

1. 阅读理解

I can't remember the first time one of my children told me, "I hate you." I can, however, tell you that it still happens occasionally, but it doesn't bother me. As their father, I often say things that are unpopular. If they hate me once in a while, I know I'm doing a good job.

There are three other words that I won't allow in my house, however. Last week, I was watching my older son play with a paper airplane. After he accidentally threw it into a wall and it came apart, his eyes welled up with tears.

"I hate myself," he said. It wasn't the first time he'd said it, and I was concerned that he'd started to actually believe it.

I knelt down next to him and made him look into my eyes. I told him that I never wanted to hear those words again, and that he needed to respect himself.

The difference between your kid telling you they hate you and them saying they hate themselves is that, five minutes later, they've already forgotten they "hate you". Self-hate is much more potentially poisonous and for young people, it can linger into the rest of their life.

Kids who start to believe they hate themselves sometimes struggle to form new friendships. As teenagers, they avoid the chance to connect with a potential love interest, because they assume they'll be rejected. And as adults, they might choose not to apply for the dream job because they assume it won't work out.

I know this is true, because I didn't have a high opinion of myself as a child. I found myself struggling in many areas, and I'd hate to see my children suffer the same fate. Sometimes, words are just words. But some words can make the kind of impact I'd very much like to avoid for my children. I don't fear strong language; I fear language that makes us weak.

【1】How did the author feel on hearing his kids saying "I hate you"?

A. Depressed. B. Annoyed. C. Unconcerned. D. Excited.

【2】Why won't the author allow the three words "I hate myself"?

A. Because the impact of thinking in this way is negative.
B. Because it hurts parents to hear their kids saying so.
C. Because it doesn't make any sense to blame oneself.
D. Because the impoliteness of saying so is unbearable.

【3】Which of the following can replace the underlined word "linger" in paragraph 5?

A. come to an end B. continue to exist C. begin to change D. become out of date

2. 阅读理解

What would it be like to live on Mars? Volunteers are spending eight months in an area that looks much like the surface of Mars. They are isolated(孤立) high on top of Mauna Loa, a volcanic mountain on the Big Island of Hawaii, living on a simulated(模仿的) or make-believe, Mars Base.

The project called HI-SEAS is in the charge of Kim Binsted. She says this wild environment is as close to Mars as you can find on Earth. Because it is so high, the land is not warm or rich with plants, like the rest of Hawaii.

"You will see there is really no visible plant life or animal life. And you have got this wonderful volcanic material."

Mauna Loa, 2,500 meters above sea level, is geologically very similar to Olympus Mons on Mars and almost as tall as the Martian mountain. When measured from its base, deep in the ocean, Mauna Loa is the second largest mountain in our solar system, after the one on Mars.

The six member HI-SEAS crew is mostly self-sufficient. Food and supplies are brought to them. But the individuals bringing those supplies cannot communicate with volunteers inside the habitat, or base.

Kim Binsted says this experiment looks at how the astronauts get along with each other. "We study how well they work together, how we can keep them happy and supported, and not wanting to kill each other over these long durations(期间)."

Crew members communicate with the outside world through e-mail and blogs. They also produce video on the YouTube website, like this one from mission commander Martha Lenio. "I am really enjoying this opportunity to live here and pretend that I'm on Mars and get to learn all sorts of new skills." One of them said. "Whoever gets there first, the trip will not be easy", says Kim Binsted, "It is going to be challenging."

【1】What do we know about Olympus Mons?

A. It is 2,500 meters above sea level.
B. It is geologically similar to Mauna, Loa.
C. It is the second largest mountain on the earth.
D. It is a mountain on the Big Island of Hawaii.

【2】What is the purpose of the experiment?

A. To set up a space station.
B. To explore new settlement for human.
C. To prove human can live in whatever conditions.
D. To study how the astronauts treat each other.

【3】Which can be the best title for the text?

A. Volunteers First Explore Mars
B. Volunteers Experience Life in Hawaii
C. Volunteers Get Taste of Mars in Hawaii
D. Volunteers Study the Environment on Mars

3.

You may have grown up living with lots of siblings, or this may be your first time sharing your living space with someone else. 【1】 Follow these tips to make sure you and your roommate keep things pleasant and supportive throughout the year (or even years)!

Be clear about your expectations from the beginning. Do you know in advance that you hate it when someone hits the snooze button(贪睡闹铃) fifteen times every morning? That you're a neat freak(怪人)? That you need ten minutes to yourself before talking to anyone after you wake up? 【2】 It's not fair to expect him or her to pick up on them right away, and communicating what you need is one of the best ways to avoid problems before they become problems.

Address problems when they're little. Is your roommate always forgetting her things for the shower, and taking yours? 【3】 Addressing things that annoy you while they're still little can help your roommate be aware of something she may not otherwise know. And addressing little things is much easier than addressing them after they've become big.

【4】 This may seem simple, but it's probably one of the biggest reasons why roommates experience conflict. Don't think he'll mind if you borrow his shoes for a quick soccer game? For all you know, you just stepped over an uncrossable line. Don't borrow, use, or take anything without getting permission first.

Be mindful of who you bring into your room-and how often. 【5】 But your roommate may not. Be mindful of how often you bring people over. If your roommate studies best in the quiet, and you study best in a group, can you alternate who hits the library and who gets the room?