

2021 年 12 月大学英语四级考试真题 (第 3 套)

Part I Writing (30 minutes)

Directions: Suppose you have just participated in a school project of collecting used books on campus. You are now to write a report about the project, which may include its aim, organizers, participants and activities. You will have 30 minutes to write the report. You should write at least 120 words but no more than 180 words.

Part II Listening Comprehension (25 minutes)

说明: 2021 年 12 月大学英语四级考试全国共考了 two 套听力。本套的听力内容与第二套相同, 因此本套听力部分不再重复给出。

Part III Reading Comprehension (40 minutes)

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.

Questions 26 to 35 are based on the following passage.

The sheets are damp with sweat. You're cold, but your heart is racing as if a killer just chased you down a dark street. It was just a nightmare, you tell yourself; there's nothing to be afraid of. But you're still filled with 26.

Given how unsettling and haunting nightmares can be, is there a way for dreamers to 27, or even turn off, these bad dreams as they happen?

Research is 28, but some studies suggest that people who can master lucid dreaming—that is, the ability to be 29 that a nightmare is happening and possibly even control it without waking up—may hold the 30.

Nightmares are part of the human experience, especially for kids. Doctors 31 don't consider occasional nightmares a problem. They can just be symptoms of a sleep disorder that can 32 from an unpleasant experience, stress, or certain drugs.

To treat the disorder, there are a number of medicines and therapies that are backed by 33 research, according to the American Academy of Sleep Medicine, which analyzed the available research on the treatment of nightmare disorder in a recent 34 published in the *Journal of Clinical Sleep Medicine*.

However, nightmares are complicated, and researchers are still struggling to understand them, said Dr. Rachel Salas, an expert on sleep disorders and an associate professor at Johns Hopkins Medicine in Baltimore. What we do know is that people 35 to have different kinds of nightmares at different points during the sleep cycle.

- | | |
|----------------|---------------|
| A) amount | I) mechanical |
| B) answer | J) result |
| C) avoid | K) review |
| D) aware | L) rigorous |
| E) depart | M) tend |
| F) drastically | N) timidity |
| G) fear | O) typically |
| H) limited | |

Section B

Directions: *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on Answer Sheet 2.*

Why it matters that teens are reading less

- A) Most of us spend much more time with digital media than we did a decade ago. But today's teens have grown up with smartphones. Compared with teens a couple of decades ago, the way they interact with traditional media like books and movies is fundamentally different.
- B) Analysis of surveys of over one million teens in the United States collected since 1976 reveals a major shift in how teens are spending their leisure time. Paper books are being ignored, in favor of screens. Digital devices are changing other behaviors, too. More and more, young people choose spending time on their electronic devices over engaging in other activities, regardless of the type. Indeed, by 2016, the average American high school senior said they spent six hours a day writing text messages, on social media, and online during their free time. And that covers just three activities, and if other digital media activities were included, that estimate would no doubt rise.
- C) Teens did not always spend that much time with digital media. Online time has doubled since 2006, and social media use has moved from a periodic activity to a daily one in the same period. By 2016, nearly nine out of ten young women in the 12th grade said they visited social media sites every day. Meanwhile, time spent playing video games rose from under an hour a day to an hour and a half on average. One out of ten American 8th grade students in 2016 spent 40 hours a week or more playing video games. Let me emphasize that this is equal to the time most adults spend per week at work.

