

2024年10月高等教育自学考试全国统一考试

英语写作

(课程代码 00603)

注意事项:

1. 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。
2. 涂写部分必须使用2B铅笔, 书写部分必须使用黑色字迹签字笔。

一、补写缺失段落: 本大题共1小题, 每小题20分, 共20分。仔细阅读短文, 补写其中不完整段落。所写段落应完整, 语气、措辞与所提供的文章一致, 字数100词左右。

1. **Why I Came to College**

Why have I chosen to attend college? I have put this question to myself at many times and in various forms during the past three and a half months which have constituted the first semester of my freshman year. Have I come because of the influence from my parents, or because I have some goal of my own that I wish to pursue? After pondering these questions on many occasions, I have finally reached the conclusion that I have come to college not for one single reason, but for many.

As my high school career drew to a close, I was beginning to recognize in myself a strong drive to obtain knowledge. I knew that I would not be content to simply end my educational career with high school and enter the working world. I truly felt a need to continue learning in order to gain a better understanding of the world around me. My final decision to attend college seemed a natural one, and my choice of engineering as a field of study came easily as well, since the profession fit well with my academic preferences.

The fact that I enjoy learning and gaining knowledge was my main reason for choosing to enter college, but I must admit that it was not the sole reason. In today's world, a college education has become almost essential if one wishes to compete in the job market. In the next several years, this trend will surely continue, with a Bachelor's degree becoming almost indispensable if one wishes to find a respectable position, and a Master's degree becoming

highly desirable for advanced positions. Although it may sound materialistic, I felt that attending college was a practical and necessary step which I took to ensure a secure future for myself and my family. I made my choice to study engineering primarily on the basis of my love of mathematics and the physical sciences; however, the fact that it is a well-paid and respected profession did have some influence on my final decision to study engineering, rather than a pure science curriculum. Either field would have allowed me to study those subjects which hold my interest, but the decision to pursue the one which would ultimately be more profitable was not a difficult choice to make.

Finally, I chose to attend a diversified college, as opposed to a purely technical institute, because I feel that college should allow a person to grow in areas other than pure academics. It should also expose that student to a variety of social and political ideas, helping to expand his mental horizons. Attending Rutgers University has definitely allowed me to come into contact with a wide variety of lifestyles which could only be found together on a collegiate campus. Additionally, while I am able to major in a scientific field at Rutgers, I am able to simultaneously take courses which explore other fields of study and allow me to become a more diversified and well-rounded person. This overall gain of general knowledge which is available only to the college student is another reason that I was lured toward the pursuit of a higher education.

二、提纲撰写: 本大题共1小题, 每小题20分, 共20分。仔细阅读下面短文, 根据短文撰写一个“话题提纲”。

2. **Why Lack of Sleep Could Be Making You Fatter**

Sleepless nights don't just ruin your mood the next day—they could also damage your waistline. According to new research in the August issue of the *American Journal of Clinical Nutrition*, sleep deprivation can cause people to pack on extra pounds.

Researchers at the New York Obesity Nutrition Research Centre at St. Luke's-Roosevelt Hospital found that sleep-deprived people seem to burn the same number of calories as the well-rested, but they consume about 300 more calories a day. Given that it takes just 3,500 calories to add a pound to your body, those calories can quickly turn into extra weight.

But there are several other reasons that sleep loss could lead to weight gain, says sleep disorder specialist Michael Breus. When we get too little shut-eye, our metabolism(新陈代谢) slows down to conserve energy. That slowdown triggers the release of the hormone cortisol(荷尔蒙皮质醇), which increases appetite. Your body thinks it needs more energy, so it asks for more food.

In a vicious cycle, sleep loss also causes our bodies to release more ghrelin, another hormone that signals hunger, and less leptin, the hormone that tells your stomach that it's full. With your hormones no longer working in the normal way, your body wants more food and lacks the sensitivity to know when to stop eating. Not to mention that being awake more hours gives you more time to snack.

“The later you're up at night, the greater the likelihood that you're going to eat,” Breus says, and “you're more likely to eat high-fat, high-carb foods.”

One other contributing factor to such weight gain is that the body burns the most calories during REM sleep, a deeply restful phase. Less sleep means less time in REM.

For optimal health, experts say you should try to get 7.5 hours of sleep a night. If you have trouble sleeping, stick to a nightly routine, exercise during the day, banish worries to a journal, and keep pre-bedtime activities relaxing.

三、短文写作：本大题共 1 小题，每小题 60 分，共 60 分。字数 300 词左右。

3.

Some people think that traditional culture is being damaged as it is used as a tool to make money in the tourism industry. Others think it is the only way to preserve and protect culture and tradition. Write a 300-word expository essay to express your opinion.