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Part I Writing (30 minutes) Directions: For this part, you are allowed 30 minutes to write a short essay entitled “ How to Conduct Patriotic Education Among the Youth of Today ” . You should write at least 120 words following the outline given below in Chinese: 1. 我国爱国主义教育的现状. www. Examda.CoM 考试就到百考试题 2. 爱国主义教育的重要意义. 3. 如何在青少年中开展爱国主义教育?

Part II Reading Comprehension (Skimming and Scanning) (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D). For questions 8-10, complete the sentences with the information given in the passage.

Work-life balance: Ways to restore harmony and reduce stress

Finding work-life balance in today ’ s frenetically (疯狂) paced world is no simple task. Spend more time at work than at home, and you miss out on a rewarding personal life. Then again, when you face challenges in your personal life, such as caring for an aging parent or coping with marital problems, concentrating on your job can be difficult. Whether the problem is too much focus on work or too little, when your work life and your personal life feel out of balance, stress along with its harmful effects is the result. The good news is that you can take control of your work-life balance and give yourself the time to do the things that are most important to you. The first

step is to recognize how the world of work has changed. Then you can evaluate your relationship to work and apply some specific strategies for striking a healthier balance. How work invades your personal life

There was a time when employees showed up for work Monday through Friday and worked eight- to nine-hour days. The boundaries between work and home were fairly clear then. But the world has changed and, unfortunately, the boundaries have blurred for many workers. Here ' s why:

- Global economy. As more skilled workers enter the global labor market and companies outsource or move more jobs to reduce labor costs, people feel pressured to work longer and produce more just to protect their jobs.
- International business. Work continues around the world 24 hours a day for some people. If you work in an international organization, you might be on call around the clock for troubleshooting or consulting.
- Advanced communication technology. Many people now have the ability to work anywhere from their home, from their car and even on vacation. And some managers expect this.
- Longer hours. Employers commonly ask employees to work longer hours than they ' re scheduled. Often, overtime is mandatory (强制性的). If you hope to move up the career ladder, you may find yourself regularly working more than 40 hours a week to achieve and exceed expectations.
- Changes in family roles. Today ' s married worker is typically part of a dual-career couple, which makes it difficult to find time to meet commitments to family, friends and community. Married to your work

It can be tempting to rack up the hours at work especially if

you ' re trying to earn a promotion or some extra money for a child ' s education or a dream vacation. For others, working more hours feels necessary in order to manage the workload. But if you ' re spending most of your time at work, your home life will likely pay the price. Consider the pros and cons of working extra hours on your work-life balance:

- Fatigue.** Your ability to think and your eye-hand coordination decrease when you ' re tired. This means you ' re less productive and may make more mistakes. These mistakes can lead to injury or rework and negatively impact your professional reputation.
- Family.** You may miss out on important events, such as your child ' s first bike ride, your father ' s 60th birthday or your high-school reunion. Missing out on important milestones may harm relationships with your loved ones.
- Friends.** Trusted friends are a key part of your support system. But if you ' re spending time at the office instead of with them, you ' ll find it difficult to nurture those friendships.
- Expectations.** If you regularly work extra hours, you may be given more responsibility. This could create a never-ending and increasing cycle, causing more concerns and challenges. Sometimes working overtime is important. If you work for a company that requires mandatory overtime, you won ' t be able to avoid it, but you can learn to manage it. Most importantly, say no when you ' re too tired, when it ' s affecting your health or when you have crucial family obligations.

Striking the best work-life balance For most people, juggling (巧妙处理) the demands of career and personal life is an ongoing challenge. With so many demands on your time from overtime to family obligations it can

feel difficult to strike this balance. The goal is to make time for the activities that are the most important to you. Here are some ideas to help you find the balance that 's best for you:

- Learn to say no. Whether it 's a co-worker asking you to spearhead (充当先锋) an extra project or your child 's teacher asking you to manage the class play, remember that it 's OK to respectfully say no. When you quit doing the things you only do out of guilt or a false sense of obligation, you 'll make more room in your life for the activities that are meaningful to you and bring you joy.
- Leave work at work. Make a conscious decision to separate work time from personal time. When with your family, for instance, turn off your cell phone and put away your laptop computer.
- Manage your time. Organize household tasks efficiently. Do one or two loads of laundry every day, rather than saving it all for your day off. A weekly family calendar of important dates and a daily list of to-dos will help you avoid deadline panic. If your employer offers a course in time management, sign up for it.
- Get enough sleep. There 's nothing as stressful and potentially dangerous as working when you 're sleep-deprived. Not only is your productivity affected, but also you can make costly mistakes. You may then have to work even more hours to make up for these mistakes.
- Communicate clearly. Limit time-consuming misunderstandings by communicating clearly and listening carefully. Take notes if necessary.
- Nurture yourself. Set aside time each day for an activity that you enjoy, such as walking, working out or listening to music.
- Set aside one night each week for recreation. Take the phone off the hook, power down the

computer and turn off the TV. Discover activities you can do with your partner, family or friends, such as playing golf, fishing or canoeing. Making time for activities you enjoy will rejuvenate (使年轻) you. Remember, striking a work-life balance isn't a one-shot deal. Creating balance in your life is a continuous process. Balance doesn't mean doing everything. Examine your priorities and set boundaries. Be firm in what you can and cannot do. Only you can restore harmony to your lifestyle.

1. What will happen if your work life and personal life feel out of balance? A) You will have little time to finish your work. B) You may feel stress, which will affect you negatively.来源：考试大 C) You will have a lot of time to share with your family. D) You will never balance the combination of life and work.

2. The boundaries between work and home have blurred for the following reasons, EXCEPT _____. A) global economy B) changes in family roles C) advanced communication technology D) high divorce rate

3. What will happen if you're spending most of your time at work? A) You will lose both health and wealth. B) You will be hated by your loved ones. C) You will lose all your friends. D) You may be given more responsibility.

4. According to the passage, you'd better say no to mandatory overtime when _____. A) you get bored with the work B) you are not interested in the work C) you can't get additional allowance D) you have crucial family obligations

5. What does the underlined sentence mean? A) You should do the things people ask you to do without feeling guilty. B) You shouldn't do the things people ask you to do if you don't want to. C) To do things people ask you to

do can bring you a lot of joy. D) To do things for yourself is more meaningful than to do things for others. 6. What will NOT happen if you don ' t get enough sleep? A) You will feel stressed while working. B) You will have no sense of exhaustion. C) You can make costly mistakes. D) You will have low productivity. 7. What does the real balance mean according to the author? A) Examining priorities and deciding what is the most important to you. B) Doing everything you want to do whether you can do it or not. C) Saying yes to everybody in order to maintain good relationships. D) Being firm that working overtime will strike a work-life balance. 8. Spend more time at work than at home, and you won ' t have enough time to enjoy your _____. 9. You have slow responses and your eye-hand coordination decreases when you ' re _____. 10. You can save a lot of time and avoid misunderstandings if you communicate clearly and _____. 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