

全国 2021 年 4 月高等教育自学考试
高级英语试题
课程代码:00600

1. 请考生按规定用笔将所有试题的答案涂、写在答题纸上。
2. 答题前,考生务必将自己的考试课程名称、姓名、准考证号用黑色字迹的签字笔或钢笔填写在答题纸规定的位置上。

选择题部分

注意事项:

每小题选出答案后,用 2B 铅笔把答题纸上对应题目的答案标号涂黑。如需改动,用橡皮擦干净后,再选涂其他答案标号。不能答在试题卷上。

I. Each of the following sentences is given four choices of words or expressions. Choose the right one to complete the sentence and blacken the corresponding letter on your Answer Sheet. (15 points, 1 point for each)

1. The manager does not merely tolerate ____, he relishes and embraces it.
A. praise
B. adulation
C. rumor
D. admiration
2. When he received the invitation, he was surprised by his wife's ____ from the guest list.
A. dismissal
B. extraction
C. omission
D. deduction
3. The new policy will ____ on fewer economic decisions, especially those related to savings.
A. intrude
B. depend
C. impose
D. deliberate
4. They had a ____ escape when their car plunged into a river.
A. malicious
B. meticulous
C. monotonous
D. miraculous
5. The inhabitants of this poverty-stricken area decided that their inadequate ____ of food had to be saved for harder times.
A. allotment
B. delivery
C. availability
D. distribution



6. Phone conversations or web chats are no ____ for cozy chats over lunch or in the pub after work.
A. alternatives B. exchanges
C. substitutes D. options
7. Stressful relationships may ____ our minds and consume our time so that we neglect our own health.
A. pacify B. preoccupy
C. intensify D. predetermine
8. Professional skills come only with practice, patience, and ____.
A. ineptness B. promptness
C. invigoration D. perseverance
9. An inspiring teacher can ____ students to pursue their interests.
A. compel B. entice
C. stimulate D. provoke
10. The speaker was ____ on the prosperity of modern society.
A. holding back B. holding forth
C. holding up D. holding off
11. The fall in the number of deaths from heart disease is greatly ____ to improvements in diet.
A. attributed B. alluded
C. immune D. prone
12. The figures we get from the Labour Department ____ the shaky state of the economic recovery.
A. undercut B. undermine
C. underpin D. underscore
13. The marketing department needs to ____ the use of available resources.
A. patronize B. polarize
C. commercialize D. optimize
14. The couple were both glad to have gotten through the divorce proceedings without any visible signs of ____.
A. rivalry B. hostility
C. snobbery D. flexibility
15. John could not give a ____ explanation for his strange behavior.
A. crucial B. critical
C. credible D. creative



Read the following passage carefully and complete the succeeding three items II, III, IV.

- (1) You're on holiday but surreptitiously check your work emails the moment you wake up. You get anxious if there's no Wi-Fi in the hotel or mobile phone signal up the mountain. You fret if your phone is getting low on power, and you secretly worry things will go wrong at work if you're not there.
- (2) These are the typical signs of “always on” stress induced by smartphone addiction. For some people, portable connected devices have liberated them from the constraints of the nine-to-five. Flexible working has given them more autonomy over their working lives and enabled them to spend more time with their friends and families.
- (3) For many others though, smartphones have become tyrants in our pockets, never allowing us to switch off, relax and recharge our batteries. And a number of commentators are becoming increasingly concerned about **the syndrome**.
- (4) Pittsburgh-based developer Kevin Holesh was so worried about how much he was ignoring his family and friends in favor of his iPhone that he developed an app—Moment—to monitor his usage.
- (5) The app enables users to see how much time they're spending on the device and set up warnings if self-imposed usage limits are breached. “Moment's goal is to promote balance in your life,” his website explains. “Some time on your phone, some time off it enjoying your loving family and friends around you.”
- (6) And some employers are acknowledging that getting the work-life balance right isn't so easy. We need help. For example, German car maker Daimler recently introduced an email auto-delete option for its holidaying employees, in recognition that they may not have the willpower to switch off from work.
- (7) Dr Christine Grant, an occupational psychologist at Coventry University's Centre for Research in Psychology, Behavior and Achievement, told the BBC: “The negative impacts of never switching off your phone are that your mind is never resting, you're not giving your body time to recover, so you're always stressed. And the more tired and stressed we get, the more mistakes we make. Physical and mental health can suffer.”
- (8) The fact that we can stay connected to the workplace wherever we are in the world is feeding deep-seated insecurities, she argues. “There is a massive anxiety about relinquishing control,” she says. “In my research I found a number of people who were burnt out because they were travelling with technology all the time, no matter what time zone they were in.”



- (9) Women in particular were **susceptible to** doing a full day in the office, coming home to make tea and look after the kids, then putting in a late shift before going to bed. “This triple shifting can have quite an impact on health,” says Dr Grant.
- (10) Dr Alasdair Emslie, president of the Society of Occupational Medicine, agrees, saying: “Every year about 400,000 people in the UK report work-related stress at a level they believe is making them ill. Changes in technology are one contributory factor, particularly if this makes employees feel they are unable to cope with increased demands or have less control in handling their workload.”
- (11) According to telecoms regulator Ofcom, 61% of UK adults now say they own a smartphone, while household take-up of tablet computers has almost doubled over the past year to 44%. Since 2010 our daily total media consumption has risen from 8 hours 48 minutes to more than 11 hours, says Ofcom, largely thanks to the rise of smartphones. We now consume media for more hours than we sleep. And as the number of connected smartphones is increasing, so is the amount of data at our disposal. This is leading to a sort of decision paralysis, argues Michael Rendell, partner for consulting firm PwC’s global human capital business.
- (12) “It is creating more stress in the workplace because people are having to embrace a broader range of data and communications and it’s difficult to manage them all. It actually makes it more difficult to make decisions and many are becoming less productive because they’re overwhelmed by it all and feel they can never escape the office.”
- (13) PwC’s report, *The Future of Work—A Journey to 2022*, involved interviews with 50,000 workers around the world. According to Mr Rendell, “the UK workforce is not more productive than it was even though we have all this connectivity and all this data.”
- (14) Tim Forer, a lawyer with employment law specialist Blake Morgan, agrees, saying: “Why haven’t wages kept up with inflation? It’s because we have more people doing less work. We think checking emails is work when a lot of the time it isn’t productive work.”
- (15) The blurring of the line dividing work and leisure brought about by technology isn’t just a health and safety issue for employees, however. There are potentially serious consequences for companies, too. “Under the



European Working Time Directive there is a 48-hour limit to the working week and you're meant to have an 11-hour break every 24-hour period," says Mr Forer. "But if you're checking texts and emails first thing in the morning and last thing at night, it's pretty easy to bust those limits. This **jeopardizes** companies' duty of care towards their employees," he argues.

- (16) Of course, mobile phone and other technology companies argue that mobile connectivity is entirely beneficial, and many younger people, office workers, and self-employed would agree.

II. In this section, there are ten incomplete statements or questions, followed by four choices marked A, B, C and D. Choose the best answer and blacken the corresponding letter on your Answer Sheet. (20 points, 2 points for each)

16. How have portable connected devices affected some people?
- A. They've prevented them from meeting friends.
 - B. They've enabled them to work more flexibly.
 - C. They've confined their work time.
 - D. They've reduced their workload.
17. In Paragraph 3, "the syndrome" refers to ____.
- A. the "always on" stress
 - B. the mental health concern
 - C. the smart phone addiction
 - D. the lack of working autonomy
18. The benefit of the app—Moment—is that it may ____.
- A. change our ways of living
 - B. monitor our time on phone use
 - C. contribute to better relationships
 - D. warn us against working too long
19. Keeping our digital devices on all the time may make us stressed because ____.
- A. we are liable to make more mistakes
 - B. our lives are fully occupied with work
 - C. we can be reached by our boss at any time
 - D. our mind and body have no time to recover
20. The expression "susceptible to" in Paragraph 9 is similar in meaning to ____.
- A. responsible for
 - B. persistent in
 - C. subject to
 - D. sensitive to



21. What is one of the factors that lead to work-related stress?
- A. The break-throughs in technology.
 - B. One's reluctance to cope with crisis.
 - C. One's inability to handle his workload.
 - D. The strict requirements of working skills.
22. According to Paragraphs 11 and 12, what may result in decision paralysis?
- A. The over-consumption of media resources.
 - B. The burden of dealing with daily routines.
 - C. The lack of productivity of employees.
 - D. The difficulty in processing huge data.
23. In Paragraph 15, the word "jeopardizes" means ____.
- A. justifies
 - B. legalizes
 - C. endangers
 - D. suspends
24. Which of the following may reflect the author's view?
- A. The popularization of electronic devices should be encouraged.
 - B. The boundaries between work and life should be cut clearly.
 - C. Employers should not put their employees in tight control.
 - D. Companies should reserve longer holidays for employees.
25. Which of the following might be the best title for this passage?
- A. Work and Leisure
 - B. The Big Data Era
 - C. Digital Stresses
 - D. Impacts of the Internet

非选择题部分

注意事项:

用黑色字迹的签字笔或钢笔将答案写在答题纸上,不能答在试题卷上。

III. Translate the following sentences into Chinese and write the translation on your Answer Sheet. (10 points, 2 points for each)

26. You fret if your phone is getting low on power, and you secretly worry things will go wrong at work if you're not there.
27. In my research I found a number of people who were burnt out because they were travelling with technology all the time, no matter what time zone they were in.
28. ... 61% of UK adults now say they own a smartphone, while household take-up of tablet computers has almost doubled over the past year to 44%.
29. The UK workforce is not more productive than it was even though we have all this connectivity and all this data.
30. The blurring of the line dividing work and leisure brought about by technology isn't just a health and safety issue for employees, however.



IV. Answer the following essay question in English within 80-100 words. Write your answer on your Answer Sheet. (10 points)

31. What are the positive and negative effects brought about by portable connected devices?

V. The following paragraphs are taken from the textbooks, followed by a list of words or expressions marked A to Y. Choose the one that best completes each of the sentences and write the corresponding letter on your Answer Sheet. One word or expression for each blank only. (25 points, 1 point for each)

The child was fairly eating me 32 with her cold, steady eyes, and no expression on her face whatever. She did not move and seemed, 33, quiet; an unusually attractive little thing, and as strong as a 34 in appearance. But her face was flushed, she was 35 rapidly, and I realized that she had a high fever. She had magnificent blonde hair, in profusion. One of those picture children often 36 in advertising leaflets and the photogravure sections of the Sunday papers.

Chavel was filled with a huge and 37 joy. It seemed to him that already he was 38—twenty-nine men to draw and only two marked papers left. The chances had suddenly grown in his 39 from ten to one to—fourteen one: the greengrocer had drawn a slip and indicated 40 and without pleasure that he was safe. Indeed from the first draw any mark of pleasure was taboo: one couldn't mock the 41 man by any sign of relief.

Women, it is obvious, are freer than in the past. Freer not only to 42 the generally unenviable social functions 43 reserved to the male, but also freer to exercise the more pleasing, feminine 44 of being attractive. They have the right, if not to be 45 virtuous than their grandmothers, at any rate to look less virtuous. The British Matron, not long since a creature of austere and even 46 aspect, now does her best to achieve and perennially preserve the appearance of what her predecessor would have described as a Lost Woman.



No sooner did his car touch the boulevard 47 home than Ace flicked on the radio. He needed the radio, especially today. In the seconds 48 the tubes warmed up, he said aloud, doing it just to hear a human voice, “Jesus. She’ll pop her lid.” His voice, though familiar, 49 him; it sounded thin and 50. In a deeper register Ace added, “She’ll murder me.” Then the radio came 51, warm and strong, so he stopped worrying.

I once 52 two little girls from Esthonia, who had narrowly escaped death from starvation in a 53. They lived in my family, and of course had plenty to eat. But they spent all their leisure visiting 54 farms and stealing potatoes, which they hoarded. Rockefeller, who in his infancy had experienced great poverty, spent his 55 life in a similar manner. Similarly the Arab chieftains on their silken Byzantine 56 could not forget the desert, and hoarded riches far beyond any possible physical need.

A. neighbouring	B. privilege	C. before	D. hitherto	E. adult
F. condemned	G. shameful	H. famine	I. heading	J. less
K. scratchy	L. inwardly	M. divans	N. perform	O. on
P. terrifying	Q. reproduced	R. heifer	S. irked	T. favor
U. befriended	V. carelessly	W. saved	X. breathing	Y. up

VI. Translate the following sentences into English and write the translation on your Answer Sheet. (20 points, 2 points each for 57-60, 4 points for 61, 8 points for 62)

- 57.两个戴着滑稽草帽的农妇牵着漂亮的烟色毛驴庄重地走过。
- 58.我的舌头上仍存留着甜甜的香草味，耳中回响着她奇妙的朗读声。我不得不说点什么。
- 59.我不能，而且也不想完全放弃我儿时形成的世界观。
- 60.她的时间不多了，但她还是继续坐在窗边，把头靠在窗帘上，嗅着印花窗帘上的尘土味。
- 61.报纸有权利采纳一种态度，采取一种立场。但是，它有同样神圣的权利，站在对立面的角度用事实而非感情来解释、证明并支持这一立场。
- 62.我们正在放弃质量——甚至在某种程度上，放弃人的品质。“最好的”对我们而言已经难以企及。我们用机器制造的平庸食物喂养自己。这对我们的灵魂、思想和消化都有害。这是我们更明智、更冷静的祖先喂猪，而不是喂养人的方式：尽可能多、尽可能快，但没有质量标准。

