

全品



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年创始人专注教育行业

全品学练考

AI智慧升级版

主编
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练习册

高中英语

必修第一册 BS



本书为智慧教辅升级版

“讲题智能体”支持学生聊着学，扫码后哪里不会选哪里；随时随地想聊就聊，想问就问。



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01

培养核心素养，聚焦主题语境

Unit 1 LIFE CHOICES

主题素养积累

What career will it be in your future?



What are you going to be when you grow up? This question **is meant to make** the students think about what type of career they would like to pursue (追求). Their answer guides us in the advice we provide.

As a young teenager, I made the decision that I wanted to be a Doctor of Medicine. I was unable to **put my finger on** exactly when or how this came about, but by the time I was a senior in high school, I was sure of it.

I spent the next four years of my academic life **burying myself in** medical studies. In order to get the grades necessary to **be admitted to** a medical school, I spent large amounts of time in the library. From my sophomore year (大二) on, I was known around the campus as “Doc” Rogers.

At first, it was a bitter pill to swallow (吞咽). Fortunately, while enrolled (使加入) in graduate school, I found a part-time teaching job at a private high school in the south-west corner of Miami, Florida. **I enjoyed it so much that upon completing my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching.**

and then give them the tools they need to **be successful in** the course. **It's a perfect combination in which I take pride.**

Once again, what are you going to be when you grow up? My experience has led me to believe that the answer to this question requires a process of trial and error (反复试验). Every new endeavour (努力) you pursue, success you experience, failure you endure (忍受), place you visit, person you meet, class you take, etc. will assist you in narrowing it down as to what career will be an excellent fit for you.

【主题词句背诵】

1. be meant to do sth 应该/意在做某事
2. put one's finger on 弄清; 正确指出
3. bury oneself in 致力于
4. be admitted to 被……录取; 准许进入
5. as sb mentioned above 正如前面某人提及的
6. be successful in... 在……中取得成功
7. As a young teenager, I made the decision **that I wanted to be a Doctor of Medicine.** (同位语从句) 少年时,我就决定要成为一名医学博士。
8. I enjoyed it **so much that upon completing** my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching. (结果状语从句; 如此……以至于; 介词+动名词: 一……就……) 我非常享受这一切, 我一完成研究生学业, 就回到了

02

夯实语言基础，搭建知识框架

词汇点睛

1. differ *vi.* 不同, 不一样, 有区别
(教材 P6) **differs** in many ways
在许多方面不同

- | | |
|-----------------------------|------------|
| (1) differ in... | 在……上不同 |
| differ from... | 与……不同 |
| (2) different <i>adj.</i> | 不同的 |
| be different from... in... | 与……在……方面不同 |
| (3) difference <i>n.</i> | 不同(点) |
| make a difference (to...) | (对……)有影响 |
| (4) differently <i>adv.</i> | 不同地 |

【活学活用】

(1) 单句填空

① It is not clear why dogs seem to have the ability to recognize _____ (differ) facial expressions in humans.

句型透视

(教材 P7) **One can't show high ideals without simple living; one can't have lofty aspirations without a peaceful state of mind.**

非淡泊无以明志, 非宁静无以致远。

句型公式

双重否定结构: not... without...

【句法分析】

not... without... 是一种双重否定结构, 表示的是肯定含义, 意为“没有……不……, 只有……才……”, 其中否定词 not 也可以替换为 never, hardly 等表示否定意义的词。

【活学活用】

写作金句

① (读后续写之哲理句) One _____

课内基础巩固

I 单词拼写(每小题 1 分, 满分 6 分)

1. This new _____ (章节) in **senior** high is full of **challenges** but I will do my best.
2. She enjoys walking around the _____ (校园) to relax after a long day of classes.
3. My daily _____ (日程表) is quite tight because I have several important tasks **plus** a meeting.
4. As a **senior** student, I'm under great _____ (压力) to prepare for the college entrance exam.
5. The couple decided to move into a smaller _____ (公寓套房) after their children left home.

7. His road to _____ (recover) after the accident was long and difficult, full of **challenges**.
8. Regular practice during **leisure** time can improve your language _____ (competent).
9. The teaching styles in **senior** high school differ _____ those in junior high school.
10. Many troubles arise _____ misunderstandings, and clear communication is the key to solving them.

II 短语填空(每小题 2 分, 满分 12 分)

1. _____ (总而言之), **senior** high school is an important stage in a student's

课后素养提升

I 阅读理解(每小题 2.5 分, 满分 10 分)

The first day of high school felt like a big adventure, but also a bit terrible. I didn't know how important studying would be, and I didn't have any plans for what I wanted to do later in life.

My friend, Alex, saw that I wasn't really into school. One day, after a boring science class, he talked to me. "You can do better," he said seriously. "You just need to put in some effort." His words made me think.

I started to focus more in class, trying to really understand what the teachers were saying. Alex and I would study together, and he would help me with the difficult parts. Gradually (逐渐地), things that I didn't make sense of before

realized how important learning is and for Alex's help. It showed me that school is a place to discover what you love and to work towards your goals. I look forward to each day, knowing that every bit of learning brings me closer to becoming the person I want to be.

- () 1. What do we know about the author from Paragraph 1?
 - A. He was excited and ready.
 - B. He made no plans for the future.
 - C. He played an adventurous game.
 - D. He wanted to challenge himself.
- () 2. What did Alex do to help the author?
 - A. He gave the author extra homework.
 - B. He made science classes more interesting.
 - C. He encouraged the author to work harder.

I 应用文写作(满分 15 分)

假设你是李华, 你校新成立了国画社团和民乐社团, 你的新西兰同学 Richard 对这两个社团很感兴趣, 但不知如何选择, 写信向你求助, 请你给他回信, 内容如下:

1. 推荐某一社团;
 2. 告知申请方式。
- 注意: 1. 词数 80 个左右;
2. 可以适当增加细节, 以使行文连贯。

参考词汇: 民乐社团 Folk Music Club

Dear Richard,

II 读后续写(满分 25 分)

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。

My 16-year-old daughter, Lin, had always been a cheerful girl, full of laughter. Her transition (转变) to senior high school was originally met with great enthusiasm (热情). She would come home every day, sharing with us her new experiences, her friends and the fun news of high school life. But as weeks went by, she became quieter and something seemed to be troubling her deeply.

My husband and I realized something was wrong, but we decided to wait until she was

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Unit 1 LIFE CHOICES

★ 提示：加底纹词汇为复现词汇

Period One Topic Talk

课内基础巩固

❶ 单词拼写(每小题 1 分, 满分 6 分)

1. This new _____ (章节) in **senior** high is full of **challenges** but I will do my best.
2. She enjoys walking around the _____ (校园) to relax after a long day of classes.
3. My daily _____ (日程表) is quite tight because I have several important tasks **plus** a meeting.
4. As a **senior** student, I'm under great _____ (压力) to prepare for the college entrance exam.
5. The couple decided to move into a smaller _____ (公寓套房) after their children left home.
6. In my _____ (以前的) job, I often worked long **shifts**, which was really tiring.

❷ 单句填空(每小题 1.5 分, 满分 15 分)

1. If you think your present job is very _____ (stress), it may be time to think about changing it.
2. John has a high _____ (expect) of his wonderful life in the **senior** high school.
3. Solving complex maths problems in **secondary** school was always _____ (challenge) for me.
4. The _____ (injure) to his knee prevented him from playing in the game.
5. _____ (unfortunate), he was hit by a small car on his way to school at 9 am.
6. We hope we will develop _____ (confident) in speaking English and making friends.

7. His road to _____ (recover) after the accident was long and difficult, full of **challenges**.
8. Regular practice during **leisure** time can improve your language _____ (competent).
9. The teaching styles in **senior** high school differ _____ those in junior high school.
10. Many troubles arise _____ misunderstandings, and clear communication is the key to solving them.

❸ 短语填空(每小题 2 分, 满分 12 分)

1. _____ (总而言之), **senior** high school is an important stage in a student's life, filled with **challenges** and opportunities for growth.
2. Growing up means it is necessary to _____ (做决定) independently and wisely.
3. The job doesn't pay very well, but _____ (从好的方面来说), the hours are very convenient.
4. On the evening of the Spring Festival, all of us would _____ (闲坐), enjoying the food and being together again.
5. Our city is a **dynamic** place with _____ (各种各样的) cultural events happening throughout the year.
6. The desks were no longer placed _____ (一排一排地), but pushed together to make a circle.

Ⅷ 句型训练(每小题 3 分,满分 9 分)

1. Plants _____
and animals are no exception. (双重否定句)
植物没有太阳不能活,动物也不例外。
2. _____ was that
his answer should have caused so strong a
reaction. (主语从句)

令他吃惊的是,他的回答竟然引起了如此强烈的反应。

3. People _____
will have the opportunity to take a virtual
tour of several destinations before deciding
where to go. (定语从句)
想去度假的人将有机会在决定去哪里之前
虚拟游览几个目的地。

课后素养提升

Ⅷ 阅读理解(每小题 2.5 分,满分 10 分)

The first day of high school felt like a big adventure, but also a bit terrible. I didn't know how important studying would be, and I didn't have any plans for what I wanted to do later in life.

My friend, Alex, saw that I wasn't really into school. One day, after a boring science class, he talked to me. "You can do better," he said seriously. "You just need to put in some effort." His words made me think.

I started to focus more in class, trying to really understand what the teachers were saying. Alex and I would study together, and he would help me with the difficult parts. Gradually (逐渐地), things that I didn't make sense of before started to click.

One day, while we were working on a science problem, I had a moment of understanding. I realized that learning is not just about getting good marks; it's about exploring new ideas and enjoying the challenge of solving problems. It felt great to make things out.

As time went by, my grades got better, and so did my attitude towards school. I started to think about what I wanted to do when I grew up and made plans for college. I understood that high school was a chance to get ready for my dreams.

Now, I'm thankful for that moment when I

realized how important learning is and for Alex's help. It showed me that school is a place to discover what you love and to work towards your goals. I look forward to each day, knowing that every bit of learning brings me closer to becoming the person I want to be.

- () 1. What do we know about the author from Paragraph 1?
- A. He was excited and ready.
B. He made no plans for the future.
C. He played an adventurous game.
D. He wanted to challenge himself.
- () 2. What did Alex do to help the author?
- A. He gave the author extra homework.
B. He made science classes more interesting.
C. He encouraged the author to work harder.
D. He made efforts to change the author's interest.
- () 3. What made the author see the value of learning?
- A. Getting a high mark.
B. A talk with a teacher.
C. Visiting an ideal college.
D. Solving a science problem.
- () 4. Which would be the best title for the text?
- A. The journey to loving learning
B. The importance of studying hard
C. Discovering my future work
D. My best friend in high school

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

Lots of people think that the best way to become successful is to pick up lots of new habits and skills. While this can help, sometimes the best thing you can do is give up the things that hold you back from success. 1. _____

Remove perfectionism.
Perfection is impossible. 2. _____
Instead of worrying about mistakes that you have made or physical flaws that bother you, simply focus on trying to better yourself with small steps. No one is perfect, but anyone can make the decision to be a better person.

Remove Excuses.
3. _____ Successful people understand that they are fully responsible for their present situation. They see this as a good thing as it means that they hold the power to significantly improve their fate. When you make up your excuses, you are lying to yourself, which will hold you back from achieving your goals.

Remove fear.
Lots of people make themselves smaller without realizing it. They keep quiet during discussions when they want to say something. They avoid taking risks and they always think about the worst cases. 4. _____ My suggestion is to remove it from your life and be brave instead. Speak up, voice your thoughts and actively chase your dreams and goals.

Remove the desire for overnight success.
Some people believe that the majority of successful people became successful overnight, or that they became successful by chance. They are only waiting for their luck without taking action to make their dreams come true. 5. _____ While luck can certainly play its part, you can't rely on luck to become successful.

- A. In reality success takes efforts.
- B. For example, give up some bad skills.
- C. Trying to achieve it is a waste of your time.
- D. It's no use trying to blame others for your life.
- E. These people lack courage and can't gain success in life.
- F. This attitude will stop them from achieving their full potential.
- G. Instead of adding more things to your life, try getting rid of some negative things.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

Sally is a good student, who does well in all her 1. _____ (subject). You must wonder how she can do so well. Let me tell you something about her good study habits.

First, Sally spends two hours 2. _____ (finish) her homework after school every day, and she always studies by 3. _____ (she) from seven to nine on schedule. Sally is a very determined (意志坚定的) girl, so she can 4. _____ (stop) by nothing from doing that. Second, if Sally wants to start studying, she will put everything 5. _____ has nothing to do with her study aside, like the cellphone. And 6. _____ (actual) there are only books left on her desk. Third, Sally never leaves her problems until the next day. When she meets some difficult questions that she has trouble working out, she will turn 7. _____ others for help. She can't wait 8. _____ (solve) them at once.

What do you think of Sally's study habits? You can have 9. _____ try. Sally 10. _____ (make) great progress since she entered high school. Therefore, I hope you will also make a lot of progress in your study with the help of these hints.

班级	
姓名	
题号	答案
1	
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4	
七选五	
1	
2	
3	
4	
5	

Period Two Lesson 1 Lifestyles (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 6 分)

1. I took my _____ (数码的) camera to parks to take some pictures of the beautiful scenery.
2. These apartments are of high _____ (质量), so they are a little more expensive than those ones.
3. She has a wide _____ (范围) of interests, including painting, hiking, and reading historical novels.
4. Keeping up with a healthy _____ (生活方式) is necessary to manage the challenges of a stressful modern world.
5. I find it really hard to _____ (拖) myself out and exercise regularly.
6. All in all, a smartphone has become a _____ (必需品) for most people in modern society.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. During my leisure time, I often participate in _____ (volunteer) work.
2. In secondary school, students can take part in _____ (vary) activities, from sports to music performances.
3. Living in an apartment close to the supermarket brings great _____ (convenient).
4. To ensure the safety of your computer, the software should _____ (update) in time.
5. Taking part in this competition will _____ (definite) improve your confidence and acting skills.
6. I thought the new project would be challenging, but _____ (actual) it was quite easy.
7. Polar bears—like all wild animals—should be photographed from a safe _____ (distant).
8. Our school aims _____ (provide) students with more activities at leisure time.
9. Unfortunately, many secondary school students are addicted _____ online games.
10. The programme is targeted _____ senior citizens, helping them improve their physical condition.

❸ 短语填空(每小题 2 分,满分 10 分)

1. _____ (不时地), unexpected challenges arise that test our problem-solving skills.
2. With the aim of _____ (获得成功) in this company, you need to work hard.
3. She wanted to see the apartment _____ (亲自) before deciding whether to rent it.
4. Students _____ (易于) lower their heads when they feel sorry for some mistakes.
5. _____ (根据) the schedule, the meeting will be held at 10:00 am tomorrow in the conference room.

Ⅴ 句型训练(每小题 3 分,满分 9 分)

1. I spend more time learning English every day _____

_____ . (目的状语从句)

我每天花更多的时间学英语,为的是今年我能取得更大的进步。

2. I brought my laptop to the library, _____

_____ . (非谓语)

我带了笔记本电脑去图书馆,结果却发现门上锁了。

3. We _____ will

be held again. (强调谓语)

我们确实希望这个有意义的活动还会再次举办。

课后素养提升

Ⅵ 完形填空(每小题 1 分,满分 15 分)

I grew up around books. I remember opening my parents' 1 book *Finnegans Wake* by James Joyce and thinking: they might have never opened the 2 from the sign of the dust (灰尘), and with so many obscure words in it. Why did they 3 it? In spite of this, I could sense the magic of buying it, and I carried that sense of 4 into my life.

In the past, I had hundreds of books in the house. They 5 my bookshelves, and the books got in the way sometimes. They gathered around the chair where I 6 to watch TV. They 7 the space on my ottoman (软垫搁脚凳) where my feet were 8 to go. I thought I needed more 9 for my books. Since my work is to write about books, I have some forms of 10. But there's more to it than that. That is, I always had the 11 of holding a book, reading a book, and buying a book.

Though many books I 12 haven't been read, nothing can stop me from buying them. 13, with many books around me, there will always be an opportunity (机会) for me to pick up a book 14, and it takes me back to 15 times.

- () 1. A. half-opened B. dust-covered
C. children-centred D. picture-filled

- () 2. A. book B. door
C. window D. bag
() 3. A. choose B. revise
C. improve D. design
() 4. A. safety B. direction
C. magic D. humour
() 5. A. protected B. broke
C. shook D. lined
() 6. A. waited B. jumped
C. stood D. sat
() 7. A. kept on B. cleaned up
C. took up D. focused on
() 8. A. addicted B. supposed
C. attracted D. locked
() 9. A. agreements B. aims
C. bookcases D. money
() 10. A. excuses B. promises
C. rules D. answers
() 11. A. anger B. pleasure
C. luck D. patience
() 12. A. sold B. advised
C. borrowed D. collected
() 13. A. Actually B. Quietly
C. Quickly D. Hardly
() 14. A. in time B. by chance
C. on purpose D. at first
() 15. A. unsuccessful B. sorry
C. good D. difficult

班级	
姓名	
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Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

How to be a successful teenager

Everybody wants to be successful in life. Even as a teenager, you can succeed in your life; it really isn't that hard. 1. _____

• Do well in school. No matter how boring it is now, education will help you be a productive member in society. Try your best for excellence in school; listen to the teachers, do your homework, study, and get good grades. Doing so will help you get into a better university, which will enable you to have a bright future. 2. _____

• Do good in your community (社区). Volunteering can not only improve your community's identity, but also make you happier. Studies show that people who volunteer are less likely to be sad than people who don't. 3. _____ For example, if you love helping the environment, plant trees or pick up rubbish. When you help others, it will make you feel better about yourself.

• 4. _____ Remember, they're there to help you be the best that you can be. Respect them and value their opinions, even if they upset you sometimes. 5. _____ You don't get to choose your teachers or your family, but you still have to communicate with them. Learn how to deal with people now, because when you're an adult, you don't get to choose your boss or your co-workers, so learn how to respect them now.

- A. Live life to the fullest.
- B. School sets you up on the right way!
- C. Be nice to your parents and teachers.

- D. Find chances to do volunteer work that interests you.
- E. It will help you pass time and develop your personality.
- F. Here are some important tips that you may find helpful.
- G. Keep in mind that they do the things they do because they care about you.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

As we all know, senior high school life is full of challenges. When you rise to the challenges, you will have the opportunity 1. _____ (acquire) great knowledge and enjoy personal growth. Most 2. _____ (important), your time and effort at senior high school will open the door to your potential.

Put simply, potential is your natural ability 3. _____ can be developed when you try hard enough. The possibilities are endless, and I have confidence 4. _____ your ability to make a difference to your family, to your community and to your country. Over the next three years, you 5. _____ (discover) your potential while you develop as 6. _____ student and as a person.

To fully realize the potential, it is important for you to make the most of school 7. _____ (resource). Of equal importance are good study habits, 8. _____ (use) skills and a positive attitude. In time you will find 9. _____ (you) growing into a well-rounded individual.

Senior high school will help students learn and grow, yet you alone are responsible for 10. _____ (realize) your great potential. Be confident, do your best and make us proud!

Period Three Lesson 2 Understanding and Coping with Stress

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 8 分)

- 1. My grandfather told his grandchildren the stories of his life in the _____ (军队).
- 2. His previous work experience gives him confidence to apply for a _____ (职位) in a big company.
- 3. The stressful work environment has caused a lot of _____ (紧张) among the employees.
- 4. According to the advice from the _____ (专家), we should pay more attention to the quality of the products.
- 5. We need to _____ (组织) our work more efficiently to meet the goal.
- 6. It is important to have a healthy balanced diet since teens are still growing and their bodies need a lot of nutrition to _____ (运转) well.
- 7. As an _____ (编辑), she is very good at using the search engine to find relevant information.
- 8. The _____ (咖啡馆) in the downtown area is very popular, where people like to surf the Internet there while having a cup of coffee.

❷ 单句填空(每小题 1.5 分,满分 15 分)

- 1. _____ (frank) speaking, the job is stressful, but I believe in my competence to do it well.
- 2. I _____ (absolute) agree that we should start from small things, such as recycling various waste.
- 3. As a _____ (profession) photographer, he is very good at using various digital hardware.
- 4. He followed the doctor's advice, thus

- _____ (recover) so quickly that it was beyond our expectations.
- 5. This plan is _____ (entire) different from the previous one, because it's more challenging.
- 6. His car broke down and he _____ (seek) help from passers-by.
- 7. When we're tired or _____ (stress) out, home is always a shelter for us to have a rest.
- 8. _____ some extent, the social media has changed our lifestyle; however, we should also be aware of its negative effects.
- 9. We should remove the old furniture _____ the living room, because it takes up too much space.
- 10. Though the housing price has been reduced _____ 10%, we still can't afford it.

❸ 短语填空(每小题 2 分,满分 8 分)

- 1. _____ (坦率地说), I am not satisfied with the quality of the digital products in this store.
- 2. The club has 60 girls and 20 boys. _____ (换言之), there are three times as many girls as boys.
- 3. He _____ (遭受) great injury to his back so he had to give up his training.
- 4. _____ (因为) the bad weather, the outdoor voluntary activity on campus had to be put off.

❹ 句型训练(每小题 3 分,满分 6 分)

- 1. After reaching your destination, you will have a day _____ . (非谓语)
到达目的地后,你将有一天时间来探索这座令人叹为观止的古城。

2. There are many people in this world _____
_____ truth, goodness and beauty,
and I am glad that I am one of them. (分词

作定语)

世界上有很多人依然相信真善美,我很高兴我是其中之一。

课后素养提升

Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

A

Nature is more than beautiful for one to look at.

For Indonesian nature conservationist (环保主义者) Farwiza Farhan, nature is a silent friend. As a child, Farhan often climbed trees whenever she had problems, staying there until she calmed down. Nature has always been there for her. This is why she has been trying to be there for nature when it needs her help.

Farhan brought her love for nature to her college years. She took a master's degree in environmental management at the University of Queensland in Australia. In 2009, while studying at the university, she had an opportunity to work with Global Carbon Capture and Storage Institute, an international think tank that focused on carbon capture and storage to cut down emissions (排放), and earned some money. In 2012, along with several of her co-workers, she formed the Forest, Nature and Environment of Aceh Foundation (HAKA).

In 2014, HAKA achieved one huge victory: making an oil company pay \$30 million for the damage it caused to the ecosystem. Farhan said this landmark victory was historic because it was the first time that Indonesia had fined a company for burning forests. Besides, HAKA also stopped the construction of a dam that put an elephant habitat in Indonesia at risk. HAKA, now a 12-year-old institution, also has programmes for women such as assistant lawyer and citizen journalism training and forest guard groups.

Farhan said they saw a need to empower women as protectors of the environment because women are much more affected by the effects of

environmental destruction and climate change. The conservationist said disasters such as crop failures could affect the financial status (财政状况) of families, making it more likely for them to force women to be in arranged marriages to get out of poverty or relocate to areas full of violence.

Farhan has won several awards and she commented, "The work should include everyone from all walks of life. The recognition belongs to all fighting on the ground."

- () 1. What did nature mean to young Farhan?
- A. A mother of all things.
B. A shelter for wildlife.
C. A magical theme park.
D. A comforting partner.
- () 2. What drove Farhan to start HAKA?
- A. Her working pressure.
B. Her economic condition.
C. Her programme in university.
D. Her passion from childhood.
- () 3. What does Paragraph 4 mainly talk about concerning HAKA?
- A. Its strict standards.
B. Its business model.
C. Its major successes.
D. Its running system.
- () 4. Why did Farhan call on women to be environmental fighters?
- A. They are more subject to eco-crisis.
B. Their hope for better jobs disappears.
C. They are loaded with family duties.
D. Their life is threatened by violence.

B

Let's get one thing straight: Studying sometimes is boring, right? But it is extremely necessary. After all, working through difficult

materials is a necessary part of the learning process—which leads to the obvious question: If I have to do it, is there at least a way to make it fun?

During Carol S. Dweck’s research for her book *Mindset (思维模式): The New Psychology of Success*, she found that students deal with learning in one of the two ways: they either look at difficult courses with a fixed mindset or with a growth mindset. Those with fixed mindsets believe that intelligence and talent are set in stone. For example, if they find a certain maths problem difficult, they’d think, “I guess I’m just not a maths person.” In contrast, students with growth mindsets are certain that they could change and grow in every area of their lives. If they come across a difficult problem, they will think, “I can get better at this... But I have to tough it out.”

Dweck found that most students start out pretty interested in a subject. Yet over the semester, something happens. Students with the fixed mindset may stay interested only when they do well right away. Those who find it difficult are likely to show a big drop in their interest and enjoyment. If it isn’t a testimony (证明) to their intelligence, they can’t enjoy it. In contrast, students with the growth mindset are able to continue to show the same high level of enjoyment even when they find the work very difficult. Difficulty and interest go hand in hand.

If you want to succeed and enjoy your study, don’t think of your classes as a series of tests that show just how intelligent or unintelligent you are. Instead, think of them more as ongoing opportunities to learn and grow.

- ()5. Which of the following might students with fixed mindsets believe?
- A. They are not interested in maths.
B. Their abilities are not valued.
C. Their mindset determines their ability.
D. Failure is caused by their intelligence.

- ()6. What does the underlined phrase “tough it out” mean in Paragraph 2?
- A. Stick to it. B. Get away from it.
C. Give in to it. D. Refer to it.
- ()7. What can we learn from Paragraph 3?
- A. Students who are able to deal with difficult problems do better in their studies.
B. Students who find it hard to fix problems lose their interest in their studies.
C. Students’ mindsets play a huge role in how interested they are in their studies.
D. Students’ interest has a big effect on how well they perform in their studies.
- ()8. What may the author advise learners to do to make study fun?
- A. Choosing an active and positive mindset.
B. Regarding learning as a test of intelligence.
C. Paying little attention to the task’s difficulty.
D. Looking for a strong inspiration to succeed.

Ⅵ 续写语段填空 (每小题 2 分, 满分 10 分)

1. _____ (在她的高中结束时), Emily looked back on the journey she had taken. She realized that her 2. _____ (缺乏自信) had held her back from exploring her true potential. But by pushing herself outside of her comfort zone and 3. _____ (抓住新的机会), she 4. _____ (已经成长为一个坚强且自信的人) with the help of Mr Johnson. Emily’s story serves as a reminder that confidence can be regained through perseverance and stepping out of one’s comfort zone. 5. _____ (在老师们的支持下) and belief in ourselves, we can overcome self-doubt and discover our hidden talents.

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Period Four Lesson 3 Your Life Is What You Make It (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 8 分)

1. You should _____ (联系) some professional experts in this field who can offer valuable advice.
2. The _____ (慈善机构) has done a lot of work to help those who suffer from natural disasters.
3. The new smartphone _____ (以……为特色) a high-quality camera and a large storage capacity.
4. There was a lot of _____ (笑声) in the café when we were chatting with friends.
5. Due to his excellent performance in the training course, he finally got the _____ (合格证书).
6. The road in the countryside is very _____ (布满灰尘的). Thus, it's not convenient to travel.
7. Due to the _____ (不稳定的) economy, many businesses are facing challenges.
8. The task is really _____ (困难的), so we need to seek more help.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. _____ (typical), people in this area go to the café downtown on weekends to reduce stress.
2. Her _____ (confident) in public speaking grew after she joined the debate club at school.
3. The new software has a _____ (power) function that can meet various needs.
4. The advertisement on social media is very _____ (attract) and has drawn many people's attention.
5. Although it is challenging, it is a good chance

for us to solve this problem _____ (independent).

6. I would appreciate it if you could take my _____ (apply) into account.
7. They showed thanks for the _____ (contribute) which was offered by people all over the province.
8. His _____ (eager) to learn new skills is obvious as he often reads various books.
9. The success of the athlete inspired many teens _____ (take) up sports and set higher goals.
10. We had intended _____ (go) hiking on that rainy afternoon, but were stopped by our parents.

❸ 短语填空(每小题 2 分,满分 12 分)

1. We are proud that Lily will _____ (从……毕业) Harvard University this July.
2. I am writing to _____ (申请) the position as a volunteer for our English Festival.
3. The manager _____ (对……负责) organising the meeting and making sure everything goes well.
4. At that moment, _____ (各种各样的) thoughts were running through my head.
5. I treasure this as a good chance to broaden my mind _____ (以及) improve my spoken English.
6. She decided to _____ (放弃) her previous job and pursue a career as a professional artist.

❹ 句型训练(每小题 3 分,满分 9 分)

1. _____ is bad for our health, especially for our eyes. (非谓语)
在屏幕前待太久对我们的健康有害,特别是对我们的眼睛有害。

2. The doctors asked Paul many questions,
_____. (伴随状语)
医生问了保罗许多问题,希望弄清楚他怎么了。

3. To be frank, _____ have a clear understanding of this. (部分否定)
坦率地说,并非所有的学生对此都有清楚的认识。

课后素养提升

Ⅴ 完形填空(每小题 1 分,满分 15 分)

Than Singh is a Delhi police officer. He had a poverty-stricken childhood, which was 1 by growing on the streets and selling corn. Despite his daily struggles, Singh never 2 the importance of studies. He was so 3 that he cleared the examination for the Delhi Police successfully, 4 his dream of being a policeman.

Singh returned to where he had been raised. When he 5 the streets, Singh noticed many children 6 on streets, collecting plastic bottles, and wasting their childhood. Singh realized the 7 to help and give them a good environment to study. This 8 led Singh to establish a school named Than Singh ki Pathshala. He taught those children for free after work and developed good behaviour among them through education.

Starting with 4 children, today Singh teaches more than 80. And thanks to various 9 from society, the school runs smoothly. Singh managed to 10 the students' basic needs, like books, pencils, and lunches. 11, many people join him in helping. Some local drivers offer to give the children 12 home. Last year, 17 students were able to 13 the government-run schools, 10 of whom scored the highest in their class.

Due to Singh's 14, many children's lives have been reshaped. Just as Singh said, "I feel honoured to make a 15 by getting them educated, so they can break the chain of poverty and aim big."

- | | |
|-----------------------|-----------------|
| ()1. A. recorded | B. followed |
| C. planned | D. marked |
| ()2. A. stressed | B. forgot |
| C. imagined | D. considered |
| ()3. A. curious | B. experienced |
| C. confused | D. hard-working |
| ()4. A. achieving | B. ending |
| C. seeking | D. sharing |
| ()5. A. cleaned | B. explored |
| C. policed | D. painted |
| ()6. A. watching out | B. passing out |
| C. hanging out | D. pulling over |
| ()7. A. necessity | B. creativity |
| C. possibility | D. emergency |
| ()8. A. challenge | B. appreciation |
| C. realization | D. comparison |
| ()9. A. activities | B. donations |
| C. requests | D. technologies |
| ()10. A. express | B. understand |
| C. meet | D. lose |
| ()11. A. Besides | B. However |
| C. Thus | D. Otherwise |
| ()12. A. tickets | B. bread |
| C. hands | D. rides |
| ()13. A. leave | B. attend |
| C. rebuild | D. remove |
| ()14. A. experiments | B. interests |
| C. orders | D. efforts |
| ()15. A. choice | B. difference |
| C. rule | D. lesson |

Ⅵ 阅读七选五(每小题 2.5 分,满分 12.5 分)

Managing your emotions (情绪) effectively is important for a successful high school experience. Here are some tips to help you manage your emotions and keep a positive outlook.

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Learn to recognize your emotions

Understanding your emotions is the first step in managing them. 1. _____. Recognizing your emotions can help you respond to them more effectively. This can help you know the root causes of your emotions and find healthy ways to cope (处理).

2. _____

When you're feeling stressed or overwhelmed, it's important to have strategies to calm yourself down. Activities like deep breathing, exercise, or travel can be very effective. Taking breaks and engaging in activities you enjoy can reduce stress. Experiment with different skills to find what works best for you.

Keep a balanced lifestyle

Keeping a balance between schoolwork, extra-curricular activities, and relaxation is necessary for emotional well-being. 3. _____. A balanced lifestyle can improve your emotional recovery.

Build a support system

Having a strong support system can make a big difference in how you deal with stress and emotions. Your friends, family, and teachers can offer encouragement and advice. 4. _____. Don't hesitate to turn to them when you need to talk or ask for guidance.

Stay positive and practise gratitude

Focusing on the positive aspects of your life can help shift your mindset and improve your overall mood. 5. _____. Practising gratitude by keeping a journal of things you're thankful for can also help you keep a positive outlook.

- A. Develop healthy coping means
- B. Know the importance of emotional well-being
- C. Take time to think over what you're feeling and why
- D. Remember that it's okay to seek help when you need it

- E. Surrounding yourself with positivity can improve your emotional health
- F. Practising mindfulness can help you stay grounded in the present moment
- G. Get enough sleep to keep your energy up and set aside time for hobbies and socializing

语法填空(每小题 1.5 分,满分 15 分)

Raising healthy, trustworthy, and independent teens 1. _____ (require) honouring their growing need for privacy (隐私). However, it can be 2. _____ struggle for parents to let go of supervising (监管) every aspect of their child's life. In fact, giving kids more freedom is the key 3. _____ helping them grow up and develop the skills they need to be functioning adults.

As teens grow up, they seek more responsibility and 4. _____ (independent). They want to be trusted to do more than they did when they were 5. _____ (young). They also want to be thought of as mature. They want you to respect their opinions and desires.

However, the foundation (基础) for teen privacy has to 6. _____ (build) long before adolescence (青春期). Angela Lamson, a professor at East Carolina University, says building trust starts when your child is a baby and you begin building a strong parent-child relationship 7. _____ also respects the child as an individual.

As your child ages, if you 8. _____ (create) an open dialogue and trust-based relationship, you'll be able to give them more freedom.

Giving teens space and privacy lets them feel 9. _____ (trust), as well as capable, independent, and confident. Allowing them proper levels of privacy shows them that you 10. _____ (true) trust their judgement (判断), plans, decision-making, and ability to follow your rules.

Period Five Grammar

课内基础巩固

语法专练——动词不定式

❶ 用所给动词的适当形式填空(每小题 1.5 分,满分 7.5 分)

- 1. We'll do what we can _____ (help) the editor polish the article before publication.
- 2. More than once, our head teacher asks us _____ (develop) the habit of having a healthy lifestyle.
- 3. Though he often made his little sister cry, today he was made _____ (cry) by her.
- 4. All in all, actively communicating is the best way _____ (keep) a good relationship with people around you.
- 5. She should be the first student _____ (arrive) at the finish line, which was beyond our expectations.

❷ 语法与写作(每小题 3 分,满分 12 分)

- 1. I think it's challenging but necessary for you _____.
我认为你学习一门第二语言是有挑战性的,但是很有必要。
- 2. She was _____ an event promoting popular science in her community.
她是唯一一个在她的社区组织推广大众科学活动的人。
- 3. As a volunteer, the girl often visits sick kids in the hospital _____.
作为一名志愿者,这个女孩经常去医院看望生病的孩子,来使他们振作起来。
- 4. He feels it his duty _____

_____.
他认为帮助那些处于困境中的人是他的责任。

词法专练——(v.-ed & v.-ing)形容词

❸ 用括号中所给词的正确形式填空(每小题 1.5 分,满分 7.5 分)

- 1. Upon hearing the news, she definitely wore a _____ (disappoint) look on her face.
- 2. All the people fixed their eyes on me, which made me feel very _____ (embarrass).
- 3. In the city, you can enjoy an _____ (amaze) view from the Sky Tower, which is the city's tallest tower.
- 4. The tight schedule left me _____ (stress) out and wanting to go to bed early.
- 5. Listening to the expert's _____ (inspire) speech, we were determined to make great efforts.

❹ 句型训练(每小题 3 分,满分 9 分)

- 1. _____ that his name escaped me for the moment.
令人尴尬的是,我一时想不起他的名字了。
- 2. As a native Spanish speaker, I am _____ learning more about different cultures and languages.
作为一个母语为西班牙语的人,我有兴趣了解更多不同的文化和语言。
- 3. _____ have told me that he cares about me very much.
他担忧的眼神已经告诉我他很关心我。

课后素养提升

❶ 阅读理解(每小题 2.5 分,满分 20 分)

A

Keegan Cook's experience reads like a story—

a story of a California kid whose adventures in volleyball shaped his life from college to career (职业生涯).

Like many good stories, the UW (University of Washington) Volleyball Head Coach's story begins with a hero: his big sister, Meg. As a kid, he was taken to all her volleyball tournaments (联赛). Then he'd take a ball and play by himself in a corner of the gym. He wanted to do what she'd done.

After playing volleyball in high school, he followed Meg to St Mary's College of California, where he volunteered to coach almost the moment he arrived.

"For four years while the rest of my classmates were going to music festivals or travelling abroad, I was spending all my free time coaching," Keegan explains. "When you're 18 years old and coaching 17-year-olds, you have to be professional and mature. You have to take your job very seriously. I was very careful about those things early on."

Keegan graduated from St Mary's on a Friday in 2007 and, three days later, started his first professional job as a full-time assistant coach at this school.

While he loved St Mary's, Keegan was intrigued by the values of all the UW coaches and players he met while playing Washington. When an assistant coaching opportunity opened at the UW in 2013, he won the role.

With a degree in mathematics, Keegan puts his analytical (分析的) skills to use as a head coach who makes objective (客观的) decisions about practice schedules. "I believe in the influence of little behaviours repeated day after day so they become a powerful force in your life." It's a way of thinking that has led to four Pac-12 championships, eight trips to the NCAA Tournament, and many excellent players and proud UW graduates since Keegan joined UW Volleyball.

() 1. What influenced Keegan Cook's interest in volleyball coaching?

A. His sister's playing in volleyball

tournaments.

B. His volunteer experience in high school.

C. His college friends' encouragement.

D. His childhood adventures.

() 2. What did Keegan Cook do during his free time in college?

A. He attended music festivals.

B. He watched volleyball matches at the UW.

C. He asked for suggestions from his coach.

D. He volunteered to guide volleyball players.

() 3. What do the underlined words "intrigued by" in Paragraph 6 mean?

A. Worried about. B. Surprised at.

C. Interested in. D. Thankful for.

() 4. What is the best title for the text?

A. UW's long road to success

B. Playing volleyball is easier than you think

C. The story of Keegan Cook's volleyball career

D. It's great that every player has the opportunity

B

Dr Degenaar came into the lecture room on the first Friday morning of the term and asked us to write down our own understanding of the "soul". Here was the "teacher" asking us what we thought—it was really an exciting experience. He was not telling us what he thought but asking us how we saw something. The following discussion was interesting. That was my first experience of real learning in a classroom.

Almost 50 years have passed since that experience. Of the other lecturers who "taught" me during that year, I remember they "taught" me the history of Greek philosophy (哲学), but I remember little of that history and nothing of those lecturers. And most of what I remember about Greek philosophy is what I learned in Dr Degenaar's class, for my own interest.

I took further courses with Dr Degenaar in the following years. Like the first class, there

was little “lecturing” at us, but far more involvement (参与) of us all in a process of common discovery in which we learned a lot about each other and the key points of the day. The excitement of discovery stays with me. Then it took me almost another 20 years to get a deeper understanding of what had happened in that lecture hall: experiential learning.

Traditionally, learners have been seen as “empty containers” waiting to be “filled” with learning given to them by the teacher. The learner is, therefore, dependent on the teacher for what to think and how to think. Compliance (遵从) is rewarded and so independent and original thinking is not developed.

In comparison, in experiential learning, the learner is encouraged to think for himself/herself, not to repeat the thought patterns of the teacher. The learning happens not because of what a “teacher” or a “lecturer” says but because of what the learner does. In this sense, I think this is the best way to learn and everyone should try it and learn from it.

- ()5. Which word best describes the author’s first Greek philosophy class given by Dr Degenaar?
- A. Boring. B. Amazing.
C. Confusing. D. Depressing.
- ()6. Why does the author compare Dr Degenaar and the other lecturers?
- A. To praise Dr Degenaar’s attitude to his job.
B. To stress Dr Degenaar’s great influence on him.
C. To point out Dr Degenaar’s popularity among students.
D. To show the author’s deep interest in Greek philosophy.
- ()7. How does experiential learning differ from traditional learning?
- A. It has no specific learning places.
B. It applies knowledge to medical care.

- C. It encourages independent thinking.
D. It focuses more on the result of learning.

()8. What is the text mainly about?

- A. A respected teacher.
B. A favourite university lesson.
C. The factors of experiential learning.
D. An effective learning method.

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

It’s been nearly seven years since a group of volunteers grew flowers at What Cheer Flower Farm in Rhode Island, with a simple goal: get flowers into the hands of anyone in need. Best of all, each one of the tens of thousands of flowers that What Cheer grows and 1. _____ (deliver) is completely free of charge.

What Cheer was founded by two gardeners 2. _____ often gave away flowers from their own gardens and wanted the idea to grow. What Cheer 3. _____ (regular) brings joy to people at local hospitals, wishing them a quick 4. _____ (recover). “Seeing the 5. _____ (satisfy) smiles on people’s faces who weren’t expecting it is great,” says Stephen Hogan Jr. from the farm.

What Cheer’s flower beds lie in an industrial neighbourhood that once 6. _____ (house) a knife factory. In May, the non-profit farm was awarded 7. _____ \$ 500,000 prize from the Environmental Protection Agency for its continued efforts 8. _____ (bring) life to the once polluted land.

“Not only do we give this space back to the neighbourhood,” says Achen, “but we are also an eco-friendly spot with the ability to help local insect and bird 9. _____ (population), and that’ll only make people’s lives better.” What Cheer indeed can cheer people 10. _____ ! What’s good about a flower is that it doesn’t need anything else. Your only job when someone gives you flowers is to enjoy them.

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