



教辅图书



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WELCOME UNIT

(限时:35 分钟)

① 阅读理解

A [2025·武汉高中毕业生四月调研]

文体:记叙文 主题:人与自我 词数:328

These days, I have been gathering contributions for Class Notes from my classmates at the Brearley School. Seven contributions have come in. They are long or short, emotional or matter-of-fact, and now my job will be to cut and select, rephrase and quote, and count words from each contributor—our entire collection will have to add up to no more than six hundred and fifty words.

The tough part is trying to give more or less equal space to each of these life accounts since some of us tend to relate incidents in great detail while others are tight-lipped. If nine of us altogether, including me, contribute notes, then each note is allowed a little over seventy words. If another contribution comes in at the last minute, we all go down to about sixty-five. Do I cut out the trip to Costa Rica, or the visit to the nephew in New Jersey? The recent grandchild, broken leg, or Scrabble (拼字游戏) competition?

Why did I decide I would not mind being a class-notes agent? I suppose I pursue any piece of writing for two main reasons. First, I like the challenge of trying a new form. In this case, my task is to rearrange the writings of a range of personalities to create one fairly smooth whole. The second reason is always emotional. Here, one source of my emotion was the years-long experience of the school itself. I was also touched that my classmates suggested me for the job, their sensible reason being: “You’re a writer.”

As a 65-year-old lady, I feel tired

sometimes, but I’ve never stopped valuing every moment in this job. For me, my classmates are still full of youthful energy, passion, or disgust or tearful hurt. I’m not sure I’m naturally gifted at turning all these colourful details into a brief and entertaining account. That’s how I do it—quote their own words as often as I can.

- () 1. What does the author need to do with the contributions?
- A. Edit and adjust them.
B. Collect and grade them.
C. Ensure the variety of them.
D. Add personal comments to them.
- () 2. How does the author explain the difficulty of the job?
- A. By citing quotes.
B. By listing examples.
C. By making comparisons.
D. By giving definitions.
- () 3. What can we infer about the author from Paragraph 3?
- A. She prioritizes new forms.
B. She prefers emotional writing.
C. She is hesitant about the role.
D. She is acknowledged by her classmates.
- () 4. What does the author think of the job?
- A. It’s stressful.
B. It’s worthwhile.
C. It’s straightforward.
D. It’s troublesome.

B [2025·河北省部分校高三联考]

文体:记叙文 主题:人与自我 词数:340

The playground at Garfield High School in East Los Angeles was wet from the morning’s rain. But the bad weather didn’t keep the Garfield graduates from gathering there to

show their support for their former teacher, Jaime Escalante, who was in the end stages of cancer.

Although the Bolivian-born teacher, who inspired the 1988 movie *Stand and Deliver*, did not become a household name after Hollywood put his remarkable story on screen, he possessed a gift of inspiring his students to see themselves not as they were but as they could be.

“To make it,” Escalante used to tell his students, “you need ambition.”

Ambition was Escalante’s battle cry, not just in motivating his students. He also kept pushing it to the administrators and teachers. *Stand and Deliver* shows the tension perfectly in a scene: when Escalante announces that he wants to teach calculus (微积分) and advanced maths at Garfield High School, the other teachers think it’s a joke, since Garfield is a school where the poor, hardened street kids are not even supposed to master mathematics.

Escalante admitted in an interview that *Stand and Deliver* was 90 percent truth, 10 percent drama. His biggest complaint was that the movie left the impression that his students mastered advanced mathematics overnight.

“The fact is that the kids ate, slept and lived mathematics,” Escalante said. “They arrived an hour before school and stayed two hours after school. They studied on Saturdays and during summer vacations.”

Some parents hated it too, and they let Escalante know it. In 1991, Escalante resigned, in part because he was tired of the run-ins with those parents and his fellow teachers.

“But I want to be remembered as a teacher who sees potential everywhere,” he said. “You can’t be a good teacher unless you see the potential in every student.”

That’s what made Jaime Escalante such a great teacher.

- () 5. What did Escalante’s fellow teachers think of his plan?
- A. Praiseworthy. B. Unambitious.
C. Unrealistic. D. Motivating.
- () 6. What can we say about *Stand and Deliver*?
- A. It has played down the students’ efforts.
B. It has brought in donations for the teacher.
C. It has helped the teacher become a national star.
D. It has ignored the challenges faced by the teachers.
- () 7. Which of the following best explains “run-ins” underlined in Paragraph 7?
- A. Formal discussion of an issue.
B. Joint effort towards a shared aim.
C. Regular meeting with someone.
D. Serious disagreement or argument.
- () 8. According to the text, Jaime Escalante is a great teacher because _____.
A. he is good at communication
B. he sees potential in every student
C. he is very patient with the students
D. he can create a competitive atmosphere

II 阅读七选五

[2025·山东省泰安市高三二模]

文体:说明文 主题:人与自我 词数:274

The final year of senior high school is a critical yet challenging period, marked by intense academic pressure and emotional stress. Balancing exam preparation and personal well-being requires strategic planning. Below are practical methods to help students manage stress and increase learning efficiency.

Prioritize time management

Creating a realistic timetable is foundational. Divide study sessions into 45-

minute blocks with 10-minute breaks to prevent burnout. Use tools like planners or apps to track deadlines and arrange time for weak subjects. Avoid multitasking—focus on one task at a time to enhance memory.

1. _____.

Combine physical and mental wellness

Physical activity is proven to lower cortisol (皮质醇) levels. Daily exercise, such as walking, dancing, or cycling, can improve mood and sharpen focus. 2. _____. Even 5 minutes of deep breathing before studying can calm nerves and improve cognitive performance.

Build a support network

Isolation will increase stress. Share academic challenges with peers, teachers, or family to gain perspective. Study groups encourage cooperative learning and reduce loneliness by sharing solutions to problems. Schools offer consulting services. 3. _____. A strong support system provides emotional relief and practical advice, helping you handle difficulties effectively.

Improve study techniques

4. _____. Thus, adopt active learning methods: summarize notes aloud, use flashcards for memorization, or teach concepts to peers. For instance, the Pomodoro Technique (25 minutes of study + 5-minute breaks) enhances concentration. Additionally, simulate exam conditions through timed practice tests to build confidence and identify gaps.

In conclusion, while stress is unavoidable during senior high school, adopting these strategies above can help you manage it effectively. 5. _____. Stay positive, and you will overcome any challenges!

A. Turn to professionals if overwhelmed

B. Nothing is more significant than study

C. Generally, passive strategies are ineffective

D. Therefore, you should be modest and hardworking

E. Pair this with mindfulness practices like deep breathing

F. Remember, being healthy is the key to academic success

G. A structured routine reduces anxiety and promotes a sense of control

完形填空 [2025·安徽省 A10 联盟高三三模]

文体:记叙文 主题:人与自然 词数:260

When I created a hiking course for seventh and eighth graders, I added a curriculum centred around mindfulness, writing and creating art. I thought the sun would shine down upon us, and we'd be 1 fascinated by nature. But when we had our first class, it wasn't what I had 2. I had the students pile rocks and use the rocks to talk about 3 our lives—choosing joy over stress. My students weren't into it. I went home feeling 4.

Then it 5 me: these young teens simply needed freedom to explore. So I abandoned my 6 lessons and let them wander through the woods, observing and enjoying their surroundings. The 7 was remarkable. Their faces lit up with joy each week.

Living in northern Michigan sometimes meant we went outside in freezing cold weather, but giving them space worked 8. They threw snowballs, collected bird feathers, 9 the changing leaves and watched as rivers flowed by.

One day, they were 10 land art with rocks and autumn leaves when a man appeared, playing a flute. The students gathered around him and 11 for him after the song was over. One boy skipped back to his creation, declaring, "I'm so 12."

The students didn't need 13 lesson

plans or art supplies. All they needed was
 14 being outdoors. From then on, that's
 all I gave them. 15 gave them space to
 forget all their daily worries and be kids again.

- () 1. A. occasionally B. naturally
 C. intentionally D. temporarily
- () 2. A. come across B. put down
 C. responded to D. hoped for
- () 3. A. balancing B. transforming
 C. controlling D. influencing
- () 4. A. rewarded B. defeated
 C. motivated D. amused
- () 5. A. warned B. assumed
 C. impressed D. struck
- () 6. A. entertaining B. inspiring
 C. structured D. well-received
- () 7. A. discovery B. change

- C. performance D. creativity
- () 8. A. opportunities B. desires
 C. wonders D. resources
- () 9. A. observed B. folded
 C. painted D. tore
- () 10. A. displaying B. studying
 C. evaluating D. creating
- () 11. A. waited B. applied
 C. clapped D. searched
- () 12. A. delighted B. surprised
 C. worried D. exhausted
- () 13. A. realistic B. flexible
 C. fancy D. original
- () 14. A. just B. also
 C. even D. hardly
- () 15. A. Belief B. Nature
 C. Distance D. Communication

Unit 1 TEENAGE LIFE

(限时:35 分钟)

① 阅读理解

A [2025·湖南省长沙市高三三模]

文体:记叙文 主题:人与自然 词数:331

Among every generation, there are always youths ready to bear heavy burden of responsibility and devoted to their community. Lee Hui-Ling is one of them.

Lee Hui-Ling was exposed to environmental and social issues at a young age. Born into a family of artists, her mother had a strong environmental conscience, which she had expressed through her art and passed on to her daughter.

After graduating from the Sarah Lawrence College in New York and moving back to Malaysia, Hui-Ling's concerns for the environment grew, particularly after the Fukushima nuclear crisis in 2011, her mother's hometown. Hui-Ling responded by setting up a Greenpeace Malaysia online community on various social media platforms.

A committed volunteer and natural leader,

Hui-Ling was involved from the very beginning. She helped to organize and lead meet-ups in cafes and community halls, as well as run workshops and training. Taking direct action, she has participated in various campaigns like Break Free from Plastic.

“Environmental activism has taught me that doing good is not a sprint, but a marathon, and we need to develop the endurance to make it through the difficult times,” she said. “I think activism has been normalized, and with that kind of normalization, it brings a level of safety. It becomes a very effective way to speak about social issues and affect change.”

An artist and educator, Hui-Ling organized participatory art projects in line with Greenpeace Malaysia campaigns on deforestation and plastic pollution. One of them was the Wings of Paradise project, where she led a team of 30 youth volunteers in creating a 64-metre-long mural as part of a global street art campaign against deforestation in Papua.

“There is a climate emergency,” said Hui-

Ling. “However, there is a beacon of hope in the youth activism of the last few years. The youths of today are well organized, and passionate in expressing their desire for positive change and a green and sustainable future for all.”

- () 1. What can we know about Lee Hui-Ling's mother?
- A. She was a successful artist.
B. She self-taught her daughter.
C. She cared about the environment.
D. Her hometown was ruined by a nuclear disaster.
- () 2. Which best describes Lee Hui-Ling?
- A. Stubborn. B. Patient.
C. Influential. D. Aggressive.
- () 3. What does the underlined phrase “a sprint” in Paragraph 5 mean?
- A. A momentary effort.
B. A real dilemma.
C. A tough decision.
D. A fierce competition.
- () 4. What might be the purpose of Wings of Paradise project?
- A. To create unique murals.
B. To help protect forests in Papua.
C. To fight against plastic pollution.
D. To honour young artists across the globe.

B [2025·山东省青岛市高三三模]

文体:说明文 主题:人与社会 词数:332

In the digital age, teenagers are facing a challenge that has never happened—the constant battle for their attention. A 2023 study published in the *Journal of Adolescent Health* reveals that the average teenager switches between digital tasks every 19 seconds, resulting in a 40% decline in mental processes of understanding compared to focused work.

Continuous partial attention, termed by researchers, occurs when individuals attempt to monitor multiple digital streams together without fully concentrating on any single one. Unlike purposeful multitasking, this state

leaves teenagers in a repeated condition of mental overload. Professor Linda Stone, who first identified the behaviour, explains, “It’s not that teens can’t focus—it’s that their focus is always divided.”

The neurological (神经系统的) impacts are particularly concerning during the teenage years, a critical period for brain development. MRI scans (扫描) demonstrate that heavy media multitaskers show less dense grey matter in the anterior cingulate cortex (ACC), the brain region responsible for emotional control and decision-making. A 2021 Stanford study revealed that teens who engaged in frequent media multitasking had 15% weaker ACC activation during tasks compared to those who focused on single tasks. This physical change correlates with increased anxiety levels and decreased academic performance observed in numerous case studies.

However, the solution isn’t as simple as removing technology entirely. Digital literacy (读写能力) expert Dr Mark Prensky argues that digital natives process information differently than previous generations. Instead of removing devices, educators should teach “attention literacy”—the skill of consciously choosing when and how to engage with technology. Some schools experiment with focus training and they report 30% improvements in students’ sustained attention duration within six months.

Parents play an equally crucial role. One way to support this is to establish “protected spaces” in homes where devices are set aside, allowing for uninterrupted face-to-face communication. The goal isn’t to blame technology blindly but to help teens develop the wisdom to use it intentionally.

- () 5. What does the underlined phrase “mental overload” in Paragraph 2 refer to?
- A. Constantly switching tasks.
B. Struggling to stay focused.
C. Taking in too much at once.
D. Feeling emotionally exhausted.

- () 6. What is Paragraph 3 mainly about?
- How MRI scans are used to study the brain.
 - How avoiding screens benefits brain health.
 - Why media multitasking increases teen anxiety.
 - How media multitasking affects the teenage brain.
- () 7. Why does the author mention schools experimenting with focus training?
- To criticize the current trend.
 - To support a proposed solution.
 - To warn against technology overuse.
 - To introduce changes in modern education.
- () 8. Why is “protected spaces” in homes suggested?
- To support parental monitoring.
 - To promote mindful tech habits.
 - To improve academic performance.
 - To increase family time on digital devices.

语法填空

[2025·江西省高三5月联合测评]

文体:新闻报道 主题:人与社会 词数:235

On March 3, 2025, the Juste Debout World Street Dance Finals that has no age restrictions was held in Paris, attracting 1. _____ (count) outstanding dancers from around the world.

Two young Chinese talents, 10-year-old Song Haoming and 14-year-old Fu Junxi, represented China in the Hip-Hop category. 2. _____ made their performance impressive was that they mixed the movements of traditional Chinese martial arts (武术), such as drunk boxing, into their dance. The audience and judges, 3. _____ (astonish) by these elements, expressed their admiration.

Their journey in the competition was remarkable. In the round of 16 to 8, they

performed 4. _____ (professional) and defeated opponents with a score of 4: 1, advancing to 5. _____ quarter-finals, where they faced two well-known international dancers. However, Song and Fu did not show any fear. They once again presented their amazing performance, which set the stage 6. _____ fire. Eventually, they made it to the semi-finals, 7. _____ (create) the best result in China's history in this event.

After the match, they showed the national flag and were proud 8. _____ (demonstrate) the charm of Chinese culture to the world.

Juste Debout is one of the world's top street dance 9. _____ (competition), focusing on various street dance styles. The fact that these two young Chinese dancers achieved such great results in this highly competitive event 10. _____ (show) the rising level of Chinese street dance and the creativity of the new generation.

完形填空

[2025·河北省沧州市名校联考高三三模]

文体:记叙文 主题:人与自我 词数:257

When I was a teenager, I managed to both skip my freshman year of high school and gain entry into a dual-credit (双学分) high school programme. For every college 1 I took through the programme, I would gain high school credits towards graduation and an Associate's degree.

It was there, in my junior year, that I found my 2 weakness in academia: chemistry. Mind you, the college was aware of high school 3 being integrated into their classes. However, the professor 4 we all had taken chemistry before—a big 5 for students like me who hadn't. With no basic teaching and a strict “no drop or switch courses” 6, my peers and I were doomed (注定的) to a class with no basic foundation.

My grades 7 sharply, and so did my confidence.

One evening, after weeks of studying, tutoring, and practice, I 8 a failed exam paper. I'd scored just 58, and tears filled my eyes. My four-year-old brother saw me sitting on the floor near my desk. He placed his stuffed cat beside me, climbed onto my lap, and 9 patted my face.

"Don't be sad," he said softly. "I'm here to be your 10 so you can be happy."

Throughout the mess of that chemistry course, that is the shining 11 I saw at the end of the tunnel. I ended up 12 the class, but my brother helped me see that there was an 13 to that nightmare. Sometimes little brothers knew the warm thing to say out of innocent love and 14. My brother's love showed me that failure is 15, and that support from loved ones can turn even the hardest days into hopeful ones.

- () 1. A. course B. major
 C. programme D. task
() 2. A. current B. slight
 C. fatal D. minor
() 3. A. teachers B. students

- C. educators D. leaders
() 4. A. insisted B. suggested
 C. said D. assumed
() 5. A. style B. misunderstanding
 C. desire D. judgement
() 6. A. rule B. schedule
 C. device D. recognition
() 7. A. closed B. quit
 C. dropped D. increased
() 8. A. talked around B. asked about
 C. called for D. stared at
() 9. A. proudly B. gently
 C. merely D. madly
() 10. A. gift B. goal
 C. dream D. eagerness
() 11. A. chance B. line
 C. light D. gold
() 12. A. attending B. failing
 C. calling D. discussing
() 13. A. end B. aim
 C. edge D. opinion
() 14. A. ideal B. permission
 C. curiosity D. concern
() 15. A. curable B. essential
 C. temporary D. realistic

Unit 2 TRAVELLING AROUND

(限时:35 分钟)

① 阅读理解

A [2025·湖南省长沙市高三二模]

文体:记叙文 主题:人与自我 词数:349

Travelling seemed like **falsehood** to me. I grew tired of backpackers expressing too much praise about how petting a baby elephant in Thailand "transformed" them. Globe-travelling to me held no more promise than finding a few bills in the pocket of an old coat. I needed something deeper than an Eat, Play, Love moment.

One day, Vasilis, my Greek best friend,

reminded me of our decade-old promise: after our final exams, I would visit his hometown in Athens. Maybe, it was time to make good on that promise.

I finally boarded the plane. Vasilis picked me up at the airport. I smiled, thinking how **improbable** this moment seemed all those years ago.

The decade-long wait proved to be well worth it. Every step through the ancient streets revealed new wonders. However, none of them truly mattered. What would forever

alter my perception of travel was a chance encounter with a local.

Vasilis and I were wandering Athens when a special sound caught our attention—a rhythmic clinking disturbing the quietness of the residential street. Curiously, we followed the sound to a humble workshop. Inside, a welder (焊工) gave no mind to our presence behind him. He wore no flashy protective suit—this was just another day for him, another dance with fire and metal that had become second nature. Under the sunshade, his orange cat rested in the comforting warmth.

As the man continued welding, I felt a bit of envy. I envied his peace and **contentment**. I admired the **simplicity** he embodied. I imagined the welder's happiness, finding **fulfillment** in his craft and returning to his loving family ... The moment moved me to tears. Leaving the workshop, rain blending with tears, I realized how easily life's poetry could pass unnoticed.

Home again in Montreal, I stop simply pursuing better things, better experiences and better people that are never grasped. I realize the real journey is inward—to appreciate life's ordinary magic. That sure beats petting any baby elephant. I may not have returned home “transformed”, but I'll always think of the welder and his cat.

- () 1. Which aspect of travelling makes the author feel uneasy?
- A. Shortage of adequate funds.
B. Discomfort in dietary habits.
C. Overstatement of travel's effects.
D. Danger of petting baby animals.
- () 2. What drove the author to go to Athens?
- A. Meeting a commitment.
B. Exploring a unique landscape.
C. Receiving further education.
D. Escaping from the current life.
- () 3. Why did the author feel moved after visiting the welder's workshop?

- A. The author was touched by the welder's love for his family.
B. The author found fulfillment in the welder's simple but delicate craft.
C. The welder's peaceful and simple life inspired him to reflect on life.
D. The author felt time passed too quickly without being noticed.

- () 4. Which of the following can be a suitable title for the text?
- A. Friendship lasts forever
B. Travelling shapes a better self
C. Pursuit of happiness never stops
D. The ordinary makes extraordinary

B [2026·湖南省常德市高三模拟]

文体:说明文 主题:人与社会 词数:348

In many parts of the world, the volume of tourists has gone way beyond capacity. **Overtourism**, as is known, is now so widespread that many communities are pushing back. In April, activists on Tenerife staged a hunger strike against the building of new tourist projects threatening local water resources. Similarly, Greek communities initiated the “towel movement” resisting the **privatization** of coastal spaces that displaced local traditional fishing.

When you see so many people protesting so widely, it tells you that the balance has been lost. The idea that most people benefit from tourism is no longer so clear. Symptoms of overtourism range from everyday problems, such as locals being priced out of restaurants, to deeper issues like the corporate takeover of **affordable** housing, which has caused widespread public anger. “At the most insignificant level, overtourism makes visiting places less pleasant for those visiting,” says Adrian Phillips, managing director of Bradt Travel Guides. “Most of us would prefer to appreciate St Mark's Square in Venice without having to compete for space. Besides, it can damage the local landscape, put pressure on

local facilities, bend and change traditional culture.”

Thailand’s historic city of Chiang Mai has recently charged a \$147.5 fine for tourists wearing unsuitable clothing in temple zones, alongside cultural training for guides assisting international visitors, which comes as the city experiences an explosion in tourism, putting pressure on its culture. The Indonesian island of Bali, where by the middle of 2024, international tourism arrivals—7.75 million—**surpassed** those of all of 2019, is also seeing pushback against the rapid-fire expansion of tourism, with hotlines set up to report inappropriate behaviour by foreigners.

In the long run, the key solution to reducing overtourism is to champion the advantages of many wonderful spots away from the most heavily-visited tourist sites and encourage people to spread their tourist dollars more widely. Rather than set limits on the number of visitors or fine people for visiting famous landmarks, stakeholders should give full attention to the meaningful experiences, fair economic benefits, and sustainable practices that come with exploring alternatives.

- () 5. Why did people in Tenerife and Greece protest?
- A. To increase income from tourism.
B. To improve local service facilities.
C. To safeguard the interests of locals.
D. To prevent environmental destruction.
- () 6. What does Adrian Phillips think of overtourism?
- A. It can be more than inconvenient.
B. It reflects tourists’ psychological needs.
C. It can be managed through better planning.
D. It is a necessary stage in economic development.

- () 7. What does Paragraph 3 focus on?
- A. Plans to drive tourism growth.
B. Efforts to develop local attractions.
C. Approaches to cultural preservation.
D. Responses to overtourism challenges.
- () 8. Who might the underlined word “stakeholders” in the last paragraph refer to?
- A. Tourism officers.
B. Travel behaviour experts.
C. Eco-minded travellers.
D. Tourism investment analysts.

① 阅读七选五 [2025·河北省秦皇岛市高三模拟]

文体:说明文 主题:人与自我 词数:267

You’re ready to see the world and experience the thrill of adventuring out on your own, but how do you do that when you’re a teenager? 1. _____ There are just some extra things you’ll need to keep in mind and plan for.

See if your school offers any trips. Many schools offer tours as part of their foreign language classes. Ask a foreign language teacher if your school sponsors such a trip. If your school does offer one, it can be one of the easiest and best tour opportunities for you. 2. _____ If you do go with your school, the rest of the steps here are likely already handled.

Look for student discounts. One of the perks of travelling as a teenager is that you get access to student discounts automatically if you are under 18. Most tourist attractions, museums, and other sites of interest will offer discounts. 3. _____ Besides, most public transit systems offer discounted tickets or passes for teenagers.

4. _____ While not as free-spirited a choice as travelling fully alone, tour groups specifically for teenagers are a good way to get out of your comfort zone, learn more about travel, and make new friends. Travelling as

part of a group also means your hotels, food, transportation, and activities are already organized for you.

Prepare to go! Travelling alone can be frightening, but you almost always come back a different person. You'll be more self-confident, and have a different view of both your own culture and the cultures you interact with on your trip. You'll have new friends and new memories in a new place. 5. _____

- A. Consider travelling as part of a tour group.
- B. Some hotels will also offer special prices.
- C. You will be treated specially at some places.
- D. Each solo journey enriches your life experiences.
- E. Travelling alone is a process to improve your mood.
- F. You'll likely have guardian teachers on the tour.
- G. Travelling abroad alone as a teen is

definitely possible.

应用文写作

[2025·湖北名校联盟高三第三次联合测评]

假定你是李华,准备暑假到英国旅行一周。请给来自英国并有10年导游经验的外教 Kevin 写一封邮件,咨询相关情况,内容包括:

1. 值得游玩的景点;
2. 旅行中的注意事项。

注意:写作词数应为80个左右。

Dear Kevin,

I'm Li Hua, one of your students. _____

Yours sincerely,

Li Hua

重点词句回顾

A. 词汇积累

1. falsehood *n.* 虚假;谎言;不实之词
2. improbable *adj.* 未必确实的;不大可能的
3. contentment *n.* 满足,满意
4. simplicity *n.* 质朴,淳朴
5. fulfillment *n.* 成就感
6. overtourism *n.* 过度旅游
7. privatization *n.* 私有化,私营化
8. affordable *adj.* 买得起的;负担得起的
9. surpass *v.* 超过,胜过

B. 熟词生义

1. pet *n.* (熟义) 宠物→*v.* (生义) 温柔地抚摸、轻抚 (动物)

I grew tired of backpackers expressing too much praise about how **petting** a baby elephant in Thailand "transformed" them. (阅读 A)

【译文】我渐渐厌倦了背包客们大肆吹捧——说在泰国轻抚小象是如何“改变”了他们的。

2. champion *n.* (熟义) 冠军;拥护者→*v.* (生义) 支持,拥护

In the long run, the key solution to reducing overtourism is to **champion** the advantages of many wonderful spots away from the most heavily-visited tourist sites and encourage people to spread their tourist dollars more widely. (阅读 B)

【译文】从长远来看,缓解过度旅游问题的核心解决方案是**推崇**那些远离热门旅游景点的众多绝佳之地的优势,并鼓励人们更广泛地分散旅游消费。

C. 长难句分析

Thailand's historic city of Chiang Mai has recently charged a \$147.5 fine for tourists wearing unsuitable clothing in temple zones, alongside cultural training for guides assisting international visitors, which comes as the city experiences an explosion in tourism, putting pressure on its culture. (阅读 B)

【分析】这是一个包含非限制性定语从句+多层修饰成分的主从复合句。which comes as the city experiences an explosion in tourism, putting pressure on its culture 为非限制性定语从句,修饰整个主句的内容;从句主干为 which comes; as 引导状语从句; putting pressure on its culture 为现在分词作结果状语。

【译文】泰国历史名城清迈最近对在寺庙区域穿着不当服饰的游客处以147.5美元的罚款,同时为协助国际游客的导游开展文化培训。目前该城市旅游业激增,给当地文化带来了压力,上述举措正是在此背景下推出的。

Unit 3 SPORTS AND FITNESS

(限时:35 分钟)

① 阅读理解

A [2025·东北三省高考模拟]

文体:说明文 主题:人与社会 词数:357

Maybe you've set a New Year's resolution to get fitter and healthier this year. If so, you're in good company: statistics show that improving fitness is the number one resolution. Unfortunately, the majority of people find sticking to that resolution difficult. A year on, only about 9% report they've stayed with a new exercise plan for the entire 12 months.

Making exercise a consistent, regular habit is hard, especially when you're balancing a career, family duties, and other demands on your time. A good starting point—or simply a good way to add on to an existing exercise habit—is to integrate movement “snacks” into your routine. These short bursts of activity spread throughout your day can make a difference in how you feel, as well as your overall health.

Research backs this up. A team at McMaster University tested the theory. The study looked into whether simple 20-second bursts of stair climbing, three times each day, performed three days a week, could improve cardiorespiratory (心肺的) fitness. After six weeks, it had, by about 5%. “The changes are modest, but not insignificant,” says coauthor Martin Gibala. While repeated exercise snacks shouldn't replace a more regular workout routine that includes both cardiovascular (心血管的) and strength training, it can improve your health. It can also serve as an easy entry point to getting fitter in the new year.

One effective way to add movement snacks is by stacking them onto existing habits, like fitting in some movement while waiting for the

coffee to be ready. Easy entry points include activities like push-ups, jogging in place, or a quick walk. Engaging large muscle groups to raise your heart rate is key.

All that said, your goal should still be longer, intentional exercise sessions. But as an add-on—or if time for an exercise snack is all you've got—you can improve your health. Consider snacks a supplement. It's a little bite throughout your day that feeds your body.

() 1. Why does the author mention a New Year's resolution?

- A. To highlight the ease of maintaining it.
- B. To stress the importance of setting goals.
- C. To illustrate the challenge of completing it.
- D. To emphasize the tradition of making a promise.

() 2. What does Paragraph 3 mainly talk about?

- A. The benefits of a balanced diet.
- B. The importance of strength training.
- C. The effectiveness of exercise snacks.
- D. The impact of long workout sessions.

() 3. What does the underlined word “stacking” in Paragraph 4 mean?

- A. Removing. B. Changing.
- C. Deleting. D. Building.

() 4. What can be the best title for the text?

- A. Short routines for better performance
- B. Boost your health with micro-workouts
- C. Maximize results with intense workouts
- D. New Year's resolution for better health

B [2025·湖北省黄冈市三模]

文体:说明文 主题:人与社会 词数:355

Signing your kids up for soccer in the fall and lacrosse in the spring may do more for

them than build social skills or turn them into athletes. A study by researchers at Michigan State University (MSU) shows that playing sports can also lead to improved academic performance, particularly for college students.

The study found that playing sports in college improved the grade point averages (GPAs) of students and increased the likelihood for them to return for another term.

The researchers did research on almost 1,800 freshmen at MSU. The students who played sports averaged a 3.25 GPA at the end of their first year, compared to a 3.07 GPA for freshmen who didn't play sports.

The findings also showed that playing sports was linked to lower odds of students dropping or failing classes in their first year. In fact, those who played sports were 40% more likely to return for their sophomore year, and 2.5 times more likely to come back to the university overall.

"At the end of the year, students who played sports dropped or failed a total average of six credits compared to 7.7 credits among non-playing students," says lead author Kerri Vasold in a university press release. The nearly two credit difference per year for those who play sports has a large effect on the time it takes to graduate.

As for the ideal number of sports and extracurricular activities that seemed to be most beneficial, researchers say the "sweet spot" ranges from four to seven activities over a school year.

"Don't go crazy. Don't join 20 teams," says coauthor Jim Pivarnik. "Grab some friends, find a moderate number of activities and get involved in something different. The four-to-seven range seems to be effective and is linked to a higher GPA."

Adds Vasold: "There are so many different ways to participate. And the best part is that you don't have to be an all-star basketball player. You can still join a team. It's

an inclusive environment and helps students do better and creates a new home."

- () 5. What do Michigan State University researchers find about playing sports?
- A. It helps college students build social skills.
- B. It is linked to college students' better grades.
- C. It can turn kids into professional athletes!
- D. It has no effect on academic performance.
- () 6. How did the researchers conduct the study?
- A. By analysing the data of the freshmen at MSU.
- B. By comparing the GPAs of athletes and students.
- C. By following students throughout their college years.
- D. By interviewing students about their sports experiences.
- () 7. What does the underlined phrase "sweet spot" in Paragraph 6 refer to?
- A. The best way to balance sports and academic study.
- B. The ideal place for students to play sports on campus.
- C. The most suitable time to play sports during a school year.
- D. The perfect number of sports and extracurricular activities.
- () 8. Which of the following best describes the overall tone of the passage?
- A. Critical. B. Neutral.
- C. Encouraging. D. Sceptical.

语法填空

[2025·河南省豫北六校高三联考]

文体:说明文 主题:人与社会 词数:240

With marathons 1. _____ (become) increasingly popular across China, more and more participants believe these events are more than just sports. They've

developed 2. _____ key platforms for showcasing a city's culture, promoting fitness nationwide, and driving social development. Liu Min, the women's domestic champion of 3. _____ Beijing Marathon, told that those marathons are drawing more attention from young people. "A marathon is a way for young people to connect with a city's culture and its unique character," she 4. _____ (add).

Marathons across China are increasingly integrating local cultural elements 5. _____ (highlight) the uniqueness of each city. The Shanghai Marathon takes runners past landmarks like the Bund, Xintiandi, and Jing'an Temple, reflecting the city's distinct 6. _____ (region) surroundings. The Beijing Marathon, meanwhile, 7. _____ (feature) a route that includes landmarks like Chang'an Avenue, the National Museum of China, and the Olympic Park. Marathons are more than sporting events—they carry cultures. They encourage people to adopt a healthy lifestyle and provide cities with a valuable platform to showcase their culture and boost their 8. _____ (visible). A runner shared that road running is not only the most widely 9. _____ (recognize) event in athletics but also has the highest comprehensive benefits and the largest impact. He said that through his involvement in road running events, not only has he improved his physical health and expanded his social circle, but he has also witnessed his progress in running, 10. _____ also helped him realize the true meaning of competing.

完形填空 [2025·河北省石家庄市 NT20 名校联合体高三二模]

文体:记叙文 主题:人与社会 词数:272

Ever since I found my father's old camera at age ten, I've loved capturing life's moments. In this digital age, I'm particularly

into shooting short videos, always on the lookout for inspiring moments.

One morning, I attended a local marathon to 1 runners. My goal was to capture their 2 moments at the finish line. However, just 150 metres before it, a touching incident 3 in front of my lens (镜头).

The leading runner in a red T-shirt suddenly 4, clearly overwhelmed by exhaustion. Two runners 5 him, including one in a white T-shirt, who seemed certain to 6 victory.

But then, something incredible happened. The runner in white 7 and knelt beside the injured man. Without 8, he helped the red-shirted runner onto his back and began carrying him towards the finish line. My camera captured their slow but steady progress—the strain (吃力) on the white-shirted runner's face, the crowd's growing 9, and finally, their shared moment crossing the line together. The crowd erupted in cheers, louder than those for any 10 victory.

I shared the video titled "The real winners" online. Overnight, it spread 11. People praised the selfless act, calling the pair the true champions of the race. Many noted that while medals reward speed, 12 defines true greatness.

When asked later why he 13 his own win, the white-shirted runner said, "Some moments are bigger than 14." That day, I learned that the most powerful stories aren't about crossing the line first—they're about who stops to 15 others up along the way.

- () 1. A. assist B. watch
C. film D. guide
() 2. A. glorious B. mysterious
C. testing D. interesting
() 3. A. rose B. ended
C. erupted D. unfolded

- () 4. A. collapsed B. returned
C. panicked D. charged
- () 5. A. stopped B. greeted
C. passed D. carried
- () 6. A. avoid B. deny
C. share D. claim
- () 7. A. showed up B. turned back
C. pulled over D. looked down
- () 8. A. hesitation B. confusion
C. suspicion D. intention
- () 9. A. laughter B. silence
C. confidence D. impatience

- () 10. A. narrow B. decisive
C. collective D. individual
- () 11. A. secretly B. slowly
C. randomly D. widely
- () 12. A. fairness B. kindness
C. courage D. determination
- () 13. A. donated B. secured
C. sacrificed D. delayed
- () 14. A. medals B. records
C. reports D. photos
- () 15. A. line B. bring
C. lift D. stand

Unit 4 NATURAL DISASTERS

(限时:40 分钟)

① 阅读理解

A [2025·山东省济南市高三三模]

文体:说明文 主题:人与自然 词数:338

Scientists have revealed most of the basics about earthquakes: tectonic plates (构造板块) move, causing strain energy (应变能) to build up, and that energy eventually releases in the form of an earthquake. However, forecasting earthquakes remains a significant challenge, which was evidenced by the 2011 great Tohoku earthquake. In addition to causing a tsunami that led to the Fukushima nuclear disaster, it resulted in more than 18,000 deaths.

In recent years, researchers have been trying to figure out a possible relation between the sun and earthquakes. Based on a previous study that connected solar activity with earthquakes, a study conducted by researchers from the University of Tsukuba (UT) cast light on this possibility, confirming that sunspot numbers had some influence on earthquakes and Earth's climate, as affected by solar heat, played a role.

“Solar heat drives atmospheric temperature changes, which in turn can affect things like rock properties and underground water movement,” said Junqueira Saldanha,

leader of the research team. “Such changes can make rocks tend to break apart. For example, the changes in rainfall and snowmelt can affect the pressure on tectonic plate boundaries. While these factors may not be the main drivers of earthquakes, they could still be playing a role that can help to predict earthquakes.”

Among other findings, the researchers used mathematical and computational methods to analyse earthquake data alongside solar activity records and surface temperatures on Earth. They observed that when they included Earth surface temperatures into their model, the forecasting became more accurate, especially for shallow earthquakes. “That makes sense, since heat and water mostly affect the upper layers of Earth's crust (地壳),” said Saldanha.

The findings suggest the transfer of solar heat to the surface of Earth does affect earthquakes, however minutely, and that incorporating solar activity predictions into detailed Earth temperature models may help issue earthquake forecasts. “It's an exciting direction, and we hope our study can decipher the bigger picture of what causes earthquakes,” said Saldanha.

- () 1. Why did the author mention Tohoku earthquake in Paragraph 1?
- A. To demonstrate the movement of tectonic plates.
- B. To illustrate the difficulty in earthquake forecasts.
- C. To reveal the heavy losses caused by earthquakes.
- D. To stress the necessity of weakening strain energy.
- () 2. What does the study by UT mainly focus on?
- A. The climate change caused by earthquakes.
- B. The impact of solar activity on the atmosphere.
- C. The reasons for increased sunspot numbers.
- D. The link between sunspots and earthquakes.
- () 3. Which of the following would Saldanha agree with?
- A. Solar heat decides earthquake frequency.
- B. Tectonic plate pressure grows constantly.
- C. Earthquakes occur in the crust's upper layer.
- D. Solar activity data helps predict earthquakes.
- () 4. What does the underlined word "decipher" in the last paragraph mean?
- A. Reveal. B. Distinguish.
- C. Expand. D. Assess.

B [2025·湖南省高三二模]

文体:说明文 主题:人与自然 词数:341

Google used its artificial intelligence-powered weather forecasting tools to precisely predict floods up to a week in advance of their happening. In a new paper published in the scientific journal *Nature*, Google's researchers describe this as an early warning system that could be used throughout the world, not only to predict or recognize natural disasters but also

to buffer the worst effects of what is one of the most common types of natural disasters.

Flooding can be difficult to accurately predict, particularly riverine floods, due to a lack of resources and data related to flood history, water levels, and terrain (地形). AI use in weather forecasting is nothing new. Still, the rise of more powerful processors and larger data sets is allowing for new scales of prediction, including a new NVIDIA digital Earth.

A small percentage of global rivers have streamflow gauges (测量仪) which can be used to warn people if the volume of water flowing through the river changes. When combined with other points such as the local terrain, settlements near the river, weather forecasting, and historical events on the same river, data can be used to predict flooding. Google's researchers gathered as much global data as they could access and trained new AI models to analyse them. Afterwards, those models could then make predictions for those regions where data might be considerably limited or even nonexistent.

The team launched a Flood Hub platform, which provided access to forecasts in 20 countries where flood forecasting had been difficult in the past. The platform collected seemingly unrelated information which was available locally, fed it into the AI system as a reminder, and ordered the AI to fill in the gaps and then classify data. So far Flood Hub has been expanded to 80 countries in Africa, Asia-Pacific, Europe, and the Americas, covering over 460 million people globally, particularly those in communities suffering from flooding. "Where possible, we also provide forecasts in Google Search and Google Maps and via Android warnings," the Google team declared.

- () 5. What does the underlined word mean in Paragraph 1?
- A. Dismiss. B. Relieve.
- C. Perceive. D. Track.

- () 6. Why is it hard to predict flooding?
- Relevant records are absent.
 - Gauges are far from precise.
 - AI is new to weather forecasting.
 - Former studies are of little worth.
- () 7. What can we know about flooding-forecasting AI models?
- They are accessible to global data.
 - They are very quick in data analysis.
 - They can ensure the reliability of data.
 - They can break geographical limitations.
- () 8. What does Paragraph 4 focus on about the Flood Hub platform?
- Its designing principles.
 - Its operating difficulties.
 - Its dilemma and application.
 - Its mechanism and popularity.

① 阅读七选五

[2025·辽宁省沈阳市高三三模]

文体:说明文 主题:人与自然 词数:316

Earthquakes are unpredictable natural disasters that can cause dramatic damage in seconds. 1. _____ Proper preparation and knowing what to do during and after an earthquake can significantly increase your chances of staying safe. This guide helps you prepare, respond, and recover effectively.

Before the quake

One important way to prepare for a quake is to try to make your home safe. The stuff inside your home is just as important as the walls themselves. Take a tour of each room to look for things that could fall or break. 2. _____ Move large or heavy objects to lower shelves, install latches (门闩) on cupboards, and secure any large appliances like water heaters.

When the shaking starts

3. _____ In many situations that means remembering three actions: drop, cover, and hold.

Drop: get down on your hands and knees immediately. This position protects you from falling but still allows you to move if necessary.

Cover: place your head and neck (and your entire body if possible) underneath a strong table or desk.

Hold: stay put until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

After the shaking calms

Even after the ground grows still, the danger is not necessarily over. As the Earth settles from its quake, it can produce a series of smaller quakes known as aftershocks. 4. _____ The first quake is then called a foreshock, and the second is called a main shock.

Still, once the shaking calms, it's time to start getting ready for more. First, check for injuries. Next, check the gas and electric lines, and turn them off if you can do so safely. And if you are inside a heavily damaged structure, get yourself and others out as soon as possible. If you're trapped, stay calm. Protect your mouth, nose, and eyes from the dust. Make noise to get responders' attention.

5. _____
- Protect yourself as quickly as possible.
 - There are generally two types of quakes.
 - They occur most often near plate boundaries.
 - If you are outside, keep an eye out for danger.
 - A second quake might occasionally be bigger than the first.
 - Sometimes this can be solved with a little reorganization.
 - They can strike anywhere, at any time, and without warning.