

**Part I Oral Communication (10 points)**

**Section A**

**Directions:** In this section there are two incomplete dialogues and each dialogue has three blanks and three choices A, B and C, taken from the dialogue. Fill in each of the blanks with one of the choices to complete the dialogue and mark your answer on the **Answer Sheet**.

**Dialogue One**

- A. They are due today.
- B. That sounds like a good idea.
- C. Got any plans after the class?

**Juliane:** Hi, Jenny. C1

**Jenny:** Not really. What about you?

**Juliane:** I've got a course paper to write. So I plan to look for some books and study at the library. Do you want to join me?

**Jenny:** Sure. I need to return some books. A2 Besides, I can also read some magazines and newspapers there.

**Juliane:** Fantastic! We can go swimming in the gym after that.

**Jenny:** B3 We can chill out a little in such a hot summer.

**1-3 参考答案: CAB**

**Dialogue Two**

- A. Let's read this book.
- B. You've been saying that forever!
- C. There must be ten here.

**Girl:** Dad, will you read to me?

**Dad:** Uh, let me finish the newspaper first?

**Girl:** B4

**Dad:** Well, how about reading the business section of the newspaper together?

**Girl:** That's boring. A5 It's about a bear and a cat that become friends. And these books too.

**Dad:** Whoa. I thought you said one book. C6

**Girl:** My teacher, Mrs Green, says you have to read to me every night, and the newspaper doesn't count.

**4-6 参考答案: BAC**

**Section B**

**Directions:** *In this section there is one incomplete dialogue which has four blanks and four choices A, B, C and D, taken from the dialogue. Fill in each of the blanks with one of the choices to complete the dialogue and mark your answer on the **Answer Sheet**.*

- A. What is your name?
- B. but that class is already full.
- C. but the computer won't let me.
- D. You're a Comp Lit major?

**Stuart:** Hello. Can I help you?

**Karen:** Yes, I hope so. I would like to register for Comp Lit 287.

**Stuart:** I'm sorry, **B7**. And also, students are supposed to register through the touch-tone registration system.

**Karen:** I know. I already tried to register for it by phone, **C8**.

**Stuart:** That's because it's full.

**Karen:** But I'm a new student here. I thought maybe there was some way I could get into the class.

**Stuart:** Well, I could put you on a waiting list. But that doesn't guarantee you will get into the class. **A9**.

**Karen:** My name is Karen Huang.

**Stuart:** Alright. And what is your major?

**Karen:** I'm a comparative literature major.

**Stuart:** Wait a minute. **D10**.

**Karen:** Yes, that's right. And Professor Cohen told me I need to take Comp Lit 287.

**Stuart:** The university computer system saves extra places, in class 287 for Comp Lit students.

**Karen:** Even if the class is full?

**Stuart:** That's right.

**7-10 参考答案: BCAD**

**Part II Vocabulary (10 points)**

**Directions:** *In this part there are ten sentences, each with one word or phrase underlined. Choose the one from the four choices marked A, B, C and D that best keeps the meaning of the sentence. Mark your answer on the Answer Sheet.*

11. Once a bed is completed in the factory, it undergoes a rigorous quality control process.  
A. long                      B. complex                      C. strict                      D. complete
12. It saved them an hour during a procedure that would normally take three hours.  
A. merely                      B. possibly                      C. usually                      D. rarely
13. The universe is presumed to contain many other planets with some form of life.  
A. destined                      B. intended                      C. expected                      D. supposed
14. The scene has shocked me because it is something alien to me.  
A. unfair                      B. unfamiliar                      C. unnecessary                      D. uncomfortable
15. The new situation in this area calls for a change in our financial policies.  
A. suggests                      B. requires                      C. demonstrates                      D. identifies
16. He claimed that he had a wonderful job and was well paid, but his mother knew that he had made it all up.  
A. invented                      B. invested                      C. corrected                      D. collected
17. Though many people witnessed the accident, they were not sure about the exact consequences.  
A. orders                      B. processes                      C. results                      D. causes
18. Supported by sufficient evidence, his argument seems to have a great deal of validity.  
A. challenge                      B. value                      C. truth                      D. utility
19. The supply of silver in the mine had diminished, causing great concern among the people of the town.  
A. disappeared                      B. erupted                      C. expired                      D. declined
20. A deficiency of soil nutrients can cause the crop to be of low quality.  
A. lack                      B. supply                      C. number                      D. source

**11-20 参考答案: CCDBB ACCDA**

### Part III Reading Comprehension (25 points)

#### Section A

**Directions:** In this section, there are four passages followed by questions or unfinished statements, each with four suggested answers A, B, C and D. Choose the best answer and mark your answer on the **Answer Sheet**.

#### Passage One

As 170 people sat down to dinner, I breathed a sigh of relief: The conference was going well. Running it was part of my job as a university program manager, working on a project to boost biotech collaborations between academia and industry. When I started in the role a few years earlier, I thought that maybe, after years of career exploration, I had finally found the right job for me. But at the conference, I found myself wondering whether that was really what I wanted from my career. I'm a scientist, not an event planner—but I had been too busy organizing the conference to appreciate the research being discussed. Was it time for yet another change?

I started off as a lab scientist. But then discovered that the highly focused nature of lab work wasn't for me. My next job was at a pharmaceutical company—conducting literature searches. I enjoyed the work, which allowed me to stay close to research and interact with a variety of people. But I was only offered a short-term contract, so after a year I had to move on. I then became a scientific journal editor. I loved the breadth of science that I was exposed to, but the job required a lengthy commute. So, I made another dramatic change and moved back to the ivory tower for my current job.

It had become a pattern: I spent a few years in each role only to find that it wasn't quite the right fit. I also realized that maybe I was searching for something that didn't exist.

I began to think about creative ways to add the scientific stimulation I sought to my work life. With my previous knowledge and my experience as an editor, I realized I had the skill set to do that through freelance science writing, such as news articles for journals and blogs.

With my former colleagues' positive responses, I finally decided I could do my university job on a less than full-time schedule. Fortunately, my manager agreed.

For the last year, I have been a university program manager/freelance writer, and I've never been happier. Weaving the two roles together has been a bit tricky at times. But I finally feel I have a career that is tailored to my needs. I've realized that a career doesn't need to be "off the shelf." Jobs can be mixed and matched to get to one that fits.

21. What did the author think of his conference organizing job in Paragraph 1?

- A. It gave him a sense of achievement.
- B. It proved that he was making progress in his career.
- C. It was not as meaningful as scientific research.
- D. It was too challenging for him.

22. The author left the job as scientific journal editor because\_\_\_\_\_.

- A. it demanded high work intensity
- B. he was offered only a short contract
- C. he was not satisfied with the pay
- D. it was too far from home

23. What does “something” (Para 3) possibly mean?

- A. A suitable role
- B. An ideal job.
- C. A balanced life.
- D. A fixed pattern.

24. What is the author’s present job?

- A. He works in a university and also writes on the side.
- B. He is an event planner and also a program manager.
- C. He teaches in a university and also writes books
- D. He is a full-time manager and also a freelance writer.

25. What is this passage mainly about?

- A. The author's clear career plan.
- B. The author's changing perception of career.
- C. The author's persistence in the face of obstacles.
- D. The author's failure in securing a work contract.

21-25 参考答案: C D A D B

### Passage Two

You've probably been seeing and hearing a lot more about “eSports” lately. Major television networks are broadcasting competitions, and even more mainstream media coverage is planned for the near future. What are eSports and why are they so popular?

Loosely defined, eSports are video game competitions. These can be anything from a local tournament (锦标赛) in a video game store to those staged in 25,000-seat arenas, watched live by millions of people around the world. In practical terms, “eSports” refers to the competitions engineered by global organizations that culminate in big-money championship tournaments---dollar figures that can exceed \$1,000,000 for winners.

The second question --- “Why are they getting so popular?” ---is more nuanced. The biggest reason is that fans of games enjoy watching them played at the highest level. It's fun seeing the top players in the world do what they do best. There are plenty of other reasons the eSports community is growing. All of the controversies, drama, and compelling individuals from the mainstream sports world exist in eSports as well. Top players move from team to team like free agents, retire and return to competition unexpectedly, and experience unlikely come-from-behind victories and crushing defeats. New challengers consistently emerge on the scene, ready to take down championship teams and generate compelling rivalries. The parallels with traditional sports and eSports are more numerous than many realize.

Perhaps the biggest difference between traditional sports and eSports is the viewers. Unlike mainstream athletic competitions, which appeal to a broad range of demographics, consumers of eSports are overwhelmingly young and male. For example, over 70 percent of League of Legends (the most popular eSports game in terms of dollars and participants) viewers are males, and the vast majority of them are under 26. This means a couple of things, both of them appealing to



advertisers looking to reach this young and lucrative market --- the audience will grow as more youngsters are introduced, and as they get older, their purchasing power increases.

26. It is stated in Paragraph 1 that eSports have \_\_\_\_\_.
- A. caused competition among media
  - B. drawn an increasing number of youths
  - C. crated many broadcasting companies
  - D. attracted major television networks
27. According to Paragraph 2, eSports \_\_\_\_\_.
- A. can be staged only in local stadiums
  - B. can lead to a huge sum of award
  - C. may be hard to define precisely
  - D. may be loosely linked to video games
28. The word “nuanced” (Para3) most probably means “\_\_\_\_\_”.
- A. strange
  - B. outstanding
  - C. specific
  - D. complicated
29. Which of the following is Not a reason for the growth of the eSports community?
- A. The stories about the top players
  - B. The fun of watching top-level performance
  - C. The investment from governments
  - D. The parallels with the mainstream sports
30. Traditional sports and eSports are different mainly in \_\_\_\_\_.
- A. their rules
  - B. their importance
  - C. their profits
  - D. their audiences

26-30 参考答案: D B D C D

### Passage Three

Senator Kamala Harris was half right when she said we need to address climate change based on “science fact, not science fiction.” The truth is, we need both. Science fiction has an important role to play in rescuing the future from the huge challenges we’re facing — and the responses to Harris’s statement illustrate this perfectly.

When Harris’ statement about climate change went out on social media, a number of people pointed out the truth: Science fiction has been helping us to prepare for a world of potential climate disasters for years. But an equal number of loud voices disagreed with Harris’s warnings about climate change.

And that’s why science fiction is more important than Harris gives it credit for. No amount of scientific evidence will convince deniers — or the vast number of people who merely live in a state of denial. We live in a post-truth era in which facts and fiction are blurring into an indistinguishable mess and power belongs to whoever can tell the best story, true or not. What matters is just how something makes us feel — which is why we need better stories, that, in the

words of author Neil Gaiman, “lie in order to tell the truth.”

Stories about climate change might be fiction, but they can help to sway people’s hearts and minds in a different way than a recitation of the undeniable facts. Science fiction creators have been looking for ways to restore people’s faith in the future. Authors such as Alexandra Rowland have started a conversation about creating a new type of stories called “Hopepunk ” that show people reasons to believe we really can do the hard work of fixing our problems. Some other authors are creating a new genre called “Solarpunk”that aims to tell stories about using technological and scientific innovation to help the environment.

When the truth becomes near-impossible to distinguish through the fog of disinformation and “alternative facts,” people tend to feel powerless to change the world. Activist L.A. Kauffman says people need to be reminded that they “have more collective power than they realize. Adds Kauffman, “There are truths we can get to through the imagination that are hard to get to through purely factual accounts.”

31. How does the author comment on Senator Harris’ statement about climate change?
- A. Really confusing      B. Partially true  
C. Quite convincing      D. Totally wrong
32. The deniers in Paragraph 3 refer to those who deny that \_\_\_\_\_
- A. science fiction is important      B. we are in a post-truth era  
C. climate change is a serious issue      D. our opinions actually matter
33. The author cites Neil Gaiman in order to emphasize that \_\_\_\_\_
- A. fiction may better convey the truth  
B. it is difficult to tell the fact from fiction  
C. the power of fiction is overestimated  
D. fiction makes us feel better about ourselves
34. What do “Hopepunk” and “Solarpunk” have in common?
- A. A focus on technological innovation  
B. A vivid description of the harsh reality  
C. An intention to broaden our horizons  
D. An optimistic outlook for the future
35. What might be Kauffman attitude toward science fiction?
- A. Appreciative      B. Concerned  
C. Negative      D. Unclear

参考答案：31-35：BAADA

#### Passage Four

Many people have looked to the stars and wondered what it would be like to take a trip into outer space. Ever since the space program began, traveling beyond Earth has been a privilege for a

select few, namely, astronauts. The rest of us have had to imagine what it would be like, but that may soon change.

Those who favor expanding space exploration feel that it is time to go beyond the government-funded National Aeronautics and Space Administration (NASA) program and to create opportunities for individuals and businesses to explore outer space. Imagine privately financed research outposts in space, missions to Mars, and mining operations on the Moon. The space frontier could indeed be **the next gold rush!**

Imagine what it would be like to travel in space. Those who have been lucky enough to visit space have all called it an amazing experience. The view of Earth and the stars must be spectacular, and the experience of living in “zero gravity” would be fascinating. The first American woman to visit space, Sally Ride, said that it was the greatest fun of her life. Imagine the thrill of booking a flight for a weekend stay (or longer) at a space hotel. It turns out that a space hotel would be much easier to design and build than the International Space Station; early estimates of the cost to build the hotels indicate that they would be less expensive if the orbiting hotels were built to accommodate large numbers of space travelers.

The space hotel and the other projects businesses might think up would allow people to see what is happening in space with their own eyes. That may lead to more support of NASA and its space research and greater appreciation of the funding that the space program now receives.

Those who oppose expanding space exploration argue that the costs are overwhelming and unrealistic. They point to the billions of dollars that would have to be raised through consumers or corporate sponsorship. In addition, civilian space travel is potentially dangerous, and there are many unknown risks involved.

Who would determine the safety of commercial orbiting vehicles, and how would they be insured? Issues like this require time for discussion among groups from many different businesses. Companies that specialize in manufacturing, travel, marketing, insurance, law, and finance would all have to be involved.

Others believe there are simply too many unanswered questions to put civilians in space any time soon. There are also those who question investing in space exploration when there are widespread problems like poverty and disease that need to be addressed on Earth. For these people, commercial space travel will remain science fiction, at least for many years to come.

36. The expression “the next gold rush” (Para.2) probably means that \_\_\_\_\_.

- A. gold might be discovered on remote planets
- B. space exploration could be the next investment hotspot
- C. investors are enthusiastic about gold mining in space
- D. private businesses are more interested in space travel

37. It can be learned from Paragraph 3 that \_\_\_\_\_.

- A. space visitors regret what they have done
- B. space hotels would be very uncomfortable
- C. Sally Ride enjoyed her visit to outer space
- D. the view of Earth and the stars is boring

38. All of the following are objections to commercial space travel EXCEPT \_\_\_\_\_.



- A. overwhelming costs
- B. potential dangers
- C. unknown risks
- D. government opposition

39. The author's attitude toward commercial space travel is \_\_\_\_\_.

- A. supportive
- B. opposing
- C. objective
- D. indifferent

40. Which of the following might be the best title of the passage?

- A. Civilians in Space
- B. Future of Private Space Businesses
- C. Exploration of Outer Space
- D. Hotels in Space

**36-40 参考答案: BCDCA**

## Section B

**Directions:** In this section, you are required to read one quoted blog and the comments on it. The blog and comments are followed by questions or unfinished statements, each with four suggested answers A, B, C and D. Choose the best answer and mark your answer on the Answer Sheet.

If you try to contact Indy Cube (a provider of workspaces) after 5 pm, you receive an automatic Message that would make a good demonstration for the fast-growing four-day week movement. "we'll get back to you pretty quickly during working hours," it says. "if you're messaging us outside of these, we're probably busy with other things, like horse-riding, dancing, or good sleep."

The firm is one of a growing number of employers giving their workers an extra day off for the same pay as a five-day week. There is emerging evidence that it can boost productivity for bosses and happiness for workers.

And it is not just small businesses that might be spotting a chance to save a little money by turning the lights off one day a week. One of the biggest organizations to make the switch is Perpetual Guardian whose shift has generated huge globe interest, with 406 organizations from around the world asking it for advice.

"This week we have had people contact us from Japan, Canada, the UK, France, Switzerland," said its founder Andrew Barnes. The day off that each worker takes varies, depending on the team's needs at the time, but there has been a change in culture with "less time surfing on social media and fewer unnecessary meetings," said Barnes.

However, Kate Cooper, policy director at the Institute of Leadership and Management argues the reasons behind increases in productivity are not yet clear. Cooper said that "the Hawthorne effect" may be in play, that is, people change their behavior simply because they feel they are being observed—in this case they feel that by being granted a four-day week they believe their bosses are interested in their work. "How sustainable is that?" Cooper doubts.

**Comment 1:**

I don't exactly disagree with a 4-day week as long as I still have the option to work 5 days and get more money for it.

**Comment 2:**

Middle class conception of work-life balance. It's an interesting idea, but so much needs to happen in the UK before this becomes an option for the majority.

**Comment 3:**

True for all these reasons. And I feel there is actually a great reason: the environment. We need to start producing less *stuff* in order to reduce the stress on our planet.

**Comment 4:**

I thought this was supposed to be here 20 years ago with the advances in technology.

**Comment 5:**

3 days off a week? Preparing for 7 days off a week.

41. What can we learn about Indy Cube?

- A. It is one of the biggest providers of workspaces.
- B. It is the first company to start the four-day week.
- C. Its boss should be happy with a higher productivity.
- D. Its employees are worried about their future income.

42. Barnes thinks the four-day week schedule \_\_\_\_\_.

- A. will soon be adopted by other companies in the world
- B. has made a positive impact on his company's culture
- C. benefits big companies more than smaller ones
- D. has greatly enhanced his workers' sense of wellbeing

43. By "the Hawthorne effect", Cooper suggests that the effect of a four-day week is \_\_\_\_\_.

- A. obvious
- B. lasting
- C. beneficial
- D. Uncertain

44. Which of the following suggests that the four-day week is currently enjoyed by only a small part of the work force?

- A. Comment 1.
- B. Comment 2.
- C. Comment 3.
- D. Comment 5.

45. Which of the following expresses the greatest concern about the four-day week?

- A. Comment 1
- B. Comment 2
- C. Comment 4
- D. Comment 5

**41-45 参考答案: CBDBD**

**Part IV Cloze (10 points)**

**Directions:** *In this part, there is a passage with ten blanks. For each blank there are four choices marked A, B, C, and D. Choose the best answer for each blank and mark your answer on the Answer Sheet.*

Cloud computing (云计算) means storing and accessing data and programs over the Internet instead of your computer's hard drive. It 46 computing over a network, where a program or application may run on many connected computers at the same time.

For some, cloud computing is a metaphor (隐喻) for the Internet. It 47 uses connected hardware machines called servers. Individual users can use the server's processing power to run an application, store data, or 48 any other computing task.

For businesses, cloud computing is an ideal way to reduce 49. For example, companies may buy services in the cloud. That is to say, instead of 50 applications on every single computer in the company, cloud computing would allow workers to log into a Web-based service (a cloud) which hosts all the 51 individual users would need for their job.

While cloud computing could change the entire computer industry, there are still some 52 about the security of the data stored on the remote machines. It is true that it promises to save a lot of work. However, this technology 53 a fundamental question. Is it safe to store one's data on someone else's computer? The cloud service provider needs to establish relevant policies that describe 54 the data of each cloud user will be accessed and used. Cloud service users should also be able to encrypt (加密) 55 that is processed or stored within the cloud to prevent unauthorized access.

- |                    |               |               |               |
|--------------------|---------------|---------------|---------------|
| 46. A. predicts    | B. involves   | C. replaces   | D. affects    |
| 47. A. necessarily | B. possibly   | C. typically  | D. really     |
| 48. A. get         | B. perform    | C. show       | D. assign     |
| 49. A. expenses    | B. money      | C. income     | D. profits    |
| 50. A. writing     | B. developing | C. fitting    | D. installing |
| 51. A. schedules   | B. programs   | C. projects   | D. documents  |
| 52. A. concerns    | B. cases      | C. advantages | D. effects    |
| 53. A. proposes    | B. collects   | C. manages    | D. raises     |
| 54. A. whether     | B. why        | C. what       | D. how        |
| 55. A. system      | B. data       | C. storage    | D. knowledge  |

**46-55 参考答案: BCBAD BADD B**

**Part V Text Completion (20 points)**

**Directions:** In this part, there are three incomplete texts with 20 questions. Above each text there are three or four phrases to be completed. First, use the choices provided in the box to complete the phrases. Second, use the completed phrases to fill in the blanks of the text. Mark your answer on the *Answer Sheet*.

**Text One**

- A. recover
- B. suggested
- C. tips

**Phrases:**

- A. 56 the balance back to “yes”
- B. help people 57 from depression and stress disorder
- C. 58 they could

For decades, scientists have debated whether the birth of new cells was possible in an area of the brain that is responsible for learning, memory and mood regulation. A growing body of research 59, but then a *Nature* paper last year raised doubts. Now, a new study 60.

If the memory center of the human brain can grow new cells, it might 61, and offer new insights into memory and learning. If not, well then, it's just one other way people are different from rats and birds.

**56-61 参考答案: CAB CAB**

**Text Two**

- A. require
- B. started
- C. petition

**Phrases:**

- A. 62 female workers to wear high heels
- B. 63 a movement to end the requirement
- C. launched an online 64

Women across Japan are fed up with having to wear high-heeled shoes to work. One woman is so fed up that she 65 for female employees to wear the shoes. The movement has the #KuToo. This is a combination of the Japanese words “kutsu” (which means shoe) and “kutsuu” (which is the Japanese word for pain). The movement was started by Japanese actress Yumi Ishikawa. She tweeted about her belief that employers in Japan should not 66. Ms Ishikawa also 67. It asks Japan's Ministry of Health, Labor and Welfare to forbid employers from requiring women to wear certain types of shoes.

**62-67 参考答案: ABC BAC**

**Text Three**

- A. coupled
- B. perceptions
- C. beverages
- D. optimal





Phrases:

A. important to support 68 growth

B. plant-based juices and other 69

C. 70 with a unique nutrient package

D. information on consumer 71 and understanding

In July 2018, the debate over how to define milk in the future was brought to the forefront when the FDA began examining 72 of plant-based foods and beverages. With the exception of certain soy beverages, 73 are not appropriate to replace milk as a main beverage choice, particularly for young children. Drinks made from almonds or other nuts, oats or coconuts often contain little to no protein and lack other key nutrients 74. Dairy milk has the most balanced distribution of energy from carbohydrate, protein and fat, 75 that can be difficult to replace in healthy dietary patterns.

68-75 参考答案: DCAB DBAC

**Paper Two**  
**(50 minutes)**

**Part VI Translation (10 points)**

**Directions:** Translate the following passage into Chinese. Write your answer on the **Answer Sheet**.

In life, once on a path, we tend to follow it, for better or worse. What's sad is that even if it's the latter, we often accept it anyway because we are so accustomed to the way things are that we don't even recognize that they could be different.

Here are some techniques that could help broaden the way you think. First, Look as if you've never seen. "Beginner's mind" allows you to remain open to new experiences despite any expertise you may have. Then, shift into positivity. Take a few moments to think about the things in your life that are going well. This will brighten your mood and free your brain.

译文:

在生活中,一旦走上了一条道路,不论好坏,我们往往会在这条路上走下去。令人难过的是,即使这条路是不好的那条路,我们也经常会接受它,因为我们如此习惯于事物存在的方式,以至于我们甚至没有意识到它们可能是不同的。

这里有一些技巧可以帮助你拓展思维:第一,当作你从未见过这种情况。“初学者思维”会使你对新的经验持开放态度,尽管你可能已经掌握了一定的专业知识。第二,变得乐观。花一点儿时间想想你生活中进展顺利的事情。这将让你变得开心起来,并且解放你的大脑。

**Part VII Writing (15 points)**

**Directions:** Write an essay in less than 150 words on the topic: **Ways to Live a Simpler Life in a Modern World**. You could write according to the clues given below. Write your essay on the **Answer Sheet**.

现代生活过于繁复,各种琐事耗费精力和时间,人们疲于应对。列举你认为可以从简生活、重塑人生的几种方式。

**Ways to Live a Simpler Life in a Modern World**

With the rapid development of modern society, an increasing number of people come to realize that our life has become very complicated. We spend a lot of time and energy in dealing with all kinds of things in our life and we become very exhausted. So it is necessary for us to live a simpler life.

It is not difficult for me to come up with some measures to make our life easier and simpler. First of all, we should keep a balance between our desire and our actual need. We can minimize our need so that we can have less desire and feel content. Secondly, doing more exercises and keeping a healthy lifestyle is something we can do. When we run in the open air and walk in the nature, we build up our body and find inner happiness. Thirdly, reading more books instead of constantly browsing your mobile phones is another thing that can benefit our life. Nowadays, endless information we receive from the Internet has increased our worries and burden. If we can concentrate on a book and really learn something, we may feel the wisdom of the author and the power of knowledge.

Based on what has been discussed, we have clearly understood the importance of living a simpler life. Therefore, we can try to minimize our needs, live a healthy life and read more books. Only in these ways can we find happiness and satisfaction in our heart.

### Ways to Live a Simpler Life in a Modern World

Advancing technology and high speed of information exchanging has given rise to today's modern complicated world, which makes people have to adapt their lifestyle for the reality. Meanwhile, this situation has put an increasing number of people under high pressure, less leisure time, and even some have to change their lifestyle completely. So it is necessary to call for people to live a simple life.

Although different people hold different attitudes toward this issue, there are things all of us can do to simplify our lives to make our lives easier. In the first place, we should concentrate on what we want in a particular period, but not be affected by the outside world and circumstances around you. One typical case is keeping a balance between work and relaxation. The second thing to be encouraged is that more and more people enjoy suburban life with simple lifestyles rather than metropolitan districts life. The last thing is that government should take this issue into consideration, making relating policy to keep fair geographical distribution of public resources to ease people's life. That is the benefit of a simpler life in the whole society.

From my perspective, I highly appreciate modern people to make the choice to live in a simpler way that it not only benefits ourselves, but also benefits people around you. Living in a simple way should be a popular thing to do in modern society.

## 附 2：写作指导

### 一、写作思路

作文标题明确“**Ways to Live a Simpler Life**”与作文说明上下呼应“**列举几个你认为可以从简生活、重塑人生的几种方式**”，所以此篇作文的核心是要列举出“几个可以使生活简单的方式或方法”，言外之意是通过改进现有的一些生活方式使其变得简单。

列举的方式可以是大概概念的，比如从降低生活期待使生活更简单，而不是为了遥不可及的欲望而让自己的生活更忙碌和繁琐，甚至失去了生活方向；也可以从生活中的小事论述，如减少沉迷于智能手机上的各种新闻和公众号的推送，使自己处于更简单的生活节奏和方式。

### 二、段落展开

第一段：现象/现状说明段：现代生活过于繁复，各种琐事耗费经历和时间所造成的后果，因此我们需要保持简单的生活。

第二段：具体方法列举段：阐述从简生活的几种方式，列举两到三点原因。

第三段：归纳结论段：重申自己的观点：因为从简生活很重要，因此我们需要提倡这样的生活。

注意：不要通篇写“简单生活的重要性”，因为题目提纲明确“列举简单生活的几种方式”。今年的作文题与 2012 年 My Favorite Way of Keeping Fit 的写作思路类似。

新阳光的学员，也可以套用问题解决型作文模板的框架，解决了现有生活方式带来的问题而我们的生活更简单。