



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 YLNJ



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。



 江西教育出版社
全国百佳图书出版单位

01

培养核心素养，聚焦主题语境

Unit 1 Back to school

主题素养积累

How to prepare for the first day of senior high school



Beginning the first day of senior high school can be difficult. You will need to **adjust to** new **surroundings**, new teachers and new classmates. However, you need not worry about these changes. Here are a number of things you can do to make your first day of senior high school become a happy memory.

Schedule a visit to the school before classes start, if your senior high school allows this. Bring your class schedule and try to find all your rooms. You can learn to walk around your new surroundings in a short amount of time and long before your first

Schedule your morning activities. Set your alarm and plan on getting up earlier than **normal** so that you have plenty of time to get ready. Choose the clothes you will wear before you go to bed. **Any decision you can make or step you can take the night before will be one less thing to worry about in the morning.**

【主题词句背诵】

1. adjust to 适应
2. surroundings *n.* 环境
3. schedule *v.* 安排
4. arrangement *n.* 安排, 筹备
5. ahead of time 提前
6. make sure 确保; 弄清楚
7. normal *adj.* 正常的; 平常的
8. Make sure you have this arranged ahead of time so you'll know exactly **when to leave your house on the morning of your first day of senior high school** (宾语从句).

02

夯实语言基础，搭建知识框架

词汇点睛

1. challenge *n. & vt.* 挑战; 质疑

(教材 P2) The path before you leads to a world full of **challenges**: a new environment, new knowledge and new ways of thinking.

你们面前的路通向一个充满挑战的世界: 新的环境、新的知识和新的思维方式。

- | | |
|------------------------------|--------------|
| (1) face/meet a challenge | 面临/迎接挑战 |
| accept/take up a challenge | 接受挑战 |
| (2) challenge sb to (do) sth | 向某人挑战(做)某事 |
| (3) challenging <i>adj.</i> | 有挑战性的; 考验能力的 |

【活学活用】

(1) 单句填空

① I know there will be many difficult and _____

句型透视

1. (教材 P3) **To fully realize your potential, it is important for you to make the most of our school resources.** 要想全面发挥自己的潜能, 充分利用我们学校的资源对你们来说是很重要的。

句型公式

It + be + *adj.* + (for sb) + to do sth.

【归纳拓展】

(1) 在 "It + be + *adj.* + (for sb) + to do sth." 句型中, *it* 作形式主语, 不定式作真正的主语, 常用于这个句型的形容词有 *easy, difficult, important, true, possible, probable, likely, certain, necessary, natural* 等, 这些形容词多与事物的特征有关。

(2) 如果形容词表示的是主语的品行、性格、性质等, 如 *nice, kind, considerate, stupid* 等, 常用介词 *of*。

课内基础巩固

① 单词拼写(每小题1分,满分10分)

- Only with a p_____ attitude can you improve your ability and create more opportunities.
- After finishing studying in junior high school, some students will go on studying in s_____ high school.
- We can a_____ knowledge not only from books but also through social practice.
- Teachers often use online r_____ to create more interactive lessons for their students.
- The gym has new f_____, including a high-tech fitness centre, an indoor swimming

- _____ (learn) to be independent.
- To improve your overall health, it is important to have a _____ (balance) diet.
- It is your _____ (responsible) to follow the rules and regulations of the new school.
- Travelling abroad gives students an opportunity _____ (experience) different cultures and become more well-rounded individuals.
- Much to my _____, he was able to recite the whole passage from _____ memory. (amaze)

课后素养提升

② 阅读七选五(每小题2.5分,满分12.5分)

[2025·山东省名校考试联盟高一期中]

Many people hesitate to ask questions because they're afraid it will make them look uninformed. When you request an explanation, however, it only deepens your understanding. But how to make good questions? 1. _____

Ask the question as soon as it comes to you. It's usually best to get your question out there while it's still fresh on your mind. 2. _____ You'll also be given a chance to make key information clear before moving on to other concerns.

3. _____ Aim to speak in a way that anyone can understand. Avoid influencing your listener with your own judgements. Rather than asking "Isn't David a great candidate?", try the more neutral (中立的) "What do you think of

questions are useful for encouraging deep discussions that are probable to lead to enlightening breakthroughs.

Listen attentively to the answer. As you're receiving an answer, be respectful and focus on what the person is saying without interruption (打断). 5. _____ Any uncertainty you feel will likely be cleared up by their response. Maintain eye contact or nod from time to time to let the person know you're listening.

- Word your questions carefully.
- Here are some useful tips for you.
- Make sure you know the six common question words.
- That way, you won't forget it or feel shy about asking later.
- Try not to limit your questions to a series of pre-set options.

Ⅶ 写作

第一节 应用文写作(满分15分)

[2025·浙江省丽水市五校高一期中]

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:

- 推荐某一社团;
 - 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,

第二节 读后续写(满分25分)

[2025·河南省郑州市十校高一期中联考]

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。

At the beginning of the new term, a teacher at Ringrose Kindergarten decided to do something different to choose "the Excellent Kid" of this term. One day the teacher brought a bag of boiled seeds, and then called the kids together, and said, "I am going to give each one of you a seed today, a very special seed. You are to plant the seed, water it and come back here at the end of this term with what you have grown from the seed you bring to me, and the one I choose will

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Unit 1 Back to school

★ 提示：加底纹词汇为复现词汇

Period One Welcome to the unit & Reading—Reading comprehension

● 阅读理解(每小题 2.5 分, 满分 30 分)

A [2025·山东省临沂市高一期中]

The students in the culinary (烹饪的) class at Marshall High School focus on the basics: understanding food science, preparing simple meals, and kitchen safety.

Student Jordan Fultz said this class gave him a chance to cook something. “Being in culinary class opens a lot of things for me. I enjoy preparing meals for both students and teachers. I quickly learn basic skills like cutting vegetables and cooking meats perfectly. If I have time, I will also help my classmates with challenging dishes,” Fultz said.

Another student, Chance Chrisman, also said he had never cooked until he got into the class. “It’s been really interesting. I like our culinary instructor Chad Conklin because he’s a really cool person. He’s a good person to talk to. My mother is in favour of this class. She thinks it’s a really cool thing. She likes seeing me in my culinary uniform,” Chrisman said.

Conklin said he tried to teach more than just cooking. “Through cooking activities, students can develop discipline (自制力), an understanding of life’s challenges, and important skills related to self-care. I see the kitchen as a practical and enjoyable environment where students not only improve their culinary abilities but also experience personal growth,” Conklin said.

Conklin also tries to give back to the community.

“We run a pantry (食品贮藏室) at the high school to support our students and those experiencing hunger at home. Through that pantry, we started to get a lot of donations (捐赠) and I thought ‘Well, what can we do for the community with these donations?’” Conklin said.

So, Conklin came up with the idea to cook meals for those in need in the community twice a month.

“Students were really, really excited about the chance to help feed the community. And that really warmed my heart,” Conklin said.

- () 1. What is one advantage Fultz mentioned about being in the culinary class?
- A. Making lots of new friends.
B. Improving his grades in other classes.
C. Understanding the importance of food.
D. Getting experience in food preparation.
- () 2. What do the underlined words “in favour of” in Paragraph 3 probably mean?
- A. Supportive of. B. Unsure of.
C. Free of. D. Tired of.
- () 3. What does Conklin hope students can do while they learn to cook?
- A. Try to cook for their parents often.
B. Learn life lessons and grow personally.
C. Organize some interesting cooking activities.
D. Forget their pressures and discover the beauty of life.

()4. How did Conklin and his students give back to the community?

- A. By donating money and food to the pantry.
- B. By offering free culinary classes in the community.
- C. By preparing meals for the needy using pantry donations.
- D. By creating some jobs in the school for those experiencing hunger.

B [2025·江苏省扬州中学高一期中]

I am a multi-sport athlete and seasoned coach. When I was growing up, school wasn't really my thing, but sport very much was. Athletics connected me to my school community by giving me a sense of belonging and success even when I struggled in the classroom. When I entered education, I knew I wanted to be more than a coach on the field and court—I wanted to help students like me make meaningful connections to school through sports.

I designed a programme around the concepts of comfort and stretch zones. On day one, I set up a range of equipment for different sports across a field. In groups, students discussed sports that they felt comfortable and safe playing. They then took turns selecting their comfort sport on the field, doing a brief sharing, and playing with their group. Afterward, we had a class discussion on the importance of doing things that bring joy and passion, and how sharing that passion with others motivates us and the people around us.

On day two, with the same field design and sporting equipment, I introduced the idea of stretch zones. Students formed the same groups as on day one and discussed which sports were

out of their comfort zone and more challenging to them. Some of my students were shy and others slightly frustrated (沮丧) as they struggled to perform the skills in sports in which they were not comfortable. Then we discussed, as a class, how even when something is challenging, if we recognize the difficulty and intentionally practise, we give ourselves the opportunity to overcome it over time.

The programme required more than just adjusting my curriculum (课程)—it also meant some changes to the way I taught. I found myself opening up to my students and sharing my own hardships and successes with them. As a result, my students felt freer to be their real selves.

()5. What did the author think of sport when he was a student?

- A. It helped him get attached to school.
- B. It led to a decline in his grades.
- C. It made him struggle in the classroom.
- D. It appealed mainly to seniors.

()6. Why did the author design the programme?

- A. To change curricula and teaching methods.
- B. To prepare students for unexpected challenges.
- C. To deepen students' connections with school.
- D. To share hardship and success with students.

()7. What was a problem facing the author on the second day of the programme?

- A. Students wanted material rewards.
- B. It was difficult to group students.
- C. Some students feared challenges.
- D. The sports field became crowded.

()8. What can we infer about the author?

- A. He is involved in one sport.
B. He used to be very shy.
C. He is in favour of safe sports.
D. He is a creative teacher.

C [2025·安徽省六安第一中学高一期中]

A pilot programme in North County is teaching students about nutrition and where their food comes from. The five-week Farm to School programme is a partnership between Escondido Union School District and the Farm to Institution Centre. It encourages elementary school children to try vegetables they may not have tried before.

“I think that understanding just the roots of where our food comes from and how it gets to our table is meaningful,” said Jeremy Lyche, principal of Bernardo Elementary School, “You saw the kids’ excitement today. They love it.”

The students in Paul Erickson's class have been in the programme for over a month. "We've been doing multiple lessons where we're learning about and teaching about local farms in our community, as well as some healthier choices like produce (农产品), just getting students to join in farming," Erickson said.

Once a week for the past five weeks, Alexis Anderson from the Farm to Institution Centre has been coming by to teach these kids more about farming and what it takes to get fresh produce to their tables. Wednesday was the students' last session in the programme. She said the main takeaway for the kids is learning where their food comes from.

“Eat and support local food because it not only benefits their community economically, but

also benefits their health and just education overall of knowing what's available," Anderson said.

After Wednesday's lesson, the students went to the school garden for a game of bingo to identify the things they've learned. One of the goals of the school garden is for the students to try new things. For Escondido Union School District, the ultimate goal for the school garden is for the produce to end up in the cafeteria for the children to eat. But there are some health regulations the district still needs to overcome before that can happen.

() **9.** What is the purpose of the Farm to School programme?

- A. To promote local farms and their products.
- B. To provide money for school gardens.
- C. To get students to know the source of food.
- D. To motivate children to plant vegetables.

()10. What does the underlined word “takeaway” probably mean in Paragraph 4?

- A. Focus. B. Gain.
C. Challenge. D. Choice.

() **11.** Which is the benefit of eating locally according to Anderson?

- A. It supports the local economy.
- B. It reduces the food waste.
- C. It lowers food production cost.
- D. It improves farming skills.

() **12.** What should the school district do to achieve their goal?

- A. Expand the garden to produce more food.
- B. Increase the variety of vegetables grown.
- C. Train more teachers to take part in the programme.
- D. Ensure the produce meets health regulations.

班级	
姓名	
题号	答题区
阅读	理解
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Period Two Welcome to the unit & Reading—Language points

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 10 分)

1. Only with a p_____ attitude can you improve your ability and create more opportunities.
2. After finishing studying in junior high school, some students will go on studying in s_____ high school.
3. We can a_____ knowledge not only from books but also through social practice.
4. Teachers often use online r_____ to create more interactive lessons for their students.
5. The gym has new f_____, including a high-tech fitness centre, an indoor swimming pool, and a full range of exercise classes.
6. Though there are challenges on the _____ (道路) ahead, we have made up our mind to face them.
7. As long as you make efforts, you have the _____ (潜力) to become a well-rounded student.
8. Though Lucy and Lily are twins, they differ in _____ (个性) and hobbies.
9. The primary _____ (目标) of education is to equip students with the skills they need for the future.
10. The girl with creative _____ (思想,想法) began to take online courses to improve her language skills.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. Every individual has the right to be treated _____ (equal) in the eyes of the law.
2. With the help of the _____ (advance) technology, we can complete the task in advance.
3. After entering college, she made great efforts

- _____ (learn) to be independent.
4. To improve your overall health, it is important to have a _____ (balance) diet.
5. It is your _____ (responsible) to follow the rules and regulations of the new school.
6. Travelling abroad gives students an opportunity _____ (experience) different cultures and become more well-rounded individuals.
7. Much to my _____, he was able to recite the whole passage from _____ memory. (amaze)
8. Facing such a _____ (challenge) task, she didn't lose heart, but bravely accepted the challenges.
9. To our great joy, the child tied his shoes _____ (independent) for the first time.
10. He gave her a _____ (confidence) smile and his confidence was a great comfort to her.

❸ 短语填空(每小题 2 分,满分 12 分)

1. I sincerely _____ (期待) your reply and hope that you will attend this vital international conference.
2. Despite the difficulties, she was able to _____ (能够处理) the challenge and complete the project on time.
3. As long as we make efforts, we will surely _____ (产生影响) to the environment.
4. The solution to the problem between you and Tom _____ (在于) the change of your attitude.

5. First, cycling is much cheaper than driving a car. Second, it is good for our health. _____ (最后但同样重要的), it is environmentally friendly.
6. I'd like to _____ (利用/充分利用) this chance to **improve** my skills and make more friends.

Ⅳ 句型训练(每小题 3 分,满分 9 分)

1. On the stage _____, greeted by thunderous applause from the audience. (完全倒装)
在舞台上走来了那位著名的年长的演讲者,受到了观众雷鸣般的掌声欢迎。

2. Knowing that you have some difficulty in adjusting yourself to the new school life, I am writing to give you some tips and _____. (be + of + 抽象名词)
得知你在适应新的学校生活方面有些困难,我写信给你一些建议,希望它们能对你有帮助。
3. English is an international language, so _____. (it 作形式主语)
英语是一门国际语言,所以我们很有必要学习它。

课后素养提升

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·山东省名校考试联盟高一期中]

Many people hesitate to ask questions because they're afraid it will make them look uninformed. When you request an explanation, however, it only deepens your understanding. But how to make good questions? 1. _____

Ask the question as soon as it comes to you. It's usually best to get your question out there while it's still fresh on your mind. 2. _____ You'll also be given a chance to make key information clear before moving on to other concerns.

3. _____ Aim to speak in a way that anyone can understand. Avoid influencing your listener with your own judgements. Rather than asking "Isn't David a great candidate?", try the more neutral (中立的) "What do you think of Mr Miller's suggestion?"

Keep it brief. Don't use any more words that are strictly needed to present your question. If you speak at length, or add a lot of strings or other unrelated details, your listener can easily get confused. For the sake of clarity, each question should centre on one theme or idea.

Ask open-ended questions. 4. _____ It's better to keep them general to make room for a wider range of possible responses. Open-ended

questions are useful for encouraging deep discussions that are probable to lead to enlightening breakthroughs.

Listen attentively to the answer. As you're receiving an answer, be respectful and focus on what the person is saying without interruption (打断). 5. _____ Any uncertainty you feel will likely be cleared up by their response. Maintain eye contact or nod from time to time to let the person know you're listening.

- Word your questions carefully.
- Here are some useful tips for you.
- Make sure you know the six common question words.
- That way, you won't forget it or feel shy about asking later.
- Try not to limit your questions to a series of pre-set options.
- Otherwise, your listener may be forced to guess at your meaning.
- Let him finish explaining himself before you ask a related question.

Ⅵ 语法填空(每小题 1.5 分,满分 15 分)

[2025·湖北省襄阳市东风中学高一月考]

Every year, high school students from all around the world make a huge 1. _____ (decide). They leave their home and go to another country 2. _____ (study) for up to a

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year. An exchange year 3. _____ (know) as a time when new experiences educate students about a 4. _____ (difference) way of life.

“An exchange year isn’t a year in your life; it is a life in a year,” said Isabela, 5. _____ 18-year-old exchange student from Brazil. Her year didn’t start 6. _____ (exact) the way she was hoping. She had trouble making friends and she couldn’t connect with her host family.

“I had the 7. _____ (bad) and the best time here. The beginning was terrible. I didn’t open up and no one talked to me. I was even ready to go home before the year ended,” she said.

When the year 2020 started, Isabela changed her host family and gave the US one more chance. She also changed her attitude. Now she has a great relationship with her host parents 8. _____ has a lot of friends. She is enjoying her time.

Exchange students grow a lot during their exchange year and they see the world 9. _____ a new way. They will have difficulties they need to overcome by 10. _____ (they) but they will go back to their home more mature and independent.

Ⅷ 完形填空 (每小题 1 分, 满分 15 分)

[2025·福建省福州第一中学高一期中]

Peter was dragged (拽) into my classroom. “I don’t know what you will do with him, but I have 1. _____,” I was told. I reached out my hand to the mother in front of me, and 2. _____ her and her son into my class. It was the first day of school.

For the next few minutes, the mother told me how she hoped I could 3. _____ him. I smiled and 4. _____ the mother. I said, “This year will be 5. _____. Wait and see, he will love school again.” I wanted to keep my 6. _____. But when he didn’t do his homework or caused trouble in class, I followed my rules for 7. _____. Peter never seemed to want to communicate with me. At the end of the year, when he got punished for another mistake, I realized I wasn’t a 8. _____ teacher for him.

So, that summer, I realized I needed to 9. _____. When the new school year began, I asked Peter why he 10. _____ the way he did instead of punishing him. I also made a 11. _____ with him: if he did his best during school, then he could have his after-school time back. I tried to talk with him about his 12. _____ including deadlines (最后期限) for his homework and his goals. Slowly, Peter started to share his 13. _____ with me and even wanted to try new things. It felt like he had become a whole 14. _____ person. I won’t lie; it was hard, but I 15. _____ it. I created a classroom that students like Peter would want to be a part of.

- () 1. A. signed up B. given up C. sped up D. cleaned up
- () 2. A. advised B. followed C. acquired D. welcomed
- () 3. A. fix B. check C. excuse D. trust
- () 4. A. balanced B. comforted C. accepted D. stopped
- () 5. A. free B. hard C. great D. long
- () 6. A. promise B. secret C. attention D. record
- () 7. A. homework B. safety C. discussion D. punishment
- () 8. A. polite B. good C. equal D. strict
- () 9. A. explain B. start C. change D. wait
- () 10. A. created B. knew C. felt D. acted
- () 11. A. deal B. joke C. list D. study
- () 12. A. style B. past C. learning D. family
- () 13. A. chances B. thoughts C. examples D. courses
- () 14. A. friendly B. honest C. quick D. new
- () 15. A. made B. held C. got D. owned

Period Three Grammar and usage & Integrated skills

课内基础巩固

❶ 指出画线部分所作的句子成分(每小题 1 分,满分 8 分)

1. I find it important to make the most of the library resources and school facilities.

2. There are two paths ahead but I don't know which one to choose.

3. He has a positive attitude to life and always looks on the bright side.

4. She started taking online courses to improve her language skills.

5. You should take advantage of the opportunity to study abroad and experience a new culture.

6. When faced with difficulties, we should rise to the challenge and find solutions instead of giving up.

7. All individuals are equal before the law, whether junior or senior.

8. Frightened, she asked me to go with her.

❷ 选出下列句子属于哪种句子结构(每小题 2 分,满分 16 分)

①SV ②SVO ③SVP ④SVOO ⑤SVOC

⑥SVA ⑦SVOA ⑧There be...

1. It is a great pleasure to talk with you.

2. You should keep the room clean and tidy.

3. Grandma told me an interesting story.

4. The books of this kind sell well among students.

5. There is a garden at the back of the house.

6. Most of the workers living in the room have left.

7. All the students think highly of his teaching.

8. She stopped teaching English two years ago.

❸ 语法与写作(每小题 3 分,满分 18 分)

1. Although after-school activities may _____, I can make a workable schedule.

虽然课外活动可能会占用我很多时间,但我会制订一个可行的计划。

2. Keep working hard and I think you _____.
继续努力下去,我相信你最终会成功的。

3. After a whole day's hard work, _____, which looked brand-new and comfortable.

经过一整天的努力,我们使房间干净整洁。它看起来崭新而舒适。

4. From the window they _____ to the door, with a box in his hand.
他们从窗口看到他们父亲手里拿着一个盒子向门口走去。

5. Whenever _____, she is always the first to offer help.
每当有人遇到困难,她总是第一个伸出援手。

6. _____ in the garden, with various colours and fragrances, making the whole place look like a fairyland.

花园里有许多美丽的花,有着各种各样的颜色和香味,使整个地方看起来像仙境一样。

Ⅳ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·广东省广州大学附中高一期中]

How to do better in school

The start of a new school year is a great opportunity to improve your grades and experience at school, but you can choose to do better at any point during the year! 1. _____. Read our list of tips to have the best school year ever!

Take notes on class material.

Take notes to help you remember and understand what you learn. Taking notes helps you remember what you hear or read, but it also helps your brain stay active and absorb information adequately. 2. _____, and make a note of questions you have about the material while you read.

Ask lots of questions.

3. _____. It's your teacher's job to help you learn and understand, so don't hesitate to ask them questions! Asking questions will not only help you learn the material better, but will also show your teachers that you're engaged and interested.

Participate in class.

For certain classes, class participation might make up a percentage of your grade. 4. _____, and it will show your teacher that you're serious about doing a good job. If your teacher asks questions or opens the floor to a class discussion, don't be afraid to jump in and share your perspective.

Prioritize (排序) your assignments and other responsibilities.

Complete time-sensitive or difficult assignments first. When you have a lot of things on your plate, it can be hard to know where to begin. To avoid feeling overwhelmed or stuck, create

a to-do list and put your most difficult or urgent assignments at the top. 5. _____.

- A. When you don't understand something, raise your hand
- B. Write down key points mentioned by your teacher or the textbook
- C. The key to doing better in school is promoting healthy study habits
- D. Don't try to answer every question or give an opinion on every topic
- E. Keeping your time and supplies organized enables you to do better in school
- F. Once you've dealt with those, move on to smaller and less urgent items on the list
- G. Even if it doesn't, participating in class can help you better remember the material

Ⅴ 语法填空(每小题 1.5 分,满分 15 分)

[2025·山东省临沂市高一期中]

Here are some suggestions for you, which may help you enjoy your school life 1. _____ (good). As senior high school students, going from junior high school to senior high school is really 2. _____ (challenge) and you will be living a very busy life. So first of all, you should arrange your time properly. You'd better make a suitable schedule so that you know when to study, exercise and rest. Only in this way can you make good use of every minute. Besides, you have to think very 3. _____ (careful) about which courses you want to take. When you have a problem you can't work out alone, you'd better turn to your teachers or classmates for help. Furthermore, you may have difficulty in 4. _____ (choose) extra-curricular 5. _____ (activity). Some of you may would like to join the school football team, but you have to consider whether you play well

enough. If not, you should practise more after school 6. _____ your own, trying to make the team next year. Never quit! Some students choose to join a volunteer club, which will give them good chances to help homeless people and challenge 7. _____ (them).

As senior high school students, you have to study harder than before 8. _____ get used to 9. _____ (be) responsible for a lot more. Studying hard isn't always fun, but you will be well prepared for university and whatever comes in the future. I hope the suggestions above will help you go through 10. _____ rich and colourful school life.

完形填空(每小题 1 分,满分 15 分)

[2025·江苏省扬州大学附属中学高一期中]

When Susan was a high school student, her English teacher, Fred DiMeo, asked her to carry out a task: recite (背诵) a poem in front of the whole class.

“I had a mild stutter (口吃), which tried the 1 of my classmates,” Susan said. The thought of 2 in front of the class and stuttering through the 3 was too much to bear. When the day of the recitation came, Susan, painfully shy and 4, recited the poem. Once she was done, DiMeo said something she'd never 5 before: he liked listening to her voice. For the first time, she 6 that public speaking didn't have to be a source of 7. “I think in his mind he just wanted me to 8 I have nothing to be afraid of,” Susan said.

Susan went on to graduate from high school and go to college. She never got to 9 thank DiMeo. Sometime after college, she managed to 10 a job as a trainer. The work made her know how big an 11 DiMeo had had on her confidence. “It's so 12 to stand up in front of people and speak with them. And I do it

all the time,” she said.

Susan recently found a way to 13 her teacher, and sent him a letter expressing her 14. “You played a big role in my life,” she wrote. “I don't know where I would've gone if I felt like I had to keep my voice 15 because I was afraid of embarrassing (使尴尬) myself.”

- ()1.

A. ability

B. patience

C. knowledge

D. technique
- ()2.

A. getting up

B. falling over

C. setting off

D. crying out
- ()3.

A. notice

B. poem

C. speech

D. room
- ()4.

A. brave

B. relaxed

C. nervous

D. sleepy
- ()5.

A. repeated

B. changed

C. heard

D. seen
- ()6.

A. forgot

B. imagined

C. reminded

D. realized
- ()7.

A. time

B. fear

C. luck

D. risk
- ()8.

A. explain

B. require

C. understand

D. warn
- ()9.

A. hurriedly

B. easily

C. properly

D. secretly
- ()10.

A. miss

B. save

C. share

D. find
- ()11.

A. influence

B. offer

C. agreement

D. order
- ()12.

A. independent

B. fair

C. early

D. nice
- ()13.

A. help

B. contact

C. follow

D. protect
- ()14.

A. questions

B. works

C. hobbies

D. thanks
- ()15.

A. quiet

B. busy

C. loud

D. soft

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Period Four Extended reading & Project & Assessment

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 10 分)

1. Beijing is the only city in the world to h_____ both the Summer Olympic Games and Winter Olympic Games.
2. The online platform allows teachers to share learning m_____ with students.
3. We are looking forward to meeting the new e_____ student.
4. We have confidence that our team can overcome the t_____ challenges ahead.
5. The f_____ of our discussion today is how to protect natural resources.
6. I am writing to invite you to the _____ (书法) exhibition to be held at the city museum.
7. In the face of challenges, having a positive attitude is the most important, while individual skills and abilities are _____ (次要的).
8. The teacher gave us some _____ (指点) on how to deal with the challenges in senior high school.
9. The supermarket put up a _____ (海报) to attract more potential buyers.
10. I like my new teacher's teaching _____ (风格) because it encourages students to actively participate in the class.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. The hikers lost their way in the forest, but _____ (fortunate), they had a map and compass to guide them back.
2. I was _____ (alarm) when I saw the smoke coming from the kitchen.
3. Most of the visitors are _____ by the _____ town, which is a famous tourist _____. (attract)
4. Though she met many challenges on her path to becoming a _____ (profession)

basketball player, she never gave up.

5. I need to acquire more _____ (detail) materials about the project before making a decision.
6. The new technology is expected to make a positive _____ (contribute) to environmental protection.
7. _____ (base) on traditional Chinese customs, you should let the elderly eat first.
8. I make a _____ (propose) that you should keep a balance between work and relaxation.
9. This photo will remind me _____ (think) of the wonderful experience I had in that foreign country.
10. Moral education aims _____ (teach) people how to live and act as a responsible individual.

❸ 短语填空(每小题 2 分,满分 12 分)

1. She always _____ (坚持) her own thinking of beauty and doesn't follow the popular styles blindly.
2. _____ (由于) the traffic jam, I missed the beginning of the interesting biology lecture at school.
3. Mr Liu can speak English fluently, and he can speak French _____ (也).
4. _____ (随着时间流逝), with great efforts, he has become a confident public speaker from a shy boy.
5. She finds it difficult to _____ (与……相处得好) those who are always complaining.
6. I am _____ (集中于,专注于) improving my writing skills by attending writing workshops.

Ⅳ 句型训练(每小题 3 分,满分 12 分)

1. Her performance in the competition was

she regained her confidence completely.

(结果状语从句)

她在比赛中的表现如此惊人,以至于她完全重拾了信心。

2. On hearing the amazing news, I

clouding my eyes. (find + 宾语 + 宾补)

听到这个惊人的消息,我发现自己既兴奋又

自豪,泪水模糊了我的眼睛。

3. As a member of society,

. (it 作形式主语)

作为社会的一员,注重环境保护是我们的责任。

4. I think you will end up hurting his pride by laughing at the way

. (定语从句)

我觉得你嘲笑他说英语的方式最终会伤害他的自尊心。

课后素养提升

Ⅴ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·浙江省金砖高中联盟高一期中]

Psychological avoidance (心理回避) or avoiding emotions, a common way to escape painful and uncomfortable thoughts, feelings or situations, can harm the emotional well-being and personal growth of high school freshmen. Actually, psychological avoidance can lead to increased levels of anxiety and stress. Avoiding fears and worries only allows them to grow stronger.

By avoiding challenging situations, it prevents students from developing important skills, limiting their opportunities for self-discovery and improvement. The famous author J. K. Rowling once said, “It is impossible to live without failing in something, unless you live so carefully that you might as well not have lived at all.”

Psychological avoidance directly affects how well students do in their studies. Freshmen who turn to avoidance will always procrastinate, or even miss deadlines. By avoiding the necessary efforts and tasks required for learning, students may struggle to gain information, reducing the opportunity to succeed in grades.

Psychological avoidance can also cause stress or discomfort to relationships. High school students may avoid discussing their feelings with friends or family members, leading to misunderstandings and a breakdown in communication. Instead of

dealing with their emotions, they hold back or hide themselves. Students miss out on the chance to deepen their connections with friends, family and peers (同龄人), making it harder for them to form healthy relationships.

Psychological avoidance may provide comfort for a short period, but in the long run it can have negative impacts on our mental health, personal growth, academic performance, relationships and other aspects of life. Breaking free from avoidance behaviours is important for academic success and self-confidence, and recognizing the harmful effects of avoidance is the first step.

() 1. J. K. Rowling might agree that by avoiding challenging situations, .

- A. we fail to discover our thoughts and feelings
- B. we can avoid failing in something more easily
- C. we miss out on valuable learning experiences
- D. we have opportunities to avoid fears and worries

() 2. What does the underlined word “procrastinate” in Paragraph 3 probably mean?

- A. Put off tasks.
- B. Escape from reality.
- C. Miss out on chances.
- D. Get out of control.

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- () 3. How does psychological avoidance affect students' ability to form healthy relationships?
- A. It leads to difficult discussions.
B. It stops their connections with others.
C. It makes them fail to make new friends.
D. It causes them to escape further communication.
- () 4. What will the following paragraph probably talk about?
- A. The harmful effects of psychological avoidance.
B. The forms of psychological avoidance behaviours.
C. The strategies of overcoming psychological avoidance.
D. The importance of breaking free from avoidance behaviours.

B [2025 · 广东省广雅中学高一期中]

Let's get one thing straight: Studying sometimes is boring, right? But it is extremely necessary. After all, working through difficult material 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 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 look at difficult courses either 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 studying, 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' interests have a big effect on how well they perform in their studies.
- () 8. What may the author suggest learners do to make studying fun?
- A. Choose an active and positive mindset.
B. Regard learning as a test of intelligence.
C. Pay little attention to the task difficulty.
D. Look for a strong inspiration to succeed.

Period Five Writing

课内基础巩固

❶ 补全句子(每小题 3 分, 满分 18 分)

1. _____, we'd like to start a Youth Reading Club.

为了鼓励学生们养成阅读的好习惯, 我们想要开办一个青年阅读俱乐部。

2. Our club _____ for students.

我们的俱乐部旨在给学生们提供各种各样的阅读素材。

3. We _____ in different styles each week.

我们打算每个星期阅读一篇不同风格的短篇小说。

4. Our Youth Reading Club calls for _____ in the short story after reading.

我们的青年阅读俱乐部提倡在阅读后讨论短篇小说的写作风格和技巧。

5. Moreover, we will also hold reading salons regularly to _____ and further improve our reading abilities.

而且, 我们还会定期举办阅读沙龙来面对面交换彼此的意见, 进一步提高我们的阅读能力。

6. It's a great opportunity _____ .

这是和有相同爱好的人交流意见的好机会。

❷ 续写语段填空(每小题 2 分, 满分 14 分)

After admitting my mistake, I 1. _____ (低下头), alone and filled with fear. Mrs Hill walked towards me and asked 2. _____ (用温柔的声音), "Why did you dare to stand up?" I said I wanted to be honest and 3. _____ (我意识到我所做的事是错误的). Unexpectedly, Mrs Hill 4. _____

_____ (对……很惊讶) my answer and praised me for that. Then, she asked me to sit down. We continued reading books. After we finished, Mrs Hill 5. _____

(提醒我们要记住) that everyone should 6. _____ (对……负责) his behaviour.

We all agreed with her. And I was happy that in a way I 7. _____

(为……树立了好榜样) my classmates.

❸ 语篇填空(每小题 1.5 分, 满分 15 分)

Keeping a diary in English is one of the useful ways 1. _____ can improve our English writing ability. 2. _____ (compare) with other forms of writing, it is 3. _____ (short) and takes less time. It can help us to develop the habit of thinking in English. If we keep trying this practice, 4. _____ (gradual) we'll learn how to express ourselves in English.

In keeping a diary in English, we certainly run up against many difficulties. In the first place, it often happens that we have difficulty 5. _____ (find) exact words and phrases to express our mind. Secondly, there are many idiomatic ways of saying things in Chinese. And it is extremely hard for us 6. _____ (put) them into English properly.

My 7. _____ (propose) is that we should always have a notebook and a Chinese-English dictionary 8. _____ easy reach. Whenever something 9. _____ (trouble) us, we can first write it down in our notebook and then refer to our dictionary. When necessary, we can also turn to our English teacher for help. In short, I believe that it is 10. _____ effective way to keep a diary in English for the development of our writing skills.

Ⅳ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·广东省台山市第一中学高一期中]

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 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 “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.

() 1. Which word best describes the author’s first Greek philosophy class taught by Dr Degenaar?

- A. Boring. B. Amazing.
C. Confusing. D. Depressing.

() 2. 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.

() 3. 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.

() 4. 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.

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

You might be afraid of making others upset or inconveniencing them if you share your feelings. However, hiding your own feelings can lead to

anxiety, depression, discontent, and even physical unhealthiness. 1. _____ Learning to express your feelings will help you become more self-aware, leading to increased mental and physical health.

Before you can do anything else, you have to recognize and accept that you are going to have feelings and there is nothing wrong with that. Feelings are not right or wrong. They just exist. When you feel something, do not be angry with yourself. 2. _____

It can be hard to express what you are feeling when you do not have the vocabulary to do so. 3. _____ For example, instead of saying “good”, which is very general, use words like “joyful”, “fortunate”, or “appreciative”. Similarly, instead of saying you feel “bad”, say you feel “anxious”, “uncertain” or “discouraged”.

Communication is critically important to the expression of feelings. Choose a trusted group of loved-ones to share your feelings with. As you are talking, be as clear as possible by using your vocabulary of feelings and “I” statements. 4. _____ Your loved ones will listen and understand your feelings easily. They can also provide different views on situations that you might not have considered.

5. _____ As they are expressing their thoughts, put away your devices, non-verbally respond by nodding your head, and offer feedback to their statements. Giving them your full attention allows you to reflect on the speakers’ words and feel more at ease to express your true feelings with them.

- A. Try to learn words that make your feelings as specific as possible.
- B. Instead, tell yourself, “I am feeling this way, and that is acceptable.”
- C. “I” statements have three parts, the emotion, the behaviour, and the why.

- D. Seek professional help if you are struggling with expressing your emotion.
- E. It can also cause problems with your personal and professional relationships.
- F. Communication is a two-way street, and you must listen to others when they talk to you.
- G. When sharing how a situation makes you feel, describe it and the resulting feelings in detail.

Ⅶ 语法填空(每小题 1.5 分, 满分 15 分)

[2025·山东省济宁市高一期中]

Chinese characters are so 1. _____ (attract) that even many foreigners are crazy about them. For the past thirty years, Richard Sears has been concentrated 2. _____ one thing: telling stories behind Chinese characters. His interest in Chinese language and characters dates back to 1972 3. _____ he was a 22-year-old physics major in the USA.

He built a website in 2002 and named it Chinese Etymology (词源) which provides visitors with chances to check the 4. _____ (develop) of Chinese characters in a variety of 5. _____ (form) for free. Because of this well-received website, he 6. _____ (become) Uncle Hanzi, a nickname (昵称) which was given by Chinese netizens.

In September, Sears set up 7. _____ (he) studio in Nanjing as part of the local government’s plan to promote Chinese culture. They have made over 60 videos in English with Chinese subtitles for Bilibili, 8. _____ popular video website among young people. 9. _____ (watch) the videos not only brings fun but also makes people know more about Chinese characters, leaving them a deep impression.

With the tireless efforts of people like Richard Sears and the government’s support, people will 10. _____ (full) appreciate the beauty of Chinese characters.

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写作

第一节 应用文写作(满分 15 分)

[2025·浙江省丽水市五校高一期中]

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,

Yours,
Li Hua

第二节 读后续写(满分 25 分)

[2025·河南省郑州市十校高一期中联考]

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。

At the beginning of the new term, a teacher at Ringrose Kindergarten decided to do something different to choose “the Excellent Kid” of this term. One day the teacher brought a bag of boiled seeds, and then called the kids together, and said, “I am going to give each one of you a seed today, a very special seed. You are to plant the seed, water it and come back here at the end of this term with what you have grown from the seed you bring to me, and the one I choose will be ‘the Excellent Kid’.”

Like the others, a boy named James received a seed. He went home and told his mother the story excitedly. She helped him get a pot and soil, and he planted the seed. Every day he would water it and watch to see if it had grown.

After about three weeks, some of the other kids began to talk about their seeds and the plants that were beginning to grow.

James kept checking his seed, but nothing grew. Four weeks, five weeks went by, still nothing. By now, others were all talking about their plants, but James didn’t have a plant and he felt like a failure.

Two months went by, there was still nothing in James’ pot. He just knew he had ruined his seed. Everyone else had tall plants, but he had nothing. James didn’t say anything. However, he just kept watering and fertilizing (给……施肥) the soil, expecting the seed to grow.

A term finally went by. All the kids brought their plants to the teacher for inspection. James told his mother he wasn’t going to take an empty pot. But she encouraged him to go, and to be honest about what happened. James felt restless because it would be the most embarrassing moment of his life, but he knew his mother was right.

注意:续写词数应为 150 个左右。

Paragraph 1:

He took his empty pot to the classroom.

Paragraph 2:

All the other kids looked at the teacher in surprise. _____

► 单元小测

Unit 1

❶ 单句填空(每小题 1.5 分, 满分 18 分)

1. _____ (equal) is important for ensuring that everyone has the same rights and opportunities.
2. _____ (fortunately), the book I wanted to borrow from the library was already checked out by someone else.
3. Your _____ (profession) and rich knowledge of English will benefit the students greatly.
4. It was my father's encouraging words that helped me regain my _____ (confident).
5. She wrote a _____ (remind) about the latest workshops she would attend.
6. They are glad to see the great _____ (improve) in the living standards of ordinary people.
7. Long-lasting friendships are built on the _____ (base) of mutual trust.
8. Parents should teach their children to use the Internet _____ (responsible) to ensure their safety online.
9. Experiential learning differs from traditional learning in that it encourages _____ (independence) thinking.
10. I really look forward to having an opportunity _____ (communicate) with you.
11. The aim of this e-mail is _____ (introduce) our latest line of eco-friendly household products.
12. We should have a positive attitude _____ challenges and try our best to overcome them.

❷ 短语填空(每小题 2 分, 满分 16 分)

1. In order to keep healthy, she _____ (坚持) her exercise routine every single day, rain or shine.

2. If we want to make progress in our studies, we must understand that the first step _____ (存在于) building good study habits.
3. _____ (由于) years of practice, his calligraphy has reached a very high level.
4. Every small action can _____ (有影响) in the lives of those in need.
5. In order to _____ (充分利用) this precious opportunity, the students made great contributions to the success of the event.
6. I am confident that he can _____ (能够处理) the challenges of learning a new language.
7. You should _____ (利用) this quiet afternoon to enjoy a delicious pudding while reading a good book.
8. _____ (随着时间流逝), they grew closer and developed a strong bond of friendship.

❸ 句型训练(每小题 3 分, 满分 15 分)

1. Open communication and trust _____. (be of + 抽象名词)
坦诚沟通和信任同等重要。
2. When I opened the door, I _____. (find + 宾语 + 宾补)
当我打开门时, 我发现我的猫睡在我的床上。
3. In front of the house _____. (全部倒装)
房子前面是一个小花园。
4. _____ their children's opinions. (it 作形式主语)
父母倾听孩子的意见是很重要的。
5. She was _____ her mind went blank. (结果状语从句)
她是如此紧张, 以至于大脑一片空白。

Ⅷ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·江苏省苏州市高一期中]

Educators and business leaders have more in common than it may seem. Teachers want to prepare students for a successful future. Technology companies have an interest in developing a workforce with the STEM (science, technology, engineering and maths) skills needed to grow the company and advance the industry. How can they work together to achieve these goals? Play may be the answer.

Focusing on STEM skills is important, but the reality is that STEM skills can be improved when mixed with traditional, hands-on creative activities. This mix is proving to be the best way to prepare today's children to be the makers and builders of tomorrow. That is why technology companies are partnering with educators to bring back good, old-fashioned play.

In fact, many experts argue that the most important 21st-century skills aren't related to specific technologies or subject matter, but to creativity; skills like imagination, problem-finding and problem-solving, teamwork, patience and the ability to experiment and take risks. These are skills acquired when kids tinker (鼓捣小玩意). High-tech industries such as NASA's Jet Propulsion Laboratory have found that their best overall problem solvers were master tinkers in their youth.

There are cognitive (认知的) benefits of doing things the way we did as children—building something, tearing it down, and then building it up again. Research shows that given 15 minutes of free play, four- and five-year-olds will spend a third of this time absorbed in various activities. This type of play—especially with building blocks—helps children discover and develop key principles in maths.

If play and building are important to 21st-century skill development, that's really good news for two reasons: children are born builders, makers, and creators, so developing 21st-century skills may be as simple as giving kids room to play, tinker and try things out, even as they grow older. Moreover, it doesn't take 21st-century technology to develop 21st-century skills. This is especially important for under-resourced schools and communities. Taking whatever materials they have and tinkering with them is a simple way to develop those important “maker” skills. And anyone, anywhere, can do it.

- () 1. What do we know about educators and business leaders from Paragraph 1?
- A. They will play together.
B. They have nothing in common.
C. They share the same goals.
D. They will partner with each other.
- () 2. What is the best way to prepare children for a successful future?
- A. Mixing STEM skills with DIY activities.
B. Developing specific technologies.
C. Focusing on STEM skills.
D. Relating to subject matter.
- () 3. Why does the author mention NASA's best well-rounded problem solvers in Paragraph 3?
- A. To stress the benefits of skills.
B. To show the findings of NASA.
C. To explain the ways of tinkering.
D. To prove the importance of tinkering.
- () 4. What does the author advise schools and communities with limited resources to do?
- A. Add teaching materials.
B. Employ handy resources.
C. Introduce advanced technology.
D. Provide problem-solving opportunities.

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·重庆市第十八中学高一期中]

It is never too late to develop good study habits. However, starting making some changes is hard. Even if you want to do well enough in school and improve your grades, you're probably having trouble getting started in the first place! 1. _____.

Plan your time carefully. Make a list of your weekly tasks. Make a schedule of your time. Then decide on good, regular time for studying. 2. _____, but it will make you more aware of how you spend your time.

Find a good place to study. Choose one place for your study area. It may be a desk or a chair at home or in the school library, but it should be comfortable and quiet. When you begin to work, you should be able to concentrate on the subject.

Skim before you read. 3. _____. As you preview the material, you get some idea of the passage and how it is organised.

4. _____. Listening to what the teacher says in class means less work later. Taking notes helps you remember what the teacher says.

Develop a good attitude to tests. The purpose of a test is to show what you have learned about a subject. 5. _____. Tests provide grades, but they also let you know that you need to spend more time studying.

There are other skills that might help you with your study. Share with your classmates some of the skills you have found to be helpful.

- A. Study regularly
- B. Make good use of your time in class
- C. There are several ways that can help you

- D. Develop a positive attitude by setting realistic goals
- E. This weekly schedule may not solve all of your problems
- F. The world won't end if you don't pass a test, so don't worry too much about a test
- G. This means looking over a passage quickly before you begin to read it more carefully

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

[2025·陕西省榆林市八校联考高一期末]

Jane Fried, head of Brearley School, says the school has started a new Free Tuition (学费) Programme for low-income (低收入的) families. This programme aims 1. _____ (attract) more families who might not afford an independent school education.

Starting in September 2025, families meeting the conditions required by Brearley can apply for the programme. Students must go through the admission process and parents must meet 2. _____ same requirements for financial assistance (资助) as all other applicant families.

The Free Tuition Programme builds upon a long-standing financial assistance programme in place at Brearley for over ten years. Last year, Brearley 3. _____ (give) away nearly \$ 8.2 million to help low-income families to pay for school. While there has been 4. _____ (grow) among upper-middle-income families applying for the financial assistance programme, there has not been a similar increase in lower-income applicants. This new programme is designed to increase applications by 5. _____ (show) families that a Brearley education is 6. _____ (afford).

Once students are accepted and qualify for the Free Tuition Programme, Brearley covers

班级	
姓名	
题号	
答案区	
阅读理解	
七选五	
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their full tuition 7. _____ includes books, meals, and various after-school 8. _____ (activity). It is Brearley's calling to provide all students 9. _____ a high-quality education. The hope is that this new programme makes things easier for 10. _____ (interest) families and helps their kids.

Ⅷ 完形填空(每小题 1 分,满分 15 分)

Growing up in the USA, I always wanted to experience another culture. The 1 came when I was 15. After a few months of planning and 2, I was ready to spend the second 3 of my first high school year as an exchange student in Australia.

4 in Perth was one of the most exciting moments of my life. I realized then that there was no turning back. The family I would live with was 5 meeting me, and it would only be five days before the new school year. The school I attended was 6 my school back in the United States. I was quite 7 at first, especially never having been to a new school—even in the US. Everything went without 8, though. The teachers were welcoming and the students were friendly.

The most 9 time was travelling with other exchange students around Australia during our half-term break. The few weeks we 10 together were full of amazing activities.

At the end of our 11 in Australia, we had three weeks to share our stories and help each other deal with leaving. It was only 12 that our last day together was filled with tears. We packed our camp, 13 e-mail addresses and gathered together for a final goodbye.

Upon coming home, an open mind was again important. Resettling home took time and 14, but at last I made it. All the while, I

was thoughtful to let my family and friends know how happy I was to be home and how much I had missed them—though the experience is still 15 with me. So, if you have the opportunity to study abroad, you most certainly should.

- ()1. A. task B. challenge C. opportunity D. vacation
- ()2. A. packing B. convincing C. performing D. preparing
- ()3. A. term B. campus C. goal D. stage
- ()4. A. Flying B. Landing C. Travelling D. Studying
- ()5. A. taking advantage of B. getting away from C. looking back on D. looking forward to
- ()6. A. similar to B. different from C. as good as D. the same as
- ()7. A. confident B. annoyed C. worried D. confused
- ()8. A. hope B. doubt C. difficulty D. argument
- ()9. A. valuable B. acceptable C. comfortable D. memorable
- ()10. A. spent B. explored C. sought D. worked
- ()11. A. stay B. visit C. trip D. holiday
- ()12. A. funny B. natural C. strange D. simple
- ()13. A. made B. wrote C. shared D. exchanged
- ()14. A. effort B. money C. ability D. wisdom
- ()15. A. sadly B. clearly C. lively D. amazingly