

01.宝山区

(B)

From: Bridget Pecolini <bpecolini@mathcontest.com>

To: Anson Wong <mransonwong@email.com>

Re: Questions about online math contest

Date: June 18, 2023

Dear Mr.Wong,

Thank you for your email. We're so glad your children are signed up to participate in our math contest. I hope it will be a rewarding and enriching experience for them.

You can access the training session and practice tests by logging into our website at www.mathcontest.com. Once you're signed in, you will see several tabs on the left-hand side.

One of them will say "Enrolled." If you click on the drop-down menu there, you'll find the names of the children you registered. If you click on each name, you'll be given the option of joining a training session or doing practice tests.

I hope that answers your question!

Please let me know if you need any further help.

Sincerely,

Bridget Pecolini

www.mathcontest.com/studentinformation

MATH CONTEST 2023

We're glad you've decided to participate in this year's math contest. This is our 37th year running this contest, and our 3rd with an online option. We hope to be able to offer in-person contests next year!

Gary Wong

3rd Grade

Access to the contest

Sample test 2023

2018-2022 Practice

60. What can Gary do at the beginning of August?

- A. He can take a class to learn how to succeed.
- B. He can do the contests from two years ago.
- C. He can contact the contest organizers.
- D. He can try the most recent practice contest.

61. Why did Bridget contact Anson?

- A. She was checking in on him.
- B. She was responding to his email.
- C. She was looking for information.
- D. She was asking him to pay.


62. When does the official contest take place?

- A. It takes place on June 18.
- B. It takes place on August 7.
- C. It takes place on August 12.
- D. It takes place on August 14.

答案：60-62 DBD

02.崇明区

(B)



YOUR IMPACT BEGINS TODAY

Help us solve our world's most pressing challenges

Together we can change the world. With your support, we're driving new knowledge, working to reduce our human footprint on the planet, and inspiring a new generation of changemakers to value the natural world and help create a brighter future.

100% of all donations go directly to our Explorers and programs.

We've built a sustainable, innovative business model that allows us to invest every dollar you donate directly to our Explorers and programs. When you support the National Geographic Society, not only are you supporting your passion for the planet, but you also help protect its wonder. You ensure our mission lives on so we can continue exploring the planet, saving wildlife, protecting our ocean, empowering the world's most innovative scientists to help solve the planet's mysteries and challenges, and preserving our ancient *heritage* (遗产) for future generations. Your generous contribution will immediately go to work supporting the things you care passionately about — not operating costs.

SUPPORT OUR WORK

Tax-free gifts
National Geographic Society is a tax-free organization, and we rely on the generosity of donors like you to support our Explorers' work in science, exploration, education, and storytelling.

Single and monthly donations Make a gift today to help explore and protect our planet. By giving monthly, your reliable support allows us to respond to the most pressing programmatic needs.	Employer Matching Gifts Many companies have a matching gift program for employees. You give an amount and your company donates the same. Double your impact by exploring your employer's matching gift programs.	Honor/Memorial Giving Honor a friend or loved one's passion for science, exploration, education, and storytelling by making an unusual gift in their name.
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60. The above webpage is aimed at _____.
 A. appealing to people to preserve ancient heritage
 B. guiding people to invest in a sustainable business
 C. attracting donations to National Geographic Society
 D. publicizing the mission of National Geographic Society
61. To make your contribution twice as much, you can _____.
 A. support the most pressing employer B. reduce the tax attached to the donation
 C. make it a gift in the name of your friend D. try your company's matching gift programs
62. What can be learned about National Geographic Society?
 A. It needs no operating costs. B. It is dedicated to protecting nature.
 C. Its mission hasn't been recognized. D. Its employees needn't pay income tax.

答案：60. C 61. D 62. B

03.虹口区

(B)

Can you stand on one leg for 10 seconds?

Balance could be a matter of life and death. The World Health Organization estimates that 684,000 fatal falls occur each year, making falling the second leading cause of unintentional injury death. Some of these falls are caused by more serious conditions – but many aren't. According to George Locker, a long-term practitioner of tai chi, a loss of balance is a medical problem that can't be treated with drugs or surgery, despite its effects.

Increasingly, efforts are being made to *remedy* (补救) the balance problem among the groups already most affected by it. Tai chi, practiced by an estimated 50 million people in China, is an option. Studies have shown that as little as eight weeks of practice can improve older adults' scores on the Tinetti test—a commonly used measure of competence in basic tasks such as rising from a chair and walking—as well as reducing fear of falling. Longer periods of study show further benefits.

Whatever activity you choose, the lesson is to work on your balance before you need to, not after it becomes an issue. As Locker puts it: everyone's told to save money for their retirement, and nobody's taught to save their balance. But both are difficult to get back once they're gone.

Just 15 minutes a day of practice can be beneficial, but do more if you have time. Starting earlier helps: try the exercises below on a hard, level surface.

Easy Level: Standing on one leg—with your hands resting on a work surface if you're feeling unsteady—see how long you can maintain your balance. Do this one while you're brushing your teeth.

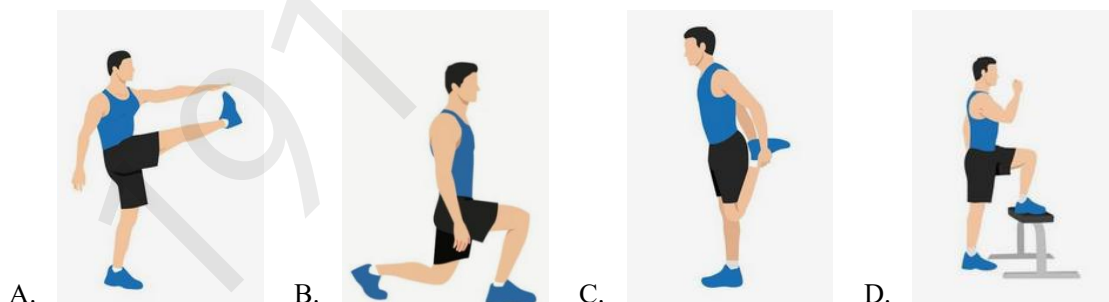
Medium Level: For this movement, start from standing and take a big step forwards, bending your front leg until your trailing knee just brushes the floor. Then push off your front leg and return to a standing position.

Hard Level: Try step-ups on to a step or box: put one foot on to a box and push through that heel to step up so both feet end up together. To ensure you aren't using your trailing leg to help, keep your toes off the ground on that foot.

60. What does George Locker think of a lack of balance?

- A. It is costly to get treated with drugs and surgery.
- B. It is a minor issue that doesn't affect one's overall health.
- C. It is a problem without any medical solution.
- D. It is a problem that can be easily fixed by exercising.

61. Which of the following best illustrates the **Medium Level** practice?



62. What is the lesson conveyed in the passage regarding balance and health?

- A. Balance is the top leading cause of sudden death from injuries.
- B. It is essential for those affected by balance issues to seek help.
- C. Tai chi is the most effective way to improve one's balance.
- D. It is wiser to work on balance as early as possible.

答案：60-62: CBD

04.黄浦区

(B)

IMPORTANT SAFEGUARDS

The rice cooker can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been supervised/instructed and understand the hazards involved. Children shall not play with the appliance. Cleaning and user care shall not be done by children unless they are older than 8 and supervised. Keep the appliance and wire out of reach of children under 8 years.

If the wire is damaged, it must be replaced by the manufacturer, its service agent, or someone similarly qualified, to avoid hazard.

SERVICE

The product isn't user-serviceable. If it's not working, read the instructions, check the plug *fuse*(保险丝) and main fuse. If it's still not working, consult your *retailer*(零售商).

If that doesn't solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase. Send it to:

Customer Service

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: support@russellhobbs.com

telephone: 0345 658 9700

Please note: If you have purchased the product within the last 6 months, please contact the retailer first to deal with any matters relating to guarantee.

GUARANTEE

Faults affecting product functionality appearing within the guarantee period will be corrected by replacement or repair at our option provided the product is used and maintained in accordance with the instructions. Your legal rights are not affected.

Guarantee period = 2 years from first retail purchase.

To claim an extra 1-year guarantee, register your product online within 28 days of purchase.

Register at: www.russellhobbs.co.uk/productregister/

Consumables are guaranteed only for their recommended lifecycle. Replacements are excluded and are only covered by a 1-year guarantee.

60. What can 9-year-olds do with the rice cooker?

- A. They can clean or repair it alone. B. They can use it with proper instruction.
C. They can play with it as long as it is not in use. D. They can supervise their younger brothers who use it.

61. Jennifer bought a rice cooker 10 months ago and now there is something wrong with it, what can she do?

- A. Call her retailer to extend the guarantee period. B. Self-check the appliance before asking for help.
C. Email to support@russellhobbs.com for technical advice.
D. Return the cooker with contact & purchasing information without the recipe.

62. You can replace a faulty rice cooker in the third year from your purchase if _____.

- A. it has been repaired by your retailer or a service agent
B. the product functionality hasn't been affected seriously
C. you have registered the cooker online as soon as you buy it
D. its consumables are guaranteed for their recommended lifecycle

答案：60-62 BBC

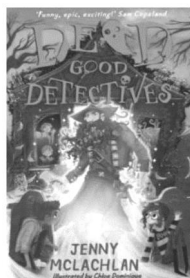
05.金山区

(B)

What's UP? Here, let's take a look at some excellent book reviews for this month.

Dead Good Detectives

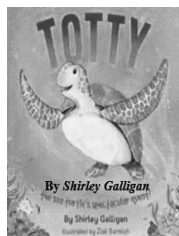
Jenny McLachlan



This is the story of a 12-year-old girl called Sid who loves playing horror games with her friends. But when she accidentally releases the ancient ghost pirate, Bones, Sid is launched into an adventure! However, there is someone hiding in the shadows, intended to send Bones back into the mysterious inn that he came from. This is a funny, exciting book that I would recommend to people who love lots of laughs.

Totty

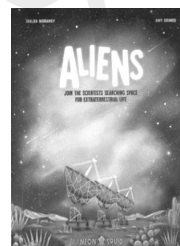
Shirley Galligan



To find his home, Totty the turtle goes on an impressive adventure with the help of his friends, and has different obstacles to overcome. He wakes up with a plastic bag stuck around his neck, swims through an oil spill and gets caught in a fishing net. My favourite part was when his friend, the whale, helped him out of the garbage mountain, and he was rescued by the Sea Turtle Rescue Centre. If you like sea animals and care for the environment then this is a good book for you!

Fact Book of The Month: Aliens

Joalda Morancy



Ever wondered what incredible creatures might live beyond our planet? This teaches you everything about the search for alien lifeforms in our solar system robots sent to Mars to look for Martians, find out how to spot an advanced alien discover what really goes on at Area 51! Do aliens exist? And is it only a matter of time before we find them?!

mind-blowing book
and beyond. Meet the
civilization and

60. Who do you think are the intended readers of this column?

- A. Scientists and astronauts. B. Kids and teenagers.
C. Parents of middle school kids. D. Environmentalists.

61. John, who falls for what happens beyond Earth, will most probably buy _____.

- A. *Dead Good Detectives* B. *Totty*
C. *Fact Book of The Month: Aliens* D. None

62. What may be the main idea of *Totty*?

- A. To praise the value of friendships.
B. To introduce various kinds of sea animals.
C. To encourage the spirits of overcoming difficulties.
D. To show how human behaviors affect sea creatures.

答案：BCD

06.静安区

(B)

Reducing the workweek to four days could have a climate benefit. In addition to improving the well-being of workers, cutting working hours may reduce carbon emissions. But those benefits would depend on a number of factors, experts emphasize, including how people choose to spend nonworking time.

Commuting and travel

Transportation is the biggest contributor to greenhouse emissions. A November 2021 survey of 2,000 employees and 500 business leaders in the United Kingdom found that if all organizations introduced a four-day week, the reduced trips to work would decrease travel overall by more than 691 million miles a week.

But the climate benefits of less commuting could be eliminated, experts said, if people choose to spend their extra time off traveling, particularly if they do so by car or plane.

Energy usage

Shorter working hours could lead to reductions in energy usage, experts said. According to a 2006 paper, if the United States adopted European work standards, the country would consume about 20 percent less energy.

Energy could also be conserved if fewer resources are needed to heat and cool large office buildings, reducing demands on electricity. For example, if an entire workplace shuts down on the fifth day, that would help lower consumption — less so if the office stays open to accommodate employees taking different days off.

Lifestyle changes

It's possible that fewer working hours may lead some people to have a larger carbon footprint, but experts say research suggests that most people are likely to shift toward more sustainable lifestyles.

One theory is that people who work more and have less free time tend to do things in more carbon-intensive ways, such as choosing faster modes of transportation or buying prepared foods. Convenience is often carbon-intensive and people tend to choose convenience when they're time-stressed. Meanwhile, some research suggests that those who work less are more likely to engage in traditionally low-carbon activities, such as spending time with family or sleeping.

“When we talk about the four-day workweek and the environment, we focus on the tangible, but actually, in a way, the biggest potential benefit here is in the intangible,” experts said.

60. What is identified as the leading cause of greenhouse emissions according to the passage?
- The well-being of employees.
 - The conservation of energy.
 - Commuting and travel.
 - The European work standard.
61. What can be inferred from the underlined sentence “the biggest potential benefit here is in the intangible” in the last paragraph?
- People will have big potential in achieving intangible benefits while working.
 - People are more likely to engage in carbon-intensive activities due to time constraints.
 - People may shift toward more sustainable lifestyles and lower carbon footprints.
 - People may travel more frequently by car or plane during their extra time off.
62. The passage is mainly written to ____.
- highlight the importance of shortening working time in the context of well-being
 - provide an overview of transportation emissions worldwide
 - analyze the impact of reduced working hours on mode of business
 - illustrate factors affecting the climate benefits of a shorter workweek

答案：60-62 CCD

07.闵行区

(B)



15 TH OCT 2023 CULTURE

Gazelle Twin, a composer, producer, and musician, opens up about being a conceptual artist and establishing a unique identity ahead of the release of her new *album* (专辑), *Black Dog*.

Q: Would you describe your music as conceptual?

A: Conceptual is a good term. I don't make music just for the sake of making music. My records are inspired by themes. I spend a considerable amount of time before writing the music, learning about subjects related to the theme. Then I work on the structure of the album. Ideas can change. For example, *Black Dog* was originally about *ghosts* (幽灵), but I ended up with an album about my childhood experiences, through to adulthood and parenthood, and the anxiety and fear that has been with me during that time.

Q: Throughout the album, there is a sense of an observer. Is that person yourself, or another presence?

A: Both. There is the voice of depression and anxiety, and also this other person you know is always there. I thought of having this *ominous presence* (不祥之兆) around you. There is also that sense of being out in the world, as a woman, aware of my *vulnerability* (脆弱). For example, just going for a walk is never simple. We have to build protective instincts around ourselves.

Q: When you started out, did you have any idea of the kind of artist you wanted to be?

A: I knew I didn't want to fit a fixed style or be restricted by being female. I wanted to be flexible. I like to think in scale and of more than I can achieve as one person. I like artists with unique identities.

Q: What would be your advice to anyone with ambitions to become a musician?

A: Follow your instincts. Put yourself out there without pressure to be "finished". Absorb things, experiment, and allow yourself to follow a journey where you don't know where you will end up. Being successful commercially takes a team and time. You have to love it and be in it for the long journey.

Q: Fast forward ten years, where do you want to be?

A: I would love to carry on following my instincts and making albums. I would like more of a collection of TV and film scores because I enjoy writing scores and cooperative work.

60. Why is Gazelle Twin's music conceptual?

A. Her records are usually about ghosts.

B. The album's structure is a top priority.

C. The word "conceptual" itself is attractive.

D. Her music is highly motivated by themes.

61. In the second part of the interview, "this other person" most likely represents _____.

A. spiritual growth

B. vivid imagination

C. inner self-awareness

D. external intervention

62. Which of the following can be inferred from Gazelle Twin's response in the interview?

A. She tends to take the bigger picture into account.

B. Her future planning is profit-driven to some extent.

C. *Black Dog* has already become a hit album worldwide.

D. She expresses willingness to help the potential musicians.

答案：60. D 61. C 62. A

08.青浦区

(B)

Keep Cool Next Summer with These 3 Devices

As we prepare for what could be another hot summer, you may already be feeling the heat. Luckily a range of unusual and clever devices are now available to help make hot summer days more bearable.

The breeze-blowing umbrella

Umbrellas serve a double function, protecting us from rain and sunlight; they also serve as a sort of personal ozone layer. The Fanbrella, which looks and feels just like a conventional umbrella, is perfect for keeping the rain at bay but boasts a delicate fan located underneath the cover, so that you can enjoy fresh cool air while you walk through the summer showers. The fan is small and quiet enough to be unnoticeable yet powerful enough to reduce humidity. Operated by a switch on the handle of the umbrella, it can be activated only when you need it most.

Air conditioned beds

Humid nights are a horrible experience for most people, causing much discomfort and making sleep impossible. Unfortunately, a conventional fan in your bedroom will do little to **mitigate** your suffering, as humid air is simply blown around the room. An air conditioned bed is the perfect solution! This revolutionary furniture boasts quiet fans at the foot of the bed that help to circulate cool air from the opposite end, so you're effectively sleeping on an air conditioned bed. With low running costs, summer nights without sleep could be a thing of the past.

The iPhone fan

iPhones are known for getting pretty hot to the touch when you're using one, but now your smartphone could be the perfect device to help keep the summer heat at bay when you're working at your desk or on the move. The small plastic fan fits onto the top of your iPhone and plugs into your phone's *charging socket* (充电插座), so you need not worry about running out of batteries. With a quiet motor, you can be confident that colleagues won't be disturbed and, if you remember to keep your iPhone charged, you can take the fan anywhere, from a sweaty train ride home to a walk in the local park with family.

With a range of inventive accessories to help make hot days more bearable, all we need now is a summer!

60. What makes a breeze-blowing umbrella superior to a conventional umbrella?

- A. It creates a personal ozone layer to avoid sunlight.
- B. It boasts unconventional and luxurious appearance.
- C. It can be activated by voice when you need it most.
- D. It has a fan to give off cool air and reduce humidity.

61. Which of the following words can replace the underlined word "**mitigate**"?

- A. claim
- B. relieve
- C. intensify
- D. sustain

62. What do we know about the iPhone fan?

- A. It can prevent your iPhone from temperature rise in summer heat.
- B. You'd better use it outdoors to avoid noise despite the quiet motor.
- C. It is portable and can function well without limitation of locations.
- D. Batteries with high-capacity should be prepared to keep it charged.

答案：60-62 DBC

09.松江区

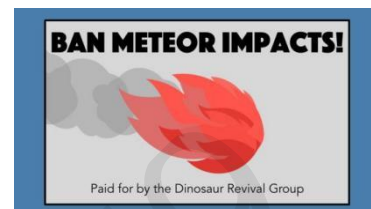
(B)

Ads, news, movies, TV shows, and many other types of media all want you to accept their messages at face value. However, you should look beneath the surface and ask questions to decode what the media message is really saying. You need to ask yourself two basic questions: Who is the source of the message? How is it trying to get your attention?

Question 1: Who is the source of the message?

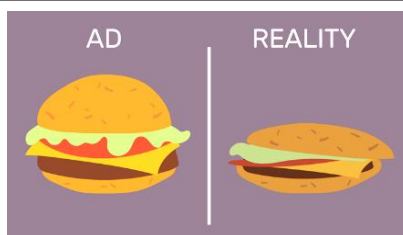
(Picture A)

Knowing who is responsible for a message can reveal its true intention, as well as any possible prejudice. Just take the picture above as an example. Why are we asked to ban the impacts? Don't forget that the source at the bottom plays a part. If, sometimes, the source isn't clear, we can look for it by checking legal documents.

**Question 2: How is it trying to get your attention?**

(Picture B)

The obvious part of a message is called the text, which includes any language, imagery, music, or anything else you can see or hear. The implied part of a message is called the subtext, and it's suggested by the content rather than directly seen or heard. We as individuals then decide how to interpret this subtext based on our personal ideas, world views, and expectations. People with different perspectives might interpret the same piece of message differently. Mind that some media may just take advantage of the prejudice.



(Picture C)

Photo control is nearly as old as photography itself, but modern technology has made it common and easy to do. Using photo editing software, almost anyone can make big changes to an image, from adjusting colors and lighting to adding and removing content. That's why you should always keep a critical eye on images in the media. Some media may hold back or overstate information, like an advertisement that makes the products appear more effective than they really are.



(Picture D)

Social media users can also give themselves a digital transformation with a little effort. They can make themselves look however they like in just a few moments. But since these edited images are presented as reality, they can affect our mental well-being. By constantly seeing pictures of artificially superb people, some of us may start to believe that these pictures are genuine, and that we can never live up to these unrealistic ideals. This type of harmful thinking can lead to all sorts of mental and emotional health concerns.

60. We can learn from the passage that ____.

- A. the media hope that you can make sense of their true meanings
- B. finding the sources of media helps to form a sensible judgment
- C. text is more important than subtext when we analyze the messages
- D. photography and photo editing software date back to the same time

61. Your aunt finds her newly-bought belt doesn't make her so stylish as advertised. Which picture can illustrate the case?

- A. Picture A
- B. Picture B
- C. Picture C
- D. Picture D

62. This passage can be found under the section of ____.

- A. Mass Media Reading
- B. Content-Targeted Advertising
- C. Deconstructing Web-pages
- D. Persuasive Language Recognition

答案：60-62 BCA

10.徐汇区

B

Persistently engaging in negative thinking patterns may raise the risk of Alzheimer's disease, finds a new UCL-led study.

In the study of people aged over 55, published in *Alzheimer's & Dementia*, researchers found 'repetitive negative thinking' (RNT) is linked to subsequent cognitive decline as well as the *deposition* (沉积) of harmful brain proteins linked to Alzheimer's.

Lead author Dr Natalie Marchant (UCL Psychiatry) said: "Depression and anxiety in mid-life and old age are already known to be risk factors for *dementia* (痴呆). Here, we found that certain thinking patterns implicated in depression and anxiety could be an underlying reason why people with those disorders are more likely to develop dementia.

"We hope that our findings could be used to develop strategies to lower people's risk of dementia by helping them to reduce their negative thinking patterns."

For the Alzheimer's Society-supported study, the research team from UCL, INSERM and McGill University studied 292 people over the age of 55 who were part of the PREVENT-AD cohort study, and a further 68 people from the IMAP+ cohort.

Over a period of two years, the study participants responded to questions about how they typically think about negative experiences, focusing on RNT patterns like *rumination* (沉思) about the past and worry about the future. The participants also completed measures of depression and anxiety symptoms.

Their cognitive function was assessed, measuring memory, attention, spatial cognition, and language. Some (113) of the participants also underwent PET brain scans, measuring deposits of tau and amyloid, two proteins which cause the most common type of dementia, Alzheimer's disease, when they build up in the brain.

The researchers found that people who exhibited higher RNT patterns experienced more cognitive decline over a four-year period, and declines in memory (which is among the earlier signs of Alzheimer's disease), and they were more likely to have amyloid and tau deposits in their brain.

"We propose that repetitive negative thinking may be a new risk factor for dementia as it could contribute to dementia in a unique way," said Dr Marchant.

The researchers suggest that RNT may contribute to Alzheimer's risk via its impact on indicators of stress such as high blood pressure, as other studies have found that physiological stress can contribute to amyloid and tau deposition.

Co-author Dr Gael Chételat commented: "Our thoughts can have a biological impact on our physical health, which might be positive or negative. Mental training practices such as meditation might help promoting positive- while down-regulating negative-associated mental schemes.

"Looking after your mental health is important, and it should be a major public health priority, as it's not only important for people's health and well-being in the short term, but it could also impact your eventual risk of dementia."

59. Repetitive negative thinking (RNT) is linked to _____.

- A. thinking approach improvement in later years
- B. later cognitive decline and the deposit of harmful brain proteins.
- C. anxiety disorders which occurs in females solely
- D. individuals of younger age, which is turning into a trend

60. According to Dr. Natalie Marchant, certain thinking patterns _____.

- A. have no substantial impact on dementia
- B. are primary contributors to depression and anxiety disorders
- C. could be a reason why some people are more likely to get dementia.
- D. Relevant primarily in mid-life, not in old age

61. In the study over a period of two years, the participants were asked about their _____.

- A. favorite personal experiences
- B. daily routines and habits
- C. typical thinking about negative experiences
- D. perspectives on various mental health practices

62. What do the researchers propose as a potential new risk factor for dementia?

- A. Depression and anxiety disorders
- B. Accumulation of amyloid and tau deposits in the brain
- C. Repetitive positive thinking patterns
- D. Repetitive negative thinking patterns

答案：59-62 BCCD

11.杨浦区

(B)

A-Z OF COACHING

Welcome to Barefoot Coaching's **A-Z** series. We aim to simplify what might otherwise be complex psychological theories and models and talk about them in a way that anybody can understand. We believe that everybody benefits from learning about and practising coaching skills - and it's catching! Coaching spreads into other areas of our life and work and the positive effects are felt far beyond just ourselves. Each issue we will be focusing on a different element of coaching. Last month we explored **Happiness**, this month we will focus on **Intuition**.

'I' IS FOR INTUITION

"There is a voice that doesn't use words. Listen." Rumi.

If you have ever followed a "hunch", gone with your gut, listened to your inner voice, or felt "I just know", then you have accessed your intuition. We don't have to reject logic or intellect to embrace intuition - good decisions are often the result of instinct and intellect working together.

Here are 3 ways to improve your intuition:

- Wild writing. Every day for a week, sit quietly and write for 5 minutes without thinking. Just let the words appear on the page. Then notice what you learn from your untamed thoughts.
- Walking without purpose. Go for a walk (without your phone or other distractions). Take notice if you find your attention being drawn to any particular sights or sounds. Identify what feelings, thoughts or meaning they have for you.
- When faced with a decision, ask yourself "What does my head, heart and gut say?"

JOIN A FREE TASTER SESSION

We offer free Taster Sessions to help you make up your mind about whether we are the right coach training provider for you. Sessions run on a weekly basis from 10:00 - 13:00. Use the code **PSYCHOLOGIESMAG** when booking to receive a free pack of our Coaching Cards.

MAKE A CHANGE TO MAKE A DIFFERENCE PODCAST

Tune in to hear how Barefoot trained coaches are making a difference to the lives of others.



SCAN HERE TO FIND OUT MORE
AND BOOK YOUR TASTER SESSION



FIND OUT MORE

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info@barefootcoaching.co.uk
barefootcoaching.co.uk

60. Which of the following is **TRUE** about *Intuition*?

- A. It is a born skill that can not be improved.
- B. It enables wise decisions when used properly.
- C. It is contradictory to the power of reasoning.
- D. It guides us to notice the little things in our life.

61. _____ was most likely the topic for the month before last.

- A. Pity.
- B. Jazz.
- C. Gratitude.
- D. Harmony.

62. What can be learned about the Taster Sessions?

- A. Each session lasts about 3 hours.
- B. A password is needed for booking a session.
- C. They run at a fixed time every day.
- D. They are free to regular members only.

答案：60-62 B C A

12. 长宁区

(B)

Take Off with Historic Hiring Growth

A message from Kate Gebo



Welcome aboard!

We are so happy to have you fly with us. I'm sure you've thought about United as a way to travel, and with over 95,000 employees and growing, our company is also the center for rewarding careers.

I could not be prouder to lead Human Resources at United during this exciting time for our company, while we're building the biggest and best airline in the history of aviation. Earlier this year, we announced that we are on track to hire at least 15,000 new employees by the end of this year.

When people think of career opportunities at United, they often think of being a pilot or flight attendant. In reality, our organization has a wide variety of roles in addition to our fantastic pilots and flight attendants, with jobs and functions to keep our airports running and our planes flying.

Whether it's for operational roles, such as ramp service employees, customer service representatives, and aircraft technicians, or for corporate roles in human resources, digital technology, and social media, we're hiring across every function of the airline, seeking strong talent that will take us to new heights.

A role at United is not just a job; it's a career. Many of our employees have taken on new roles in different departments throughout their tenure (聘用期), which we support to develop and invest in our workforce. In the past seven years, more than 1,500 frontline employees were promoted to management roles, and 78 % of our senior leaders were promoted internally.

Beyond the traditional career paths, we're proud to create new paths to help our talent pipelines fulfill some of the industry's most critical job functions. Aviate, our pilot career development program, offers aspiring and established pilots a path to the United flight deck. Calibrate is our full-time, paid apprenticeship program for those wanting to go into aircraft maintenance and other technical operational roles. Our newly launched Innovate program helps provide the skills and experiences needed to succeed in a technology career at United.

We're hiring from coast to coast, at our seven major hubs and across a broad range of positions. If you're ready to join me and 95,000 of the industry's best and brightest at United, I encourage you to visit careers.united.com today to see what opportunities await you. Your career is cleared for takeoff.

United with you,

Kate Gebo

Executive Vice President,

Human Resources and Labor Relations

60. What is the main purpose of this passage?

- A. Guarantee to provide first-class customer service.
- B. Promote frontline employees to management roles.
- C. Introduce jobs available human resources department.
- D. Advertise for United to enroll the gifted people.

61. Which of the following is NOT true according to the passage?

- A. Visit careers.united.com, and you can see positions available.
- B. Employees at United can change their jobs with interest.
- C. Employees have to keep their positions throughout their tenure.
- D. The United is making efforts to be the biggest and best airline.

62. Which is most suitable for those wanting to be technicians?

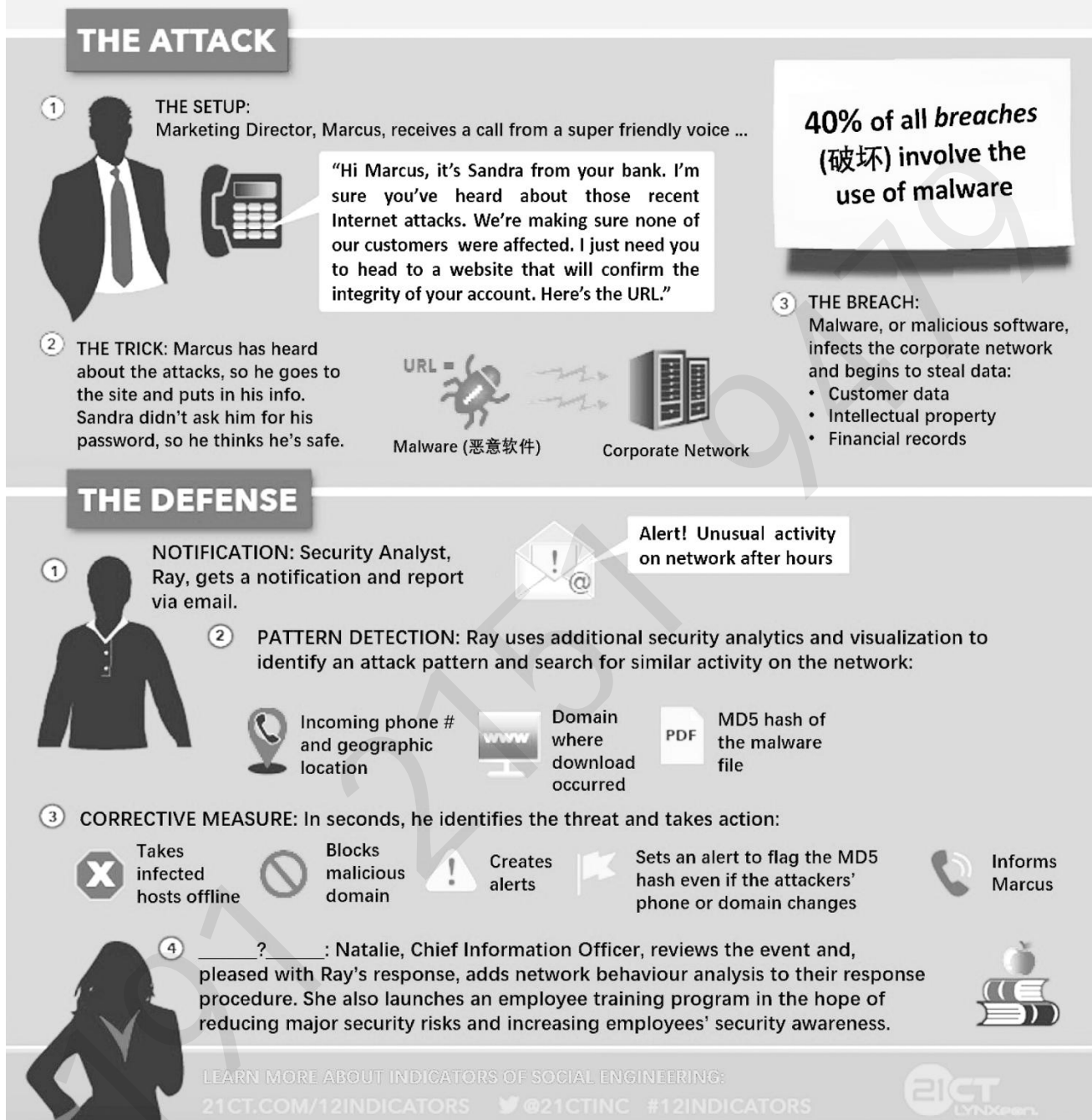
- A. The full-time, paid apprenticeship program.
- B. The traditional United career path.
- C. The newly launched Innovate program.
- D. The new paths for talent pipelines.

答案：60-62 D C A

13. 嘉定区

(B)

- ✓ Social engineering refers to the practice of using non-technical methods to trick people into doing something that gives away sensitive information. Here, watch this case ...



60. It can be learned from “THE ATTACK” that _____

- A. Sandra asks Marcus for his password. B. Marcus steals the key corporate data.
 C. The attacker gains Marcus’s trust first. D. Sandra is a senior director of the bank.

61. Which of the following best fits the “?” in step ④ of “THE DEFENSE”?

- A. LESSON B. HEALTH C. PROGRAM D. FINANCE

62. Which of the following is covered in the case?

- A. What loss the company has suffered B. How Marcus regretted receiving the call
 C. What Natalie has found about the domain D. How effectively Ray responded to the attack

答案：60-62 CAD

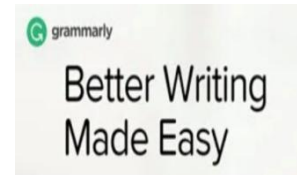
14. 浦东新区

(B)

While writing plain English is no challenge, most of us struggle to find words or phrases to perfectly fall in place with the content. To help you improve your writing skills in English, we have collected some of the best web resources dedicated to this mission.

Grammarly

- Grammarly is one of the best online resources to significantly improve your vocabulary and writing skills. It is basically an online word processor, which goes beyond others in correcting over 250 types of English mistakes. The spell-checker and vocabulary enhancer are the standout features of Grammarly.
- Since the Grammarly app is also available for your web browser, you can simply install the extension and edit all of your Emails, social media posts, or any content that you create from your web browser.
- Although Grammarly is offered as free installation, a premium plan does exist which costs around \$29.95/month.



Thesaurus

- Thesaurus is one of the vital tools that every good English writer has in their storehouse. Building on vocabulary is essential and that is what Thesaurus just offers. Thesaurus helps users by providing alternative words and phrases to perfectly express themselves. It also offers the best collection of synonyms and antonyms.
- Overuse of cliches, adverbs or bulky phrases is some examples of poor writing, which needs to be addressed. In this case, the Thesaurus has a collection of some of the most overused expressions that must be avoided in written English.
- Sharpen your English skills with this powerful online and mobile application tool for free.



Hemingway App

- The Hemingway App is a wonderful web-based and desktop software to help you edit your written English. It tackles a lot of subtle differences in English writing, like very complex sentences, uses of passive voice and much more. Using Hemingway App, all of your wordy sentences are highlighted in yellow and irrelevant content in red.
- The Hemingway app also provides a readability score for the entered text, which you could use to analyze the structure of the content you've written and build a connection with your readers.
- Though available as a free version for web interfaces, the standalone desktop software for Mac and Windows costs \$9.99/month.

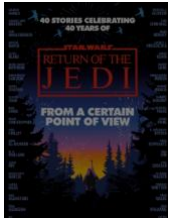


60. Which of the following can be learned from the passage?
- Grammarly is primarily focused on helping improve spelling and grammar in writing.
 - Thesaurus offers a large collection of word entries to enhance vocabulary.
 - The Hemingway App's premium desktop software is available for a one-time payment of \$9.99.
 - The Hemingway App assigns a distinct color to each type of grammar mistake it detects in the text.
61. If you expect to objectively assess how effectively your content will connect with your readers, you are likely to turn to _____.
- Grammarly
 - Thesaurus
 - Hemingway App
 - All
62. Who are probably NOT the intended readers of this passage?
- Fiction writers looking for real life materials to spark their creativity.
 - Non-native English speakers wanting to improve their writing proficiency.
 - Language enthusiasts interested in exploring different web-based tools.
 - Magazine editors whose role involves reviewing and polishing manuscripts.

答案：60-62 BCA

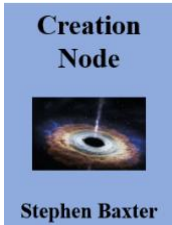
15. 普陀区

(B)

■ 1. *Star Wars: From a Certain Point of View – Return of the Jedi*

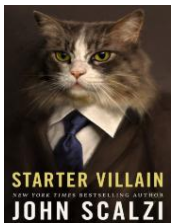
To mark the 40th anniversary of the release of *Return of the Jedi*, this selection sees 40 scenes from the movie recreated through the eyes of a supporting character, from robots to Mon Mothma.

So, among the 40 writers and artists contributing, we have Olivie Blake giving a glimpse into the mind of Emperor Palpatine, Mary Kenney telling the story of Wicket the Ewok's dream of a quiet day on the forest moon of Endor and Charlie Jane Anders looking into that terrifying open mouth in the desert of Tatooine.

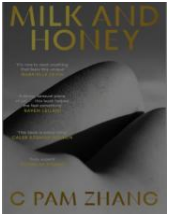
■ 2. *Creation Node by Stephen Baxter*

Stephen Baxter is the author of one of my all-time favourite moments in a sci-fi novel: the oceans close over the top of Everest in *Flood*. I think of his drowned Earth relatively often – it is an image burned into my brain. His latest book sounds equally interesting and I'll definitely be giving it a read. Set in 2255, it follows the discovery of an object called Planet Nine, which a woman named Salma spots from her spaceship.

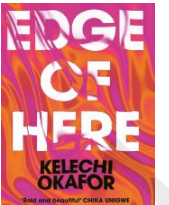
It's not a planet, or the "ninth" of anything; it was briefly believed to be a black hole, but then it sends a message that there is something waiting on its surface. Meanwhile, a quasar (类星体) has appeared and is heating up the solar system. Lots to deal with, then.

■ 3. *Starter Villain by John Scalzi*

This is the sort of sci-fi novel that needs to be described as a joke, I feel. It's set on Earth today and sees divorced substitute teacher Charlie inherit his long-lost late uncle Jake's business. Unfortunately for Charlie, he also inherits his uncle's enemies. We are also promised intelligent, talking spy cats and unionised dolphins – what's not to like?

■ 4. *Land of Milk and Honey by C. Pam Zhang*

I loved Zhang's first novel, *How Much of These Hills Is Gold*, set in the 19th-century Old West. I highly, highly recommend it: Zhang is a phenomenal writer. Her second book moves the action to the near future, where food crops are disappearing and a smog is spreading. Hoping to escape her troubled reality, a chef takes a job in a mountaintop settlement for the global elite (精英) and discovers plans to reshape the world.

■ 5. *Edge of Here by Kelechi Okafor*

What a treat this sounds: a short story collection to dip into in this busiest of months. Okafor, who is host of the *Say Your Mind* podcast, sets out to explore contemporary Black womanhood, but sets her stories in a Black Mirror version of the near future. There's one in which you can experience someone else's emotions through a chip in your brain, one where you can view bits of a distant relative's life with help from your DNA.

60. If you want to know the life of a cook, which novel would you choose?

- A. *Edge of Here* by Kelechi Okafor B. *Starter Villain* by John Scalzi
C. *Creation Node* by Stephen Baxter D. *Land of Milk and Honey* by C. Pam Zhang

61. What does the underlined phrase mean in the first paragraph?

- A. A non-leading role. B. A viewer. C. A director. D. A writing style.

62. Which of the following is true according to the passage?

- A. In Fiction 2, the Solar System is getting colder.
B. In Fiction 3, a single teacher inherited his uncle's business.
C. In Fiction 4, the author described events in the remote area.
D. In Fiction 5, you can experience black life through brain chips.

答案：60-62 D A B

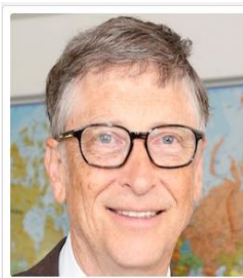
16. 奉贤区

(B)

"A reader lives a thousand lives before he dies. The man who never reads lives only one."

— George R. R. Martin, Author of 'A Game of Thrones'

What do these 4 guys share that you don't?



BILL GATES



MARK ZUCKERBERG



JEFF BEZOS



WARREN BUFFETT

No, it's not their shoe size.

They read. At least two books a month. They're also among the top 10 richest people in the world. And they're not alone in their love for books, with 1,200 other millionaires, who quote reading as a core part of their self-education.

You knew that reading books makes your life better. It's not even all about money, fame and success. It's about becoming a more knowledgeable and valuable person. Additionally, reading helps you prevent stress and keep depression at bay, while enhancing your confidence, improving your decision-making, increasing your empathy and overall satisfaction with life.

You know all the benefits of reading, so what's stopping you from reading more books?

Time!

"I don't have time to read."

Have you said those words before?

You say it because...

- you have an incredibly demanding college degree to study for...
- your loved ones are sitting at home, counting on you to put food on the table...
- you are too occupied with work to open a book...

But let's imagine another reality for a second. What would your life look like if you read just two books every month?

Would you finally...

- have what it takes to start that business?
- be a better parent?
- feel more fulfilled?

Hold on to that vision for a second. If you want to make it a reality, this email course, *Time 2 Read*, will be your guide for the next 10 days. It's free of charge and specifically designed to help you take time back, start building a daily reading habit and turn wanting to read into actual reading.

Here's what you'll learn:



Lesson 1: How to get your attention span back

A simple, yet powerful idea and a fun experiment to help you start giving reading the place in your life that it deserves.



Lesson 2: Why no one compares to you

Discover "The Rainbow Principle" & how to take stock of your current situation.



Lesson 3: How to show yourself you DO have time to read

Why Charlie Munger doesn't let himself get away easily with an opinion & what you can learn from the Italian Squad.



Lesson 4: How you can make reading effortless

We'll adapt a technique used by the world's best mountaineers to help you build your reading habit like a pro would.



Lesson 5: How you can trigger yourself to read without having to remember it

"The Bobby Fischer Principle" will show you that what you think is a weakness might be your biggest strength.



Lesson 6: What "The Nothing Alternative" can teach you about consistent reading

Why neither inside the box, nor outside the box gets the job done & how Stoics happily trade control for consistency.



Lesson 7: How to make reading more fun than ever & why that matters

What you can learn from Pokémon Go about reading & the one thing that's totally okay for you to steal from Warren Buffett.

Enter your email below to make time to read, start learning daily and become more valuable to the world.

You'll be sent 7 lessons via email over the next 10 days, starting right after you sign up [here](#). Each email contains a story, a principle, and an experiment. Get started, and your reading life will never be the same!

60. Where does this passage probably come from?
 - A. A leaflet publicizing a reading activity.
 - B. A website promoting a reading course.
 - C. A TV program advertising reading skills.
 - D. A handbook providing reading materials.
61. Why does the author mention the four famous people at the beginning?
 - A. To express his admiration for them.
 - B. To indicate the importance of reading.
 - C. To highlight their time management skills.
 - D. To illustrate the success of the course.
62. Who are most likely to be interested in *Time 2 Read*?
 - A. Those who are willing to read more but struggle with time.
 - B. Those who are sick of making excuses to delay their life plans.
 - C. Those who are eager to become a millionaire like the four guys.
 - D. Those who are determined to be more and more self-disciplined.

答案：60-62 BBA