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(限时:40 分钟)

**A** [2025·浙江1月考]

**Interlibrary Loan (ILL)** provides teachers, students and staff with access to books that are **checked out** or not owned by our own libraries, as well as **digitized** copies of articles and book chapters from our collection.

Current students, teachers (including retired) and staff can request items through ILL. Interlibrary loan is not available to former students, guest borrowers or fee-card holders.

Articles are usually received within 1–2 days and books in 5–10 days. However, obtaining items that are rare, recently published or in high demand may take longer. To speed up the process, please make sure the information you submit through the ILL Request Form is accurate.

Loan periods are established by the lending library. All due dates are noted on the label. Borrowed items are subject to recall by the lending library. Any restrictions established by the lending library will be indicated on the label. No renewals (续借) are allowed for physical items borrowed through ILL.

For a physical item, you will be notified by e-mail when it arrives. Items are picked up at one of our libraries—the one you selected in the ILL Request Form. For an article or book chapter, you will be notified by e-mail when it is available. To obtain the article or chapter, click on the link provided in the e-mail and log into your ILL account. Once in your account, select Electronic Articles Received.

( ) 1. Who can use the ILL service?

A. Former students.

B. Guest borrowers.

C. Retired teachers.

D. Fee-card holders.

( ) 2. What is a rule for borrowing a print book through ILL?

A. Pay an extra fee for delivery.

B. Renew it before the due date.

C. Pick it up at the lending library.

D. Return it when it is recalled.

( ) 3. How much do you pay for two articles obtained from an international library?

A. \$ 15.                                  B. \$ 20.

C. \$ 24.                                  D. \$ 30.

The playground at Garfield High School in East Los Angeles was wet from the morning's rain. But the bad weather didn't keep the Garfield graduates from gathering there to show their support for their former teacher, Jaime Escalante, who was in the end stages of cancer.

Although the Bolivian-born teacher, who inspired the 1988 movie *Stand and Deliver*, did not become a **household** name after Hollywood put his remarkable story on screen, he possessed a gift of inspiring his students to see themselves not as they were but as they could be.

“To make it,” Escalante used to tell his students, “you need ambition.”

Ambition was Escalante's battle cry, not just in motivating his students. He also kept pushing it



to the administrators and teachers. *Stand and Deliver* shows the tension perfectly in a scene: when Escalante announces that he wants to teach calculus (微积分) and advanced maths at Garfield High School, the other teachers think it's a joke, since Garfield is a school where the poor, hardened street kids are not even supposed to master mathematics.

Escalante admitted in an interview that *Stand and Deliver* was 90 percent truth, 10 percent drama. His biggest complaint was that the movie left the impression that his students mastered advanced mathematics **overnight**.

"The fact is that the kids ate, slept and lived mathematics," Escalante said. "They arrived an hour before school and stayed two hours after school. They studied on Saturdays and during summer vacations."

Some parents hated it too, and they let Escalante know it. In 1991, Escalante resigned, in part because he was tired of the run-ins with those parents and his fellow teachers.

"But I want to be remembered as a teacher who sees potential everywhere," he said. "You can't be a good teacher unless you see the potential in every student."

That's what made Jaime Escalante such a great teacher.

- ( ) 4. What did Escalante's fellow teachers think of his plan?
- A. Praiseworthy.      B. Unambitious.  
C. Unrealistic.      D. Motivating.
- ( ) 5. What can we say about *Stand and Deliver*?
- A. It has played down the students' efforts.  
B. It has brought in donations for the teacher.  
C. It has helped the teacher become a national star.  
D. It has ignored the challenges faced by the teacher.
- ( ) 6. Which of the following best explains "run-ins" underlined in Paragraph 7?
- A. Formal discussion of an issue.  
B. Joint effort towards a shared aim.  
C. Regular meeting with someone.

- D. Serious disagreement or argument.
- ( ) 7. Why is Jaime Escalante a great teacher according to the text?
- A. Because he is good at communication.  
B. Because he sees potential in every student.  
C. Because he is very patient with the students.  
D. Because he can create a competitive atmosphere.

II 阅读七选五

[2025 · 山东泰安高三二模]

体裁	主题	难度	词数
说明文	人与自我	☆☆☆	273

The final year of senior high school is a critical yet challenging period, marked by intense academic pressure and emotional stress. Balancing exam preparation and personal well-being requires **strategic** planning. Below are practical methods to help students manage stress and increase learning efficiency.

**Prioritize time management**

Creating a realistic timetable is **foundational**. Divide study sessions into 45-minute blocks with 10-minute breaks to prevent **burnout**. Use tools like planners or apps to track deadlines and arrange time for weak subjects. Avoid **multitasking**—focus on one task at a time to enhance memory. 1. \_\_\_\_\_.

**Combine physical and mental wellness**

Physical activity is proven to lower cortisol (皮质醇) levels. Daily exercise, such as walking, dancing, or cycling, can improve mood and sharpen focus. 2. \_\_\_\_\_. Even 5 minutes of deep breathing before studying can calm nerves and improve cognitive performance.

**Build a support network**

Isolation will increase stress. Share academic challenges with peers, teachers, or family members to gain perspective. Study groups encourage cooperative learning and reduce loneliness by sharing solutions to problems. Schools offer consulting services. 3. \_\_\_\_\_. A strong support system provides emotional relief and practical advice, helping you handle

difficulties effectively.

Improve study techniques

4. \_\_\_\_\_. Thus, adopt active learning methods: summarize notes aloud, use flashcards for memorization, or teach concepts to peers. For instance, the Pomodoro Technique (25 minutes of study and 5-minute breaks ) enhances concentration. Additionally, simulate exam conditions through timed practice tests to build confidence and identify gaps.

In conclusion, while stress is **unavoidable** during senior high school, adopting these strategies above can help you manage it effectively. 5. \_\_\_\_\_. Stay positive, and you will overcome any challenges!

- A. Turn to professionals if overwhelmed
- B. Nothing is more significant than study
- C. Generally, passive strategies are ineffective
- D. Therefore, you should be modest and hard-working
- E. Pair this with mindfulness practices like deep breathing
- F. Remember, being healthy is the key to academic success
- G. A structured routine reduces anxiety and promotes a sense of control

完形填空

[2025·福建福州高三二模]

体裁	主题	难度	词数
记叙文	人与社会	☆☆	253

After a full day of school, Rose Quigley wore gloves and quickly picked bunches of fresh vegetables. But she didn't have to 1 her school, or even go outdoors to do it.

Quigley is one of the students at Brownsville Middle School who 2 a high-tech farm inside a classroom. They decided what to grow, and then planted seeds and 3 pounds of produce weekly.

The crops are grown indoors, on floor-to-ceiling shelves, each 4 by nutrient-enriched water and lit by LED lamps. The students provide weekly produce for their cafeteria's salads and other 5.

Quigley and her schoolmates also 6 some

of their harvests to community members at a reasonable discount. It's part of a new weekly "food box" 7 set up in the school's yard. Three students 8 digital tablets to process orders, while other students 9 free salad featuring produce from the farm.

Quigley's 10 for farming arises from Teens for Food Justice, a 6-year-old non-profit organization that has worked with community partners to 11 students at Brownsville and two other schools to become educated urban farmers and consumers.

Quigley finds the farm experience 12. She credits it with improving her community's 13. "We could have been stuck eating fried chicken every day," she says. Now, thanks to the onsite farm, students have daily 14 to salad

(后续内容,请见下页)

- ( )1. A. miss B. start C. leave D. enter
- ( )2. A. built B. rented C. visited D. bought
- ( )3. A. shipped B. harvested C. imported D. packed
- ( )4. A. cooled B. cleaned C. poured D. fed
- ( )5. A. dishes B. communities C. events D. students
- ( )6. A. gave B. delivered C. sold D. exhibited
- ( )7. A. exam B. game C. lesson D. service
- ( )8. A. charged B. used C. produced D. stored
- ( )9. A. handed out B. took over C. exchanged for D. tried out
- ( )10. A. curiosity B. request C. duty D. love
- ( )11. A. assess B. observe C. train D. require
- ( )12. A. rewarding B. lucky C. tiring D. costly
- ( )13. A. unity B. health C. confidence D. safety
- ( )14. A. solutions B. limits C. reference D. access

greens and other vegetables. Through 15 learning and direct action, these young farmers are proving that even in the heart of an urban environment, an agricultural project can make a difference.

- ( )15. A. hands-on            B. theory-based  
          C. lifelong            D. independent

Ⅳ 语法填空

[2025·湖南岳阳高三模拟]

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	237

For Chen Honghan, a student from Nizhuhe Village in Xuanwei, Yunnan, the dangerous three-hour mountain hike to school has been replaced by a safe 30-minute journey thanks to the “cloud school bus”.

Nizhuhe Village, situated deep in the mountains, was once linked to Wanquan Primary School by a dangerous journey along cliffside (悬崖边) 1. \_\_\_\_\_ (path). Every school day, Chen and her classmates 2. \_\_\_\_\_ (brave) muddy, narrow routes and makeshift stone steps just 3. \_\_\_\_\_ (reach) their

school high atop the cliffs. It was no wonder that those parents 4. \_\_\_\_\_ children faced safety risks on these daily trips remained constantly worried.

This challenging journey changed 5. \_\_\_\_\_ (remarkable) in 2017 with the launch of Nizhuhe Grand Canyon eco-tourism project. A cliffside lift and a cable car (缆车), 6. \_\_\_\_\_ (construct) in 2022, offer villagers free access to the peak. Today, the “cloud school bus” combines a bus ride, a 268-metre lift, and a 200-metre cable car, transforming 7. \_\_\_\_\_ previous dangerous trip into a safe and enjoyable experience.

The impact has been far-reaching. Chen, who once considered 8. \_\_\_\_\_ (drop) out due to the dangers, now safely takes her younger sisters to school. Beyond safeguarding children, the project has boosted tourism, turning 9. \_\_\_\_\_ was once an overlooked village into a tourist destination. Villagers have seized the opportunity and significantly improved their livelihoods by launching businesses, 10. \_\_\_\_\_ farmstays, coffee shops, and guesthouses.

重点词句回顾

A. 好词积累

1. interlibrary *adj.* 图书馆之间的
2. check out (从图书馆等)借出;调查,核实;结账离开
3. digitized *adj.* 数字化的
4. household *adj.* 家喻户晓的
5. overnight *adv.* 一夜之间
6. strategic *adj.* 战略的;战略性的
7. foundational *adj.* 基础的;基本的
8. burnout *n.* 精疲力竭;过度劳累
9. multitask *vi.* 多任务运行;同时做数件事情
10. unavoidable *adj.* 不可避免的;无法避免的;难以预防的

B. 熟词生义

physical

No renewals (续借) are allowed for **physical** items borrowed through ILL. (阅读 A Para. 4)

【译文】通过 ILL 借用的**实物**不允许续借。

【生义】*adj.* 实体的,物质的 [熟义] *adj.* 身体的,物理学的

C. 长难句分析

【原句】Although the Bolivian-born teacher, who inspired the 1988 movie *Stand and Deliver*, did not become a household name after Hollywood put his remarkable story on screen, he possessed a gift of inspiring his students to see themselves not as they were but as they could be. (阅读 B Para. 2)

【译文】尽管这位出生于玻利维亚的老师启发了1988年的电影 *Stand and Deliver*,但在好莱坞将他的非凡故事搬上银幕后,他并没有成为家喻户晓的名字,但他有一种天赋,能激励他的学生看到自己不是他们本来的样子,而是他们可以成为的样子。

【分析】本句为主从复合句。although 引导让步状语从句;who 引导非限制性定语从句,修饰先行词 the Bolivian-born teacher;after 引导时间状语从句,作让步状语从句中的时间状语;not... but... 连接两个并列的方式状语从句,as they were 和 as they could be。

# Unit 2    Let's talk teens

(限时:40 分钟)

## ❶ 阅读理解

A [2025·东三省名校联盟联合模拟]

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	347

If we think of a book we studied months ago, we will find it easier to recall its colour, its **typeface**, and the table where we sat than the content we were concentrating on. If we think of a lecture we listened to with great concentration, we will recall the lecturer's appearance and the failure of the air-conditioning much more easily than the ideas we went to learn. This phenomenon proves that the connections made in the brain through **unconscious** processing are more lasting than those made through conscious processing. George Lozanov therefore proposed his theory and came up with a new teaching approach.

In suggestopedia (暗示教学法), as he called his method, consciousness is shifted away from the curriculum to focus on something around. In a recent experiment, it consists of two sessions. The first session is in two parts. In the first part, the music is classical (Mozart, Beethoven...) and the teacher reads the text slowly and sincerely, with attention to the dynamics of the music. The students follow the text in their books. This is followed by several minutes of silence. In the second part, they listen to baroque music (Bach, Corelli, Handel...) while the teacher reads the text in a normal speaking voice. During this time they have their books closed.

Some hours after the two-part session, there is a follow-up class at which the students are stimulated to recall the material presented. Once again the approach is indirect. The students do not focus their attention on trying to remember the vocabulary, but focus on using the language to communicate.

While suggestopedia has gained some fame through success in the teaching of modern languages, few teachers are able to achieve the

same level of success as Lozanov and his associates. The students have not developed the appropriate mindset. They are often not motivated to learn through this method because they do not have enough "faith". They do not see it as "real teaching" especially as it does not seem to involve the "work" that is essential to learning.

- ( )1. What's easier to recall according to Paragraph 1?  
A. Book content.  
B. Lecture ideas.  
C. Associated details.  
D. Consciously learned facts.
- ( )2. Why are different types of music used in the experiment?  
A. To let teachers teach more freely.  
B. To see how students react to music.  
C. To create different learning atmospheres.  
D. To test students' music appreciation ability.
- ( )3. What is a key feature of suggestopedia in the experiment?  
A. Focusing on direct vocabulary memorization.  
B. Stimulating active recall of texts.  
C. Using a direct teaching approach.  
D. Encouraging passive listening.
- ( )4. What can be inferred about the new method from the last paragraph?  
A. It has gained great popularity.  
B. It still has a long way to go.  
C. Students' attitude helps its success.  
D. It's a win-win strategy.

B [2025·江苏南京高三二模]

体裁	主题	难度	词数
议论文	人与自我	☆☆☆	349

This might sound impossibly old-fashioned, but I still like the idea that education is about learning: facts, skills, culture, analysis and inspiration. It's supposed to make us better citizens. But over the last decade, the goal of

learning has given way to grades and degrees. The unfortunate result has been inflation (膨胀) of both. They rise ever higher; learning doesn't.

To avoid discouraging students, some school districts did away with D and F grades.

Grade point averages have consistently risen even though scores on nationwide standardized exams such as the SAT have not. It's not that I think standardized tests are the final word in measuring excellence. But when the gaps between grades and test scores are this wide and consistent, parents and the public should not be fooled.

That's true not just of low-achieving students. In a 2023 survey, educators said that close to half of students argue for higher grades than they earn, and 8 out of 10 teachers give in. It's hard to blame them; a third or more of students and parents disturb them when they don't.

Unearned grades are damaging in many ways. Some students, **armed with** good grades, **march off** to college to find themselves in remedial (补习的) classes because they haven't learned enough to take college-level courses. Employers complain that high school and even college graduates lack basic skills needed in the workforce. There are also complaints from college professors that the students aren't even good at reading books.

Grade inflation has followed students into college. Some professors hesitate to grade accurately because of student evaluations, which are often more negative for tough graders. Remember that about 70% of college instructors are adjunct professors (兼职教授) who have few job protections. Many Ivy League students have learned to cherry-pick easy-grading professors. Yet a Brown University study found that students taking courses from professors with stricter grading standards learned more. We have to ask ourselves as a society: Do we want college to be a place of intellectual growth—or a performative exercise in grade fishing?

( )5. What are parents fooled into thinking?  
A. SAT is the best measure of their

children's abilities.

B. The purpose of education is to make better citizens.

C. Grade point averages are vital for college application.

D. Children's high grades reflect their exceptional abilities.

( )6. What is a consequence of grade inflation?  
A. Employers favour students with higher degrees.  
B. Graduates fall short of employers' expectations.  
C. Remedial classes become required courses in college.  
D. Low-achieving students find it harder to enter college.

( )7. What can be inferred from the last paragraph?  
A. Tough graders desire job security.  
B. Strict grading promotes real learning.  
C. Student evaluations fuel intellectual growth.  
D. Easy-grading professors start grade inflation.

( )8. What is the best title of the text?  
A. The game of scores  
B. Today, Grade A is for average  
C. The force behind grade inflation  
D. Now, learning takes the front seat

II 阅读七选五

[2025·安徽合肥高三质量检测]

体裁	主题	难度	词数
说明文	人与自我	☆☆☆	267

The teenage years are marked by intense changes—physical, social, emotional, and developmental—that can be difficult to deal with at times. 1. \_\_\_\_\_ As you grow older, conflicts with family often increase, mainly due to the desire for more independence. Peer (同龄人) pressure also plays a major role, as teenagers are more likely to be influenced by friends while testing boundaries and seeking autonomy.

Conflicts during this time can also arise from the intensity of your emotions and your evolving ability to think abstractly. As you work on



forming your **individual** identity, you may become more focused on the world around you, trying to make sense of your own feelings and form opinions on various issues. 2. \_\_\_\_\_ As your outlook changes, these struggles may make it more difficult to navigate relationships with family and cope with peer pressure.

While conflicts are a natural part of this stage of life, there are ways to manage and resolve them productively. 3. \_\_\_\_\_ By expressing your thoughts and feelings clearly, you can prevent misunderstandings and build mutual respect. Equally important is active listening—understanding others’ outlook can help you find common ground and reach a resolution.

4. \_\_\_\_\_ Staying calm allows you to think more clearly and avoid worsening emotions. Techniques such as deep breathing or temporarily stepping away from the situation can help manage intense feelings. Additionally, turning to trusted adults or peers who have faced similar challenges can help you gain practical strategies for managing emotions.

While conflicts are a normal part of growing up, they can also be opportunities for personal development and self-discovery. 5. \_\_\_\_\_

- A. Emotional regulation is also essential.
- B. The most effective strategy is communication.
- C. These conflicts are caused by misunderstandings.
- D. With so much going on, it’s no surprise conflicts often arise.
- E. This process can lead to internal and external struggles as you grow.
- F. Take it positively, and you can resolve conflicts and boost your growth.
- G. Recognizing the signs helps you become more aware next time a conflict emerges.

完形填空

[2026 · 广东惠州高三调研考试]

体裁	主题	难度	词数
记叙文	人与自我	☆☆☆	275

At fifteen, I was academically excellent but longed for attention. Despite my grades, I felt

1. My parents were always busy, and my classmates saw me as just a bookworm.

One day, our teacher mentioned that some computer parts were 2 from the IT lab. Curious glances (眼神) exchanged, everyone 3 how the parts could disappear in a locked lab. “It’s possible to open that lock with another key,” I announced, 4 attention and admiration from my peers. Instantly, eyes turned to me. My classmates’ interest peaked when I demonstrated how to 5 it. Feeling extremely excited to be the centre of attention, I didn’t realize I had made a big 6.

The next day, I was called to the headmaster’s office and accused of 7 the parts. I was shocked and terrified. His repeated questioning pushed me to the edge of 8. Desperate to escape the mounting pressure, I 9 to the crime I didn’t commit. The headmaster called my father.

Before meeting the headmaster, my father asked me if I understood the 10 of my actions. I **tearfully** confessed (坦白) my 11

(后续内容, 请见下页)

- ( ) 1. A. regretful B. invisible C. confident D. satisfied
- ( ) 2. A. missing B. coming C. emerging D. returning
- ( ) 3. A. understood B. checked C. wondered D. explained
- ( ) 4. A. seeking B. ignoring C. avoiding D. valuing
- ( ) 5. A. fix B. separate C. unlock D. uncover
- ( ) 6. A. improvement B. success C. change D. mistake
- ( ) 7. A. misusing B. stealing C. damaging D. abandoning
- ( ) 8. A. breakdown B. breakthrough C. resolution D. victory
- ( ) 9. A. referred B. objected C. admitted D. responded
- ( ) 10. A. advantage B. pattern C. gravity D. order
- ( ) 11. A. unprepared B. misguided C. honourable D. reasonable

pursuit of attention. In the office, my dad 12 me and told the headmaster that he trusted me. He requested to review the security cameras, which revealed that a cleaner had 13 **misplaced** the computer parts. Though I was cleared of blame, my 14 remained.

“Attention can’t be forced. Never pursue attention at the cost of your reputation, nor admit to doing things you didn’t do,” my father taught me that day. It’s a life lesson in earning respect through 15.

- ( )12. A. stood by                      B. turned against  
                    C. looked after                      D. related to  
( )13. A. secretly                      B. purposely  
                    C. directly                      D. accidentally  
( )14. A. pride                      B. guilt  
                    C. interest                      D. relief  
( )15. A. wisdom                      B. kindness  
                    C. generosity                      D. honesty

IV 语法填空

[2025·湘豫名校联考高三二模]

体裁	主题	难度	词数
新闻报道	人与社会	☆☆☆	247

A ceremony honouring teachers 1. \_\_\_\_\_ (hold) in Qufu, Shandong Province, in late September saw the mass participation of 2,575 students from primary, middle and high schools, including international students.

Their **collective** recitation of classic quotes from *The Analects of Confucius* echoed in the air, 2. \_\_\_\_\_ (demonstrate) the deep

connection between ancient wisdom and the present.

“Respecting teachers and valuing education 3. \_\_\_\_\_ (be) traditions of the Chinese nation. Attending the ceremony has strengthened my sense of duty and mission as an educator,” said Tan Juan, a teacher at the affiliated kindergarten of Zoucheng No.10 Middle School.

“I will continue promoting traditional cultural values 4. \_\_\_\_\_ guiding all my students to grow up with an 5. \_\_\_\_\_ (innovation) mindset,” she said.

Since roughly the 5th century BC, the school of thought Confucius founded and the philosophy of Confucianism that developed from it 6. \_\_\_\_\_ (inspire) and guided individuals across multiple generations.

Yet, most young people 7. \_\_\_\_\_ learn about Confucius in school are not sure about his current influence on fast-moving modern China. While almost every one of them can quote **a handful of** sayings from *The Analects of Confucius*, do they really see value in applying Confucian thought 8. \_\_\_\_\_ nurturing their views on life and the world?

Shandong, 9. \_\_\_\_\_ birthplace of Confucius, has been hosting a series of events to provide many 10. \_\_\_\_\_ (opportunity) for people from China and overseas, to gain a deeper understanding of Confucian thought and some answers to this question.

重点词句回顾

A. 好词积累

1. typeface *n.* (印刷用的)字体  
2. unconscious *adj.* 无意识的  
3. (be) armed with 备有所需的  
4. march off 出发  
5. individual *adj.* 单独的;个别的;独特的  
6. tearfully *adv.* 眼泪汪汪地;声泪俱下地  
7. misplace *vt.* 随意搁置,乱放  
8. collective *adj.* 集体的;共同的  
9. a handful of 少数

B. 长难句分析

【原句】Some students, armed with good grades,

march off to college to find themselves in remedial (补习的) classes because they haven’t learned enough to take college-level courses. (阅读 B Para.5)

【译文】一些学生凭借优异的成绩进入大学,发现自己在补习班,因为他们还没有学到足够的知识来修读大学水平的课程。

【分析】本句为主从复合句。armed with good grades 为过去分词短语,作后置定语,修饰 some students; because 引导原因状语从句,解释 Some students ... find themselves in remedial(补习的) classes 的原因;其中含有“find + 宾语 + 宾语补”结构;to take college-level courses 为动词不定式短语,作结果状语。



# Unit 3    Getting along with others

(限时:40 分钟)

❶ 阅读理解

A [2025·山东潍坊高三三模]

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	326

Samantha Hess has spent more than 130,000 minutes cuddling (拥抱) over the past four years—and that’s just at work! As the owner of Cuddle Up to Me in Portland, the certified cuddler has been at the **forefront** of the **professional** cuddling movement since it began. The goal of her service is to provide people with a safe space to feel worthy for exactly who they are.

Hess came across an article about a man giving away free hugs at a Saturday market. It hit her that she longed for an **unconditional** hug—and that others likely felt the same. She decided that everyone deserved a place to go when these moments strike, where they can feel like they matter.

When asked who is her client, she says who is not her client would be quicker to answer! Touch is a human need. She has Mums who don’t know how to take from the families they are always giving to, those in need of self-care who have disabilities or deadly diseases and so much more. She **customizes** each meeting to individual needs. Some people will talk only about novelty things, while others will tell her their deepest secrets. It’s nice for people to know that everything they say is held in the strictest confidence.

Hess has taken **extensive** measures to ensure the safety of both parties. She starts by obtaining a copy of each person’s ID, and they fill out a body map and questionnaire. She asks questions to ensure they know why each person is seeking the service to determine if they are appropriate for what she offers, and she also has a third party who monitors security footage (镜头) during all meetings.

“I would never get tired of cuddling!” she said. It’s an unusual job, she knows, one that

allows her to spread **acceptance** and form connections with people who may not otherwise have a close support system.

- ( )1. What does the author intend to do in Paragraph 2?  
A. Highlight some memorable moments.  
B. Explain the conditions for free hugs.  
C. Illustrate the purpose of Hess’ service.  
D. Introduce the inspiration for Hess’ business.
- ( )2. What can we know about Hess’ clients?  
A. Their social position is valued.  
B. They cover wide-ranging groups.  
C. Their demands are hard to meet.  
D. They possess self-confident quality.
- ( )3. What does Paragraph 4 mainly talk about?  
A. Questions inquired.  
B. Parties involved.  
C. Security measures.  
D. Consulting procedures.
- ( )4. Which of the following best describes Hess?  
A. Patient and humorous.  
B. Ambitious and creative.  
C. Considerate and professional.  
D. Generous and responsible.

B [2026·湖南常德新高三模拟]

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	318

When Eugenie George heard that her friend passed a financial counseling exam, at first her heart sank. She had failed the same test weeks earlier, and she needed the qualification to advance her career. “My inner child got upset,” recalled Ms George, a financial writer and educator from Philadelphia. But then, instead of stewing, she called her friend. “I told her I failed and admitted I was **jealous**,” she said. Ms George knew that being upfront would calm her envy, and she was surprised, when it shifted her attitude she could share her friend’s happiness, and experience her own, in turn. “I congratulated

her and told her she inspired me.”

Finding pleasure in another person’s good fortune is what social scientists call freudenfreude, a term (inspired by the German word for joy) that describes the happiness we feel when someone else succeeds, even if it doesn’t directly involve us. “Freudenfreude is like social glue,” said Catherine, a professor of psychology at Ursinus College. “It makes relationships closer and more enjoyable.”

Erika Weiz, an empathy researcher and postdoctoral fellow in psychology at Harvard University, said the feeling closely resembles positive empathy—the ability to experience someone else’s positive emotions. A small 2024 study examined positive empathy’s role in daily life and found that it stimulates kind acts, like helping others. Sharing in someone else’s joy can also foster resilience (韧性), improve life satisfaction and help people cooperate during a conflict.

However, freudenfreude doesn’t always come easily. In zero-sum situations, your loss might really sting, making freudenfreude feel out of reach. “If you were raised in a family that paired winning with self-worth,” Dr Catherine said, “you might misread someone else’s victory as a personal shortcoming.” And factors like mental health and overall well-being can also affect your ability to participate in someone else’s joy. Still, freudenfreude is worthwhile—and there are ways to encourage the feeling.

- ( )5. What does the underlined phrase “being upfront” in Paragraph 1 mean?  
A. Hiding one’s true feelings.  
B. Honestly expressing one’s emotions.  
C. Always escaping from reality.  
D. Offering practical advice immediately.
- ( )6. Which of the following belongs to freudenfreude?  
A. You felt upset that your best friend lost a match.  
B. You felt happy that you defeated your opponent.  
C. You felt delighted that your classmate got a prize.

D. You felt glad that you helped those weaker than you.

- ( )7. What is Paragraph 3 mainly about?  
A. The benefits of freudenfreude.  
B. The reasons for freudenfreude.  
C. The definition of freudenfreude.  
D. The factors affecting freudenfreude.
- ( )8. What might the author continue talking about?  
A. The importance of sharing others’ success.  
B. The way to seek more happiness in our life.  
C. The harm that freudenfreude may bring to us.  
D. The tips on how to experience freudenfreude.

II 阅读七选五

[2022·全国乙卷]

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	244

Friendship needs care and attention to keep it in good health. Here are five ways to sustain(保持) **long-distance** friendships.

- Set a regular date

Long-lasting friendships share the **characteristic** that both sides equally contact(联系) and share with one another. With busy schedules, squeezing in phone calls can be a challenge. 1. \_\_\_\_\_.

- More isn’t always merrier

Make sure you have communicated with your friend about how frequently each of you wants to be contacted and what method works best for you both. 2. \_\_\_\_\_. There are alternatives to constant written communication, such as leaving voice messages or having a group chat.

- Practise empathy(共情)

3. \_\_\_\_\_. The friend who is remaining needs to be sensitive to all the additional time demands placed on the friend who has moved. The one in the new environment should be **sympathetic** to the fact that your friend may feel abandoned.

- 4. \_\_\_\_\_

Anniversaries and birthdays carry even more weight in long-distance friendships. Although technology might make day-to-day communication possible, extra effort goes a long way on special days. Simply keeping a diary that keeps track of friends' birthdays and other important dates will make sure nothing slips by you.

• Don't rely on technology alone

5. \_\_\_\_\_, but long-distance friendships—even close ones—may require more conscious effort to sustain. Try to seek out chances to renew friendships. How to do it? Just spend face-to-face time together whenever possible.

- A. Remember important dates
- B. Compensate by writing letters
- C. It is also helpful for you to be a friendship keeper
- D. Try to find a time that works for both of you and stick to it
- E. Friends need to talk about their preferred methods of communication
- F. It is easy to have a sense of connectedness through social media
- G. You may be the friend who left or the one who was left behind

完形填空

[2026·福建泉州高三模拟]

体裁	主题	难度	词数
记叙文	人与自我	☆☆☆	229

One night, I noticed some drawings lying on the kitchen table. There was a drawing of a woman 1 a box, which read “Mommy loves to work on her 2.” I had a part-time job that made me 3 at home. Not to mention keeping the house 4 in between taking the kids to the school, training sessions and their friends' houses. What hurt me most was that Haley didn't 5 me playing with her.

Why was Haley so hard to reach? Haley always seemed to be lost in some 6 world. She was 7 arranging her stuffed animals into groups that made no 8 to me until I would pick up one and she'd complain, “Mum, don't 9

their tea party.”

Twenty minutes later, my 10 housework of the night, I was making Haley's lunch for school when I noticed the napkin. A thought 11 my mind. I started drawing a big sun with eyes on the napkin, at the bottom of which I wrote, “You are my sunshine.” I 12 the napkin into her lunch box.

The other night I went into the 13, I noticed something lying on the counter. A napkin. There were two hearts down at the bottom and a(n) 14 in pink: “Haley loves mommy.” I put a 15 in Haley's lunch box every day after that.

- ( )1.

A. pointing to

B. staring at

C. referring to

D. shooting at
- ( )2.

A. computer

B. book

C. project

D. interview
- ( )3.

A. relaxed

B. independent

C. reliable

D. busy
- ( )4.

A. standing

B. running

C. changing

D. improving
- ( )5.

A. keep

B. get

C. picture

D. leave
- ( )6.

A. fantastic

B. ideal

C. remote

D. imaginative
- ( )7.

A. deliberately

B. constantly

C. properly

D. swiftly
- ( )8.

A. difference

B. mistake

C. trouble

D. sense
- ( )9.

A. interrupt

B. join

C. forget

D. destroy
- ( )10.

A. favourite

B. last

C. tiring

D. entertaining
- ( )11.

A. passed through

B. brought up

C. came into

D. took over
- ( )12.

A. moved

B. wrote

C. threw

D. slipped
- ( )13.

A. house

B. school

C. kitchen

D. party
- ( )14.

A. message

B. composition

C. phrase

D. emotion
- ( )15.

A. drawing

B. sentence

C. note

D. toy

IV 语法填空

[2025·广东广州高三综合测试]

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	202

People have been talking about Xiaohua, 1. \_\_\_\_\_ hairdresser who listens and understands. They praise her with the phrase “a cut that makes you look great”, and appreciate her sincerity and devotion. 2. \_\_\_\_\_ people really value is her attitude of putting the customers’ needs first.

Reports indicate that 3. \_\_\_\_\_ her sudden rise to fame, the haircut prices remain unchanged. Some of her peers questioned her low pricing, 4. \_\_\_\_\_ (claim) it sets the industry back more than a decade. In response, she stated that her skills are currently worth this

money, and her biggest wish is 5. \_\_\_\_\_ (see) every customer leave the salon with a smile.

However, the real reason why Xiaohua attracts customers isn’t the “low prices”, 6. \_\_\_\_\_ her respectful and caring approach, which arouses a sense of long-lost 7. \_\_\_\_\_ (warm). In recent years, problems like rising prices and over-advertising 8. \_\_\_\_\_ (arise). Xiaohua’s 9. \_\_\_\_\_ (afford) haircuts appeal to consumers by popping the industry’s price bubble. So, she encourages the industry to rethink its practices rather than “setting the industry back”. Her success reveals a simple truth: regardless of pricing or market positioning, genuine service and customer 10. \_\_\_\_\_ (satisfy) are the key to sustainable growth.

重点词句回顾

A. 好词积累

- 1. forefront *n.* 前沿; 前列
- 2. professional *adj.* 专业的; 职业的
- 3. unconditional *adj.* 无条件的
- 4. customize *vt.* 定制
- 5. extensive *adj.* 广泛的
- 6. acceptance *n.* 接受(礼物、邀请、建议等); 同意; 认可
- 7. jealous *adj.* 嫉妒的; 妒忌的
- 8. long-distance *adj.* 长距离的
- 9. characteristic *n.* 特征; 特点
- 10. sympathetic *adj.* 理解的; 同情的; 有同情心的; 赞同的

B. 熟词生义

be sensitive to

The friend who is remaining needs to **be sensitive to** all the additional time demands placed on the friend who has moved. (阅读七选五 Para. 4)

【译文】留下来的那位朋友需要体谅搬家的那位朋友身上额外增加的时间压力。

【生义】体谅……【熟义】对……敏感

C. 长难句分析

1. 【原句】Finding pleasure in another person’s good fortune is what social scientists call freudenfreude, a term (inspired by the German word for joy) that describes the happiness we feel when someone else succeeds, even if it doesn’t directly involve us. (阅读 B Para. 2)

【译文】从别人的好运中寻找快乐是社会学家所说的“乐他人之幸”，这是一个术语(受德语中快乐一词的

启发)，描述了当别人成功时我们感受到的快乐，即使它不直接涉及我们。

【分析】本句为主从复合句。what 引导表语从句，在主句 Finding pleasure in another person’s good fortune is what ... freudenfreude 中作表语；a term (inspired by the German word for joy) that describes... 为同位语，对 freudenfreude 进行补充解释，其中 inspired by the German word for joy 为过去分词短语作后置定语，修饰 a term，that 引导定语从句，修饰先行词 a term；we feel 为省略了关系代词 that 或 which 的定语从句，修饰先行词 the happiness；even if 引导让步状语从句；Finding pleasure in another person’s good fortune 为动名词短语，作主句的主语。

2. 【原句】Make sure you have communicated with your friend about how frequently each of you wants to be contacted and what method works best for you both. (阅读七选五 Para. 3)

【译文】务必和你的朋友沟通清楚：你们各自希望多久联系一次，以及哪种沟通方式对双方来说最合适。

【分析】本句为主从复合句。make sure 后接省略了 that 的宾语从句 you have communicated with your friend，整体构成“祈使句 + 宾语从句”的结构，表建议或提醒；how frequently each of you wants to be contacted 和 what method works best for you both 为由 and 连接的并列的宾语从句，作 about 的宾语来说明沟通的具体内容。

# Unit 4   Looking good, feeling good

(限时:40 分钟)

❶ 阅读理解

A [2025·湖南长沙一中高三一模]

体裁	主题	难度	词数
议论文	人与自我	☆☆☆	347

Every day, you likely hear a new piece of advice. One suggestion you may hear is to “fake it till you make it”, especially if you’re starting something new, like a job. But is it really good advice?

“Fake it till you make it” is an expression in which a person imitates (模仿) the confidence or skills they need to succeed in what they are doing in the hope that they will eventually feel real. Advocates of this idea say you can fake confidence and hope that, eventually, it will inspire real confidence.

The best time to use this strategy may be when you’re trying to change your behaviour to improve yourself. If you aim to boost your work productivity, you might draw inspiration from your more efficient colleagues. This way can help you learn strategies to enhance your performance. Similarly, in your personal life, striving to be more friendly and warm can initially feel awkward but will ultimately foster better relationships with those around you.

Unfortunately, faking it till you make it doesn’t always bring sunshine, lollipops, and rainbows. It may not work when dealing with hard skills, assisting others, or faking who you are. For example, it is incredibly hard to fake **technical** skills and competence like software experience. It’s also hard to assist others if you lack understanding of the subject. Moreover, pretending to be someone you’re not or making false claims can be exposed.

One study shows that it can snowball into imposter syndrome, which can arise when individuals feel their success is **undeserved** and fear being exposed as a fake. Unfortunately, faking it till you make it can exacerbate that syndrome, leading to **avoidance** and negative

impacts on productivity and well-being.

In conclusion, there is a difference between learning new behaviours and lying about your identity or skills. One can build you into a better worker or friend, but the latter can get you into trouble. “Fake it till you make it” can be a useful approach for some, while it can also contribute to imposter syndrome for others.

- ( ) 1. Why do some people adopt the strategy “fake it till you make it”?
- A. To criticize the behaviour of others.
- B. To make others trust their abilities.
- C. To avoid taking on new challenges.
- D. To gain confidence through imitation.
- ( ) 2. In what type of situation might “fake it till you make it” be ineffective?
- A. When taking up a new hobby.
- B. When trying to stay focused in class.
- C. When teaching others computer skills.
- D. When socializing with your classmates.
- ( ) 3. What does the underlined word “exacerbate” in Paragraph 5 mean?
- A. Worsen.
- B. Relieve.
- C. Prevent.
- D. Recognize.
- ( ) 4. What is the author’s main viewpoint on the strategy “fake it till you make it”?
- A. It can be positive or negative.
- B. It is a useful tool in our daily life.
- C. It is more harmful in the long run.
- D. It’s always good for personal growth.

B [2025·福建莆田高三质量检测]

体裁	主题	难度	词数
说明文	人与自我	☆☆☆☆	361

In his book *Ordinary Magic*, Stanford psychologist Gregory Walton reveals how small, **evidence-based** techniques termed “wise interventions” can create far-reaching personal transformation. The concept originated from Walton’s teenage encounter with Stanford social psychologist Claude Steele’s work on “stereotype threat”: simply the fear of confirming a negative stereotype about one’s group could disturb them



on a challenging test. But a simple reframing technique like calling a test “a puzzle” can break this cycle.

“In tradition, ‘wise’ doesn’t mean good or effective—it’s more like street smarts paired with science,” Walton said. “It’s understanding that, for all of us, there are times in life when you walk into a situation that poses an uncomfortable question—a question that seeks to define you.”

These questions often arise during important stages: a child beginning a new school or a college graduate starting his/her first job. Those moments can lead to questions like: “Do I belong here?” or “Can I do it?”.

“No one likes these doubts,” said Walton. “Often we pay no attention to these thoughts or cry to push them away. But the sad truth is, left **unaddressed**, doubts like these can make themselves true. That’s what Steele’s stereotype threat did. People worried ‘If I do badly, will people judge my whole group?’. That made it harder to do well on a tough test.”

“But we can get ‘wise’ to psychological questions,” Walton said. “We can develop ‘an ear’ for them and when we anticipate when they come up, we can learn to answer them well, both for others and for ourselves.”

That effect can be significant. In one study, Walton found that a one-hour session addressing students’ worries about belonging during the change to college improved their lives 10 years later. “It needn’t be fancy. It might be as simple as an encouraging note from a teacher given at the right time,” Walton said.

“This is ordinary magic,” said Walton. “Ordinary magic is vision that helps us see the good and competent persons we can become and how we can get there. They show us that failures don’t define us, that barriers are normal and that they need not stop us.”

- ( ) 5. What can a simple reframing technique do according to the text?
- A. Take the pressure away.
  - B. Make people less confident.
  - C. Remove positive thoughts.
  - D. Get students more worried.

- ( ) 6. What is probably Walton’s suggestion about self-doubts?
- A. Pushing them away.
  - B. Ignoring them.
  - C. Dealing with them.
  - D. Hiding them inside.
- ( ) 7. If the students were given belonging intervention, \_\_\_\_\_.
- A. they depended more on their teachers
  - B. their lives were improved a decade later
  - C. they became doubtful about themselves
  - D. their academic scores were rather higher
- ( ) 8. What is a suitable title for the text?
- A. The principle of ordinary magic
  - B. The importance of addressing doubts
  - C. The effects of stereotype threat
  - D. The power of “wise interventions”

II 阅读七选五

[2026 · 广东惠州高三调研考试]

体裁	主题	难度	词数
说明文	人与自我	☆☆☆	261

Most of us have been sold a false choice: either chase your dreams with **persistent** ambition or find peace by accepting what you already have. We torture (折磨) ourselves with this impossible decision—achievement or **contentment**—as if they’re completely opposite.

1. \_\_\_\_\_ Here are three practical approaches worth trying to build this balanced mindset.

**Focus on internal rewards.**

External recognition gives a quick hit of satisfaction, but it fades fast. Internal rewards, however, are different. Mastering a skill or contributing to something meaningful brings a kind of fulfilment. 2. \_\_\_\_\_ So it would be a good choice if you identify activities that truly **energize** you, not just those that **momentarily** please you, such as writing, cooking, or helping others learn.

3. \_\_\_\_\_

Contentment lies only in the present moment. Building present-moment awareness lets you find it, no matter what’s going on. The warmth of sunlight and the taste of your coffee can be the source of your satisfaction. You don’t need any **ceremonial** practices. 4. \_\_\_\_\_

Then you'll get the best of both worlds: you're moving forward but also enjoying where you are.

**Celebrate progress, not just end results.**

Progress milestones offer hundreds of chances to feel proud along the way. If you only celebrate at the finish line, you miss out on all those moments. 5. \_\_\_\_\_ For example, you can cheer yourself for finishing a chapter instead of waiting for the whole book to be published. You can also treat yourself to a favourite meal after each big project phase. These habits transform goals into satisfying steps and make your journey rewarding.

- A. Practise mindful presence.
- B. Seek the source of contentment.
- C. But that's not how real life works.
- D. Such feeling doesn't rely on outside approval.
- E. In fact, they can coexist to build a fulfilling life.
- F. Just bring your full attention to ordinary things around.
- G. Recognizing small wins boosts motivation and well-being.

**完形填空**

[2025 • 东北三省四市联考暨沈阳高三二模]

体裁	主题	难度	词数
记叙文	人与自我	☆☆☆	242

“You're just a girl and you fight like a girl!” The boy laughed as he ran away after 1 that statement. Like a rock to a piece of glass, it 2 my belief that I could do anything that my male classmates could do, and I hit rock bottom.

Through the years, I buried those words in the depth of my memory as life 3 them with tasks, goals and achievements. Days **melted away**, and my life became a welcome movie that was replayed daily but then 4 ran out of control as I was met with the 5: “You have cancer.”

A(n) 6 year of surgeries and complications (并发症) made my happy ending impossible. Then came periods of calm mixed with interruptions of 7. Many times in my

life, I have 8 those awful words through my half-a-century battles. But through my faith, I never allowed them to leave me 9. Every challenge in life becomes an opportunity to 10 new paths and to remind myself how strong and determined I am.

After one of my 11, someone asked me, “How do you keep going and not 12?” Instantly, I was taken back to that 13 of my youth and those **hurtful** words suddenly 14 new meaning in my heart. A smile formed upon my lips as I turned to face my friend, “I 15 because I FIGHT LIKE A GIRL.”

- ( )1. A. publishing B. delivering C. withdrawing D. recording
- ( )2. A. ruined B. corrected C. shaped D. supported
- ( )3. A. equipped B. interpreted C. presented D. replaced
- ( )4. A. unnecessarily B. unexpectedly C. frequently D. randomly
- ( )5. A. prediction B. promise C. news D. risk
- ( )6. A. wearing B. motivating C. amazing D. inspiring
- ( )7. A. curiosity B. satisfaction C. treatment D. argument
- ( )8. A. ignored B. possessed C. recalled D. removed
- ( )9. A. fearless B. hopeless C. faultless D. heartless
- ( )10. A. block B. mark C. explore D. clear
- ( )11. A. training B. accidents C. conflicts D. struggles
- ( )12. A. get through B. break out C. back off D. move up
- ( )13. A. scene B. dream C. honour D. field
- ( )14. A. invented B. changed C. lost D. held
- ( )15. A. quit B. suffer C. survive D. apologize



IV 语法填空 [原创]

来源:China Daily

https://www.chinadaily.com.cn/a/202410/08/WS67047968a310f1265a1c6530.html

体裁	主题	难度	词数
新闻报道	人与社会	☆☆☆	237

Bittersweet elixir (灵丹妙药): TCM meets modern milk tea

Xi Linjie, a 20-year-old college student, sought treatment for fatigue at a traditional Chinese medicine (TCM) hospital in Chongqing Municipality, Southwest China, and was pleasantly surprised by a cup of sweet milk tea.

“The milk tea is filled 1. \_\_\_\_\_ TCM ingredients such as tapioca (木薯粉) and dried tangerine peel(陈皮), yet it tastes 2. \_\_\_\_\_ (delight). It’s less sweet than regular milk tea and has a subtle herbal fragrance,” she says. “Most 3. \_\_\_\_\_ (important), it’s beneficial to health.”

This innovative milk tea is crafted by the nutrition department of Chongqing Jiangbei

Hospital of TCM. Since 2023, the hospital 4. \_\_\_\_\_ (blend) TCM processing techniques with contemporary food production to appeal to a younger group.

“Milk tea is a favourite among young people. We hope it can serve as a bridge 5. \_\_\_\_\_ (help) them learn more about TCM and gradually accept it,” says Liao Changying, director of the hospital’s nutrition department.

“Behind the TCM milk tea 6. \_\_\_\_\_ (be) numerous experiments and optimizations. It represents the 7. \_\_\_\_\_ (integrate) of TCM, modern medicine, nutrition and more. Our goal is that people can prevent and manage diseases 8. \_\_\_\_\_ enjoying delicious food and drinks,” Liao explains.

The TCM milk tea exemplifies how traditional medicine is appealing to the younger generation in a **relatable** and 9. \_\_\_\_\_ (approach) manner. Nowadays, one doesn’t even need to visit 10. \_\_\_\_\_ hospital to experience TCM in China.

重点词句回顾

A. 好词积累

- 1. technical *adj.* 技术(性)的
- 2. undeserved *adj.* 不应得的;冤枉的;不公正的
- 3. avoidance *n.* 避免;防止
- 4. evidence-based *adj.* 基于证据的
- 5. unaddressed *adj.* 未处理的
- 6. persistent *adj.* 持续的;持久的
- 7. contentment *n.* 满足;满意
- 8. energize *vt.* 激励;使充满热情
- 9. momentarily *adv.* 立即;马上;短促地;片刻地
- 10. ceremonial *adj.* 礼仪的;礼节的;用于礼仪的
- 11. melt away 消失,消散
- 12. hurtful *adj.* 伤感情的;伤害自尊的
- 13. numerous *adj.* 很多的;众多的;许多的
- 14. relatable *adj.* 有关系的

B. 长难句分析

- 1. 【原句】“Fake it till you make it” is an expression in which a person imitates (模仿) the confidence or skills they need to succeed in what they are doing in the hope that they will eventually feel real. (阅读 A Para. 2)
- 【译文】“假装直到你做到”是一种表达,一个人模仿他们在所做的事情中取得成功所需的信心或技能,希望他们最终会感到真实。

- 【分析】本句为主从复合句。in which 引导定语从句,修饰先行词 an expression,说明“Fake it till you make it”这一表达的具体内涵;they need to succeed 为省略了关系代词 that 或 which 的定语从句,修饰先行词 the confidence or skills;in what they are doing 为介词短语作状语,其中 what 引导宾语从句,作介词 in 的宾语;in the hope that... 为介词短语作目的状语,其中 that 引导同位语从句,解释 hope 的具体内容;“Fake it till you make it”为引用的表达,作主句的主语。
- 2. 【原句】It’s understanding that, for all of us, there are times in life when you walk into a situation that poses an uncomfortable question—a question that seeks to define you. (阅读 B Para. 2)
- 【译文】我们都明白,对我们所有人来说,生活中有时你会置身于一个情境,遇到一个令人不舒服的问题——一个试图定义你的问题。
- 【分析】本句为主从复合句。第一个 that 引导主语从句,it 为形式主语,真正主语是 that, for all of us, there are times in life when... you;when 引导定语从句,修饰先行词 times,定语从句中,第一个 that 引导定语从句,修饰先行词 a situation,第二个 that 引导定语从句,修饰先行词 a question。

写作强化练（一） 应用文写作（二选一类）+ 读后续写（人际关系）

（限时：35 分钟）

❶ 应用文写作

[2025·全国一卷]

假定你是李华，你班的英语报要增设一个栏目。外教 Jenny 提出“Fun at my school”和“Guess who I am”两个选项供大家选择。请给 Jenny 写一封邮件，内容包括：

- 1. 你的选择；
  - 2. 说明理由。
- 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 Jenny,

I really like the idea of adding a new column to our English newspaper. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Yours,  
Li Hua

❷ 读后续写

[2025·安徽合肥高三模拟]

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	312

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。

I had always thought of my neighbourhood as a peaceful and friendly place. However, all that changed when Mr Thompson moved in next door. He was a middle-aged man who seemed to have a rather strange lifestyle.

At first, I didn't pay much attention to him. But one day, I noticed that his car was always parked in a way that blocked part of my driveway. It was really inconvenient, especially when I was in a hurry to go to work or pick up my kids from school. I politely asked him to be more careful with his parking, but he just gave me a cold look and said he would do so as he was pleased. This made me get cross with him.

As time went by, more problems arose. Mr

Thompson had a big dog that barked loudly day and night. I could barely have a sound sleep, and my kids were also disturbed by the noise. I tried to talk to him about the dog, but he refused to listen. He even accused me of being too sensitive.

One evening, I came home from a long-day work, extremely worn out. Just as I was about to park my car, I found that Mr Thompson's car was once again blocking my driveway. I was so frustrated that I knocked on his door forcefully. After what seemed a long time, the door opened. There stood Mr Thompson with an indifferent look on his face. Words were exchanged, and both of us were angry. We had a heated argument. He even slammed the door shut right in front of me. After that, we didn't talk to each other for weeks. My once proud and friendly neighbourhood ties were gone.

One day, as I was mowing the lawn in my garden, I saw Mr Thompson struggling to carry a heavy box along his driveway.

注意：续写词数应为 150 个左右。

**Paragraph 1:**

*It seemed that he was about to drop it.* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Paragraph 2:**

*As we were standing in his living room,* Mr Thompson broke the ice. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

写作强化练（二） 应用文写作（新闻报道）+ 读后续写（个人成长）

（限时：35 分钟）

❶ 应用文写作

[2025·湖北武汉高三调研考试]

上周你校开展了主题为“科学管理体重”的系列活动。请你给校英文报写一篇报道，内容包括：

1. 活动内容；

2. 活动反响。

注意：1. 写作词数应为 80 个左右；

2. 可以适当增加细节，以使行文连贯。

❷ 读后续写

[2025·湖南长沙高三三模]

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	326

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。

The first time I saw Lily, my new classmate, a wave of disappointment washed over me. Her chaotic hair stuck out in all directions as if going against gravity, the thick-rimmed glasses made her eyes look extremely big, and her clothes—loose blouses and long skirts—seemed like they were scratched straight out of a recycling store.

She was so different from the trendy girls in our class. I leaned towards my best friend, whispering, “She looks like a total bookworm. Probably she has no social skills.” Of course, it was exactly what her appearance indicated.

For weeks, I secretly made fun of Lily. During lunch breaks, while the rest of us gathered around tables, chatting and sharing gossip (闲话), she would sit alone in the corner, her nose buried in a thick novel. Every time I caught a glimpse of her, I’d roll my eyes and exchange dismissive looks with my friends. But there were moments when I couldn’t help but

notice how effortlessly she answered teachers’ questions in class. Her responses were so fluent and confident that it sent a small flow of unease through me. Still, I pushed those thoughts aside, determined to hold onto my previous thoughts.

One day, our teacher announced the group project on environmental protection and when I found out I was paired with Lily, a sense of fear settled in my stomach. I imagined long, painful meetings filled with her awkward silences. But as we sat down to discuss our plan, I was immediately taken aback.

Lily pulled out a stack of neatly organized research papers, her eyes sparkling with excitement as she outlined her ideas. “We could organize a community clean-up day,” she said, her voice brimming with enthusiasm. “And create interactive educational posters to make recycling fun!” I listened, shocked, as she spoke with such passion and clarity. For the first time, I felt a bit of doubt about my initial judgement.

注意：续写词数应为 150 个左右。

Paragraph 1:

As we worked together, that doubt grew into an overall realization. \_\_\_\_\_

Paragraph 2:

The day of the presentation arrived, and I watched in awe as Lily took the stage. \_\_\_\_\_