

绝密★启用前

2025 年全国硕士研究生招生考试英语试题及答案速查

英语（二）试题

（科目代码：201）

试卷条形码

☆ 考生注意事项 ☆

- 1. 答题前，考生须在试题册指定位置上填写考生编号和考生姓名；在答题卡指定位置上填写报考单位，考生姓名和考生编号，并涂写考生编号信息点。
- 2. 考生须把试题册上的“试卷条形码”粘贴条取下，粘贴在答题卡的“试卷条形码粘贴位置”框中。不按规定粘贴条形码而影响试卷结果的，责任由考生自负。
- 3. 选择题的答案必须涂写在答题卡相应题号的选项上，非选择题的答案必须书写在答题卡指定位置的边框区域内。超出答题区写的答案无效；在草稿纸、试题册上答题无效。
- 4. 填（书）写部分必须使用黑色字迹签字笔书写，字迹工整、笔迹清楚；涂写部分必须使用2B 铅笔填涂。
- 5. 考试结束，将答题卡和试题册按规定交回。

（以下信息考生必须认真填写）

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| 考生姓名 | | | | | | | | | | | | | | | | | |

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.