



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
主题版



AI智慧教辅



AI时代就该用AI学习
遇到问题快扫我

沈阳出版发行集团

 沈阳出版社

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Unit 1 学校生活

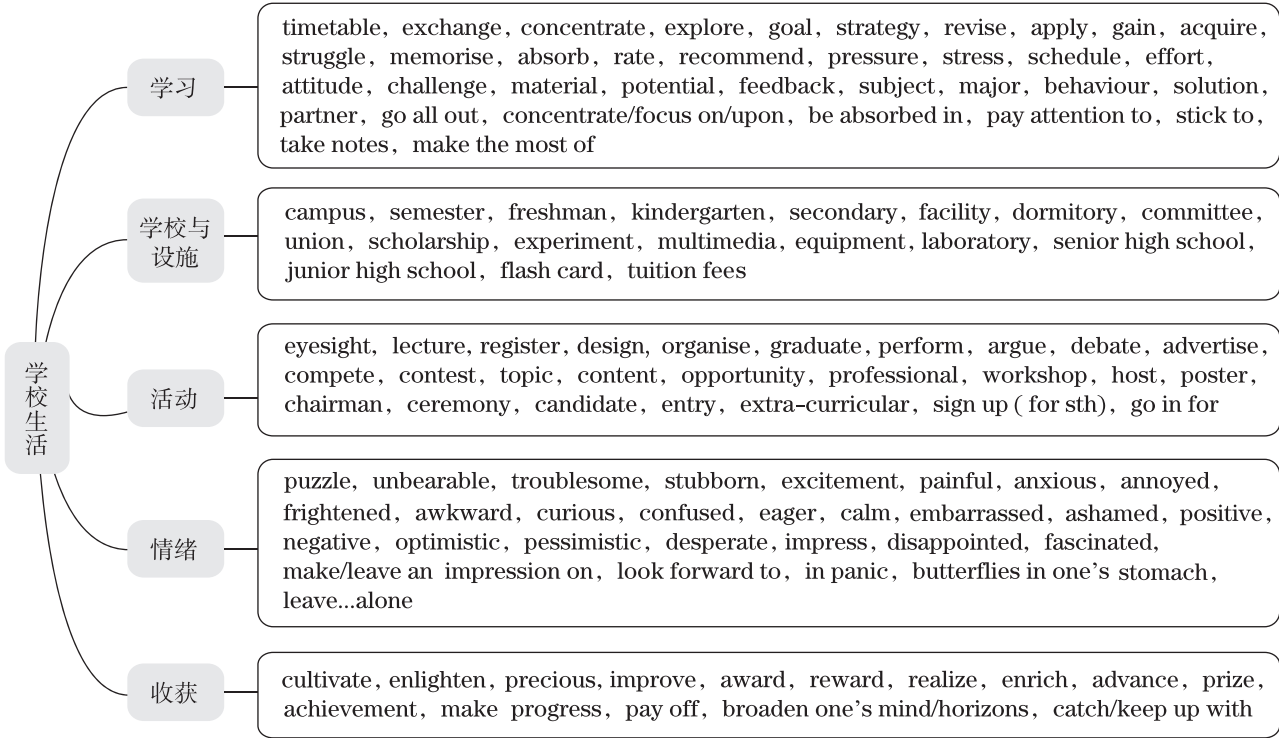


讲课智能体

对接教材与高考

| 教材版本 | 单元 | 高考链接 |
|------|---------------------------|---|
| 人教版 | 必修一 Welcome unit | [2025·浙江1月考] 阅读 A(ILL 馆际互借服务指南) [2025·浙江1月考] 应用文写作(校园内拍摄短视频现象) |
| 外研版 | 必修一 Unit 1 A new start | |
| 译林版 | 必修一 Unit 1 Back to school | |
| 北师版 | 选择性必修二 Unit 5 Education | [2025·全国一卷] 阅读 B(老师解锁写作真谛) [2025·全国一卷] 应用文写作(英语报增设栏目二选一) [2024·新课标 I 卷] 应用文写作(分享公园美术课经历) [2024·浙江1月考] 读后续写(通过“一英里跑”适应学校生活) [2023·新高考全国 I 卷] 读后续写(老师鼓励作者写作) [2023·新高考全国 II 卷] 阅读 B(在学校开设园艺项目) |

主题词汇语义场



主题词汇再现

★提示：加黑词汇为复现词汇

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!

主题写作佳句

① 应用文写作佳句

1. [外研必修一] These activities **not only** help them gain more skills, **but also** teach them to care about others. 这些活动不仅帮助他们获得更多的技能,还教会他们关心他人。
2. [外研必修一] **Well begun, half done.** 好的开始是成功的一半。
3. [外研必修一] **Looking back on my high school life**, the most important advice **I'd give** is these wonderful words from the writer Maya Angelou. She said, "Be a rainbow in somebody else's cloud." 回顾高中生活,我能给大家最重要的建议是作家玛雅·安吉罗的一句精彩名言。她说:"要成为别人云朵中的一道彩虹。"
4. [译林必修一] When you **rise to the challenges**, you will **have the opportunity to acquire great knowledge** and enjoy personal growth. 在迎接挑战的时候,你们将有机会掌握大量的知识,并享受个人的成长。

② 读后续写佳句

1. [人教必修一] I feel **much more confident than** I felt this morning. I think that tomorrow will be a great day! 我感觉现在比早上有信心多了。我相信明天将是美好的一天!
2. [外研必修一] I **woke up** early and **rushed out of** the door **in my eagerness** to get to know my new school. 我一大早就起床冲出了家门,迫不及待地想了解我的新学校。
3. [外研必修一] I was **frightened at the sight of** the test paper. 我看到试卷的时候好害怕。
4. [译林必修一] ...always look on the bright side and never lose hope, even in difficult situations. In time you will **find yourself growing into** a well-rounded individual.要一直看到事情好的一面,即便身处困境,也永远不要失去希望。最终,你会发现自己已逐渐成长为一个全面发展的人。

Lesson 1 学校生活(一)

主题词汇训练

主题单词

- ① **apply** *vi. & vt.* 申请;请求 *vt.* 应用,使用;涂(油漆、乳剂等),敷;勤奋工作 *vi.* 适用
(1) 单句填空

- ① [2024·新课标 I 卷] With the rise of technology it is easy for people to make observations of different species with the aid of a mobile _____ (apply) ...

②[2023·全国乙卷] There has been a rise in the number of students _____ (apply) for food courses at UK universities and colleges.

③[译林选必四] ...it (an interview) provides an opportunity for the _____ (apply) to learn more about the job and the company, and to discover whether this job is right for him or her.

(2)一词多义

④[2023·新高考全国I卷] Because I love your stories. If you're willing to **apply** yourself, I think you have a good shot at this.

⑤[人教选必二] **Applying** oil to the injured areas is a bad idea, as it will keep the heat in the wounds and may cause infection. _____

⑥[2022·全国乙卷] First announced in April, 2016, the tax which **applies** to soft drinks containing more than 5g of sugar per 100ml, was introduced to help reduce childhood obesity (肥胖). _____

(3)写作应用

⑦[北师必修三] I wonder if you could also give me more information about _____ (如何申请成为) part of this festival.

(应用文写作之求助信)

⑧To enrich his own life, the old man _____ (一直致力于保护野生动物) since he retired.

(应用文写作话题之环境保护)

[归纳总结]

- (1) apply ... to ... 把……涂到……上;把……运用于……
apply (to...) for (向……)申请
apply to do sth 申请做某事
apply oneself (to sth/to doing sth) 勤奋/努力/致力于/专心于……
(to 为介词)
(2) applicant *n.* 申请人
(3) application *n.* 申请;申请书;应用;应用软件

② **struggle** *n. & vi.* 斗争;奋斗;搏斗

(1)单句填空

①[2025·全国二卷] Instead of correcting others when they were struggling _____ (pronounce) my name, I just smiled and nodded approvingly.

②[2025·全国二卷] She'd been struggling _____ eating disorders and health issues, which ultimately led her to getting surgery.

③ He had a difficult life, _____ (struggle) with mental illness and poverty, but he found comfort and meaning in his painting.

(2)写作应用

④[2022·新高考全国I卷读后续写] Without hesitation, he wiped away the tears and _____ to embrace the challenge.

他毫不犹豫地擦干眼泪,挣扎着站起来接受挑战。

⑤[人教选必一] However, his influence is not based on his time in office, but on his continuous _____

and his concern for all Chinese people. (应用文写作话题之记人叙事)

然而,他的影响力不是基于他任职的时间,而是基于他为更美好的社会而不断奋斗,以及他对全体中国人民的关心。

[归纳总结]

- (1) struggle for 为争取……而斗争
struggle against/with 与……斗争;为反对……而斗争
(2) struggle to do sth = make great efforts to do sth 努力做某事
struggle to one's feet 挣扎着站起来

③ **absorb** *vt.* 吸收;理解,掌握;吸引全部注意力

(1)单句填空

①[外研选必三] At night, the heat _____ (absorb) by the wall during the day warms the cool air, creating a comfortable temperature inside.

②[2024·新课标II卷] This _____ (absorb) new book by Catriona Campbell is a practical roadmap addressing the challenges posed by the forthcoming AI revolution (变革).

(2)一词多义

③[上外选必三] Plants **absorb** carbon dioxide and convert it into their own tissue, which serves as the basic food supply for all of animal life (including human beings, of course).

④ The movement and noise of the machines **absorbed** the boy completely.

(3)写作应用

⑤[《哈利·波特》] Harry did not answer, but pretended (沉浸于那本书) they were supposed to have read before Charms(魔咒课) next morning.

⑥[2022·浙江6月考读后续写] , I frequently forgot about eating or sleeping.
我全神贯注于那个项目,经常忘了吃饭或睡觉。

[归纳总结]

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

吸引某人的注意力

(2) absorbed *adj.* 全神贯注的,专心致志的

be/get absorbed in... = absorb oneself in...

全神贯注于……,专注于……

(3) absorbing *adj.* 吸引人的;精彩的

温馨提示: be/get absorbed in 结构在句中作状语或定语时,常省略 be,用 absorbed in...。类似的结构还有: be faced with, be lost in, be buried in, be devoted to, be occupied in, be involved in 等。

④ **effort** *n.* 努力;艰难的尝试;尽力

(1)单句填空

① He made a great effort (control) his anger, taking a deep breath before he responded to the unfair accusation calmly.

② The gymnast performed the difficult routine effort, amazing the audience.

③[沪教选必三] Even though I have been practising tai chi with Mrs Kang for several years, I'm still amazed by her smooth, (effort) movements, and it's hard to believe that she's actually 68.

(2)写作应用

④[2022·新高考全国I卷] At the sound of the signal gunshot, runners shot out like

bullets, except David. , step by step. (读

后续写之动作描写)

信号枪声一响,除了戴维,赛跑者都像子弹一样飞奔而出。他非常吃力地拖着双腿,一步一步地走着。

⑤ I am writing this letter to express my heartfelt gratitude. You

during my most difficult times. (应用文写作之感谢信)

我写这封信是为了表达我衷心的感谢。在我最困难的时候,您一直不遗余力地帮助我。

⑥ , our school

organised a friendly football match between students and teachers last Sunday. (应用文写作

话题之校园活动)

为了丰富学生们的校园生活,我们学校于上周日举办了一场师生足球友谊赛。

⑦ , we finally

raised enough money and built a coffee house, which was still there many years later. (读后

续写之动作描写)

在我们的共同努力下,我们终于筹集了足够的资金,建了一家咖啡馆,多年后它还在那里。

[归纳总结]

(1) make efforts/an/every effort to do sth

努力/尽一切努力做某事

spare no effort to do sth 不遗余力去做某事

(2) with/without effort 费力地/轻松地

with/through one's joint/tireless/constant efforts

在某人共同的/不懈的/不断的努力下

in an effort to do sth 努力/试图去做某事

(3) effortless *adj.* 不费力的,容易的

⑤ **reward** *n.* 回报;奖励;报酬 *vt.* 奖励;奖赏;给予报酬

(1)单句填空

①[《小妇人》] Helping others and making a positive impact on their lives can be a truly (reward) experience.

② In reward their bravery, the firefighters were honoured with medals by the city mayor.

(2) 写作应用

③[2020·全国新高考 I 卷应用文写作] _____ gifts of fruits and flowers when the race ended. (应用文写作之活动报道)

比赛结束时,我们学校以水果和鲜花作为礼物奖励优胜者。

④ _____, she got a new bike from her parents.

作为通过考试的奖励,她从父母那里得到了一辆新自行车。

[归纳总结]

(1) as a reward (for) 作为(对……的)报酬/奖赏
in reward (for) = in return (for)

作为(对……的)回报

(2) reward sb with sth for (doing) sth

因(做)……用某物酬谢/报答某人

(3) rewarding adj. 值得做的,有益的;有意义的

⑥ argue vt. & vi. 争论,争辩;说理;主张,认为

(1) 单句填空

① Facing doubts from teammates, he argued _____ his creative plan, believing it would make the project stand out.

②[北师选必一] The main _____ (argue) for factory farming is that, apart from being a lot cheaper than traditional or organic farming, it provides more food for a world population...

(2) 熟词生义

③[2025·北京卷] I have **argued** countless times that comparisons are the “thief of joy”.

(3) 写作应用

④ We tried many ways _____ (说服他听从我们的建议), but in vain.

⑤ _____ (毋庸置疑) exercise and a balanced diet are key to maintaining good health. (应用文写作话题之饮食与健康)

[归纳总结]

(1) argue with sb about/over sth

与某人争论/辩论某事

argue for/against 为赞成/反对……而据理力争

argue sb into/out of doing sth

说服某人做/不做某事

(2) argument n. 争论;辩论;争吵

It is beyond argument that...

……是无可争辩的。/……是毋庸置疑的。

温馨提示:表示“说服某人做/不做某事”的表达方式还有: persuade/talk sb into/out of doing sth; persuade/convince sb (not) to do sth.

⑦ compete vi. 竞争;对抗

(1) 单句填空

①[2023·全国乙卷] So, what I'm really looking for in the _____ (compete) is to meet someone who can touch me musically.

②[北师选必二] To stand out in a world of _____ (compete) advertising, they must combine the highest standard of design with creative ways...

③[北师必修一] Ismael Esteban, in third place, was just ahead of his _____ (compete), Agustin Navarro, with only 300 metres to the finishing line.

(2) 写作应用

④ In the Spelling Bee competition, the students _____ the title of the best speller in the school. (应用文写作之活动报道)

在拼字比赛中,学生们为学校“最棒的拼写者”的称号而彼此竞争。

[归纳总结]

(1) compete with/against

和……竞争

compete for

为了……而竞争

compete in

参加……比赛

(2) competitive adj.

有竞争力的

(3) competition n.

竞争

(4) competitor n.

竞争者

⑧ recommend vt. 建议;推荐;介绍

(1) 单句填空

①[2021·新高考全国 I 卷] If I had to make just one _____ (recommend) for where to stay in Rome, it would be Yellow Hostel.

②[2025·浙江1月考] Instead, she recommends _____ (apply) a well-known concept among nutrition experts called the “Division of Responsibility,”...

③Eye doctors recommend that a child's first eye examination _____ (take) at the age of six months old.

(2)写作应用/一句多译

④[2021·浙江卷应用文写作] Hence, _____

_____ (强烈建议每个人都去这里欣赏这个展览). (应用文写作之宣传稿)

⑤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,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)

[归纳总结]

(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……

(2)recommendation n. 推荐;求职介绍信

9 impress v. 使钦佩,给……留下深刻印象;使意识到

(1)单句填空

①[2025·全国二卷] The Hereford Cathedral is the most _____ (impress) building in town. It's also home to an ancient library.

②[《呼啸山庄》] I'm not a sociable man but I had the _____ (impress) that Mr Heathcliff was even less sociable than me.

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

(2)写作应用

④[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。”

⑤We are delighted to receive works with various themes of people, life and scenery on campus, _____

_____ . (应用文写作之征文)

我们很高兴收到关于校园里的人物、生活和风景等不同主题的作品,这些作品可能会给你留下深刻的印象。

[归纳总结]

(1)impress sb with sth 某事给某人留下印象

impress sth on/upon sb 使某人明白某事物的重要性

be impressed with/by... 对……有深刻印象

What impresses sb most is that...

使某人印象最深刻的是……

(2)impression n. 印象,感想

leave/have/make an impression on/upon sb

给某人留下印象

(3)impressive adj. 令人钦佩的,给人深刻印象的

主题词块

1 focus on/upon 集中;特别关注

(1)单句填空

①[2024·全国甲卷] “I was very impressed by the doctors and their assistants working and living in such little space but still staying _____ (focus) and very concerned,” says Ducke.

②[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...

③[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)写作应用

④ He stood before the crowd, feeling very uneasy _____ him.

(用 with 复合结构) (读后续写之心理和动作描写)

他站在人群面前,当所有人的目光都集中在他身上时,他感到很不安。

[归纳总结]

(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/eyes on/upon... 集中注意力/精力于/盯着……

the focus of attention/concern

关注的焦点

(2) focused *adj.* 注意力集中的,目标明确的

② look forward to 盼望;期待

(1)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.

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

③ Once the guests left, she could finally get down to _____ (clean) the house thoroughly.

(2)写作应用

④ Thanks for your kind consideration and I

(盼望早日收到您的回复). (应用文写作之结尾句)

[归纳总结]

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

类似的短语还有: get down to (着手处理), be/get used to (习惯于), lead to (导致), pay attention to, be addicted to, contribute to, apply oneself to (致力于), devote... to... 等。

重点句型运用

句型:“find + 宾语 + 宾补”结构

[人教必修一] 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。

(1)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 (企鹅) 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.

(2)写作应用

④ [2022·新高考全国I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) 在确定戴维想跑就能跑之后,我转过身来,发现他正向我走来,双脚向前摆动时,他的小身体左右摇摆。

⑤ After entering high school, I _____ (发现自己很难适应新的学校生活), so I feel deeply confused and anxious. (应用文写作之求助信)

[句式点拨]

(1) find + 宾语 + { 形容词、副词、介词短语
v.-ing (主动、进行)
过去分词 (被动、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)

Part I 基础检测

Ⅰ 单句填空

- [2024·新课标Ⅱ卷] The Carlow Autumn Walking Festival is a great **opportunity** for the beginner, experienced or _____ (advance) walker to enjoy the **challenges** of Carlow's mountain hikes or the peace of its woodland walks.
- [2024·新课标Ⅰ卷] A few minutes spent casting your eye over a page or two can be a _____ (reward) experience.
- [2024·新课标Ⅰ卷] With the rise of technology it is easy for people to make observations of different species with the aid of a mobile _____ (apply)...
- [2024·全国甲卷] Cats have many heightened senses, but their sense of smell is quite _____ (impress).
- [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.
- [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.
- [北师大必修三] Before the _____ (perform), the backstage atmosphere at a very famous theatre in Vienna was tense.
- [外研选必三] Every _____ (recommend) she gives me is great since she can predict if I will like a particular restaurant.
- Without second thoughts in my mind, I was _____ (absorb) in this as if this was the only thing I needed to do in the world.
- If you want to take a book out, you just need to fill in and submit a _____ (register) form for a library card.

Ⅱ 词块运用

- Although the situation had changed, she rigidly _____ (坚持) her original plan until she finally realized her mistake.
- _____ (记笔记) and reviewing them are among the simple learning habits we too often overlook.
- Let's leave aside our differences and _____ (关注) finding a **solution** that benefits everyone.
- We highly **recommend** that you _____ (报名参加) this course.
- I did not understand all of the traditional customs, but a few _____ (给……留下了深刻的印象) me.
- Being offered a **scholarship** to study abroad is an amazing opportunity to _____ (拓展视野) and immerse yourself in a new culture.
- She decided to _____ (申请) the scholarship to help cover her college **tuition fees**.

Ⅲ 主题语篇填空

注意:加黑词汇为本单元复现词汇

My first day at **senior high** finally arrived

1. _____ I had pictured it over and over again in my mind. The **campus** was still quiet when I arrived, so I decided to **explore** a bit. I was looking at the photos on the noticeboard when I heard 2. _____ voice behind me. "New here?" 3. _____ (turn) around, I saw a white-haired man. When my English teacher 4. _____ (step) into the classroom, I was surprised to see the same man I had met earlier. He asked us to introduce 5. _____ (we) to the class one by one. When I said "Hi, I'm Meng Hao.",

everyone started laughing. 6. _____
turned out that I shared the same name with
my English teacher. I had been too nervous
7. _____ (pay) attention when he
introduced himself. Although I was 8. _____
(embarrass), his words made me a lot more
relaxed! He also told us challenges might

sometimes put us under 9. _____
(press). But if we can keep calm and be
prepared, we'll make the most of our time at
senior high.
People say, "Well begun, half 10. _____
(do)." I guess this was a good beginning to my
new school life.

Part II 写作提升

① 应用文写作之告知信

[2024·新课标 I 卷]

假定你是李华,上周五你们班在公园上了一堂美术课。请你给英国朋友 Chris 写一封邮件分享这次经历,内容包括:

- 1. 你完成的作品;
- 2. 你的感想。

注意:1. 写作词数应为 80 个左右;
2. 在相应位置作答。

精彩美文

Dear Chris,

I'm writing to share with you an art class
1. _____ (上周五
我在公园上的)。

We were asked to draw or paint something
2. _____ (我们印象最深刻
的)。3. _____
_____ (受到极好景色的
启发), I decided to create a watercolour of the
small bridge over the park's pond, 4. _____
_____ (被盛开的鲜花环绕着)。

The entire experience was incredibly
refreshing. Being surrounded by nature 5. _____
_____ (不仅激
发我的创造力) but also offered a much-needed
break from the usual hustle and bustle of school
life. I felt a deep sense of peace as I painted.

In a word, it was not just an art class; it
was a moment of connection with nature
6. _____ (我真正珍视的)。

Yours,
Li Hua

② 读后续写表达练

【语段表达】

Last year, I had the chance to study at a
British secondary school as 1. _____
_____ (一名交换生)。I stayed with a lovely
2. _____ (寄宿家庭) and went to
school with their son, Daniel. We were both in
year ten and we got on well.

I enjoyed most of the classes, but some of
them 3. _____ (很有挑战
性)。Technology classes were fun. I made a
clock to take home. The teacher helped me put
the parts together. I 4. _____
(如此喜欢它以至于) I still use it as my alarm!
I 5. _____
(发现数学很容易并且很有趣) because the
material was 6. _____ (较低阶) in
the UK than in China. However, learning in
English 7. _____ (是个巨
大的挑战) for me. There were a lot of difficult
English words, especially in Geography and
Biology. Class discussion is very important in
the UK, but I could not make a great
contribution because sometimes I wasn't able to
express myself clearly in English. Although
there was not as much homework as I was used
to, it was still challenging. Fortunately, my
teachers and classmates were always helpful
and 8. _____
(给我很多鼓励)。9. _____
_____ (我的语言能力提高了) over time.

Lesson 2 学校生活(二)

主题词汇训练

主题单词

① anxious *adj.* 焦虑的, 不安的; 渴望的

(1) 单句填空

①[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*.

②[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).

③After two defeats, the team are now anxious _____ a victory to cheer up the players.

(2) 写作应用

④[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。"

[归纳总结]

(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

② annoyed *adj.* 恼怒的, 烦恼的

(1) 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·浙江卷] 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 cancel due to the sudden rainstorm.

(2) 写作应用

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[上外必修三] I was constantly losing my patience and getting _____

(生他的气). (读后续写之情感描写)

[归纳总结]

(1) be annoyed at/about sth

因某事而烦恼, 对某事感到恼怒

be annoyed with sb 生某人的气, 被某人惹恼

(2) annoy *vt.* 使恼怒, 使生气; 打扰, 骚扰

(3) annoying *adj.* 使恼怒的, 使生气的, 使烦恼的

(4) annoyance *n.* 恼怒, 生气, 烦恼; 使人烦恼的事

③ frightened *adj.* 惊吓的; 害怕的

(1) 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.

②The _____ (frighten) news of the earthquake spread quickly through the town, causing panic among the residents.

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

(2) 写作应用

④ _____ (吓得要死) by the sudden barking of the big dog, the little boy stood frozen, his face turning as pale as a sheet. (形容词短语作状语) (读后续写之动作和表情描写)

[归纳总结]

- | | |
|--------------------------|----------|
| (1) be frightened of... | 对……感到害怕 |
| 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 |
| (3) frightening adj. | 令人恐惧的 |

④ **curious** *adj.* 好奇的, 求知欲强的; 奇怪的

(1) 单句填空

① [2020 · 全国卷 III] Filled with _____ (curious), the artist packed his bags and left.

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.

(2) 熟词生义

③ [2022 · 浙江 1 月考] It is **curious** that no one has put together a history of both the steam and electric revolutions... _____

(3) 写作应用

④ _____ (对……感到好奇) traditional Chinese culture, she came to China and soon fell in love with Chinese. (应用文写作话题之中国文化)

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, 他们的眼神中闪烁着好奇与敬佩(的光芒)。

[归纳总结]

- | | |
|--------------------------------|-------------|
| (1) be curious about sth | 对某事好奇 |
| be curious to do sth | 极想做某事 |
| (2) curiosity n. | 好奇心 |
| with curiosity = curiously | 好奇地 |
| out of curiosity | 出于好奇 |
| arouse/satisfy one's curiosity | 引起/满足某人的好奇心 |

⑤ **eager** *adj.* 渴望的; 热切的

(1) 单句填空

① [《小妇人》] The young girl was eager _____ knowledge, always seeking to learn something new.

② [2023 · 新高考全国 II 卷] Though some are initially scared of the insects and turned off by the dirt, most are eager _____ (try) something new.

③ People were pushing each other out of the way in their _____ (eager) to get to the front.

(2) 写作应用

④ _____, he nervously smoothed out his jacket, a mix of hope and anxiety filling his heart. (读后续写之动作和心理描写)
急切地等待着自己的名字被叫到, 他紧张地抚平夹克, 内心充满了希望与焦虑。

[归纳总结]

- | | |
|-------------------------------------|---------|
| (1) be eager for sth = long for sth | 渴望某物 |
| be eager to do sth = long to do sth | 渴望做某事 |
| (2) eagerness n. | 渴望 |
| with eagerness = eagerly | 急切地 |
| in one's eagerness to do sth | 某人渴望做某事 |

⑥ **embarrassed** *adj.* 难堪的; 尴尬的

(1) 单句填空

① [北师选必二] I was so _____ (embarrass) that I wanted the floor to open up and consume me.

② Flushed with _____ (embarrass), he made a sincere apology to me, "Sorry, I didn't mean to lie to you."

③ I made a promise to myself to never laugh at others when they have an _____ (embarrass) moment.

(2) 写作应用

④ _____ (令她非常尴尬的是), she forgot the lyrics while singing on stage. (读后续写之情感描写)

[归纳总结]

(1) be embarrassed about/at sth

因……感到尴尬

be embarrassed to do sth 因做某事而感到尴尬

(2) embarrassment *n.* 尴尬, 难堪

to one's embarrassment 令某人尴尬的是

with/in embarrassment 尴尬地

(3) embarrass *v.* 使尴尬, 使窘迫

(4) embarrassing *adj.* 令人尴尬的, 使人难堪的

⑦ equipment *n.* [U] 设备; 装备

(1) 单句填空

① [2021·浙江卷] At this point, it is not clear why dogs seem to _____ (equip) with the ability to recognize different facial expressions in humans.

② [2021·全国甲卷] After spending some time looking at all the defensive _____ (equip) at the wall, we decided it was time for some action...

(2) 写作应用

③ What benefits me most is your selfless guidance on my English pronunciation, which _____, but also boosts my confidence to face up to the challenge. (应用文写作之感谢信)

让我最受益的是您对我英语发音的无私指导, 这不仅让我具备了流利表达自己的能力, 也增强了我敢于面对挑战的信心。

④ Sarah, _____ and a notepad, wandered through the ancient city, eager to capture its unique charm and set down her impressions. (读后续写之细节描写)

莎拉带着相机和笔记本, 漫步在这座古老的城市里, 渴望捕捉它独特的魅力并记下自己的感想。

[归纳总结]

equip *vt.* (equipped, equipped, equipping)

装备; 配备

equip... for... 为……装备……; 使……为…

…做好准备

equip... with... 用……装备……

be equipped with... 装备着……; 配备……

⑧ schedule *n.* 工作计划; 日程安排 *vt.* 安排; 预定

(1) 单句填空

① [2025·全国二卷] Our Older Summer Camp is provided for ages five through twelve. There are _____ (schedule) summer fun activities and games.

② [2022·全国乙卷] With busy _____ (schedule), squeezing in phone calls can be a challenge.

③ The construction of the new bridge is progressing _____ schedule, and it is expected to be completed by the end of the year.

(2) 写作应用

④ [2021·浙江卷应用文写作] 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办。

⑤ _____ (按计划), the activity began at 3:00 pm, lasting three hours. (应用文写作之活动报道)

[归纳总结]

(1) ahead of schedule = ahead of time

(进度上) 提前

on schedule = on time

准时

(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

主题词块

① in panic 惊慌地

(1) 单句填空

① I _____ (panic) when I saw smoke coming out of the engine, too anxious to know what to do.

②[上外选必三] You're so _____
(panic) that you are unable to function in
certain situations—like taking tests or
socialising with friends.

(2)写作应用

③[2025·浙江1月考读后续写] The man
_____, then ran through
the house towards the window and jumped out.
那个男人惊慌失措地站起来,随即穿过房子冲
向窗户,纵身跳了出去。

④Jane _____ (陷入恐慌)
and her heart beat so violently that she felt
nearly suffocated. (读后续写之心理描写)

⑤She _____ (感到
一阵惊慌), but forced herself to leave the room
calmly. (读后续写之心理描写)

[归纳总结]

- (1)panic *n.* 惊慌,恐慌
v. (panicked, panicked, panicking)
(使)惊慌,惊慌失措
get into a panic 陷入恐慌
a moment/wave of (blind) panic 一阵(莫名的)惊慌
(2)panicky *adj.* 恐慌的;焦虑不安的

② pay off 取得成功;得到回报;还清(借款)

(1)单句填空

①He decided to pay _____ his credit
card debt to avoid high interest charges in the
future.

②She felt a strong desire to pay _____
the kindness she received from her neighbours
during difficult times.

(2)写作应用

③ _____ (他所有
的努力得到了回报) when he received the
promotion he had been hoping for.

④ _____ (参观) historic sites
enables us to get exposed to our history and
culture in depth, which, to some extent,
strengthens our national confidence and pride.

(应用文写作之活动意义)

[归纳总结]

- pay for 支付;为……付出代价
pay back 偿还;报复;回报
pay a visit to 参观,拜访
pay (no) attention to 注意/不理睬

重点句型运用

句型:so + *adj.* / *adv.* + that...

如此……以至于……

[外研必修一] ...but the teacher spoke so fast
that I couldn't take everything down.

……但是老师说得太快了,以至于我无法把所
有的内容都记下来。

写作应用/句式改写

①Seeing the bear coming towards her, she was
_____ (如此紧张和害怕,以至于
她的脑子一片空白). (读后续写之心理描写)

②He heard _____
(如此可怕的声音) that his heart began to

race. (读后续写之场景和心理描写)

③[2021·全国乙卷] As soon as I saw the
crowd of people down there, my heart beat so
fast that I was unable to say a single word. (读
后续写之心理描写)

→As soon as I saw the crowd of people down
there, _____
I was unable to say a single word. (用倒装句
改写)

[句式点拨]

so/such... that...“如此……以至于……”可用来引导
结果状语从句,常构成如下结构:

| | | |
|--------|---|-----------|
| so + | $\left\{ \begin{array}{l} \text{adj. / adv.} \\ \text{adj. + a/an + n.} \\ \text{few / many / much / little + n.} \end{array} \right\}$ | + that 从句 |
| such + | $\left\{ \begin{array}{l} \text{a/an + adj. + n.} \\ \text{adj. + 复数 / 不可数名词} \end{array} \right\}$ | + that 从句 |

温馨提示: so + adj. + a/an + n. + that... = such + a/an + adj. + n. + that...

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。

主题多维检测

Part I 基础检测

I 单句填空

- [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.
- [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.
- Parents are often involved in discussions about their children's _____ (behave) at school to ensure a supportive learning environment.
- After years of hard work and dedication, she proudly received her _____ (graduate) **award**.
- On seeing the _____ scene, she was so _____ that she burst out crying **desperately**. (frighten)
- Out of _____ (curious), I attended a **lecture** on cultural diversity during an international **exchange** programme.
- What experience he has obtained is that perseverance is the key to making such a great _____ (achieve).
- She felt a wave of _____ (anxious) wash over her as she prepared for the final exam in mathematics.

9. Disappointed and _____ (annoy), Jim climbed into the car and shut the door loudly.

10. With **advanced** _____ (equip) in the classroom, students can access a wide range of digital resources to aid their studies.

II 词块运用

- The moment the theatre caught fire, the audience ran out _____ (惊慌地).
- In the end, with his wife's encouragement and his determination, all his **efforts** finally _____ (得到回报).
- I stepped into the teacher's office _____ (紧张不安) and was told that I had been selected as the **chairman** of the Student Union. My face lit up instantly.
- We can _____ (充分利用) the fitness **facilities** available at the gym to engage in regular exercise.
- I tried my best and walked as fast as I could, but I failed to _____ (追上) others after all.
- She's asked to _____ (不打扰) but the press photographers follow her everywhere.

III 主题语篇填空

Senior high school is a world full of

- _____ (**challenge**): a new environment,

new knowledge and new ways of thinking. However, for those 2. _____ have a **positive** mind, **opportunity** lies in each challenge. When you work hard to get over the challenges, you have the opportunity 3. _____ (**acquire**) great knowledge and enjoy personal growth.

Potential is your natural ability that can 4. _____ (develop) when you try hard enough. Over the next three years, you 5. _____ (discover) your potential while you develop as a student and as a person. To fully **realize** your potential, 6. _____ is important for you to **make the most of** your school resources. Take advantage of your

classes, learn from your teachers and classmates, and make use of your school **facilities**.

Of equal 7. _____ (important) are good study habits, useful skills and a **positive attitude**. Carefully plan your study, set clear **goals** and balance your schoolwork 8. _____ other activities. Last but not least, always look on the bright side and never lose hope, even in difficult situations.

As Laozi 9. _____ (wise) said, “A journey of a thousand miles begins with a single step.” You need to make a 10. _____ (continue) **effort** to train your mind and develop your character.

Part II 写作提升

① 应用文写作之演讲稿

[2025·浙江1月考]

你将参加英语课上的“一分钟演讲”活动。请你针对部分同学在校园内用手机拍摄短视频的现象写一篇演讲稿,内容包括:

- 1. 陈述看法;
- 2. 提出建议。

注意:1. 写作词数应为 80 个左右;

2. 在相应位置作答。

精彩美文

My views on filming short videos on campus

Good morning, everyone!

I'd like to share my thoughts on a growing trend: students filming short videos across campus. 1. _____ (尽管内容创作充满乐趣和创意), the constant filming in classrooms and libraries 2. _____

_____ (已经变得具有干扰性). 3. _____ (这不仅会分散他人的注意力)【倒装句】, but also shows a lack of respect for our classmates and teachers.

Here are my suggestions. First, clear rules should be set—banning filming in academic areas and 4. _____

_____ (仅允许休息时间在特定地点进行). Second, teachers could assign video projects as part of coursework, 5. _____

_____ (允许在不影响课堂的情况下进行创意表达). Finally, let's remember to stay focused on learning and 6. _____ (体谅他人).

Thank you for your attention!

II 读后续写表达练

1. 情感细节描写——焦虑、担忧与紧张

| | | | |
|-----------|--------------------------------|-------------|--|
| 焦虑的;忧虑的 | anxious/worried/uneasy | 焦急地/不安地 | with anxiety/uneasiness/anxiously |
| 难过的;沮丧的 | upset/discouraged/frustrated | 对……担忧 | be concerned about/care about |
| 担心的;不安的 | uneasy | 为……而担忧/忧虑 | be worried/anxious/uneasy about |
| 坐立不安的/紧张的 | restless/nervous | 情绪紧张;忐忑不安 | have/get/with butterflies in one's stomach |
| 掩饰紧张/焦虑 | hide one's nervousness/anxiety | 一阵紧张/焦虑 | a surge/wave/flood of tension/anxiety |
| 紧张;焦虑 | tension | 心狂跳不止/剧烈跳动 | one's heart pounds/beats/races wildly |
| 屏住呼吸 | hold one's breath | (某人的大脑)一片空白 | (one's mind) go blank |
| 手发抖 | with one's hands trembling | 如坐针毡 | sit/be on pins and needles |

A. 单句表达

1. She tried to _____, but she could feel her heart _____.
她试图掩饰自己的紧张,但她能感到自己的心在怦怦地跳。

2. _____,
Derek detailed the accident to Mr Such.

德里克忐忑不安地向萨奇先生详述了事故经过。

3. _____ washed over him—he'd practised his answers a hundred times, but _____ for a split second.
一阵紧张感向他袭来——他已经把答案练了上百遍,可大脑却一瞬间一片空白。

B. 语段表达

It was the day of the big maths test, and Sarah was extremely nervous. She 1. _____

_____ (已经担心这次考试) for weeks, knowing that her grade point average depended heavily on this result. As she walked into the classroom, she felt 2. _____ (一阵焦虑) wash over her.
3. _____ (她的心狂跳不止) in her chest and 4. _____ (她的双手正控制不住地颤抖). She sat there, feeling like she 5. _____ (正如坐针毡). She 6. _____ (屏住呼吸) as she looked at the first question. She was afraid of not remembering what she had learned, which 7. _____ (使她更加焦虑). Despite her fears, she took a deep breath and started working through the problems, hoping that her preparation would pay off.