



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年创始人专注教育行业

全品 高考复习方案

主编：肖德好

听课手册
英语
★

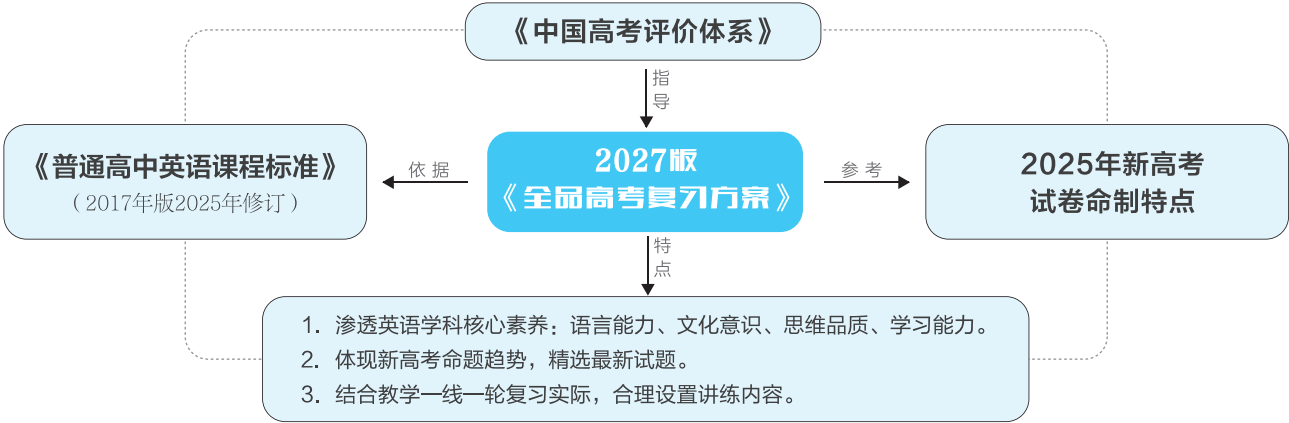


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全品高考复习方案

英语



▼ 图书结构与特点

听课手册	考点互动探究	● 考点 ● 考点逐层递进	不是死板的套路 高考频率到容量需求 多维训练到输出表达 基础知识到语言能力	单词、短语、句型分别设置不同容量 词句的演练多角度全方位 词句的设题由知识逐层递进至素养
	语言素养提升	● 动词变形 ● 构词法 ● 熟词生义	不一般的特色 动词变形练 构词法规则 熟词生义练	对接高考易错难点 扩大词汇量 提高阅读速度与准度
	写作素养提升	● 应用文写作 ● 读后续写	主题意义写作 对应单元话题 点拨写作思路 积累写作素材	探究主题写作 学会谋篇布局 提升续写地道表达
	写作技能讲练 另附分册	● 应用文写作 ● 读后续写	不一样的写作 高分句型到美文背诵 谋篇布局到分类训练 语言表达到衔接过渡	晨背佳句美篇，积累写作素材 揭示命题规律，领悟写作精髓 指点备考迷津，决胜高考作文
作业手册	默写本 另附分册	● 知识梳理 ● 分层归纳	不是单纯的记忆 梳理基础到构建词库 记忆知识到揭示规律 语言知识到归纳总结	单元词汇记忆→构词规律的拓展 经典句型“填空”→句型的输出 单词、短语、句型→规律归纳
	题型训练	● 精准检测 ● 能力提升	不一般的训练 高考题型到常考话题 命题趋势到考向预测	高考题型保证训练的覆盖性 高度仿真保证训练的有效性

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WELCOME UNIT

主题:人与自我——生活与学习

语篇词汇串记

词句默写部分见《默写本》

On the first day of my **senior high school**, I came across May, an **exchange** student from China, who made a deep 1. _____ (**impress**) on me.

Neatly dressed in school uniform, she looked a bit shy and **awkward** in the new surroundings. Sensing that she might be nervous about 2. _____ (**leave**) **alone**, I introduced myself to her and offered to keep her **company**.

I helped her with the 3. _____ (**register**) card, filling in personal details like gender, **nationality** and other information. Being 4. _____ **outgoing** girl, I quickly put her at ease and we even became learning **partners**.

I found that she had clear learning **goals**

and useful 5. _____ (**strategy**). In the **lecture** hall, she **took notes** carefully, fully focused on the speaker. However, she grew 6. _____ (**annoy**) when she failed in **experiments** in the physics lab. With my assistance, she finally made it. **At last** she felt less **anxious** and built up 7. _____ (**confident**) in physics.

When school ended at 6 pm, we **revised** lessons together, and then I showed her around 8. _____ (**explore**) the **campus**. Fascinated by everything, we shared many stories. She dreams of becoming a 9. _____ (**design**) while I **look forward to** 10. _____ (run) my own company in the future. What a lovely day!

考点互动探究

单词点睛

① **exchange** *n.* 交换; 交流 *vt.* 交换; 交流; 交易; 兑换

(1) an exchange student 交换生
in exchange for... 作为……的交换;
以换取……

(2) exchange sth for sth 把……换成……
exchange sth with sb 与某人交换某物

[考点多维练]——单句填空

①[《鲁滨逊漂流记》] He offered his services as a guide in exchange _____ a place to stay for the night.

②[译林必修一] Last year, I had the chance to study at a British secondary school as _____

exchange student.

③ _____ (exchange) gifts and sending greeting cards are common ways to celebrate this festival around the world today.

[写作步步升]——完成句子

④ It was through the cultural exchange activity

on culture shock. (应用文写作之活动感受)

正是通过这次文化交流活动,我们就文化冲击彼此交换了看法。

⑤ [2024·新课标 I / II 卷读后续写] I thanked him with the biggest smile and we _____ before I got on the bus.

我带着最灿烂的笑容向他道谢,并且在上车前,我们交换了联系方式。

② design *n.* 设计; 设计方案 *vt.* 设计; 筹划

- (1) be designed for sb/sth 为……而设计
be designed to do sth 目的是做……;
为做……而设计
(2) by design (= on purpose) 故意地, 蓄意地
(3) designer *n.* 设计者, 设计师

[考点多维练]——单句填空

- ①[2019·全国卷Ⅲ] For Western _____ (design), China and its rich culture have long been an inspiration for Western creative.
②[北师必修二] He engaged in a wide range of exercises _____ (design) to rebuild muscle, and made remarkable progress.
③[2025·全国二卷] Though wastED received enthusiastic reviews, it _____ (design) from the start as a short-lived experiment.

[写作步步升]——完成句子

- ④[2021·新高考全国Ⅰ/Ⅱ卷应用文写作] Many columns of the English newspaper *Youth* _____ senior high school students and they _____ enrich our campus life.

英文报《青年》的许多栏目是专门为高中生设计的,旨在丰富我们的校园生活。

- ⑤[2025·全国一卷应用文写作] This column, _____, will introduce a mystery person each week by providing interesting clues about their hobbies, achievements, or daily life.

本专栏旨在增进学生间的互动,每周会通过提供关于某位神秘人物的爱好、成就或日常生活的趣味线索,来介绍这个人。

③ anxious *adj.* 焦虑的, 不安的; 渴望的

- (1) be anxious about sth 为某事担心/担忧
be anxious for sth/to do sth 渴望某物/做某事
(2) anxiety *n.* 焦虑, 忧虑, 担心
with anxiety (= anxiously) 焦虑地

[温馨提示]

anxious adj. → *n.* anxiety 焦虑; 忧虑

various adj. → *n.* variety 多样化; 变化; 种类

[考点多维练]——单句填空

- ①After two defeats, the team are now anxious _____ a victory to cheer up the players.
②[2022·全国甲卷] When I was 14, I was so anxious _____ (see) more art that a friend of mine and I bicycled across the Alps to see *Venus*.
③[沪教选必一] Exercising for 20 to 30 minutes a day helps to reduce stress and _____ (anxious) and makes you feel more positive and optimistic because it releases endorphins (feel-good chemicals).

[写作步步升]——完成句子

- ④Faced with the unfamiliar surroundings, I _____ . I couldn't adapt to the new school. _____, my English teacher encouraged me to face everything courageously. (读后续写之心理描写)

面对陌生的环境,我感到焦虑和孤独。我无法适应新学校。看到我的焦虑,我的英语老师鼓励我勇敢面对一切。

- ⑤[2025·浙江1月考读后续写] Frozen for a second, Kevin let out a sigh of regret and _____, "Hurry! Let's go to the police station right now."

凯文愣了一秒钟,发出一声悔恨的叹息,焦急地说:“快点!我们现在就去警察局。”

④ annoy *vt.* 使恼怒; 打扰

- (1) annoy sb with sth/by doing sth 因(做)某事使某人烦恼
(2) annoyed *adj.* 恼怒的; 生气的
be annoyed with sb 对某人感到生气
be annoyed at/about sth 因某事生气
(3) annoying *adj.* 使恼怒的; 使生气的
(4) annoyance *n.* 恼怒, 生气; 使人烦恼的事

[考点多维练]——单句填空

- ①[2023·全国甲卷] You'll soon find that the more patience you practise, the more you start to apply it to other, more _____ (annoy) situations.

②[2021·浙江6月考] If you ever get the impression that your dog can “tell” whether you look content or _____ (annoy), you may be onto something.

③To everyone's _____ (annoy), the open-air concert scheduled to start at 3 pm was forced to be cancelled due to the sudden rainstorm.

[写作步步升]——完成句子

④I am writing to express my dissatisfaction with the constant noise from the nearby construction site, _____ many residents and affecting our daily rest. (应用文写作之投诉信)

我写信表达我对附近建筑工地持续噪声的不满,该噪声一直困扰着许多居民并影响我们的日常休息。

⑤ _____ was that the cake she baked for her mum's birthday collapsed in the oven, and she had no time to make another one. (读后续写之心理描写)
最让她恼火的是,她为妈妈生日烤的蛋糕在烤箱里塌了,而且她已经没时间再做一个了。

5 frightened *adj.* 惊吓的;害怕的

- (1) be frightened of... 害怕……
be frightened to do sth 害怕做某事
be frightened to death 吓得要死
(2) frighten *v.* 使惊吓;吓唬
frighten sb/sth off/away 将某人/某物吓跑
frighten sb into (doing) sth 把某人吓得(做)某事
(3) frightening *adj.* 令人恐惧的

[考点多维练]——单句填空

①[2020·全国新高考Ⅱ卷] He kicked it wide open, finding a _____ (frighten) woman in a wheelchair with a little boy and a tiny baby.

②[沪教必修二] Have you ever done something dangerous or _____ (frighten) without thinking about what happens next?

③The earthquake shook the building violently, _____ (frighten) everyone into rushing towards the exits.

[写作步步升]——完成句子

④When giving her speech for the first time on the stage, she _____ she could not fix her thoughts on anything. (读后续写之心理描写)

当她第一次上台演讲时,她非常害怕,以至于什么都想不起来。

⑤She _____, her eyes wide with pure fear as the bear suddenly stood up and let out a low roar. (读后续写之心理与神态描写)

当熊突然站起身发出低沉吼声时,她吓得一句话也说不出来,双眼因纯粹的恐惧而瞪得浑圆。

6 impression *n.* 印象;感想

- (1) make/leave/have an impression on/upon 给……留下印象
(2) impress *v.* 使钦佩;给……留下印象;使铭记
impress sth on/upon sb 使某人意识到某事
impress sb with sth 某事物使某人印象深刻
be impressed by/with 对……印象深刻
What impresses sb most is sth/that... 让某人印象最为深刻的是……
(3) impressive *adj.* 使人印象深刻的;令人难忘的

[考点多维练]——单句填空

①[2022·全国甲卷] Antarctica left an _____ (impress) on me that no other place has.

②[2025·全国二卷] The Hereford Cathedral is the most _____ (impress) building in town. It's also home to an ancient library.

③[译林选必一] Even the most uninformed reader would not fail _____ (impress) by the poet's rich imagination.

[写作步步升]——完成句子

④[2021·浙江6月考应用文写作] Yesterday, I had an opportunity to appreciate the artworks of talented students, _____.

昨天,我有机会欣赏了有才华的学生们的艺术作品,这些作品完全给我留下了深刻的印象。

⑤[2023·全国甲卷书面表达] _____

_____ is his famous philosophy of life: "Be the first to worry about the troubles across the land, the last to enjoy universal happiness."

最让我印象深刻的是他著名的人生哲学:"先天下之忧而忧,后天下之乐而乐。"

⑦ **curious** *adj.* 好奇的,求知欲强的

- | | |
|-------------------------|-------|
| (1)be curious about sth | 对某事好奇 |
| be curious to do sth | 极想做某事 |
| (2)curiosity <i>n.</i> | 好奇心 |
| with curiosity | 好奇地 |
| out of curiosity | 出于好奇 |

[考点多维练]——单句填空

①[译林选必三] From the very early days of human life on the Earth, our _____ (curious) about the unknown has kept us adventuring into new places.

②[2022·全国甲卷] So Mr Peter Cells, I'd be curious _____ (know) what were the early connections in your life that led you into the art field.

③He was so curious _____ how the machine worked that he took it apart, only to realize he couldn't put it back together.

[写作步步升]——完成句子

④She _____, her heart pounding with excitement and fear. (读后续写之心理描写)

她好奇地打开那个旧木盒,心脏因兴奋和恐惧而怦怦直跳。

⑤[2025·全国二卷读后续写] As I spoke, I noticed the attention of my classmates, _____

_____ . (shine)

我说话时,注意到同学们都在关注着我,他们的眼神中透着好奇与敬佩。

短语储存

① **leave...alone** 不打扰;不惊动

- | | |
|-----------------|------------------|
| (1)let alone | 更不用说 |
| (2)leave behind | 遗留;留下;遗忘;把……抛在后面 |
| leave for | 出发去…… |
| leave...aside | 不予考虑;把……搁置一边 |
| leave out | 省略;遗漏;不考虑…… |

[考点多维练]——短语填空

①When studying, she always tells her family to _____ her _____, as any distraction will break her focus.

②Working this way for one year was painful enough, _____ a lifetime.

③[上外必修一] Entering adulthood means that a young person must soon _____ childishness _____ and start to shoulder grown-up responsibilities.

[写作步步升]——完成句子

④He made a decision to focus on his own goals, _____.

(读后续写之心理描写)

他下定决心专注于自己的目标,不再理会别人的看法。

⑤[2024·全国甲卷] While the adults were busy with their serious talk outside, I _____ to help my grandmother wash dishes.

当大人们在外面忙着严肃交谈时,我独自一人留在厨房里帮奶奶洗碗。

② **look forward to** 盼望;期待

[温馨提示]

look forward to 中的 to 为介词,后接名词或 v.-ing 形式。

[考点多维练]——单句填空

①[2024·全国甲卷] We look forward to _____ (welcome) you as we showcase the creativity of the Harvard arts community through performances, art exhibitions and art-making activities.

②We were very excited when hearing that the holiday we had been looking forward to _____ (come) at last.

[写作步步升]——完成句子

③ Small acts of kindness will go a long way.
We _____.

(应用文写作之倡议书)

小小的善举会有很大的帮助。我们期待您的积极参与。

④ Thanks for your kind consideration and I _____.

(应用文写作之结尾句)

感谢您的善意考虑,我期待着尽快收到您的回复。

句型透视

● (教材 P4) I found most of my classmates and teachers friendly and helpful.

我觉得我的大多数同学和老师都很友好,而且乐于助人。

句型公式

“find + 宾语 + 宾补”结构

【句式点拨】

此句中使用了“find + 宾语 + 宾补”结构,形容词 friendly 和 helpful 在句中作宾语补足语。

【相关拓展】

(1) “find + 宾语 + 宾补”结构中可作宾补的有:

- 形容词/副词/介词短语
- 现在分词(表主动和正在进行)
- 过去分词(表被动和完成)

(2) find oneself... 意为“在不知不觉中发现自己

处于某种境地”。

(3) find + it + adj./n. + to do (it 作形式宾语, to do 作真正的宾语)

[考点多维练]——单句填空

① [2023 · 北京卷] I found myself _____ (work) with a robotics professor on techniques for collecting data from the desert remotely.

② [2022 · 全国甲卷] As Ginni Bazlinton reached Antarctica, she found herself _____ (greet) by a group of little Gentoo penguins longing to say hello.

③ [译林必修二] After learning the basics of tai chi in those first few classes, I found myself _____ (bore) and _____ (ache) from doing the same moves over and over again.

[写作步步升]——完成句子

④ Alex struggled to reach the surface but _____ a powerful current.

(读后续写之动作描写)

亚历克斯挣扎着浮出水面,但发现自己被困在一股强大的水流中。

⑤ [2022 · 新高考全国 I / II 卷] After making sure that David could run if he wanted, _____, his small body rocking from side to side as he swung his feet forward. (读后续写之动作描写)
在确定戴维想跑就可以跑之后,我转过身来,发现他向我走来,双脚向前摆动时,他的小身体左右摇摆。

当堂过关检测

★提示: 加黑词汇为复现词汇

Ⅰ 单句填空

1. On seeing the _____ scene, she was so _____ that she burst out crying. (frighten)

2. [上外选必一] Sometimes you may worry about grades or get _____ (annoy) because you don't have the most expensive sneakers or the latest computer games.

3. [沪教必修二] I started to swim out of _____ (curious), and then I found that I just couldn't stop.

4. _____ (lecture) by the teacher for being late again, she promised to be punctual in the future.

5. [2024 · 全国甲卷] Cats have many heightened senses, but their sense of smell is quite _____ (impress).

6. [2021 · 新高考全国 I 卷] With a smile of understanding _____ (flash) across his face, Dad suddenly figured out their secret.

7. I'm looking forward to _____ (exchange) ideas with the designer after the lecture.

8. [2023·新高考全国I卷] Whatever the mistake, remember it isn't a fixed aspect of your _____ (personal).

9. If you want to take a book out, you just need to fill in and submit a _____ (register) form for a library card.

10. [译林选修三] Creativity could mean making a minor _____ (improve) to an everyday situation or finding a simple solution to an everyday problem.

11. [沪教选必四] This is a big milestone in the history of the Chinese space programme, and also an important step in the _____ (explore) of the universe.

12. [2023·新高考全国I卷] With over 2,500 bikes stored in our five rental shops at _____ (strategy) locations, we make sure there is always a bike available for you.

13. [沪教选必三] A good night's sleep is crucial for maintaining normal _____ (concentrate) and focus, as well as a healthy body and mind.

14. It's just an _____ (formal) party, so you can wear anything you want, like T-shirts and jeans.

15. Regular practice not only **improves** your skills but also boosts your _____ (confident) in dealing with challenging tasks.

II 短语检测

1. She's asked to _____ (不打扰) but the press photographers follow her everywhere.

2. Many students _____ (报名参加) these courses last semester to widen skills for use in their future jobs.

3. [外研必修一] While I was _____ (集中精力于) photographing this amazing scene, I suddenly had a feeling that I was being watched.

4. I have been _____ (盼望) having a chance to pay a visit to Huangshan.

5. _____ (记笔记) and reviewing them are among the simple learning habits we too often overlook.

6. I _____ (对……感到好奇) the silence, then returned to the door of Iris' room and looked in.

7. After a long and tiring journey through the storm, they reached their destination _____ (终于,最终).

8. [译林必修二] I did not understand all of the traditional customs, but a few _____ (留下深刻的印象) on me.

III 句型写作

1. She often _____ when she meets with certain challenges. (find + 宾语 + 宾补) (读后续写之心理描写)

当她碰到一些挑战时,她经常发现自己很无助。

2. The old gardener never watered the roses _____, as if they were his old friends. (never ... without) (读后续写之动作描写)

这位老园丁给玫瑰浇水时,从来都会跟它们轻声说几句话,仿佛它们是他的老朋友。

3. The hiker realized he'd lost his phone and map in the forest. _____

_____? Panic started to creep in. (what if) (读后续写之心理描写)

徒步者发现自己在森林里弄丢了手机和地图。要是天黑前找不到路该怎么办? 恐慌开始蔓延。

4. _____ gave us a deeper understanding of its rich past. (explore) (应用文写作之活动总结)

探索这座城市的历史遗迹让我们对它丰富的过去有了更深入的理解。

语言素养提升

I 动词变形练

1. Children under 10 are not allowed to enter the museum unless _____ (accompany) by adults.

2. It was no wonder that the artist _____ (admit) to that big company since he stood out among those applicants.

3. The delayed bus and the sudden rain _____
_____ (annoy) him so much this morning that he is still in a bad mood now.
4. The man _____ (apply) for the post of signalman on the railway, but was turned down as he was colour-blind.
5. When the old system failed, a need for a more efficient replacement _____
(arise) immediately.
6. It is the third time that such problems _____
(arise) about your arrangement.
7. He _____ (awake) from a deep sleep, only to find his son was gone.

II 构词法规则

构词法	前缀 dis-表示“否定”、“相反”； dis-还有“分开，分离”的意思
-----	---

指出下列黑体词的含义

1. [2025 · 全国二卷] This approach spared me the **discomfort** of having to over-explain.

2. [2025 · 浙江 1 月考] Hearing Kevin's words, Mr and Mrs Green looked at each other with a mixture of shock and **disbelief**.

3. [2023 · 新高考全国 II 卷] The kids' parents **distrusted** her. _____
4. [2022 · 全国甲卷] I was unwilling to talk with him and often **disobeyed** his rule of not staying out with my friends too late. _____
5. [2020 · 全国新高考 I 卷] Follow all rules carefully to prevent **disqualification**.

III 熟词生义练

众所周知，初、高中英语教材中的单词清单所给出的只是每个单词最基本的意思，即“熟义”。然而，教材“熟词”在高考文章中却产生了“生义”或“多义”，这便是我们常说的“熟词生义”或“一词多义”现象。

指出下列黑体词在句中的不同含义

1. absent
①[2022 · 新高考全国 I 卷] His usual big toothy smile was **absent** today. _____

- ②She looked **absent** during the meeting, as if her mind was elsewhere. _____

2. access

- ①[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... _____
- ②The emergency exit provides a safe **access** for people during a fire. _____
- ③[2021 · 全国甲卷] We **accessed** the wall through the South Gate. _____

3. address

- ①The envelope was **addressed** in neat handwriting, making it easy to read. _____
- ②[外研选必一] The event will begin at Williams Sports Centre at 6 pm with a welcome **address** followed by awards ceremony, with the evening closing at 8 pm. _____
- ③[2024 · 浙江 1 月考] Norman Stienwand, who farms in that area, has been **addressing** public meetings on this issue for years.

- ④[2024 · 新课标 II 卷] This absorbing new book by Catriona Campbell is a practical roadmap **addressing** the challenges posed by the forthcoming AI revolution (变革).

4. admission

- ①There's a notice outside the building that says "No **admission** before twelve noon".

- ②How much do they charge for **admission**?

- ③The company made an **admission** that its product had safety problems. _____

5. adopt

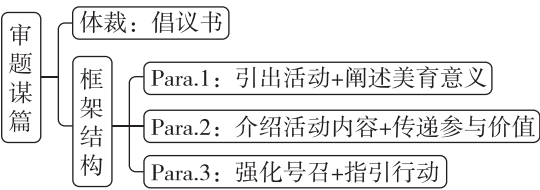
- ①The company plans to **adopt** a new strategy to improve its market position and increase profits. _____
- ②The family decided to **adopt** a puppy from the local animal shelter to give it a loving home. _____

Part I 应用文写作

假设你是校学生会主席李华，学校为落实学生“美学教育”(aesthetic education)将举办“校园艺术节”，请你在学校英文报上写一封倡议信。内容包括：

- 1. 介绍活动及其意义；
- 2. 号召同学积极参与。

思路点拨



精彩美文

Dear fellow students,
1. _____
_____ (随着学校艺术节的临近), I'd like to **highlight the importance of** aesthetic education, 2. _____
_____ (它能帮助我们欣赏美、表达创造力,还能丰富我们的校

园生活).
The festival will 3. _____
_____ (包括各种活动), including a painting exhibition, music performances, and a dance competition. These events provide a platform 4. _____
_____ (在那里每个人都能展示才华、发掘艺术潜能). 5. _____
_____ (让我们抓住这个机会) to develop our artistic awareness and **broaden our horizons**. 6. _____
_____ (无论你是已有一定的艺术基础,还是刚刚开始接触艺术), your participation will make the festival more vibrant.

Sign up now and let's create a memorable event together!

Yours,
Li Hua

Part II 读后续写

1. 情感细节描写——高兴与兴奋
【语言素材】

开心的;高兴的	delighted/cheerful/joyful	令某人开心/兴奋的是	to one's delight/joy/excitement
满意的	pleased/satisfied	高兴地跳起舞来/跳起来	dance/jump for/with joy
非常兴奋的	thrilled/excited	情绪高涨	in high/cheerful spirits
欣喜若狂	be wild with joy/delight/happiness	狂喜的	overjoyed
高兴得无法形容	delighted/pleased beyond description	激动(地)	with excitement/excitedly
非常高兴	be seized by joy/be overcome with happiness	无法抑制内心的兴奋	can't contain one's excitement
脸上带着灿烂的微笑	with a bright smile on sb's face/wear a bright smile/smile brightly	充满喜悦	be filled with joy/happiness
喜悦和幸福感	a sense of joy and happiness	(脸或眼睛)露出喜悦	(face/eyes) light up

【跟踪演练】

① 单句表达

1. _____, I **skipped** into the supermarket along with my smiling mother.

又高兴又激动,我蹦蹦跳跳地跟着我面带微笑的妈妈进了超市。

2. Sarah _____ as she opened the gift and discovered a plane ticket to her dream destination.

当萨拉打开礼物,发现一张去往自己梦想之地的机票时,她抑制不住内心的兴奋。

3. Her hands **were trembling** _____ as she opened the box.

当她打开盒子时,她的手激动地发抖。

4. I was _____, hardly able to believe my good fortune.

我高兴得无法形容,几乎不敢相信自己有这样的好运。

5. After Steve heard this satisfactory result, _____ **swept over/flooded over/crowded in on him**.

史蒂夫听到这个令人满意的结果后,一种喜悦和幸福感涌上心头。

② 语段表达(收到录取通知书+高兴与兴奋)

When I received the admission letter from

my dream university, my face 1. _____ (露出喜色). My heart pounded wildly and my hands began to tremble uncontrollably. Staring at the elegant letterhead, I was 2. _____ (欣喜若狂) and 3. _____

_____ (手舞足蹈). All the years of hard work, late-night study sessions, and self-doubt vanished in an instant, replaced by 4. _____ (一种成就感和满足感).

I 5. _____ (无法抑制自己的兴奋) and immediately called my parents. My voice 6. _____ (因为激动而哽咽) as I shared the news. I heard 7. _____ (自豪的笑声和愉快的喊声) from the other end of the line. I then rushed outside, the fresh air hitting my face like a gentle touch. The sun seemed to shine brighter and even the strangers I passed on the street seemed to 8. _____ (分享着我的喜悦).

This was not just a moment of personal victory, but a milestone that would forever be engraved in my memory.

Unit 1 TEENAGE LIFE

主题:人与自我——生活与学习

语篇词汇串记

词句默写部分见《默写本》

Being a **freshman** of senior high school is a **challenge**. One year closer to becoming 1. _____ **adult**, now I have to make choices on my own.

What made me 2. _____ (confuse) first was which **extra-curricular** club to join. My parents **recommended** that I (should) choose the **volunteer** club. 3. _____

(actual) I think the English **debate** club is 4. _____ (**suitable**) for me. As a **fluent** English speaker, I **am attracted to** the feeling of expressing myself in English in public. I followed my heart finally.

Then came the time to choose courses. I **prefer** Chinese 5. _____ any other subject. My dream is to be an **editor** or a writer after

6. _____ (graduate) from university.
What's more, I am 7. _____ (addict) to
Chinese literature. 8. _____ is obvious
that I will sign up for the Chinese course.
Computer science is another essential—for my
generation, mastering 9. _____

(advance) computer skills is crucial. I soon
worked out a schedule for my studies. I feel so
lucky to be able to focus on my passions and
take 10. _____ (responsible) for my
own choices.

考点互动探究

单词点睛

① prefer *vt.* (preferred, preferred, preferring) 较喜欢

- (1) prefer doing/to do sth 宁愿做某事
prefer sb to do sth 宁愿某人做某事
prefer (doing) sth to (doing) sth
喜欢(做)……而不喜欢(做)……
prefer to do sth rather than do sth
(= would rather do sth than do sth = would do
sth rather than do sth) 宁愿做……而不
愿做……
(2) preference *n.* 喜爱;偏爱
have a preference for 偏爱/喜爱……

[温馨提示]

refer *v.* → *n.* reference 提及; 涉及; 参考; 查阅
differ *v.* → *n.* difference 差异; 不同
infer *v.* → *n.* inference 逻辑推断; 推论

[考点多维练]——单句填空

- ① When speaking to Americans, who have a
_____ (prefer) for the direct style, I
found that I often failed to get straight to the point.
② [上外必修二] ... it's believed that the
penguin prefers _____ (visit) the
elderly man rather than migrate to the feeding
areas of his species.
③ [新概念第三册] Though he owned a large
car, he hardly ever used it, _____
(prefer) always to go on foot.

[写作步步升]——完成句子/一句多译

- ④ [2025·全国一卷应用文写作] I would
_____ as
it can vividly showcase the colourful campus
life and various interesting events happening
around us.

比起“猜猜我是谁”，我更倾向于“我学校的趣
事”，因为它能生动展现丰富多彩的校园生活以
及我们身边发生的各类趣事。

⑤ 如今一些青少年宁可待在家里上网，也不愿
意到户外进行锻炼。

→ Nowadays some teenagers _____

_____ outdoors. (prefer... to...)

→ Nowadays some teenagers _____

_____ outdoors. (prefer... rather than...)

→ Nowadays some teenagers _____

_____ outdoors. (would rather... than...)

② confuse *vt.* 使糊涂; 使迷惑; 使混乱;
混淆

- (1) confuse A with/and B 把 A 与 B 混淆
(2) confused *adj.* (人) 糊涂的; 困
惑的
be/get/feel confused about/by...
对……感到困惑
(3) confusing *adj.* (事/物) 令人困惑
的; 难以理解的
(4) confusion *n.* 困惑

[考点多维练]——单句填空

- ① [2024·新课标 I 卷] I thought my
pronunciation was the problem, so I explained
again more slowly, but he still looked _____
(confuse).
② [2024·浙江 1 月考] By reframing her
approach and using her mind as a tool, Eva
transformed her experience in the school
building from _____ (confuse) to
empowerment.

③[2022·新高考全国I卷] Also, people aren't willing to change their views about food and nutrition as there is so much _____ (confuse) information online.

[写作步步升]——完成句子

④[2020·全国卷III书面表达] Having written the English script, I still _____. So would you be kind enough to spare some time to give me some guidance?

我已经写好了英文脚本,但对一些表达仍感到困惑。所以您能好心抽出点时间给我一些指导吗?

⑤_____, she paused in the doorway, her eyes fixed on the beautifully wrapped box that had mysteriously appeared on her desk. (读后续写之心理与神态描写)

既困惑又好奇,她在门口停住了脚步,目光紧紧盯着那个神秘地出现在她桌上的包装精美的盒子。

③ **recommend** *vt.* 建议;推荐;介绍

(1) recommend doing... 建议做……
recommend sb to do sth 建议某人做某事
recommend sth to sb 向某人推荐某物
recommend that sb (should) do...

建议某人做……
(从句用虚拟语气)

It's (strongly/highly) recommended that sb (should) do... (强烈)建议某人做……(从句用虚拟语气)

(2) recommendation *n.* 推荐;求职介绍信

[考点多维练]——单句填空

①[2025·浙江1月考] Instead, she recommends _____ (apply) a well-known concept among nutrition experts called the "Division of Responsibility"...

② Eye doctors recommend that a child's first eye examination _____ (take) at the age of six months old.

③[外研选必三] Every _____ (recommend) she gives me is great since she can predict if I will like a particular restaurant.

[写作步步升]——一句多译

④我推荐你在春节期间去游览那个古镇。在那里,你不仅可以了解当地风俗,而且还可以享受具有地方特色的美食。(应用文写作之推荐信)

→I _____

_____ during the Spring Festival. There, you can not only learn about local customs but also enjoy local delicacies with regional characteristics. (用不定式)

→I _____

_____ during the Spring Festival. There, you can not only learn about local customs but also enjoy local delicacies with regional characteristics. (用宾语从句)

④ **advance** *n.* 前进;发展 *vi.* 前进;发展
vt. 发展;促进

(1) in advance (= ahead of time)

在……前;预先,提前

make advances in (= advance in)

在……方面取得进步/进展

(2) advance on/towards...

朝……前进

(3) advanced *adj.* 高等的;先进的;高级的

[考点多维练]——单句填空/熟词生义

①[2023·浙江1月考] But no matter when you travel, it's a good idea to make your reservations at least 90 days _____ advance.

②[上外必修三] _____ (advance) Internet technology can save our doctors a lot of time because they don't have to travel as much.

③[2024·北京卷] We can, instead, use this idea to **advance** scientific knowledge. _____

[写作步步升]——完成句子

④It's better _____ during peak seasons, as they often sell out quickly. (应用文写作之建议信)
旺季时最好提前订票,因为票往往很快就售罄了。

⑤[2022·新高考全国 I / II 卷读后续写] With a determined look spreading across his face, David rose to his feet, _____.

戴维脸上露出坚定的神情,他站起身来,稳步而坚定地朝着终点线前进。

⑤ responsible *adj.* 负责的;有责任的

- (1) be responsible for 对……负责
(2) responsibility *n.* 责任;义务
a sense of responsibility 责任感
take/shoulder/bear responsibility for 对……负责/承担责任

[温馨提示] 以-ible 结尾的形容词,通常将-ible 替换为-ibility 变成名词。

responsible *adj.* → *n.* responsibility 责任

possible *adj.* → *n.* possibility 可能性

flexible *adj.* → *n.* flexibility 灵活性

accessible *adj.* → *n.* accessibility 可及性,易接近性

sensible *adj.* → *n.* sensibility 感性,感觉能力

incredible *adj.* → *n.* incredibility 难以置信

[考点多维练]——单句填空

①[2025·全国一卷] Moving goods and people around the world is responsible _____ a large part of global CO₂ emissions(排放).

②[2025·北京卷] While raising an adult is a parent's job, it's also our _____ (responsible) as a society to ensure that we support schools that nurture (培养) emotional and identity development.

[写作步步升]——完成句子

③Doing regular housework can not only help students learn life skills and appreciate parents' efforts but also develop _____ (责任感) and independence. (应用文写作之家务劳动)

④[2022·全国甲卷书面表达] We are supposed to _____ our own behaviour and spare no effort to protect oceans from being polluted.

我们应该对我们自己的行为负责,尽全力去保护海洋不受污染。

⑥ schedule *n.* 工作计划;日程安排 *vt.* 安排;预定

(1) ahead of schedule (= ahead of time)

(进度上)提前

on schedule (= on time) 准时;如期

behind schedule 落后于计划,比原计划推迟

a busy/tight schedule 繁忙/紧张的日程安排

(2) be originally scheduled for...

原定于……

be scheduled to do sth 计划/安排做某事

as scheduled 如期;按照预定时间

[考点多维练]——单句填空

①[2022·全国乙卷] With busy _____ (schedule), squeezing in phone calls can be a challenge.

②[2025·全国二卷] Our Older Summer Camp is provided for ages five through twelve. There are _____ (schedule) summer fun activities and games.

③Despite the light rain in the morning, the outdoor concert started _____ scheduled and attracted a large audience.

[写作步步升]——完成句子

④[2021·浙江6月考应用文写作] An exhibition of students' traditional Chinese paintings _____ on the second floor of our library from May 15 to May 24.

学生传统国画展览按计划将于5月15日至24日在我们的图书馆二楼举行。

⑦ attract *vt.* 吸引,引起……的注意(或兴趣)

(1) attract/draw/catch one's attention

吸引某人的注意

be attracted to 被……所吸引;喜爱……

(2) attraction *n.* 吸引;有吸引力的事物

tourist attractions/spots = places of interest 旅游胜地

(3) attractive *adj.* 有吸引力的;吸引人的

[考点多维练]——单句填空

①[2020·全国新高考I卷] A few years later, still _____ (attract) to the country, he returned to Uzbekistan to write an article about the disappearance of the Aral Sea.

②[译林必修二] Its _____ (attract) lies more in what it awakens in us than what it says.

③[2025·全国二卷] Flowers are everywhere—hanging baskets, window boxes, and planters—just what you imagine in an _____ (attract) English market town.

[写作步步升]——完成句子

④[2022·新高考全国I卷] As the most popular programme in the school radio station, our programme _____ ever since it was set up two years ago. (应用文写作之节目介绍)

作为学校广播站最受欢迎的节目,我们的节目自两年前开播以来,已经吸引了数百名固定听众。

⑤He finally realized that _____ all along was not the treasure, but the memory of his lost family.

(读后续写之心理描写)

他终于意识到,一直以来吸引他来到此地的并非宝藏,而是关于他失散家人的回忆。

短语储存

1 focus on/upon 集中;特别关注

(1) focus *vi.* & *vt.* 集中(精力、注意力等);
(使)调节焦距

n. 中心点;重点;焦点
focus/concentrate/fix one's attention/mind/efforts on/upon... 集中注意力/精力于……
the focus of attention/concern

关注的焦点

(2) focused (= concentrated) *adj.*

专注的;集中的

[考点多维练]——单句填空

①[2025·浙江1月考] Customers today look

past the fact that something is second-hand and focus instead _____ the fact that they have something unique to wear...

②[人教选修三] Pay attention to how others use body language when they speak, because it will help you stay _____ (focus) and take in more.

③[2023·北京卷] It has been proved that people have a bias (偏向) towards the present, _____ (focus) on loud attractions in the moment at the expense of the health.

[写作步步升]——完成句子

④[2025·浙江1月考应用文写作] Lastly, we should raise awareness of the importance of _____ and respecting others' learning experiences.

最后,我们应当提高对专注于学业以及尊重他人学习经历的重要性的认识。

⑤[2025·全国一卷读后续写] I _____ keeping the party under control that I failed to consider how important Toby was to my brother during this difficult time.

我当时一门心思都在维持派对的秩序上,以至于没能顾及到在这段艰难的日子里,托比对我弟弟来说有多重要。

2 addicted to 对……很入迷

(1) addict *n.* 对……入迷的人;吸毒成瘾的人

vt. 使沉迷;使上瘾

addict oneself to sth/doing sth

使自己沉迷于……

(2) addicted *adj.* 上瘾的;入迷的

be/become/get addicted to sth/doing sth

沉迷于……;专心做……

(3) addiction *n.* 嗜好;瘾

addiction to 对……的瘾;对……的沉迷

[考点多维练]——单句填空

①[剑桥 Think 5] He believes that our _____ (addict) to technology, such as mobile phones, has made us become detached from real life.

②[外研选必三] So, ever since I discovered selfie apps that could remove my freckles, enlarge my eyes and even slim my jawline, I have become _____ (addict).

③Many young people are addicted to _____ (use) social media apps on their smartphones, which has a negative impact on their study and daily life.

[写作步步升]——完成句子

④_____ not only impairs their eyesight but also leads to poor academic performance, a problem that requires joint attention from schools and parents. (应用文写作之陈述现象)

青少年对网络游戏的沉迷不仅损害视力,还会导致学习成绩下滑,这一问题需要学校和家长共同关注。

⑤_____, an increasing number of students spend hours mindlessly swiping through content instead of focusing on homework or physical exercise. (应用文写作之陈述现象)

沉迷于短视频平台,越来越多的学生花数小时漫无目的地滑动浏览内容,而非专注于作业或体育锻炼。

句型透视

① (教材 P14) I'll find a way to improve on my own so that I can make the team next year.

我会找到一个提高自己(球技)的方法,这样明年我就能加入球队了。

句型公式

so that... 以便于……

【句式点拨】

此句中 so that 引导目的状语从句,相当于 in order that,意为“以便于……”。so that 引导目的状语从句时,在从句中往往有 can, could, may, might 等情态动词,通常主句在前,从句在后,主句和从句之间没有逗号。

【相关拓展】

so... that... 和 such... that... 均可引导结果状语从句,表示“如此……以致……”,其中 such 修饰名词,so 修饰形容词或副词。具体的搭配形式是:

(1) so... that... 引导的结果状语从句:

{ so + *adj.* / *adv.* + that...
so + *adj.* + a(n) + 可数名词单数 + that...
so + many/much/few/little + 名词 + that...

(2) such... that... 引导的结果状语从句:

{ such + *adj.* + 不可数名词 + that...
such + *adj.* + 可数名词复数 + that...
such + a(n) + *adj.* + 可数名词单数 + that...

【温馨提示】为强调 so... that... 句型中的形容词或副词,可以把 so 放在句首,主句用部分倒装结构。

[考点多维练]——单句填空

① There were _____ many visitors in the exhibition centre that we could hardly move on.

② [2023·新高考全国Ⅱ卷] Some students get _____ interested in gardening that they bring home seeds to start their own vegetable gardens.

③ [北师选必二] In the second round, I took _____ a hard hit from my opponent that I felt dizzy and unbalanced.

[写作步步升]——完成句子

④ Try to finish it within one day _____

on Sunday. 尽量在一天内完成它,这样学生们周日还有一整天的休息时间。

⑤ [2022·浙江6月考应用文写作] The self-study room is _____

_____ (如此吸引人的地方) that many students will gather there to further improve their learning level.

② (教材 P18) But spending too much time online is unhealthy and makes it very difficult to focus on other things in life.

然而,花费太多时间上网有损健康,也会让你们很难专注于生活中的其他事情。

句型公式

make it + *adj.* / *n.* + (for sb) to do sth

【句式点拨】

本句是“make + it + 形容词 + to do sth”结构,其中 it 为形式宾语,指代后面的不定式结构。it 作形式宾语时,除指代不定式之外,还可指代动名词或从句。

能用于此结构的常见动词有:think, feel, find, consider 等,构成“动词 + it + 形容词/名词(+ for/of sb) + to do/从句”。

对比:动词 + it + no good/no use/useless/a waste of time/worthwhile 等 + 动名词(doing)。

【考点多维练】——单句填空

①[译林选修三] Looking like a pair of ordinary glasses, smart glasses make _____ possible for the wearer to use the Web and make videos of everything they see.

②[北师选必四] They were then able to place

guards at the entrances of hutongs, which made it easier _____ (keep) an eye on people's movements.

③We consider it no good _____ (do) the experiment again without the guidance of the teacher.

【写作步步升】——完成句子

④[2024·浙江1月考应用文写作] Secondly, “Stand Up and Stretch” exercise can improve your focus and concentration, _____ in class.

其次,“起身伸展”运动能提高你的专注力和注意力,让你更容易在课堂上保持投入。

⑤[2022·全国乙卷书面表达] As we can see from the chart, 65% of the students _____.

正如我们从图表中看到的那样,65%的学生认为听英语歌曲对他们学好英语很有用。

当堂过关检测

I 单句填空

1. [2024·北京卷] These social emotions prepare our brains to shape our _____ (behave) according to the norms and values of our family and our community.

2. [2024·新课标II卷] A torch(手电筒) along with _____ (suit) clothing is essential for walking in the dark.

3. [上外选必三] _____ (graduate) is a time to thank those who helped you through those tough moments.

4. [2025·全国二卷] Getting to Shrewsbury Town Centre from London is _____ (challenge) but worth the **anxiety**.

5. The Eiffel Tower in Paris is a popular tourist _____ (attract), drawing millions of visitors from around the world each year.

6. [2025·全国二卷] _____ (volunteer) during **teenage** years has been linked to some major positive effects such as **improved** grades and increased self-confidence.

7. [2021·新高考全国I卷] Hunters willingly pay the stamp price to ensure the _____ (survive) of our natural resources.

8. [2021·新高考全国I卷] Language researchers say pronunciation and _____ (fluent) are the biggest barriers, followed by grammar in effective spoken English.

9. [北师选必三] My social life is poor, but I think I've found a _____ (solve) to this problem.

10. The two club members are **exchanging** ideas about how to **quit** _____ (drink).

11. [北师必修三] The most effective way of **solving** the problem of overflowing landfills is to encourage people to take _____ (responsible) for reducing the waste they produce themselves.

12. [上外选必一] Our team is urging local restaurants to join our _____ (move) by selling more paper water bottles.

13. The art exhibition, _____ (title) in a way that combines both modern and traditional elements, showcases a variety of unique artworks.

14. If you have a _____ (prefer) for **advanced content**, it may be helpful to seek additional resources.

15. Based on the doctor's _____ (recommend), she decided to take a short vacation to relieve stress and **improve** her health.

II 短语检测

1. [2023·浙江1月考] Explorers Camp **organizes** engaging arts, history and science-related activities in every class, and _____ (关注) a range of **topics**.

2. **Senior high school** will help you learn and grow, yet you alone _____ (对……负责) realizing your great potential.

3. Many tourists _____ (喜爱, 被吸引) this small town because of its unique architecture and rich history.

4. Nearly everyone knows _____ (对……上瘾) online games is harmful to the young.

5. [2024·北京卷] _____ (报名参加) the programme does not automatically mean that you will be able to **register** and participate.

6. [译林选必四] An interview allows the interviewer to assess the job applicant to see if he or she _____ (对……适合) the position.

7. My parents spent the whole morning _____ (打扫) our house to welcome an important guest.

8. We received notice of the event _____ (提前) so that we could arrange our schedule accordingly.

III 句型写作

1. _____, she would look at the dress and remember that night at the dance. (whenever) (读后续写之主题升华句)

每当她在医学学习中遇到挑战或挫折时,都会望向那条裙子,回忆起舞会的那个夜晚。

2. The teacher **recommended** that _____ on a regular basis to enhance their language skills and cultural awareness. (应用文写作之学习建议)

老师建议学生定期阅读经典文学作品以提高语言技能和文化意识。

3. The boy saved every penny he got _____ . (so that) (读后续写之亲情故事)

男孩把得到的每一分钱都存起来,为的是能在冬天来临前,给奶奶买一双新棉鞋。

4. It is the online learning platform _____ at their own pace. (it 作形式宾语) (应用文写作之网络学习)

正是在线学习平台使学生按照自己的节奏学习成为可能。

语言素养提升

I 动词变形练

1. Accused of going against the law, the athlete _____ (ban) from the game for two years after failing a drug test.

2. The government is considering _____ (ban) single-use ★ plastics to reduce environmental pollution.

3. The document _____ (bear) her signature, which could act as evidence of her

approval.

4. The best player _____ (beat) at that famous chess game, which was beyond our expectations.

5. Once _____ (begin) the project, he will stick to his plan at all costs.

6. No sooner had the performance _____ (begin) than the lights went out, leaving the audience in the dark.