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高考复习方案

主编：肖德好

分层滚动卷  
英语 YN



## 1 模块检测卷 (一)

[范围:必修第一册]

(时间:120分钟 分值:150分)



模块检测卷(一)  
听力录音

### 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。每段对话读两遍。

( )1. What is the man going to do next?  
A. Pick up Billy.  
B. Visit a friend.  
C. Call Emma.

( )2. What happened to Mike?  
A. He went to the bank.  
B. He ran out of the \$ 800.  
C. He got his clothes burned.

( )3. When will the movie end?  
A. At 8:00. B. At 10:00. C. At 10:30.

( )4. Why does the man want to go to the library?  
A. To return reference books.  
B. To borrow some books.  
C. To finish his term paper.

( )5. What will the speakers do first?  
A. Arrange the tables.  
B. Talk about the menu.  
C. Send out the invitations.

#### 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 does the woman like learning about most in biology?  
A. Humans. B. Animals. C. Plants.

( )7. What is the probable relationship between the speakers?  
A. Friends.  
B. Family members.  
C. Teacher and student.

听第7段材料,回答第8至10题。

( )8. What is this special product made from?  
A. Trees. B. Animal skins. C. Rocks.

( )9. What threat are the tigers facing now?  
A. Illegal hunting.  
B. Loss of habitats.  
C. Spread of diseases.

( )10. What does Simon think can help tigers?  
A. Control mining activities.  
B. Raise the awareness.  
C. Issue environmental laws.

听第8段材料,回答第11至13题。

( )11. What is the woman's first suggestion on opening a pet shop?  
A. Hiring professional employees.  
B. Providing excellent facilities.  
C. Obeying relevant rules.

( )12. What does the woman stress first about attracting customers?  
A. Using social media.  
B. Offering better pet care.  
C. Cooperating with an animal doctor.

( )13. How does the man sound in the end?  
A. Grateful. B. Concerned. C. Embarrassed.

听第9段材料,回答第14至17题。

( )14. What does the woman offer to do for the man?  
A. Clean up his room.  
B. Make a call to a hotel.  
C. Change travellers' checks.

( )15. What does the man say about the town?  
A. It's large. B. It's modern.  
C. It's beautiful.

( )16. When was the town founded?  
A. In the 7th century.  
B. In the 13th century.  
C. In the 17th century.

( )17. Where are the speakers?  
A. Near a square.  
B. In a hotel.  
C. At a post office.

听第10段材料,回答第18至20题。

( )18. Who is the speaker?  
A. A guide. B. A teacher. C. A coach.

( )19. What will the students do at 1:15?  
A. See a film.  
B. Meet at a café.  
C. Visit a gallery.

( )20. Where can the students find more information?  
A. From teachers.  
B. From a book.  
C. From a website.

### 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

Copenhagen is an ideal destination for food-loving travellers, but there are many gastronomic (美食的) adventures that await visitors outside this capital city of Denmark. Here are some experiences in the capital and beyond.

##### Enjoy a Baltic beach relaxation in Bornholm

Beloved by Danes for its sandy beaches and fishing harbours, the island of Bornholm is distinguished by more sunshine time than anywhere else in the country. It's an attractive dining destination, with traditional smokehouses offering local delicacies. But it's Kadeau, a restaurant, that really puts Bornholm on the food map.

##### Have some street food in Copenhagen

Enjoy flavours from all corners of the globe at Reffen. Found in the former industrial site of Refshaleøen, this street food market is an exciting hangout with a rainbow of cuisines from Thai to Kurdish. Just across a river, Torvehallerne is the place for a bite. Further south, BaneGaarden is hidden in leafy railway sidings at Vesterbro, and offers soul food from the Deep South of the US.

##### Take a getaway at a castle in Zealand

On the island, one of Denmark's oldest castles overlooks the scenic northwest coast. The beautiful 13th-century Dragsholm Slot is now a luxury hotel with one of the most well-known restaurants in Zealand—Dragsholm Slot Gourmet. It holds a Michelin star, led by Chef Jeppe Foldager who serves seasonal cuisine with materials farmed and hunted from the surrounding fields, forests and seas. For a less pricey meal, the castle has the farm-to-table Bistro and casual Madhus, where visitors can enjoy drinks, snacks and light meals.

( ) 21. What makes Bornholm unique in Denmark?

- A. The longer sunshine hours.
- B. The traditional Dane foods.
- C. The attractive smokehouses.
- D. The beautiful seaside scenery.

( ) 22. Which place offers worldwide food options?

- A. Kadeau.
- B. Reffen.
- C. Torvehallerne.
- D. BaneGaarden.

( ) 23. What do we know about Dragsholm Slot Gourmet?

- A. It was once a castle.
- B. It features light meals.
- C. It offers locally grown food.
- D. It is famous in Denmark.

B

Mathematics has an image problem: too many people stumble over it and conclude that the subject is just not for them. But the core problem I suppose is how maths is presented as cold and dry.

I have a different approach which is to relate abstract maths to questions of politics and social justice. I have taught fairly maths-phobic art students in this way and have seen their attitudes transformed. They now embrace maths and even believe it can genuinely assist them.

At a basic level, maths is founded on logic, so when I am teaching logic, I use examples from contemporary events rather than the old-fashioned type of problems. Instead of studying the logic of a statement like “all dogs have four legs”, I might discuss the statement like “\_\_\_\_\_”. However, rather than sticking to this type of dry mathematical example, I introduce issues like privilege and wealth—if someone has a higher status, are they automatically wealthier? We can also ask about working hours and income: If someone works more hours, do they necessarily earn more? The answer is clearly not.

My approach is controversial because, traditionally, maths is supposed to be neutral. I have been criticized by people claiming my approach will be annoying to those who don't care about social justice. However, the dry approach is also off-putting to those who do care. Sometimes, such society-oriented questions may benefit the well-rounded development of the students.

In fact, I believe that all academic disciplines should address our most important issues. I don't demand that students agree with me about politics, but I do ask that they construct thorough arguments to back up their thoughts and develop the crucial ability to analyse the

logic of people they disagree with.

Maths isn't just about numbers and equations (方程式); it is about studying different logical systems. We can apply it to balls rolling down different hills, but we can also apply it to pressing social issues. I think we should do both, for the sake of society and to be more inclusive towards different types of students in maths education.

( ) 24. What is the author's main argument on the teaching of mathematics?

- A. Mathematics should be taken more seriously.
- B. The traditional approach needs to be revised.
- C. A focus on real-world applications is proposed.
- D. Students should have their personalized methods.

( ) 25. Which of the following can be the likely statement in the third paragraph?

- A. All cats are mammals.
- B. No hard workers are losers.
- C. All immigrants are illegal.
- D. No students like mathematics.

( ) 26. How does the author respond to the criticism?

- A. He compromises by emphasizing his teaching goals.
- B. He dismisses it as irrelevant to his teaching approach.
- C. He admits that maths should be non-political and solely focus on numbers.
- D. He suggests social issues' discussion is essential for comprehensive education.

( ) 27. What skill does the author hope his students should gain?

- A. Quick and accurate equation-solving.
- B. Using maths concepts across various fields.
- C. Crafting logical arguments for their perspectives.
- D. Working together to build a more inclusive society.

C

Working with ARIA Research, a startup developing vision for the blind, Phoebe Peng is using technologically advanced human echolocation (回声定位) that enables blind users to perceive their surroundings in precise detail.

The process uses event cameras which, unlike normal cameras that take complete images of a scene, track changes in an image over time, making them ideal for the observation of small objects like table tennis balls. The images are then processed into sounds using a specialised algorithm (算法). This is then communicated back to the player via a lot of loudspeakers, ultimately with the aim of allowing

players to track the ball and movements using sounds.

According to Peng, table tennis makes a perfect test case for the kind of technology being developed by ARIA Research. “Table tennis has been played for decades as a more accessible version of tennis. The sport is beginner-friendly while maintaining a rich level of competitive play. However, like many sports, it remains difficult for people who suffer vision loss or have low vision,” said Ms Peng, who will soon complete a Bachelor of Engineering in Software Engineering.

“The small size of the ball and table, along with the movement of the ball in 3D space, is the thing that makes table tennis difficult to play for those with low vision and complete blindness,” said Peng, who is completing the work for her degree. “Making this sport more accessible while also exploring the potential of event cameras were my two biggest motivators,” she said.

In one study, using two perfectly positioned cameras, Ms Peng was able to identify and track a ball in three dimensions in real time. She then fed that data into an algorithm controlling the loudspeakers standing along the sides of the table, which created a sound field matching the position of the ball.

While the results are promising, more experimentation will be needed before the system will be ready for actual play. “There are limitations on how accurately people can perceive sound localisation. What type of sound should be used? Should the sound be continuous? This is what we’ll be tackling in the next stage of development,” said Ms Peng.

( ) 28. How are event cameras different from normal ones?

- A. They can have sounds located.
- B. They are linked with loudspeakers.
- C. They constantly follow image changes.
- D. They take complete images of a scene.

( ) 29. What makes table tennis a perfect test case for the research?

- A. Its unique feature.
- B. Its fierce competition.
- C. Its technical complexity.
- D. Its beginner-friendliness.

( ) 30. What is the last paragraph mainly about concerning the study?

- A. Its inspiring results.
- B. Its promising future.
- C. Its practical applications.
- D. Its technological challenge.

( )31. What could be the best title for the text?

- A. Technology opens up blind table tennis
- B. Blind people work wonders in table tennis
- C. Event cameras reshape future for the disabled
- D. Algorithms help translate images to sounds

D

Charles Darwin found inspiration for his theory of evolution in birds' beaks, giant tortoise shells—and language. "The survival or preservation of certain favoured words in the struggle for existence is natural selection," he wrote in *The Descent of Man* in 1871.

Language gradually shifts over time. Much research examines how social and environmental factors influence language change, but very little wrestles with the forces of human cognitive selection that fix certain words into the vocabulary. For an extensive new study, published in the *Proceedings of the National Academy of Sciences USA*, scientists investigated just that.

The scientists carried out two experiments and the results combine to show three properties that give words an "evolutionary advantage" by helping them stick in the brain: first, words typically acquired at an early age (such as "hand" or "today") are stabler. Next, concrete words linger better than abstract ones: "dog" lasts longer than "animal", which lasts longer than "organism". Lastly, emotionally exciting words—whether negative or positive—tend to last.

Early language-evolution models assumed that language becomes increasingly complex over time. But this new study supports a more recent theory that language ultimately gets more efficient and easier to understand.

Still, as the study notes, "The English language is not baby talk." One researcher explains: "Yes, we shift towards simple language, but then we also grab complex language that we need." New words that address the complexity of modern life may somewhat balance out this shift.

The proposed trend towards "simpler" language is controversial. Columbia University linguist John McWhorter more or less agrees with the study's results about evolutionary advantages within language. He questions, however, implications regarding the overall efficiency of English—a language he says contains things like "needlessly complex" grammatical traces.

Study lead author Ying Li, a psychologist at the Chinese Academy of Sciences and a non-native English speaker, notes that English had even more puzzling grammar in the past. "McWhorter,"

Li supposes, "would complain more if he travelled back 800 years ago."

( )32. What does the underlined word "that" in the second paragraph refer to?

- A. The origin of certain favoured words.
- B. The social influence on language formation.
- C. The cognitive control over language evolution.
- D. The environmental factor in language decline.

( )33. Which group may last longest according to the "evolutionary advantage"?

- A. Mother; cup; happy.      B. Hope; trend; realism.
- C. Metal; plastic; virus.      D. Tax; smog; anxious.

( )34. Which statement is consistent with the findings of the new study?

- A. It gets harder to communicate in English.
- B. New words tend to be shorter and simpler.
- C. The complexity of English has been totally lost.
- D. The efficiency of English improves as it evolves.

( )35. How does Ying Li respond to John McWhorter's questioning?

- A. Li provides extra data.
- B. Li makes an assumption.
- C. Li consults a historical authority.
- D. Li suggests a solution.

## 第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

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。

There are different ways to learn and grow, but all of them involve getting feedback about how you are doing. 36. \_\_\_\_\_ But whether it is positive or negative, it can bring a lot of value to your personal development.

Why ask for feedback? Because it is the only way you can see yourself through another person's eyes. You can look at your own work and skills but not see the truth. Sometimes, it's because you get used to devaluing what you do. At other times, it's because you overestimate your own ability. 37. \_\_\_\_\_ Here is how you can make this a regular part of your life.

You should ask other people what they think and how they see you. 38. \_\_\_\_\_ However, making a habit of it takes the sting out of the experience and allows you to focus on what truly matters.

39. \_\_\_\_\_ You don't have to focus only on the bad things or what is not working. You also need to hear what is going well. What is working is as important as what is not. Don't be afraid to ask for

positive feedback, either.

There are a couple of things you can do to ensure you are getting authentic feedback. First, approach people when they are willing to talk to you. 40. \_\_\_\_\_ Second, don't get angry. When you ask for feedback, you might hear unpleasant things. They may be ridiculous or hurtful, but that's fine. Thank the person and decide whether the feedback is useful or not.

- A. Tell different kinds of feedback apart.
- B. Hearing about yourself may cause some anxiety.
- C. Be sure to request positive and negative feedback.
- D. Either way, feedback is of great significance to your growth.
- E. But you can't control what feedback others choose to give you.
- F. Don't, for example, disturb them when they are rushing or have a lot of stress.
- G. This can be scary because others will not just say nice things or what you want to hear.

## 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。

On Oct. 11, hundreds of runners competed in a cross-country race in Minnesota. Melanie Bailey should have 41 the course earlier than she did. Her 42 came because she was carrying a 43 across the finish line.

As reported by a local newspaper, Bailey was more than two thirds of the way through her 44 when a runner in front of her began crying in pain. She 45 to help her fellow runner, Danielle Lenoue. Bailey took her arm to see if she could walk forward with 46. She couldn't. Bailey then 47 to let Lenoue climb onto her back and carried her all the way to the finish line, then another 300 feet to where Lenoue could get 48 attention.

Once there, Lenoue was 49 and later taken to a hospital, where she learned that she had serious injuries in one of her knees. She would have struggled with extreme 50 to make it to that aid checkpoint without Bailey's help.

As for Bailey, she is more 51 about why her act is considered a big 52. "She was just crying. I couldn't 53 her," Bailey told the reporter. "I feel like I was just doing the right thing."

Although the two young women were strangers before the  
54, they've since become friends. Neither won the race, but the  
55 of human kindness won the day.

( )41. A. designed      B. followed  
C. changed      D. finished

( )42. A. delay      B. chance  
C. trouble      D. excuse

( )43. A. judge      B. volunteer  
C. classmate      D. competitor

( )44. A. race      B. school  
C. town      D. training

( )45. A. agreed      B. returned  
C. stopped      D. promised

( )46. A. courage      B. aid  
C. patience      D. advice

( )47. A. went away      B. stood up  
C. stepped aside      D. bent down

( )48. A. medical      B. public  
C. constant      D. equal

( )49. A. interrupted      B. assessed  
C. identified      D. appreciated

( )50. A. hunger      B. pain  
C. cold      D. tiredness

( )51. A. worried      B. ashamed  
C. confused      D. discouraged

( )52. A. game      B. problem  
C. lesson      D. deal

( )53. A. leave      B. cure  
C. bother      D. understand

( )54. A. ride      B. test  
C. meet      D. show

( )55. A. secret      B. display  
C. benefit      D. exchange

## 第二节(共10小题;每小题1.5分,满分15分)

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。

A unique food trend has recently gained 56. \_\_\_\_\_ (popular) among young people in China. Known as “leftover food blind boxes”, these innovative meal options provide a convenient and 57. \_\_\_\_\_ (afford) way to enjoy delicious food while also reducing food waste. So far this concept 58. \_\_\_\_\_ (attract)

the attention of many curious young individuals. The concept of “leftover food blind boxes” originated abroad, specifically from an app called Too Good To Go that started in Denmark in 2015. Its goal is 59. \_\_\_\_\_ (fight) against food waste by offering surplus (剩余的) unsold food from nearby stores and restaurants 60. \_\_\_\_\_ a reduced price.

Inspired by videos posted by Chinese creators living abroad 61. \_\_\_\_\_ shared their experience, Chinese consumers and businesses have quickly accepted the idea, 62. \_\_\_\_\_ (lead) to similar operations in major Chinese cities like Beijing, Shanghai, and Chengdu. The operational methods of the “leftover food blind box” model can vary between stores. Some boxes contain pre-packaged meals 63. \_\_\_\_\_ (base) on a store’s sales before the evening, while others allow customers to choose from 64. \_\_\_\_\_ still remains in the store around closing time. However, the latter option is less common. The contents of the blind boxes are often only revealed upon opening, adding 65. \_\_\_\_\_ element of surprise to the dining experience.

## 第四部分 写作(共两节,满分40分)

### 第一节(满分15分)

假定你是李华,外教Gerry对你校的校园蔬菜种植活动十分感兴趣。请你给外教写一封邮件邀请他一起体验,内容包括:

1. 活动目的;
2. 时间、地点;
3. 注意事项。

注意:写作词数应为80个左右。

Dear Gerry,

Yours,  
Li Hua

### 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。

Jack was new to Woodberry Forest School this year. He carried a secret burden: a stutter (口吃) that often brought about laughter from his classmates. This made him very upset. Shy and reserved, Jack chose to fade into the background rather than draw attention to himself. He felt like an outsider, never quite fitting in.

Jack was eager to exchange ideas with his classmates, but afraid of getting into trouble. Jack’s science teacher, Katherine, a warm and caring woman often wearing a smile, noticed Jack’s stutter and shyness. She observed how Jack struggled to express himself in class and how he would shy away when called upon to speak.

Determined to lend a hand, Katherine took Jack under her wing, encouraging him to embrace bravery and believe in his own abilities. Subsequently, Katherine adopted a set of systematic methods to help him. She was glad to find the potential in him, the intelligence and creativity that lay hidden beneath his stutter. Whenever possible, Katherine was always ready to praise his efforts, always declaring, “You are so great!” Whenever Jack stumbled over his words, Katherine always smiled at him encouragingly, providing him with the strength to continue. Day by day, Jack found himself speaking with greater confidence and fluency.

One day, Katherine announced that each student should give a presentation of a science project in front of the class. Jack’s heart sank, the familiar fear and anxiety wrapping around him. How could he possibly stand before his classmates to give his ideas clearly, knowing that they would laugh at him? As the presentation drew near, Jack’s anxiety mounted. Then came the big day. He watched his classmates take turns to walk up to the front. They gave their presentations with confidence and backed to their seats with satisfaction. However, while Jack was waiting for his turn, his heart beat so violently that he felt as if he were sitting on pins and needles.

注意:续写词数应为150个左右。

#### Paragraph 1:

*It was finally his turn. \_\_\_\_\_*

#### Paragraph 2:

*When Jack finished his presentation, the room erupted into applause. \_\_\_\_\_*



## 2 素养提升卷 (一)

[范围:必修第一册]

(时间:120分钟 分值:150分)



素养提升卷(一)  
听力录音

### 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。每段对话读两遍。

- ( ) 1. What is the man doing?  
A. Playing a simple song.  
B. Choosing a birthday gift.  
C. Asking for information.
- ( ) 2. How will the weather be in the afternoon?  
A. Cold. B. Hot. C. Warm.
- ( ) 3. What is the original price of the earphones?  
A. \$100. B. \$70. C. \$80.
- ( ) 4. When should the project be handed in?  
A. On Monday. B. On Friday. C. On Saturday.
- ( ) 5. Why does the woman suggest buying the priority service?  
A. To catch the flight.  
B. To carry more luggage.  
C. To request a ticket change.

#### 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 is the woman's last workout in today's schedule?  
A. Running. B. Boxing.  
C. Yoga stretches.
- ( ) 7. What is the man's suggestion for staying healthy?  
A. Having a healthy diet.  
B. Building great strength.  
C. Taking regular exercise.

听第7段材料,回答第8至10题。

- ( ) 8. Why does the man call the woman?  
A. To submit John's paper.

- B. To explain John's illness.  
C. To seek help for his project.
- ( ) 9. What does the man have to do in the afternoon?  
A. Take a history class.  
B. Meet the secretary.  
C. Have a meeting.
- ( ) 10. What do we know about Edgar?  
A. He's sensible.  
B. He's energetic.  
C. He's considerate.

听第8段材料,回答第11至13题。

- ( ) 11. What do the man and the woman want to do?  
A. To sell an apartment.  
B. To rent a house.  
C. To prepare for their wedding.
- ( ) 12. What kind of house do they want?  
A. With a big kitchen.  
B. With two little bedrooms.  
C. With a living room for the TV.
- ( ) 13. Why doesn't the man want to live far away from downtown?  
A. He enjoys downtown life.  
B. Apartments are not good there.  
C. The traffic is too heavy to get to work.

听第9段材料,回答第14至17题。

- ( ) 14. What happened to Laura in the South Pole?  
A. Her fingers got hurt.  
B. Her glasses broke.  
C. Some stories frightened her.
- ( ) 15. Why was the trip to Australia the worst one?  
A. The laptop was stolen.  
B. The owner failed his duty.  
C. The police were unprofessional.
- ( ) 16. How does Laura spend a normal holiday?  
A. By reading a lot.  
B. By learning boat riding.  
C. By enjoying herself leisurely.
- ( ) 17. What is Laura's next plan?  
A. Going to islands.  
B. Getting married.  
C. Climbing a mountain.

听第10段材料,回答第18至20题。

- ( ) 18. What questions are usually asked in the traditional interview?  
A. Challenging questions.  
B. Direct questions.  
C. Tricky questions.
- ( ) 19. What does the case interview focus on about the candidate?  
A. Work experience.  
B. Educational qualifications.  
C. Problem-solving abilities.
- ( ) 20. What is the speaker mainly talking about?  
A. Features of different types of interviews.  
B. Skills in asking interview questions.  
C. Changes in three interview models.

### 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

#### The 4 best books for teens

##### The Body Image Book for Girls

Body positivity can be extremely difficult to achieve, especially during the teenage years. This book provides shared facts on topics including self-respect, diet culture, and the effects of social media on body image. Additionally, it includes real-life stories from girls who've struggled with body image as well as tips for maintaining both their physical and mental health.

Recommended Ages: 12 to 17 years

Number of Pages: 226

##### Just as You Are

This book gives the topic of building high self-respect. The tone is inspiring: encouraging readers to value themselves and stop comparing themselves with others. It's written by a clinical psychologist, who teaches self-awareness and self-compassion and helps readers get rid of critical voices to stay positive as they move forward in the future.

Recommended Ages: 14 to 17 years

Number of Pages: 176

##### Never Fight Alone

Sometimes, teens just want to be heard by someone who

全品



understands, like someone of their own age. This book consists of 51 inspiring interviews with people—from former professional athletes to authors and teen entrepreneurs (企业家)—who overcame various life challenges, like anxiety, depression, and more. These interviewees detail how they overcame life's challenges and provide tips for readers to do the same.

Recommended Ages: 13 to 17 years

Number of Pages: 306

### **Make Your Bed**

According to Admiral William H. McRaven, changing the world can begin with one step: making your bed. His words went viral back in 2014 when addressing the graduating class of the University of Texas at Austin. He shares his personal experiences, providing practical advice, wisdom, and words of encouragement.

Recommended Ages: Not listed

Number of Pages: 144

( ) 21. Why are interviews included in *Never Fight Alone*?

- A. To provide role models for the readers to follow.
- B. To prove understanding is the key to all relationships.
- C. To show where the author got his idea for the book.
- D. To support the point that challenges are what life is about.

( ) 22. What message is *Make Your Bed* trying to convey?

- A. Practice makes perfect.
- B. Little habits lead to big results.
- C. Actions speak louder than words.
- D. A bird in the hand is worth two in the bush.

( ) 23. What do the four books have in common?

- A. They consist of real-life stories.
- B. They include advice from psychologists.
- C. They are inspirational to teenagers.
- D. They have become hot topics of discussion on social media.

### **B**

Due to the fact that the average life expectancy in Ghana is 64 years old, and the most common causes of death are largely treatable conditions, such as malaria, stroke, and respiratory infections. Boateng, growing up in a small village in southern Ghana, struggling to access basic health care, felt an urgent call for help and decided he would make it his life's mission to bring health care to remote communities in Ghana.

Boateng worked hard in school, getting a scholarship to study biology at Cornell University in the US, and ultimately earned his

Master's in Healthcare Administration. Later he started his non-profit, OKB Hope Foundation, and converted a van into a mobile doctor's office called the Hope Health Van to bring health care directly to those in need in 2021.

A few times a week, the mobile clinic and medical team travel long distances to remote communities in Ghana and provide free routine medical care. On each trip, Boateng's team consists of a nurse, a physician's assistant, a doctor, and an operation assistant. In the van, they can run basic labs like bloodwork and urinalysis as well as prescribe and provide medications. "It's like a one-stop shop for people," said Boateng, adding that most of the people they see have one health issue or another.

Since its launch, Boateng says the Hope Health Van has served more than 4,000 Ghanaians across more than 45 rural communities who otherwise don't have easily accessible medical care. To supplement the mobile clinic, Boateng's organization has also trained 20 volunteers to serve as local health advocates. They check people's vitals and provide the medical team with timely data for assessing how to move forward with care and treatment, especially for those whose health is at risk.

In the future, Boateng hopes to expand to provide more consistent and high-quality medical care not only for those living in remote areas of Ghana but in other countries as well. "I believe that our model can be replicated in sub-Saharan Africa," he said.

( ) 24. What inspired Boateng to set his life goal?

- A. He wanted to get a scholarship.
- B. Many locals died of deadly diseases.
- C. The birthplace of him was small and poor.
- D. Basic health care was inaccessible for locals.

( ) 25. What is Paragraph 3 mainly about?

- A. How Boateng's team functions.
- B. Why Boateng's team was founded.
- C. What Boateng's team has achieved.
- D. Where Boateng's team has travelled.

( ) 26. What is Boateng's attitude to his team in the future?

- A. Ambiguous.
- B. Ambitious.
- C. Indifferent.
- D. Doubtful.

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

- A. A van bringing medical care to thousands
- B. A country lacking basic health care

- C. Efforts to provide people with medications
- D. Mobile vans travelling through Ghana

### **C**

The goal of this book is to introduce some of the cognitive (认知的) prejudices we have—and how misunderstandings can cloud our judgement and affect the people around us. This book also guides us on how to do our best to correct these thinking traps. Here are some examples.

The first one is that we tend to be overconfident in our abilities without enough evidence. This can lead us, for example, to mess up career-changing presentations because of lacking preparation, or greatly underestimate the time we may spend completing the projects.

We can correct this propensity by trying it out ourselves, which will quickly put any feelings of overconfidence to rest, or fight this trend by over-preparing and considering potential problems in advance. For example, if we're decorating our homes and have no idea how long it will take, talk to friends who went through a recent case or consult with a few experts to understand the time the project costs and what problems may arise.

Another, which can be dangerous, is that we are likely to focus a lot more of our attention on negative events than positive ones. It explains why a friend's unenthusiastic review of a well-known movie might lead us to watch something else. This tendency can hold us back from making a decision about something, say a big purchase like a house, out of fear that there might be once a negative event associated with an otherwise good choice.

There are several suggestions here. Initially, when making a choice, stress the positive aspects of our options. Sellers use this approach all the time. For example, instead of saying the beef contains 11% fat, they label it as 89% lean (纯瘦肉的). These are both true and accurate descriptions of the same product but describing it from the opposite of it can make it a more attractive choice for buyers concerned with fat intake.

( ) 28. What is the book aimed at?

- A. Teaching social skills.
- B. Changing the thinking mode.
- C. Solving physical problems.
- D. Promoting reflective learning.

( ) 29. What does the underlined word “propensity” mean in Paragraph 3?

- Tradition.
- Over-preparation.
- Collection.
- Tendency.

( ) 30. What is the harm of prejudice according to Paragraph 4?

- Buying useless things.
- Messing up presentations.
- Missing big opportunities.
- Avoiding making decisions.

( ) 31. What will be talked about in the following paragraph?

- Analysing reasons.
- Giving examples.
- Adding suggestions.
- Making contrasts.

#### D

Do you have a suit or dress in the closet that you haven't worn for years but are reluctant to get rid of? Maybe you say, “I can't throw that away because I paid good money for it.” If you recognize this in yourself, then you are suffering from commitment to the sunk cost fallacy (谬误). It occurs when we feel that we have invested too much to quit. This psychological trap causes us to stick with a plan even if it no longer serves us and the costs clearly outweigh the benefits.

Arkes and Blumer conducted a survey showing that people are influenced by sunk cost fallacy in their decisions. Participants imagined spending \$100 on a ski trip to Michigan and \$50 on Wisconsin, realizing later they were for the same weekend. They were told Wisconsin would be more enjoyable. When asked which trip to take, 54% chose Michigan despite the reasonable choice being Wisconsin, because they had made a greater initial investment.

Sunk cost fallacy takes place when we let emotions cloud our decisions. Once we've invested in a choice, we feel guilt or regret if we don't follow through. We fail to realize that past costs won't be recovered. Instead, we base decisions on past costs, ignoring present and future costs and benefits. This may be due to loss aversion (厌恶), where losses feel worse than gains. We avoid losses, making choices based on avoiding the “loss” of our past investment instead of considering the benefits gained if we don't continue our commitment.

No one can deny the fact that we benefit a lot from perseverance. So our society loves to emphasize perseverance. Never give up! Don't waste. But only you know the right path for you. Sometimes walking away is the hardest choice of all. You might

realize a path you're on is no longer the right one or never was. That's a painful realization.

( ) 32. What phenomenon does the author describe at the beginning of the text?

- People benefit from sticking with a plan.
- People's consumption view has changed.
- People refuse to give up the past commitment.
- People's clothes are becoming more expensive.

( ) 33. Why did more than half of the participants choose the trip to Michigan in the survey?

- To save more of the loss.
- To appear more reasonable.
- To make a greater investment.
- To enjoy more of themselves.

( ) 34. When does “sunk cost fallacy” occur?

- When we don't follow through our choices.
- When we don't continue our commitment.
- When we stop feeling guilty and regretful.
- When we make decisions based on past costs emotionally.

( ) 35. What is the author's attitude towards “perseverance”?

- Favourable.
- Objective.
- Doubtful.
- Unclear.

#### 第二节(共5小题;每小题2.5分,满分12.5分)

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。

With everything going on in the world, it's no wonder so many of us are struggling to sleep. 36. \_\_\_\_\_ And it's hard to fall back asleep again. However, simple steps before bed can help.

Test your pillow. If you bought your pillow in 2022, it's already old. The National Sleep Foundation suggests replacing your pillow every one to two years. 37. \_\_\_\_\_ “When your brain is sending pain signals, it can't send sleep signals,” says Dr Michael J. Breus, a clinical psychologist and sleep specialist.

Get an hour of sunlight each day. Morning sunlight is important for good sleep. “It stops producing melatonin in your brain, which helps relieve the sleepy morning feeling,” Breus says. It also sets a mental timer to produce melatonin, the so-called sleep hormone, that evening. Aim for 15 to 30 minutes of direct light first and two 15-minute outdoor breaks during the day. 38. \_\_\_\_\_

Skip salty snacks before bed. In a Japanese study, researchers

followed 321 patients with high-salt diets and sleep issues for 12 weeks. 39. \_\_\_\_\_ And those who consumed more salt woke up more often to go to the bathroom.

40. \_\_\_\_\_ If you need to air complaints to your family, don't wait until night. Tough discussions are less likely to disturb your sound sleep if you initiate them earlier. Arguments can activate your sympathetic nervous system, which disturbs sleep. Some research even suggests that going to bed angry may make you bad-tempered the next morning.

- Avoid arguments with your family.
- Handle your troubles before dinner.
- It signals your brain that it is time to be awake.
- It contributes to good health when you are exposed to light.
- It's normal to wake up at night, especially as you age.
- A used one in the past can cause neck pain and restless sleep.
- When people cut them down, their average toilet trips decreased.

### 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。

My daughter's dog, “Thunder”, has been in declining health for months now. He is eating less, sleeping more, and 41 not doing well. Sadly, it is a 42 I have seen too many times as my own dogs have gotten older. Thunder is 12 years old or 84 in people years. It has always seemed so 43 to me that our dogs live such short lives compared to ours.

Seeing that Thunder's time was coming to an end, my daughter tried to 44 a new puppy to 45 her weak dog. Unfortunately, things didn't 46 as she hoped. Her dog didn't enjoy having a high-energy puppy around. So “Hank”, the puppy, 47 me. Thankfully, my sons took him as their own. Each day Hank runs and plays with them until everyone is 48 but him.

49 lovely Hank bark, chew, and play all day makes me wish that I also had the 50 of a puppy. In terms of 51, I am much closer to old Thunder than Hank. My body tends to be 52 every day and I just can't do all the things I used to.

As I watch both Thunder and Hank, however, my heart fills with love for them. Dogs are such a 53 from Nature. They teach us so much about life. They play with abandon, not caring about what's happening around—just live each day 54. And they love

unconditionally. If we all could just live with the 55 our dogs do, this world would be a better place.

( ) 41. A. barely      B. generally  
C. naturally      D. occasionally

( ) 42. A. view      B. choice  
C. pattern      D. surprise

( ) 43. A. unfair      B. immoral  
C. significant      D. realistic

( ) 44. A. pursue      B. fetch  
C. adopt      D. carry

( ) 45. A. accompany      B. bother  
C. admire      D. replace

( ) 46. A. fit      B. continue  
C. stop      D. work

( ) 47. A. broke away from  
B. came back to  
C. ended up with  
D. dropped in on

( ) 48. A. motivated  
B. exhausted  
C. relieved  
D. embarrassed

( ) 49. A. Watching  
B. Making  
C. Helping  
D. Feeling

( ) 50. A. confidence  
B. curiosity  
C. courage  
D. energy

( ) 51. A. age  
B. build  
C. attitude  
D. character

( ) 52. A. adjusting  
B. aching  
C. sweating  
D. relaxing

( ) 53. A. challenge  
B. gift  
C. concern  
D. discovery

( ) 54. A. gratefully  
B. faithfully  
C. joyfully  
D. wisely

( ) 55. A. hope  
B. goal  
C. interest  
D. love

## 第二节(共 10 小题;每小题 1.5 分,满分 15 分)

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。

Chen Yishi, of Yangzhou, Jiangsu Province, has devoted most of his life to woodblock printing, an ancient art 56 has embodied (体现) the charm of Chinese characters for hundreds of years. In 2006, the traditional craft 57 (list) among China's first items of national intangible cultural heritage, and Chen

has been honoured as a 58 (represent) inheritor (继承人).

Known as the “living fossil” of printing, woodblock printing originated in China during the Tang Dynasty (618—907). Inheritors of the craft follow the ancient ways, using traditional tools 59 (carve) characters and patterns on a wooden block. Next, ink is applied to the carved face, and blank pages of paper, silk 60 other material are pressed down on the ink, picking up the impression. Those pages are then bound into a book.

The passion for woodblock printing 61 (run) in Chen's family for more than 100 years. His grandfather was a famous Qing woodblock craftsman. Chen 62 (he) has been practising the craft since he was 13 years old. The Chens and the city of Yangzhou are making efforts to attract more people's attention through publicity. They have made light covers, fans and other daily items 63 (use) woodblock printing and sold them 64 low prices. “The public will have access to it through these 65 (product),” said Chen Meiqi, Chen's daughter. “They will get to appreciate woodblock printing, and then protect it.”

## 第四部分 写作(共两节,满分 40 分)

### 第一节(满分 15 分)

假定你是李华,“五一”小长假期间你校开展了“家务好帮手”劳动周特别活动。请你给英国朋友 David 写一封邮件分享这次经历,内容包括:

1. 简要描述;
2. 体验和感受。

注意:写作词数应为 80 个左右。

Dear David,

I'm writing to share the “Good Housekeeping Helper” special event launched during the May Day holiday.

Yours,

Li Hua

### 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。

Hearing that one neighbour had just welcomed a new litter, Allen, a 9-year-old boy, rushed to see the newborn cats. However, during his visit, Allen noticed one of the cats wasn't moving due to

disability on its hind (后面的) legs. So while the other little cats were exploring their surroundings, this one stayed behind.

Allen was significantly affected by the scene of this lonesome cat. He returned home and started to wonder whether he could do anything to help. When the boy told his mother about that, the mother recalled a video about pet wheelchairs.

They finally found the video on YouTube, in which an animal lover, Addy, shared a heartwarming and innovative project: building a wheelchair for a pet cat with mobility issues due to a hind-leg injury. As a caring pet owner, Addy took viewers through the DIY process of making a custom wheelchair to aid her cat's movement and improve its quality of life. She began by measuring the cat and based on the measurements, cut the plastic pipes to make a frame (支架). Then she connected the pipes and attached the wheels to the back end of the frame. Finally, she added a harness (保护带) to ensure it was fit and comfortable for the cat.

Seeing the cat in the wheelchair moving around happily with the support, Allen thought that would be the best option for the little cat.

But the wheelchair in the video seemed too big and too heavy for a newborn cat. Where could he find the suitable materials?

His mother unearthed an old bag from the cupboard, whose belt was just fine for the harness. As for the frame, they searched the storage room in their house and found an old umbrella, whose frame provided enough thin iron bars that were durable and light. But they were difficult for him to cut off. Allen thought his father could help. However, where could they find the small wheels?

注意:续写词数应为 150 个左右。

#### Paragraph 1:

Allen suddenly spotted a familiar item in the corner of the storage room.

#### Paragraph 2:

Together, they built a tiny wheelchair for the little cat.