



练习册

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全品

学练考

高中英语

选择性必修第四册 YLNJ

细分课时

分层设计

落实基础

突出重点

详答案本

01

培养核心素养，聚焦主题语境

导学案

LEARN

Unit 1 Honesty and responsibility

主题素养积累

The deepest friendship spans (跨越) time and space. So we asked some people how they've **managed to make** their bonds unbreakable.

Honesty is always the best policy. Heather Hopkins **credits** her long-lasting friendship **to her honesty**.

Just keep calling, even if there's nothing to really say. Nicki Bandklayder's over 20 years' friendships are going strong because she's always willing to get on the phone.

Just be a good listener. "My best friend in the world is from freshman year in college," shares Judy Gropen. "She says that it is because I actually listen to her, and I am shocked by how smart and kind she is and **different from** anyone I know."

Sometimes one party forgets to be present, but that's OK. "My best friend Helen and I are going on 32 years, and we never call out the other person on being an absentee friend," shares Angela Randall. **"Life happens and when you are in different places and going through different things, just pick up where you both are."**

Turn technology to your advantage. "It's said that technology is destroying relationships, but there are few things as nice as being connected with your

best friends since elementary school by an ongoing group text," says Lauren Schwartz Gamsey. **"We are busy working mums across seven cities in three states, and we can still share everyday thoughts, big news, and silly stories as if we had never moved away from each other."**

【主题词句背诵】

1. manage to do... 设法做成……
2. honesty *n.* 诚实
3. credit... to... 把……归于; 认为是……的功劳
4. (be) different from 与……不同
5. go through 经历
6. Life happens and when you are in different places and going through different things, just pick up where you both are.
生活是会变化的, 当你们在不同的地方, 经历不同的事情时, 就从你们各自在的地方重新开始。
7. We are busy working mums across seven cities in three states, and we can still share everyday thoughts, big news, and silly stories as if we had never moved away from each other.
我们是(生活)在三个州, 分散在七个城市的忙碌的职场妈妈, 我们仍然可以分享每天的想法、重大消息和傻乎乎的故事, 就好像我们从未离开过彼此一样。

02

夯实语言基础，搭建知识框架

词汇点睛

1. mercy *n.* 仁慈, 宽恕

(教材 P11) A ship without an anchor is at the **mercy** of the waves and winds; likewise, a person who has no sense of responsibility is at the **mercy** of their own careless and thoughtless behaviour.
没有锚的船只只能任凭风吹浪打; 同样, 一个没有责任感的人也会因自己粗心和草率的行为而受到影响。

(1) at the mercy of 任……处置, 对……无能为力

have mercy on/upon sb = show mercy to sb
宽恕/怜悯某人

beg for (one's) mercy 乞求(某人的)宽恕/怜悯
without mercy 残忍地, 毫不留情地

(2) merciful *adj.* 仁慈的; 宽大的

句型透视

1. (教材 P11) I have seen you grow from nervous Senior 1 students into confident young adults, who sit before me today, ready to embrace the next phase of your lives.

我见证了你们从紧张的高一新生成长为自信的青年, 今天, 你们坐在我面前, 准备好迎接你们生命的下一个阶段。

句型公式

形容词(短语)作状语

【句式点拨】

这句话中, ready to embrace the next phase of your lives 是形容词短语在句中作状语, 表示伴随情况或方式。

课内基础巩固

① 单词拼写

- The _____ (轮廓) of the ancient tree was beautiful, but it bore a **scar** from a lightning strike that had struck it years ago.
- He turned up the _____ (衣领) of his coat and hurried out into the rain.
- Even though the meal was not perfect, it was _____ (体面的) enough to satisfy our hunger, and we enjoyed it **anyhow**.
- One Thursday afternoon, Munchy and I were playing in the garden when Mum revealed that her cherished d _____ ring had disappeared.
- When someone asks for God's favour and

unsure about how to shape her **eyebrows** for an important event.

- If he didn't have a secretary to remind him, he wouldn't keep the _____ (appoint).
- She found the workshop to be a _____ (worth) experience, as she was **keen** to learn new skills that would enhance her career.
- At first, one of my neighbours was **suspected** _____ having links with the murder.

② 短语填空

- Could you _____ (慢下来) a bit, Mike? I really can't keep pace with you

课后素养提升

③ 完形填空

Football is one of those sports that develop a strong bond between teammates. It requires every member to 1 the player next to him/her. At Eastern Michigan University's team, Zack Conti was the hardest-working player, but he didn't receive a scholarship.

Conti's teammate Brian Dooley discovered that Conti was doing everything he could to 2 team practices, studies and had to pay his way through school for four years. Then Dooley turned to Chris Creighton, the head football coach, who explained that the 3 was 85 scholarships a period and it was hard and 4. The next day, Dooley went into Chris Creighton's office, saying, "Coach, I've talked it over with my

14 they get from their teammates is what helps them get through the challenge of 15 the relationship between school and athletics.

- () 1. A. protect B. stand
C. trust D. guide
- () 2. A. interfere with B. get down to
C. pull out of D. keep up with
- () 3. A. order B. guidance
C. rule D. step
- () 4. A. special B. strict
C. **worthwhile** D. obvious
- () 5. A. afraid B. cautious
C. likely D. willing
- () 6. A. acquires B. deserves
C. ignores D. dominates

④ 写作

第一节 应用文写作

假定你是李华，你校英文报本周六将举办为贫困山区孩子捐赠图书的活动，请你用英文写一封倡议书，内容包括：

- 活动目的和方式；
 - 呼吁大家参加。
- 注意：1. 写作词数应为 80 个左右；
2. 开头和结尾已为你写好，不计入总词数。

Dear fellow students,

Yours,
Li Hua

第二节 读后续写

[2024·重庆主城区七校高二期末]

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

James, a 24-year-old investment banker from Toronto, was just one week into his new job on Wall Street. Over the past month, he'd been settling into the New York City apartment he was sharing with his college friend, an artificial intelligence engineer named Raphael.

Last week, the two were squeezing in a lunchtime workout on Pier (码头) 15, overlooking the East River, when James froze. "Somebody's

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Period One Welcome to the unit & Reading—Reading comprehension

● 阅读理解

A [2024·广东广州高二期末]

When I was in middle school, my mum confirmed that I was, indeed, a baked good. “Children are like bread,” she explained one night at the kitchen table. “You choose the ingredients when they’re young and shape them as the dough rises. But once they’re in the oven, it’s out of your hands.”

“You’re already in the oven,” she said. “It’s all you now.”

Growing up, I was always involved in Mum’s baking kitchen, especially on our monthly Baking Days. I would help with party treats. But my most important job was to pay attention and absorb her every word. The kitchen was part of my home-schooling.

“Always roast nuts before adding them to the batter (面糊).”

“This is how I learned from my grandmother, Natalie.”

“Remember, you’re in charge, not the tools.”

Years later, after I moved out for college, Baking Days became rare. But her bread metaphor became a touchstone for me, a reminder of why some habits feel unchangeable. But I also wrestle with her theory, wondering if I can still change and evolve. Have I not fundamentally changed since I was a girl at her elbow, measuring flour? “Don’t worry,” she once said. “You can always add a little egg wash later.”

Now, at 35, I realized her bread metaphor was about her parenting philosophy. She poured her stories, pain, strength and joy into me, her only child, folding each piece with care. She

gave me the freedom to rise and take shape, trusting her work and letting go.

Tonight, we sit at her kitchen table, drinking tea and eating her home-made cookies. I tell her about my week, the projects I’m working on, the meals I’m creating and the friends I have gathered. She holds a cookie mid-bite, looking at me with pride and admiration. She sees the adult I’ve become, shaped with the ingredients she lovingly provided.

() 1. What did the mother mean by saying “You’re already in the oven.”?

- A. You are as hot as baking bread.
- B. You are mature enough to fly alone.
- C. You are already a baking master.
- D. You are bound to change yourself.

() 2. Why were the monthly Baking Days meaningful?

- A. They were a way for the author to learn new recipes.
- B. They were a chance for the mother to teach life lessons.
- C. They were an occasion for the family to try new desserts.
- D. They were the only time the author got to listen to her mother.

() 3. Which statement shows the mother’s metaphor change over time?

- A. You can always add a little egg wash later.
- B. Remember, you’re in charge, not the tools.
- C. This is how I learned from my grandmother.
- D. Always roast nuts before adding them to the batter.

- () 4. What is the best title for the passage?
- A. Kitchen memories
 - B. The art of bread making
 - C. The story of the dough
 - D. Mother's baking philosophy

B [2024 · 陕西咸阳高二期末]

By now, we all know that the planet is facing more environmental disasters, with quick-to-disintegrate (快速瓦解的) fast fashion clothing and the industry that creates it a major reason. Need proof? Just look at the 60, 000-tonne-mountain of poisonous and thrown-away clothing that is visible from space.

Now, France is taking steps to resist the supercharged way we consume clothes, with the country recently announcing it will pay all citizens a “repair bonus” for taking their clothes in to get fixed rather than throwing them in the bins.

Beginning in October, citizens who bring their clothes in for repair will be able to claim back a 6 to 25 bonus, with the total payment depending on the complexity of the repair. All bonuses will be paid from a 154 million sustainability fund the government has set aside for the next five years.

By calling on people to take their items to get fixed, the government hopes to cut fast fashion waste throughout the country and encourage customers to purchase more “virtuous” products. In other words, the government is begging you to fix your clothes, rather than continuously over-consuming the products of fast fashion sites like Shein or Boohoo.

“It could encourage exactly the people who have bought, for example, shoes from a brand that makes good-quality shoes or likewise good-quality ready-to-wear clothes to want to have

them fixed instead of getting rid of them,” explained France’s junior ecology minister Bérangère Couillard, who announced the programme in Paris. “That is exactly the objective, to create a recycling economy for shoes and clothes so that products last longer, because in government we believe in the second life of a product.”

She also shared hopes that the programme will increase employment for French tailors and shoemakers. “The goal is to support those who carry out the repair,” she explained, while inviting all repair shops to join in the campaign for free.

- () 5. What do people usually do with old clothes according to the text?
- A. Discard them in the dustbins.
 - B. Mend them in the repair shops.
 - C. Donate them to those in need.
 - D. Put them away in the cupboard.
- () 6. What does the underlined word “virtuous” probably mean in Paragraph 4?
- A. Fashionable.
 - B. Convenient.
 - C. Sustainable.
 - D. Comfortable.
- () 7. What does Bérangère Couillard hope will be one of the results of the programme?
- A. Reducing taxes on clothing repair.
 - B. Encouraging the community economy.
 - C. Increasing sales for fast fashion brands.
 - D. Creating jobs for tailors and shoemakers.
- () 8. What is the best title of the text?
- A. French repair shops serve people for free.
 - B. France leads a new trend in fashion industry.
 - C. France encourages citizens to mend clothes themselves.
 - D. French repairing programme pays people to reduce waste.

C

Most people suffer from “just-me-ism”. What is that? Well, say you leave the tap running while brushing your teeth, or you drop a piece of litter and can’t be bothered to pick it up. You know all those things are wrong, but so what? “What difference can it possibly make?” you say to yourself. “There are millions of people in the world and I’m just me.” But just think of all the millions of people saying to themselves, “It doesn’t matter, it’s just me.” Millions of gallons of water would be wasted; millions of pieces of litter would be dropped. And all of this would be very harmful.

To inspire young people to take action for the environment, animals and their community, Roots & Shoots was established in the early 1990s by Dr Jane Goodall, a world’s well-known environmental scientist. Besides her research, she has been whole-heartedly committed to environmental protection.

The organisation is called Roots & Shoots because roots move slowly under the ground to make a firm foundation, and shoots seem small and weak, but they can break open brick walls to reach the light. The roots and shoots are you, your friends and young people all around the world. Hundreds and thousands of roots and shoots can solve the problems, change the world and make it a better place to live in.

Do you think you help to make the world a better place when you make a sad person smile, when you make a dog wag its tail, and when you water a thirsty plant? One cheered-up person, one happy dog, one flowering plant and you. That’s what Roots & Shoots is all about. Dr

Jane Goodall believes that the most important thing is that every individual matters. You get to choose: Do you want to make the world a better place? Do you want to make Roots & Shoots rooted in everyone’s heart? Do you want to be part of a community for a shared future? You cannot be absent.

- () 9. What is the first paragraph mainly about?
- A. The reasons for “just-me-ism”.
 - B. The negative effects of “just-me-ism”.
 - C. The definition of “just-me-ism”.
 - D. The sufferings of people with “just-me-ism”.
- () 10. How does Roots & Shoots help protect the environment?
- A. By appealing to experts for their devotion.
 - B. By explaining the origin of the organization.
 - C. By enhancing young people’s academic skills.
 - D. By motivating the youth to make a difference.
- () 11. Why does the author give the examples in the last paragraph?
- A. To illustrate the value of each individual.
 - B. To demonstrate the significance of teamwork.
 - C. To make a comment about some acts of kindness.
 - D. To inspire young people to reflect on wrongdoings.
- () 12. What does the author suggest people do?
- A. Join Roots & Shoots.
 - B. Break open walls.
 - C. Resolve world issues.
 - D. Pull their weight.

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Period Two Welcome to the unit & Reading—Language points

课内基础巩固

❶ 单词拼写

1. The _____ (轮廓) of the ancient tree was beautiful, but it bore a **scar** from a lightning strike that had struck it years ago.
2. He turned up the _____ (衣领) of his coat and hurried out into the rain.
3. Even though the meal was not perfect, it was _____ (体面的) enough to satisfy our hunger, and we enjoyed it **anyhow**.
4. One Thursday afternoon, Munchy and I were playing in the garden when Mum revealed that her cherished d_____ ring had disappeared.
5. When someone asks for God's favour and protection, he will often say, "God b_____ me!"
6. In practice, serving as a guiding p_____ for our behaviour, this proverb highlights the importance of considering others' feelings in our decisions and actions.

❷ 单句填空

1. I was a bit nervous when I recognized the man was a _____ (crime) wanted by the police.
2. Despite the accusations against him, he remained calm and confident, knowing he was _____ (innocence) of any wrongdoing.
3. We need to make everyone know hunting these animals is _____ (legal) and that these amazing animals are part of the world we live in.
4. It was nearly 40 degrees and the air conditioning _____ (bare) cooled the room.
5. She always relied on her _____ (rely) friend for advice, especially when she was

unsure about how to shape her **eyebrows** for an important event.

6. If he didn't have a secretary to remind him, he wouldn't keep the _____ (appoint).
7. She found the workshop to be a _____ (worth) experience, as she was **keen** to learn new skills that would enhance her career.
8. At first, one of my neighbours was **suspected** _____ having links with the murder.

❸ 短语填空

1. Could you _____ (慢下来) a bit, Mike? I really can't keep pace with you **anyhow**.
2. The old factory _____ (拆除) to make way for a new shopping centre that would refresh the area.
3. Many young people in the country went to big cities in the hope of _____ (发财) there.
4. After being placed _____ (被逮捕), he sought **legal** counsel to understand his rights and prepare for the upcoming trial.
5. We were good friends at one time but _____ (失去联系) with each other after he went abroad.
6. They were walking _____ (臂挽着臂) down the road, as if they had been friends for ages.

❹ 句型训练

1. Then _____ —desserts of which Grandpa and I share an equal love. (完全倒装)
然后是我每顿饭中最喜欢的部分——我和爷爷都喜欢的甜点。

2. _____, she just remained silent. (no matter)
不管我问她什么问题,她就是不出声。
3. Information _____ is usually more detailed and up-to-date, but may not be accurate. (非谓语)
从网上获得的信息通常更详细且是最新的,

但可能不准确。

4. Entering the room, James found his younger brother Adam sitting on the edge of his bed _____.
(with 复合结构)
进入房间,詹姆斯发现他的弟弟亚当坐在床边,脸上露出不安的表情。

课后素养提升

Ⅴ 完形填空

Football is one of those sports that develop a strong bond between teammates. It requires every member to 1 the player next to him/her. At Eastern Michigan University's team, Zack Conti was the hardest-working player, but he didn't receive a scholarship.

Conti's teammate Brian Dooley discovered that Conti was doing everything he could to 2 team practices, studies and had to pay his way through school for four years. Then Dooley turned to Chris Creighton, the head football coach, who explained that the 3 was 85 scholarships a period and it was hard and 4. The next day, Dooley went into Chris Creighton's office, saying, "Coach, I've talked it over with my family and I'm 5 to give up my scholarship as a gift to Zack Conti. He really 6 it."

At a team meeting, Creighton made the 7 and handed Conti the scholarship. The team burst into wild cheers, and Conti was soon 8 beneath his teammates who were jumping up and down in 9.

When asked about the decision, Dooley shared, "I did it because I've seen Conti 10 over the years. Seeing him walk away from something that he loves did not sit 11 with me. Giving up my scholarship so he can stay and play 12 everything. Competition can 13 us to be better people. Through competition, we can learn that a team isn't really about competing at all, but cooperating to reach a united goal."

For most student athletes in all sports, the

14 they get from their teammates is what helps them get through the challenge of 15 the relationship between school and athletics.

- | | |
|--------------------------|-----------------|
| () 1. A. protect | B. stand |
| C. trust | D. guide |
| () 2. A. interfere with | B. get down to |
| C. pull out of | D. keep up with |
| () 3. A. order | B. guidance |
| C. rule | D. step |
| () 4. A. special | B. strict |
| C. worthwhile | D. obvious |
| () 5. A. afraid | B. cautious |
| C. likely | D. willing |
| () 6. A. acquires | B. deserves |
| C. ignores | D. dominates |
| () 7. A. discipline | B. guarantee |
| C. announcement | D. appointment |
| () 8. A. buried | B. struck |
| C. sunk | D. beaten |
| () 9. A. competition | B. performance |
| C. adventure | D. celebration |
| () 10. A. cease | B. rank |
| C. grow | D. weep |
| () 11. A. well | B. together |
| C. around | D. much |
| () 12. A. contains | B. stresses |
| C. serves | D. means |
| () 13. A. respect | B. shape |
| C. preserve | D. strengthen |
| () 14. A. admission | B. money |
| C. support | D. advice |
| () 15. A. understanding | B. establishing |
| C. solving | D. balancing |

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Ⅶ 阅读七选五

[2024·江西上饶高二期末]

How to develop a growth mindset

There are two types of mindset: the fixed mindset and growth mindset. A fixed mindset keeps you in a box of your own making. However, a growth mindset is that you believe in the possibility of change and you can learn, develop and grow. 1. _____

Welcome challenges.

Challenges are opportunities for growth. Welcome the challenges you face in life. 2. _____ If you want to be a better badminton player, you need to play players who are better than you. There is no challenge in playing a player whose skill level is lower than yours.

3. _____

It is natural to enjoy praise and be hurt by critical opinions. But you need to live your own life and do what is right for you rather than being pushed about by other people's views on what you should be doing. Always chasing other people's approval limits your choices to following what is best for you.

Love your critics.

Not all criticism is helpful—You are clumsy, for example, which labels the person without offering any hint for improvement. Constructive criticism contains suggestions for improved performance and is vital to your learning. For example—4. _____ It is critical, but it contains a message for self-improvement. You can change what you do and get better results.

It's a marathon, not a sprint.

Becoming an industry expert or a recognized specialist takes time. You invest the time in learning and growing as an ongoing process. You need time to seek out and try new approaches, work with your habits, take classes and read. 5. _____

- A. I didn't like your writing.
B. Be mindful of other people's approval.

- C. Be less sensitive to other people's opinions.
D. Here are some ways to develop a growth mindset.
E. You need to work hard and patiently to be an overnight success.
F. They move you out of your comfort zone and improve your skills.
G. I didn't enjoy your presentation because I couldn't hear you at the back of the room.

Ⅷ 语法填空

[2024·浙江湖州高二期末]

In 1812, the year Charles Dickens was born, there were 66 novels 1. _____ (publish) in Britain. People had been writing novels for a century—most experts date the first novel to *Robinson Crusoe* in 1719—but nobody wanted 2. _____ (do) it professionally. Many works of fiction appeared 3. _____ the names of the authors, often with something like "By a lady." Novels, for the most part, 4. _____ (look) upon as silly, immoral or just plain bad.

In 1870, when Dickens died, the world mourned him as 5. _____ (it) first professional writer and publisher, famous and beloved, 6. _____ had led an explosion in both the publication of novels and their readership. Today Dickens' greatness is unchallenged. 7. _____ (remove) him from the pantheon (名人堂) of English literature would make about as much sense as the Louvre Museum selling off the *Mona Lisa*.

How did Dickens get to the top? It's partly true that Dickens' style of writing 8. _____ (attract) audiences from all walks of life. It's partly that his writings rode a wave of social, political and 9. _____ (science) progress. But it's also that he rewrote the culture of literature and put himself at the centre. No one will ever know what mix of talent, ambition, energy and luck made Dickens such 10. _____ distinguished writer.

Period Three Grammar and usage & Integrated skills

课内基础巩固

❶ 用方框里的连接词填空(每词只能用一次)

because, where, while, now that, as if,
the first time, by the time, as long as

1. _____ he decided to resign from his position, he had already secured another job that matched better with his career goals.
2. The cyclist just felt frightened _____ he was riding a bicycle and got injured.
3. Right at the entrance to the dining room stands the piano _____ it were just waiting to make some music to liven the place up a bit.
4. _____ she could demonstrate her guilt was unintentional, she hoped to receive a lighter sentence from the judge.
5. _____ Helen grasped the key to the language, she was very keen to learn more and use it as much as she could.
6. He found inspiration _____ others could not, in simple, everyday scenes, such as a man buying oranges at the local grocery store, or a woman riding home on the graffiti-covered subway.
7. She applied a special cream _____ she wanted to reduce the wrinkles around her eyes.
8. _____ modern farming techniques have greatly helped increase production, they often have bad effects on the environment.

❷ 语法+写作

1. _____, I make sure to stop by the children's ward to brighten their day with some cheerful stories.
每次我去医院时,我一定会去儿童病房,给

他们讲一些欢快的故事,以此来让他们一天心情愉快。

2. _____, he made a lasting impression on her.
虽然她和那位老人只见过一面,可他却给她留下了难忘的印象。
3. At his sudden compliment and consideration, the woman feels _____ at the top of the world!
在他突然的赞美和体贴下,这个女人觉得自己好像在世界之巅!
4. _____ the geologist discovered a rare mineral hidden in the rocks, which had been overlooked by previous researchers.
不久之后,这位地质学家发现了一种隐藏在岩石中的稀有矿物,这是之前的研究人员所忽视的。
5. No sooner _____ he was asked to start on another journey.
他刚到家就被要求开始另一次旅行。

❸ 语篇填空

Located at the western part of Hangzhou, just under 5km away from the West Lake, Xixi National Wetland Park distinguishes itself as 1. _____ exceptional urban place. This park is a pioneering example of how urban life combines agriculture with culture, making it a 2. _____ (true) unique destination. Along with Xihu and Xiling famous, respectively, 3. _____ their natural scenery and cultural heritage, Xixi National Wetland Park is one of the celebrated "Three Xis" of Hangzhou.

Covering a vast area of 11.5sq. km, the park consists of three causeways (堤道) 4. _____ features ten famous sights. Nearly 70% of the park 5. _____ (occupy) by river

ports, ponds and small lakes, which explains a wetland environment. These waterways cross the park, 6. _____ (divide) it into distinct sections: the east, the west and the central part.

Recently the government 7. _____ (establish) ecological protection zones as well as a sightseeing zone. Additionally, visitors can explore the Wetland Science Exhibition Hall,

conveniently 8. _____ (locate) at the park's main entrance.

There is no right way 9. _____ (see) the Xixi wetlands. It is an area of unmatched peace and quiet—filled with history and natural beauty. The only true thing that can be said of the Xixi wetlands is that 10. _____ you have seen them, you haven't really seen Hangzhou.

课后素养提升

Ⅳ 完形填空

[2024·福建莆田高二期末]

When I was 24, I moved to America, 11,000 kilometres away from my homeland. This was very 1, especially fitting into an unfamiliar environment. Working from home increased my loneliness as I was cut off from social 2. However, serving as a volunteer at a local animal shelter 3 everything.

Upon arriving at the animal shelter, I was 4 to a small, grey and white cat named Luna immediately. Terrified of humans, Luna 5 in the corner, shaking. Her lonely green eyes seemed to 6 my own sense of displacement in this foreign land. My task was to slowly gain Luna's 7 and help her adjust, which felt similar to my efforts to 8 this new place.

As days turned into weeks, Luna and I developed a strong 9. The process of feeding her, speaking softly, and the patience required to look after her made this little creature 10 open her heart to me. Her 11 encouraged me to step outside, make new friends and become part of the community.

My time at the shelter provided a valuable 12 into settling down in a new country. It was an inspiring experience of 13 gaps of languages and cultures and a journey of personal growth. From it, I came to realize the value of time, love, and a(n) 14 heart in forming meaningful relationships. This journey aided

me in finding a sense of 15 in an unfamiliar land.

- | | |
|--------------------------|----------------|
| () 1. A. risky | B. tough |
| C. amazing | D. core |
| () 2. A. exploration | B. interaction |
| C. cooperation | D. expectation |
| () 3. A. involved | B. interrupted |
| C. changed | D. challenged |
| () 4. A. devoted | B. exposed |
| C. compared | D. attracted |
| () 5. A. hid | B. slept |
| C. played | D. relaxed |
| () 6. A. reject | B. control |
| C. cover | D. mirror |
| () 7. A. trust | B. praise |
| C. respect | D. sympathy |
| () 8. A. search for | B. adapt to |
| C. hang around | D. escape from |
| () 9. A. plan | B. bond |
| C. habit | D. skill |
| () 10. A. barely | B. usually |
| C. instantly | D. gradually |
| () 11. A. ability | B. curiosity |
| C. acceptance | D. assistance |
| () 12. A. insight | B. interest |
| C. settlement | D. investment |
| () 13. A. leaving | B. widening |
| C. bridging | D. creating |
| () 14. A. open | B. warm |
| C. strong | D. simple |
| () 15. A. honour | B. purpose |
| C. belonging | D. freedom |

V
阅读七选五

[2024·江苏连云港高二期末]

Are you too responsible?

Taking responsibility is an essential element of strong leadership. But when the scales tip to over-responsibility, both the leaders and their team suffer. 1. _____

Define what you're truly responsible for

When it feels like the weight of the world is on your shoulders, try the following pie-chart exercise. 2. _____ Draw a circle on your paper and allocate responsibility for the situation to each person on your list. Add up those amounts and determine the remaining percentage. The amount left over is your actual share of responsibility.

Examine your assumptions

To start overturning your over-responsibility habit, examine the beliefs and fears that keep it alive. Are they really true? Reframe the release of responsibility and consider that you're empowering others. Allow them to struggle with a task, solve their own problem, or own up to a mistake. 3. _____

Give responsibilities back

Whether you willingly assumed a given responsibility or it was placed on you, it's time to return it to its rightful owner. Identify one responsibility you can return to a specific person. 4. _____ Expect some discomfort at first, but resist the temptation to jump back in.

Accept help

If you're overly responsible, you likely say "yes" whenever others ask for help but don't ask for any yourself. It's time to rebalance your give-accept proportion. 5. _____ If someone asks if they can take something off your plate or offers to do something for you, say "yes".

Rightsizing your responsibility is not about escaping what is yours to own but finding a more appropriate balance. By taking 100% of your responsibility, but not more, you will avoid unnecessary stress and help others grow.
A. Practise accepting offers of help.
B. Grab a piece of paper and list everyone involved.

- C. It may be a simple task that someone else should be doing.
- D. The following strategies may help you find a more appropriate balance.
- E. In this way, you help them develop greater competence and confidence.
- F. Leaders who ask for help increase the feelings of connection in their team.
- G. If so, these could be signs that you have an overactive sense of responsibility.

VI
语法填空

[2024·河南东部地区名校联考高二期末]

The phrase "one person can make a difference" is one of those sayings that great importance 1. _____ (attach) to when we teach youngsters—to encourage them to do something 2. _____ (significance), to help another person, or to dream big about 3. _____ they will change the world.

4. _____ adults, do we really believe this? I am writing to tell you that indeed "one person can", because I know one person did an act of kindness 5. _____ changed my life and the lives of millions more.

Almost 15 years ago while 6. _____ (drive) across the town, I was listening to a radio interview and heard an inspiring story of 7. _____ (generous). A woman had carried ten winter coats through the Thanksgiving weekend crowds on mass transportation 8. _____ (donate) them at the One Warm Coat drive. She knew the city had many people in need.

She was only one person, yet it was her action that made me realize that more people would be able to donate something if there were more drop-off locations. In the past 15 years, One Warm Coat 9. _____ (inspire) the donation of over 4 million coats across the country. As the National Founder, I feel warm, knowing that we each are capable of making 10. _____ real difference in the lives of thousands each fall and winter.

So when you wonder, "Will it really matter?" I can tell you that it will!

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Period Four Extended reading & Project & Assessment

课内基础巩固

❶ 单词拼写

1. Maintaining _____ (诚实正直) is crucial in academics, as **cheating** not only weakens one's own efforts but also devalues the hard work of others.
2. The terrible smell of rotting _____ (垃圾) made me feel sick and pinch my nose shut.
3. Transitioning into this new _____ (阶段) of his career brought both excitement and the **burden** of increased responsibilities.
4. They are always in a rush, as if closely rushed by an invisible d _____.
5. Hard-working, warm-hearted and strong-willed, my **nephew** is a man of many v _____.

❷ 单句填空

1. Despite feeling _____ (discourage) by the initial setbacks, she chose to **embrace** the challenges as opportunities for growth and learning.
2. A lecture given by a psychological professor on how to cope with the pressure provided us with professional _____ (guide).
3. The artist realized that the **jade** sculpture had a _____ (fault) design, which required her to make adjustments to achieve the desired elegance.
4. The man threw himself quickly to the ground, begging the king to be _____ (mercy) and save him from death.
5. She felt _____ (guilt) about not speaking up sooner, as it was her **fault** that the misunderstanding had expanded.
6. To her delight, Ayesha _____ (forgive) her and readily fostered a friendship with her, which dawned on her that human love and kindness towards others is like a chain holding everybody together.

7. After working hard all season, the farmers were _____ (disappoint) to see that the **harvest** was much smaller than they had expected due to the drought.

8. She **pretended** _____ (find) the lost **diamond** necklace in order to avoid disappointing her friend, even though she had actually misplaced it.

❸ 短语填空

1. Keeping a few really good friends around can _____ (有影响) to our health and happiness.
2. The responsibilities of his new job _____ (使焦虑不安) him, and he was thinking of **resigning**.
3. After the storm knocked out power for days, the residents were left _____ (任……摆布) the elements, hoping for relief and assistance from emergency services.
4. On Sept. 17, 2022, Jeff and his son, Johnny, _____ (着手) to begin the first of three legs of the Ironman Competition in Cambridge.
5. She felt _____ (对……负责) managing her **savings** wisely, knowing that they would play a crucial role in her future financial stability.
6. Apparently the young graduates didn't expect awful situations the future had _____ (将要发生) for them.

❹ 句型训练

1. _____ what was inside, Haley hurriedly opened the box and stood in shock the next minute. (形容词作状语)
很想知道里面是什么, 哈利赶紧打开盒子, 而下一分钟震惊地站在那里。
2. You _____
organic farming practices are not only beneficial

for the environment but also contribute to healthier food options for consumers.

你可能已经听说过,有机农业实践不仅对环境有益,而且有助于为消费者提供更健康的食品选择。

3. He saved diligently for months _____
_____ to take his family on a memorable vacation.
他努力地存了几个月的钱,这样他就可以带

家人去度过一个难忘的假期。

4. If _____,
the new policy could have been embraced
by the community, leading to smoother conduct
and greater overall support from the residents.
(省略结构)

如果以开放的心态对待,这项新政策本可以被社区接受,从而导致更顺利的实施和获得居民更广泛的支持。

课后素养提升

Ⅴ 阅读理解

A

The concept of learned helplessness was first coined by psychologists Martin Seligman and Steven Maier in the late 1960s during a series of experiments with dogs.

The researchers placed dogs in a situation where they were subjected to unavoidable electric shocks. After these initial experiences, the dogs were later placed in a different situation where they could easily escape the shocks by moving to another part of the chamber. Surprisingly, many of the dogs did not attempt to escape, even when the means to do so were readily available. They had learned to feel helpless.

As adults, we often encounter a version of learned helplessness in our daily lives. We face challenges not in the form of electric shocks but in situations where we might feel overwhelmed or powerless, such as long-standing stress at work or repeated personal failures. These experiences can make us believe that we cannot change our circumstances, leading to a passive acceptance of our difficulties.

A similar process operates in our approach to problem-solving and goal-setting. In our formative experiences, we may have encountered situations where our efforts to succeed were consistently met with failure, leading to a sense of powerlessness. But the modern world, with its constant demands and high expectations, has greatly changed our environment. We are now constantly faced with new challenges and opportunities.

Our modern lifestyle—with its various sources of stress and anxiety—can do to our mental state what unavoidable shocks did to the dogs in Seligman's experiments. We are tending to submit to hopelessness because our past experiences may have conditioned us to expect failure. But, as we have reshaped the world around us, increasing opportunities for success and personal growth, we still have the same psychological responses we developed in earlier, more challenging environments.

Therefore, just as we need to be more thoughtful about our mindset towards effort and success, we also need to be more conscious of our belief in personal competence, resisting the temptation to yield to learned helplessness. By fostering resilience and adopting a growth mindset, we can effectively manage our responses to life's challenges and seize opportunities for improvement and success.

- () 1. What do we know about learned helplessness according to the text?
- A. It is a natural response to unavoidable shocks.
 - B. It is primarily caused by modern lifestyle.
 - C. It is a psychological state that can be overcome.
 - D. It is unavoidable in today's fast-paced world.
- () 2. Which aspect of modern life might lead to powerlessness?
- A. Advanced technology.
 - B. High physical demands.
 - C. Lasting stress at work.
 - D. Unbalanced career life.

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- () 3. What is the author’s attitude towards those who give in to helplessness?
- A. Indifferent and neutral.
- B. Dismissive and critical.
- C. Sympathetic and reserved.
- D. Understanding and encouraging.
- () 4. What is the underlying logic of the text?
- A. Cause and effect.
- B. Problem and solution.
- C. Comparison and contrast.
- D. Classification and summary.

B

People trained to detect lies often rely on multiple signs, such as eye contact, length of responses and the details in what people say, but studies have shown that assessing a wide range of behavioural information can make it harder to decide if someone is lying. Bruno Verschuere at the University of Amsterdam and his colleagues wondered whether solely focusing on the details of statements could provide more consistent results.

To test this idea, researchers asked 44 students to go for a walk or steal from a postbox in a mock (模拟的) crime. Students were instructed to lie if they committed the fake theft.

Next, the researchers recruited 171 people to watch six truthful and six deceptive (虚假的) interviews from these recordings, ranking interviewees’ eye contact and detail level. The results revealed that both truth-tellers and liars averted (转移) their gaze by a similar amount, but truthful statements were substantially more detailed than deceptive ones, suggesting the latter is a more useful way to tell that someone is lying.

The researchers then asked 405 people to judge the true nature of six truthful and six deceptive statements randomly chosen from the interviews. Around half of the participants used multiple cues to identify liars. The remaining participants solely ranked the level of details in answers on a scale of 1 to 10, with a 6 or above counting as truthful. Those using multiple cues

- distinguished lies from the truth 59% of the time, while those relying solely on details achieved 66%.
- “Our take is that using just one cue can provide a simpler way to judge lies from the truth,” says Verschuere. “Nevertheless, in the real world, you would probably need to confirm the accuracy of statements through extra further investigations or follow-up questions,” he says.
- () 5. What did Bruno Verschuere and his colleagues conduct the research to confirm?
- A. Behavioural information played a vital role in finding out the truth.
- B. People should be trained to detect lies by referring to multiple cues.
- C. Truth-tellers and liars shared something in common when performing the task.
- D. It’s relatively easier to identify liars by relying only on the details of statements.
- () 6. What can we learn from Paragraph 3?
- A. Liars turned away their eyes more often than truth-tellers.
- B. Truthful statements included considerably more details than deceptive ones.
- C. It’s difficult for participants to detect liars by using multiple cues like eye contact.
- D. Participants who relied on one cue can distinguish lies from the truth faultlessly.
- () 7. What did Verschuere think of the real-life application of his research?
- A. It had some limitations.
- B. It made no sense.
- C. It could be perfectly applied.
- D. It had no potential market.
- () 8. What’s the purpose of the passage?
- A. To introduce readers to the classification of lies.
- B. To encourage readers to apply the results in real life.
- C. To warn readers of psychological harm of telling a lie.
- D. To inform readers of scientific findings on detecting liars.

Period Five Writing

① 阅读理解

A

We need to think about conservation on a different timescale

Time, perceived by humans in days, months and years, contrasts with nature's grander scales of centuries and millennia, referred to as "deep time". While paleontologists (古生物学者) are trained to think in deep time, conservationists are realizing the challenges it poses. Short-sightedness about time limits modern conservation, with efforts often overlooking past healthy conditions of ecosystems in the context of climate and biodiversity crises.

The shifting baseline syndrome (综合征), where standards in a place change gradually, makes conservation more complex. It involves evaluating ecosystems primarily on their recent past, often with negative consequences.

Recent shifts in California's forest management practices, from stopping fires to embracing indigenous knowledge of controlled burns, exemplify the importance of understanding historical ecosystem dynamics. To enhance conservation, adopting a deep-time approach is crucial.

Modern mathematical modeling, combined with long-term data, offers a pathway for preserving ecosystems. In California's kelp (海藻) forests, researchers identified an overlooked keystone species—the extinct Steller's sea cow (大海牛). By examining past kelp forests, a deeper story impacting regeneration was revealed. The sea cow, a massive plant-eater, contributed to a diverse, vital undergrowth by trimming kelp and letting light reach the area.

The researchers put forward a novel approach to kelp forest restoration: selectively harvesting kelp, imitating the sea cow's impact. This

strategy, considering historical dynamics, challenges assumptions about recent ecosystems and offers new conservation methods.

Rather than only focusing on removing urchins (海胆) or reintroducing sea otters, the researchers suggest employing teams of humans to selectively harvest kelp, as the Steller's sea cow once did, to encourage fresh growth. This sustainable harvest could benefit both the ecosystems and human consumption.

In short, assumptions based on the recent past may impede the understanding and protection of ecosystems. On the other hand, the application of controlled burns, similar modeling studies, and a deep-time perspective could significantly transform conservation efforts. Recognizing our role in an ongoing narrative spanning millions of years is essential, urging a comprehensive understanding of ecosystems through time. Embracing this role is crucial for shaping the future and establishing vital connections from the past to the future.

- () 1. What is the "shifting baseline syndrome" mentioned in the passage?
- A. A syndrome that affects human beings' perception of time.
 - B. A phenomenon where ecological standards shift in a place.
 - C. A psychological disorder common among conservationists.
 - D. A condition where ecosystems change gradually over time.
- () 2. What is the significance of a deep-time perspective in conservation?
- A. It promotes the prevention of wildfires.
 - B. It aids in mathematical modeling efforts.
 - C. It helps reveal historical ecosystem dynamics.
 - D. It enhances human consumption of ecosystems.

- () 3. What does the underlined word “impede” most probably mean?
- A. Reform. B. Disrupt.
C. Quicken. D. Deepen.
- () 4. In terms of conservation, what can we learn from this passage?
- A. Shifting baseline syndrome has positive ecological changes.
B. Mathematical modeling with the latest data can be effective.
C. Deep-time perspectives and historical dynamics are crucial.
D. Recent history is more preferred in ecosystem restoration.

B [2024 · 湖南衡阳高二期末]

Smartphones enable our desire for ease and convenience. But sometimes—whether it’s running a marathon, climbing a mountain, or assembling furniture—we willingly choose difficulty over ease. Michael Inzlicht, a psychologist at the University of Toronto, calls this the effort paradox. While we often avoid hard work, other times we value it, viewing things as more rewarding if we have to work for them.

This phenomenon extends beyond extreme pursuits like mountain climbing or marathon running. Many individuals seek out challenging activities such as puzzles or crosswords because the effort itself is enjoyable. This appreciation of effort is deep-rooted in our brains, as dopamine (多巴胺) encourages us to value tasks that demand perseverance and dedication. “Sometimes effort is the only way that you can test yourself,” says Inzlicht.

In a study by a psychiatrist at Stanford University School of Medicine, mice learned to poke (伸) their noses into a hole to obtain juice. When the number of pokes it took to receive juice was raised, or mild electric shocks

were given, more dopamine was released in the striatum, a brain region important for motivation and experiencing reward. It also found that people rewarded for choosing a more difficult task opted for the difficult version the next time, even if it no longer came with a reward. This appreciation of hard work transfers to unrelated tasks, from school and sports to work and parenting.

Still, putting down our phones and seeking exertion may be difficult at first. Anna Lembke, a psychiatrist at Stanford University School of Medicine, suggests building it into our schedule and doing it with friends or for a greater good, like running a race for charity or biking to save gas.

“Sometimes the same effort can become boring and frustrating, so keep it fresh: find a new park to walk through or save a favourite show or podcast for the gym. We can strive for a healthier balance between seeking pleasure and embracing challenges,” Lembke says. “We are born to strive, but it’s up to us to channel that drive in a sustainable and fulfilling way.”

- () 5. Which belongs to the phenomenon of the effort paradox?
- A. Staying in an unsatisfying yet relatively stable job.
B. Throwing ourselves on the sofa after a tiring workday.
C. Eating high-calorie food even though we are overweight.
D. Hiking mountains even though we can take the cable car.
- () 6. What can we learn from Paragraph 3?
- A. The mice are fast learners.
B. Effort is costly but valued.
C. Hard work always pays off.
D. We feel safe in the comfort zone.
- () 7. What does the underlined word “exertion” mean in Paragraph 4?
- A. Convenience. B. Pleasure.
C. Effort. D. Assistance.

- () 8. What does Lembke suggest in the last paragraph?
- A. Avoiding ease and convenience at all costs.
- B. Keeping a balance between your life and work.
- C. Never giving up and persevering in the face of difficulties.
- D. Finding something stimulating to finish effortful matters.

II 写作

第一节 应用文写作

假定你是李华,你校英文报本周六将举办为贫困山区孩子捐赠图书的活动,请你用英文写一封倡议书,内容包括:

1. 活动目的和方式;
2. 呼吁大家参加。

注意:1. 写作词数应为 80 个左右;

2. 开头和结尾已为你写好,不计入总词数。

Dear fellow students,

Yours,
Li Hua

第二节 读后续写

[2024·重庆主城区七校高二期末]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

James, a 24-year-old investment banker from Toronto, was just one week into his new job on Wall Street. Over the past month, he'd been settling into the New York City apartment he was sharing with his college friend, an artificial intelligence engineer named Raphael.

Last week, the two were squeezing in a lunchtime workout on Pier (码头) 15, overlooking the East River, when James froze. "Somebody's in the water," he said. Before Raphael could respond, James climbed over the rail (栏杆) at the edge of the pier and jumped into the cold, polluted water without taking the time to remove his shoes.

What James had heard was an alarmed fisherman shouting from Pier 16, nearly 50 yards away, "Help! He's in the water!" And what he'd seen was a person floating, lifeless.

Raphael didn't need to see the victim. "Maybe James saw someone in the water who needs our help," he thought. "Or maybe it's James who needs my help. Either way, I'm going in." He took off his shoes and dived.

Approaching the unconscious victim, James saw that it was a middle-aged man. He was big, around 200 pounds, respectably dressed and sinking fast. He was 3 feet below the surface by the time James reached him. The rescuer dived, felt around, grasped the man and kicked upward until they both got out of the surface. Raphael was there now. In the water, the two friends floated the man on his back. As Raphael put his arms around the man's shoulders and James supported the bottom and knees, the pair pulled the man back to Pier 15. Their lungs heaved and their muscles burned as they pushed and pulled the immobile figure through the water.

They might have been dragging a dead body. The man's skin was blue, and neither Raphael nor James detected any breathing. When at last they reached Pier 15, they faced a new uncertainty. How to get out of the water? The shore was half metre above their heads.

注意:写作词数应为 150 个左右。

Paragraph 1:

On the pier, a crowd had gathered. _____

Paragraph 2:

Suddenly the man moved, breathing again. _____

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► 单元小测

Unit 1

❶ 单句填空

1. The man _____ (guilt) of an attempted murder would have to stay in prison for many years.
2. He pretended _____ (study) in the library, but he was barely able to focus on the textbook as his mind wandered to other thoughts.
3. Dad handed me a big box _____ (wrap) in golden paper and tied with a red ribbon.
4. The angry father glared at his naughty son, who had been caught _____ (cheat) in the last exam.
5. Jake witnessed everything and was _____ (disappoint) at how the conductor treated the poor woman.
6. The themes of love, integrity and _____ (forgive) are all beautifully explored in the movie.
7. The failure was a big blow to him, but he wasn't _____ (discourage) and soon got as enthusiastic as ever.
8. As a citizen, you are _____ (legal) entitled to certain privileges, such as the right to vote and access to public services.
9. As a _____ (photograph), I love the bright light and amazing colours: red rocks, green plants, blue-green waters and blue skies.
10. "Happy Thanksgiving Day," said the old postman with a big smile spreading across his _____ (wrinkle) face.
11. She felt ashamed _____ her performance on the project, especially since her hard work had only earned her a small bonus instead of the recognition she had hoped for.

12. I am writing to inform you of my decision to resign _____ my current position.

❷ 短语填空

1. He _____ (发财) by discovering a rare mineral deposit that attracted the attention of major mining companies.
2. He got into a panic when he realized that he couldn't _____ (赶上最后期限).
3. As a geophysicist, she felt _____ (对……负责) ensuring that her research led to a better understanding of the Earth's structure and natural resources.
4. Never have I thought my effortless kindness could _____ (对……有着重要影响) to a poor girl.
5. In a moment of mercy, he decided to _____ (捡起) the stray dog from the street and take it to a shelter where it could find a loving home.
6. Previous studies have shown that regularly practising t'ai chi can help reduce falls among seniors, and _____ (促进) their health.
7. The hikers found themselves _____ (受……的摆布) the unpredictable weather, unable to continue their journey as the heavy rain and strong winds set in.
8. I tried to _____ (放慢) my breath, knowing the teacher would say I was not the right type of person to play the drums.

❸ 句型训练

1. No sooner _____ some of the Christmas goodies fell inside onto the floor.
我刚开门,一些圣诞礼物就掉落在里屋的地板上。

2. _____ which is surrounded by green trees with a small river flowing through it. (倒装)

在山脚下,有一个农场,四周绿树成荫,一条小河从中穿过。

3. First of all, begin by learning simple greetings and commonly used phrases, _____. (定语从句)

首先,从学习简单的问候语和常用短语开始,这将有助于你与当地人交流。

4. A study of travellers _____ Tripadvisor names Yangshuo as one of the top 10 destinations in the world. (非谓语)
Tripadvisor 网站对旅行者进行的一项研究将阳朔列为世界十大旅游目的地之一。

5. He ducked his head and stepped back to his seat, _____. (形容词作状语)
他低下头,回到座位上,有点不安和内疚。

IV 完形填空

Sullivan calls her right arm her “little arm”. The 10-year-old was born with that arm less than half the 1 size. She has no elbow and tiny fingers to 2 things. However, it never discouraged her. This 3 kid could always find a way to make that little arm 4 for her. Until recently, riding a bike has proved out of her reach. But that might soon change 5 some college students.

Sullivan's grandparents saw local news about Siena College students making a prosthetic (假肢的) hand for a little girl using the school's 3D printer. They went to see if their granddaughter could be a 6 for a new arm like that girl. However, there was a 7 when the grandparents asked if the college group could help Sullivan, as the design was for limbs (肢体) 8 an elbow or wrist.

Fortunately, Kristin, a junior engineering major said yes. She and her team couldn't 9 a perfect solution, but they promised to try. They met Sullivan from time to time to measure

and test the design, 10 the initial plans to fit Sullivan's little arm. They've worked for almost a year to build Sullivan a solution. The task has been one of 11 and creativity, 12 by kindness. “Sometimes you get 13, but she is so excited,” Kristin said. “Her motivation and her strength, 14 our team along.”

On May 4, Sullivan received her arm. She also received a(n) 15 surprise: a new bike.

- ()1. A. different B. limited
C. normal D. similar
- ()2. A. grab B. examine
C. deliver D. trace
- ()3. A. grief-stricken B. simple-minded
C. strong-willed D. kind-hearted
- ()4. A. fight B. work
C. play D. apply
- ()5. A. but for B. apart from
C. as to D. thanks to
- ()6. A. consultant B. consumer
C. candidate D. trainee
- ()7. A. chance B. pause
C. cure D. bet
- ()8. A. glued to B. related to
C. reduced to D. attached to
- ()9. A. seek B. guarantee
C. defend D. refuse
- ()10. A. adjusting B. preparing
C. outlining D. conducting
- ()11. A. perseverance B. discipline
C. modesty D. frankness
- ()12. A. repaid B. changed
C. controlled D. fuelled
- ()13. A. annoyed B. frustrated
C. motivated D. astonished
- ()14. A. dragged B. brought
C. pushed D. invited
- ()15. A. traditional B. expensive
C. worthless D. extra

Ⅴ 阅读理解

Many of us would probably say that lying is a matter of moral choice. But in his philosophy book *A History of Lying*, Juan Jacinto Muñoz-Rengel takes us in a different direction, which he calls “non-moral”.

He takes several persuasive steps to redirect us. First, he asks us to take into account how we represent reality to ourselves, and how we see it in relation to the self. This requires us to employ awareness of not just the world but also the concepts to describe it to ourselves and others. Moreover, the “reality” we believe we see and know might be an illusion (错觉). So how do we even know when we’re telling the truth, and when we’re lying about it?

His second step is to say that our sense of personal identity should be treated with doubt, since we’re frequently wrong about our own experiences. If continuing personal identity might be an illusion, then the reality we see might be an illusion as well. But we choose to take part like actors in this illusion.

From here Muñoz-Rengel takes a third step towards what he calls “evolutionary epistemology (认识论)”, which shows everything we claim to know should be evaluated through an evolutionary angle. For instance, to stay safe from natural enemies or hunt for food, some animals evolve into being capable of mixing with the surroundings to delude others. The thing is, the species continues through natural selection processes. Equally, we grow myths to explain the natural world and our place in it... As individuals and as societies, various forms of lies are built into our DNA.

The arguments in this book are strongly made, but more than a few of Muñoz-Rengel’s viewpoints need far more evidence as support. But anyhow, in separating the discussion from

conventional morality-based studies of lying, he has produced a lively and distinctive work. But still, there is one thing to remember—we perhaps will be liars, but that doesn’t mean we shouldn’t ask ourselves when it is acceptable to lie and when it isn’t.

- () 1. What can be implied about Muñoz-Rengel’s first persuasive step?
- A. We can hardly control what we do in real life.
B. We are able to tell illusions from reality.
C. We choose to lie or not in different cases.
D. We tend to see reality in a subjective way.
- () 2. Why does Muñoz-Rengel give the examples in Paragraph 4?
- A. To make a comparison.
B. To clarify a concept.
C. To raise a problem.
D. To change a topic.
- () 3. What does the underlined word “delude” in Paragraph 4 probably mean?
- A. Surprise. B. Trick.
C. Amuse. D. Protect.
- () 4. How does the author find the arguments in this book?
- A. One-sided but convincing.
B. Conventional but impressive.
C. Poorly-based but novel.
D. Serious but understandable.

Ⅵ 阅读七选五

[2024·福建泉州高二期末]

When Ken was in high school, he did well and had a strong sense of accomplishment. However, when he was in college, his grades were not so outstanding among academically gifted students much like himself, if not better. Often he feels depressed and is withdrawing from people and activities. 1. _____

The literature generally has found that many of us tend to let our self-worth be contingent upon external events (such as academic progress and physical attractiveness). 2. _____ As a result, our feelings about ourselves can end up being in the hands of others.

Obviously, we all want to experience things that make us feel good. But when we have contingent self-worth, we might engage in activities that make us feel worthy while avoiding activities that make us feel unworthy. 3. _____ Instead of working hard to meet our goals, we'll try to avoid failure. And if we do fail one day, we might abandon our goals, lose motivation, or make excuses to help ourselves feel better.

4. _____ If our self-worth is contingent upon being successful at work, we might only choose jobs that are easy. That way we never fail and ensure that we always know that we are worthy. Or, maybe we only think we're worthy if we weigh less than 130 pounds. We might undereat or engage in unhealthy eating practices just to make sure that we feel good.

Self-worth is an important psychological construct that affects not only how we think about ourselves but it also has an impact on our psychological health and functioning. So, give up the idea of seeking approval from others. 5. _____ Doing so reminds us to be fully aware of who we are.

- A. That may pose potential dangers.
- B. Unfortunately, he is no exception.
- C. When our self-worth depends on those, it's unstable.
- D. Let's cite some examples to further demonstrate that.
- E. Let's dive into the cause to learn more about self-worth.

F. Actually, he's always been labelled as "other people's child".

G. Instead, learn to base your self-worth on internal contingencies like virtues and faith.

Ⅶ 语法填空

[2024·湖北武汉高二期末]

Desertification is a serious problem 1. _____ (face) numerous countries in the world. Shi Guangyin, an eco-warrior from Shaanxi Province, 2. _____ (battle) desertification for about 40 years. Born in a town on the southern edge of the Mu Us Desert, Shi remembers how sandstorms easily destroyed the crops the villagers had grown and made their life 3. _____ misery.

In 1984, the government issued new policies to encourage individuals to plant trees in contracted sand land. Despite the 4. _____ (oppose) of his family, Shi resigned from his leadership position at a state-owned farm and began his fight against desertification.

5. _____ (initial), Shi met with the challenge of lacking funds. He managed to raise RMB 12,000 by selling all his sheep and borrowing money from door to door. 6. _____ followed was tireless work by Shi and his team, planting several species of drought-enduring trees over sand. Langwosha is an area of about 400 hectares 7. _____ strong winds blow hard all year round. After failing 8. _____ the first two attempts, Shi realized scientific research was also important. In 1988, Shi challenged Langwosha the third time. This time he 9. _____ (equip) with a newly acquired technique, which enabled most of the planted trees, well over 80%, 10. _____ (survive).

"My fight continues as long as my life continues. I shall not stop planting trees until my last breath," said Shi Guangyin.

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