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功能学具



学生之家

基础教育行业专研品牌

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# QUANPIN DUANPINGKUAI 全品短平快

主编 肖德好

## 题型组合集训

### 英语



长江出版传媒  
崇文书局

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① 社会生活 ② 科技与认知

① 科技发展 ② 心理学应用

科学发现

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①科技发展 ②科普科研

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- 话题8 人与动物

### 专题三 应用文写作考点分类练

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# · 高考选题特点及新变化 ·

## 1. 落实立德树人，强化育人导向

(1) 涵养家国情怀，  
坚定文化自信

### 选材亮点

#### [第一组]

- ① 布鲁塞尔举办的“全民太极”活动（精练6 语法填空）
- ② Pourazar学习并传播京剧（精练7 完形填空）
- ③ 德国学者体验毕昇活字印刷术（精练16 语法填空）
- ④ 敦煌艺术在新西兰展览（精练21 语法填空）
- ⑤ 法国制片人拍摄北京中轴线纪录片（精练23 语法填空）

(2) 关注全球议题，  
拓展国际视野

### 选材亮点

#### [第二组]

- ① 关注垃圾和环保问题（精练1 阅读理解B）
- ② 人型机器人的面部表情（精练7 阅读理解B）
- ③ 用人工智能进行艺术创作（精练11 阅读理解A）
- ④ 智能绿色城市（精练20 阅读七选五）
- ⑤ 精准农业中的实时成像技术（精练37 阅读理解C）

(3) 倡导五育并举，  
促进全面发展

### 选材亮点

#### [第三组]

- ① 学习国际象棋（精练2 完形填空）
- ② 艺术对个人成长的影响（精练8 阅读理解A）
- ③ 劳动实践活动（写作专练2 应文写作）
- ④ 教室里种植作物（精练15 完形填空）
- ⑤ 全民运动健身活动（写作专练4 应用文写作）

## 2. 注重考查基础，促进思维品质发展

(1) 依据课程标准，  
注重考查基础知识和基本技能

### 选材亮点

#### [第四组]

- ① 《新科学家》介绍（精练1 阅读理解A）
- ② 人形机器人大赛（精练3 语法填空）
- ③ 保持健康的生活方式（精练11 阅读七选五）
- ④ 将骑行发展成职业（精练27 完形填空）
- ⑤ 将街角变成美丽花园（精练41 完形填空）

(2) 创新情境设计，  
引导学生思维品质培养  
与发展

### 选材亮点

#### [第五组]

- ① 手机导致注意力分散（精练14 阅读理解B）
- ② 介将车库改成住宅（精练19 完形填空）
- ③ 帮助海豚恢复活力（写作专练4 读后续写）
- ④ 观点+理由（写作专练6 应用文写作）
- ⑤ 二选一写作（精练36 应用文写作）

第一周 精练 1 阅读理解(2篇)+阅读七选五+语法填空(限时:30 分钟)

① 阅读理解

A [2025·广东深圳高三第二次调研考试]

体裁	主题语境	难度	词数
应用文	人与社会	☆☆	260

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- ( ) 1. What can you find in *New Scientist*?
- A. Latest science fiction.
- B. Beginner-friendly science articles.
- C. Academic writing guides.
- D. In-depth scientific research papers.
- ( ) 2. What is an advantage of being a subscriber?
- A. Staying informed of updates.
- B. Taking discounted science tours.
- C. Getting free reading devices.
- D. Attending lectures in universities.
- ( ) 3. How much is the annual subscription for print and digital access after the 10-week trial?
- A. \$ 99.                      B. \$ 109.
- C. \$ 199.                     D. \$ 240.

B [2025·山东省实验中学高三一模]

体裁	主题语境	难度	词数
记叙文	人与自然	☆☆☆	316

Living a zero-waste lifestyle might seem like a daunting challenge to many, but for Robin Greenfield, an environmental **activist**, it's a joyful mission to inspire change.

To promote awareness of waste issues, he created the outstanding “Trash Walk”. Last year, he undertook another walk in Los Angeles. For a month, he lived like an average city resident—eating, shopping, and consuming—while attaching every piece of trash he produced to his body. By the end of the month, he wore a massive “trash suit” made of bottles, plastic, paper, and cans as he wandered through the streets of LA.

And Robin Greenfield is not doing art for art’s sake. He has many useful recommendations on how to avoid trash, how to live sustainably and how to find out what is really important in life. His book *The Story of Stuff* shows the interconnections and contingencies of 21st century capitalism. The other book *Food Freedom* tackles another one of the big problems of consumerist society: the broken system and terrible mechanisms of industrial agriculture. As always, he’s donating the profits and most of his earnings to important causes—this time to Indigenous- and Black-led food sovereignty projects, many of which are run by women. He relies on exchanging knowledge and skills to live with **minimal** financial resources.

Robin Greenfield enhances his authenticity by living his values. He’s working with others to build food systems that are regenerative, fair, and just. He demonstrates contentment through minimal material needs and inspirational actions, such as building sustainable tiny houses from recycled materials—projects he has repeated multiple times.

His point was crystal clear—we don’t usually see the impact of all the waste we produce. But waste doesn’t just disappear. As a walking “trash man”, he invites everyone to imagine—and practically build—a world where protecting the planet becomes second nature.

- ( )4. What did Robin Greenfield do during his walk last year?
- A. He collected trash from the streets.  
B. He wore all the trash he generated.  
C. He resided in the streets of LA.  
D. He sold many artworks of trash.

- ( )5. Why were his two books mentioned in Paragraph 3?
- A. To emphasize his popularity as an author.  
B. To prove the benefits of living sustainably.  
C. To show his practical efforts for the environment.  
D. To criticize modern capitalism and consumerism.
- ( )6. What does Robin Greenfield suggest people do?
- A. Donate all their earnings.  
B. Lead an eco-friendly life.  
C. **Maximize** their material needs.  
D. Engage in industrial agriculture.
- ( )7. Which of the following best describes Robin Greenfield?
- A. Inspiring and caring.  
B. Innovative and strict.  
C. Passionate and modest.  
D. Persistent and demanding.

II 阅读七选五 [2025·湖北武汉高三三模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	271

Even as a child, I was always goal-directed. Every January 1st, I would dutifully sit down and write out my resolutions for the upcoming year: lose 50 pounds, run a marathon, have a picture-perfect home! Oh, and be the best parent ever who never yelled at my children! 1. \_\_\_\_\_ By every March, I fall trapped in a cycle of ambition and guilt.

Everything changed when I faced consistent battles with breast and appendix cancer. That’s right: two different cancers, with two different treatment plans, at the same time, in the same body. 2. \_\_\_\_\_ And I won’t lie—the next year was incredibly difficult.

Experiencing dual treatments taught me profound lessons. 3. \_\_\_\_\_ Simply waking up cancer-free became my definition of triumph. Where I once measured success by completed checklists, I now find victory in my children’s laughter or sunlight filtering through hospital blinds.



I abandoned traditional resolutions by realizing that big goals invite big failures. Instead, I adopted a “mini-mission” approach. 4. \_\_\_\_\_ For example, rather than aiming for daily gym marathons, I committed to 20-minute walks three times weekly.

The magic lies in accumulated progress. After mastering basic nutrition goals (five vegetable servings daily), I added hydration targets (replacing soda with herbal tea). This gradual method even helped me conquer the fearful rowing machine—a feat (壮举) I’d previously considered impossible.

5. \_\_\_\_\_ My only “resolution” last year was avoiding medical deductibles (免赔额) through sustained small health habits. To my delight, it worked not through extreme measures, but through the snowball effect of mini-achievements.

- A. It was a lot to deal with.
- B. Immediate results often mask long-term costs.
- C. Survival reshaped my understanding of success.
- D. External pressures weaken self-improvement efforts.
- E. Tiny achievable steps replaced monumental demands.
- F. Piled accomplishments build sustainable transformation.
- G. In practical terms, my grand plans frequently backfire psychologically.

语法填空【原创】高考同源

<https://www.chinadaily.com.cn/a/202508/12/WS689b05b3a310724b600212f9.html>

体裁	主题语境	难度	词数
新闻报道	人与自然	☆☆☆	208

In the **enclosures** of the Chengdu Research

Base of Giant Panda Breeding, James Edward Ayala, 1. \_\_\_\_\_ US-born scientist, is observing the 2-year-old panda Rong Shuo, 2. \_\_\_\_\_ name translates as “Shining Chengdu”. With gentle precision, he measures its size, part of a study

3. \_\_\_\_\_ (track) male pandas’ development.

“I love working with him ... it’s kind of symbolic of my relationship with the city,” James, who 4. \_\_\_\_\_ (spend) 15 years in Chengdu, said in an interview. In his opinion, pandas here aren’t just animals; they are bridges between cultures, science and people.

James, a winner of China’s 5. \_\_\_\_\_ (celebrate) friendship awards, proves the global cooperation behind panda conservation. His journey, from a New York zoo keeper to a 6. \_\_\_\_\_ (contribute) in China’s panda research, **mirrors** the species’ transformation—from an endangered animal to a cross-border cultural ambassador.

When James first arrived in China in 2010, giant pandas 7. \_\_\_\_\_ (classify) as “endangered”. Today, their status has improved, 8. \_\_\_\_\_ wild populations rebounding from 1,100 in the 1980s to nearly 1,900 last year, according to the data 9. \_\_\_\_\_ (release) at the Global Panda Partners 2024 conference.

China’s efforts, including the launch of the Giant Panda National Park, are massive milestones for conservation, and it shows 10. \_\_\_\_\_ committed the government is to conserving its wildlife, he said.

重点词句回顾

A. 词汇积累

- 1. standpoint *n.* 立场;观点
- 2. priority *n.* 优先权;重点
- 3. subscription *n.* 订阅;会员费
- 4. activist *n.* 活动家;积极分子
- 5. minimal *adj.* 最小的;极少的;最低限度的
- 6. maximize *v.* 使最大化;把……增加到最大限度
- 7. enclosure *n.* 围场;圈占地
- 8. mirror *vt.* 反射;反映;映照

B. 熟词生义

- 1. As always, he’s donating the profits and most of...many of which are **run** by women. (阅读 B)  
run *v.* 跑;奔跑→*v.* 管理;经营;运营
- 2. In practical **terms**, my grand plans frequently backfire psychologically. (阅读七选五)  
term *n.* 学期, 期限; 术语→*n.* 方面;角度  
(in... terms 从……角度来看;在……方面)

精练 2 完形填空+阅读理解(2篇)(限时:30 分钟)

❶ 完形填空 [2025·河北省部分重点高中高三一模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	244

At the age of six, I was attracted by a game of chess in Washington Square Park. Entranced by the beautiful 1 of the pieces and the **strategic** thinking required, I fell in love with it. My parents 2 my newfound interest and signed me up in chess classes to 3 my talent. There, I met Bruce Pandolfini, a(n) 4 chess master.

Bruce was celebrated for his unique teaching methods. He recognized my natural talent and unquenchable (压制不住的) 5. Under his guidance, my skills improved 6. After just a few classes, I mastered the rules of the game and the art of 7: patience.

With my reputation 8, I started competing in local and national tournaments (锦标赛). I won several championships, earning 9 within the chess community. However, success came with 10. I expected to perform at the highest level. The weight of 11 sometimes felt **overwhelming**.

Bruce 12 the stress I was under and taught me that chess was more than just winning; it was about personal growth and self-discovery. My greatest 13, I realized, was not earning titles but using chess as a platform to express my **creativity**. The game became a means of 14 my strengths and weaknesses and finding inner peace.

Years later, my journey from a curious boy to a 15 person has proven that with passion and proper guidance, anyone can achieve greatness.

- ( )1. A. shapes                      B. designs  
   C. appearances                  D. movements  
( )2. A. welcomed                  B. noticed  
   C. understood                   D. supported

- ( )3. A. show                        B. pursue  
   C. protect                        D. develop  
( )4. A. famous                    B. demanding  
   C. outgoing                    D. kind  
( )5. A. energy                    B. curiosity  
   C. belief                         D. strength  
( )6. A. gracefully                B. rapidly  
   C. gradually                    D. suddenly  
( )7. A. competition               B. decision  
   C. strategy                      D. courage  
( )8. A. building up                B. working up  
   C. keeping up                   D. showing up  
( )9. A. friendship                B. trust  
   C. potential                    D. admiration  
( )10. A. disaster                  B. error  
   C. pressure                     D. dilemma  
( )11. A. choices                    B. champions  
   C. expectations                D. distinctions  
( )12. A. wondered                B. recognized  
   C. assessed                     D. adored  
( )13. A. victory                    B. enemy  
   C. progress                     D. advantage  
( )14. A. highlighting              B. discovering  
   C. correcting                   D. teaching  
( )15. A. handsome                B. determined  
   C. successful                    D. tolerant

❷ 阅读理解

A [2025·浙江台州高三第二次教学质量评估]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	301

Nowadays, technologies such as hovering drones, robotic weeders, and precision fertilization could **revolutionize** agriculture by increasing food production while reducing environmental harm. However, there still exist some gaps in farming research. Researchers from PhenoRob at the University of Bonn have recently stated that the gaps should be filled.

To achieve that, the researchers from



PhenoRob stress the importance of joint efforts and interdisciplinary (跨学科的) teamwork worldwide. For example, field-scanning drones with high-resolution cameras can detect plant diseases and assess plant health and productivity. While the collected data is growing rapidly, to truly transform farming practices, it still needs to be integrated with global data sets on plant genetics, weather conditions, soil types and farming methods.

Researchers also emphasize the importance of tracking the smart technologies used on farms globally. In this way, researchers try to identify barriers to the **adoption** of technologies and approaches to encouraging their **uptake**. For example, some incentives such as financial assistance, tax breaks and land use discounts will help farmers overcome initial cost barriers, enabling investment in more efficient and sustainable farming practices to promote productivity and protect environment. Such incentives are crucial for boosting the use of smart technologies like automated irrigation systems or AI-driven crop monitoring.

Some technologies have already proven effective in improving sustainability. For example, robotic weeders can remove weeds without harming surrounding crops, which reduces the need for chemical herbicides and helps keep the soil healthy. At PhenoRob, researchers are integrating data into monitoring nitrogen levels. This data is used to create models that determine the ideal nitrogen amounts for different conditions, decreasing waste and minimizing environmental harm. As agriculture contributes significantly to global greenhouse gas emissions, researchers believe these technologies will play a vital role in reducing some of the damage caused by traditional farming practices.

- ( )1. How will the gaps in farming be filled according to the researchers?
- A. By gathering region-specific data sets.  
B. By raising ecological plant productivity.

- C. By applying cutting-edge camera systems.  
D. By promoting global interdisciplinary cooperation.

- ( )2. What does the author think of the drone-collected agricultural data?
- A. Insufficient.                      B. Detailed.  
C. Irrelevant.                        D. Comprehensive.
- ( )3. What does the underlined word “incentives” in Paragraph 3 mean?
- A. Tax discounts.  
B. Traditional solutions.  
C. Investment profits.  
D. Motivational rewards.
- ( )4. Which of the following can be a suitable title for the text?
- A. Robotic application: novel and effective  
B. Worldwide teamwork: efficient and diverse  
C. Smart farming: integration and sustainability  
D. Modern technology: change and convenience

B [2025·江苏苏州八校联考高三三模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆	317

One day in 1996, someone ate a McDonald’s McChicken burger in Amsterdam. Perhaps a quick bite after work? A family outing? These details are lost to time, but others are hard to erase completely. The meal left a permanent mark on the local environment when a Eurasian coot (白冠鸡) found the **discarded** McChicken wrapper and decided to use it to line its nest, where it remained.

“It really shows that it’s not just us humans who are writing history, but also these birds are taking notes and documenting our throwaway society,” said the nest biologist Auke-Florian Hiemstra, who has been researching the influence of the Anthropocene era on birds’ nests in Amsterdam’s canals. When investigating nests in the canals, he found a variety of old packaging discarded from the early 1990s up to last year.

The Eurasian coot only started migrating to Amsterdam in the late 1980s, and Hiemstra's findings of packaging from 1994 could show the entire lifespan and heritage of the species in the area.

While a bird's nest is usually made from twigs (细枝) and moss, the **abundance** of plastics has been helpful for birds in the city where natural items are in short supply. Hiemstra said there would likely be a return of natural nests if people focused on re-greening cities and bringing natural water vegetation back, but in the meantime, the birds were successfully working with what they had.

"For the coots, our litter is not a waste product but something very valuable. Finding these materials that were littered 30 years ago, yet they look as fresh as they were just littered yesterday, really gave me the chills. I really hope we can learn something from the birds to re-evaluate how we think about our materials. These plastics are a wonderful material, yet we use them for single use and throw them away," Hiemstra said.

( )5. What does the McChicken wrapper in the coot's nest indicate?

- A. The durability of fast-food packaging.
- B. Birds' preference for colourful materials.
- C. The long-lasting impact of litter on animals.
- D. Birds' adaptation to a worsening environment.

( )6. Which of the following best describes the birds in Amsterdam?

- A. Pioneering nest builders.
- B. Witnesses to urbanization.
- C. Victims of plastic pollution.
- D. Resourceful waste recyclers.

( )7. What do the coots remind people to do according to Hiemstra?

- A. Clear up the canals.
- B. Protect bird habitats.
- C. Reuse plastics wisely.
- D. Expand green space.

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

- A. Plastic waste: a hidden threat to birds
- B. Bird nests: a mirror of throwaway culture
- C. Eurasian coots: a creative architect in nature
- D. Man-made items: a silent driver of nest changes

## 重点词句回顾

### A. 词汇积累

- 1. strategic *adj.* 策略性的;战略的
- 2. overwhelming *adj.* 难以承受的;压倒性的
- 3. creativity *n.* 创造力;创造性
- 4. revolutionize *v.* 彻底改变
- 5. adoption *n.* 采用;收养
- 6. uptake *n.* 使用;吸收
- 7. discard *vt.* 丢弃
- 8. abundance *n.* 丰富;充裕

### B. 熟词生义

- 1. ...to truly transform farming **practices**, it still needs to be integrated with global data sets...(阅读 A)  
practice *n.* 练习;实践→*n.* 通常的做法;常规(此处指农业操作方式)
- 2. At PhenoRob, researchers are integrating data into **monitoring** nitrogen levels. (阅读 A)  
monitor *n.* 显示屏;监视器;班长→*v.* 监测;监控

3. ...these birds are taking notes and **documenting** our throwaway society...(阅读 B)

document *n.* 文件;文献→*v.* 记录;记载

### C. 长难句分析

The meal left a permanent mark on the local environment when a Eurasian coot (白冠鸡) found the discarded McChicken wrapper and decided to use it to line its nest, where it remained. (阅读 B)

【分析】本句为主从复合句,主句为 the meal left a permanent mark...;when 引导时间状语从句,其中包含两个并列谓语(found 和 decided);where 引导非限制性定语从句,修饰先行词 nest,where 在从句中作地点状语。

【译文】当一只白冠鸡发现被丢弃的麦香鸡包装纸,并决定用它来铺垫巢穴(包装纸一直留在那里)时,这顿饭给当地环境留下了永久的痕迹。

Ⅰ 阅读理解

A [2025·山西临汾高三二模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆	329

A green belt that **stretches** for 2,000 hectares (公顷) now completely rings the city of Ouagadougou. It began life back in the 1970s and its original aim is to reforest 2,100 hectares at an **annual** rate of 100 hectares against the desert that lies beyond the greenery, just a few steps away.

But a new stimulus has recently been given to the project, which seeks, beyond **holding back** the desert, to fight the heat and promote urban agriculture to help feed a city that has doubled its population in just 14 years. The deadly heatwave that hit the country in 2024 hammered home the urgency of what is now a vital project for the city.

“One of the objectives of the green belt is to lower the city’s temperature; that’s why we’re also planting trees,” said Moumini Sawadogo of the Spanish Red Cross, which financed a 2-hectare garden as part of the belt, including the construction of two water wells and training in agroecology. Research has shown that botanical gardens are the green spaces with the greatest capacity to lower city temperatures and that sites such as Royal Botanical Garden in London reduced air temperature during the heatwaves in the city streets by an average of 5°C.

City residents can have a **plot** of six beds. Cabbage, onion, mint, lettuce and papayas are now found in the plots. “My suffering has decreased because I have food and earn money,” said Ibundo, 55, who has lived his entire life collecting stones to sell—a job for those seeking to earn a daily living by any means. The belt can also offer a solution to people fleeing rural areas, who are accustomed to working the land, like Lassina Kahoré, 54, who used to work as a cereal farmer, but had to give up his farm. He now looks after six

beds of lettuce. “Where deserts once stole our hope, these leaves now write new stories,” he said.

- ( ) 1. What is the initial goal of the green belt?
- A. To increase vegetable output.  
B. To expand forest coverage.  
C. To prevent land desertification.  
D. To conserve water resources.
- ( ) 2. What do the underlined words “hammered home” in Paragraph 2 probably mean?
- A. Hit. B. Emphasized.  
C. Addressed. D. Ignored.
- ( ) 3. Why is Royal Botanical Garden in London mentioned?
- A. To demonstrate the aid of Red Cross.  
B. To prove the success of the green belt.  
C. To illustrate the concept of designing gardens.  
D. To show the cooling effect of botanical gardens.
- ( ) 4. What does Lassina Kahoré’s statement imply?
- A. The benefits of global cooperation.  
B. Improved quality of life by the project.  
C. The necessity of training in agriculture.  
D. Collective efforts made by local residents.

B

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆☆	370

The rapid spread of AI has people wondering: Who’s most likely to embrace (接受) AI in their daily lives? Many assume it’s those who understand how AI works that are most eager to **adopt** it. Surprisingly, our new research finds the opposite. People with less knowledge about AI are actually more open to using the technology. We call this difference in adoption tendency the “lower literacy-higher **receptivity**” link.

AI now performs tasks we once thought only humans could do. When AI creates a piece of art, or writes a **heartfelt** response, it can feel almost

magical—like it’s crossing into human territory. Of course, AI doesn’t actually possess human qualities. A chatbot might **generate** an empathetic (有同感的) response, but it doesn’t feel empathy. People with more technical knowledge about AI understand this. They know how algorithms (算法), training data, and computational models operate. This makes the technology less magical. On the other hand, those with less understanding may see AI as magical and awe-inspiring. We suggest this sense of magic makes them more open to using AI tools.

Our studies show this link is strongest for using AI tools in areas where people associate with human characteristics, like providing emotional support or counseling. When it comes to tasks that don’t cause the same sense of humanlike qualities—such as analysing test results—the pattern flips. People with higher AI literacy are more receptive to these uses because they focus on AI’s efficiency, rather than any “magical” qualities.

Efforts to boost AI literacy might unintentionally dampen people’s enthusiasm for using AI by making it seem less magical. This creates a tricky balance between helping people understand AI and keeping them open to its adoption. To make the most of AI’s potential, businesses, educators and policymakers need to strike a balance. By understanding how perceptions of “magicalness” shape people’s openness to AI, we can help develop new AI-based products and services that take the way people view AI into account, and help them understand the benefits and risks of AI.

And ideally, this will happen without causing a loss of the admiration that inspires many people to embrace this new technology.

- ( )5. Why are less-informed people more open to AI?
- A. They trust its moral standards.  
B. They admire the ability of AI.  
C. They believe in its superior efficiency.  
D. They prefer its technical complexity.

- ( )6. What does the underlined word “flips” in Paragraph 3 probably mean?
- A. Breaks down.    B. Takes shape.  
C. Shows up.        D. Turns over.
- ( )7. What is the tricky situation regarding AI literacy?
- A. Balancing morals and capability.  
B. Reducing fear while ensuring safety.  
C. Familiarizing without losing wonder.  
D. Prioritizing efficiency over magic.
- ( )8. What is the author’s attitude towards using AI?
- A. Objective.        B. Worried.  
C. Sceptical.        D. Dismissive.

II 阅读七选五 [2025·安徽马鞍山高三二模]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆	243

Research shows that quality solo (独自的) time boosts happiness, reduces stress, and improves life satisfaction. 1. \_\_\_\_\_ With that in mind, we asked experts how to perfect the art of spending time alone.

Start with a low-risk outing. Write down what you’d like to do solo, ranked from the hardest activity to the least, says Jessica Gaddy, an enthusiastic solo traveller. Travelling internationally or attending a concert might be a 10, for example, while going to the park may be a three. 2. \_\_\_\_\_

“My clients usually come back and say, ‘Oh, that wasn’t so bad at all,’” Gaddy says.

Bring along a distraction (分散注意力的事物) at first. When you start going places alone, it can be helpful to have something to do, like reading a book or a journal. 3. \_\_\_\_\_ As you get more comfortable, you’ll likely engage more directly with your surroundings.

4. \_\_\_\_\_ On solo adventures, Samantha Elliott, a recent college graduate in a new city, tells herself that even though she may have arrived alone, she’s not actually there by herself; she’s surrounded by potential friends. That mindset shift has helped her meet lots of interesting people.

Celebrate your achievement. 5. \_\_\_\_\_

When you get home, spend a few minutes celebrating the experience, Sanna Khoja, a psychologist, suggests. Give yourself credit for stepping outside of your comfort zone, even if it felt hard or if things didn't go exactly as planned.

A. Turn to experts for help.  
 B. You can also attend a concert.  
 C. Focus on moments of connection.  
 D. Initially, distractions provide a sense of comfort.  
 E. It can even make you more productive and creative.  
 F. Then, find ways to make the easiest one less worrying.  
 G. You can think of going out alone as treating yourself to a date.

语法填空【原创】高考同源

<https://www.chinadaily.com.cn/a/202508/20/WS68a53feda310b236346f296d.html>

体裁	主题语境	难度	词数
新闻报道	人与社会	☆☆☆	216

Under the theme of “Racing Towards a Shared Intelligent Future”, the 2025 World Humanoid Robot Games (WHRG), 1. \_\_\_\_\_ (hold) from Aug. 14 to 17 in Beijing, brought together around 280 teams from 16 countries to compete in 26 events.

The four-day games drew moderate 2. \_\_\_\_\_ (inspire) from human sports competitions, including track and field events and gymnastics, to display 3. \_\_\_\_\_ latest advancements in robot technology. Each running, jumping, and competing humanoid robot represented a vivid display of human creativity 4. \_\_\_\_\_ technological skill. Beyond human-inspired competitions, the games also featured practical, skills-based challenges such as moving materials, sorting medicines, and cleaning in varied scenarios, 5. \_\_\_\_\_ (demonstrate) robots' real-world applications.

Among the most anticipated events 6. \_\_\_\_\_ (be) the 5v5 humanoid robot soccer match, entirely controlled by AI algorithms(算法) 7. \_\_\_\_\_ any human intervention. In the thrilling final, Tsinghua University's Hephaestus defeated a team from Germany 1-0 to claim the gold medal, relying on an 8. \_\_\_\_\_ (integrate) system where the robots decide on actions, 9. \_\_\_\_\_ (automatic) chase the ball, and perform defensive strategies.

Unlike human soccer, the roles of robots on the pitch can be easily changed. “Currently, our robots 10. \_\_\_\_\_ (assign) specific roles— forwards, defenders, and a goalkeeper,” a team member said. “But we can always take a robot off the field and change its role to adapt our strategy.”

重点词句回顾

A. 词汇积累

- stretch *v.* 延伸; 绵延
- annual *adj.* 每年的; 年度的
- hold back 阻止; 抑制
- plot *n.* 小块土地
- adopt *v.* 采用; 接受(技术、方法等)
- receptivity *n.* 接受能力; 感受性
- heartfelt *adj.* 真诚的; 衷心的
- generate *v.* 生成; 产生(内容、结果、能量等)

B. 熟词生义

- A green belt that stretches for 2,000 hectares (公顷) now completely **rings** the city of Ouagadougou. (阅读 A)  
 ring *n.* 戒指; 铃声 → *v.* 环绕; 包围
- Many assume it's those who understand how AI works that are most eager to **adopt** it. (阅读 B)  
 adopt *v.* 收养 → *v.* 采用; 接受(技术、方法等)

C. 长难句分析

By understanding how perceptions of “magicalness” shape people's openness to AI, we can help develop new AI-based products and services that take the way people view AI into account, and help them understand the benefits and risks of AI. (阅读 B)

【分析】句首 by 引导方式状语, 其中包含 how 引导的宾语从句; 主句为主谓宾结构 “we can help develop... and help them understand...”; that 引导定语从句修饰 products and services, 从句中 “people view AI” 为省略关系词的定语从句。

【译文】通过理解“神奇性”的认知如何影响人们对人工智能的接受度, 我们可以助力开发新的基于人工智能的产品和服务, 同时考虑到人们对人工智能的看法, 并帮助他们了解人工智能的好处和风险。



精练 4 完形填空+阅读理解(2篇)(限时:30 分钟)

❶ 完形填空 [2025·广东汕头高三二模]

体裁	主题语境	难度	词数
记叙文	人与社会	☆☆☆	262

Earlier this year, I took a part-time job at Moonmilk, a cake and ice cream shop. While my **initial** 1 was simply to earn some extra cash, the connections and memories there far 2 the pay.

One **memorable** moment came when a local theatre manager 3 a cake to celebrate a(n) 4 victory against a landlord's unreasonable attempt to raise rent. Touched by their story, Moonmilk's owner waived (免除) the charge for it. Later, the manager 5 free theatre tickets to our staff in return for the 6.

I grew particularly fond of the interactions with some **elderly** customers. They showed genuine concern for me, often asking if I was tired after a long **shift**. One 7, always alone with a smile, was especially kind. He always selected an ice cream carefully and declared we 8 the best one in the city.

Then there was the one who frequently visited, 9 about our orange chocolate ice cream flavour, which we only offered during Christmas. Despite my 10 "no", his **persistence** became a source of joy on my tiring days, a reminder of the simple 11 in busy life. Every day, I experienced distinct happiness even though I had **numerous** tasks to 12 there.

As fall approaches, my schoolwork becomes more 13, forcing me to reduce my shifts at Moonmilk. However, I'll miss the summer 14 and the interactions there. The experience has 15 my bond with the community, which will last till the end of this year. Hopefully, the orange chocolate ice cream will return then.

- ( )1. A. judgement                      B. approach  
   C. response                              D. goal
- ( )2. A. overestimated                      B. outweighed

- C. miscalculated                      D. undercharged
- ( )3. A. ordered                              B. shared  
   C. enjoyed                              D. delivered
- ( )4. A. unexpected                              B. one-sided  
   C. historic                              D. hard-won
- ( )5. A. recommended                              B. gifted  
   C. collected                              D. reserved
- ( )6. A. service                              B. trust  
   C. kindness                              D. discount
- ( )7. A. regular                              B. colleague  
   C. relative                              D. assistant
- ( )8. A. purchased                              B. stored  
   C. served                              D. shared
- ( )9. A. talking                              B. inquiring  
   C. hearing                              D. complaining
- ( )10. A. impatient                              B. hesitant  
   C. awkward                              D. consistent
- ( )11. A. solution                              B. assignment  
   C. pleasure                              D. truth
- ( )12. A. simplify                              B. assign  
   C. evaluate                              D. address
- ( )13. A. demanding                              B. boring  
   C. rewarding                              D. flexible
- ( )14. A. sunshine                              B. rush  
   C. peace                              D. camp
- ( )15. A. restored                              B. broken  
   C. strengthened                              D. weakened

❷ 阅读理解

A [2025·河北二模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆☆	343

Scientists in Australia have used artificial intelligence (AI) to help them **locate** a rare bird called the Plains-wanderer. This new information will help scientists protect the birds, which are endangered.

The Plains-wanderer is a small bird that lives in Australia's grasslands. Not just any grasslands. Plains-wanderers are **picky**. There can't be too much grass or too little. Zoos Victoria, the group



behind the recent effort to locate Plains-wanderers, says the birds' number has fallen by over 85% in recent decades as grasslands have been turned into farms and cities. Scientists believe there are now only 250 to 1,000 of the birds left in the wild. Scientists have put the species into a "family" all by itself, since there are no other similar birds. The female Plains-wanderers are larger, and are in charge of protecting the territory while the male birds are smaller and take care of the eggs.

To protect these rare birds, scientists first had to learn where they were, so Zoos Victoria worked with Queensland University of Technology on a plan to locate the birds. Since Plains-wanderers were hard to **spot**, the team chose to "listen" for the birds instead. Female Plains-wanderers make an unusual "Ooom" call, and this is the key to locate them.

The researchers set up 35 special recording devices called "Song Meters" in nine different grassy areas where Plains-wanderers could possibly have been. Song Meters recorded all the sounds made in an area over a long period of time. The Song Meters collected tens of thousands of hours of recordings—far more than humans could analyse. So the researchers fed the recordings to an AI system trained to **identify** the calls of Plains-wanderers. The AI system discovered Plains-wanderer calls coming from two of the sites. The scientists double-checked and found that the AI system was correct. Chris Hartnett, who worked with Zoos Victoria, said it was like "finding gold".

The new information will help scientists protect the birds. And the researchers are still "listening", using Song Meters and AI to try to locate more of these Goldilocks birds.

- ( )1. What is the primary cause for the Plains-wanderers' population decline?  
A. Habitat loss.  
B. Climate change.  
C. Increased enemies.  
D. Lack of food sources.
- ( )2. What can we know about Plains-wanderers

- from Paragraph 2?
- A. Their physical characteristics are unique.  
B. They are the only birds that live in grasslands.  
C. They belong to a family with no close relatives.  
D. The female are more responsible than the male.

- ( )3. What does the underlined part imply in Paragraph 4?  
A. The discovery is valuable.  
B. The birds prefer the grassland.  
C. The birds are as expensive as gold.  
D. The protection of the birds is vital.
- ( )4. Why is AI essential in this research?  
A. It predicts the future population trends.  
B. It replaces the need for human scientists.  
C. It processes amounts of sound data efficiently.  
D. It makes bird calls to attract Plains-wanderers.

B [2025·湖南长沙雅礼中学高三模拟(三)]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆☆	367

In 1780, Jeremy Bentham wrote the first lines of the first chapter of one of his most famous works. It read, "Nature has placed mankind under the governance of two masters: pain and pleasure. It is for them alone to point out what we ought to do, as well as to determine what we shall do."

The British philosopher built an entire philosophy around this idea—that we are all motivated by pleasure and pain. Lucky for him, then, that almost all of the social sciences today agree with him. More than that, many behavioural scientists believe we can game our own mechanisms of pleasure and pain and achieve anything. It's all to do with something called "Skinner's Law".

Skinner's Law, named after American behaviourist B. F. Skinner, is that when you are procrastinating (拖延) or finding a task hard to get on with, you have two choices: either "make the

pain of not doing it greater than the pain of doing it” or “make the pleasure of doing it greater than the pleasure of not doing it”.

The next question is: Is it better to promise yourself pleasure or to threaten yourself with pain to achieve your goal? It turns out that pain is by far the stronger motivator. Daniel Kahneman won the 2002 Nobel Prize for a theory called “Prospect Theory”. He and Amos Tversky showed that we find pain more motivating than equivalent (等同的) pleasure.

Using all of this, here are two practical bits of advice.

Make a bet: find a friend or a family member, and bet them some sum of money or some item you value that you will do a certain thing. “Okay, dad,” you might say, “if I’m not 5 pounds lighter by my birthday, you can have my PlayStation 5.”

Social accountability: tell everyone you’re trying to do something. Tell them your target and your deadline. Keep people updated about your progress. This serves two purposes: to present the carrot and the stick. The carrot is that you get praise, support, and advice from your closest relatives. The stick is that you might be embarrassed or ashamed if you fail.

( )5. What are Bentham’s words mainly about?

A. The primary root of human suffering.

B. The driving forces behind human behaviour.

C. The fundamental principles of nature’s law.

D. The role of social sciences in understanding humans.

( )6. What does the underlined word “game” in Paragraph 2 mean?

A. Evaluate.

B. Control.

C. Strengthen.

D. Understand.

( )7. What does the author suggest readers do to stick with their task?

A. Enjoy the pain of losing things.

B. Work together with a trusted partner.

C. Inform others of their advancements regularly.

D. Keep reminding themselves of the deadline.

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

A. Overcoming procrastination: strategies for success

B. The origins of Skinner’s Law: a historical review

C. The power of pleasure: a behavioural science analysis

D. Reclaim your motivation: applying Skinner’s Law

## 重点词句回顾

### A. 词汇积累

1. initial *adj.* 最初的;开始的
2. memorable *adj.* 难忘的;值得纪念的
3. elderly *adj.* 年长的;上了年纪的
4. shift *n.* 轮班;当班时间
5. persistence *n.* 坚持;执着
6. numerous *adj.* 众多的;许多的
7. outweigh *v.* 比……重要;超过,胜过
8. locate *vt.* 找到……的位置;定位
9. picky *adj.* 挑剔的
10. spot *vt.* 发现;认出
11. identify *vt.* 识别;辨认出

### B. 熟词生义

Touched by their story, Moonmilk’s owner waived (免除) the **charge** for it. (完形填空)  
charge *n.* 控告,指控→*n.* 费用;价钱

### C. 长难句分析

1. The researchers set up 35 special recording devices

called “Song Meters” in nine different grassy areas where Plains-wanderers could possibly have been. (阅读 A)

【分析】本句包含一个过去分词短语和一个定语从句。其中 called “Song Meters” 是过去分词短语作后置定语,修饰 recording devices; where 引导定语从句,修饰先行词 grassy areas.

【译文】研究人员在九个领鹑可能出现的不同草原区域安装了 35 台名为“声音记录仪”的特殊记录设备。

2. The carrot is that you get praise, support, and advice from your closest relatives. The stick is that you might be embarrassed or ashamed if you fail. (阅读 B)

【分析】两句均为主系表结构,表语由 that 引导的表语从句充当;第二句的表语从句中包含由 if 引导的条件状语从句。

【译文】奖励是你能从至亲那里得到赞扬、支持和建议;惩罚是如果你失败了,可能会感到尴尬或羞愧。

精练 5 完形填空+阅读七选五+语法填空+阅读理解(限时:35 分钟)

❶ 完形填空 [2025·山东淄博高三一模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	241

In my early 40s, I felt **stuck** in middle age. I decided to try out various 1 like playing a musical instrument and painting—but nothing really 2. Feeling a bit desperate, I made a tough choice: to take up ballet, even though I wasn't 3. I wanted to prove to myself that my body was capable of more, so I 4 an adult beginner class at the National Ballet School in Toronto. To 5 my confidence, I even wore a well-designed headband to my first class.

6, ballet brought me a lot of joy. The repetitive exercises, the physical effort, and even the critical feedback from my teacher felt 7 in a way they hadn't when I'd tried ballet as a kid. My teacher's 8 to “take up more space” and embrace **imperfection** left a **lasting** 9 on me, not only in ballet but also in my life. As a writer, I noticed how the struggle for perfection in ballet 10 my creative process.

Over the past eight years, ballet has 11 how I see and feel about my body. My movements are still far from perfect, but I've learned to 12 the small wins—a better pose, more 13, and growing strength. Now, at 50, I love the daily 14 and the reminder that my body is capable of so much.

For me, ballet isn't about being perfect—it's about 15 beauty in the journey of improvement.

- ( )1. A. problems B. hobbies  
C. excuses D. actions  
( )2. A. existed B. happened  
C. disappeared D. worked  
( )3. A. sensitive B. outgoing  
C. flexible D. optimistic  
( )4. A. signed up for B. checked out  
C. dropped in at D. logged in to

- ( )5. A. express B. obtain  
C. boost D. restore  
( )6. A. Naturally B. Secretly  
C. Undoubtedly D. Surprisingly  
( )7. A. respectful B. meaningful  
C. cheerful D. successful  
( )8. A. guidance B. promise  
C. purpose D. movement  
( )9. A. burden B. pressure  
C. dependence D. impression  
( )10. A. explained B. mirrored  
C. assessed D. designed  
( )11. A. displayed B. maintained  
C. transformed D. developed  
( )12. A. celebrate B. witness  
C. collect D. share  
( )13. A. curiosity B. experience  
C. judgement D. confidence  
( )14. A. conflict B. challenge  
C. competition D. puzzle  
( )15. A. delivering B. presenting  
C. finding D. proving

❷ 阅读七选五 [2025·江苏南通高三二模]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆	272

We tend to think that our success is limited because of lack of money, time, and energy, but this is not necessarily true. Lack of self-worth is often the biggest roadblock on our path to living a **fulfilling life**. Not all of us recognize our individual worth and the contributions we make to the world. 1. \_\_\_\_\_

It might seem natural to measure your value by your income, physical appearance, job title, or social media popularity. 2. \_\_\_\_\_ Because these aspects of your life can change at any moment, it's more useful to consider inner values such as compassion, generosity, leadership, respect, and kindness. 3. \_\_\_\_\_ We all have a self-talk that points out our shortcomings and failures.

Whenever you begin criticizing yourself, stop and pause for a minute. Consider the virtue of what this voice is telling you. Is what you hear **an objective fact**? Is it useful and kind? If the answer is no, then this criticism is not worth paying attention to.

You alone are responsible for your self-worth. Regardless of other people’s words, thoughts, and opinions about you, you can still choose how you view yourself. 4. \_\_\_\_\_ Don’t wait for people to confirm your value. Instead, do it with your internal dialogue and your actions.

We all **mess up** sometimes—it’s part of being human. 5. \_\_\_\_\_ It’s easy to extend kindness and forgiveness to others, but you have to do yourself the same favour. There’s no point in worrying about your mistakes or upsetting over the not-so-good decisions from the past. Self-compassion is about believing that you are worthy of love regardless of what you do or fail to do.

- A. Don’t let your inner criticism rule your thoughts.
- B. What matters is what you think about yourself.
- C. All these do not determine your value and self-worth.
- D. But when you do, you must forgive yourself and let it go.
- E. Treat yourself with the love and care that others give you.
- F. Pay attention to the perceptions about where you should be.
- G. Nevertheless, you can build self-worth by practising self-care.

III 语法填空【原创】高考同源

ww. chinadaily. com. cn/a/202508/13/WS689bd07ca310b236346f1578\_5. html

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	223

The Jiangsu Football City League phenomenon has set off a nationwide wave of popular grassroots soccer leagues this summer, and inspired 1. \_\_\_\_\_ (supporter) passion for the sport once more.

Called the “Jiangsu Super League” 2. \_\_\_\_\_ “Suchao”, the amateur provincial league

has been a hit—both online and in stadiums—loved 3. \_\_\_\_\_ its huge crowds, exciting play and lively fan exchanges.

“The popularity of the Suchao is a remarkable development in China’s grassroots sports scene and leagues such as the Suchao offer a 4. \_\_\_\_\_ (refresh) model grounded in community spirit and shared joy,” said Michal Dahl, an associate professor 5. \_\_\_\_\_ is from Beijing Sport University.

According to Dahl, while competition is at the heart of the league, what truly matters 6. \_\_\_\_\_ (be) the emotional bond that fans form with their cities and teams—this deep connection inspires civic pride and a sense of belonging. The

Suchao has channeled this energy into sport, 7. \_\_\_\_\_ (create) a healthy, celebratory form of competition that fuels both passion and pride. Rooted in inclusion, 8. \_\_\_\_\_ (diverse), and shared passion, this model offers a vision of sport that is more community-centred and accessible.

9. \_\_\_\_\_ (virtual), with over 100 cities having more than 1 million residents and only 16 professional soccer teams in the top-tier league, there is enormous potential in China 10. \_\_\_\_\_ (engage) untapped fan bases.

IV 阅读理解 [2025·安徽安庆高三二模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆	350

As dark sky shelters grow in popularity, scientists are revealing more of the benefits of darkness—from enhancing cellular repair to improving your mental health.

“Brightening our days and darkening our nights is critical to our health,” says Lynne Peoples. Finding a timely balance between light and dark helps us stay healthy. Researchers are starting to explore the health benefits of spending time in natural darkness. We now know that staying in the dark can contribute to better health.

And that’s not all that darkness can do for you. A 2020 study showed that spending time in the dark can reduce **anxiety** and depression. It has long been clear that spending time in nature is good

for your mental health—and a 2024 study published in the *Journal of Environmental Psychology* suggests that the benefits hold true at night as well as during the day.

The psychological benefits of spending time in the dark can be found. Both **mindfulness** and creativity can be encouraged by darker spaces. There is a deeper reason why the lights go down before the curtains rise in theatre productions and cinemas: darkness creates a space where imaginations can flow more freely.

For those who live in places with too much darkness: try sun lamps, which can be switched on and off to help reset body clocks. One of the biggest barriers to accepting the dark may be the negative values we attach to it, including the belief that darkness is linked to **disorder** and crime (leading to more street lights in so many parts of the world) as well as to our deep-rooted fear of all things that make strange noises in the night.

Artists, poets, and songwriters have long understood our fear of the dark as well as the comfort it can bring us. For me, the Simon & Garfunkel's song *The Sound of Silence* sums it up. It begins with “Hello darkness, my old friend”. This shows why sometimes we need to get away from the light. It reminds us that some of our most meaningful times of **restoration** and

understanding happen in the dark.

- ( ) 1. What phenomenon is described in the first two paragraphs?
- A. The development of cellular technology.  
B. The latest findings of darkness.  
C. The importance of spending time in nature.  
D. The popularity of dark sky shelters.
- ( ) 2. What does the 2024 research show?
- A. Light and dark are equally good for health.  
B. People should stay in the dark most of the time.  
C. Bad moods arise from the polluted environment.  
D. The scientific exploration has a long way to go.
- ( ) 3. What does the author imply about darkness in Paragraph 5?
- A. It can inspire imagination.  
B. It causes disorder in society.  
C. It worsens living conditions.  
D. It brings about negative views.
- ( ) 4. Which is a suitable title for the text?
- A. The problem of light pollution  
B. The rise of dark sky shelters  
C. The benefits of natural darkness  
D. The exploration of darkness

## 重点词句回顾

### A. 词汇积累

1. stuck *adj.* 陷入困境的; 停滞不前的
2. imperfection *n.* 不完美
3. lasting *adj.* 持久的
4. a fulfilling life 充实的生活
5. an objective fact 一个客观事实
6. mess up 搞砸; 出错
7. anxiety *n.* 焦虑
8. mindfulness *n.* 正念; 关注
9. disorder *n.* 混乱
10. restoration *n.* 恢复; 修复

### B. 熟词生义

1. As a writer, I noticed how the struggle for perfection in ballet **mirrored** my creative process. (完形填空)  
mirror *n.* 镜子 → *vt.* 反映; 映照

2. Regardless of other people's words, thoughts, and opinions about you, you can still choose how you **view** yourself. (阅读七选五)  
view *n.* 观点; 风景 *v.* 观看; 查看 → *v.* 看待; 把……视为

### C. 长难句分析

There is a deeper reason why the lights go down before the curtains rise in theatre productions and cinemas: darkness creates a space where imaginations can flow more freely. (阅读理解)

【分析】本句包含两个定语从句。第一个定语从句由 why 引导, 修饰先行词 reason; 冒号后的内容是对 deeper reason 的解释说明(同位语), 其中包含第二个定语从句, 由 where 引导, 修饰先行词 space。

【译文】在戏剧演出和电影放映中, 幕布升起前灯光会变暗, 这背后有一个更深层的原因: 黑暗能创造一个空间, 让想象力更自由地驰骋。



写作专练 1 应用文写作（体育）+读后续写（环保）（限时：40 分钟）

❶ 应用文写作 [2025·福建福州高三第四次质量检测]

假定你是李华，你的笔友 Tom 对你校课间“特色体育活动”很感兴趣，请你给他写一封邮件，内容包括：

1. 体育活动内容；
  2. 同学们的感受。
- 注意：1. 写作词数应为 80 个左右；  
2. 请按如下格式在相应位置作答。

Dear Tom,

I am glad to share with you the featured sports activities during break in our school. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Yours,  
Li Hua

❷ 读后续写 [2025·湖南长沙长郡中学高三一模]

体裁	主题语境	难度	词数
记叙文	人与自然	☆☆☆☆	332

It was a cool Saturday morning when I dragged myself out of bed. The golden sun of early autumn cast warm light across the room. In the kitchen, my older brother, Jake, sat at the table with a serious look reading a newspaper under the headline “The Oak (橡树) in Maple Park Set for Removal”.

I felt my heart sink. That oak tree wasn’t just any tree; it was our tree. Jake and I had spent countless childhood afternoons under its wide branches, playing games and reading comic books. To us, it was more than wood and leaves—it was a living reminder of years of laughter, stories, and brotherly bonding.

“Can they really do that?” I asked, disbelief in my voice. “The community council wants to

remove it to make room for a new parking lot. The plan is under discussion and they’ll decide whether to do that at the next council meeting,” he said bitterly. Silence wrapped around us until Jake stood up suddenly. “You know everyone in the community has a right to speak at the council meeting. We have to voice our objections then,” Jake said. I nodded, and without another word, we both knew what we had to do first.

An hour later, we stood at the edge of Maple Park with our “supplies”. The oak stood tall, but the ground around it was littered with fallen leaves and plastic bottles. I looked at Jake, who gave me a determined smile. “Let’s clean this up,” he said. Not long after we started cleaning, a few curious passers-by stopped to ask why we were doing it. Knowing our mission, they began to join us. By late afternoon, the oak’s base was free of clutter (杂乱的东西). We took pictures, not just of the tree but of the people who had come together to save it. Cleaning up was only the first step, and we had more to do.

注意：续写词数应为 150 个左右。

Paragraph 1:

We decided to show how much this tree meant to everyone. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Paragraph 2:

By the time the meeting came, we’d collected hundreds of signatures. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



① 阅读理解

A [2025·广东惠州高三一模]

体裁	主题语境	难度	词数
应用文	人与社会	☆☆	260

Summer youth programmes

Our mission is to inspire the youth to **unlock** the future of **innovation** in STEM (Science, Technology, Engineering, and Maths). **Hands-on** activities and **immersive** learning in engineering, robotics, coding, gaming, and more, provide the youth with the building blocks needed for a future in STEM!

✓ Participants use STEM-based technology and equipment to develop skills relevant to today's globally connected world.

✓ Programmes engage the youth in STEM concepts connected to undergraduate courses.

✓ Ontario Tech undergraduate STEM students and mentors provide leadership.

Coding & Gaming programmes

Take your coding and programming skills with you into the future! Explore Python coding language, game development, user interfaces, robotic designs, AI, and more. Gain valuable hands-on experience in Ontario Tech's Gaming & Virtual Reality Laboratory or become a Cyber Girl!

Engineering & Maths programmes

Discovery-based activities, design challenges and simulations promote an understanding of how engineering and maths are useful in our everyday lives. Utilize (利用) the Engineering Design Process to **boost** problem-solving and explore real-life **applications** of engineering.

Robotics & Technology programmes

Utilize the Engineering Design Process to build and program robots using VEX EDR Robotics! Participants work in teams to design their robot, which will include motors, sensors,

and custom hardware components controlled with code. Robots face off in a series of exciting battles.

Leadership

The youth gain the skills required to become a "junior camp counsellor" during Ontario Tech's Counsellor in Training (CIT) programmes. Volunteer hours can be applied to the 40-hour community involvement requirement to receive an Ontario Secondary School Diploma.

For more information: [ontariotechu.ca/camps](http://ontariotechu.ca/camps).

- ( ) 1. What benefit can participants gain from the summer youth programmes?
- A. A chance to organize STEM activities.  
B. An opportunity to lead STEM learners.  
C. Access to tools to develop STEM skills.  
D. Exposure to undergraduate STEM contests.
- ( ) 2. Which of the following involve the team-based task?
- A. Coding & Gaming programmes.  
B. Engineering & Maths programmes.  
C. Robotics & Technology programmes.  
D. Counsellor in Training programmes.
- ( ) 3. What is the text?
- A. A report on educational trends.  
B. An advertisement for STEM programmes.  
C. An essay on STEM technology.  
D. A notice for youth voluntary activities.

B [2025·福建福州高三第二次质量检测]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	320

Susan Tsang's journey to becoming a field biologist is as unconventional as it is inspiring. Growing up in New York City, Susan spent four hours daily on the commute (通勤) to school, leaving little time for outdoor exploration. It made her an unlikely candidate for a career in field

biology.

Susan’s enthusiasm for the natural world was fueled during a visit to the American Museum of Natural History. The dinosaur fossils (化石) awakened her desire to explore nature, which eventually led her to pursue a PhD programme focused on bat biology.

Susan’s first field exploration was to Indonesia, with the task of catching wild bats. With her advisor unable to help, Susan teamed up with Sigit, an experienced local researcher. They excitedly set up nets for trapping bats near a waterfall. While preparing their equipment, they discovered a bamboo structure leaking fresh water. Thinking it might be useful for their base camp, they tried to fix it, only to have water **erupt** everywhere, soaking (浸湿) them completely. Unfortunately, a storm was approaching. Realizing their day was lost, they walked back to base camp. They talked and laughed, forming a deep bond.

This adventure provided Susan with not only practical skills but also an invaluable lesson about adaptability and teamwork. It enhanced the significance of practical experience. She recognized that true understanding comes from directly observing the subjects of study—views that cannot be gained only from textbooks. Over the years, whenever faced with doubts regarding her capability, she remembers what her advisor told her about the experience, “The first day you came back, completely wet, yet genuinely happy. The next day you went right back out. That’s when I knew this is where you truly belonged.”

Susan Tsang’s journey illustrates the transformative power of experience and **perseverance**. From a city girl to a committed field biologist, Susan’s success highlights the importance of pursuing one’s enthusiasm, no matter the **odds**.

( )4. What inspired Susan’s interest for the natural world?

A. A museum visit.

B. Her daily trip to school.

C. A field exploration.

- D. Her childhood education.
- ( )5. What does Paragraph 3 mainly describe about Susan’s first field experience?
- A. Its objective.      B. Its discovery.
- C. Its approach.      D. Its challenge.
- ( )6. How did the trip to Indonesia influence Susan?
- A. She changed her understanding of nature.
- B. It brought her doubts about her capability.
- C. She developed a sense of career belonging.
- D. It deepened knowledge gained in the book.
- ( )7. What accounted for Susan’s change?
- A. The power of passion.
- B. The pursuit of perfection.
- C. The return to the wild.
- D. The contribution to biology.

C [2025·黑龙江哈尔滨高三二模]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	320

As social creatures, humans can predict one another’s emotions and mental states from a range of sources: watching their actions, listening to their conversations, learning from their past behaviours, and so on. Cognitive (认知的) researchers call this the “Theory of Mind”, or ToM.

Although it excels in many areas, artificial intelligence doesn’t match humans in this regard—at least not yet, according to a research team including Tianmin Shu, an assistant professor of computer science at the Johns Hopkins Whiting School of Engineering.

To explore whether AI models can understand humans by using information from multiple sources, Shu and his team created the first standardized data set that reflects the true complexities of the reasoning tasks encountered by real-world AI systems. The team’s test set includes 134 videos and text descriptions of people looking for common objects in a household environment.

The researchers tested both humans and state-

of-the-art（最先进的）large language and multimodal models on their ability to predict which objects the people in the videos wanted to find and where they believed they'd find them.

The team found that humans became better at understanding others' intentions when they tapped into varied sources of information. In contrast, even the most advanced AI models—such as OpenAI's GPT-4V—struggled with such tasks, often confusing what was actually happening with what a person believed was happening and having difficulty tracking changes in people's thoughts over time.

Based on these findings, Shu's team created their own model. Their approach first translates the video and text inputs into a type of signal it can understand, capturing the physical scene and the actions of the person within it. Then, instead of directly mapping these to the person's beliefs and goals, the model uses a combination of Bayesian inverse planning—a cognitive method originally designed for visual data and smaller language models fine-tuned on human activity data to predict the most likely possible actions.

- ( )8. What is ToM described in the passage?  
A. Methods for AI to predict human actions.  
B. A standardized data set used to test AI models.  
C. A cognitive approach to understanding visual data.  
D. Humans' ability to infer moods and psychological conditions.
- ( )9. Which can replace the underlined part “tapped into” in Paragraph 5?  
A. Took advantage of.  
B. Looked for.  
C. Broke away from.  
D. Left alone.
- ( )10. What may be talked about following the last paragraph?  
A. The outcome of the model of Shu's team.  
B. The combination of intentions and activities.  
C. The method of translating videos and texts.  
D. The application of Bayesian inverse

planning.

- ( )11. Which of the following can be a suitable title for the text?  
A. Theory of Mind in artificial intelligence  
B. Human-AI similarities in Theory of Mind  
C. AI's drawback in grasping human intentions  
D. Development of Shu's team's new model
- D [2025·陕西高考英语适应性检测(二)]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	339

Artificial food dye is an additive used to colour a product. “The dye is artificial if it originates from a nonfood source,” explains Jamie Alan, PhD, an associate professor of pharmacology and toxicology at Michigan State University. “For example, dye Red No. 40 is made from petroleum products.” By comparison, “natural food dyes are those that are extracted from plants or animal tissues,” says Francisco Diez-Gonzalez, PhD, professor and director of the Centre for Food Safety at the University of Georgia.

A growing body of research has linked artificial food dyes, especially Red No. 40, to many health issues. “There is data in animals that some of these dyes may cause cancer,” Alan says. “While there is certainly the potential to cause cancer, there haven't been any human studies with definitive data to support this.” But studies on humans do show that some dyes can increase certain behaviours—especially in kids—like hyperactivity. “Some children are more sensitive than other children, and sometimes even a small dose can cause these effects,” Alan says.

A 2021 report analysed data from studies on both animals and humans that were exposed to food dyes. The report included “challenge studies” for which children were given dyes and observed to see how they reacted afterward. In 16 of the 25 studies of the report, there was a link between children taking the dyes and having hyperactivity and other neurobehavioural（神经行为学的）problems afterward.

A 2022 mouse study found that Red No. 40 and Red No. 17 could cause inflammatory bowel diseases while a 2023 study on mice linked Red No. 40 to DNA damage and colonic inflammation. Some people may also experience “allergy-like (像过敏一样的) signs” from having these dyes, Diez-Gonzalez says.

But Diez-Gonzalez notes that it’s important for people to be aware that more research is needed. “The cancer concerns mostly originate from animal studies that often use very large experimental doses,” he says. “For several of those dyes, the evidence of a harmful effect has not been conclusive.”

- ( ) 12. What can be inferred from the first three paragraphs?
- A. Some artificial food dyes cause humans cancer.
- B. Dyes from plants and animals are more popular.
- C. Artificial food dyes can be obtained more easily.
- D. Possibly Red No. 40 can result in health problems.
- ( ) 13. Why is “challenge” used in Paragraph 3?
- A. Scientists couldn’t find enough evidence.
- B. Carrying out experiments took too much time and money.
- C. Experiments on humans were more complex than on animals.
- D. Scientists were not willing to do such experiments on children.
- ( ) 14. What do Diez-Gonzalez’s words in the last paragraph suggest?
- A. Mice are allergic to artificial food dyes.
- B. Studies about artificial food dyes on humans are not adequate.
- C. Red artificial food dyes are the key factor leading to mouse cancer.
- D. Only by being taken large doses can artificial food dyes do harm to humans.
- ( ) 15. What does the text mainly talk about?
- A. Various opinions about artificial food dyes.
- B. Experiments on mice about artificial food dyes.

- C. The research about safety of artificial food dyes.
- D. The connection between cancer and Red No. 40.

II 阅读七选五 [2025·湖北“黄鄂鄂”高三4月联考]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆	258

One of the most valuable **investments** you can make is in yourself. 1. \_\_\_\_\_ In reality, these excuses often stem from **undervaluing** personal growth. Self-investment isn’t about grand gestures—it’s choosing actions that enrich your life, whether learning a skill, exploring a new place, or nurturing meaningful relationships. Even small efforts, like reading a book, spending time in nature, or attending a workshop, can spark significant growth. 2. \_\_\_\_\_

To begin with, start with simple and achievable steps. 3. \_\_\_\_\_ For instance, join a fitness class, **enrol** in an online course, or try a creative hobby like painting. Workshops and seminars not only build skills but also connect you with like-minded peers. Focus on forming habits that support your goals—whether waking up earlier, practising mindfulness, or dedicating 30 minutes daily to learning. Equally important is letting go of habits that hold you back, such as procrastination or negative self-talk.

4. \_\_\_\_\_ Completing a course or mastering a hobby boosts confidence, proving you can overcome challenges. Unlike temporary jobs, the skills you develop—like critical thinking or communication—stay with you, creating lifelong stability. Additionally, investing in relationships strengthens your support network, offering joy and resilience during tough times.

Don’t wait for the “perfect moment”. If you’re on the fence about a new venture or opportunity that would enrich your life, don’t pass it up by continuously telling yourself that you’ll do it “someday”. 5. \_\_\_\_\_ Instead, ask yourself: “Will this add value to my life?” If the answer is

- yes, act now. Don't wait any longer to get started.
- A. After all, tomorrow is another day.
  - B. Watch small efforts blossom into lasting rewards.
  - C. Tomorrow after tomorrow, yet tomorrow never arrives.
  - D. With this perspective, the process becomes

- straightforward.
- E. Yet, many people delay this, claiming they lack time or money.
  - F. Identify activities that correspond with your interests and budget.
  - G. But all too often, the benefits of investing in yourself get lost in the chaos.

精练 32 语言运用 30 分精准练(限时:20 分钟)

❶ 完形填空 [2025·山东聊城高三二模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	263

Years ago, my father's memory began to be affected by Alzheimer's disease. In an effort to reconnect him with his past, I started 1 the forgotten corners of our old house. On an old bookshelf, I found a(n) 2 but carefully kept datebook.

Though it was just a promotional gift my dad had received, its pages were filled with the 3 of his everyday life: reminders of tasks, social engagements, meetings and so on. Each page seemed to show an aspect of his life that I had never fully 4. One **entry**, dated July 22, was highlighted with "7:30 programme, Community Hall". I was particularly 5 to work out its meaning.

Through 6 with some family friends later, I learned that Dad once 7 a community project. It served disadvantaged families who had difficulty 8 costs of holiday entertainment. As the leader, Dad managed to provide 9 and shared entertainment programmes to help enrich community people's lives.

The realization of Dad's 10 left me with admiration. While I didn't organize large-scale events, I found my own way to 11 his goodness. I suggested using his datebook as a conversation starter for our family gatherings, which was 12 welcomed. The practice of sharing stories from the datebook proved to be an amazing way to 13 our family members. In

the days that followed, the 14 atmosphere in our home gradually **lifted my father's spirits**. Dad might be unable to win his fight against the disease, yet his kindness and passion for life have become a key part of our family's shared 15.

- ( )1. A. cleaning B. introducing C. exploring D. repairing
- ( )2. A. expensive B. boring C. valuable D. ordinary
- ( )3. A. issues B. details C. results D. thoughts
- ( )4. A. expressed B. refused C. admitted D. appreciated
- ( )5. A. eager B. upset C. hesitant D. confident
- ( )6. A. plans B. conversations C. celebrations D. travels
- ( )7. A. mentioned B. researched C. advertised D. pioneered
- ( )8. A. counting B. covering C. sharing D. spending
- ( )9. A. costly B. professional C. affordable D. adventurous
- ( )10. A. reason B. struggle C. impact D. popularity
- ( )11. A. honour B. trust C. awaken D. judge
- ( )12. A. hardly B. quietly C. suddenly D. universally
- ( )13. A. treat B. help C. connect D. challenge
- ( )14. A. lively B. strange C. peaceful D. tense
- ( )15. A. secrets B. memories C. surprises D. contributions



**语法填空** [2025·江西三新教研共同体高三联考]

体裁	主题语境	难度	词数
新闻报道	人与社会	☆☆☆	231

A German young man named Joel Mikael Walker went viral on social media after using traditional Chinese 1. \_\_\_\_\_ (medicine) techniques to rescue a girl who **collapsed** while hiking.

Walker quickly turned 2. \_\_\_\_\_ traditional Chinese emergency methods for the girl, as CPR might not have been as effective, and there was a risk of breaking a bone on the hard ground. Walker phoned his teacher, Song Zhaopu, and sprayed cold water on her face and patted her cubital fossa (肘窝) under his teacher's remote 3. \_\_\_\_\_ (guide). After over 20 pats, the girl's pulse started to return and she could speak a few words. 4. \_\_\_\_\_ (face) newfound

fame and praise online, Walker humbly said, "It's not me. It's the profound wisdom of Chinese 5. \_\_\_\_\_ (ancestor)."

Walker came to China in 2015 and began 6. \_\_\_\_\_ extraordinary journey into the traditional Chinese medicine (TCM) world. Following a year of intensive Chinese language study, he enrolled at the Henan University of Chinese Medicine. Walker came to Central China's Henan Province, 7. \_\_\_\_\_ a profound TCM culture could be enjoyed, because the province is the hometown of Zhang Zhongjing, the master of TCM.

Walker 8. \_\_\_\_\_ (learn) TCM over the past few years. He thinks that TCM is one of the best 9. \_\_\_\_\_ (preserve) aspects of Chinese culture, and he hopes to solve problems and 10. \_\_\_\_\_ (whole) understand Chinese culture by learning TCM and more.

**精练 33 写作 40 分规范增分练 (短文投稿)** (限时:40 分钟)

**应用文写作** [2025·河南郑州高三二模]

你校英语报正在举办以“AI in our study and daily life”为主题的征文活动,请用英语写一篇短文投稿,介绍 AI 对学习和生活的帮助,要点如下:

(1) 学习方面;(2) 生活方面;(3) 对 AI 的期待。

注意:写作词数应为 80 个左右。

**AI in our study and daily life**

**读后续写**

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆☆	315

When I was working, I happened to hear two of my co-workers talking about a great college for poor people in Virginia. It was Hampton Institute. The school was established to provide opportunities for poor but worthy applicants who could work out

all or part of the education, and at the same time be taught some trade or skills. On hearing the news, I decided at once to go to that school.

I always wanted to go to college. But when I graduated from high school two years ago, I was told by my parents that they could not afford the fees and eventually I found a job in a coal mine in Malden, West Virginia.

The next day, I started for Hampton. I had only a small, cheap bag that contained the plain clothes I could get. The distance from Malden to Hampton is about five hundred miles. I had never been far away from home. Soon, it began to grow painfully evident that I did not have enough money to pay my tickets to Hampton. But I refused to give up.

By walking and begging rides along the way, I finally reached Hampton Institute a few days later, tired and dirty. Without a second thought, I went to the head teacher for assignment to a class.



Having been so long without proper food, a bath, and change of clothing, I seemed like a worthless young man. I did not, of course, make a very favourable impression upon her, and I could see at once that there were doubts in her mind about the wisdom of admitting me as a student. I tried to impress her in all the ways I could with my worthiness. After some time, the head teacher said to me, “A classroom near my office needs sweeping. Take the broom and sweep it while I am preparing an examination for you.”

注意:续写词数应为 150 个左右。

Paragraph 1:

How happy I was when she left! \_\_\_\_\_

Paragraph 2:

When I was through, I reported to the head teacher. \_\_\_\_\_

重点词句回顾

A. 词汇积累

- 1. unlock *v.* 解锁;发现;揭开
- 2. innovation *n.* 创新,革新
- 3. hands-on *adj.* 亲身实践的;实际操作的
- 4. immersive *adj.* 沉浸式的
- 5. boost *v.* 提升,增强
- 6. application *n.* 应用;应用程序;申请
- 7. erupt *v.* 喷出,爆发
- 8. perseverance *n.* 坚持不懈
- 9. odds *n.* 困难,不利条件
- 10. investment *n.* 投资
- 11. undervalue *v.* 低估
- 12. enrol *v.* 注册,入学
- 13. entry *n.* 记录,条目
- 14. lift one's spirits 使某人精神振奋
- 15. collapse *v.* 晕倒,倒下

B. 熟词生义

...instead of directly **mapping** these to the person's beliefs and goals... (阅读 C)

map *n.* 地图 *v.* 绘制地图→*v.* 关联,对应

- 3. ...used to **colour** a product. (阅读 D)

colour *n.* 颜色→*v.* 给……着色

C. 长难句分析

- 1. She recognized that true understanding comes from directly observing the subjects of study—views that cannot be gained only from textbooks. (阅读 B)

【分析】主句 “She recognized that...” 中, that 引导宾语从句, 说明她的认知; “views that...” 是对前文观点的补充说明, 其中 “that cannot be gained...” 为定语从句修饰 views。

【译文】她认识到,真正的理解来自对研究对象的直接观察——这种见解无法仅从教科书中获得。

- 2. To explore whether AI models can understand humans by using information from multiple sources, Shu and his team created the first standardized data set that reflects the true complexities of the reasoning tasks encountered by real-world AI systems. (阅读 C)

【分析】句首 “To explore whether...” 为不定式作目的状语, 其中 whether 引导宾语从句; 主句 “Shu and his team created the first standardized data set that...” 中, that 引导定语从句, 修饰 data set, 从句中 encountered by real-world AI systems 为过去分词短语作定语, 修饰 reasoning tasks。

【译文】为了探究 AI 模型是否能够通过利用多种来源的信息来理解人类, 舒和他的团队创建了第一个标准化数据集, 该数据集反映了现实世界中 AI 系统所遇到的推理任务的真实复杂性。

- 3. Self-investment isn't about grand gestures—it's choosing actions that enrich your life, whether learning a skill, exploring a new place, or nurturing meaningful relationships. (阅读七选五)

【分析】句中用 “isn't about...it's...” 强调自我投资的本质; “that enrich your life” 为定语从句, 修饰 actions; “whether...or...” 列举具体的行动。

【译文】自我投资并非关乎盛大的举动——而是选择能充实你生活的行动, 无论是学习一项技能、探索一个新地方, 还是培养有意义的人际关系。