

2026 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 write the corresponding letter on your Answer Sheet. (15 points, 1 point for each)

1. Decades ago, only the _____ could afford to travel abroad as what they were willing to.
A. affluent
B. frugal
C. advanced
D. generous
2. Feeling confused about the plot of the novel, an expression of _____ came to the girl's face.
A. amusement
B. astonishment
C. bewilderment
D. embarrassment
3. The designer believed that marble products had an enduring _____ for consumers, for they were suited to both contemporary and traditional homes.
A. prestige
B. appeal
C. splendor
D. temptation
4. A recent survey showed that 80% of world-renowned CEOs recognized _____, the ability to share and understand others' emotions, as key to success.
A. empathy
B. affinity
C. compliance
D. tolerance



14. Described as being brand new, the replica of the old Summer Palace constructed in Hengdian was in no way _____ the original palace.
- A. parallel to B. equivalent to
- C. identical to D. analogous to
15. Almost all plastic water bottles are made of polyethylene terephthalate (PET), the raw materials for which are _____ crude oil and natural gas.
- A. comprised of B. labeled as
- C. associated with D. derived from

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

- (1) I have a recurring dream about college. It's the end of the semester, and I suddenly realize that there is a class I forgot to attend, ever, and now I have to sit for the final exam. I wake up panicked, my GPA (学分绩点) **in peril**. How could I have done this? Then I remember I haven't been in college in more than a decade.
- (2) Someone with intimate knowledge of my academic career might point out that this nightmare scenario is not that far removed from my actual collegiate experience, and that at certain times it did not take the magic of slumber to find me completely unprepared for a final. Regardless of what may or may not be true of my personal scholastic rigor, I suspect the school-stress dream is quite a common one. Even among nerds.
- (3) Deirdre Barrett, a dream researcher at Harvard University, confirmed my suspicion. She rattled off a few common school-dream variations: The dreamer has to rush to an exam after having overslept, or they can't find their classroom, or they prepared for an exam by studying the wrong subject, or they sit down for an exam and the text is in hieroglyphics. "It's a really common theme not only for people who are still in school, but for people who are far into adulthood."
- (4) Barrett explained that these dreams tend to pop up when the dreamer is anxious in waking life, particularly about being evaluated by an authority figure. She's found that people who wanted to act or play music at an early age tend to experience anxiety dreams not about school, but about performing competitions—in their youth, that was where they interacted with the authority figures who could most easily crush them. In each of these dream scenarios, we revisit the space where we first experienced success or failure based on our performance.



- (5) To find out what my specific performance-based anxiety dream means, I went to Jane Teresa Anderson, a dream analyst. Although science is undecided about the exact purpose of dreams, Anderson believes that dreams are the result of your mind attempting to process memories, both conscious and unconscious. Aspects of your past might come up in a dream to help you categorize new experiences and maybe, as Anderson put it, “wake up with a newly shifted mindset.”
- (6) What might be behind “that dream scenario that you’ve picked out, being back at school and having to take this final,” she told me, is “feeling tested in life, feeling that you have to respond to other people’s expectations,” and feeling that I’m not meeting those expectations. “So you think back to school.”
- (7) Certainly, we feel tested by people other than teachers throughout our life: bosses, for instance. The reason school dominates as a go-to anxiety setting, Anderson said, is because school is where we build our understanding of how life works. “So much stuff happens in school that really sets your foundational beliefs and really sticks there in your unconscious mind,” she said. Feelings of stress, inadequacy, embarrassment, heartache—these often happen first in the school setting. “It can be very hard to shift those beliefs,” she said.
- (8) But the system of beliefs ingrained in us starting at age 5 may not really be applicable to adult challenges. Knowing that can be helpful in separating reality from the feelings that lead to school-themed anxiety dreams. “You can then go back and say, ‘Well, when I was 15, I was a different person, but... I know it was the expectation of my father that I do well on my tests,’” Anderson said. “‘Am I now still actually responding in life as if my father is expecting me to do well?’”
- (9) But I was curious about whether there is also a primal reason for why people remain enrolled in night school. According to Barrett’s theory, it’s about “what was important to survival.” Obviously, in terms of evolutionary history, the amount of time that students spend in classrooms is a blink of an eye. But the experience of learning skills from authority figures who might increase our chances of survival is much older. “Even though physical survival is not necessarily in question for many people, what is taught in school are skills that are necessary to do well in life,” Barrett said. If feelings of inadequacy prompt you to have an anxiety dream, and if that anxiety dream prompts you to study harder, you might just have a better chance of “surviving” **AP calculus**—or a big work presentation. That, Barrett said, has “an evolutionary purpose.”



(10) Still, if you'd like to defy evolution and finally graduate from dream school, Anderson has a method. First, make the connection between the events in your dream and the recent events in your life, so you can learn something about what you're feeling and more easily let it go. Then, she said, "you revisualize a positive ending": Immediately post-dream, while you're lying in bed, imagine the dream scenario again, but this time with a more calming outcome. The example she gives is a teacher telling you that you've already passed the class. "And although that seems to be just changing the outcome of the dream," Anderson said, "it will actually change your mindset, whatever the situation is in your life that you're responding to." It's worth a shot.

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 write the corresponding letter on your Answer Sheet. (20 points, 2 points for each)

16. The phrase “in peril” in Paragraph 1 is similar in meaning to _____.

- A. beyond reach B. under review
C. in question D. at risk

17. What can be inferred about the author's dream from the nightmare scenario she presents in Paragraph 2?

- A. It has to do with the remarks of her close friends.
B. It relates to the challenges she faces at the workplace.
C. It is in some way a reflection of her real-life pressures.
D. It results from her ambition for academic achievement.

18. Why does Barrett cite various examples of school-related dreams in Paragraph 3?

- A. To exemplify how common school-stress dreams are.
B. To show how people suffer from recurring nightmares.
C. To address the need for caring for this type of dreamers.
D. To elaborate on the clinical manifestations of school stress.

19. According to Paragraph 4, what may constitute a source of stress for those who would like to start a career in show business?

- A. The remarks of their peers about their work.
- B. Their learning outcomes and GPA at school.
- C. The judges' comments on their performances.
- D. Their parents' high expectations for their future.



20. According to Anderson, what may trigger stress dreams on the part of a dreamer?
- A. The hidden memories of the past.
 - B. The working mechanism of the brain.
 - C. The events recently encountered in life.
 - D. The mindset to make a difference in life.
21. According to Paragraph 7, dreams tend to revolve around the school setting because it is at school that _____.
- A. dreamers are able to reconnect with their childhood
 - B. people grow and learn how to make sense of the world
 - C. dreamers fill their memories with traumatic experiences
 - D. people are obsessed with deep-seated beliefs imparted by teachers
22. According to Paragraph 9, in Barrett's view, stress-related dreams _____.
- A. might intensify anxiety and end up jeopardizing our health
 - B. facilitate us to grow mature and competent through tackling stress
 - C. enable us to re-examine our past and see what we have missed out on
 - D. are an inevitable process via which we complete night-school education
23. In Paragraph 9, "AP calculus" refers to _____.
- A. a course offered at school
 - B. a challenge faced by students
 - C. a plant people live on
 - D. a tool people rely on
24. According to Anderson, the best solution to get rid of stress-dreams is _____.
- A. to seek help from school teachers and advisors
 - B. to consult a dream specialist or a psycho-counselor
 - C. to practice meditation before going to bed each night
 - D. to follow the right mindset and reinforce positive thoughts
25. What is the author's purpose of writing this passage?
- A. To reflect on the anxieties she has experienced at school.
 - B. To explore why school-stress dreams occur in adulthood.
 - C. To introduce how to benefit from school-themed dreams.
 - D. To overcome her fear triggered by school-related dreams.



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. Regardless of what may or may not be true of my personal scholastic rigor, I suspect the school-stress dream is quite a common one.
27. Barrett explained that these dreams tend to pop up when the dreamer is anxious in waking life, particularly about being evaluated by an authority figure.
28. Although science is undecided about the exact purpose of dreams, Anderson believes that dreams are the result of your mind attempting to process memories, both conscious and unconscious.
29. But the system of beliefs ingrained in us starting at age 5 may not really be applicable to adult challenges.
30. Obviously, in terms of evolutionary history, the amount of time that students spend in classrooms is a blink of an eye.

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

31. How would you deal with stresses of your life or work?

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)

“Well, no, not exactly,” I said hesitantly, “I haven’t 32 in touch with him but I heard that he was in some kind of 33.” She smiled to me and said, “He’s gone a lot. It’s not safe 34 here for him, you know. His parole officer really watches him all the time and so sometimes it is just 35 for him not to come here. Besides, we haven’t been together for a 36. I hear he’s in town somewhere.”

She 37, sideways, at the old couple. Perhaps they would go soon. Last Sunday, too, hadn’t been as interesting as usual. An Englishman and his wife, he wearing a 38 Panama hat and she button boots. And she’s gone on t



39 time about how she ought to wear 40 ; she knew she needed them; but that it was no good getting any; they'd be sure to break and they'd never keep on. And he'd been so 41 . He'd suggested everything—gold rims, the kind that curved round your ears, little pads inside the bridge.

“Sure, Mitch.” Lamar grabbed his shoulder and led him across the spacious room, 42 the partners introduced themselves. They were exceedingly warm and 43 . McDeere was now a seasoned veteran in the search 44 employment. He relaxed. With three job offers from three of the most 45 firms in the country, he did not need this interview, this firm. He was there out of 46 . And he longed for warmer weather.

Take cheese, for instance. Here and 47 , in big cities, small stores and delicatessens specialize in cheese. At such places, one can buy at least some of the 48 cheeses that we used to eat—such 49 those we had with pie and macaroni. The 50 were sharp but not too sharp. They were a little crumbly. We called them American cheeses; actually they were Cheddars. Long ago, this cheese began to be supplanted by a material 51 “cheese foods”. Some cheese foods are fairly edible; but no one comes within miles of the old kinds—for flavor.

First, he thought, he must learn to control his breathing. He let himself 52 into the water with another big stone in his 53 , so that he could lie effortlessly on the bottom of the sea. He counted. One, two, three. He counted 54 . He could hear the movement of blood in his chest. Fifty-one, fifty-two... His chest was hurting. He let 55 of the rock and went up into the air. He saw that the sun was low. He 56 to the villa and found his mother at her supper. She said only “Did you enjoy yourself?” and he said “Yes”.

A. there	B. better	C. spectacles	D. cordial	E. patient
F. prestigious	G. latter	H. around	I. go	J. steadily
K. arms	L. glanced	M. kept	N. rushed	O. called
P. dreadful	Q. while	R. first-rate	S. whole	T. trouble
U. as	V. where	W. of	X. down	Y. curiosity



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. 市场调研部的人们从未因在公司外发现使我们身处竞争劣势的状况而受到责怪。
58. 我认为我们大多数人的立场介于两极之间。我们认为某些活动好，而另外一些相当一般或非常糟糕。
59. 而当工作有趣时，它能够带来更高层次的满足感，而不只是摆脱无聊。
60. 石头路旁有一条小径，弗劳尔斯(Flowers)夫人走在前面，摆动着手臂，小心翼翼地躲着石头。
61. 他审视着鱼呆滞无神的灰眼睛，它棕色瞳孔里的恐惧透露了它所度过的一生，以及对正在威胁它生命的死亡的惧怕。
62. 一连几分钟，我脑海里会浮现这样的描述：“他推开门，走进屋，一缕黄色的阳光，透过薄纱窗帘，斜照在桌上，桌上有个半开着的火柴盒，放在墨水瓶旁。他右手插着兜，朝窗户走去。街心处一只龟甲猫正在追逐着一片败叶，”等等，等等。

