2026年6月 · 第1套 · 选词填空

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on* ***Answer Sheet 2*** *with a single line through the centre. You may not use any of the words in the bank more than once.*

One of the biggest controversies over the Industrial Revolution is how it affected the working class. The oldest debates were over whether the standards of living rose or fell. Those that believed they fell claimed that the capitalists __26__ every ounce of surplus they could from the working class. Those that believed the standards of living rose claimed that the environment was consumer-friendly, with more and more goods __27__ to the working class every year.

Today's historians agree that overall, the standards of living __28__ . They do not agree, however, on when this improvement __29__ .

In an effort to solve this controversy, historians have attempted to define __30__ what "standard of living" means. They all seem to agree that it should mean happiness, but happiness is impossible to measure. Instead, historians __31__ use "real income" as the measure for the standards of living. Real income is money __32__ and then adjusted according to the cost of living. However, it does not take into account unemployment, pollution, health, life expectancy, or free time.

After __33__ debate and analysis of the average income, historians have agreed to disagree on whether there was rapid or slow economic growth during the Industrial Revolution. Instead, they have decided to __34__ how the Industrial Revolution was affected by other events. They have determined that the Industrial Revolution had an overall positive __35__ , but it quite possibly was neutralized by negative events such as wars, high taxes, and rapid population growth.

A) available	I) increased
B) deteriorating	J) interpret
C) earned	K) occurred
D) effect	L) peculiar
E) enhance	M) probably
F) exactly	N) squeezed
G) exhausting	O) typically
H) experience	

2026年6月 · 第2套 · 选词填空

Section A

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It may sound surprising, but people who are supersensitive to coffee's bitter taste actually drink more of it, a new study finds.

This sensitivity isn't __26__ a matter of taste, either, but rather is influenced by a person's genetic makeup, the researchers said in the study.

"You'd expect that people who are particularly sensitive to the bitter taste of caffeine would drink less coffee," said study senior researcher Marilyn Cornelis. "The __27__ results of our study suggest coffee consumers acquire a taste for or an ability to detect the bitterness of caffeine due to the learned positive __28__ brought out by caffeine."

Put another way, people who have a __29__ ability to taste the bitterness of coffee learn to associate "good things with it," Cornelis said. This finding is surprising, given that bitterness often serves as a warning mechanism to __30__ people to spit out harmful substances, the scientists said.

Researchers conducted the study to understand how genetics influences people's __31__ of tea, coffee and alcohol which tend to taste bitter, said lead researcher Jue Sheng Ong.

"While all bitter flavors may seem the same, we __32__ the bitterness of Brussels sprouts(抱子甘蓝), quinine(奎宁) and caffeine __33__ ," Ong told Live Science. "The degree to which we find these flavors bitter is, in part, determined by your genes."

People with the genes to taste the bitterness of green vegetables are more likely to prefer tea to coffee. In __34__ , people who were more sensitive to quinine's bitter flavors and those found in green vegetables tended to __35__ coffee.

A) addition	I) opposite
B) approximately	J) perceive
C) avoid	K) prospect
D) consumption	L) reinforcement
E) converted	M) separately
F) convince	N) simply
G) heightened	O) targeted
H) omission	

2026年6月 · 第3套 · 选词填空

Section A

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Junk-food lovers who try to cut back on fries or chocolate may experience symptoms similar to drug withdrawal, a new study suggests.

Researchers found that people attempting to cut down on eating highly processed foods experience some of the same __26__ and psychological symptoms—such as mood swings, anxiety, headaches and poor sleep—as those __27__ smoking cigarettes or using drugs, according to the study.

The new study __28__ the first evidence that these withdrawal-like symptoms can occur when people cut down on highly processed foods, said lead study author Erica Schulte.

Based on the participants' self-reported symptoms, withdrawal symptoms were __29__ more intense between the second and fifth days after attempting to reduce junk-food consumption, which __30__ the time span people live through during drug withdrawal.

The idea that food may be addictive after "heavy" use by some individuals is a __31__ subject, Schulte said. Although prior studies in animals and humans have shown some biological and behavioral similarities between substance-use disorders and addictive-like consumption of highly processed foods, no studies have looked at whether reducing junk food can __32__ withdrawal symptoms in people, she noted. Raising __33__ that people may experience irritability(烦躁) or headaches when cutting down on junk food can help individuals __34__ coping strategies in advance, Schulte noted. The findings may also __35__ light on the barriers people face when changing eating habits—barriers that may play a role in people dropping out of treatments, she said.

A) awareness	I) physical
B) canceling	J) prepare
C) controversial	K) prospects
D) emptiness	L) quitting
E) monstrous	M) shed
F) offers	N) significantly
G) parallels	O) trigger
H) permanently	

2025年12月 · 第1套 · 选词填空

Section A

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People tend to want as many choices as possible. They believe this will maximize their ___26___ of making the best decision. But research shows that, when it comes to actually making a ___27___ from all of these choices, people can become ___28___ and avoid making a decision altogether. Even worse, when people finally do decide, they are generally less satisfied with their decision and feel more regretful over whatever choice they made.

Why does this happen? Research shows that when people choose from many options, they ___29___ more in the decision, but feel less confident in their ability to decide well. In other words, when we are ___30___ with more choices, making the "right" or "correct" decision begins to feel more ___31___ and, at the same time, more difficult to do. This may contribute to the deep fear that we will make the wrong decision.

How can we solve this problem? I believe this fear could be tempered by putting decisions into perspective. It might help to remember that many of the choices you make, such as what to have for lunch, will not ___32___ much in the future and that, even more important choices, like accepting a new job, can ___33___ be changed. It could also help to ___34___ these situations with clear guidelines and ideas of what you want from the ___35___ of options, which can narrow the possible choices, and also make you more confident about your ability to make the right decision.

A) approximately	I) matter
B) case	J) presented
C) chance	K) range
D) confused	L) regular
E) crucial	M) seize
F) deposited	N) selection
G) enter	O) ultimately
H) invest	

2025年12月 · 第2套 · 选词填空

Section A

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Some music inspires you to move your feet, some inspires you to get out there and change the world. In any case, it's ___26___ to say that music moves people in special ways.

If you're especially into a piece of music, your brain does something called Autonomous Sensory Meridian Response (ASMR), which ___27___ to you like a sting in your brain.

It turns out that ASMR is pretty special. According to a ___28___ published study in The Journal of Prevention of Alzheimer's Disease, the part of your brain responsible for ASMR doesn't get lost to Alzheimer's. Alzheimer's ___29___ to put people into layers of confusion, and the study confirms that music can sometimes ___30___ lift people out of the Alzheimer's haze and bring them back to (at least a likeness of) normality... if only for a short while. ASMR is powerful stuff!

This phenomenon has been ___31___ several times but rarely studied properly. One of the most famous examples of this is the story of 92-year-old Henry Dryer, who comes out of dementia (痴呆) while listening to songs from his youth.

Jeff Anderson, associate professor in Radiology at the University of Utah and ___32___ author on the study, says "In our society, the diagnoses of dementia are ___33___ resources to the maximum. No one says playing music will be a cure for Alzheimer's disease, but it might make the symptoms more ___34___ , decrease the cost of care and improve a patient's ___35___ of life."

A) actually	I) phase
B) consequently	J) plotting
C) contributing	K) quality
D) fair	L) recently
E) feels	M) taxing
F) manageable	N) tends
G) mends	O) yielded
H) observed	

2025年12月 · 第3套 · 选词填空

Section A

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Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations. Earth Day is celebrated on April 22 in the United States and on either April 22 or the day the spring equinox (春分) occurs throughout the ___26___ of the world.

Environmental activism during the 1960s ___27___ Wisconsin Senator Gaylord Nelson to create a ___28___ celebration uniting the environmental movement. With the help of Denis Hayes, a graduate student at Harvard University, Nelson organized the first Earth Day on April 22, 1970, educating participants in the ___29___ of environmental protection. Attended by 20 million people across the United States, the event ___30___ support for legislation such as the Clean Air Act and the Endangered Species Act.

In 1990, Hayes organized a global Earth Day, with more than 200 million participants in 140 countries. Earth Day now brings ___31___ citizens and activists from around the world to raise awareness and take action regarding such environmental ___32___ as global warming and renewable energy.

Today, the Earth Day Network, which rallies more than 20,000 ___33___ and organizations in 190 countries, supports the Earth Day mission year-round. This mission is founded on the proposition that all people, regardless of race, gender, income, or ___34___, have a moral right to a healthy, sustainable environment. The Earth Day Network ___35___ this mission through education, public policy, and activism campaigns.

A) concerns	I) partners
B) expansion	J) potential
C) forth	K) pursues
D) geography	L) rescues
E) importance	M) rest
F) imposed	N) strengthened
G) inspired	O) together
H) national	

2025年6月 · 第1套 · 选词填空

Section A

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Psychologists have long been interested in how we construct our identities and the sorts of strategies that we use to present ourselves in society. New findings suggest that the kinds of ___26___ and strategic self-presentation behaviour we see in adults appear at a much younger age than ___27___ known.

Research shows that a child's awareness of social standing comes from adults. Like grown-ups, kids want to be ___28___ by those they admire. Interactive experiences may provide opportunities for children to learn about what ___29___ a desirable reputation and the kinds of strategies that are effective for ___30___ a good reputation in their social environment.

Five-year-olds aren't just aware of their reputations, they also behave strategically to alter their outward image. They will ___31___ their behaviour in order to appear moral or socially good in the eyes of key observers. While we know that adults use a large variety of attributes to manage and create impressions, we don't yet know whether children ___32___ and use the fact that different attributes are valuable at different times to different ___33___. It's important for us to further consider where in this process children succeed in controlling their reputation and where they ___34___.

A question to think about is, "What happens even earlier than age five?" Children don't just show up to the first day of kindergarten and have the idea of reputation pop ___35___ into existence. The logical question to ask is, "What happens even earlier?"

A) accepted	I) samples
B) audiences	J) selected
C) building	K) solemn
D) complex	L) struggle
E) constitutes	M) suddenly
F) deputies	N) understand
G) previously	O) vary
H) revolving	

2025年6月 · 第2套 · 选词填空

Section A

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Sir Alfred Hitchcock was an English movie director and producer. Famously ___26___ to as "The Master of Suspense", Hitchcock is one of the most influential filmmakers in the history of ___27___. He was an extraordinary director who entertained his audience with ___28___ and gripping suspense movies.

His fascination with crime began at an early age when he was ___29___ by his father who made him spend a few minutes inside a prison for his misconduct. Hence, his movies are ___30___ of the guilt and innocence of the wrongdoer and the victim. He had a gift for creating stories that consisted of deceit, robbery, murder, corruption, and other criminal ___31___ with incredible plot twists in the storyline. The principal characters in his movies were often ordinary people ___32___ in unwanted and unavoidable situations.

He was ___33___ productive and his amazing body of work is considered fascinating by the critics. Most of his movies have ___34___ the test of time and are considered to be masterpieces. He is also remembered by other filmmakers, for he continues to inspire them to be passionate about their work. He is also ___35___ by people around the world for his entertaining and exciting stories.

A) caught	I) punished
B) cinema	J) referred
C) engaging	K) stood
D) graphically	L) symbolic
E) highly	M) tuned
F) incentive	N) visually
G) instincts	O) worshipped
H) offences	

2025年6月 · 第3套 · 选词填空

Section A

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The human brain has the ability to constantly form new networks and connections between brain cells. This means the brain has an almost magical ability to change. This characteristic is ___26___ apparent in a new study, focusing on people who underwent a hemispherectomy, a surgical procedure in which half of the brain is removed to treat illness.

The findings showed that, despite missing half of this critical ___27___, participants could function well. This was because the ___28___ half of their brain strengthened. In fact, researchers found that connections — and thus communication — between parts of different brain networks are actually stronger in people who had hemispherectomies than in people with intact brains. This ___29___ that the brain is able to compensate for loss of certain brain structure.

There are many other cases in the medical ___30___ that document the brain's amazing ability to ___31___. For example, a young boy had a significant portion of his brain removed for medical reasons, which included the part of the brain ___32___ for sight. But a few years after his surgery, scientists found that he could ___33___ see. They determined that this was because other parts of his brain took over the missing part's ___34___ tasks. Another study involved people who could smell despite missing the region in the brain that processes information about smells. Though they are not sure how these individuals ___35___ the ability to smell, scientists believe it is possible that another part of the brain took on that task.

A) adapt	I) responsible
B) hardly	J) retained
C) indicates	K) still
D) insist	L) strategy
E) literature	M) transformed
F) organ	N) underlines
G) particularly	O) visual
H) remaining	

2024年12月 · 第1套 · 选词填空

Section A

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When Toni Morrison died in 2019, the world lost one of its most influential authors. But Morrison was not an early success. Her first novel was not published until she was 39, and her last appeared when she was 84. And Morrison was not ___26___ in this regard. Numerous writers produce masterpieces well into their 70s and beyond. Such ___27___ accomplishments highlight an important point. Our capacity to speak, write and learn new vocabulary does not seem to ___28___ with age. Our eyesight may dim and our recall may weaken, but by comparison, our ability to produce and to ___29___ language is well preserved into older adulthood.

Indeed, the latest research that has emerged on language and aging shows that language mastery is a ___30___ that we begin as infants and continue on for the rest of our lives. Some aspects of our language abilities, such as our knowledge of word meanings, ___31___ improve during middle and late adulthood. One study, for example, found that adults over sixty had an average vocabulary size of over 21,000 words. The researchers also studied a ___32___ of college students and found that their average vocabulary contained ___33___ 16,000 words. In another study, older adults, with an average age of 75, ___34___ better than participants in their youth or middle years on tasks that required them to determine the meaning of words. Thus, language seems to be a skill that, contrary to what many might ___35___, does not weaken with age.

A) actually	I) literary
B) approximately	J) performed
C) assume	K) rarely
D) component	L) sample
E) comprehend	M) undermined
F) deteriorate	N) unique
G) equivalent	O) unit
H) journey	

2024年12月 · 第2套 · 选词填空

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Scientists have known that depriving adult mice of vision can increase the sensitivity of individual neurons (神经元) in the part of the brain devoted to hearing. New research from biologists at the University of Maryland ___26___ that sight deprivation also changes the way brain cells ___27___ with one another, shifting the mice's sensitivity to different frequencies. "This study ___28___ what we are learning about how manipulating vision can have a ___29___ effect on the ability of an animal to hear long after the window for auditory (听觉的) learning was thought to have ___30___ said Patrick Kanold, senior author of the study.

It was once thought that the sensory regions of the brain were not ___31___ after a critical period in childhood. This is why children learn languages much more ___32___ than adults. Kanold's earlier research disproved this idea by showing that depriving adult mice of vision for a short period increased the sensitivity of individual neurons in the auditory cortex (皮质), which is devoted to hearing.

Young brains wire themselves according to the sounds they hear frequently, assigning areas of the auditory cortex to ___33___ frequencies based on what they are used to hearing. The researchers found that in adult mice, a week in the dark also changed the ___34___ of space to different frequencies.

"We don't know why we are seeing these patterns," Kanold said. "We ___35___ that it may have to do with what the mice are paying attention to while they are in the dark."

A) adaptable	I) readily
B) closed	J) registered
C) distribution	K) reinforces
D) interact	L) revealed
E) narration	M) significant
F) neutral	N) specific
G) permanently	O) speculate
H) prescribes	

2024年12月 · 第3套 · 选词填空

Section A

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Super realistic masks are made from flexible materials such as silicone and are designed to imitate real human face — down to every last detail.

In a study by the Universities of York and Kyoto, researchers asked participants to look at pairs of photographs and decide which showed a ___26___ face and which showed a person wearing a mask.

Surprisingly, participants made the wrong call in one-in-five cases.

The 20% error rate ___27___ in the study likely underestimates the extent to which people would struggle to tell an ___28___ face from the real thing outside of the lab.

The researchers collected data from participants from both the UK and Japan to ___29___ any differences according to race. When trial participants were asked to choose between photographs of faces of a different race from theirs, response times were slower and selections were 5% less ___30___.

There are now dozens of criminal cases in which offenders have ___31___ themselves off as people of a different age, race or gender, sending police investigations down the wrong path.

In one recent case, an international gang used an ___32___ realistic mask to pose as a French minister, ___33___ business executives out of millions of pounds.

Dr. Jet Sanders, who worked on the study while a PhD student at the University of York, said: “Failure to detect synthetic faces may have important implications for security and crime prevention as super realistic masks may ___34___ the key characteristics of a person’s appearance to be ___35___ identified.”

A) accurate	I) incorrectly
B) allow	J) normal
C) artificial	K) observed
D) cheating	L) passed
E) deserted	M) reminding
F) establish	N) reparable
G) extremely	O) resolve
H) immediately	

2024年6月 · 第1套 · 选词填空

Section A

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It's well known that physical exercise is beneficial not just to physical health but also to mental health. Yet whereas most countries have ___26___ evidence-backed guidelines on the type and intensity of exercise ___27___ for various physical health benefits, such guidelines do not yet exist for exercise and mood. This is ___28___ due to a lack of necessary evidence. However, a new systematic review brings us usefully up-to-date on the current findings in this area.

Before ___29___ into some of the key take-aways, an important ___30___ made in the review is between aerobic exercise and anaerobic. The former ___31___ such things as walking, jogging and cycling and means exercising in such a way that your body is able to use oxygen to burn fat for energy. In contrast, anaerobic exercise—such as lifting heavy weights—is of such ___32___ intensity that your body does not have time to use oxygen to create energy and so instead it breaks down glucose (葡萄糖) in your blood or muscles.

Beginning first with the influence of exercise intensity on the mood benefits of aerobic exercise, the researchers, led by John Chan at Shenzhen University, found ___33___ results from 19 relevant studies. Some favoured higher intensity, others low, while seven studies found that intensity made no ___34___ to mood benefits.

In relation to the intensity of anaerobic exercise, however, the results were far clearer—the optimum (最佳选择) for improving mood is ___35___ intensity, perhaps because low intensity is too dull while high intensity is too unpleasant.

A) constitutes	I) involves
B) contradictory	J) moderate
C) decision	K) notified
D) detailed	L) partly
E) difference	M) required
F) dipping	N) traditionally
G) distinction	O) vigorous
H) falling	

2024年6月 · 第2套 · 选词填空

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A team of researchers led by Priyanka Joshi examined the degree to which men and women relied on "communicative abstraction" to verbally convey their ideas and emotions. Communicative abstraction, according to the researchers, reflects the tendency of people to use "abstract speech that focuses on the broader picture and ___26___ purpose of action rather than concrete speech focusing on details and the means of ___27___ action." Interestingly, they found that men were far more likely to speak in the abstract than were women.

To arrive at this ___28___, the researchers examined the linguistic (语言的) patterns of men and women in over 600,000 blog posts written on websites. To do this, the researchers computed abstractness ratings for ___29___ 40,000 commonly used words in the English language. Words considered to be concrete could be easily visualized such as "table" or "chair". Words that were more ___30___ to visualize, for example, "justice" or "morality" were considered to be more abstract. They found that men used ___31___ more abstract language in their blog posts.

What is the ___32___ of this effect? The researchers suggest that power differences between the genders — that is, men having more power in society — might be a key determinant (决定因素) .For instance, in a follow-up study conducted with a sample of 300 students, the researchers ___33___ power dynamics in an interpersonal setting to see if this would influence communicative abstraction. They found that participants in a high-power interviewer role were more likely to give abstract descriptions of behaviors than were participants in a low-power interviewee role. This suggests that communicating more abstractly does not reflect a ___34___ tendency of men or women but rather ___35___ within specific contexts.

A) approximately	I) manipulated
B) attaining	J) recommended
C) conclusion	K) refraining
D) difficult	L) signals
E) emerges	M) significantly
F) fixed	N) source
G) ignored	O) ultimate
H) legally	

2024年6月 · 第3套 · 选词填空

Section A

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Over the coming decades, millions of jobs will be threatened by robotics and artificial intelligence. Despite intensive academic ___26___ on these developments, there has been little study on how workers ___27___ to being replaced through technology.

To find out, business researchers at TUM and Erasmus University Rotterdam conducted 11 studies and surveys with over 2,000 persons from several countries.

The findings show: in principle, most people view it more ___28___ when workers are replaced by other people than by robots or intelligent software. This preference ___29___, however, when it refers to people's own jobs. When that is the case, the majority of workers find it less upsetting to see their own jobs go to robots than to other employees. In the long term, however, the same people see machines as more threatening to their future role in the workforce. These effects can also be observed among people who have recently become unemployed.

The researchers were able to identify the causes behind these ___30___ paradoxica results, too: People tend to ___31___ themselves less with machines than with other people. Consequently, being replaced by a robot or software ___32___ less of a threat to their feeling of self-worth. This reduced self-threat could even be observed when participants assumed that they were being replaced by other employees who relied on technological abilities such as artificial intelligence in their work.

"Even when unemployment results from the ___33___ of new technologies, people still judge it in a social context," says Christoph Fuchs, one of the authors of the study. "It is important to understand these ___34___ effects when trying to manage the massive changes in the working world to minimize ___35___ in society."

A) compare	I) introduction
B) contradicts	J) modifications
C) conventional	K) poses
D) debate	L) psychological
E) disruptions	M) react
F) drastically	N) reverses
G) favorably	O) seemingly
H) guarantee	

2023年12月 · 第1套 · 选词填空

Section A

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Exercising for just 10 minutes a week is linked to a longer life, according to a new study published in *The British Journal of Sports Medicine*.

Several recent studies have found that even low-intensity exercise, done for a short amount of time, can have a meaningful __26__ on health. Still, the idea that exercising for just 10 minutes a week may be enough to increase your lifespan is novel. It's also somewhat __27__, since the federal physical activity guidelines recommend getting at least 75 minutes of vigorous exercise or 150 minutes of __28__ exercise each week.

The study was based on data from more than 88,000 U.S. adults who __29__ in the National Health Interview Survey between 1997 and 2008.

Contrary to some research that has found an __30__ limit to the amount of exercise that is healthy, the researchers found that there was __31__ no limit to the *longevity* (长寿) benefits of exercise. Even the small group of people who got 10 times the amount of exercise recommended by the federal government had a 46% lower __32__ of death than the least active group.

Still, observational studies like this one cannot prove cause and effect; they can only find __33__. The researchers also were not able to __34__ for certain lifestyle factors that could affect lifespan, including dietary habits and changes in physical activity over time. Despite these __35__, the study's results are yet another indication of the power of physical activity, even in small amounts.

A) adjust	I) participated
B) alter	J) patterns
C) approximately	K) populated
D) controversial	L) risk
E) coordinates	M) seemingly
F) impact	N) type
G) limitations	O) upper
H) moderate	

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Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on* ***Answer Sheet 2*** *with a single line through the centre. You may not use any of the words in the bank more than once.*

A number of studies have looked at how family life can affect productivity and satisfaction in the workplace. However, there has been __26__ little research on the influence of leisure activities. So Ciara Kelly and colleagues recruited 129 hobbyists to look at how the time spent on their hobbies __27__ their work life.

The researchers found that when participants spent longer than __28__ on their leisure activity, their belief in their ability to perform their job was strengthened. But this was only the __29__ when they had a serious hobby that was dissimilar to their job, or when their hobby was similar to their work but they only did it __30__. When their hobby was both serious and similar to their job, then spending more time on it actually decreased their work __31__.

Why might that be? To maintain a serious hobby, people need to invest significant psychological resources, say the authors—so if the activity has the same kinds of demands as their work, they may be left __32__ and unable to perform well at their job. But if their hobby is quite different from their career, it may not __33__ in the same way but instead help them develop other knowledge and skills that can __34__ their confidence at work. "Consider a scientist who is a keen rock climber," says Kelly. "Since climbing is so far __35__ from their day-to-day work activities, they can still recover from the demands of their job with plenty of resources."

A) boost	I) normal
B) case	J) prevalent
C) casually	K) relative
D) efficiency	L) removed
E) estate	M) scratch
F) exhausted	N) shaped
G) faculty	O) surprisingly
H) interfere	

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on* ***Answer Sheet 2*** *with a single line through the centre. You may not use any of the words in the bank more than once.*

When people set out to improve their health, they usually take a familiar path: starting a healthy diet, getting better sleep, and doing regular exercise. Each of these behaviors is important, of course, but they all __26__ on physical health—and a growing body of research suggests that social health is just as, if not more, important to __27__ well-being.

One recent study published in the journal *PLOS ONE*, for example, found that the strength of a person's social circle was a better __28__ of self-reported stress, happiness and well-being levels than fitness tracker data on physical activity, heart rate and sleep. That finding suggests that the "__29__ self" represented by endless amounts of health data doesn't tell the whole __30__.

There's also a qualified self, which is who I am, what are my activities, my social network, and all of these aspects are not __31__ in any of these measurements.

This idea is supported by plenty of __32__ research. Studies have shown that social support—whether it comes from friends, family members or a spouse—is __33__ associated with better mental and physical health. A rich social life, these studies suggest, can lower stress levels, improve mood, encourage positive health behaviors and discourage damaging ones, boost heart health and improve illness __34__ rates.

Social isolation, meanwhile, is linked to higher rates of physical diseases and mental health conditions. It's a significant problem, __35__ since loneliness is emerging as a widespread public health problem in many countries.

A) base
B) eagerly
C) especially
D) focus
E) indicator
F) overall
G) preached
H) prior
I) prompt
J) puzzle
K) quantified
L) recovery
M) reflected
N) story
O) strongly