

2025 年全国硕士研究生入学统一考试英语（二）

Section I Use of English

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET. (10 points)

There are many understandable reasons why you might find it difficult to ask for help when you need it. Psychologists have been interested in this 1 for decades, not least because people's widespread 2 to ask for help has led to some high-profile failures.

Asking for help takes 3. It involves communicating a need on your part—there's something you can't do. 4, you're broadcasting your own weakness, which can be 5. you might have 6 about losing control of whatever it is you are asking for help with. 7 someone starts to help, perhaps they will take over, or get a credit for your early efforts. Yet another 8 that you might be worried about is being a nuisance or 9 the person you go to for help.

If you struggle with low self-esteem, you might find it especially difficult to 10 for help because you have the added worry of the other person 11 your request. You might see such refusals as implying something 12 about the status of your relationship with them. To 13 these difficulties, try to remind yourself that everyone needs help sometimes. Nobody knows everything and can do everything all by themselves. And while you might 14 coming across as incompetent, there's actually research that shows that advice-seekers are 15 as more competent, not less.

Perhaps most encouraging of all is a paper from 2022 by researchers at Stanford University, in California, that involved a mix of contrived help-seeking interactions and asking people to 16 times they'd sought help in the past. The findings showed that help-seekers generally underestimated how 17 other people will be to help and how good it will make the help-giver feel (for most people, having the chance to help someone is highly 18). So bear all this in mind the next time you need to ask for help. 19, take care over who you ask and when you ask them. And if someone can't help right now, avoid taking it personally. They might just be too 20, or they might not feel confident about their ability to help.

- | | | | |
|--------------------|-------------------|-----------------|--------------------|
| 1. [A]illusion | [B]discussion | [C]tradition | [D]question |
| 2. [A]reluctance | [B]ambition | [C]tendency | [D]enthusiasm |
| 3. [A]attention | [B]talent | [C]courage | [D]patience |
| 4. [A]At any time | [B]In other words | [C]By all means | [D]On the contrary |
| 5. [A]unrealistic | [B]deceptive | [C]tiresome | [D]uncomfortable |
| 6. [A]doubts | [B]concerns | [C]suggestions | [D]secrets |
| 7. [A]once | [B]unless | [C]although | [D]before |
| 8. [A]theory | [B]choice | [C]factor | [D]context |
| 9. [A]overpraising | [B]outperforming | [C]reassessing | [D]inconveniencing |
| 10. [A]reach out | [B]settle down | [C]turn over | [D]Look back |
| 11. [A]declining | [B]considering | [C]criticizing | [D]evaluating |
| 12. [A]unnecessary | [B]negative | [C]strange | [D]impractical |
| 13. [A]explain | [B]identify | [C]predict | [D]overcome |

14. [A]deny [B]forget [C]miss [D]fear
 15. [A]disguised [B]perceived [C]followed [D]introduced
 16. [A]recall [B]classify [C]analyse [D]compare
 17. [A]brave [B]disapproving [C]willing [D]hesitant
 18. [A]relaxing [B]surprising [C]rewarding [D]demanding
 19. [A]Thus [B]Also [C]Finally [D]Instead
 20. [A]polite [B]proud [C]busy [D]lazy

Section II Reading Comprehension

Part A

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the ANSWER SHEET. (40 points)

Text 1

U. S. customers historically tipped the people they assumed were earning most of their income via tips, such as restaurant servers earning less than the minimum wage. In the early 2010s, a wide range of business standard processing purchases with iPads and other digital payment systems. These system often prompted customers to tip for services that were not previously tipped.

Today's tip requests are often connected to the salary and service norms that used to determine when and how people tip. Customers in the past merely always pay the tips after receiving a service, such as at the conclusion of a restaurant meal after getting a haircut or once a pizza was delivered. That timing could reward high— quality service and give worthless an incentive to provide it.

It's becoming more common for tips to be requested beforehand. And new tipping technology may even automatically add tips.

The prevalence of digital payment devices has made it easier to ask customers for a tip. That helps explain why tip requests are creeping into new kinds of services. Customers now routinely see menus of suggested default options -- often well above 20% of what they owe. The amounts have risen from 10% or less in the 1950s to 15% around the year 2000 to 20% or higher today. This increase is sometimes called tipflation -- the expectation of ever-higher tip amounts.

Tipping has always been a vital source of income for workers in historically tipped services, like restaurants, where the tipped minimum wage can be as low as US \$ 2.13 an hour. Tip creep and tipflation are now further supplementing the income of many low-wage service workers.

Notably, tipping primarily benefits some of these workers such as cooks and dishwashers, so ensure that all employees were paid fair wages. Some restaurants banned tipping and increased prices, but this movement towards not-tipping services has largely fizzled out.

So to increase employee wages without raising prices, more employers are succumbing to temptations of tip creep and tip flation. However, many customers are frustrated because they feel they are being asked for too high of a tip too often. And, as our research emphasizes tipping now seems to be more coercive, less generous, and often completely disassociated from service quality.

21. According to Paragraph 1, the practice of tipping in the U.S _____.

- [A] was regarded as a sign of generosity

- [B] was considered essential for waiters
[C] was a way of rewarding diligence
[D] was optional in most businesses
22. Compared with tips in the past, today's tips _____.
[A] are paid much less frequently
[B] are less often requested in advance
[C] have less to do with service quality
[D] contribute less to workers' income
23. Tip requests are creeping into new kinds of services as a result of _____.
[A] the advancement of technology
[B] the desire for income increase
[C] the diversification of business
[D] the emergence of tipflation
24. The movement toward no-tipping services was intended to _____.
[A] promote consumption
[B] enrich income sources
[C] maintain reasonable prices
[D] guarantee income fairness
25. It can be learned from the last paragraph that tipping _____.
[A] is becoming a burden for customers
[B] helps encourage quality service
[C] is vital to business development
[D] reflects the need to reduce prices

答案 DCADA

Text 2

When it was established, the National Health Service(NHS) was visionary: offering high-quality, timely care to meet the dominant needs of the population it served. Nearly 75 years on, with the UK facing very different health challenges, it is clear that the model is out of date.

From life expectancy to cancer and infant mortality rates, we are lagging behind many of our peers. With more than 6.8 million on waitlists, healthcare is becoming increasingly inaccessible for those who cannot opt to pay for private treatment; and the cost of providing healthcare is increasingly squeezing our investment in other public services. As demand for healthcare continues to grow, pressures on the workforce — which is already near breaking point — will only become more acute.

Many of the answers to the crisis in health and care are well rehearsed. We need to be much better at reducing and diverting demand on health services, rather than simply managing it. Much more needs to be invested in communities and primary care to reduce our reliance on hospitals. And capacity in social care needs to be greater, to support the growing number of people living with long-term conditions.

Yet despite two decades of strategies and number of major health reforms, we have failed to make meaningful progress on any of these aims. That is why the *Reform* think tank is launching a new programme of work entitled “Reimagining health”, supported by ten former health ministers. Together, we are calling for a much more open and honest conversation about the future of health in the UK, and on “urgent rethink” of the hospital-centric model we retain.

This must begin with the question of how we maximise the health of the nation, rather than “fix” the NHS. It is estimated, for example, that healthcare accounts for only about 20% of health outcomes. Much more important are the places we live, work and socialise – yet there is no clear cross-government strategy for improving these social determinants of health. Worse, when policies like the national obesity strategy are scrapped, taxpayers are left with the heavy price tag of treating the illnesses, like diabetes, that result.

Reform wants to ask how power and resources should be distributed in our health system. What health functions should remain at the centre, and what should be given to local leaders, often responsible for services that create health, and with a much better understanding of the needs of their populations?

26. According to the first two paragraphs, the NHS

- A. is troubled by funding deficiencies
- B. can hardly satisfy people's needs
- C. can barely retain its current employees
- D. is rivalled by private medical services

27. One answer to the crisis in health and care is

- A. boost the efficiency of hospitals
- B. lighten the burden on social care
- C. increase resources for primary care
- D. reduce the pressure on communities

28. "Reimagining health" is aimed to

- A. reinforce hospital management
- B. readjust healthcare regulations
- C. restructure the health system
- D. resume suspended health reform

29. To maximize the nation's health, the author suggest

- A. introducing relevant taxation policies
- B. paying due attention to social factors
- C. reevaluating major health outcomes
- D. enhancing the quality of health care

30. It can be inferred that local leaders should

- A. exercise their power more reasonably
- B. develop a stronger responsibility
- C. play a bigger role in the health system

D. understand people's health needs better

答案: BCCBC

Text 3

Heat action plans, or HAPs, have been proliferating in India in the past few years. In general, an HAP spells out when and how officials should issue heat warnings and alert hospitals and other institutions. Nagpur's plan, for instance, calls for hospitals to set aside "cold wards" in the summer for treating heatstroke patients, and advises builders to give construction laborers a break from work on very hot days.

But implementation of existing HAPs has been uneven, according to a report from the center for Policy Research. Many lack adequate funding, it found. And their triggering thresholds often are not customized to the local climate. In some areas, high daytime temperatures alone might serve as an adequate trigger for alerts. But in other places, nighttime temperatures or humidity might be as important a gauge of risk as daytime highs.

Mumbai's April heat stroke deaths highlighted the need for more nuanced and localized warnings, researchers say. That day's high temperature of roughly 36°C was 1°C shy of the heat wave alert threshold for coastal cities set by national meteorological authorities. But the effects of the heat were amplified by humidity—an often neglected factor in heat alert systems—and the lack of shade at the late-morning outdoor ceremony.

To help improve HAPs, urban planner Kotharkar's team is working on a model plan that outlines best practices and could be adapted to local conditions. Among other things, she says, all cities should create a vulnerability map to help focus responses on the populations most at risk.

Such mapping doesn't need to be complex, Kotharkar says. "A useful map can be created by looking at even a few key parameters." For example, neighborhoods with a large elderly population or informal dwellings that cope poorly with heat could get special warnings or be bolstered with cooling centers. The Nagpur project has already created a risk and vulnerability map, which enabled Kotharkar to tell officials which neighborhoods to focus on in the event of a heat wave this summer.

HAPs shouldn't just include short-term emergency responses, researchers say, but also recommend medium- to long-term measures that could make communities cooler. In Nagpur, for example, Kotharkar's team has been able to advise city officials about where to plant trees to provide shade. HAPs could also guide efforts to retrofit homes or modify building regulations. "Reducing deaths in an emergency is good target to have, but it's the lowest target," says Climate researchers Chandni Singh.

31. According to Paragraph 1, Nagpur's plan proposes measures to_____.

- A. tackle extreme weather.
- B. ensure construction quality
- C. monitor emergency warnings.
- D. address excessive workloads

32. One problem with existing HAPs is that they_____.

- A. prove too costly to be implemented.
- B. lack localized alert-issuing criteria.
- C. give delayed responses to heat waves.

D. keep hospitals under great pressure.

33. Mumbai's case shows that India's heat alert systems need to

- A. include other factors besides temperature
- B. take subtle weather changes into account
- C. prioritize potentially disastrous heat waves
- D. draw further support from local authorities

34. Kotharkar holds that a vulnerability map can help _____.

- A. prevent the harm of high humidity
- B. target areas need special attention
- C. expand the Maypur projects coverage,
- D. make relief plans for heat - stricken people

35. According to the last paragraph, researchers suggest that heat action plans (HAPs) should _____.

- A. focus more on the heatstroke treatment
- B. invite wider public participation
- C. apply for more government grants
- D. serve a broader range of purposes

答案

- A. tackle extreme weather
- B. lack localized alert-issuing criteria
- A. include other factors besides temperature
- B. target areas needing special attention
- D. serve a broader range of purposes

Text 4

Navigating beyond the organized pavements and parks of our urban spaces, desire paths are the unofficial footprints of a community, revealing the unspoken preferences, shared shortcuts and collective choices of humans. Often appearing as trodden dirt tracks through otherwise neat green spaces, these routes of collective disobedience cut corners, bisect lawns and cross hills, representing the natural capability of people (and animals) to go from point A to point B most effectively.

Urban planners interpret desire paths as more than just convenient shortcuts; they offer valuable insights into the dynamics between planning and behaviour. Ohio State University allowed its students to navigate the Oval, a lawn in the centre of campus, freely, then proceeded to pave the desire paths, creating a web of effective routes students had established.

Yet, reluctance persists among other planners to integrate desire paths into formal plans, citing concerns about safety, environmental impact, or primarily, aesthetics. A Reddit webpage devoted to the phenomenon, boasting nearly 50,000 members, showcases images of local desire paths adorned with signs instructing pedestrians to adhere to designated walkways, underscoring the rebellious nature inherent in these human-made tracks. This clash highlights an ongoing struggle between the organic, user-driven evolution of public spaces and the desire for a visually curated and

controlled urban environment.

The Wickquasgeck Trail is an example of a historical desire path, created by Native Americans to cross the forests of Manhattan and move between settlements quickly. This trail, when Dutch colonists arrived, was widened and made into one of the main trade roads across the island, known at the time as de Heere Straat, or Gentlemen's Street. Following the British assumption of control in New York, the street was renamed Broadway. Notably, Broadway stands out as one of the few areas in NYC that defies the grid-based system applied to the rest of the city, cutting a diagonal across parts of the city.

In online spaces, desire paths have sparked a fascination that can approach obsession, with the Reddit page serving as a hub. Contributors offer a wide array of stories, from little-known new shortcuts to long-established alternate routes.

Animal desire paths, such as ducks forging trails through frozen ponds or dogs carving direct routes in gardens, highlight the adaptability of these trails in both human and animal experiences. As desire paths criss-cross through both physical and virtual landscapes, they stand as a proof of the collective insistence on forging unconventional routes and embracing the spirit of communal choice.

36. According to paragraph 1, desire paths are a result of_____.

- A. the curiosity to explore surrounding hills
- B. the necessity to preserve green spaces
- C. the tendency to pursue convenience
- D. the wish to find comfort in solitude

37. It can be inferred that Ohio State University_____.

- A. intends to improve its desire paths
- B. leads in the research on desire paths
- C. guides the creation of its desire paths
- D. take a positive view of desire paths

38. The images on the Reddit webpage reflect_____.

- A. conflicting opinions on the use of desire paths
- B. the call to upgrade the designing of public spaces
- C. the demand for proper planning of desire paths
- D. growing concerns over the loss of public spaces

39. The example of the Wickquasgeck Trail illustrates_____.

- A. the growth of New York City
- B. the Dutch origin of desire paths
- C. the importance of urban planning
- D. the recognition of desire paths

40. It can be learned from the last paragraph that desire paths_____.

- A. reveal human's deep respect for nature
- B. are crucial to human's mental well-being
- C. are a human imitation of animal behaviour

D. show a shared trait in humans and animals

Part B

Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A-G for each of the numbered paragraphs (41-45). There are two extra subheadings which you do not need to use. Mark your answers on the ANSWER SHEET. (10 points)

- A. Stay positive
- B. Respect the past
- C. Use channels
- D. Give it a time
- E. Invite resistance
- F. Be a salesman
- G. Be humble

Everyone wants to be that person--the one who looks at the same information as everyone else, but who sees a fresh, innovative solution. However, it takes more than simply having a good idea. How you share it is as important as the suggestion itself. Why? Because writing a new script -- literally or figuratively--means that other team members will have to adapt to something new. Not to mention, if the process you're scrapping is one someone else suggested, there's the possibility of hurt feelings. To gain buy-in on an innovative, new idea, follow these steps:

41. _____.

Great ideas don't stand alone. In other words, you can't mention your suggestion once and expect it to be adopted. To see a change, you'll need to champion your plan and sell its merits. In addition, you need to be willing to stand up to scrutiny and criticism and be prepared to explain your innovation in different ways for various audiences.

42. _____.

Sometimes it makes sense to go to your boss first. But other times, it's useful to build a coalition among your co-workers or other stakeholders. When it works, it works great--because you're ready for you stubborn supervisor's pushback with answers like, "Actually, I connected with a few people in our department to discuss how much time these kinds of websites would take, and they suggested they have the bandwidth."

43. _____.

One of the biggest barriers to gaining buy-in occurs when the owner of an idea is viewed as argumentative, defensive, or close-minded. Because let's be honest: No one likes know-it-all. So, if people disagree with you, don't be indignant. Instead, listen to their concerns fully, try to understand their perspective, and include their concerns (and possible remedies) in future discussions. So, instead of saying, "Martha, our current slogan is confusing and should be update," you could try, "Martha raises a great point point that our current slogan has a long history for our stakeholders, but I wonder if we might be able to brainstorm a tagline on that -- and be clearer for new customers."

44. _____.

New ideas are the grandchildren of old ones. In other words, don't throw old solutions under the bus to make your improvement stand out. Remember that in light of whatever the problem the old system solved --or, maybe, has failed to solve in recent memory -- it was a great idea at the time. Appreciating the older contributions as you suggest future innovations helps bolster the credibility of yours idea.

45. _____.

When pitching a new idea, it's important to use the language of abundance instead of deficit. Instead of saying what is wrong, broken, or suboptimal, talk about what is right, fixable or ideal. For example, try, "I can see lots of applications for this new approach" rather than, "This innovation is the only way." Be optimistic but realistic, and you will stand out.

答案 FCGBA

Section III Translation

46. **Directions:**

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

You know the moment—the conversation slows and there's a pause. It's awkward, and so awkward that some people will panic and say anything. Do we all find such silences so stressful?

Researchers analyzed the frequency and impact of gaps greater than 2 seconds during conversations, including an overview of previous studies which indicate that the fear of awkward silences is so extreme that people are likely to avoid talking to strangers, even though doing so is likely to be an enjoyable experience.

During conversations with short gaps, people feel more connected to their conversation partners. But such feelings of connection markedly dip when entering a long gap. Long gaps between strangers are likely to be followed by a change in topic.

But the opposite seems to be true for conversations between friends. Long gaps there saw increased connection. Between friends, longer gaps seem to provide natural moments for reflection and expression.

参考译文:

人们都熟悉这样的时刻——谈话开始放缓，紧随其后的是沉默。这种情况令人尴尬，对一些人来说，这太尴尬了以至于他们会感到恐慌并且会说点儿什么。但是不是所有人都觉得这种安静令人倍感压力呢？

研究者分析了对话中 2 秒以上停顿的频次和带来的影响，同时回顾了之前的一些研究，这些研究表明，人们太过担心尴尬的沉默，以至于他们会拒绝与陌生人交谈，哪怕与陌生人的交谈能够带来愉悦的经历。

在对话中短暂的停顿会让人们感觉与交谈的对象关系更加密切。但是这种亲切感会随着停顿时间变长而下降。陌生人间的时间停顿很可能会以话题转移结束。

但朋友间的对话恰恰相反，长时间的停顿会增加他们的亲密性，因为它提供了反思与表

达的自然间歇。

Section IV Writing

Part A

47. Directions:

Direction:

Suppose you are planning a short play based on a classic Chinese novel. Write your friend John an email to

- 1) introduce the play, and
- 2) invite him to take part in it.

Write your answer in about 100 words on the ANSWER SHEET.

Do not sign your own name in your email; use “Li Ming” instead. (10 points)

参考范文:

Dear John,

I am currently planning an exciting short play inspired by a renowned classic Chinese novel, *Romance of the Three Kingdoms*. This play will vividly depict the heroic deeds, intricate strategies, and complex relationships of the characters during that chaotic yet heroic era of Chinese history. We aim to bring this ancient story to life with passionate performances and elaborate stage settings.

I know you have a great passion for acting and a unique talent for portraying diverse characters. Thus, I sincerely invite you to join our production and take on a significant role in this play. Your participation will undoubtedly add more luster and depth to our performance.

I truly hope you can be part of this wonderful project. Looking forward to your prompt and favorable reply.

Best regards,

Li Ming

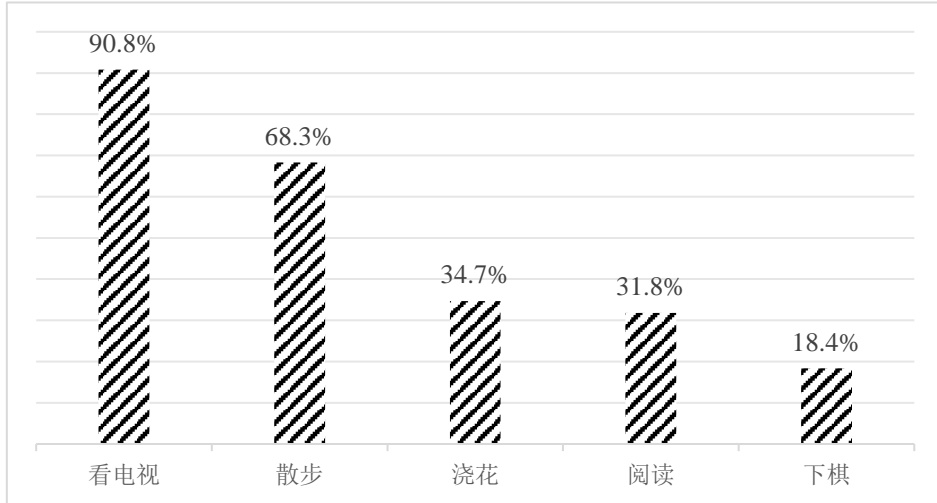
Part B

48. Directions:

Write an essay based on the chart below. In your writing, you should

- 1) describe and interpret the chart, and
- 2) give your comments.

Write your answer in about 150 words on the ANSWER SHEET. (15 points)



某社区老年人主要日常休闲活动调查

参考范文:

The chart provides an overview of the daily leisure activities of the elderly in a certain community. The chart indicates that watching TV is the most popular activity, with an overwhelming 90.80% participation rate. Following this, taking walks is the second most common activity at 68.30%. Gardening is also a favored pastime, with 34.70% of the elderly engaging in it. Reading books and newspapers is enjoyed by 31.80%, while playing chess is the least popular activity, with only 18.40% participation.

These statistics imply that the elderly in this community prefer passive forms of entertainment, such as watching TV, which requires minimal physical effort. Walking, while more active, is still a low-intensity activity suitable for most ages. The lower participation in gardening, reading, and chess suggests that these activities may require more energy, interest in hobbies, or cognitive engagement, which might not be as accessible or appealing to all elderly individuals.

In my opinion, it is essential to encourage a diverse range of activities among the elderly to promote both their physical and mental health. Communities could organize more social events and provide resources for various hobbies to engage the elderly in a more active and stimulating lifestyle. This balance could contribute to a higher quality of life and well-being for the elderly population.

译文:

该图表概述了某社区老年人的日常休闲活动的情况。图表显示，看电视是最受欢迎的活动，参与率高达 90.80%。其次是散步，参与率为 68.30%。园艺也是老年人喜爱的消遣方式之一，参与率为 34.70%。读书和看报的参与率为 31.80%，而下棋则最不受欢迎，参与率仅为 18.40%。

这些统计数据表明，该社区的老年人更喜欢被动的娱乐形式，如看电视，这种活动需要的体力最少。散步虽然更为活跃，但仍然是一种适合大多数年龄段的低强度活动。园艺、读书和下棋的较低参与率表明，这些活动可能需要更多的精力、对爱好的兴趣或认知参与，这对所有老年人来说可能并不那么容易接触或吸引人。

在我看来，鼓励老年人参与多种活动，以促进他们的身心健康，是非常重要的。社区可以组织更多的社交活动，并提供各种爱好相关的资源，以吸引老年人参与更积极和刺激的生活方式。这种平衡有助于提高老年人的生活质量和幸福感。