

2019 春季大学英语六级考试全仿真试卷

COLLEGE ENGLISH TEST

—Band Six—

试 题 册

注意事项

- 一、将自己的校名、姓名、准考证号写在答题卡 1 和答题卡 2 上。将本试卷代号划在答题卡 2 上。
- 二、试卷册、答题卡 1 和答题卡 2 均不得带出考场。考试结束,监考员收卷后考生方可离开。
- 三、仔细阅读题目的说明。
- 四、在 30 分钟内做完答题卡 1 上的作文题。30 分钟后,考生按指令启封试题册,在接着的 25 分钟内完成听力部分的试题。然后监考员收取答题卡 1,考生在答题卡 2 上完成其余部分的试题。全部答题时间为 125 分钟,不得拖延时间。
- 五、考生必须在答题卡上作答,凡是写在试题册上的答案一律无效。
- 六、多项选择题每题只能选一个答案;如多选,则该题无分。选定答案后,用 HB-2B 浓度的铅笔在相应字母的中部划一条横线。正确方法是: **[A]** [B] [C] [D]。使用其他符号答题者不给分。划线要有一定的粗度,浓度要盖过字母底色。
- 七、如果要改动答案,必须先用橡皮擦净原来选定的答案,然后再按规定重新答题。
- 八、在考试过程中要注意对自己的答案保密。若被他人抄袭,一经发现,后果自负。

未得到监考教师指令前,不得翻阅试题册!

Part I

Writing

(30 minutes)

(请于正式开考后半小时内完成该部分,之后将进行听力考试)

Directions: *For this part, you are allowed 30 minutes to write a short essay commenting on the saying “Goals determine what you’re going to be”. You can cite examples to illustrate your views. You should write at least 150 words but no more than 200 words.*

注意:此部分试题请在答题卡 1 上作答。

请用黑色签字笔在答题卡 1 指定区域内作答作文题,在试题册上的作答无效!

* 请认真填写以下信息

准考证号:

姓名: _____

错填、未填以上信息,按违规处理!

- B) She learned some IT skills.
 - C) She got how to cut and paste text from marketing leaflets.
 - D) She got better in managing time.
7. A) Because Laura is an expert in this field.
- B) Because Laura made a great work without any pay.
 - C) Because the company pays little for Laura, but Laura did a great job.
 - D) Because the company paid a lot to the advertising company.
8. A) Try to find a booklet in the department office.
- B) Consult his tutor for suggestions.
 - C) Call the government agency and ask for suggestions.
 - D) Try to find a booklet and consult a career officer for suggestions.

Section B

Directions: *In this section, you will hear two 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 center.*

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

9. A) Short-time and relaxing exercise is good for people.
- B) Long-time but relaxing exercise is good for people.
 - C) Short-time but high-intensity exercise is good for people.
 - D) Long-time and high-intensity exercise is good for people.
10. A) Short and intense exercise is better than long-time exercise.
- B) Short and intense exercise is as good as the long-time exercise.
 - C) The best way to do exercise is: the shorter, the better.
 - D) The best way to do exercise is: the longer, the better.
11. A) 10 minutes continuous high-intensity exercise.
- B) A two-minutes warm-up.
 - C) A three-minute cool-down.
 - D) Three 20-second sprints.

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

12. A) Heart disease. B) Brain disease.

- C) Type 2 diabetes. D) Cancer.
13. A) Caffeine in coffee. B) The compounds in the coffee beans.
C) Coffee beans. D) Additional substance.
14. A) Drinking a moderate coffee is good for your health.
B) Drinking coffee is the only habit that can bring health benefits.
C) Habits such as smoking, drinking, and obesity are harmful for your health.
D) Drinking coffee at night won't disturb your sleep.
15. A) You can drink coffee as much as you like.
B) If people drink a lot of coffee, they may feel guilty.
C) If you don't like coffee, start to drink it until you like it.
D) If you don't like coffee, you needn't drink it.

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 center.*

Questions 16 to 19 are based on the recording you have just heard.

16. A) To give examples of modern language.
B) To make his lecture more clear.
C) To emphasize the importance of his topic.
D) To show that money is a basic need.
17. A) Keeping the price of the bread low.
B) Keeping the quality of the bread good.
C) Preventing dishonesty in the baking industry.
D) Making the bread more delicious.
18. A) A recipe. B) Thirteen.
C) A punishment. D) Short weight.
19. A) A process of producing alcohol.
B) A process of grinding flour.
C) A process of making the dough more elastic.
D) A process of using yeast to make the dough larger.

Questions 26 to 35 are based on the following passage.

Heavy smokers who want to quit smoking may find it helpful to cut back on the use of alcohol, a new study from Oregon State University (OSU) in the western United States revealed Thursday.

Sarah Dermody, a(an) 26 professor at OSU who is the study's lead author, 27 with her colleagues at the Center for Addiction and Mental Health in Toronto, Canada, to examine the 28 between drinking and smoking in a group of daily smokers who were seeking 29 for alcohol use disorder over a few weeks.

Dermody's research showed that when heavy drinkers 30 their drinking, there would be a(an) 31 in their nicotine metabolite (代谢物) ratio, a biomarker (生物标记) 32 how quickly a person's body metabolizes nicotine.

Smokers who love to drink and were trying to quit their daily smoking habit could slow their nicotine metabolite ratio by cutting back on their 33 of alcohol, Dermody said.

As 34 studies showed, people who have higher nicotine metabolite ratios are likely to smoke more, thus they would have more difficulty in giving up smoking.

According to the research, the nicotine metabolite ratio of the men surveyed in the study would fall 35 when they sharply cut their drinks in the same period.

"This research suggests that drinking is changing the nicotine metabolism as indexed by the nicotine metabolite ratio, and that daily smoking and heavy drinking may best be treated together," said Dermody, whose study was published in the journal *Nicotine & Tobacco Research*.

A) accurately	B) assistant	C) association	D) consumption	E) correspondingly
F) curbed	G) depletion	H) deputy	I) links	J) measuring
K) partnered	L) previous	M) reduction	N) reflected	O) treatment

Section B

Directions: *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.*

Exercise is good for your body and your mind, study says

A) The benefits of exercise are widely known: it helps you live longer and lowers risk of heart disease, stroke and diabetes. A new study published Wednesday in *The Lancet Psychiatry* journal suggests that

when done in moderation, it leads to better mental health as well.

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

ices to large employers and an avid cyclist himself, said, “There’s...the biological benefit of exercise. And you’ll have increases in your respiratory rate and your heart rate and that kind of thing. But also, it’s an opportunity where you’re not working for a relatively long period of time and you get to think things through, perhaps reevaluate situations that happen in your life.”

- G) The authors adjusted for various physical and sociodemographic factors like age, race, gender, marital status, socioeconomic status, education, self-reported physical health and previous diagnosis of depression. Still the improvement seen from exercise was more than what could be seen from any other modifiable social or demographic factor such as education, body mass index or household income. Seventy-five types of “exercise” were included in the report, leading to some experts preferring another label instead.
- H) “In the current study, we see the inclusion of activities such as childcare, housework, lawn-mowing, carpentry, fishing, and yoga as forms of exercise,” wrote Dr. Gary Cooney, a psychiatrist at Gartnavel Royal Hospital in the United Kingdom in an accompanying commentary published with the article. “The study...in its all-encompassing approach, might more accurately be considered a study in physical activity rather than exercise.”
- I) Though the study is purportedly the largest of its size, and “unprecedented in scale”, it does have a few limitations, Cooney said. Mental health disorders are not a monolith(庞然大物) and there are discrete factors involved in research and clinical purposes of various conditions like dementia, substance misuse or personality disorder, he said. “There is an uncomfortable interchangeability between mental health and depression, as if these concepts were functionally equivalent, or as if other mental disorders were somewhat peripheral,” wrote Cooney, who also cited the authors’ choice to research previous studies regarding exercise and primarily depression. Consequently, the study may offer the most guidance in depression research.
- J) “I think that particular concern is more of an academic concern rather than a practical concern,” Chekroud countered. “I think part of the reason that we were less concerned about that than the particular commentary was that we know that depression and anxiety are the most common mental health conditions. And when we talk about mental health, most people have mood or anxiety disorders. So it’s true that some people will have things like schizophrenia(精神分裂症) or bipolar disorder but those conditions make up a very small percentage of the population.”
- K) “In the future we can start to maybe hone in on different illness categories and maybe we would see a different pattern, but I think overall though it’s kind of an edge case in this situation,” he added. And because the answers to the survey are self-reported, individuals who have conditions like schizophrenia, schizoaffective disorder or bipolar affective disorder, may have a diminished ability to do so accurately,

Cooney said.

- L) The next step in research is asking more detailed questions and following up with people long-term, Trivedi said. The authors of the study also propose collecting data from wearable trackers, like Fitbit, to more precisely determine how frequency, duration and intensity of exercise and mental health burden are connected.
- M) “People and patients should actually get well informed and become informed consumers and ask their doctors about whether this is a valid treatment for them or not,” Trivedi said. “And if the doctor says yes then you try to figure out a plan to make sure like any other treatment—if you get pills, then you figure out a way to take them regularly. If your doctor and you decide exercise is your treatment, then you develop strategies to make sure you basically swallow the pill.”
36. Exercise is associated with a lower mental health burden across people no matter their age, race, gender, household income and education level.
37. Exercising for around three quarters three to five times a week has the biggest benefits.
38. One limitation of the study is that it looked rather broadly at mental health, rather than exploring specific mood disorders.
39. People who exercise report having one and a half fewer days of poor mental health a month, compared to people who never exercise.
40. Participants will be equipped with fitness trackers to determine the more accurate connection between exercise and mental health.
41. Team sports and those involving social groups have the most positive effect.
42. More exercise was not always better for psychological wellbeing, with people who exercise for more than 3 hours a day reporting lower levels of mental health.
43. Compared to being inactive, even completing household chores was associated with a reduction in poor mental health.
44. According to a researcher, exercise in moderation can help boost patients’ confidence.
45. It’s suggested talking to your doctor about trying exercise as a treatment option.

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.

Since his election last May, French President Emmanuel Macron has tried to, and maybe believed he could, bend Donald Trump's convictions. Macron sought to turn the U. S. president away from nationalism, protectionism, and climate-change skepticism and toward his own vision of a world in which strong, sovereign nations collaborate to find multilateral(多方面的) solutions to transnational problems. At first he attempted to become Trump's best friend. But now he approaches the U. S. president with a tone that sounds almost injured.

During an appearance with Canadian Prime Minister Justin Trudeau before the leaders of the Group of Seven industrialized democracies gathered in Quebec, Emmanuel Macron didn't just reflect on the policies that put Trump at odds with many of the other participants, though there are plenty of those. The leader of America's oldest ally also stated that the U. S. needed to be persuaded to remain in the "community of nations"—to stay not in the narrow confines of the Paris accord or the Iran deal or some free-trade agreement with the European Union, not even in the broader transatlantic alliance, but in the broadest dimension of the civilized world.

Ahead of the G7 meeting—which includes Canada, the United States, Japan, France, Italy, Germany, and the United Kingdom—he noted that while Trump may not "mind being isolated," the other "six countries represent shared values" and "true international force." He vowed to "fight hegemony," which he defined as the "survival of the fittest", a concept he has previously associated with those who practice unilateralist foreign policy. "Hegemony," Macron said, spells "the end of the rule of law."

And Macron, it turns out, has company. On Friday, European Council President Donald Tusk, who warned days into the Trump administration that the new American president posed a threat to European unity, arrived in Quebec for the G7 summit and reported that the threat, in fact, was actually much bigger than that. The "rules-based international order is being challenged," he argued—"not by the usual suspects, but by its main architect and guarantor: the U. S."

"We cannot force the U. S. to change their minds," Tusk noted. "At the same time, we will not stop trying to convince our American friends and President Trump that undermining(暗中破坏) this order makes no sense at all. Because it would only play into the hands of those who seek a new, post-West order, where liberal democracy and fundamental freedoms would cease to exist. This is in the interest of neither the U. S. nor Europe. This order and these values are worth fighting for." Tusk insisted, "They define our way of life."

46. According to Paragraph 1, what did French president Emmanuel Macron try to do?

- A) He criticizes Donald Trump's personal behavior.
 - B) He wishes to cooperate with Donald Trump.
 - C) He is concerned about the development of the world.
 - D) He attempts to change Donald Trump's views.
47. Which of the following can be inferred from Paragraph 2?
- A) Macron humiliated Donald Trump in front of the seven leaders.
 - B) Donald Trump's policies encountered many leaders' opposition.
 - C) Macron persuaded other leaders to stand on his side.
 - D) Justin Trudeau agitated the leaders against Trump's ridiculous policy.
48. The word "spell" (Line 5, Para. 3) probably means _____.
- A) indicate
 - B) relieve
 - C) eliminate
 - D) alleviate
49. According to Donald Tusk, the threat posed by Donald Trump is _____.
- A) America being isolated
 - B) America being extruded from the G7
 - C) the establishment of a new international order
 - D) the rules-based international order being broken
50. It can be inferred from last paragraph that Tusk views building a new order with _____.
- A) passive acceptance
 - B) severe criticism
 - C) slight hesitancy
 - D) full indifference

Passage Two

Questions 51 to 55 are based on the following passage.

Mention artificial intelligence, and most people will think of robots. But a more fitting image may be that of Janus, the Roman god of beginnings, transitions and endings, who has two faces looking in opposite directions. On one side are the positive changes that AI will bring, enabling people to achieve more, far more quickly, by using technology to enhance their existing skills. Recruiters(招聘人员) will be able to pinpoint the best candidates more easily, and customer-service staff will be able to handle queries faster.

Consumers, too, will benefit from AI-enhanced services such as personalised recommendations and faster and more efficient delivery, as well as from radical changes in industries like health care and transport that could lead to new drug discoveries and treatments and safer ways to move around. Look the other way, though, and there are plenty of potential pitfalls(陷阱). Technological change always causes disruption,

but AI is likely to have a bigger impact than anything since the advent of computers, and its consequences could be far more disruptive. Being both powerful and relatively cheap, it will spread faster than computers did and touch every industry.

In the years ahead, AI will raise three big questions for bosses and governments. One is the effect on jobs. Although chief executives publicly extol the broad benefits AI will bring, their main interest lies in cutting costs. The McKinsey Global Institute reckons that by 2030 up to 375m people, or 14% of the global workforce, could have their jobs automated away. Bosses will need to decide whether they are prepared to offer and pay for retraining, and whether they will give time off for it. Many companies say they are all for workers developing new skills, but not at the employer's expense.

A second important question is how to protect privacy as AI spreads. The internet has already made it possible to track people's digital behaviour in minute detail. AI will offer even better tools for businesses to monitor consumers and employees, both online and in the physical world. Consumers are sometimes happy to go along with this if it results in personalised service or tailored promotions. But AI is bound to bring privacy violations that are seen as outrageous. Law-enforcement officials around the world will use AI to spot criminals, but may also snoop on ordinary citizens. New rules will be needed to ensure consensus on what degree of monitoring is reasonable.

The third question is about the effect of AI on competition in business. Today many firms are competing to provide AI-enhanced tools to companies. But a technology company that achieves a major breakthrough in artificial intelligence could race ahead of rivals, put others out of business and lessen competition.

51. The author regards the Roman God-Janus as the fitting image of AI in that _____.

- A) it is the god of beginnings, transitions and endings
- B) it is one of the most powerful Gods
- C) the image inspires people to develop the technology of AI
- D) the two faces represent the merits and demerits of AI

52. Which of the following best represents the author's view?

- A) Both the benefits and harms of AI concern every field.
- B) The benefits of AI far outweigh its harms.
- C) Issues arising from the AI need to be tackled urgently.
- D) The development of AI will be out of control.

53. AI will influence the jobs by _____.

- A) forcing the workers to receive retraining
- B) cutting costs by replacing the workers

C) bringing broad benefits to the company

D) allowing the staff enjoying their breaks

54. The word “outrageous” (Line 5, Para. 4) is closest in meaning to _____.

A) acceptable

B) defensible

C) brutal

D) superficial

55. Which of the following could be the title for the text?

A) Social Transformation Brought by AI

B) The Two Sides of AI

C) A Counteraction against the Development of AI

D) Should Artificial Intelligence Be Regulated?

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*.

京剧流播全国,影响甚广,有“国剧”之称。它已成为介绍、传播中国传统文化的重要手段。以梅兰芳命名的京剧表演体系已经被视为东方戏剧表演体系的代表,与斯坦尼斯拉夫斯基(Stanislavski)及布莱希特(Brecht)表演体系并称为世界三大表演体系。京剧是中华民族传统文化的重要表现形式,其中的多种艺术元素被用作中国传统文化的象征符号。但近年来随着社会的变迁,京剧艺术与当代人的审美距离逐渐加大,观众锐减,上演剧目萎缩,如何实现京剧的保护和振兴已成为一个亟待解决的课题。

