

1. 阅读理解

Four apps to keep your life on track

From simple task scheduling to detailed task management, all these apps offer everything you need for efficient task recording.

Focuster

With Focuster, you just need to add all your tasks and the tool will arrange them immediately in order of importance. After adding all the tasks, just press the Now button and the tool will show the tasks you should be focusing on for the day.

TeuxDeux

This useful app lets you schedule and organize all your tasks for the whole week. Just add the tasks below the day column and you're done. Want to move a task from one column to another? No worries. Its drag - and - drop interface (界面) lets you rearrange the task and add it to a different day's column. Additionally, TeuxDeux lets you add repeating tasks for a day.

TickTick

TickTick allows you to add tasks, subtasks, custom reminders as well as deadlines for a day, a week, or a month. In order to provide you with more ease in task scheduling, TickTick offers a nice calendar view, where you can add or edit tasks on a weekly or daily basis. It also has experimental features, which you can turn on if you want to try out beta capabilities (测试功能).

Wunderlist

The app lets you create tasks, subtasks and allows you to share with your family, friends and colleagues. The whole app is designed in the most user — friendly way and offers you the ability to add deadlines, additional information and reminders.

【1】To share your tasks with others, you'd prefer to choose _____.

A.Focuster. B.TeuxDeux

C.TickTick. D.Wunderlist.

【2】What's the similarity between TeuxDeux and TickTick?

A.They offer a beautiful calendar view.

B.They have great experimental features.

C.They can help organize tasks for a week.

D.They have a very user — friendly interface.

【3】What benefit can you get from the four apps?

A.Completing your work more easily.

B.Obtaining everything you need faster.

C.Getting access to the Internet more quickly.

D.Organizing your activities more effectively.

2. 阅读理解

Bicycles are very popular around the world nowadays. People ride their bicycles for exercise and enjoyment. In some places, people use bicycles to get to work. In other places, bicycle riding is a very popular exercise to people who live in cities. But who invented the first bicycle?

In 1791, a Frenchman named Comte de Sivrac invented and owned the first bicycle. Mrs. Sivrac rode the bicycle in Paris. The handles and the seat were wooden. This bicycle was very difficult to move. A rider even had to pick up the front wheel to change direction. What's worse, the bicycle had no brakes for stopping or pedals for the feet! Riding a bicycle took great risk.

In 1817, a German named Baron von Drais de Sauerbrun made the first bicycle better. The seat became more comfortable. The wheel could now change direction. His ride in the forest took only one hour instead of three hours on foot, which surprised people at that time.

Sauerbrun brought this kind of bicycle from Germany to France. Then Denis Johnson, an Englishman, made a bicycle for women. It had space for their dresses to hang down. But these bicycles still had no brakes or pedals, and riders often got hurt. These bicycles and the people who rode them were not very popular.

It took another forty-five years for the bicycle to become popular. More than 100 years later, bicycle riding is more popular than ever. In fact, in India and China, there are still many more bicycles than cars.

【1】According to the passage, people ride bicycles in order to ____.

A.find good jobs B.take exercise

C.be liked by others D.live in cities

【2】The first bicycle was ____.

A.difficult to move B.popular with women

C.comfortable to ride D.easy to change direction

【3】The bicycle first became popular around ____.

A.1817 B.1836

C.1852 D.1862

【4】What's the passage mainly about?

A.The reasons for riding a bike. B.The inventor of the bicycle.

C.The history of the bicycle. D.A very popular exercise.

3. 阅读理解

Youth is a stressful time from friends to school to families, and stressful situations become common. The body can respond (反应) with faster breathing, a fast beating heart, tense (绷紧的) muscles and drop of sweat. And teens who breathe polluted air appear to respond most strongly to stress, a new study shows.

Jonas Miller, a psychologist working at Stanford University, studied whether or how air pollution might affect the body's response to stress. Miller's team invited 144 teens to participate in a stressful test. Most of the kids lived in or near San Francisco, which has the worst air quality.

Before the test, the researchers used sensors (传感器) to record heart rates and sweat levels for five minutes as the kids rested. Then as the test began, a researcher read aloud the beginning of a story and the kids had five minutes to make up an exciting ending to the story. They would have to memorize their ending and present it aloud to a judge. After finishing this task, the kids were asked to do math problems, which obviously was a harder task. If he or she made a mistake, the judge let the student start over. The whole time, sensors recorded heart rates and sweat levels.

Miller found all the students had similar heart rates and sweat levels at rest. But as the test got difficult, differences began to appear. Kids from places with more air pollution responded more strongly to stress and their heartbeats became irregular. They sweated more than teens who lived in cleaner places.

"The teens' bodies were preparing to deal with possible challenges in the environment and such bodily responses to stress were linked to negative feelings", Miller