

1. 语法填空

Directions: After reading the passage below, fill in the blanks to make the passage coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

How Can You Look Your Best in Photos?

Have you ever seen a picture of yourself and felt embarrassed by what you saw? Actually, it's really all 【1】 (tie) to how we respond to the camera. With the following tips, you're sure to look your best.

No. 1 Study Photos of Yourself

The first step is simple: learn from the past. You need to know how you look in photos before you can improve. Gather some old pictures together. 【2】 they make you ashamed a little. Now look over how your body is placed in the pictures and think for a while. 【3】 (analyze) all these old photos, you can find a few natural poses you can use in the future.

No. 2 Practice in Front of a Mirror

Now that what works for you in photos 【4】 (figure) out, start using what you've learned from your old pictures, practicing in front of mirror. Work on your favorites and you'll be able to mentally pick out a pose in the future — 【5】 a mirror.

One thing that goes great with a nice pose is a matching smile, so try out several smile until you find one that fits. You should consider 【6】 a closed or an open-mouthed smile looks better.

No. 3 Say "Money"

We're used to saying "Cheese", but this only creates a fake smile. Abandon the cheese and try out the word "Money" instead. The ending 'ey' is the very sound 【7】 forces the corners of your mouth upward and creates a fold around your eyes. The result is a more natural, realistic smile. Another great trick to prevent a too-wide smile 【8】 (happen) is placing your tongue on the back of your front teeth.

No. 4 Choose the Right Lighting

Getting some sunny photos on a bright day makes you look good a pictures. But in reality, the sun can often create unpleasant shadows that are 【9】 but attractive. Standing right under an indoor light will have the same effect as the sun, which is also worthy 【10】 (mention), story a source of natural light instead, such as a window.

2. 短文填空

Directions: Fill in each blank with a proper word chosen from the box. Each word can be used only once. Note that there is one word more than you need.

A. highlights B. scale C. behavioral D. professional E. anxiety F. scoring
G. respectively H. exhibits I. preventive J. maintaining K. mindfully

An Effective Approach to Depressive Disorder

No one can be happy and cheerful forever. So it's important they see a mental-health 【1】 who can provide effective options for treatment when someone has clinical depression known as the state of feeling very sad, anxious and without hope. But there's also a condition known as subthreshold depression in which someone 【2】 some symptoms of depressive disorder, but not enough for a clinical diagnosis.

It's estimated that between 10% and 24% of the population has this kind of mild depression at some point in their lives. And for those people, a new study suggests that practicing thinking 【3】 in silence may help improve their mood and reduce their risk of developing depression. The study, published in the Annals of Family Medicine, 【4】 yet another reason why deep thinking may be good for both physical and mental health.

The study included 231 Chinese adults with subthreshold depression, meaning their 【5】 between five and nine out of a total of 27 points on a standard depression 【6】. Half received mindfulness training two hours a week for eight weeks, while the other half continued to receive their usual medical care.

During the mindfulness training, participants were instructed on setting short- and long-term goals; 【7】 their activity and mood; planning out their activities; and body scanning. They were asked to practice them at home at least six days a week.

These techniques combine traditional deep thinking with 【8】 activation, a type of therapy that uses an "outside in" approach to help people change the way they act and aims to increase rewarding experiences in their lives. It has been shown to be effective for moderate to severe depression in other studies, and the researchers wanted to know if it would work as a 【9】 measure as well.

At the end of those eight weeks, the group that received mindfulness training reported a significant decrease in depression and 【10】 symptoms compared to the group that did not. And no participants had developed clinical depression.

3. 完形填空

For years, life went something like this: We'd grow up in one place, head off to college, then find a city to live in for a few years to pursue a job or higher education. The end goal was to find somewhere to _____ for the long trip, buy a house, make a few friends, start a family, and begin the whole _____ all over again.

But a new model for living is emerging: Some people are increasingly choosing to move from city to city throughout their entire lives, sometimes as _____ as every month.

Just ask Alex Chatzileferiou, who has had a front-row seat watching this evolution _____ and believes in the huge impact it is making or will make on the industry concerned. Six years ago, he _____ a start-up which is now called Blue-ground that rents out beautiful-designed, _____ apartments for a month at a time, at rates that are cheaper than hotels. Today, the company has 3,000 _____ in six U. S. cities, along with Dubai, Istanbul, London, Paris, and Alex's native Athens, and a staff of 400. The company just _____ \$50 million in Series B funding, bring its total investment to \$78 million, to continue its repaid _____. It hopes to have 50,000 estates in 50 cities over the next three years, and the goal is to make each one feel unique and comfortable, rather than _____, like what you might find in a traditional hotel.

Alex first came up with the idea for Blue-ground while he was working as a management consultant for McKinsey. "The _____ of choice for consultants is the hotel," he says. "I had to spend five years in a hotel room, _____ in twelve different cities. I loved seeing the world, but I didn't love feeling like I didn't have a home." As he spoke to his friends and coworkers, he realized that many people buried themselves in _____ due to this drifting lifestyle that meant living out of a suitcase in the same few non-descript hotel chains that all began to mix together rather than in the "home" full of their own memories.

_____, Alex found the hotels aren't particularly cost-effective solution for companies, either. _____, McKinsey sometimes paid \$10,000 or more for him to stay in a major city for a month, which was far more expensive than local rents.

Is this new living model something that will really take off? Or is it just another flash in the pan? Let's wait and see.

【1】 A. move out B. settle down C. look around D. show up

【2】 A. style B. rhythm C. cycle D. trend

【3】 A. rarely B. frequently C. occasionally D. unusually

【4】 A. unfold B. recover C. improve D. shrink

【5】 A. completed B. involved C. launched D. overtook