

QPG0001256

9 7 8 7 5 7 2 6 0 1 8 6 1

服务热线: 4000-555-100

阅读理解

训练(一)	“细节理解题”重点练	131	训练(八)	记叙文难点练	152
训练(二)	“推理判断题”重点练(一)	134	训练(九)	说明文之自然生态重点练	155
训练(三)	“推理判断题”重点练(二)	137	训练(十)	说明文之社会生活重点练	158
训练(四)	“词义猜测题”重点练	140	训练(十一)	说明文之科普科研重点练	161
训练(五)	“主旨大意题”重点练(一)	143	训练(十二)	说明文之心理学、社会学、文学重点练	164
训练(六)	“主旨大意题”重点练(二)	146	训练(十三)	议论文重点练	167
训练(七)	应用文难点练	149			

阅读七选五

训练(十四)	设空位置法	170	训练(十六)	逻辑关系法	174
训练(十五)	词汇线索法	172	训练(十七)	阅读七选五满分练	176

完形填空

训练(十八)	记叙文型完形填空(一)	178	训练(二十二)	夹叙夹议型完形填空(二)	186
训练(十九)	记叙文型完形填空(二)	180	训练(二十三)	说明文型完形填空	188
训练(二十)	记叙文型完形填空(三)	182	训练(二十四)	议论文型完形填空	190
训练(二十一)	夹叙夹议型完形填空(一)	184			

语法填空

训练(二十五)	语法填空(一)	192	训练(二十八)	“中国元素”专题语法填空(一)	195
训练(二十六)	语法填空(二)	193	训练(二十九)	“中国元素”专题语法填空(二)	197
训练(二十七)	语法填空(三)	194			

应用文写作

训练(三十)	邀请信+告知信	199	训练(三十五)	倡议书+新闻报道	204
训练(三十一)	建议信+推荐信	200	训练(三十六)	记人+叙事	205
训练(三十二)	求助信+申请信	201	训练(三十七)	图表图画类+中国文化类	206
训练(三十三)	致歉信+感谢信	202	训练(三十八)	短文投稿	207
训练(三十四)	通知/启事+演讲致辞	203			

读后续写

训练(三十九)	读后续写总攻略	208	训练(四十四)	冲突解决得圆满	213
训练(四十)	四句话语定框架	209	训练(四十五)	词句升级 妙语连珠	214
训练(四十一)	自问自答推情节	210	训练(四十六)	丰富细节 活灵活现	215
训练(四十二)	捕捉伏笔巧照应	211	训练(四十七)	语言宝典心中藏	216
训练(四十三)	合情合理亮人眼	212			

A [2024·江苏南通高三三模]

文体:应用文 主题:人与社会 词数:292

York Minster—the best cathedral in England

Commonly known as York Minster, the Cathedral and Metropolitan Church of Saint Peter in York is one of the finest old-fashioned buildings in Europe and was completed in 1472.

In addition to daily services, there are many features to discover. York Minster has one of Europe's biggest collections of stained glass, with 128 windows made from approximately 2 million individual pieces of stained glass. In the interactive underground chambers, you can discover the 2000-year-old history of York Minster. In the grounds outside the Minster, the Old Palace houses famous historical treasures, collections and a library.

For the best view in York, climb the Central Tower for a splendid view of the surrounding Yorkshire countryside. All year round there are special events, including performances by the York Minster Choir.

OPENING TIMES

Mon. to Sat.: 9:30 am—4:00 pm

Sun.: 12:45 pm—2:15 pm

TICKET INFORMATION

MINSTER ONLY	MINSTER AND CENTRAL TOWER
Adult/Senior: £ 18 Child (17 and under): free with a paying adult * Up to four children with one paying adult	Adult/Senior: £ 24 Child (8—17): £ 6 * To climb the tower you must be aged 8 and above

It costs £ 30,000 a day to run York Minster and your admission fee directly supports the future of the cathedral. We never charge for people to enter the cathedral to pray, light a candle or attend a service.

BOOKING

As a working church, we do need to close from time to time at short notice so we strongly recommend booking in advance so we can keep you informed of any changes in opening times.

For more information or to book, please contact our team using the details below or complete our enquiry form.

T: 01904 557275

E: bookings@yorkminster.org

- () 1. What can visitors do in York Minster?
- A. Stay in the Old Palace.
B. Explore its rich history.
C. Make windows from stained glass.
D. Climb the Central Tower to watch performances.
- () 2. What's the charge for a couple with their six-year-old twins visiting York Minster only?
- A. £ 24. B. £ 36.
C. £ 42. D. £ 48.
- () 3. What do we know about York Minster?
- A. It takes on a modern style.
B. It bans climbing of the Central Tower.
C. It may have temporary closures.
D. It charges people attending services.

B [2024·湖南郴州高三5月模拟]

文体:记叙文 主题:人与社会 词数:319

Caring 17-year-old Lauren Schroeder was inspired to help bring healthy food to needy families in her community. Volunteering at a food shelter when she was 14, and tasked with helping fill boxes for households in need with canned and packaged food, this Iowan teen felt that something was missing from the donated groceries: fresh vegetables. So she shared with her parents her desire to start a garden on their own farm to supply local families in need with fresh produce.

Coming from a farming family, Lauren had some familiarity with agriculture, and had helped raise rabbits and lambs, but had never tried vegetable cultivation on a large scale, though the Schroeders plant soybeans and corn each year on their 150-acre farm.

The work involved in realizing Lauren's plan was no walk in the park. Initially, while proud of her daughter's vision, her mother, Katie Schroeder, admitted to some foreboding about the work involved: "I was wondering, 'Oh my gosh, how much work is this going to be?' I wasn't sure whether this would work." This was one young change-maker, however!

Lauren researched plants online, checking which species needed more shade, how much water was required, and when to harvest each crop. During Iowa's hot summers, she had to water her crops by hand for around 2—3 hours daily. She also checked daily for weeds, and bent down to pick her green bean crop. Thanks to her diligence, Lauren planted half an acre of land, with 15 varieties of vegetables in 2022, harvesting her first crops.

In an interview with a local media channel, Lauren says, “I wanted to have something that'd impact people. I want to impact community members. Many people help you out, but it makes more difference when you help others out. That's what makes me most happy.”

()4. **What inspired Lauren to start a garden on her family's farm?**

- A. Her parents' encouragement.
- B. Her interest in farming and agriculture.
- C. Her desire to become a professional gardener.
- D. Her experience of volunteering at a food shelter.

()5. Which of the following words can replace the underlined word “foreboding” in Paragraph 3?

- A. Satisfaction. B. Concern.
- C. Anger. D. Pride.

()6. **How did Lauren research the plants for her garden?**

- A. She consulted professional gardeners.
- B. She studied books and manuals on gardening.
- C. She conducted online research on plant species.
- D. She attended agricultural courses and workshops.

()7. What is the central theme of the article?

- A. The Schroeders' family farming traditions.
- B. The importance of volunteering at a food shelter.
- C. The challenges of starting a vegetable garden on a large scale.
- D. Lauren Schroeder's project to provide fresh vegetables for needy families.

C [2024·河北衡水部分示范性高中高三三模]

文体:记叙文 主题:人与自我 词数:334

Living for 97 years is an impressive

achievement in and of itself. Most people hitting this milestone are probably thankful for what health they have and the memories they've made. In the case of TV host and conservationist Sir David Attenborough, he can reflect on a life of activism in service for our planet. The British icon turned an impressive 97 on May 8, 2023. Born in 1926, Attenborough has spent most of his life on camera for the BBC covering animals and natural history. Today, despite his age, he is still an active campaigner for our planet.

Attenborough, who received a degree in natural sciences from University of Cambridge, joined the BBC full-time in 1952. He travelled around the world with his Zoo Quest programme, highlighting different creatures. Afterwards, he created his iconic series *Life on Earth* in 1979. Since then, he has created and starred in countless programmes which have brought nature closer to viewers around the world.

His recent documentary with World Wildlife Fund, *David Attenborough: A Life On Our Planet*, often returns to a theme which has predominated in Attenborough's later work. He reflects on just how much the environment has changed in his decades of observation and how swiftly time is running out before further serious damage can be prevented. This programme was widely streamed and considered a “wake-up call” for the world. While Attenborough is far from the first or only voice to raise this call, his reach as a respected and powerful figure within the BBC provides a useful platform.

Although he has received countless awards, Attenborough has used recent accolades (荣誉) as a chance to focus once more on the planet. Shortly after winning the Champions of the Earth Lifetime Achievement Award in 2022, he sent an urgent message about the state of the planet to all viewers in *Frozen Planet II*. Even after his 97th birthday, he continues to write and speak on preserving the UK and the world for future generations.

()8. **What is Sir David Attenborough known for?**

- A. The possession of treasures.
- B. The memories about activities.
- C. The rewards as a British icon.
- D. The contribution to protecting the earth.

- () 9. **How did Sir David Attenborough try to get nature and his audience closer?**
- A. By majoring in natural sciences in university.
- B. By travelling throughout the world while in BBC.
- C. By sitting closer to viewers when hosting programmes.
- D. By creating and starring in many relevant programmes.
- () 10. **What can we know about *David Attenborough: A Life On Our Planet*?**
- A. It features environmental protection.
- B. It is about how swiftly time runs out in one's life.
- C. It is received by few viewers and thought little of.
- D. It provides a powerful and useful platform for BBC.
- () 11. Which words can best describe Sir David Attenborough?
- A. Dependent and curious.
- B. Devoted and responsible.
- C. Humorous and passionate.
- D. Ambitious and self-centred.
- D [2024·山东高三适应性考试(三模)]

文体:说明文 主题:人与社会 词数:357

One day I typed into ChatGPT all about my upset feelings and it instantly responded, offering a list of practical advice. Nowadays millions of people are already turning to ChatGPT and specialist therapy (治疗) chatbots for convenient and inexpensive mental health support.

Some experts say this is a boon. After all, AI, undisturbed by embarrassment and burnout, might be able to express empathy (同理心) more openly and tirelessly than humans. But others worry about the consequences of people seeking emotional support from machines that can only pretend to care. Some even wonder if the rise of so-called empathetic AI might change the way we interact with one another. Indeed, empathy is one of our species' defining qualities, developing as it did in pace with social interaction.

One recent analysis about empathy looked at 52 studies published between 1980 and 2019, which

shows that the empathizer must first be able to recognize how the other person is feeling. They must also be affected by those emotions and differentiate between themselves and the other person, grasping that the other person's feelings aren't their own while still being able to imagine their experience.

On the first point, in recent years, AI-powered chatbots have made progress in their ability to read human emotions, most powered by large language models (LLMs) that work by predicting which words are most likely to appear together based on training data. In this way, LLMs like ChatGPT can seemingly identify our feelings and respond appropriately most of the time. But when it comes to the other criteria, AI still misses the mark in many ways. Empathy is interpersonal, with continued feedback helping to perfect the empathizer's response, which also requires some degree of intuitive (直觉的) awareness of an individual and his situation.

All of this helps to explain conversations like the ones I had with ChatGPT. At the end of the day, despite talking to multiple chatbots online, I did what I knew I had to do all along: I picked up my phone and called a friend.

- () 12. What does the underlined word "boon" in Paragraph 2 mean?
- A. Trap. B. Prize.
- C. Blessing. D. Challenge.
- () 13. **What does the recent analysis show about empathy?**
- A. It calls for clear communication.
- B. It starts with emotion identification.
- C. It rules out individual difference.
- D. It depends on rich imagination.
- () 14. **What can AI do according to Paragraph 4?**
- A. Provide data-driven feedback.
- B. Recognize one's real desire.
- C. Update large language models.
- D. Predict one's behaviour by intuition.
- () 15. What does the author think of ChatGPT?
- A. Its development should be sped up.
- B. Its intelligence is winning more favour.
- C. Its application should be strictly managed.
- D. Its artificial kindness is no match for humans'.

A [2024·重庆巴蜀中学高三二诊]

文体:记叙文 主题:人与自我 词数:357

What's the truth of joy? I was obsessed with this question when I was young. However, ever since I started my own family, this quest has been buried under my workloads and daily chores.

In 2008, Memorial Day weekend promised to deliver beautiful weather—not always the case at that time of year, so I decided to spend that Saturday shopping and do one big clean-up, starting with the garage. Our two-car garage, as always, was full of stuff. Boxes piled one on top of another. Bikes crossed together. A garden hose (软水管) sat in a corner. We had to turn sideways when getting in and out. I planned to pull everything out on the driveway, hose down the entire garage, and after it was dry, put everything back more organized.

With the morning moving along, the possibility of finishing the cleaning within the day began to look less and less likely. I recalled how I had been feeling **discontented** lately while taking care of our stuff. Here was yet another time! Then my neighbour June, who was working in her yard, heard my sigh and said jokingly, “The joy of home ownership, huh? That's why my daughter keeps telling me I don't need to own all this stuff.”

I don't need to own all this stuff.

As I turned to look at the fruits of my morning labour, I began to recognize the source of my feelings for the first time. It was piled up in my driveway. As I surveyed the pile I made, the answer to the obsolete (被遗忘的) question **came to light**: there is more joy to be found in possessing less than we can ever find possessing more.

I ran inside the house and found my wife upstairs cleaning the bathtub. Still trying to catch my breath, I said, “Kim, you'll never guess what just happened. June said we don't need to own all this stuff!”

And in that moment, a **minimalist** family was born.

- () 1. Which of the following best describes the to-be-cleaned garage?
- A. Spacious and well-lit.
B. Neatly labeled and sorted.
C. Disordered and jam-packed.
D. Narrow and weather-beaten.
- () 2. What can we infer about the author's recent experience with stuff cleaning?
- A. He went through unaccountable frustration.
B. He figured out his disinterest in cleaning.
C. He initiated it and enjoyed the process.
D. He lost patience and rushed to the end.
- () 3. What did June imply by saying “The joy of home ownership, huh?”?
- A. The pleasure of possessing a home.
B. The significance of owning a family.
C. The convenience of having a garage.
D. The demands of maintaining a house.
- () 4. Why did the author start a minimalist family?
- A. He favoured living with a handful of people.
B. He wanted to quit being a slave of stuff.
C. He considered cleaning a waste of time.
D. He figured out the joy of ownership.

B [2024·山东潍坊高三三模]

文体:新闻报道 主题:人与社会 词数:302

College professors these days face an ever-higher bar to grab the attention of their students, forced to compete with the appeal of smartphones and laptops in large lecture halls. But when your professor is a social media star, it's a little bit easier.

Tatiana Erukhimova, who teaches physics at Texas A&M University, has managed to get her students, as well as future generations, excited about the science. Known as “Dr Tatiana” to her students and online fan base, the professor performs

physics tricks with **boundless** energy and **enthusiasm**. Videos of her theatrical **demonstrations** have got hundreds of millions of views across TikTok and other social media platforms. Her department's YouTube page has about 2.5 million **subscribers**, an incredible following even **overshadowing** the well-known Aggie athletics programme. She credits the university marketing team's videos of her lessons with her social media success.

In the kid-friendly videos, Erukhimova uses a range of everyday objects in her experiments, from toilet paper to sweets, bicycle wheels and hair dryers. The sooner kids are taught physics and taught it well, the better, she suggests. It's clear that she knows what it takes to get young people excited about a hard science. The key, she explains, has been to make herself **approachable** and her instruction personal.

She's earned more than just **recognition** on social media. In February, she was honoured with a national award for science **outreach** "for leadership in bringing the excitement of physics through innovative education programmes", including the well-attended annual TAMU Physics and Engineering Festival and the highly popular physics videos on social media.

All Erukhimova says she can hope for is making physics less discouraging, and more exciting. "What will they remember 10 years, 15 years, 20 years later?" she wonders. "If they remember my class, I could not ask for a better reward."

- ()5. What can we learn from the first paragraph?
- A. Students perform worse than expected.
 - B. Colleges need more professional teachers.
 - C. Digital devices should be banned on campus.
 - D. Internet celebrity professors are more favoured.
- ()6. What does Dr Tatiana owe her online success to?
- A. Her love for teaching.

- B. Her school's promotion.
 - C. Her followers' support.
 - D. Her talent for performing.
- ()7. How does Dr Tatiana make physics interesting for young minds?
- A. By encouraging hands-on experiments.
 - B. By adopting a down-to-earth teaching style.
 - C. By motivating young learners' curiosity.
 - D. By possessing professional physics knowledge.
- ()8. Which of the following can best describe Dr Tatiana?
- A. Brave and resourceful.
 - B. Optimistic and devoted.
 - C. Sociable and humorous.
 - D. Passionate and creative.

C [2024·陕西宝鸡高三三模]

文体:说明文 主题:人与自然 词数:319

European wildcats could be **reintroduced** to England more than 200 years after they became extinct in the country. The project has been announced by the UK wildlife charity Wildwood Trust.

European wildcats are one of the UK's rarest mammals. The only wild population, numbering fewer than 300 individuals, lives in the Scottish Highlands but they are **on the verge of** extinction, partly because they have bred with local feral cats (wild-living domestic cats).

Supporters hope to save the species in the UK by reintroducing them to England and Wales, where they died out around 200 years ago because of hunting and loss of habitat. To bring back the species, Wildwood Trust is planning to build 10 new breeding facilities on two sites in Kent and Devon. Kittens bred in captivity but away from humans will then be released into the wild. The University of Exeter is researching places where the animals could be reintroduced.

European wildcats are around the same size as a large domestic cat, and at up to eight kilograms.

They have a tabby-like pattern with thick black stripes on their bodies and a bushy tail and like to live in forests but near open grassland. They're also famously shy and keep their distance from humans. Laura Gardner, director of conservation at Wildwood Trust, told *The Times* newspaper that people should not be worried by the thought of wildcats returning to the wild. "We're not talking about wolves," she said.

Wildwood Trust says that its project can benefit both the wildcats and the habitats where they live. They are one of the few native predators left in the UK, so a healthy population of wildcats could help to control the numbers of animals they prey on, such as rabbits and rodents. By competing for the same food as foxes, they will also help to reduce fox numbers and restore a balance to nature.

()9. What is the aim of the project?

- A. To save wildcats from dying out.
- B. To ensure wildcats' good habitats.
- C. To raise money to protect wildcats.
- D. To build some new breeding facilities.

()10. What does the author indicate by mentioning Laura Gardner in Paragraph 4?

- A. Wildcats are very shy animals.
- B. Wildcats are not as fierce as wolves.
- C. European wildcats are unique animals.
- D. Wildcats cannot pose a threat to humans.

()11. What can be inferred from the last paragraph?

- A. Wildcats will threaten the number of other animals.
- B. Wildcats and its habitats will be well protected.
- C. Wildcats can contribute to ecological balance.
- D. Wildcats are one of the few predators left in the UK.

()12. What is the best title of the text?

- A. Wildwood Trust announcing a plan
- B. Rare wildcats making a comeback
- C. Reintroducing wildcats benefiting us
- D. Wildcats disappearing from the world

重点词句回顾

A. 词汇积累

1. discontented *adj.* 不满的; 不满足的
2. come to light 显露; 为人所知
3. minimalist *n.* 极简主义者
4. boundless *adj.* 无限的; 无止境的
5. enthusiasm *n.* 热情; 热忱
6. demonstration *n.* 示范; 演示
7. subscriber *n.* (报刊的) 订阅人; 订户; 用户
8. overshadow *vt.* 使显得逊色; 使黯然失色
9. approachable *adj.* 和蔼可亲的; 可接近的
10. recognition *n.* 赞誉, 赏识; 承认; 认出, 识别
11. outreach *n.* 推广, 外展服务
12. reintroduce *v.* 重新引入
13. on the verge of 濒于; 接近于

B. 熟词生义

1. She **credits** the university marketing team's videos of her lessons with her social media success. (阅读 B)
credit *n.* 信用 *v.* (给银行账户) 存入金额 → *v.* 认为...的功劳; 把...归于
【译文】她将自己在社交媒体上的成功归功于大学营销团队的课程视频。
2. The only wild population, **numbering** fewer than 300 individuals... (阅读 C)

number *n.* 数量, 数字 → *v.* 给...编号; 总计; 共计

【译文】唯一的野生种群, 总计不到 300 只...

C. 长难句分析

Supporters hope to save the species in the UK by reintroducing them to England and Wales, where they died out around 200 years ago because of hunting and loss of habitat. (阅读 C)

【分析】句子的主体部分是 supporters hope to save the species in the UK, by reintroducing them to England and Wales 是方式状语, where they died out around 200 years ago 为定语从句, because of hunting and loss of habitat 是介词短语用作原因状语。

【译文】支持者希望通过将它们重新引入英格兰和威尔士来拯救英国的该物种。大约 200 年前, 由于狩猎和栖息地的丧失, 该物种在英格兰和威尔士灭绝。

D. 好句背诵

As I surveyed the pile I made, the answer to the obsolete (被遗忘的) question came to light: there is more joy to be found in possessing less than we can ever find possessing more. (阅读 A)

【译文】当我审视我堆积的那堆东西时, 那个被我遗忘的问题的答案浮现了出来: 拥有更少的东西比拥有更多的东西更快乐。

A [2024·湖北襄阳重点高中高三三模]

文体:说明文 主题:人与社会 词数:257

Reading is an exercise for the mind. It is good for our vocabulary and literacy skills, teaching us maths or science concepts and helping us learn history. Apart from those, reading has another benefit. Have you read a story and felt tears well up because of a character's suffering? If so, that is because you have empathy (共情) for the character.

1. _____

Research shows that human brains react differently to stories and facts. 2. _____ In addition, your brain thinks you are in the story, which means you experience the characters' thoughts as if they were real.

3. _____ This skill, called emotional intelligence (EI), can make it easier to communicate and connect with people. Research shows that building this intelligence can lead to greater tolerance. One study found that people who read the *Harry Potter* novels, which tell stories about humans fighting against the evil, were less likely to behave unfairly towards powerless groups including refugees (难民).

This theory of EI has been put into practice in schools. After reading *The Boy at the Back of the Class*, a story about a boy who is a refugee escaping from the war, students in St Michael's High School were inspired to do a 10-mile walk for the non-profit organization—Refugee Action. 4. _____

5. _____ Not only are we more likely to engage in helpful behaviours when we feel empathy for other people, but others are also more likely to help us when they experience empathy. For society to develop, communicative and empathetic individuals really matter.

- A. In a way, all this increases our ability to read well.
- B. This permits people to limit their emotions that others are feeling.
- C. Many more areas of your brain light up when you're enjoying a story.
- D. It also stimulated them to raise £1,000 for the homeless caused by war.
- E. Reading encourages us to empathize with others, which could be beneficial.
- F. Empathy helps you to read people's emotions and work out the best way to respond.
- G. It helps you see into other people's hearts and can be learned through various stories.

B [2024·河北沧州高三三模]

文体:说明文 主题:人与自我 词数:232

Physical exercise can play an important role in mental well-being and can even relieve symptoms of mental health conditions like depression and anxiety. While the physical health benefits of exercise are frequently discussed, the link between exercise and mental health is often overlooked. 6. _____

Physical activity distracts you from negative thoughts and emotions. 7. _____ Exercise can also be used to enhance well-being in people who already feel mentally healthy. Increased physical activity has also been found to promote quality sleep.

8. _____ Exercise can help you lose weight and maintain a healthy state. You may feel a significant boost in your mood as your clothes look more beautiful on you and you seem to look more elegant.

Exercise can be a good source of social support. The benefits of social support are well-documented. 9. _____ So whether you join an exercise class or

you play softball in a league, exercising with others can give you a double dose of stress relief.

Have you ever noticed how your body feels when you are under stress? Your muscles may be tense, especially in your face, neck and shoulders, leaving you with back or neck pain, or painful headaches. 10. _____ Exercising is an effective way to break this cycle.

If you are just starting out with an exercise programme, it's important to consult with your doctor to determine the best form of exercise for your physical condition.

- A. Exercise promotes confidence.
- B. Exercise helps reduce health risk.
- C. Many physical activities can be social activities as well.
- D. Physical exercise is considered to help you make a difference to others.
- E. Research shows exercise can improve the symptoms of many existing mental illnesses.
- F. Physical activity can take your mind off your problems and get you into a state of peace.
- G. The worry and discomfort of all these physical symptoms can in turn lead to even more stress.

C [2024·皖江名校联盟高三模拟联考]

文体:说明文 主题:人与社会 词数:261

New studies have shown that students gain more information when they read a printed book compared to reading on a digital device.

Navigational (导航的) devices

E-books may come with a set of “navigational tools”, but it turns out that the best navigational devices are your forefinger and thumb. 11. _____. To think, all this time, those devices have been sitting just at the ends of your arms.

Search tools and bookmarks

Fans of digital books may claim that e-readers

have a handy “search” tool. Old-fashioned books also have a search function, in which you turn back to the opening chapter to remind yourself of the hero's surname. 12. _____.

Pencil systems

E-book lovers point out that digital text is easy to annotate (加注). Some devices even feature a little image of a pencil to guide the reader through the process. 13. _____. With it, favoured passages can be underlined and personalized comments, such as “To the point” and “Not so”, can be written too.

14. _____

Carrying books in school is a physical exercise in itself. Admittedly, e-books are lighter than paper volumes, but one must question whether this is really an advantage. In secondary school my physique was transformed by the daily need to carry science textbooks. Placing these weighty books in our backpacks would draw our shoulders back and our chests forward in a way that turned the school into something of a military training ground.

15. _____. But for the moment, I find myself standing at attention, relaxing my textbook-built shoulders and saluting their glorious return.

- A. A book workout
- B. A military training
- C. You can use them to turn the pages forward and backward
- D. Traditional-book users also have a similar system called a “pencil”
- E. They even have a “bookmark system”, which uses a device called a “bookmark”
- F. Some books serve as our friends and some books can nurse us through hard times
- G. Educational aids come and go, so maybe the shift back to traditional books won't last

A [2024·湖南怀化高三三模]

文体:说明文 主题:人与自我 词数:265

Have you ever changed jobs or moved to an unfamiliar city, only to find yourself wondering how to connect with new people? 1. _____ However, a connection is a part of what it means to be human. When we do it well, our lives are far more fulfilling. Here are a few tips to help you build and strengthen connections with people.

Be your real self.

You can't go wrong with being yourself. Pretending to be someone you aren't can lead your relationships to be built on lies and cause confusion in the future. 2. _____ They forget that being themselves is how they make genuine connections.

Respect people's boundaries.

It's likely that when you get to know someone new, you'll discover their limits quickly. In order to build a meaningful relationship with that person, you must respect the boundaries. 3. _____ Otherwise, the connection will be killed.

Move past the surface level.

Meaningful connections move past the basics of small talk. Yes, the first time you meet someone, you can cover surface-level facts. 4. _____ What are their values? What types of goals do they have for the future? What are their biggest hopes and dreams? These are all questions that give more insight into who they are and how we can connect with them.

5. _____

One of the best ways to learn how to connect with other people is learning to be present. And don't just be present mentally. Use your body language to show that they have your full attention. If you aren't facing the person who's speaking, they

won't feel like you care about connecting with them.

- A. Stay focused on the present.
- B. Be genuine with your admiration.
- C. Building relationships can be tough.
- D. Don't push them to share things that they don't want to.
- E. It can also reduce stress and awkwardness for both of you.
- F. People make such a mistake when they desperately want to fit in.
- G. However, after you've been talking for a while, try to go deeper.

B [2024·山东烟台高三三模]

文体:说明文 主题:人与自我 词数:253

Holiday stress

The whole point of a holiday surely is to get away from everything, to give yourself some "time off" and to fight the mental tiredness. 6. _____

Despite a holiday being designed to help you fight stress, it can actually create many stressful issues that you might not have considered beforehand. 7. _____ Meanwhile, you'll be concerned about things going wrong and costing you a lot of money and then when you're out there you might miss all the usual ease. Consequently, when your comforts and routines are taken away, you can end up feeling rather stressful.

Travelling on the plane and even just getting to the airport can be much more stressful when you have to drag around lots of huge cases. 8. _____ And pack light, even if it means you have to buy a towel when you get out there.

Usually, you are stressed about some aspects of your holiday. 9. _____ For example, if your hotel failed to have your reservation, you could easily stay somewhere else and then get your money back later.

The great thing about holiday is that you get a period of time to deal with any stress you might be facing. When you arrive at your destination and find you are full of holiday stress, why not take a day out to just lie around on the beach and to listen to the waves. 10. _____

Overall, with all those in mind, you can ensure your trip is more of a positive experience than a negative one.

- A. We will look at what causes holiday stress.
- B. Nonetheless, it can possibly be a stressful thing.
- C. However, you know the great thing about being on holiday.
- D. It works to think of how you would manage in that situation.
- E. This contributes to fighting any stress you might be experiencing.
- F. It's a good idea to minimize the amount of luggage you're carrying.
- G. You might spend the week packing luggage and worrying about almost everything.

C [2024·山西省级名校高三第二次联考]

文体:说明文 主题:人与自我 词数:277

Being more organized can change your life for the better and can even result in you becoming more successful. After all, when you have things in order, you will be likely to get more done and achieve more of your goals. 11. _____. If you aim to enhance your organizational skills, consider using the following strategies.

●Create a to-do list

Keeping a to-do list is crucial for staying organized and ensuring productivity throughout your day. You can choose traditional pen and paper methods or use phone apps and computer software

programs to track tasks and receive reminders for deadlines. 12. _____.

●Keep a schedule

It's essential to maintain a schedule by recording important dates for tasks such as bill payment and project submissions. Additionally, keeping track of meetings and setting alerts beforehand ensure adequate preparation and timely attendance. 13. _____.

●Get things done right away

Procrastination (拖延) is only going to cause you problems. 14. _____. Get things done as soon as you can, rather than putting them off until later on. Not only will this help you be more organized, but it will also reduce the amount of time you waste during the day.

●Set priorities

15. _____. This means knowing what you want and not being sorry for taking time out for it. Everyone has priorities and they are all different, so it's important to be true to yourself and what you want. You have to make a list, and make sure that you work your way down. Put the most important thing at the top. Push most of the things we keep putting off to the bottom of the list.

- A. This can prevent forgetfulness
- B. So this is a trait you definitely need to change
- C. You have to take note of what your priorities are
- D. This is an absolute must for those who are diligent
- E. Actually highly successful people share the trait of being organized
- F. Make sure you can easily access the things that you use most often
- G. This approach helps in staying organized and managing time effectively

A [2024·山东潍坊二模]

文体:记叙文 主题:人与自我 词数:246

I had never picked up a camera before my freshman year in 2012, when my journey to an artist began. For four years, I 1 G-Star School of The Arts, where my 2 for photography and film-making were awoken.

Having seen my first short film, my teacher came over, saying: "You got a good 3. Why not consider doing this as your profession? I think you've got a 4 in it." Then, it clicked. I, therefore, 5 my bank account and bought my first camera.

Since then, I was amazed by the 6 the world has to offer. I have to 7, though: I, shy and chicken-hearted, tended to capture nature-related scenes, 8 anything to do with people.

As I was 9 my way, I started photographing myself, the only one I felt 10 with. The camera soon became my strongest 11, serving as the tool for how I expressed myself. Gradually, I gained enough 12 to start taking photos of other people, greatly touched by how I was able to 13 the best in them through the lens (镜头).

Each year, I would look back on all of the shots I did that year and would 14 them to the first one I ever took in my career. Although the progress seemed substantial, I realized the key to growth as an artist is to never be 15. This allows me to create progressively better work year after year.

- | | |
|--------------------------|-----------------|
| ()1. A. designed | B. attended |
| C. assessed | D. arranged |
| ()2. A. duties | B. requests |
| C. passions | D. needs |
| ()3. A. heart | B. hand |
| C. eye | D. nerve |
| ()4. A. future | B. memory |
| C. schedule | D. certificate |
| ()5. A. opened | B. closed |
| C. monitored | D. emptied |
| ()6. A. beauty | B. sound |
| C. lesson | D. chance |
| ()7. A. admit | B. judge |
| C. conclude | D. negotiate |
| ()8. A. envying | B. avoiding |
| C. prioritizing | D. recording |
| ()9. A. winding | B. losing |
| C. shooting | D. clearing |
| ()10. A. familiar | B. comfortable |
| C. generous | D. patient |
| ()11. A. resolve | B. voice |
| C. shoulder | D. vision |
| ()12. A. knowledge | B. integrity |
| C. confidence | D. insight |
| ()13. A. bring out | B. comment on |
| C. call for | D. take over |
| ()14. A. refer | B. relate |
| C. apply | D. compare |
| ()15. A. self-conscious | B. self-reliant |
| C. self-centred | D. self-content |

文体:记叙文 主题:人与自我 词数:247

During Thanksgiving dinner, my grandmother would ask us to share a story of a person we were grateful to during the past year. And then she would ask, “Did you 1 that person?” She encouraged us to show our gratitude by our 2.

I will always remember the warm and happy 3 I had as a child, the miracle of being at my grandmother’s Thanksgiving table, eating her food, and listening to those I 4 tell what they were thankful for. I believe it made a big 5 in my life. It helped all of us shift from being 6 focused to being externally focused.

When I got married and Jesselie and I started our own Thanksgiving 7, a few memories 8. We used to live in Piedmont, California when our children were still young. To give Jesselie time to 9 the dinner without 10, I took the children over to San Francisco to look at the beautiful holiday windows. Our children have always remembered that 11, and Jesselie has never 12 that Thanksgiving dinner because as we sat down to a cornucopia (丰富) of 13, including Williamsburg sweet potato pudding and sausage stuffing, our children said, “Can we just go to get a hamburger instead?”

I hope all of us can start a new tradition—a tradition of assessing our lives and actions, 14 our unconscious biases (偏见), and committing to being more 15 and better appreciating our differences.

- ()1. A. like B. thank
C. encounter D. inform
- ()2. A. support B. principle
C. actions D. negotiations
- ()3. A. feelings B. vacations
C. parties D. comments
- ()4. A. loved B. greeted
C. invited D. helped
- ()5. A. point B. turn
C. mess D. difference
- ()6. A. intentionally B. entirely
C. internally D. frequently
- ()7. A. challenges B. traditions
C. discussions D. standards
- ()8. A. died down B. got along
C. stood out D. took off
- ()9. A. fix B. enjoy
C. share D. deliver
- ()10. A. delay B. permission
C. hesitation D. interruption
- ()11. A. gift B. reminder
C. discovery D. experience
- ()12. A. missed B. promised
C. touched D. forgotten
- ()13. A. purchase B. food
C. fruits D. colours
- ()14. A. removing B. explaining
C. representing D. assessing
- ()15. A. regular B. influential
C. inclusive D. relaxing

A [2024·福建漳州高三三模]

文体:新闻报道 主题:人与自然 词数:206

Giant pandas Yang Guang and Tian Tian arrived in south-west China's Sichuan Province on Tuesday morning, after wrapping up 1. _____ (they) stay in Britain. The pair 2. _____ (touch) down at the Chengdu Shuangliu International Airport at about 6:50 am, before 3. _____ (send) to the Bifengxia Giant Panda Base in Ya'an for a month-long observation and detection.

Yang Guang and Tian Tian, 4. _____ literally mean “sunshine” and “sweetie”, arrived at Edinburgh Zoo in December 2011 on a 10-year loan. The loan was extended for additional two years subsequently. 5. _____ the only pandas in Britain, they acquired significant attention, attracting a record number of visitors to the zoo.

They did not give birth to any cubs (幼崽) during their stay in Britain. There were several attempts to get Tian Tian pregnant 6. _____ none of them were successful.

Before their 7. _____ (depart), Edinburgh Zoo conducted training sessions to acclimate the pair to the upcoming journey. 8. _____ zoo had also prepared fresh bamboo for the pandas as food during the flight.

According to the National Forestry and Grassland Administration, Chinese pandas 9. _____ (live) in 23 institutions in 19 foreign countries are generally in good health condition, and international cooperation in this respect has been 10. _____ (fruit).

B [2024·四川遂宁高三三模改编]

文体:新闻报道 主题:人与社会 词数:225

Thousands of years ago, Chinese characters appeared on animal bones and silk before they 1. _____ (write) on paper. But now many a character has a “new container” in the modern age.

Recently, a research team, drawing every little bit of 2. _____ (inspire) from Xunzi, 3. _____ outstanding Confucian philosopher during the late Warring States Period (475—221 BC), has rolled out Xunzi, a large language model (LLM) and XunziChat in association with a leading ancient Chinese text publisher. When 4. _____ (ask) why, the team leader explained, “Characters set in vertical layout (竖版), and the absence of pausing and punctuation are all holding readers back.” 5. _____ (create) Xunzi the LLM, the team first did a lot of research. Since 2013, they've sweated 6. _____ (heavy) to digitize Chinese classics like the *Si Ku Quan Shu*. “The hard work involves a large-scale pool of two billion Chinese characters, 7. _____ has laid a solid foundation for the LLM.” Their efforts seem to have paid off. Currently, Xunzi the LLM can translate, punctuate 8. _____ understand some ancient Chinese texts. The model can help us mine for more information hidden in our cultural legacy and find unnoticed models and connections.

The team has shared the LLM on GitHub and other websites, 9. _____ (allow) users to download and use it for free. They're committed to the philosophy of making the data and model 10. _____ (access) globally.

[2024·湖北荆州中学高三三模]

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。

Emily was a shy girl who often preferred the comfort of her own company. She found it challenging to express herself and lacked confidence in her abilities. However, her best friend Ada always believed in her and encouraged her to step out of her comfort zone.

One day, as Emily sat in her art class, her teacher, Mrs Anderson, announced an upcoming art competition. The competition will showcase the talents of students from various schools in the city. The room buzzed with excitement. Her mind flashed back to her bedroom where impressive artworks were displayed on the walls, each piece seemingly more attractive than the last. Emily's heart skipped a beat at the thought of participating, but her shyness held her back. Self-doubt crept in, whispering that her work wouldn't measure up to the talent surrounding her. Emily wondered if she had made a mistake by even considering entering.

Ada, noticing Emily's excitement and fear, whispered, "Emily, you should totally enter the competition! Your art is fantastic, and this could be a great opportunity for you to showcase your talent."

Emily hesitated for a moment, contemplating (思忖) Ada's words. A gentle breeze wafted through the open windows, carrying the distant sounds of laughter and chatter from outside. Emily closed her eyes, trying to calm her racing thoughts. She reminded herself of the countless hours she had spent honing (磨炼) her craft, and the late nights and early mornings dedicated to perfecting her technique. She had poured her heart and soul into her art, and this competition was a chance to showcase her passion to a wider audience.

With a deep breath, she finally gathered the courage to approach Mrs Anderson after class. "Mrs Anderson, I'm interested in participating in the art design competition," Emily said, her voice slightly trembling. Mrs Anderson smiled warmly, recognizing Emily's potential. "That's wonderful,

Emily! I think it's about time you shared your incredible talent with the world. I'll provide you with all the guidance and support you need."

注意:续写词数应为150个左右。

Paragraph 1:

Over the following weeks, Emily dedicated herself to creating her masterpiece. _____

Paragraph 2:

On the day of the competition, Emily nervously displayed her artwork. _____
