

2009年6月英语四级阅读冲刺倒计时(倒数9天)英语四级考试  
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[https://www.100test.com/kao\\_ti2020/590/2021\\_2022\\_2009\\_E5\\_B9\\_B46\\_E6\\_9C\\_c83\\_590942.htm](https://www.100test.com/kao_ti2020/590/2021_2022_2009_E5_B9_B46_E6_9C_c83_590942.htm) Anne Whitney, a sophomore at

Colorado State University, first had a problem taking tests when she began college. "I was always well prepared for my tests. Sometimes I studied for weeks before a test. Yet I would go in to take the test, only to find I could not answer the questions correctly. I would blank out because of nervousness and fear. I couldn't think of the answer. My low grades on the tests did not show what I knew to the teacher."

Another student in microbiology had similar experiences. He said, "My first chemistry test was very difficult. Then, on the second test, I sat down to take it, and I was so nervous that I was shaking. My hands were moving up and down so quickly that it was hard to hold my pencil. I knew the material and I knew the answers. Yet I couldn't even write them down!" 我要看看 These two young students were experiencing something called test anxiety. Because a student worries and is uneasy about a test, his or her mind does not work as well as it usually does. The student can't write or think clearly because of the extreme tension and nervousness. Although poor grades are often a result of poor study habits, sometimes test anxiety causes the low grades. Recently, test anxiety has been recognized as a real problem, not just an excuse or a false explanation of lazy students. Special university counseling courses try to help students. In these courses, counselors try to help students by teaching them how to manage test anxiety. At some universities, students take tests

to measure their anxiety. If the tests show their anxiety is high, the students can take short courses to help them deal with their tension. These courses teach students how to relax their bodies. Students are trained to become calm in very tense situations. By controlling their nervousness, they can let their minds work at ease. Learned information then comes out without difficulty on a test. An expert at the University of California explains. "With almost all students, relaxation and less stress are felt after taking our program. Most of them experience better control during their tests. Almost all have some improvement. With some, the improvement is very great." 1. To "blank out" is probably \_\_\_\_\_. A) to be like a blanket B) to be sure of an answer C) to be unable to think clearly D) to show knowledge to the teacher 2. Poor grades are usually the result of \_\_\_\_\_. A) poor hygienic habits B) laziness C) lack of sleep D) inability to form good study habits 3. Test anxiety has been recognized as \_\_\_\_\_. A) an excuse for laziness B) the result of poor habits C) a real problem D) something that can't be changed 4. To deal with this problem, students say they want to \_\_\_\_\_. A) take a short course on anxiety B) read about anxiety C) be able to manage or understand their anxiety D) take test to prove they are not anxiety 5. A University of California counselor said \_\_\_\_\_. A) all students could overcome the anxiety after taking a special test anxiety program B) almost all students felt less stress after taking a University of California counseling course C) students found it difficult to improve even though they had taken a special test anxiety course D) students found it easy to relax as soon as they entered a University of

California counseling course 答案：1.C)to be unable to think clearly. 虽是第一段的问题，但可以从第二段找到答案，相关原文为The student cant write or think clearly because of the extreme tension and nervousness. 且ABD明显错误，做错罚站。。。

2.D)inability to form good study habits对应原文第二段Although poor grades are often a result of poor study habits, sometimes test anxiety causes the low grades. 3.C)a real problem还是对应原文第二段Recently, test anxiety had been recognized as a real problem... ... 4.A)take a short course on anxiety对应原文第三段If the tests show their anxiety is high, the students can take short courses to help them deal with their tension. 5.B)almost all students felt less stress after taking a University of California counseling course对应原文第四段With almost all students, relaxation and less stress are felt after taking out program. 非常抱歉，没有参考译文。 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)