

1.

I am a good mother to three children. I have tried never to let my profession stand in the way of being a good parent.

I no longer consider myself the center of the universe. I show up. I listen. I try to laugh. I am a good friend to my husband. I have tried to make marriage vows (誓约) mean what they say. I am a good friend to my friends. And they are good to me. Without them, there would be nothing to say to you today.

So here's what I wanted to tell you today: Get a life. A real life, not a desire of the next promotion, the bigger paycheck, the larger house.

Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work. Pick up the phone. Send an email. Write a letter. And realize that life is the best thing and that you have no business taking it for granted.

It is so easy to waste our lives, our days, our hours and our minutes. It is so easy to exist instead of to live. I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my choice, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all.

I learned to love the journey, not the destination, I learned to look at all the good in the world and try to give some of it back because I believed in it, completely and totally. And I tried to do that, in part, by telling others what I had learned.

By telling them this: Read in the backyard with the sun on your face, Learn to be happy, And think of life as a deadly illness, because if you do, you will live it with joy and passion as it ought to be lived.

21. The best title of this passage probably is \_\_\_\_\_.

- A. Love your friends                      B. Live a real life  
C. Don't waste time                      D. Be a good mother and wife

22. How did the author form her view of life?

- A. Through social experience.                      B. By learning from her friends.  
C. Through an unfortunate experience.                      D. From her children and husband.

23. What's the author's attitude toward work?

- A. Do it well to serve others                      B. Earn enough money to make life better  
C. Try your best to get higher position and pay                      D. Don't let it affect your real life.

2.

It is 7 am and the alarm is going off. You know you have to be out of bed to catch the bus. But the urge to bury yourself in the bed is ever so strong. Sounds familiar? Why is it that teens find it difficult to get themselves out of bed in time every morning or stay sharp and focused during the first couple of hours of school?

During adolescence, the body goes through many changes and these include a shift in sleep patterns. Researchers from MIT have been tracking the body's need for sleep in teenagers. They found that though adolescents need as much as 9.5 hours of sleep a day, they get to bed later and later with each passing year. In fact, the sleep cycle shifts later by as much as 12 to 18 minutes each year between the ages of 10 and 20! So by the time a 10-year-old who sleeps at 8 pm grows to be 17 or 18, his body naturally wants to stay up till 10:30 pm or 11 pm.

According to researchers, this is because of a hormone called melatonin (褪黑激素) that is secreted (分泌) by the pineal gland — a tiny structure deep inside the brain. Melatonin regulates the body's natural day/night rhythms. It causes a person to become sleepy by lowering his body's core temperature. In teens, melatonin is secreted much later in the evening and continues to increase throughout the night. This makes it difficult for teens to fall asleep earlier as they did in their younger years. Likewise, the effect of melatonin continues until much later in the morning, making it hard for them to wake up early.

A study found that at least one in four teens is tired and falls asleep in school at least once a week. During sleep, important body functions and brain activities happen. So how can teenagers get their sleep enough? The American Academy of Pediatrics (AAP) recommends that middle and high schools should start later — not before 8:30 am. This should give teens some more time to sleep at night.

24. From Paragraph 2, we can learn that if you sleep late, the next day you should \_\_\_\_\_.

- A. stay sharp    B. skip breakfast    C. get up late    D. stay up late

25. What does the underlined word "this" in Paragraph 3 refer to?

- A. The students want to stay up.                      B. The shifts of the sleep cycle.  
C. The pineal gland secretes melatonin.                      D. The adolescents sleep late.

26. The teens go to sleep later than before because \_\_\_\_\_.

- A. melatonin is secreted much later  
B. melatonin regulates the sleep time  
C. they sleep a lot in the daytime  
D. they need to finish their homework