

## 01.宝山区

A. invaluable	B. roughly	C. satisfying	D. distraction	E. simply	F. advantage
G. reasonable	H. performed	I. schedule	J. planned	K. excellence	

People tend to think that productivity involves doing several things at once, but according to Cal Newport, the secret to success is the opposite of multitasking. Newport is the author of *Deep Work*, a book that describes the benefits of focusing on one thing and doing it with 31.

Newport defines deep work as "the ability to focus without 32 on a *cognitively* (认知地) demanding task." It's the opposite of shallow work, which is made up of simple tasks that are usually 33 while distracted.

According to Newport, deep work is a(n) 34 skill in today's economy. It allows you to learn difficult things quickly and produce at a high level. Most people are distracted when they work, so you learn to work without distraction, that gives you 35. Deep work enables you to produce to the best of your ability and acquire new skills quickly. Developing excellence in one's craft can be a deeply 36 try. But deep work itself is also a skill, which means the more time you spend at it, the easier it gets. Moreover, if you only work at a shallow level, your ability to do deep work decreases.

So how do you conduct deep work into your work life or your studies? It's essentially important to 37 deep work into your day. Otherwise, it's easy to let your time fill up with shallow work. Newport recommends doing deep work as your first task of the day. That way you get it done before distractions build up. Shallow work does need to get done, but if you save it for later in the day, you can get your deep work done, too.

Scheduling deep work sessions for the same time every day can turn them into a habit. This makes it easier to spend time on them.

Because deep work is by definition cognitively demanding, you won't be able to do it all day. Beginners can usually only focus on deep work for 38 an hour, and even experts have trouble going more than four hours. So set 39 goals for yourself. If you really focus, you'll be surprised at how much you accomplish in a few hours.

By focusing on 40 sessions of deep work, you can get more done in less time and feel more satisfied.

答案：

31. K 32. D 33. H 34. A 35. F 36. C 37. I 38. B 39. G 40. J

## 02. 崇明区

A. advantage	B. anticipating	C. digitally	D. facilitating	E. geometry	F. giant
G. initiated	H. painstakingly	I. potentially	J. reopened	K. sought	

**How Digital Modeling Plays a Key Role in Restoring the Notre Dame Cathedral (巴黎圣母院)**

It's been more than four years since a fire damaged Notre Dame, the Catholic cathedral in Paris that's historically drawn millions of visitors every year.

Since then, people from around the world have united to support an effort, 31 by French President, that's intended to have the building back open to the public by the end of next year. Teams working to restore the Gothic cathedral have 32 to rebuild much of the damaged sections using materials like *oak wood* (橡木) and stone that have stood the test of centuries.

But the builders, architects and engineers do have the 33 of some 21st century technologies, including modern building information modeling (BIM) software that enables them to work with a(n) 34 detailed 3D digital model of the cathedral and surrounding site, backed by powerful cloud computing technology.

"It allows you to really understand a lot of how a building fits together, how it's constructed," says Andrew Anagnost, CEO of design software 35 Autodesk. It has contributed technical consulting, software and financial assistance to the project since shortly after the fire. A digital model, which took more than a year to create, includes more than 12,000 objects.

It was a complex process. Onsite workers captured the point-by-point 3D 36 of the cathedral with *laser* (激光) and photo equipment. Then, others turned the data points from that process into detailed shapes and objects, down to individual building stones. That let experts see how the building shifted in the fire — important for 37 any stability issues — and plan out the process of reconstruction.

"It's like *Mission: Impossible* when they plan," says Nicolas Mangon, VP of architecture, engineering and construction industry strategy at Autodesk. "Every little piece is done 38, and with the 3D model you can *simulate* (模拟) everything."

Even when the cathedral is 39, the model may still serve important roles. Mangon says the company is currently in discussions about using it to manage aspects of the complex going forward, 40 using sensors that could show the exact location of any future fires.

答案：31. G 32. K 33. A 34. H 35. F 36. E 37. B 38. C 39. J 40. I

## 03.虹口区

A. arrives	B. observable	C. boundless	D. contained	E. distancing	F. expansion
G. lies	H. parallel	I. perceiving	J. threads	K. volume	

**What Comes After Space?**

Looking at a clear night sky, you witness the vastness of space, which holds everything humans know to exist. To find out what 31 beyond, a good place to start is to determine where the universe ends. However, the problem is that scientists are uncertain about where space ends or whether it ends at all.

**The 32 universe**

The furthest humans can see out into space, using all the technology currently available to us, is 46 billion light-years (a light-year is the distance that light can travel in one year, and is equivalent to about 9.5 million million kilometres). The 33 of space that humans can see is called the visible universe. Beyond this, it remains a mystery whether it's an expanse of more galaxies and stars or possibly the edge of the universe. Some think that the universe is 34, meaning space goes on forever in every direction. In this case, there is nothing after space, because space is everything.

**Moving further away**

Experts have captured images of the entire Earth from space, and some astronauts have personally witnessed its beauty from orbit. Perhaps 35 the limits of the universe would also be possible too, if only humans knew where to go to look for it.

Another challenge is the universe's rapid 36. As galaxies move further away, their light takes longer to reach us. Eventually, some galaxies may be so distant that their light never 37. This might imply that any edge — and whatever is on the other side — is increasingly 38 itself from us. Regardless of these uncertainties, scientists still spend a lot of time thinking about what comes after space.

**Many universes?**

It's possible that there isn't just one universe, and that our universe is just one small part of a "multiverse". Perhaps our universe is 39 within its own distinct region of space, separated from others by vast expanses of nothingness. Or maybe 40 universes exist, pressed tightly against each other. Getting an idea of the universe's true shape may help astronomers find out whether it has an edge. What comes after that could be an even great mystery.

答案：31. G    32. B    33. K    34. C    35. I    36. F    37. A    38. E    39. D    40. H

## 04.黄浦区

A. airflows	B. block	C. challenges	D. cool	E. critically	F. disproportionately
G. principles	H. reduces	I. sensitive	J. site-specific	K. stretches	

## Skywell

A skywell, or “tian jin”, as it is commonly called, is a typical feature of a traditional home in southern and eastern China. Skywells were designed to reduce temperature in buildings well before air-conditioning existed. When wind blows above a skywell house, it can enter the indoor space through the opening. Because outdoor air is often cooler than indoor air, the incoming wind travels down the walls to the lower stories and creates \_\_\_31\_\_\_ by replacing warmer indoor air, which rises and leaves through the opening.



The main purpose of a skywell is to allow in light, improve *ventilation*(通风) and harvest rainwater. In Huizhou, a skywell is small but tall, and the rooms around it \_\_\_32\_\_\_ out sunlight on hot days, enabling the bottom of the skywell to stay cool. Meanwhile, hot air inside the house can rise and escape through the opening above the skywell.



Architects are now looking towards the \_\_\_33\_\_\_ behind skywells while designing new buildings to save energy. One example is the National Heavy Vehicle Engineering Technology Research Centre in the eastern Chinese city of Jinan. The 18-storey glass-walled tower block has a giant inner skywell in the middle, which \_\_\_34\_\_\_ from the fifth to the top floor. The elevators, toilets and meeting rooms are all situated around this channel, which helps improve the lighting and ventilation and \_\_\_35\_\_\_ the overall energy consumption.

Ancient “green wisdom” such as skywells continue to inspire today’s climate adaptive design and innovations in methods that depend on design and technology to \_\_\_36\_\_\_ a building without the use of power.

However, there are some \_\_\_37\_\_\_ for bringing skywells into modern designs. The mechanisms of courtyards facilitating natural lighting, ventilation and rain collection are well known, but applying these methods needs to be \_\_\_38\_\_\_. Because traditional skywells had different shapes, sizes and features, which were \_\_\_39\_\_\_ dependent on their natural surroundings, adding skywells into modern buildings requires designers to be \_\_\_40\_\_\_ to their project’s context and situation, making it difficult to apply them as a universal solution.

答案：31-35 ABGKH 36-40 DCJEI

## 05.金山区

A. housed	B. overcome	C. mounting	D. distress	E. marveling	F. instrument
G. chain	H. facilitate	I. pilot	J. confused	K. striking	

## Unlocking The Vatican Museums

Gianni Crea has, almost every morning for the past decade, unlocked the doors to the Vatican Museums. He has seen the splendor of the Sistine Chapel and admired the textures of ancient Egypt. “Yes, I’m a key keeper. But the doors I open are the ones to the history of art, and it’s here that exists the biggest and most beautiful history in the world,” says Crea.

The Vatican Museums have (31) \_\_\_\_\_ collections since the 15<sup>th</sup> century, including tens of thousands of artworks and artifacts spanning prehistory to modern times. The most (32) \_\_\_\_\_ one of them, according to Crea, is Michelangelo’s Sistine Chapel. He recalls being (33) \_\_\_\_\_ with emotion the first time he accompanied the former head key keeper to open the chapel more than 20 years ago. Since then, he’s witnessed people of all faiths (34) \_\_\_\_\_ at the chapel’s loveliness, something the church believes is increasingly vital during these unsettled times.

“In the difficult current context the world is experiencing, in which sadness and (35) \_\_\_\_\_ seem to have the upper hand, art is more necessary than ever, because beauty is always a source of joy,” Pope Francis said last year.

There is also (36) \_\_\_\_\_ scientific evidence to support this view. A 2019 WHO analysis revealed that artistic and cultural activities (37) \_\_\_\_\_ physical and psychological health. In fall 2022, physicians at Brussels’ hospitals partnered with the city to launch a six-month (38) \_\_\_\_\_ study examining the benefits of “museum prescriptions as supplemental treatment for stress, burnout, and anxiety”. It’s the first investigation of its kind in Europe and is expected to have (39) \_\_\_\_\_ effects across the continent. And in the wake of the *pandemic* (疫情), which forced the Vatican Museums to close three times between 2020 and 2021, there’s a growing movement for wider and easier access to the arts for people’s well-being. “The Vatican Museums must open their doors to people from all over the world, as a(n) (40) \_\_\_\_\_ of dialogue between cultures and religions,” Pope Francis wrote in his 2015 publication.

“Everyone can find something beautiful and moving here,” says Crea, who always welcomes travelers from around the world to accompany him during his morning routine on select dates. “The Vatican Museums will give you an understanding of art and history regardless of your faith.”

答案：31~40    AKBED    CHIGF

## 06.静安区

A. smoothing	B. remain	C. switched	D. likelihood	E. impact	F. tip
G. broadly	H. headed	I. booming	J. positioning	K. reliably	

## Sea-level rise predictions

A team of University of Idaho scientists is studying a fast-moving glacier in Alaska in hopes of developing better predictions on how quickly global sea levels will rise.

Tim Bartholomaus, a professor in the Department of Geography and Geological Sciences, spent several weeks on Turner Glacier in Alaska's southeastern \_\_31\_\_ near Disenchantment Bay. The glacier is unique because, unlike other glaciers, it rises greatly every five to eight years.

A surging glacier is defined, \_\_32\_\_, as one that starts flowing at least 10 times faster than normal. But the how and why of that glacial movement is poorly understood, although recent research suggests that global climate change increases the \_\_33\_\_ of glacial surging.

During Turner's surges, the mass of ice and rock will increase its speed from roughly 3 feet a day to 65 feet per day.

All of that is important because glaciers falling into the ocean are a major contributor to sea-level rise, and current climate change models don't \_\_34\_\_ account for these movements. For example, Greenland's glaciers are one of the leading contributors to global sea-level rise. Since the early 2000s, Greenland \_\_35\_\_ from not having any effect on world sea levels, to increasing sea level by about 1 millimeter per year. Half of that yearly increase is due to warmer average temperatures, which leads to more ice melting. The other half, however, is because glaciers in Greenland are, as a whole, moving faster and running into the ocean more frequently.

Glacial movement has something to do with water running underneath the glacier. Glaciers are full of holes, and water runs through those holes. When the water pressure is high underneath a glacier, it starts to move, partly because it's lifting the mass of ice and rock off the ground and partly because it's \_\_36\_\_ the underside of the glacier.

But how exactly does that water move through the glacier, and how does the movement \_\_37\_\_ the glacier's speed? Those are the questions the scientists hope to answer.

Bartholomaus, some graduate students and researchers from Boise State University, \_\_38\_\_ onto the ice in August. They set up a base camp at the toe of the glacier and spent their days flying in on helicopters. They placed roughly 30 instruments, burying them deeply into the glacier and \_\_39\_\_ them on rock *outcroppings* (露岩) alongside the glacier. This summer the team will return to get the instruments and replace batteries. Those instruments will \_\_40\_\_ on and around the glacier until the glacier surge stops, providing researchers with before and after data.

答案：31-35

FGDKC

36-40

AEHJB

## 07.闵行区

- |                 |              |               |               |              |
|-----------------|--------------|---------------|---------------|--------------|
| A. mine         | B. criteria  | C. cataloged  | D. candidate  | E. delay     |
| F. anticipating | G. comprised | H. perceiving | I. initiative | J. compounds |
| K. unfavorable  |              |               |               |              |

## What Lies Beneath

“Earth” has always been an odd choice of name for the third planet from the Sun. After all, an *alien* (外星人) examining it through a telescope would note that two-thirds of its surface is 31 not of land but of oceans of water. Marine biologists think the oceans might host more than 2,000,000 species of marine animals, of which they have so far 32 perhaps a tenth.

A new 33 hopes to change this. Smoothly launched in London on April 27th, *Ocean Census* (海洋普查) aims to discover 100,000 new species of marine animal over the coming decade.

The attempt is happening now for two reasons. One is that, the longer scientists 34, the fewer there will be to document. Climate change is heating the oceans, as well as making them more acidic as carbon dioxide is absorbed into the water.

The second one is technological. Marine biologists discover about 2,000 new species a year, a rate hardly changed since Darwin's day. Ocean Census is 35 it can go faster. “*Cyber taxonomy* (网络分类学)”, for instance, involves feeding animal DNA information into computers, which can quickly decide whether it meets the 36 for a new species.

Exactly what the new effort might turn up, of course, is impossible to forecast. But history suggests it will be fruitful. Half a century ago scientists detected hot openings on the sea bed that were home to organisms living happily in conditions that, until then, had been thought 37 to life. These days, such openings are one credible 38 for the origin of all life on Earth.

More practical benefits can't be ignored. Many drugs, for example, come originally from biological 39. An ocean full of unrecorded life will almost certainly prove a rich *seam* (矿层) from which to 40 more.

To help make use of its data, Ocean Census plans to make it attainable to scientists and the public without charge, who will be able to search it for anything valuable or unexpected.

答案：31. G 32. C 33. I 34. E 35. F 36. B 37. K 38. D  
39. J 40. A

## 08.青浦区

A. carved	B. unknowingly	C. ecosystem	D. artificial	E. elemental	
F. changing	G. practically	H. wrinkled	I. unmoving	J. species	K. inspection

Magical Creatures: AN APPRECIATION OF AUTUMN *MOTH* (蛾)

Moths seem to have a bit of a bad reputation: to some they are ill indications or something scary, to others they are dull in comparison to our well-loved butterflies. But moths are an essential part of a(n) \_\_31\_\_, and important food sources for species like birds and bats. And for me, moths are far from dull.

My first meeting with an Angle Shades moth was nearly a non-encounter. I almost passed by without noticing it, thinking it was a fallen leaf on a fence post. But there was something about it that stopped me in my tracks. Its angular shape perhaps? Or the way it sat, \_\_32\_\_, despite the breeze. Closer \_\_33\_\_ revealed cream and buff shell-shaped wings, painted with triangles of light pink and brown. Suddenly, it transformed from a(n) \_\_34\_\_ leaf into a living thing before my eyes. I've been fascinated ever since.

The Canary-shouldered Thorn, with its hairy buttercup-coloured body and yellow and orange wings, reminds me of a fallen *silver birch* (白桦树) leaf. A night-flyer, it favours gardens and woodlands, and is often drawn to \_\_35\_\_ light, meaning that your torch beam may be attracting moths as well as lighting your way in the dark. It's also worth double-checking any leaves in farm houses, as these sheltered spots are a favourite hiding place of another overwintering \_\_36\_\_: the Herald moth. This elegant creature's beautiful wings look as though they've been \_\_37\_\_ by hand and painted with bronze.

There's more to these imitators than fallen leaves. The Green-spotted Crescent, which \_\_38\_\_ disappears on rough branches, has metallic green spots integrating with the *moss* (苔藓). Maybe I've already \_\_39\_\_ crossed paths with one, though. As we dig out our big coats and slip on boots for walks beneath branches, how many moths are we missing? These clever creatures aren't bad indications, but \_\_40\_\_ parts of nature, with a gift for fancy-dress.

答案: 31-40 C I K H D J A G B E



## 09.松江区

A. attractive	B. bothered	C. building	D. contrasts
E. crossed	F. demonstrates	G. dramatically	H. greyed
I. instrumental	J. sustaining	K. vividly	

A Review on *Oppenheimer*

*Oppenheimer* is Christopher Nolan's film about J. Robert Oppenheimer, the man known as "the father of the *atomic* (原子的) bomb". As a drama about genius, pride and error, it 31 the life of the American theoretical physicist who helped research and develop the two atomic bombs that were dropped on Hiroshima and Nagasaki, two cities in Japan, during World War II.

*Oppenheimer* is a great achievement, partly because it 32 relates that period of history thanks to Nolan's lifelike filmmaking. Nolan goes deep and long on the 33 of the bomb, but he doesn't restage the attacks and there are no documentary images of the dead or cities in ashes.

The story tracks Oppenheimer across decades, starting in the 1920s with him as a young adult and continuing until his hair 34. The film touches on his personal and professional milestones, the controversies that 35 him, and the attacks that nearly ruined him. Besides, the friendships and romances 36 him, yet also troubling, are also described.

The path of Oppenheimer's life 37 shifted at Berkeley. He was once only an academic there, but his identity changed after Germany entered Poland by force. By that time, Oppenheimer had become friends with Ernest Lawrence, a physicist who invented the historic *particle accelerator* (粒子加速器) and played a(n) 38 role in the Manhattan Project. And Oppenheimer also met the project's military head and was then made director of Los Alamos, where much of his later research on nuclear weapons took place.

François Truffaut once wrote that "war films, even those who support peace, even the best, willingly or not, present wars in a certain 39 way." That is why Nolan refuses to show the bombing of Hiroshima and Nagasaki, killing millions of souls. In the film, you hear that Oppenheimer's famous words 40 his own mind as the mushroom cloud rose: "Now I am become Death, the destroyer of worlds." Nolan is actually reminding audience to reconsider the roles they can play in the world.

答案：31-40      FKCHB JGIAE

## 10.徐汇区

A. attraction	B. waiting	C. mystery	D. unique	E. simply	F. originally
G. stable	H. popularity	I. donating	J. searching	K. interfere	

There's a rarely-visited, dusty corner of the world where something magical happens. The place, which looks like Mars with its red rock landscape, is the Tatacoa Desert, in Colombia.

Tatacoa is located in the region of Huila, south of the country's capital Bogotá. Although Tatacoa, with its protruding cacti and red rippled rocks, is called a desert, it is in fact a dry tropical forest. But the exciting, and very (31) \_\_\_\_\_, feature of this desert, is what happens above it, at night.

Thanks to its remote location—it's almost 30 miles and an hour's drive over bumpy winding roads to the nearest town—Tatacoa has no light pollution to (32) \_\_\_\_\_ with the night sky.

Up to 88 *constellations* (星座) are visible on a clear night, as well as both hemispheres – something that happens nowhere else in the world.

The warm and dry climate helps with stargazing; a (33) \_\_\_\_\_ atmosphere, which happens in dry spots or places of high elevation, decreases something called scintillation, which is when a star's light rises and falls rapidly. It's why stars twinkle, which looks beautiful but isn't so great for astronomers.

Not only is Tatacoa a natural wonder, but the DIY observatory that's run by a Colombian man named Javier Fernanda Rua Restrepo has become a star (34) \_\_\_\_\_ too. In fact, this humble building attracts stargazers from all over the world, from China to Iceland to Australia. And Restrepo has also become well-known in astronomer circles, with a few scientists (35) \_\_\_\_\_ their own telescopes to support the grassroots observatory.

The Colombian, who is (36) \_\_\_\_\_ from Cali, fell in love with the stars thanks to his father's interest in astronomy and science, and first visited Tatacoa in 1997, to try to see the Comet Hale-Bopp. He stayed for a couple of days before heading back to his hometown. But within a month, he returned to Tatacoa—and never left, camping out for weeks on end (37) \_\_\_\_\_ for the night to come so that he could watch the stars.

At first Restrepo had worked at the Colombian government's observatory, which he helped staff for 15 years. But after budget cuts meant he lost his job, he figured he would (38) \_\_\_\_\_ build his own.

In 2015, Restrepo opened the doors to his observatory—Tatacoa Astronomia—with just one telescope. Now, as Colombia has grown in (39) \_\_\_\_\_ as a tourist destination, hundreds flock to Restrepo's star party, which he holds once a year in July.

Tatacoa Astronomia is only open on starry nights, and Restrepo remains the sole employee. But that doesn't distract from the intimacy and the specialness of the place. The structure sits on a small patch of land that Restrepo bought himself, and is *cordoned* (隔离) off by *tarpaulin* (油布) to add an extra sense of (40) \_\_\_\_\_ and *intrigue* (阴谋) for visitors.

"The stars... they put my life into its tiny perspective," he says, "and they constantly remind me there are greater things out there."

答案：31-35 D K G A I    36-40 F B E H C

## 11.杨浦区

- |             |          |               |               |              |                  |
|-------------|----------|---------------|---------------|--------------|------------------|
| A. normally | B. boost | C. sustain    | D. gains      | E. assessing | F. substantially |
| G. efforts  | H. mixed | I. surprising | J. anticipate | K. assigned  |                  |

**Your Social-Media Detoxes (脱瘾治疗) Probably Aren't Helping You**

We've all heard the supposed benefits of unplugging from digital devices, even for 24 hours. Such breaks are said to (31) \_\_\_\_\_ self-confidence, reduce social competitiveness and fears of missing out, and make room for more-enriching, in-person interactions. Yet studies exploring those effects have produced (32) \_\_\_\_\_ results. So a global research team set out to systematically test the idea that social media detoxing delivers meaningful psychological (33) \_\_\_\_\_.

The researchers recruited 600 undergraduate students in three places: the United States, the United Kingdom, and Hong Kong. All participants were randomly (34) \_\_\_\_\_ to keep away from social media on either the first or the second day of a two-day experiment. On the other day, they were to interact with digital platforms as they (35) \_\_\_\_\_ would. Each evening they answered survey questions aimed at (36) \_\_\_\_\_ various aspects of well-being. Contrary to the researchers' expectations, the one-day detox made no noticeable impact on positive or negative emotions, self-confidence, or daily satisfaction. When it did have an effect, it decreased daily satisfaction and social relatedness, although the changes were not significant once the analysis was adjusted to control for gender. Just as (37) \_\_\_\_\_, people didn't use the time freed up from looking at screens for other forms of socializing. In fact, they reported (38) \_\_\_\_\_ lower levels of face-to-face, phone, and email interactions on their detoxing days.

Even short social-media breaks can be hard to (39) \_\_\_\_\_ — indeed, only half the participants in the experiment did what was required and these results suggest that they may not be worth the (40) \_\_\_\_\_. “We did not find any evidence that social media detoxing for one day had significant positive impacts on psychological well-being,” the researchers write.

答案：31-35 B H D K A    36-40 E I F C G

## 12.长宁区

A. objected	B. choices	C. inequality	D. combination	E. paid	F. respond
G. personality	H. fade	I. reduce	J. inherited	K. environmental	

**What makes us happy?**

You probably know the type of personality in some people: they seem to be hopeful in almost everything. Are they simply born happy? Is it the product of their environment? Or does it come from their life decisions?

If you are familiar with genetics research, you will have guessed that it is a \_\_\_\_\_ 31 \_\_\_\_\_ of all three. A 2018 study of 1516 Norwegian twins suggests that around 30% of the differences in people's life satisfaction is \_\_\_\_\_ 32 \_\_\_\_\_. Much of this seems to be related to personality traits.

To put this in context, the heritability of IQ is thought to be around 80%, so \_\_\_\_\_ 33 \_\_\_\_\_ factors clearly play a role in our happiness. These include our physical health, the size and strength of our social network, job opportunities and income. It seems that the absolute value of our salary matters less than whether we feel richer than those around us, which may explain why the level of \_\_\_\_\_ 34 \_\_\_\_\_ predicts happiness better than GDP.

Interestingly, many important life \_\_\_\_\_ 35 \_\_\_\_\_ have only a little influence on our happiness. Consider marriage. A 2019 study found that, on average, life satisfaction does rise after the wedding, but the feeling of happiness tends to \_\_\_\_\_ 36 \_\_\_\_\_ over middle age.

Parenthood is even more complex. For decades, social scientists have found that people with children at home are significantly less happy than those without. More recent research, however, suggests that there are important regional differences.

Analyses show that these differences can be almost completely explained by variations in \_\_\_\_\_ 37 \_\_\_\_\_ parental leave, flexible working hours, affordable childcare and holiday leave, which together \_\_\_\_\_ 38 \_\_\_\_\_ the potential for work-family conflict. The effects of these policies may play out across generations. In addition to the legacy of their genes, parents' own emotional well-being will influence the family vigour, which will, in turn, shape the \_\_\_\_\_ 39 \_\_\_\_\_ of their children.

Our life satisfaction, then, is shaped by our genes, health, economic prospects, relationships and the culture around us. While many of these things may be beyond your control, there is now good evidence that certain psychological strategies will help you to \_\_\_\_\_ 40 \_\_\_\_\_ to your circumstances in the happiest way possible.

答案: 31-35 D J K C B 36-40 H E I G F

## 13. 嘉定区

A. ballooning    B. frost-intolerant    C. directly    D. contributors    E. erupted  
F. conditions    G. shaded    H. sensor-equipped    I. engineering    J. situated    K. properly

## Farm of the Future in the Sky

Five storeys off the ground at Colorado State University, a highly unlikely garden grows under a long row of rooftop solar panels. It's late November at 9 am, when the temperature is -2°C and the wind is cutting. Not long before my arrival, researchers had pulled the last \_\_\_31\_\_\_ crops out of the soil under the panels. In their place, cool-season foods like leafy greens still grow, \_\_\_32\_\_\_ from the intense sunlight up there.



This is no ordinary green roof, but an expansive and \_\_\_33\_\_\_ outdoor laboratory. The idea behind it is explained by Jennifer Bousselot, the director of the rooftop farm. Solar panels tend to get too hot on conventional rooftops, and that heat reduces their efficiency while plants help cool them off. "If you have plants under there," Bousselot said, "they create ideal \_\_\_34\_\_\_ for solar panels to operate. Also, the shade of the panels encourages the growth of plants. A win-win solution."

Therefore, the overall goal of the rooftop farm is to grow more food for \_\_\_35\_\_\_ urban populations while generating clean energy and making buildings more energy efficient. Without the sun beating down \_\_\_36\_\_\_ on a bare roof, green roofs boost a building's energy efficiency by about 10 percent. That is, you don't need to run as much air-conditioning to \_\_\_37\_\_\_ cool the place during a heat wave. This innovative approach can also maximize land use, making urban spaces not just consumers of resources, but also active \_\_\_38\_\_\_ to both energy and agricultural production.

However, being \_\_\_39\_\_\_ on a rooftop comes with more challenges than a typical farming site. The wind loads on a roof make it challenging to install a tracking system and *irrigation* (灌溉) is also trickier. The expenses are substantially increased due to higher \_\_\_40\_\_\_ costs and the difficulties of moving and installing all the sensors and materials high in the air.

It is obviously early days for rooftop farms, but some effects were already evident. Instead of being big, dead spaces, roofs may act as booming ecosystems.

答案：31-40 BGHFA CKDJI

## 14. 浦东新区

A. assigned	B. bond	C. consequently	D. deliberately	E. discomfort
F. eliminate	G. measured	H. pass	I. reluctant	J. reveal
				K. sympathetic

There are plenty of complaints about how social media—texting in particular—may be harming children’s social and intellectual development. But a new study suggests that constant instant messaging (IM’ing) and texting among teens may also provide benefits, particularly for introverts, who are \_\_\_\_31\_\_\_\_ to tell their thoughts to others.

British researchers analyzed 150 conversations exchanged by 231 teens. In 100 of these chats, the study participant began IM’ing while in a negative emotional state such as sadness or anger. The rest were conversations begun when the participant was feeling good or neutral. After the chat, participants reported a 20% reduction in their distress—not enough to completely \_\_\_\_32\_\_\_\_ it, but enough to leave them feeling better than they had before reaching out.

“Our findings suggest that IM’ing between distressed adolescents and their peers may provide emotional relief and \_\_\_\_33\_\_\_\_ contribute to their well-being,” the authors write, noting that prior research has shown that people \_\_\_\_34\_\_\_\_ to talk to strangers either in real life or online improved their mood in both settings, but even more with IM. And people who talk with their real-life friends online also report feeling closer to them than those who just communicate with each other face-to-face, implying a strengthening of their \_\_\_\_35\_\_\_\_.

Why would digital communication beat human contact? The reasons are complex, but may have something to do with the fact that users can control their expressions of sadness and other emotions they may be having via IM without having to \_\_\_\_36\_\_\_\_ emotional elements such as tears, which some may consider as embarrassing or sources of \_\_\_\_37\_\_\_\_. Studies also show that the *anonymity*(匿名) of writing on a device blankets the users in a sense of safety. Prior research has shown that expressive writing itself can “vent” emotions and provide a sense of relief—and doing so, knowing that your words are reaching a(n) \_\_\_\_38\_\_\_\_ friend may be even more therapeutic. Researchers also found that introverted participants reported more relief from IM conversations when they were distressed than extroverts did. In fact, introverts care deeply for their friends, family and colleagues, but even the most socially skilled ones sometimes long for a free \_\_\_\_39\_\_\_\_ from having to socialize or having to talk on the phone. This is what the Internet offers: the chance to connect—but in \_\_\_\_40\_\_\_\_ *doses*(剂量) and from behind a screen.

答案：31.I 32.F 33.C 34.A 35.B 36.J 37.E 38.K 39.H 40.G

## 15. 普陀区

A. contributors	B. publisher	C. conferences	D. alternatives	E. chalked
F. passive	G. general	H. inherited	I. completely	J. duly
				K. order

**Textbooks**

Textbooks represent an 11 billion dollar industry, up from \$8 billion in 2014. Textbook publisher Pearson is the largest (31) \_\_\_\_\_ in the world. It costs about \$1 million to create a new textbook. A freshman textbook will have dozens of (32) \_\_\_\_\_, from subject-matter experts through graphic and layout artists to expert reviewers and classroom testers. Textbook publishers connect professors, instructors and students in ways that (33) \_\_\_\_\_, such as open e-textbooks and open educational resources, simply do not. This connection happens not only by means of collaborative development, review and testing, but also at (34) \_\_\_\_\_ where faculty regularly decide on their textbooks and curricula for the coming year.

It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks. But this can be (35) \_\_\_\_\_ up to the excessively high cost of their books—which has increased over 1,000 percent since 1977. A restructuring of the textbook industry may well be in (36) \_\_\_\_\_. But this does not mean the end of the textbook itself. While they may not be as dynamic(动态的) as an iPad, textbooks are not (37) \_\_\_\_\_ or lifeless. From 1800 to the present day, textbooks have done this by raising questions for students to answer. That means students are asked to use their individual experience to come up with answers to (38) \_\_\_\_\_ questions.

Today's psychology texts, for example, ask: "How much of your personality do you think you (39) \_\_\_\_\_?" while ones in physics say: "How can you predict where the ball you threw will land?" Experts observe that "textbooks come in layers, something like an onion." For an active learner, choosing a textbook (40) \_\_\_\_\_ can be an interactive experience. Readers proceed at their own pace.

答案：31-35 B A D C E      36-40 K F G H J

## 16. 奉贤区

A. unanticipated	B. moments	C. evolved	D. basically	E. explored	F. clearly
G. navigate	H. rituals	I. integral	J. access	K. inspiring	

**Boat of Power**

Dragon boat racing began in China more than 2,000 years ago as part of a cultural community event to memorize the ancient poet, Qu Yuan. The traditional holiday was a time to perform \_\_\_\_31\_\_\_\_ for good fortune and well-being, and to drive off evil spirits. Over time, dragon boat racing \_\_\_\_32\_\_\_\_ into a global sport.

The Toronto-based Dragons Abreast team stands out at this sport for a few reasons. For one, the 79-member team includes people ranging in age from 30 to 93. Prior to joining Dragons Abreast, some members hadn't been part of a sports team since childhood and wouldn't have described themselves as particularly athletic ones. And what has brought these women together is something \_\_\_\_33\_\_\_\_—living with breast cancer.

The breast cancer survivors on this team are in the same boat in every way. For many, being part of a community that knows \_\_\_\_34\_\_\_\_ how life changes after breast cancer is as beneficial as the physical gains. The team offers a supportive space to \_\_\_\_35\_\_\_\_ all the complexities of survivorship.

"I was so surprised at how \_\_\_\_36\_\_\_\_ the racing was for me," says Liz Johnston Hill, the race coordinator for Dragons Abreast. "It's almost overwhelming how people encourage, no matter what."

Being out on the water and connecting to the environment is an important aspect of dragon boating for many of the team members. They talk about how it provides \_\_\_\_37\_\_\_\_ of peace and encourages mindfulness, something we could all use more of in our lives. Outside of dragon boat, the members are a(n) \_\_\_\_38\_\_\_\_ part of each other's life. "We've all been through \_\_\_\_39\_\_\_\_ the same thing in our various ways," says the race coordinator Liz Johnston Hill. While the number of breast cancer survivor teams grows, barriers to the sport remain such as cost, time, \_\_\_\_40\_\_\_\_ to water and practice facilities and the lack of cultural and language diversity. But there are ongoing efforts to introduce more people living with breast cancer to dragon boat.

答案：31-35 HCAFG

36-40 KBIDJ