

2011职称英语卫生A级概括大意练习(3) PDF转换可能丢失图片或格式，建议阅读原文

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项测试任务：（1）第1 - 4题 要求从所给的6个选项中为第1 - 4段每段选择1个正确的小标题；（2）第5 - 8题 要求从所给的6个选项中选择4个正确选项，分别完成每个句子。概括大意与完成句子题

Exercising Your Memory 1 Aging does not mean a dramatic decline in memory power, unless you help it happen by letting your mind go. 2 Thats not to say that memory doesnt change throughout life. Researchers divide memory into categories based on the length of time when memories are stored. One system divides it up as short-term (less than one minute. remembering a telephone number while you dial, for instance) , long-term (over a period of years) and very long-term memory (over a lifetime) . 3

Short-term memory isnt mastered until about age 7, but after that you never lose it. Long-term memory, however, involves more effort and skill and changes more through life. Its not until the early teens (十几岁) that most people develop a mature long-term memory.

4 First, we must get information into our heads through learning.

Learning strategies can get rusty (生锈) without constant use.

High school and college students, who are forced to repeatedly exercise their long-term memory abilities (at least long-term

enough to get them through a final exam) , usually do well on

memory tests. The longer you stay in school, the more chance you get to polish your learning skills. Its no wonder that more highly

educated people have more effective memory skills throughout life. 5 Although older people in general learn somewhat more slowly than they did when younger, a dramatic difference exists between those who stay intellectually active in reading, discussing, taking classes, thinking and those who do not. Giving the brain daily workout (锻炼) is just as important as exercising your muscles. Brainwork keeps your learning strategies in shape, and this helps your memory to function at full capacity. 6 The next part of a healthy long-term memory is retention (记忆力), the ability to store what you have learned. Memory researchers still do not know whether memories are lost whether they still exist in the brain but our mental searching cannot turn them up, or have disappeared entirely as our brain ages. 7 The third necessity for memory is recall, the ability to bring to mind the memories we have stored. Again, while aging has widely different effects on the recall abilities of different people, research indicates that the older we get, the longer it takes to recall facts But slower recall is still recall, in fact, aging does not seem to have any effect on forgetting at all, which takes place at the same rate in younger and older people. 1 Paragraph 3 _____. 2 Paragraph 4 _____. 3 Paragraph 5 _____. 4 Paragraph 6 _____. A Importance of staying intellectually active B Effects of aging on a persons recall ability C Short-term memory versus long-term memory D Retention as the second necessity for memory E Link between learning strategies and effective memory skills F Significance of exercising your muscles 5 Retention refers to _____. 6 The rate of forgetting is the same _____. 7 Remembering something all

your life _____. 8 Exercising your brain every day is beneficial _____.

A for younger and older people B to the proper function of your memory C is called long-term memory D the capacity to store what you have learned E belongs to very long-term memory F the ability to remain mentally healthy

【参考答案】 1. C 2. E 3. A 4. D 采集者退散 5. D 6. A 7. E 8. B

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