杀死它们，无论是真实的还是虚构的。根据空前的 “real or” 可知，空处应用形容词 *fancied*，意为“虚构的”，表示无论是真实的还是虚构的。故选 C。

【27 题详解】

考查形容词。句意：一些树种被有经济头脑的林学家“排除在外”，因为它们生长太慢或销售价值太低而无法作为有前景的作物创收。空处应用形容词，修饰 *crops*。根据句中的 “have too low a sale value to pay” 可知，这些树种销售价值低，不是有经济前景的作物。*promising* 意为“有希望的，有前途的”。故选 G。

【28 题详解】

考查形容词。句意：森林及其组成物种和地面动植物的相互依存被认为是理所当然的。根据空前的 “the forest” 和空后的 “species” 可知，这里指组成森林的物种。*constituent* 意为“组成的，构成的”。故选 A。

【29 题详解】

考查副词。句意：它往往忽视并最终消除土地群落中缺乏商业价值的许多部分。空处用副词，修饰 “to eliminate”。根据空前的 “ignore, and thus” 和空后的 “to eliminate” 可知，这里表示忽视并最终消除，强调过程。*ultimately* 意为“最终”。故选 B。

【30 题详解】

考查动名词。句意：它错误地认为，生物群落的经济部分将在没有无经济价值部分的情况下运转，而无经济价值部分对其健康运作至关重要。根据 “the economic parts of the biotic community will work without the

uneconomic parts”可知，这里指无经济价值的物种对生物群落的健康运转很重要。functioning 意为“运转”，是动词 function 的动名词形式。故选 D。

III. Reading Comprehension

Section A

Directions: For each blank in the following passages there are four words or phrases marked A, B, C and D. Fill in each blank with the word or phrase that best fits the context.

In praise of anxiety

Nobody likes to feel anxious. An entire industry has sprung up to aid us in eliminating it, from self-help books to cognitive behavioral therapy. Yet with rates of anxiety disorders rising sharply worldwide, it seems that our efforts to ____31____ anxiety aren't working.

But feeling anxious isn't the problem. The problem is that we don't understand how to respond ____32____ to anxiety. This "bad" feeling isn't a failure of mental health. It's a victory of human ____33____, a response emerging with our ability to cope with the uncertain future. It was Charles Darwin who saw that ____34____ emotions like anxiety offers a profound evolutionary advantage. Fear, ____35____, signals that you may be in danger — from a predator or a bully — and readies your body and mind to fight or take flight.

Anxiety, by contrast, has nothing to do with ____36____ threats. ____37____, it turns you into a mental time traveler, drawing your attention to what lies ahead. Will you succeed or fail in a big job interview? Anxiety prompts your mind and body into ____38____. Your worries force you to prepare thoroughly for the interview, while your heart races and pumps blood to your brain so that you stay sharp, prepared to pursue your goals.

Over the years, research has also shown higher levels of dopamine when we're anxious. We have long known dopamine increases when an experience is pleasurable and also in anticipation of ____39____. The fact that anxiety also boosts dopamine levels points to its role in making positive possibilities into reality.

Sadly, many of us feel overwhelmed by lasting anxiety and don't see any ____40____ from it. We have come to believe that the best way to cope is to get rid of it. But treating anxiety as a disease prevents us from telling ordinary anxiety from anxiety disorders, and creates huge ____41____ costs when it comes to using anxiety to our benefit.

Here's the difference between anxiety and an anxiety disorder: a disorder is only diagnosed when our ways of coping with anxiety disturb our ability to function normally in life. These problematic ways usually involve ____42____, like never leaving a house because we fear a negative evaluation, or taking drugs to dull our emotional pain. They also involve the belief that we can't cope with anxiety. Countless research shows when we instead are curious about our negative emotions, and learn to name them and ____43____ them, they become

more manageable.

Therefore, we need to develop a new mindset about this misunderstood emotion. Reframing anxiety as a(n) _____ 44 _____ and a valued part of being human isn't easy. It takes practice and it doesn't mean anxiety becomes enjoyable. Anxiety can't do its job unless it makes us _____ 45 _____, forcing us to sit up and pay attention. We don't need to like anxiety — just to use it in the right way.

- | | | | |
|----------------------|----------------------|-------------------|-------------------|
| 31. A. contain | B. understand | C. express | D. appreciate |
| 32. A. rapidly | B. naturally | C. constructively | D. cautiously |
| 33. A. behavior | B. experience | C. intelligence | D. evolution |
| 34. A. intense | B. unpleasant | C. conflicting | D. real |
| 35. A. in general | B. on the other hand | C. for example | D. in other words |
| 36. A. immediate | B. constant | C. potential | D. deadly |
| 37. A. Consequently | B. However | C. Moreover | D. Rather |
| 38. A. reality | B. decision | C. wonder | D. action |
| 39. A. requirements | B. changes | C. rewards | D. threats |
| 40. A. solution | B. benefit | C. difference | D. lesson |
| 41. A. opportunity | B. labor | C. unexpected | D. extra |
| 42. A. panic | B. avoidance | C. addiction | D. absence |
| 43. A. make sense of | B. do away with | C. take refuge in | D. make up for |
| 44. A. cure | B. praise | C. edge | D. emotion |
| 45. A. fascinated | B. patient | C. calm | D. uncomfortable |

【答案】 31. A 32. C 33. D 34. B 35. C 36. A 37. D 38. D 39. C 40. B
41. A 42. B 43. A 44. C 45. D

【解析】

【导语】 本文是一篇说明文，主要讲述了没有人喜欢焦虑，但感觉焦虑并不是一个问题，问题是我们对待焦虑的方式。

【31 题详解】

考查动词词义辨析。句意：然而，随着全球焦虑症发病率的急剧上升，我们抑制焦虑的努力似乎没有奏效。A. contain 包含，克制，抑制；B. understand 理解；C. express 表达；D. appreciate 欣赏。根据上文中的“An entire industry has sprung up to aid us in eliminating it, from self-help books to cognitive behavioral therapy. (从自助书籍到认知行为疗法，整个行业突然出现帮助我们消除它。)”可知，这里指抑制焦虑情绪的努力。故选 A。

【32 题详解】

考查副词词义辨析。句意：问题是我们不知道如何积极地应对焦虑。A. rapidly 迅速地；B. naturally 自然地；C. constructively 建设性地，积极地；D. cautiously 谨慎地。根据下文中的“Countless research shows when we instead are curious about our negative emotions, and learn to name them and 13 them, they become more manageable.”和“We don't need to like anxiety — just to use it in the right way.”可知，这里指积极地应对焦虑。故选 C。

【33 题详解】

考查名词词义辨析。句意：这是人类进化的胜利，是一种我们应对不确定未来能力时产生的回应。A. behavior 行为；B. experience 经验；C. intelligence 智力；D. evolution 进化。根据下文中的“It was Charles Darwin who saw that 4 emotions like anxiety offers a profound evolutionary advantage.”可知，达尔文认为焦虑情绪是一种进化优势，所以这里指焦虑是人类进化的胜利。故选 D。

【34 题详解】

考查形容词词义辨析。句意：查尔斯·达尔文发现，焦虑等不愉快的情绪具有深远的进化优势。A. intense 强烈的；B. unpleasant 令人不快的；C. conflicting 相互矛盾的；D. real 真的。根据空后的“emotions like anxiety”和上文中的“Nobody likes to feel anxious.”可知，焦虑等情绪是令人不愉快的情绪。故选 B。

【35 题详解】

考查介词短语辨析。句意：例如，恐惧表明你可能处于危险之中——来自捕食者或欺负者——并使你的身心做好战斗或逃跑的准备。A. in general 总的来说；B. on the other hand 另一方面；C. for example 例如；D. in other words 换句话说。这里列举了恐惧的例子，用来证明前面达尔文的观点。故选 C。

【36 题详解】

考查形容词词义辨析。句意：相比之下，焦虑与当前的威胁无关。A. immediate 立即的，当前的；B. constant 不断的；C. potential 潜在的；D. deadly 致命的。根据下文中的“drawing your attention to what lies ahead”可知，焦虑是因为担心未来的事情，所以和当前的威胁无关。故选 A。

【37 题详解】

考查副词词义辨析。句意：相反，它会把你变成一个精神上的时间旅行者，把你的注意力引向前方。A. Consequently 结果；B. However 然而；C. Moreover 此外；D. Rather 相反，而是。前面“Anxiety, by contrast, has nothing to do with 6 threats.”说焦虑与当前威胁无关，这里说焦虑与担心未来有关，所以是相反的情况。故选 D。

【38 题详解】

考查名词词义辨析。句意：焦虑会促使你的身心采取行动。A. reality 现实；B. decision 决定；C. wonder 惊叹；D. action 行动。根据下文中的“Your worries force you to prepare thoroughly for the interview, while your

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/517006136166010006>