

第一部分 听力(共两节,满分 30 分)

第一节(共 5 小题;每小题 1.5 分,满分 7.5 分)

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- ()1. Where is the woman’s key?

A. At her home. B. In her backpack. C. In her pocket.
- ()2. What does the candy taste like?

A. Sour and salty. B. Sweet and sour. C. Sweet and salty.
- ()3. What will the man do next?

A. Have a get-together. B. Visit a company. C. Attend a meeting.
- ()4. What does the woman ask John to do?

A. Do his homework. B. Take the piano class. C. Pick up the package.
- ()5. What’s the top speed of the boat?

A. About 20 miles per hour. B. About 25 miles per hour. C. About 30 miles per hour.

第二节(共 15 小题;每小题 1.5 分,满分 22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料,回答第 6、7 题。

- ()6. What are the speakers mainly talking about?

A. A trip plan. B. Some pictures. C. The woman’s homework.
- ()7. What does the man suggest the woman do?

A. Have a rest. B. Write about her trip. C. Ask her teacher for help.

听第 7 段材料,回答第 8 至 10 题。

- ()8. What do we know about Kemp Town Beach?

A. It is known for its coastal walks. B. It is near the man’s home. C. The water there is clean.
- ()9. Which beach will the speakers go to?

A. Canvey Island Beach. B. Kemp Town Beach. C. Birling Gap Beach.
- ()10. How will the speakers go to the beach?

A. By car. B. By taxi. C. By train.

听第 8 段材料,回答第 11 至 13 题。

- ()11. How long will the course run this year?

A. 6 weeks. B. 7 weeks. C. 8 weeks.
- ()12. What surprised the woman last year?

A. The extremely hot weather. B. The inexperienced assistants. C. The number of children attending the course.
- ()13. What new activities will be added this year?

A. Adventure sports. B. Fun programmes. C. Creative classes.

听第 9 段材料,回答第 14 至 17 题。

- ()14. What was Henry doing when the accident happened?

A. Playing toys. B. Calling his friend. C. Playing the guitar.
- ()15. How did Henry notice something wrong with Mike?

A. Mike suddenly cried. B. Mike was turning purple. C. Mike started to fight for breath.
- ()16. What did Henry do to save Mike?

A. Perform first-aid skills. B. Go to find his father. C. Take him to hospital.
- ()17. What’s the most probable relationship between the speakers?

A. Teacher and student. B. Doctor and patient. C. Classmates.

听第 10 段材料,回答第 18 至 20 题。

- ()18. How did the speaker’s family go to Shillong from Guwahati?

A. By car. B. By taxi. C. By train.
- ()19. What do we know about Shillong?

A. The climate wasn’t good. B. The transport wasn’t convenient. C. There weren’t many tourist attractions.

- ()20. What did the speaker’s family do at the end of their vacation?

A. They admired the sunrise. B. They visited tea gardens. C. They explored thick forests.

第二部分 阅读(共两节,满分 50 分)

第一节(共 15 小题;每小题 2.5 分,满分 37.5 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·湖南长郡二十校联盟高一期中]

Do you really care a lot about eco volunteering or climate change? Want to support environmental volunteer abroad projects or get conservation (保护) volunteer opportunities around the world?

As an environmental volunteer, you’ll have the opportunity to support jungle and rainforest conservation, climate action, environmental education, sustainable (可持续的) cities, coastline conservation, natural farming and tree planting volunteer projects within communities abroad.

Choose from 30 environment and conservation programmes across 21 destinations worldwide.

Work alongside local conservationists—no previous experience required.

Suited to active volunteers who love nature and being outdoors.

Help fight climate change, pollution and protect endangered ecosystems.

Our projects are available year-round. Conservation volunteer work is varied and dependent on the type of environmental project you choose. From tree planting volunteer programmes to climate action projects, you could be collecting data on endangered species, planting trees, learning about sustainable farming techniques, growing organic food, developing green urban spaces, protecting threatened rainforests and much more.

On our conservation volunteering abroad projects, you’ll be working closely with local organizations and community members to support practical methods of protecting our natural environment.

Our programmes have been carefully selected to give you the chance to be part of the solution. Our conservation volunteers help important environmental projects go beyond sustainability by protecting lands, ecosystems and wildlife around the world, with the aim of leaving every place better than we found it.

Looking for the best environmental conservation programmes abroad for 2025 or 2026? Check out our blog!

- () **21.** What personality is the most important for volunteers in the programmes?
- A. Skills in advanced technology.
- B. Eagerness for outdoor adventures.
- C. The ability to work in office settings.
- D. A good knowledge of several languages.
- () **22.** What type of data might volunteers collect during their work?
- A. Green urban space usage rates.
- B. Sustainable farming techniques.
- C. Population changes of rare animals.
- D. Records concerned with planting trees.
- () **23.** What is the main goal of the volunteer efforts?
- A. To make forests bigger by means of tree planting.
- B. To promote environmental education in local schools.
- C. To reduce harmful gases by organizing climate activities.
- D. To improve the environmental condition of visited regions.

B [2025 • 广东深圳新安中学高一期中]

The cloud forest of the Western Andes in Colombia is one of nature recordist Juan Pablo Culasso’s favourite places in the world. He loves the bird songs he records, without the insect noises that are so common in other nearby regions.

Born blind, Culasso pays more attention to the sounds of nature than most birders. In fact, he can identify more than 2,000 birds by their song. Now he and his partners in Colombia have developed birding trails (路线). These trails enable people who are blind or have poor eyesight to visit the cloud forest of San Antonio. They can enjoy the birds of the area. The trails include six separate locations. The locations offer tours with specially trained guides.

Blind visitor Gabriel Soto took his first bird trip on one of the trails earlier this year. He also had an audio guide with recordings of 50 common birds in the area. “It’s wonderful because it makes me experience birding freely,” he says. He went home that day with a new interest in birds. And now he often tries to identify bird sounds at home. “When you can identify them, you enjoy them a lot more,” he adds.

Using his knowledge of birdsong and tourism, Culasso trained local guides and tourist operators. During training, he asked guides to try to experience nature as he did. He challenged them to describe ecosystems in a detailed way without sight. What also makes the project unique is that the tours can be organized at any time, not just as scheduled special events.

Culasso hopes that encouraging bird tourism can drive the protection of this unique ecosystem. For example, the multicoloured tanager, his favourite bird, was seldom seen just four years ago. Thanks to the local environmental protection, today this beautiful bird is often seen and heard. Culasso says when nature is within reach, everyone wins.

- () **24.** What are the birding trails in San Antonio designed to do?
- A. Support scientific research on local forests.
- B. Provide job opportunities for blind guides.
- C. Bring nature to those with sight problems.
- D. Apply new technology to bird feeding.
- () **25.** How does the project benefit visitors according to Gabriel Soto?
- A. By enabling creative bird photography.
- B. By inspiring active bird exploration.
- C. By improving communication skills.
- D. By increasing physical activity.
- () **26.** What is a special feature of Culasso’s training approach?
- A. Stressing the senses beyond sight.
- B. Organizing adventurous guiding trips.
- C. Allowing planning of volunteer events.
- D. Encouraging memorization of bird species.
- () **27.** Which of the following is the best title for the text?
- A. Travel through Colombia’s rainforest
- B. Teach bird-watching to nature lovers
- C. Save endangered birds actively
- D. Enjoy birding through sound

C [2025 • 河北石家庄高一期中]

If you think shopping online is more eco-friendly than driving to a store, think again.

It may sound strange, but the more eco-friendly way to shop is going to a physical store rather than by making purchases online from companies that don’t have physical stores, according to a new report in *Environmental Science & Technology*, a peer-reviewed scientific journal published by the American Chemical Society.

In the study, researchers estimated that shopping at physical stores for frequently bought items such as toilet paper, shampoo and toothpaste, often results in less greenhouse gas emissions (排放) than ordering the products from a company that only sells through the Internet.

The main reason is because of how people shop online: many buy items online frequently—but they only buy a few items per purchase. “When they shop in a store, they aggregate these items in a single large purchase,” noted Sadegh Shahmohammadi, one of six researchers who worked on the year-and-a-half long study.

“Frequent online purchases produce more packaging waste, and online items tend to come from different distribution (配送) centres. Both factors result in higher greenhouse gas emissions per item,” said Shahmohammadi.

The team modeled their research on the movement of goods from the factory all the way through to the end consumer. They then specifically focused on the part of the retail supply chain (零售供应链) called “the last mile” delivery: the distance between a store to a customer, or in the case of online shopping, the distance between the distribution centre for the goods to the customer.

The analysis showed that total greenhouse gas footprints per item purchased from physical stores were higher than those from bricks & clicks (when people order online and a physical store delivers the items to them) purchases in 63% of the shopping events but lower than those of pure players (strictly online sellers) in 81% of shopping events.

- () **28.** What’s the author’s purpose in mentioning the new report?
- A. To recommend a strange shopping habit.
- B. To introduce a respected scientific journal.
- C. To analyse online shopping.
- D. To prove the advantage of offline shopping.
- () **29.** What does the underlined word “aggregate” in Paragraph 4 mean?
- A. Combine.
- B. Produce.
- C. Divide.
- D. Check.
- () **30.** What can we learn about “the last mile” delivery?
- A. It is designed by the research team.
- B. It is managed by the factories.
- C. It causes high greenhouse gas emissions.
- D. It influences the total greenhouse gas footprints.
- () **31.** According to the analysis, which is probably the most eco-friendly way to shop?
- A. Buying at physical stores.
- B. Buying from bricks & clicks.
- C. Buying from pure players.
- D. Buying a few items per time.

People's tendency to follow trends, especially on social media, is definitely a common phenomenon. What does psychology say about trend following and is there a way to break free from the desire to follow the newest craze?

According to psychologist Pamela Rut, following trends doesn't fully show character weakness. Rather, it is an entirely natural behaviour fixed firmly into humans' basic need to belong to a social group and establish connections with others.

Historically, following trends was critical for our survival. Archaeologists have uncovered evidence that early humans worked together to transport stone tools over long distances about 2 million years ago in what is now Kenya—cooperation that allowed them to survive in a bad environment. And though following a trend on social media isn't exactly as important as outrunning a saber-toothed tiger (剑齿虎), human evolution has programmed our brains to be receptive to social signals.

Another contributing factor, the social cognition (认知)—the processes that determine what we notice and how we respond to others—largely takes place in the parts of the brain that oversee sight, pattern recognition, decision-making, and similar functions. “Thanks to our humans’ complex cognitive systems, our brains are really good at identifying patterns and motivating behaviour that communicates our social status. As a result, you can use almost anything to signal your membership or connection with a social group. Giving off the right social signals lets others know which group you belong to or want to engage with and those signals are monitored and interpreted by others. Referred to as identity signaling, these behaviours can range from putting a bumper sticker on a car to selecting a brand of clothing,” said Rut.

Almost everyone follows trends in social groups, without exception. However, tweens, teens and young adults are especially likely to follow trends, including risky ones, due to their heightened desire for acceptance and belonging among peers. Therefore, it's of great significance to guide them during their journey towards maturity.

() **32.** What does Rut think of following trends?

- A. Risky.
- B. Strange.
- C. Reasonable.
- D. Funny.

() **33.** Why did early humans prefer to follow trends?

- A. To expand their population.
B. To show their great position.
C. To remove mental weakness.
D. To live through difficulties.

() **34.** What is the hidden meaning of identity signaling?

- A. A great thirst for belonging.
B. A true reflection of personality.
C. Good taste in fashion industry.
D. Blind pursuit of novelty.

()35. What will the following-up paragraph(s) most probably discuss?

- A. Insights into the coming trends.
- B. Parental guidance in kids' future jobs.
- C. Psychology behind trend following.
- D. Tips on following trends sensibly.

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

[2025·江苏连云港高一期中]

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Whether you're looking to lose a few pounds, spend more time at the gym or learn a language, turning bad habits into good ones is all about self-control. Some of us have more than others. And research shows that those with more self-control tend to be happier. But the problem is that we usually only get rewarded in the future. 36.

Michael Inzlicht is a professor of psychology at the University of Toronto and a self-control researcher. He says that the ironic thing about self-control is that those who are really good at it don't have to practise it. 37. _____ When you love and desire something that tends to be better for you, like studying, working hard or exercising, for example, you don't have to think about doing it. Inzlicht says that these types of individuals generally have what's called "trait self-control" meaning it's an aspect of their personality.

When it comes to improving self-control, Inzlicht says it's difficult to change the personality that you're born with. 38. _____ A wide body of research shows that you can improve self-control for a particular behaviour you want to change or a habit you'd like to develop. For example, Inzlicht says that when we get paid to make life changes, we're more likely to make them. Some gyms will charge you a certain amount of money for a year-long membership and then give you a few cents back every time you come. 39.

40. Part of failing at developing self-control is in

getting frustrated at yourself for not changing overnight. If you're building self-control in losing weight, for instance, don't try switching to nothing but fruits and vegetables all at once because it's too dramatic a change—not to mention unsustainable.

- A. However, this doesn't mean you can do nothing about it.
- B. Another tip for success, Inzlicht says, is making gradual steps.
- C. Even a small amount of money can encourage people to work out.
- D. They can maintain the good habits all the time without much effort.
- E. Thus, we are constantly weighing whether to wait or to have it right now.
- F. Don't be afraid of frustration, since it is necessary for your improvement.
- G. Actually, self-control improvement can bring about benefits to all individuals.

第三部分 语言运用(共两节,满分 30 分)

第一节(共 15 小题;每小题 1 分,满分 15 分)

阅读下面短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

It's been nearly seven years since a group of volunteers from a non-profit organization What Cheer Flower Farm broke ground at a flower farm in Providence, Rhode Island. They only have one simple 41: to get flowers into the hands of anyone 42 a pick-me-up. Best of all, each one of the tens of thousands of flowers that What Cheer Flower Farm grows and 43 is completely free of charge. "We want to 44 the state with flowers and create happiness and joy," says Erin Achenbach, What Cheer Flower Farm's head florist.

What Cheer Flower Farm 45 brings blooming joy to people at local hospitals, food banks, senior centres, recovery centres and more—including AIDS Care Ocean State. “Seeing the 46 on people’s faces who weren’t 47 it—they just came in to inquire about the programmes—is pleasant,” says Stephen Hogan Jr. from AIDS Care Ocean State.

Located in Providence's rusted (锈迹斑斑的) 48 Olneyville neighbourhood, What Cheer Flower Farm's flower beds lie on 2.7 acres that once 49 a knife factory. In May, the organization was 50 a record-high \$ 500,000 grant from the Environmental Protection Agency for its continued revitalization (振兴) of a brownfield site, a 51 land because of industrial pollution.

“Not only do we revive this space, which was quite literally

52 ,” says Achenbach, “but also this is an eco-landing spot with the ability to 53 local insects and birds. That’ll have a win-win outcome: 54 people’s lives and supporting the local ecosystem.” What cheer, indeed! “What’s good about flowers is that they don’t need anything else. People’s only job is to 55 them when someone gives them flowers.”

- ()41.

A. reason

B. goal

C. attitude

D. excuse
- ()42.

A. in terms of

B. in charge of

C. in memory of

D. in need of
- ()43.

A. delivers

B. produces

C. collects

D. covers
- ()44.

A. honour

B. represent

C. blanket

D. praise
- ()45.

A. regularly

B. rarely

C. privately

D. initially
- ()46.

A. tears

B. remarks

C. sweat

D. smiles
- ()47.

A. wanting

B. investing

C. expecting

D. teasing
- ()48.

A. harmonious

B. industrial

C. influential

D. continuous
- ()49.

A. housed

B. aroused

C. ran

D. operated
- ()50.

A. linked

B. cooperated

C. awarded

D. cheated
- ()51.

A. remote

B. flat

C. divided

D. deserted
- ()52.

A. lively

B. dead

C. restless

D. negative
- ()53.

A. shelter

B. drive

C. research

D. observe
- ()54.

A. taking over

B. referring to

C. lighting up

D. holding back
- ()55.

A. reject

B. grow

C. touch

D. admire

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2025 • 四川成都外国语学校高一期中]

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Lushan National Park, 56. _____ (locate) in the south of

Jiujiang City, Jiangxi Province, has attracted visitors throughout China for more than two thousand years. Although it’s not a known spot for Western people, this park is 57. _____ (huge) popular with Chinese people. It is 58. _____ must-see place for any traveller in China.

There are many beautiful plants and animals in the mountainous area. One of the most amazing 59. _____ (attraction) in the park is Hanpo Pass. From here, you can look down, 60. _____ (enjoy) a lake that’s several hundred metres below. This park is famous 61. _____ more than its scenery. The whole region is a site of great 62. _____ (significant) in Chinese culture. Throughout Chinese history, it has seen many great thinkers, artists and writers, 63. _____ thought highly of its beauty. And there are many historic buildings, including temples, study halls and libraries.

In recent years, with more and more people visiting the park, many rules have been made 64. _____ (protect) it from being damaged. Despite the rise in tourism, a 50,000-hectare nature reserve has been set up around the area. So far, great progress 65. _____ (make) by the Chinese government in reducing the negative effects of mass tourism.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分) [2025 • 安徽六安高一期中]

假定你是李华,最近学校组织了一次名为“绿色交通去上学”的活动,针对同学们对于此次活动的态度,你在班上做了一次调查。请根据表格中的信息,用英语写一篇调查报告向校英语报投稿。

观点	比例	理由
支持	70%	1. 骑自行车的益处 2. 汽车带来的问题
反对	30%	骑自行车上学的弊端

注意:1. 词数 80 个左右;
2. 可适当增加细节,以使行文连贯。

参考词汇:交通堵塞 traffic jam

第二节(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。

A midnight rescue

It was not uncommon to carry out tasks at night as rescuers. Harry and David were informed of their task when it was nearly midnight. It was urgent so there was no time to hesitate. They headed into the forest.

The forest was black and silent. A little way into it they reached a fork in the earth path. Harry and David took the left path. They walked in silence, their eyes on the ground, watching out for the traps like big pits (坑) set by the illegal hunters. Every now and then a ray of moonlight through the branches above lit a spot of scarlet (猩红的) blood on the fallen leaves.

David saw that Harry looked very worried, asking, “Could Unicorn be hurt that badly?” Harry answered, “If we can’t find it as soon as possible, it doesn’t stand much chance to survive.” Of course, Unicorn was not the animal in fairy tales but the nickname of a 3-year-old elephant, the last wild elephant in this forest. The nickname was given by the biodiversity rescuers who were protecting every member in this forest. They knew Unicorn was obedient and not afraid of human beings and that sometimes put it in danger. “Without it, the forest was not complete. Those illegal hunters should be thrown into prison,” Harry thought, carrying his first aid kit (急救箱) on his back and walking forward with his flashlight.

It seemed that thick fog would come at any time, which would increase the danger. Harry hurried into the heart of the forest with David. They walked for nearly half an hour, deeper and deeper. There were blood splashes (血迹) on the roots of a tree, as though the poor creature had been struggling around in pain close by. “We must hurry up,” said Harry.

注意:续写词数应为 150 个左右。

Paragraph 1:

However, it was really not easy for them to find it. _____

Paragraph 2:

Without delay, Harry knelt down to do first aid on its wound with David holding the flashlight. _____

