

2024 年 10 月高等教育自学考试全国统一考试

英语（一）

（课程代码 00012）

注意事项：

1. 本试卷分为两部分，第一部分为选择题，第二部分为非选择题。
2. 应考者必须按试题顺序在答题卡（纸）指定位置上作答，答在试卷上无效。
3. 涂写部分、画图部分必须使用 2B 铅笔，书写部分必须使用黑色字迹签字笔。

第一部分 选择题

一、阅读判断：本大题共 10 小题，每小题 1 分，共 10 分。下面的短文后列出了 10 个句子，请根据短文的内容对每个句子作出判断：如果该句提供的是正确信息，选择 A；如果该句提供的是错误信息，选择 B；如果该句的信息文中没有提及，选择 C。在答题卡相应位置上将答案选项涂黑。

Attitude Is Everything

One of the most important steps you can take toward achieving your greatest potential in life is to learn to monitor your attitude and its impact on your work performance, relationships and everyone around you.

I generally start my workshops and seminars by asking a fundamental question: What attitude have you brought to this meeting? This often brings puzzled looks. In truth, people generally don't have a high level of attitude awareness. They know if they are hungry or if their feet hurt, but they usually neglect to trouble over their attitude. That is a mistake because attitude is everything. It governs the way you perceive the world and the way the world perceives you.

We all have a choice. We can choose an inner dialogue of self-encouragement and self-motivation, or we can choose one of self-defeat and self-pity. It's a power we all have. Each of us encounters hard times, hurt feelings, heartache, and physical and emotional pain. The key is to realize it's not what happens to us that matters; it's how we choose to respond.

Our minds are computers that can be programmed. We can choose whether the software installed is productive or unproductive. Our inner dialogue is the software that programs our

attitudes, which determines how we present ourselves to the world around us. We have control over the programming. Whatever we put into it is reflected in what comes out.

Many of us have behavior patterns today that were programmed into our brains at a very tender age. The information that was recorded by our brains could have been completely inaccurate or cruel. The sad reality of life is that we will continue to hear negative information, but we don't have to program it into our brains.

The loudest and most influential voice we hear is our own inner voice, our main source of self-criticism. It can work for or against us, depending on the messages we allow. It can be optimistic or pessimistic. It can wear us down or cheer us on. We control the sender and the receiver, but only if we consciously take responsibility for and exercise control over our inner conversation.

Habitual bad attitudes are often the product of past experiences and events. Common causes include low self-esteem, stress, fear, resentment, anger and an inability to handle change. It takes serious work to examine the roots of a harmful attitude, but the rewards of ridding ourselves of this heavy baggage can last a lifetime.

1. Monitoring attitude and its impact is vital for achieving one's greatest potential in life.
A. True B. False C. Not Given
2. According to the author, attitude can decide how people understand the world.
A. True B. False C. Not Given
3. Most people develop much attitude awareness.
A. True B. False C. Not Given
4. It's a mistake that attitude is everything.
A. True B. False C. Not Given
5. We all have the power to overcome the difficulties with which we are faced in life.
A. True B. False C. Not Given
6. It's not so important how we choose to respond to what happens to us.
A. True B. False C. Not Given
7. It is sad that we fail to program negative information into our brains.
A. True B. False C. Not Given
8. Past experiences and events may cause us to form habits that produce bad attitudes.
A. True B. False C. Not Given
9. Ridding ourselves of harmful attitude can benefit us a lifetime.
A. True B. False C. Not Given
10. Attitude helps us succeed.
A. True B. False C. Not Given

二、阅读选择：本大题共 5 小题，每小题 2 分，共 10 分。阅读下面短文，请从短文后所给各题的 4 个选项（A、B、C、D）中选出 1 个最佳选项，并在答题卡相应位置上将该项涂黑。

Longevity

Why do some people live to be older than others? You know the standard explanations: keeping a moderate diet, engaging in regular exercise, etc. But what effect does your personality have on your longevity(长寿)? Do some kinds of personalities lead to longer lives? A new study in the Journal of the American Geriatrics Society looked at this question by examining the personality characteristics of 246 children of people who had lived to be at least 100.

The study shows that those living the longest are more outgoing, more active and less neurotic(神经质的) than other people. Long-living women are also more likely to be sympathetic and cooperative than women with a normal life span. These findings are in agreement with what you would expect from the evolutionary theory: those who like to make friends and help others can gather enough resources to make it through tough times.

Interestingly, however, other characteristics that you might consider advantageous had no impact on whether study participants were likely to live longer. Those who were more self-disciplined, for instance, were no more likely to live to be very old. Also, being open to new ideas had no relationship to long life, which might explain all those bad-tempered old people who are fixed in their ways.

Whether you can successfully change your personality as an adult is the subject of a longstanding psychological debate. But the new paper suggests that if you want long life, you should strive to be as outgoing as possible.

Unfortunately, another recent study shows that your mother's personality may also help determine your longevity. That study looked at nearly 28,000 Norwegian mothers and found that those moms who were more anxious, depressed and angry were more likely to feed their kids unhealthy diets. Patterns of childhood eating can be hard to break when we're adults, which may mean that kids of depressed moms end up dying younger.

Personality isn't destiny(命运), and everyone knows that individuals can learn to change. But both studies show that long life isn't just a matter of your physical health but of your mental health.

11. The aim of the study in the Journal of the American Geriatrics Society is _____.

- A. to see whether people's personality affects their life span
- B. to find out if one's lifestyle has any effect on their health
- C. to investigate the role of exercise in living a long life
- D. to examine all the factors contributing to longevity

12. What does the author imply about outgoing and sympathetic people?

- A. They have a good understanding of evolution.
- B. They are better at negotiating an agreement.
- C. They generally appear more resourceful.
- D. They are more likely to get over hardship.

13. What finding of the study might prove somewhat out of our expectation?

- A. Easy-going people can also live a relatively long life.
- B. Personality characteristics that prove advantageous actually vary with times.
- C. Such personality characteristics as self-discipline have no effect on longevity.
- D. Readiness to accept new ideas helps one enjoy longevity.

14. What does the recent study of Norwegian mothers show?

- A. Children's personality characteristics are invariably determined by their mothers.
- B. People with unhealthy eating habits are likely to die sooner.
- C. Mothers' influence on children may last longer than fathers'.
- D. Mothers' negative personality characteristics may affect their children's life spans.

15. What can we learn from the findings of the two new studies?

- A. Anxiety and depression more often than not cut short one's life span.
- B. Longevity results from a combination of mental and physical health.
- C. Personality plays a decisive role in how healthy one is.
- D. Health is in large part related to one's lifestyle.

三、概括段落大意和补全句子：本大题共 10 小题，每小题 1 分，共 10 分。阅读下面短文，请完成短文后的 2 项测试任务：(1) 从第 16~19 题后所给的 5 个选项中为第 ①~④段每段选择 1 个正确的小标题；(2) 从第 20~25 题后所给的 7 个选项中选择 6 个正确选项，分别完成每个句子。在答题卡相应位置将答案选项涂黑。

Effective Communication

① Developing the skill of effective communication can do wonders for the quality of your life and your relationships. One of the major causes of arguments and disagreements is not being able to convey the right message. Far too many marriages have ended in divorce due to miscommunication. Moreover, in the business world, lack of proper communication can cause all sorts of problems from loss of sales and loss of jobs to the collapse of companies. Let's explore some ways you can improve your communication skills in order to better send your message to the other person.

② So what is effective communication? Simply put, it is the condition where a receiver gets

the message from the sender in exactly the way the sender has intended it. In other words, if you tell someone your phone number and they get it correctly, you have succeeded. If, however, you give your phone number but the other person gets it wrong, then there is a problem. It can be the sender's fault, the receiver's fault, or both. These misinterpretations of the message are called barriers.

③ So what are some common barriers to effective communication? One common problem is that the receiver doesn't want to listen to the sender. I'm sure you have experienced this. You are trying to tell someone something and they just won't listen to you. It can be because they aren't focused, or they are upset and don't want to bother, or they just don't care. Another common barrier has to do with the sender not conveying the message clearly. This can be due to things like not being able to come up with the right words, giving a bad example, or simply not understanding the message enough to explain it to the receiver.

④ Having effective communication skills can be critical in business. Let's say your boss asks you to do something and you end up doing the wrong thing. Whether it's the boss's fault for not giving you clear instructions or yours for not receiving the message correctly, the bottom line is that the job wasn't done. That could cost the company money. This is why having effective business communications is so vital, whether they are verbal or written. Miscommunication can cost a lot of money. Taking time to develop effective communication in the workplace will not only help the business run more smoothly but also prevent resentment and arguments.

⑤ When communicating a message to the other person, one thing you can do is to make sure the other person understands your message. Don't just assume that they do; make sure of it, especially if it's something really important. You can do this simply by asking them to explain what you just told them. Just make sure you do it in a nice way.

⑥ As the receiver or listener, it's good practice to paraphrase what the other person has just told you. This will accomplish two things. First, you will make sure you have understood the message in your own words. Secondly, the other person will know that you are truly listening. This will also reduce the chances of any miscommunication.

⑦ There are a lot of courses you can take and books you can read about the subject of effective communication. Sometimes you can say the right things, have the listener hear exactly what you have said, and still miscommunications happen. This can occur when the two parties have different definitions of certain words or even of facial expressions. This is especially important in relationships, where just using one wrong word can set off a chain reaction that can end the relationship.

⑧ Constant communication and refining the quality and effectiveness of the communication can do wonders for a relationship. It might not be the easiest thing to do but, since having effective communication is so important, you need to spend the time to develop that skill yourself as well as get your partner to learn it with you.

Task 1

16. Paragraph ①:

17. Paragraph ②:

18. Paragraph ③:

19. Paragraph ④:

- A. Concept
- B. Barriers
- C. Benefits
- D. Skills
- E. Importance

Task 2

20. In the business world, ineffective communication can _____.

21. When effective communication is achieved, _____.

22. One common barrier to effective communication is that _____.

23. People may be unwilling to listen when _____.

24. Effective communication in the workplace will not only help the business run more smoothly but also _____.

25. Miscommunication may occur when the two parties _____.

- A. the sender doesn't convey the message clearly
- B. a person sends his message to the other person correctly
- C. you have understood the message in your own words
- D. lead to different problems
- E. prevent resentment and arguments
- F. have different definitions of certain words or even of facial expressions
- G. they are upset and don't want to bother

四、填句补文: 本大题共5小题, 每小题2分, 共10分。下面的短文有5处空白, 短文后有6个句子, 其中5个取自短文, 请根据短文内容将其分别放回原有位置, 以恢复文章原貌, 并在答题卡相应位置上将答案选项涂黑。

Why We Need Vacations

There's more to a vacation than can be described in a warehouse full of travel brochures. (26) _____. But there is even more to be said for a getaway break, leaving all standard routines behind and sampling a different life for a short while.

The benefits of taking a vacation start long before the suitcases are packed. A vacation is something to look forward to and keeps long stretches of routine from seeming endless. It

may only be a temporary staging post but looking ahead to a vacation gives us the sense that, whatever is happening at the moment, there's an end in sight. (27) _____.

It's no coincidence that companies sometimes use away-breaks to restore motivation and team relationships. If you're able to switch off and leave everyday patterns behind, when you come back, you often view old situations with fresh eyes and see them in a new light. If nothing else, noticing how your thoughts or mood can change on vacation proves that it's possible to feel differently. Yet taking a break is only part of the picture.

People don't disappear while on vacation or go into suspended animation. (28) _____. What really makes the difference is not simply getting away from the old grind; it's being able to do something else instead. We might speak to people we wouldn't normally meet, try sports we'd not do otherwise and discover interests we never knew we had.

Vacations also allow us to focus on the present in a way that's hard to do at home. When you're in a new environment for a short space of time, your attention tends to be on what's happening right now and in the next few days. Sightseeing walks and other recreational activities keep our minds even more in the here and now. This does much more than provide a few pleasant experiences. (29) _____.

Useful as they are in relation to the future, vacations can be even more important in relation to the past. Like major holidays and the change of seasons, vacations punctuate the year and give it a unique character. Ask someone about a certain period of time and they'll pinpoint it by going back over landmark events. (30) _____. You often hear people recall, for example, that "it was the year we went to Disneyland" or "right after we got back from camping". Family vacations can be some of clearest memories people have from their childhoods and important parts of a family's shared history.

Over time our vacations add colour and quality to our personal life stories. Every vacation is an adventure full of potential discoveries. Perhaps more than anything else, vacations enable us to raise our eyes from familiar paths so that we can look around and see that there's a world out there.

- A. We're still thinking and feeling the whole time we're away
- B. Vacations are one of these markers
- C. We somehow expect to feel differently afterwards and are proved right
- D. Being "in the moment" is in itself one of the keys to relaxation, and this happens more naturally on vacation
- E. We certainly need breaks from work
- F. Vacations are important to human beings

五、填词补文: 本大题共 10 小题, 每小题 1.5 分, 共 15 分。下面的短文有 10 处空白, 短文后列出 12 个词, 其中 10 个取自短文, 请根据短文内容将其分别放回原有位置, 以恢复文章原貌, 并在答题卡相应位置上将答案选项涂黑。

Small Cars

Automakers around the world are planning to make cars that are smaller, use less fuel and do not damage the environment. At auto shows around the globe, car producers are presenting what they have (31) _____.

General Motors has already displayed one of its prototypes. It is called P.U.M.A, (32) _____ means Personal Urban Mobility and Accessibility Vehicle. It looks (33) _____ a cart, has two batteries and seats for two people.

While GM's car may never be produced, other car makers have already made mini-cars that you can buy. Mercedes' Smart car has been (34) _____ in Europe for some time. Chrysler's GEM Peapod and Toyota's IQ are two small cars that have been specially (35) _____ for city traffic.

Many people want to buy small cars because they save (36) _____. That means saving money on petrol plus being able to find (37) _____ more easily in crowded cities.

Carmakers are also spending money (38) _____ research to make alternative-fuel cars. Maybe one day, most of us will drive biodiesel(生物柴油), hydrogen(氢) or solar-powered cars.

Hybrids are cars that are already on the market today. Toyota and GM already produce hybrid cars, trucks and SUVs that run on petrol and (39) _____. Other companies, like BMW, have made cars that use hydrogen and electricity. (40) _____ such cars are still too expensive to produce in large numbers, carmakers are continuing to improve them and make them cheaper.

- | | | |
|----------------|-------------|-------------------|
| A. in mind | B. although | C. in |
| D. designed | E. like | F. which |
| G. popular | H. what | I. parking spaces |
| J. electricity | K. on | L. fuel |

第二部分 非选择题

六、完形补文：本大题共 10 小题，每小题 1.5 分，共 15 分。下面的短文有 10 处空白，每处空白后的括号内有一个词，请根据短文内容将其正确的形式填入文中，以恢复文章原貌，并将答案写在答题卡相应的位置上。

Boxing

When you bring up the subject of boxing (box), the (41) _____ (major) of people (42) _____ (visual) two strong athletes in a ring, pumped up on adrenalin(肾上腺素) and (43) _____ (attempt) to destroy each other with their fists. However, boxing for (44) _____ (fit) is something altogether different, where entire classes of people can get a great workout from a non-contact version of the sport. Boxing is fast becoming a popular way to exercise and keep fit, and it is not difficult to understand why when you consider all the benefits the sport has to offer. You will see (45) _____ (increase) agility(敏捷), speed, endurance, (46) _____ (coordinate) and strength. You will learn the proper way to control your feet and the basic boxing stance(站姿). You will learn the basic punches and how to combine them all effectively. Boxing is not just a sport for self-defense, although you will learn how to properly throw a punch, and although it will increase your (47) _____ (self-confident) to know that, if anything were to go wrong, you should be able to defend yourself.

So you may wonder how I got started in boxing. I was already at the gym quite often, three or four times a week, but I was only doing weight training. Despite being stronger and more muscular, I was still soft around the midsection. After a conversation with my boss at lunch one day he suggested I come along to a boxing session. He is an (48) _____ (credible) fit man in his 40s. He offered to let me borrow a pair of boxing gloves, and told me all I needed to bring was a bottle of water and a towel.

If I have learned anything from the experience, it is not to be afraid to try something new. No matter what your skill or fitness level is, boxing is good for you because it can be modified to increase or decrease the (49) _____ (intensive) and (50) _____ (complex) of the workout. Not only is boxing a great way to work out, it gives you the opportunity to de-stress and vent your frustrations on the boxing mats.

七、短文写作：本大题共 1 小题，共 30 分。请根据所提供材料中的要求完成一篇 80 词左右的英文写作任务。将你的答案写在答题卡相应的位置上。

51. 假设你是李明，Write a letter of congratulation 给你的朋友王宁，告诉他昨天你妈妈告诉你，他高考取得了很好的成绩，被清华大学录取了。你对他表示祝贺，并祝他以后取得更好成绩。