

听力部分

一、听后选择(共两节,21 分)

第一节 听短对话选择(共 4 小题;每小题 1.5 分,共 6 分)

听下面四段对话,每段对话后有一道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听对话前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话你将听一遍。

- ( )1. What is Tom planning to do after graduation?  
A. Become a teacher.  
B. Become a software engineer.  
C. Become a doctor.
- ( )2. What is Mike's favourite subject?  
A. Maths. B. History. C. Science.
- ( )3. What is John's problem?  
A. He can't decide on his major.  
B. He doesn't like his classes.  
C. He hasn't talked to his career advisor.
- ( )4. How does Sarah manage her time?  
A. She studies in the afternoons and works in the mornings.  
B. She studies in the mornings and works in the afternoons.  
C. She doesn't have a strict schedule.

第二节 听长材料选择(共 10 小题;每小题 1.5 分,共 15 分)

听下面五段对话或独白,每段对话或独白后有两道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话或独白你将听两遍。

听下面一段对话,回答第 5 至第 6 小题。

- ( )5. What career is Mark considering?  
A. A doctor. B. A journalist. C. A teacher.
- ( )6. What did Mark do last summer?  
A. He studied abroad.  
B. He worked at a local newspaper.  
C. He worked as a teacher.

听下面一段对话,回答第 7 至第 8 小题。

- ( )7. What book does the woman suggest?  
A. *Pride and Prejudice*. B. *The Great Gatsby*.  
C. *Moby-Dick*.

- ( )8. What are the speakers mainly talking about?  
A. Why they love reading books.  
B. How to learn different views on books.  
C. What books to choose for the meeting.
- 听下面一段对话,回答第 9 至第 10 小题。
- ( )9. What career does Lisa want to pursue?  
A. A veterinarian. B. A teacher. C. A doctor.
- ( )10. What is Lisa waiting for?  
A. To hear back from veterinary schools.  
B. To start a new job.  
C. To graduate from college.

听下面一段对话,回答第 11 至第 12 小题。

- ( )11. What is the man's concern about the new school policy?  
A. It will make students less motivated.  
B. It will increase the workload for teachers.  
C. It will encourage students to procrastinate.
- ( )12. What is the woman's attitude towards the new policy?  
A. She is sceptical about its effectiveness.  
B. She believes it will benefit students.  
C. She thinks it will create more competition.

听下面一段独白,回答第 13 至第 14 小题。

- ( )13. Who might the speaker be talking to?  
A. Professional educators.  
B. Students looking to improve their study habits.  
C. Researchers in the field of education.
- ( )14. What is the main purpose of the speaker's talk?  
A. To introduce a new teaching method.  
B. To share effective learning strategies.  
C. To promote a specific educational programme.

二、听后记录并转述(共两节,15 分)

本大题共两节。第一节,听两遍短文,根据所听内容和提示,将所缺的关键信息填写在相应位置上,每空只需填写一个词。第二节,听第三遍短文,根据所听内容和提示进行转述。

第一节 听后记录信息(共 4 小题;每小题 1.5 分,共 6 分)

现在,你有 1 分钟的时间浏览提示信息。

How to improve English reading comprehension skills	
Expand your vocabulary	Make it a habit to learn new words daily... Try to understand the context in which 15. _____ are used
Practise 16. _____ reading	17. _____ with the text by asking questions, making predictions, and summarizing what you've read. Take notes while reading

(续表)

Read 18. _____ and diversely	Choose a variety of materials. Expose yourself to different writing styles and topics
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下面,请在 90 秒钟内将所缺信息填写到指定的答题区域。

第二节 转述短文内容(本节 9 分)

请再听一遍短文,完成转述。

你的转述可以这样开始:

*Sam Smith introduces some tips on how to improve English reading comprehension skills ...*

下面,请准备录音。听到录音提示音后,在 2 分钟内完成转述。

三、朗读短文并回答问题(共两节,14 分)

第一节 朗读短文(本节 8 分)

现在,你有 1 分钟的时间浏览内容并做录音准备。

Joining school club activities is a great way to enrich your school experience and develop new skills. Clubs provide opportunities to explore interests, meet like-minded peers, and contribute to the school community. Whether it's a sports team, debate club, or art society, there's something for everyone.

Participating in school clubs offers numerous benefits. Academically, it helps you develop time management and organizational skills as you balance club activities with schoolwork. Socially, it allows you to build friendships and improve teamwork and communication skills.

However, it's important to approach club activities wisely. First, choose clubs that genuinely interest you rather than joining too many just for the sake of it. Second, contribute to the club's activities to help you gain the most from the experience and build meaningful connections. Lastly, communicate with club leaders or teachers if you feel overwhelmed or need guidance.

下面,请准备录音。听到录音提示音后,在 90 秒钟内完成朗读。

第二节 口头回答问题(共 3 小题;每小题 2 分,共 6 分)

下面,请根据所朗读的内容口头回答 3 个问题,每个问题你将有 15 秒钟的准备时间,在听到录音提示后,你有 30 秒钟的时间作答。

请回答第 1 小题。现在,你有 15 秒钟的时间做答题准备。

Question 1: What is a great way to enrich your school experience and develop new skills?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 2 小题。现在,你有 15 秒钟的时间做答题准备。

Question 2: How can school clubs help you socially?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 3 小题。现在,你有 15 秒钟的时间做答题准备。

Question 3: Please list two tips for participating in school club activities.

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

笔 试 部 分

第一部分 知识运用(共两节,30 分)

第一节(共 10 小题;每小题 1.5 分,共 15 分)

[2025·北京交通大学附属中学高一期中]

阅读下面短文,掌握其大意,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

When I look back at the first half of the year, I am amazed by how many challenges I have been through. But the biggest one was definitely my high school graduation 1.

When I first arrived in Czech Republic four years ago, I was just a normal exchange 2 who spoke only English, and then at the end of the year-long exchange programme, I came up with the idea of 3 my high school studies there.

At that time, I was only sixteen and delighted by my new future. But I didn't realize the 4 of completing school in the Czech language, which is considered to be one of the most 5 languages in the world. As I 6 knowledge of certain subjects, I received the worst marks and people around doubted whether I could graduate. However, I practised all the time. Gradually, I could communicate with others fluently and my 7 grew.

The final exam day came. Thinking about everyone who had helped and supported me along my journey, I felt 8 and confident.

In May, I received a notice that I had 9 the exam. At my graduation ceremony, my Czech teacher said very proudly in front of everyone, “One student, she is from China with merely three years of learning Czech; she 10. She deserves a golden folder for the certification.”

My journey through high school was finally finished. Though the journey of university is just about to begin, I think I am ready.

( )1. A. speech B. exam C. present D. custom

( )2. A. teacher B. expert C. engineer D. student

( )3. A. finishing B. quitting C. examining D. preparing

( )4. A. value B. ability C. challenge D. benefit

( )5. A. beautiful B. difficult C. common D. popular

( )6. A. lacked B. gained C. increased D. pursued

( )7. A. desire B. fear C. confidence D. burden

( )8. A. bothered B. troubled C. ashamed D. encouraged

( )9. A. passed B. failed C. avoided D. missed

( )10. A. got away B. broke down C. made it D. calmed down

第二节(共 10 小题;每小题 1.5 分,共 15 分)

阅读下列短文,根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词,在给出提示词的空白处用括号内所给词的正确形式填空。

A

BBC film crew was working on the remote Lord Howe Island for a new wildlife documentary called *Drowning in Plastic*. They filmed many birds that 11. \_\_\_\_\_ (die) for no clear reason. After some research, they found out the truth—12. \_\_\_\_\_ caused the death of the birds was that their stomachs were literally too full of plastic. The documentary team also filmed biologists 13. \_\_\_\_\_ (work) on the island to save the birds. The scientists captured hundreds of chicks and removed plastic from their stomachs to give them a chance of survival.

B

Young people work hard 14. \_\_\_\_\_ (get) their qualifications. But many workplaces are looking for soft skills. They concern about things like managing your time, working in a team in different activities and communicating with others. All of those 15. \_\_\_\_\_ (include) in soft skills. Usually people with these skills can do a good job. Many of these skills are 16. \_\_\_\_\_ (help) in your education as well. You can develop them 17. \_\_\_\_\_ learning about the way you think and the way you communicate.

C

High school years play a large part in shaping the person you are going to become. A school often 18. \_\_\_\_\_ (provide) education for you, and it can also be a place in which you can develop relationships with many different people, join clubs, and participate in a variety of different sports. These years can make you become a high school student 19. \_\_\_\_\_ (fill) with many different emotions, including happiness, anger, sadness, envy, loneliness, stress, and a numerous amount of more. This is also a time 20. \_\_\_\_\_ peer pressure is most commonly put upon a vast majority of teens.

第二部分 阅读理解(共两节,38 分)

第一节(共 14 小题;每小题 2 分,共 28 分)

阅读下列短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

A [2025·北京日坛中学高一期中]

Earn money this summer with sunny libraries!

Do you have too much free time this summer vacation? Do you need a summer job to earn extra money? Do you want to be involved in your community (社区)? Sunny Area Library System (SALS) has job opportunities for high school students. These are good chances to get work experience

(续表)

<b>Book Theatre</b> brings children's book stories to life. It has shows at all Sunny Libraries. Applicants should enjoy performing in front of the audience and working with young children. <b>Work Hours:</b> Practice: Fridays 4:00 pm—6:00 pm Performance: Tuesdays 10:00 am <b>Rate of Pay:</b> \$ 16/performance	<b>Computer Tutor</b> helps guests to deal with technology problems, involving Internet searches and using the SALS website to find materials. Applicants should have computer skills. <b>Work Hours:</b> Monday—Friday 9:00 am—5:00 pm <b>Rate of Pay:</b> \$ 8/hour
<b>Bookmobile</b> helps the driver find the routes to libraries. The truck you work in is air-conditioned, and the driver is friendly. Applicants must be able to lift heavy boxes. <b>Work Hours:</b> Sunday and Friday 9:00 am—4:00 pm <b>Rate of Pay:</b> \$ 10/hour	<b>Reader Desk</b> provides service with a smile while checking materials in and out for guests. A friendly attitude and ability to work on the library data system are required. <b>Work Hours:</b> Monday—Tuesday 8:00 am—4:00 pm <b>Rate of Pay:</b> \$ 7.50/hour

( )21. If you are interested in acting, \_\_\_\_\_ should be your choice.

A. Book Theatre B. Bookmobile

C. Computer Tutor D. Reader Desk

( )22. If you get the job of Bookmobile, you are expected to \_\_\_\_\_.

A. work with young children B. lift heavy boxes

C. check materials for guests D. repair computers

( )23. The purpose of the advertisement is to \_\_\_\_\_.

A. attract students to libraries B. raise money for libraries

C. introduce new books D. offer job opportunities

B [2025·北京第十二中学高一期中]

Adom Appiah is not your typical High School Junior. He has taken his volunteerism to a whole new level by starting a nonprofit charity organization called Ball4Good.

Amazingly, this innovative organization was a result of Adom's 7th grade school assignment. At age 12, his history teacher, Mrs Kelsea Turner, at Spartanburg Day School, had challenged her students to dedicate 20% of their class time to a service project. She suggested that they research a community need and then work independently on finding a solution. Adom was inspired.

Adom had great passion for playing sports as a soccer and basketball player. So, he naturally thought of combining sports and community support into an athletics-oriented service project. His idea was to invite athletes, leaders and celebrities to play ball games to raise money for local charities.



Ball4Good held its first Celebrity Basketball Game in 2017. Adom used donations received on his 13th birthday as seed money for the event. It was a huge success and raised over \$ 70,000 for 13 local charities.

Then, Adom’s idea has transformed into a movement that is helping communities through various ways such as celebrity sport events, charity drives and fund-raising. It donates raised funds to various causes affecting children, such as autism, homelessness, abuse and cancer.

If all these accomplishments about Ball4Good were not enough, the teen has also authored three motivational children’s books to inspire students to change the world and bounce back from failures. Donations from book sales have supported several charitable causes. In addition, he won a national award (Gloria Barron Prize for Young Heroes, 2019) that comes with a \$ 10,000 prize for his public service efforts. Having multiple projects has not slowed Adom down, as he is currently hosting his own show called *Kids Changing the World* on TV.

“I try to have kids involved in every step of the way, so they can figure out how things work in the business and philanthropic world,” Adom said. He wants people to know that success starts with believing in yourself. His goal is to expand Ball4Good’s reach. He believes that by encouraging others to get involved, he’s multiplying the impact of Ball4Good.

- ( ) **24.** What inspired Adom Appiah to start Ball4Good?
- A. Passion for sports and support from a community.  
B. A school assignment given by his history teacher.  
C. His experiences of being a soccer and basketball player.  
D. Athletes, leaders and celebrities he invited to play games.
- ( ) **25.** According to the passage, we can learn that Ball4Good \_\_\_\_\_.  
A. aims to promote community sports  
B. held its first activity with Adom’s own savings  
C. helps communities simply through celebrity sport events  
D. uses raised money to help children in various difficulties
- ( ) **26.** Which of the following can best describe Adom Appiah?  
A. Kind and humorous.                      B. Generous and patient.  
C. Innovative and inspiring.                D. Hardworking and reliable.

**C** [2025 • 北京西城外国语学校高一期中]

For decades, common wisdom held that how much we eat and exercise determines our weight. As researchers learned more about the human body, they discovered that what people eat plays an important role in weight gain and loss. This led to a wide range of dietary recommendations. Don’t eat fats. Avoid sugars. Eat protein at every meal.

Now researchers are discovering another factor that influences health and weight gain—when we eat. A growing body of evidence finds that the time of day when we consume calories affects weight gain and overall health.

The most recent study to support this idea was published this summer

in the *Journal of Nutrition*. Data from the study came from broad questionnaires that explore the links between lifestyle, diet and disease.

Researchers found that participants who ate three meals a day and snacked between meals tended to gain weight over time, while those who ate one or two meals a day tended to lose weight. What’s more, participants who made breakfast their largest meal were less likely to be overweight compared to those who ate their largest meal at lunch or dinner. Those who ate breakfast were more likely to have a healthy weight compared to those who skipped breakfast.

The evidence on the benefits of having a big breakfast is strong enough that the American Heart Association has announced a statement that planning and timing meals and snacks is a healthier way of eating, and likely reduces the risk factors for heart disease. The statement stressed that eating breakfast is helpful in preventing diabetes.

“Meal timing may affect health due to its effect on the body’s internal clock,” said Marie Pierre St-Onge, PhD, an associate professor of nutritional medicine at Columbia University in New York City. She also explained that planning meals and snacks can help prevent emotional eating. “Many people find that emotions can cause desire to eat when they are not hungry, which often leads to eating too many calories from foods that have low nutritional value,” she said.

The take-home message here is pretty clear. Breakfast truly may be the most important meal of the day. Consuming more calories in the morning and fewer as the day goes on is an effective way to keep a healthy weight.

- ( ) **27.** The first paragraph suggests that \_\_\_\_\_.  
A. exercise makes us healthy and eat more  
B. if we don’t eat sugars, we will lose weight  
C. we should avoid eating protein at every meal  
D. dietary habits are closely related to our weight
- ( ) **28.** Researchers found that \_\_\_\_\_.  
A. having breakfast can cure diabetes  
B. meal times may have an effect on health  
C. snacking may reduce the risk of heart disease  
D. eating habits can cure your emotional problems
- ( ) **29.** What do the underlined words “take-home message” in the last paragraph mean?  
A. Conclusion.                                      B. Decision.  
C. Conversation.                                    D. Information.
- ( ) **30.** The writer of the passage aims to \_\_\_\_\_.  
A. examine the history of breakfast development  
B. stress the benefit of eating dinner and snacks  
C. explain the importance of breakfast  
D. promote the idea of healthy food

**D** [2025 • 中国人民大学附属中学高一期中]

Psychological science is full of interesting topics, many of which tell a coherent picture of human nature, but some of which create seemingly contradictory stories. A case in point is the tricky and misunderstood intersection between strength-based science and the research on narcissism (自恋).

There is now convincing evidence to show that narcissism is on the rise, especially in our youth. Some researchers have gone so far as to say that it is occurring in epidemic proportions, with about 25% of young people showing symptoms of narcissism. The inflated ego of Generation Me is reflected in reality TV, celebrity worship, out-of-control consumerism, materialism...perhaps even a new type of president.

We are correct to be concerned about this phenomenon but our fear that all kids are potential narcissists has caused an unhelpful counter-reaction to approaches that seek to make our children and teens feel good about themselves.

In my own research on strength-based parenting, it is common for people to wrongly label this approach as a recipe for self-entitlement. Their argument seems to be that a child who knows their strengths will automatically view themselves as better than everyone else. It is argued that the self-assurance that comes with identifying and using their positive qualities will make a child arrogant, selfish and uncaring. Genuine confidence about one’s strengths is categorized as over-confidence; desirable self-knowledge is branded as excessive self-admiration.

Why does this occur? It’s partly because more is known about narcissism than strengths. While strengths psychology has largely stayed within the limit of academic journals or has been applied only within certain contexts such as the workplace, research on narcissism has made its way into the mass media and into our collective consciousness. *The New York Times* noted that narcissism is a favoured “go-to” topic and that people everywhere are diagnosing others with it.

The fear that a strength-based approach will cause narcissism also occurs because we unwittingly fall prey to binary (非此即彼的) thinking. We mistakenly believe that one cannot be both confident and humble. We focus on Donald Trump and Kim Kardashian rather than Mahatma Gandhi and Mother Teresa. There’s no way that Gandhi and Mother Teresa could have achieved what they did without confidence in their strengths, and yet they are both pillars of humility and selflessness.

When we assume that strength-focus is the same as self-focus, we fail to entertain the idea that people who know their strengths are, actually, more likely to be pro-social and focus on helping others.

It’s tempting to conclude that every young person is at risk of becoming a narcissist but I’d like to stand up for the thousands of young

kids I have worked with who are caring, thoughtful and humble—even when they use their strengths.

- ( ) **31.** What can we learn from the passage?
- A. Both strengths psychology and narcissism are difficult to understand.  
B. Approximately a quarter of kids are potential narcissists.  
C. Knowing the kids’ strengths has an opposite effect on making them feel good.  
D. An increasing number of youth are showing an inflated sense of self.
- ( ) **32.** Why are teenagers’ strengths often mistaken for narcissism?
- A. Strengths psychology is less accessible to the general public.  
B. Academic journals and mass media report more on narcissism.  
C. There is a lack of strengths in our collective consciousness.  
D. A number of people are diagnosed with narcissism by doctors.
- ( ) **33.** What’s the author’s attitude towards strength-based parenting?
- A. Sceptical.    B. Neutral.    C. Favourable.    D. Cautious.
- ( ) **34.** Which of the following might be the best title for the passage?
- A. A recipe for self-entitlement  
B. Teens’ narcissism diagnosis  
C. Binary thinking of psychological science  
D. Teens’ confidence misunderstood

**第二节**(共 5 小题;每小题 2 分,共 10 分)

[2024·北京丰台高一期末]

根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

How objective are you? How often are you over-reacting to situations, taking things personally or judging people unfairly? We all do this at some time or another.

35. \_\_\_\_\_ Under stress, most of us draw solely on our past experiences and biases, which cloud our ability to see things clearly and make sound judgements. Moreover, our desire to succeed is often so strong, that, under these intense circumstances, our limiting mental models tend to get in our way, creating even more stress and causing us to react in ways that we may regret.

Our ability to be objective depends on our willingness to question our mental models, the lens through which we perceive, interpret and respond to our world. If our mental models are incorrect, then our understanding of what is going on and our response to it are often incorrect. 36. \_\_\_\_\_

The good news is that with practice, we can interrupt our automatic reactions, and choose a different response. Each time we do this, we are re-wiring our neural network by creating new pathways based on new models: new ways of perceiving and responding to our world. 37. \_\_\_\_\_

One of the most powerful mental model transformation catalysts (催化剂) is new knowledge or logic that challenges old ways of thinking. 38. \_\_\_\_\_ They’ve usually been with us for quite a while, so we tend to trust them. For most of us, we have never been taught about mental models and how to evaluate them to determine if they are helpful or harmful.

To transform unproductive mental models, we must change our mind! We have to decide, through our own logic and reason, whether our way of seeing the world is no longer valid for us. 39. \_\_\_\_\_ It is in the wake of this new knowledge that transformation takes place. At that moment, a set of new connections is created in the brain. It’s these new connections that have the potential to enhance our mental resources to help us transform limiting mental models.

A. We can actually learn to think smarter!  
B. An objective leader must judge and treat people fairly.  
C. This requires that we be open to new knowledge and reasoning.  
D. The key is to accept a problem as it occurs and not take it personally.  
E. This is why we sometimes misjudge situations and take things personally.  
F. As we have seen, mental models are deep-rooted beliefs we tend to hold onto.  
G. The challenge is that when we are under pressure, we tend to be less objective.

**第三部分 书面表达**(共两节,32 分)

**第一节**(共 4 小题;第 40、41 题各 2 分,第 42 题 3 分,第 43 题 5 分,共 12 分)

[2024·北京石景山高一期末]

阅读下面短文,根据题目要求用英文回答问题。

Ashley Power’s mother bought a computer for her when she was eight. When she was thirteen, she was surfing the Internet regularly, but she couldn’t find anywhere for teenagers to meet and talk. And one day she thought, “If I had my own website, I’d make it a really interesting site for teenagers.”

So, when Ashley was sixteen, she launched her own website, called GooseHead. She had no idea how big a success it would be, but three years later, the site was the most successful teen site in the USA! It was getting 100,000 hits every day, and Ashley had about 30 employees.

After a few years, the website closed down. Then Ashley, who lived in Los Angeles, was asked to write a book called *The GooseHead Guide to Life*. The book is about how to design a website and start a business. It begins with a section called “All About Ashley”, where Ashley tells readers what it is like to be the boss of a company when you are only sixteen. “I was so happy. But it was crazy in a lot of ways. I got very stressed. I mean, I was only sixteen—I didn’t even have a car! If you were sixteen and you had your own company, you’d be stressed, too!”

In an interview Ashley gave advice to teenagers who wanted to start their own business, “Just be strong and have your dreams and work hard at them. And don’t listen when people tell you that you can’t do it, because I heard ‘no’ a lot. Just keep going until you hear ‘yes’!”

**40.** When did Ashley create GooseHead?

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**41.** What did Ashley do after GooseHead closed down?

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**42.** Please decide which part is false in the following statement, then underline it and explain why.

➢ *Starting a company brought Ashley not only happiness, but also stress due to the lack of support from her family.*

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**43.** Will you take the advice given by Ashley? Why or why not? (In about 40 words)

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**第二节**(20 分) [2025·北京东城高一期末]

假设你是红星中学高一学生李华。你的英国好友 Jim 的学校将开设中文选修课,Jim 担心中文太难,犹豫是否要选这门课。他发来邮件询问你的建议,请你用英文给他回复,内容包括:

1. 鼓励他选课;
  2. 提出学习建议。
- 注意:1. 词数 100 左右;  
2. 开头和结尾已给出,不计入总词数。

Dear Jim,

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Yours,  
Li Hua