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错题本



真题原卷

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## Unit 1 LIFE CHOICES

## 训练 A 完形填空 + 语法填空 + 阅读理解 + 阅读理解

## ① 完形填空 [2025·北京东城高三二模]

文体:记叙文 主题:人与自我 词数:280

When her daughter got married, Anne searched everywhere for the right hat. “But the only 1 that matched **cost a fortune**,” she says. She had to go for a straw (稻草) one in the end.

It **struck** Anne that she could begin to 2 the art of hat-making at the age of 55. She took weekend classes, during which she watched a wonderful sun hat come to 3 between her hands for the first time. The experience **reminded** Anne **of** her early 4. “I really wanted to go to art school but my father wanted me to have a career that I could support myself with,” she says. However, making hats 5 her **creativity** and allowed Anne to start again.

Once she retired, she 6 for a hat-making course at a college. Once a week, she would take the train to London and begin the complicated 7 of **handcrafting** pieces. She learned everything from finding **inspiration** to **sketching** and making a range of **stylish** hats.

“Even at home I can lose myself in it, put the radio on and get going,” she says. “It was such a(n) 8 task.”

Anne, 77, now has a hat-making workshop in her home and it has really refreshed her interest in fashion and fabric. She also recycles old dresses into hats, thinking of making a whole collection out of 9 used fabrics next.

She now has more 10 than she can keep up with and she is keen to learn new techniques. “I’ll keep going as long as I can, since people always need something interesting to wear.”

- |                        |                     |                 |               |
|------------------------|---------------------|-----------------|---------------|
| ( ) 1. A. dress        | B. hat              | C. trousers     | D. shoes      |
| ( ) 2. A. perfect      | B. value            | C. spread       | D. pursue     |
| ( ) 3. A. light        | B. power            | C. life         | D. mind       |
| ( ) 4. A. passion      | B. major            | C. contribution | D. career     |
| ( ) 5. A. shaped       | B. measured         | C. influenced   | D. released   |
| ( ) 6. A. made up      | B. reached out      | C. signed up    | D. looked out |
| ( ) 7. A. process      | B. preparation      | C. theory       | D. system     |
| ( ) 8. A. funny        | B. absorbing        | C. flexible     | D. ambitious  |
| ( ) 9. A. regularly    | B. temporarily      | C. previously   | D. initially  |
| ( ) 10. A. competition | B. responsibilities | C. profits      | D. demand     |

## 重点词句回顾

## A. 词汇积累

- strike *v.* 突然想到; 撞击; 侵袭 *n.* 罢工; 打击; 袭击
- creativity *n.* 创造力
- handcraft *v.* 手工制作
- inspiration *n.* 灵感
- sketch *v.* 画草图; 素描
- stylish *adj.* 时尚的; 有品位的
- cost a fortune 花费一大笔钱
- remind... of... 使……想起……

## B. 长难句分析

I’ll keep going as long as I can, since people always need something interesting to wear.

【分析】这是一个复合句。as long as 引导条件状语从句; since 引导原因状语从句; to wear 是不定式短语, 用作定语, 修饰 something。

【译文】只要我还有能力, 我就会继续做下去, 因为人们总是需要一些有趣的帽子来戴。

① 语法填空 [2024·北京海淀高三二模]

A

文体:记叙文 主题:人与自然 词数:95

Nathen 1. \_\_\_\_\_ (cycle) along a remote road when he came across an abandoned kitten. Moved by her sad eyes and pitiful meowing, Nathen decided to adopt her and named her Milo. Together, they experienced kindness, 2. \_\_\_\_\_ (visit) charities, and rescued animals, forming an unbreakable bond. Milo especially liked going to the railway station near their home during rush hour, 3. \_\_\_\_\_ commuting (通勤) was challenging for most people. Often 4. \_\_\_\_\_ (find) sitting on a ticket gate, Milo greeted commuters and brought smiles to all she encountered, making the spring morning a little brighter.

B

文体:说明文 主题:人与自然 词数:71

Research suggests a connection between deforestation, 5. \_\_\_\_\_ (result) in poorer air quality, and increased rates of depression and anxiety. It has been revealed that countries with more forested land tend to see 6. \_\_\_\_\_ (few) cases of mental health disorders. In the 1980s, “forest bathing” was introduced as a therapeutic practice centred around trees to enhance the psychological benefits of outdoor experiences. Up till now, this practice 7. \_\_\_\_\_ (use) for treating patients.

C

文体:说明文 主题:人与自我 词数:68

Many of our actions are initiated by emotion. Challenging situations will arise in our lives and 8. \_\_\_\_\_ we handle these situations is a mark of how mature and independent we are. Keeping our emotions 9. \_\_\_\_\_ dominating our lives is essential because stable emotion brings a sense of contentment and calm. Luckily, there are many 10. \_\_\_\_\_ (help) techniques to control our emotions, such as meditation, yoga, and breathing exercises.

① 阅读理解

A [2024·北京海淀高三期中C篇]

文体:说明文 主题:人与自我 词数:395

Demanding days seem designed to test our self-control. We all need to rely on willpower to avoid short-term **temptations** and **override** unwanted thoughts or impulses (冲动). The prevailing psychological theory proposed that willpower **resembled** a kind of battery. With each exercise of self-control, you exhausted this resource. Without a chance to recharge, that resource ran low, making it harder to maintain self-control. This process was known as “ego depletion”.

In 2010, however, psychologist Veronika Job published a study that questioned the foundations of ego depletion theory, with some interesting evidence that ego depletion depended on people’s **underlying** beliefs. In the study, Job divided participants into two categories: those with a “limited” view of willpower and those with a “non-limited” view of willpower, based on a prior questionnaire. She then gave the participants some standard laboratory tests examining mental focus, which was considered to depend on the reserves of willpower. The study found that people with a limited mindset tended to perform exactly as ego depletion theory would predict but that the non-limited individuals did not, which indicated that people’s beliefs about willpower could be self-fulfilling prophecies (预言). Those who believed willpower was easily depleted saw their self-control decrease, while those who believed in “mental stamina (耐力)” experienced no ego depletion.

Subsequent debates about the reliability of the laboratory tests of ego depletion emerged, but Job’s work demonstrated that mindsets significantly impacted real-life outcomes. Her follow-up study revealed that after completing demanding tasks, most participants recovered to some degree overnight, but those

with non-limited mindsets actually experienced an increase in their productivity the following day, as if energized by the extra pressure.

If you already have a non-limited mindset about willpower, these findings might be a cause for self-satisfaction. For those with limited mindsets, hope is not lost. Learning about this science can help shift beliefs. Sharing this knowledge with others can further **consolidate** this shift. Moreover, recollecting times of engaging in taxing yet enjoyable tasks naturally shifts people's beliefs towards non-limited mindsets, as they see proof of their own mental stamina. To provide yourself with further evidence, you can conduct small self-control tests. As you realize your willpower's growth, you'll find resisting temptations and distractions easier.

While immediate miracles aren't guaranteed, **perseverance** will lead to a changed mindset and increased self-control, propelling actions towards personal goals.

- ( ) 1. Ego depletion theory shows that willpower \_\_\_\_\_.
- A. helps control your impulses                      B. decreases after exercising self-control  
C. is a test of your character                        D. is like a rechargeable battery
- ( ) 2. What can we learn from Job's two studies?
- A. Extra pressure boosts mental focus.  
B. Demanding tasks reduce mental focus.  
C. Reserves of willpower depend on mental focus.  
D. The change of mental focus relies on one's mindset.
- ( ) 3. Which of the following can build non-limited mindsets?
- A. Picturing your ideal university.                      B. Doing homework in front of a TV.  
C. Sharing science knowledge with friends.                      D. Recalling mastering a challenging piano piece.

## 重点词句回顾

### A. 词汇积累

1. temptation *n.* 诱惑
2. override *vt.* 推翻; 无视
3. resemble *vt.* 类似; 与……相似
4. underlying *adj.* 表面下的; 隐藏的
5. consolidate *vt.* 加强; 巩固
6. perseverance *n.* 毅力; 韧性

### B. 长难句分析

The study found that people with a limited mindset tended to perform exactly as ego depletion theory would

predict but that the non-limited individuals did not, which indicated that people's beliefs about willpower could be self-fulfilling prophecies (预言).

【分析】这是一个主从复合句。前两个 that 引导宾语从句, 作动词 found 的宾语; as 引导方式状语从句; which 引导非限制性定语从句, 从句中 that 引导宾语从句, 作动词 indicated 的宾语。

【译文】研究发现, 心态受限的人倾向于完全按照自我损耗理论所预测的那样行事, 而心态不受限的人则没有, 这表明人们对意志力的信念可能是自我应验的预言。

## B [2022·北京海淀高三期末D篇]

文体: 议论文 主题: 人与社会 词数: 496

Millions watch the Oscars every year, but I'm always interested in the Razzies (金酸莓奖), which recognize **cinematic underachievement**. For all the attention given to what we like, what we dislike can be just as important, interesting and **empowering**.

French sociologist Pierre Bourdieu saw dislike as snobbery. He saw all judgements of taste, favourable or not, as performances of class. The rich could justify their place, he argued, by claiming to have more **refined** tastes. Knowing which literature or art to praise could signal to others their rightful place at the top of society. **Oversimplified** though his theory might be, it is not entirely wrong.

Furthermore, dislikes are often used as a way not to stand apart but to fit in. It means learning the unspoken rules of what's OK to like or dislike, and to proclaim those likes or dislikes loudly for others to hear. When some of us swim against the social tide, we might be savvy (精明的) enough to label our likes as "guilty pleasures", which means we both acknowledge the rules and apologize for violating them.

In my research, though, I found that dislike isn't just a form of snobbery.



## 训练 B 阅读理解 + 阅读理解 + 阅读七选五 + 阅读表达

### ① 阅读理解

A [2024·北京海淀高三一模 A 篇]

文体:应用文 主题:人与社会 词数:379

With all the **dietary** information online, it can be hard to know what tips to follow. Watch out for these words and expressions.

#### **Fat is good**

It doesn't matter whether you are part of the fat is GOOD for you or BAD for you group. The important question to ask is the source of the fat. If it comes from a land-based animal, and is likely to be **solid** at room temperature, then it is saturated (饱和的) fat whereas if it comes from fish or plants, and it is likely to be **liquid** at room temperature, then it is unsaturated fat. All the **evidence indicates** that eating more unsaturated fat than saturated fat lowers your risk of dying early.

#### **Natural sugar is better**

The vast majority of sugar we consume is sucrose (蔗糖). It is the white powdered stuff we cook with and is made up of glucose and fructose. How about sugar from honey? It is often marketed as natural and better for you. Actually, it just has its own distinct **flavour**, but is as sweet because of glucose and fructose.

#### **High-pH water**

Some people think we need to eat alkali (碱) food to maintain our blood at a pH of 7.4. But everything we eat or drink passes through the stomach, which, at a pH of 1.5, is the most acidic part of the body. It is then neutralised to a pH of 7. So, nothing we eat will change the pH of our blood.

#### **Don't eat anything that you can't pronounce**

Whether foods are natural or highly processed, they are all full of chemicals. Are you supposed to fear "phenylthiocarbamide", because you can't pronounce it? This is simply the chemical responsible for the bitter taste found in brassicas, the plants in the cabbage and mustard family.

#### **Don't eat food with more than five ingredients (原料)**

Simple foods are not necessarily healthier for you. If I, **for instance**, use Chinese five spice powder in a recipe, that would count as one of the five ingredients. However, what if I added the typical **components** of five spice powder separately into a dish? Does that mean my recipe suddenly becomes bad because it has more than five ingredients?

- ( ) 1. According to the passage, healthier fat \_\_\_\_\_.
- A. can be found in fish and plants  
B. comes from land-based animals  
C. remains solid at room temperature  
D. can lower the death rate of elders
- ( ) 2. The passage suggests that \_\_\_\_\_.
- A. diets can help adjust the pH of our blood  
B. honey sugar can do more good than sucrose  
C. foods with more ingredients may be as healthy  
D. chemicals we can recognize are safer to take in
- ( ) 3. What is the main purpose of the passage?
- A. To compare tips on food choices.  
B. To introduce different health concepts.  
C. To recommend fitness recipes to readers.  
D. To warn us of some dietary misunderstandings.

## 重点词句回顾

### A. 词汇积累

1. dietary *adj.* 饮食的
2. solid *adj.* 固体的;牢固的;可靠的
3. liquid *adj.* 液体的;清澈的
4. evidence *n.* 证据
5. indicate *vt.* 表明;暗示
6. flavour *n.* 味道
7. component *n.* 组成部分;成分;零件
8. for instance 例如

### B. 长难句分析

If I, for instance, use Chinese five spice powder in a recipe, that would count as one of the five ingredients.

【分析】这是一个主从复合句。if 引导条件状语从句，中间插入了 for instance；主句的主语是 that，谓语是 would count。

【译文】例如，如果我在食谱中使用中国五香粉，那就算是五种原料之一了。

B [2024·北京东城高三期末 B 篇]

文体:记叙文 主题:人与自我 词数:435

When I first heard about the improv (即兴表演) classes, I was torn. As an **introvert**, I feared getting on stage and **improvising** in front of strangers. However, I knew I wanted to work as a science **communicator** after finishing my PhD, so it seemed like the perfect opportunity to improve my speaking ability and gain confidence thinking on my feet.

During our first class, we learned a **core** concept of improv: “yes, and”. It means that, as improvisers, we accept what fellow performers say. If someone says that rhinos (犀牛) are librarians, for example, then rhinos are librarians. We do not question the logic; we say “yes” and continue with the scene as if nothing is wrong.

I got a taste of how difficult that was when **acting out** my first scene. My classmate turned to me and said, “Mum is going to be so mad.” Mad about what? My mind spun out ideas, and my inner critic shot them all down. We broke the car? No, that’s too easy. We failed a test? No, you don’t want your classmates thinking you’re stupid on the first day. I finally landed on an answer: “Yes, we’re going to be late for dinner.” The scene proceeded from there, and we eventually finished as two sisters who lost their way on a hiking trail.

The first few scenes were hard, but as weeks turned into months, I became more comfortable thinking on my feet and even started to enjoy our classes. I never silenced my inner critic entirely, but over time, I didn’t police my words with quite so much effort. I also became better at listening, relating to my conversation partners, and communicating clearly in the moment.

That training proved useful 6 months ago, when my experiments generated unreasonable data. Early on in graduate school, I would get stuck when this happened; my inner critic would assume I had made a mistake. But then, after embracing the “yes, and” concept, instead of getting discouraged, I kept exploring the data and ended up identifying a new type of cell—one that wasn’t behaving as expected. If I hadn’t accepted the possibility that the results were real, I would have missed out on the most exciting finding of my PhD so far.

All scientists can benefit from this lesson. If the data say rhinos are librarians, then it’s worth investigating whether rhinos are, in fact, librarians. Our job as scientists isn’t to generate data that support a preconceived (预想的) story. Our job is to say “yes, and”.

( ) 4. Why did the author take the improv classes?

- A. To improve her logical mind.
- B. To finish her PhD assignment.
- C. To develop her communication skills.
- D. To pursue her interest in performance.

( ) 5. How did the author feel during the first scene?

- A. Conflicted.
- B. Bored.
- C. Discouraged.
- D. Embarrassed.

- ( ) 6. According to the author, in her experiments, “yes, and” helped her \_\_\_\_\_.
- A. accept failures  
B. make a new discovery  
C. make up for a mistake  
D. correct unreasonable data
- ( ) 7. What can we learn from this passage?
- A. The unknown can be an inspiration.  
B. The unexpected can be rewarding.  
C. The unfortunate can be a chance.  
D. The unusual can be decisive.

## 重点词句回顾

### A. 词汇积累

1. introvert *n.* 内向的人
2. improvise *vi.* 即兴表演
3. communicator *n.* 传播者; 交流者; 沟通者
4. core *adj.* 核心的; 最重要的
5. act out 表演

### B. 长难句分析

But then, after embracing the “yes, and” concept, instead of getting discouraged, I kept exploring the data and ended

up identifying a new type of cell—one that wasn’t behaving as expected.

【分析】本句中 after 用作介词,后面接动词-ing 形式作宾语;keep doing sth 意为“一直做某事”;end up doing sth 意为“结果做了某事”;that 引导定语从句,修饰先行词 one;as expected 意为“正如预期的那样”。

【译文】但是,在接受了“是的,而且”概念之后,我没有气馁,而是继续研究这些数据,最终确定了一种新型细胞——一种未按预期表现的细胞。

## 阅读七选五 [2024·北京丰台高三一模]

文体:说明文 主题:人与自我 词数:261

“Find your **passion!**” When discussing future career options or **selecting** a **major** in college, your parents often say this. The very expression is meant to inspire you. But is it good advice?

“Finding” a passion **implies** that it already exists and is simply waiting to be discovered. Unfortunately, this idea is not what science tells us. 1. \_\_\_\_\_

To study this, researchers use a **framework** of “fixed” and “growth” **mindsets**. They argue that encouraging people to “find” their passion may cause them to eventually believe that interests and passions are inborn and relatively unchangeable. 2. \_\_\_\_\_ **In contrast**, people who view interests and passions as developed have a growth mindset of interest.

Researchers have revealed that a fixed mindset of interest can decrease creativity. If people believe they are limited to only a few inborn interests and, in consequence, do not explore other areas, they may miss seeing important connections across domains. 3. \_\_\_\_\_

Evidently, people can do a lot to **embrace** a growth mindset of interest. First, realize that your interests and passions aren’t pre-existing. Take an active role in developing your passions. Second, practise positive self-talk. When you lack interest in a new task, pay attention to your inner dialogue. 4. \_\_\_\_\_ For example, change “I’m not interested in this” to “I’m not interested in this yet, but I know that interest can develop with time and engagement”.

5. \_\_\_\_\_ But a growth mindset of interest will help you remain open and curious. The science tells us we should work towards loving what we do. We might become more creative and resilient as a result.

- A. So can a growth mindset of interest be taught?  
B. Instead passions, like interests, are developed.  
C. People who think this have a fixed mindset of interest.  
D. Of course, not every activity will become a burning passion.  
E. As such, seeing interests as fixed limits their creative potential.  
F. Don’t expect that pursuing new interests will always be easy or exciting.  
G. Replace self-critical thoughts with positive ones that encourage growth and learning.



错题本 答题逻辑混乱?  
扫我学结构化!

## 重点词句回顾

### A. 词汇积累

1. passion *n.* 激情
2. select *vt.* 挑选
3. major *n.* 专业
4. imply *vt.* 暗示
5. framework *n.* 框架; 构架
6. mindset *n.* 心态, 思维模式
7. embrace *vt.* 拥抱; 欣然接受
8. in contrast 相比之下

### B. 长难句分析

They argue that encouraging people to “find” their passion may cause them to eventually believe that interests and passions are inborn and relatively unchangeable.

【分析】本句是主从复合句。第一个 that 引导宾语从句, 作动词 argue 的宾语; 第二个 that 引导宾语从句, 作动词 believe 的宾语。

【译文】他们认为, 鼓励人们“找到”自己的激情可能会使他们最终相信, 兴趣和激情是与生俱来的, 相对而言是不可改变的。

## 阅读表达 [2025·北京丰台高三二模]

文体: 议论文 主题: 人与社会 词数: 299

“You Only Live Once” (YOLO), a concept made popular in contemporary society through social media, conveys the desire to make the most of the present situation and cast aside all worries about the future. This mindset is considered to be the characteristic of today’s youth. However, do young people truly embody the YOLO mentality, or are they too concerned about planning their future to enjoy the present?

Some young people do tend to be overly absorbed in future planning and miss out on the present, largely influenced by societal attitudes advocating the merits of working towards a life plan and future goal. In Asian societies, young people plan their futures carefully to ensure financial security for the latter half of their lives. This often means getting good education and jobs. So, many take extra classes, losing free time and hobbies. Their excessive (过度的) focus on academics, which neglects their personal nature, brings mental stress and stops them from following their passions.

Another factor driving young people to excessively plan for the future is the increasing number of world challenges. Natural disasters, conflicts, and pandemics are increasing, making the job market unstable. Young people are now more pressured to consider their future in this changing world. As a result, they don’t enjoy their youth as they should. Research conducted by University College London shows over half of 16- to 25-year-olds are worried about their future, with 53% believing job prospects are worsening.

Nevertheless, it’s encouraging to see that more young people are stepping off the beaten path and embracing the YOLO philosophy. The future is uncertain, and it’s natural for young people to feel anxious. However, living in the moment and enjoying each experience is crucial. After all, isn’t life more about the journey than the destination?

1. What mindset does YOLO convey?

2. What are the two main factors that cause some young people to focus more on future planning?

3. Please decide which part is false in the following statement, then underline it and explain why.

> ***In order to find their passions in life, young people in Asia plan their futures carefully.***

4. How do you understand the sentence “Life is more about the journey than the destination.” according to the passage? (**In about 40 words**)

## Unit 2 SPORTS AND FITNESS

### 训练 A 完形填空 + 语法填空 + 阅读理解 + 阅读理解

#### ① 完形填空 [2023·北京丰台高三一模]

文体:记叙文 主题:人与自我 词数:276

It had been an interesting soccer match. Jerry **was** so **absorbed in** it that everyone 1 his passion for sports. He also developed a 2 attitude towards **acquiring** such a soccer uniform. Whatever he desires, he asks his parents to **purchase** it at once.

“Mum, I want a soccer uniform,” he begged his mother.

“OK,” said his mother, “but you need to have 3.”

The days passed by, but he got no 4 from his parents. His dream seemed to collapse. However, Jerry never gave up his idea. He kept thinking how to achieve it as early as possible. A sparkling idea struck his mind. He could 5 one of his T-shirts, but what if his mother saw and scolded (责备)? Though anxious, he finally made up his mind.

He drew a circle with the help of a bowl and **modified** the soccer image onto the T-shirt. He also took 6 to avoid the spread of colour onto the other side of it. It was a remarkable piece of work.

“Jerry! What are you doing?” His mother suddenly appeared.

“I may not get the uniform, but I can try to paint the image on my T-shirt, I thought.” He was 7 to face his mother. But out of his expectations, his mother 8 him for his work, ignoring the mistake. She did not mind the T-shirt in the presence of the idea of painting.

“It’s OK,” said Mum.

“If we had **fulfilled** your every want, your inborn 9 would have been hidden. You wouldn’t have thought of other **alternatives** in getting the uniform. That adds to your 10 to achieve your goal,” she said.

“Thank you, mum.” He ran playfully.

- |                       |               |                   |                |
|-----------------------|---------------|-------------------|----------------|
| ( ) 1. A. controlled  | B. sensed     | C. supported      | D. expected    |
| ( ) 2. A. thirsty     | B. realistic  | C. cautious       | D. selfish     |
| ( ) 3. A. confidence  | B. motivation | C. inspiration    | D. patience    |
| ( ) 4. A. decision    | B. response   | C. judgement      | D. recognition |
| ( ) 5. A. purchase    | B. exchange   | C. paint          | D. sew         |
| ( ) 6. A. interest    | B. energy     | C. courage        | D. care        |
| ( ) 7. A. eager       | B. surprised  | C. afraid         | D. relieved    |
| ( ) 8. A. appreciated | B. blamed     | C. rewarded       | D. thanked     |
| ( ) 9. A. taste       | B. fondness   | C. talent         | D. fear        |
| ( ) 10. A. willpower  | B. honesty    | C. responsibility | D. tolerance   |

#### 重点词句回顾

##### A. 词汇积累

1. acquire *vt.* 获得
2. purchase *vt.* 买; 购买
3. modify *vt.* 修改; 修饰
4. fulfill *vt.* 实现; 满足
5. alternative *n.* 可供选择的事物; 替代物
6. be absorbed in 沉浸于

##### B. 长难句分析

Whatever he desires, he asks his parents to purchase it at once.

【分析】这是一个主从复合句。whatever 引导让步状语从句,意为“无论什么”。

【译文】无论他想要什么,他都要求他的父母马上买下它。

① 语法填空 [2025·北京朝阳高三一模]

A

文体:新闻报道 主题:人与社会 词数:95

Zhu Mengdan, a 15-year-old from the Li ethnic (少数民族的) group, grew up climbing coconut trees. However, she had never imagined that her childhood game 1. \_\_\_\_\_ (become) an official event at a national competition one day. In 2024, as the youngest competitor on Hainan's team, Zhu 2. \_\_\_\_\_ (participate) in the coconut tree climbing competition at the National Traditional Games of Ethnic Minorities. "3. \_\_\_\_\_ makes the event so special is that it showcases Hainan's unique cultural identity. I hope this event continues to grow," she remarked.

B

文体:说明文 主题:人与社会 词数:90

DeepSeek-R1, 4. \_\_\_\_\_ core technologies are built upon a next-generation large language model architecture, highlights China's growing strength in AI innovation. This smart assistant can answer complex questions, create digital art and even write computer code. DeepSeek-R1 learns by repeatedly 5. \_\_\_\_\_ (try), unlike other AI models that rely on large amounts of prepared examples. It practises many times and gets 6. \_\_\_\_\_ (good), much like how students master maths. 7. \_\_\_\_\_ the development of DeepSeek-R1, China shows the world that great things come from new ideas and hard work, not just money.

C

文体:说明文 主题:人与社会 词数:80

It's difficult 8. \_\_\_\_\_ (understand) jargon-filled (充满行话的) writing that academics have long been accused of. To track academic writing over time, *The Economist* analysed 347,000 PhD abstracts 9. \_\_\_\_\_ (publish) between 1812 and 2023. They found that the abstracts have become harder to read. Though specialization and advances in technology require more precise terms, the trend of unreadable academic writing 10. \_\_\_\_\_ (grow) stronger. Clear and simple writing would be a breath of fresh air.

① 阅读理解

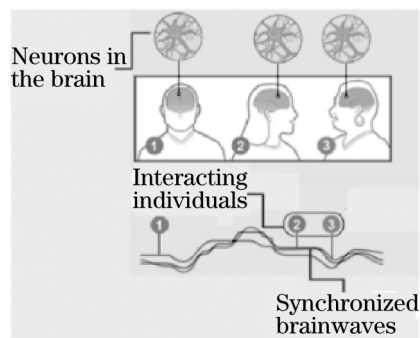
A [2024·北京东城高三二模C篇]

文体:说明文 主题:人与社会 词数:388

Neuroscientists usually investigate one brain at a time. They observe how neurons (神经元) fire as a person reads certain words, for example, or plays a video game. As social animals, however, those same scientists do much of their work together—brainstorming hypotheses, puzzling over problems and fine-tuning **experimental** designs. Increasingly, researchers are bringing that reality into how they study brains.

**Collective** neuroscience, as some practitioners call it, is a rapidly growing field of research. An early, **consistent** finding is that when people **converse** or share an experience, their brainwaves **synchronize**. Neurons in corresponding locations of the different brains fire at the same time, creating matching patterns, like dancers moving together. The experience of "being on the same wavelength" as another person is real, and it is visible in the activity of the brain.

Such work is beginning to reveal new levels of richness and complexity in sociability. In classrooms where students are engaged with the teacher, for example, their patterns of brain processing begin to synchronize with that teacher's and greater synchrony may mean better learning. Couples exhibit higher degrees of brain synchrony than non-romantic pairs, as do close friends compared with more distant **acquaintances**.





advancing and the threat of diseases jumping from animals into human beings is increasing.

Much has been done to reduce the risks of challenge trials. Like respiratory syncytial virus (RSV), researchers have involved adults who are at a low risk of severe illness. These acts have already cut down a **massive** range of vaccine candidates. With their help, the world will soon have the first vaccines against RSV, which kills tens of thousands of newborn babies each year. But not all diseases are like these ones. We don't always know the dangers volunteers might face; we don't always have treatments ready. What then?

We could, of course, just avoid these questions entirely, and rely on other types of research. But that doesn't always work: sometimes, animal testing is tricky and uninformative, because the disease doesn't develop in the same way as it would in humans. In contrast, challenge trials can be deeply informative within weeks, with far fewer volunteers. And the benefits can be surprisingly high. Take the latest pandemic. At the end of last year, as the number of deaths is estimated to have reached about 17.8 million, it's also estimated that 20 million had been saved by vaccines. In the years to come, they will hopefully save millions more.

In order to make sure we are as protected as possible from current and future threats, we should try to **get rid of** the misbelief in challenge trials, making them a more familiar part of our tool kits. Perhaps the greatest reward of all would be to make sure participants' efforts are worthwhile: by designing trials to be fair and effective and applying them when and where they might make a real difference. In short, by helping them to save thousands, if not millions of lives.

- ( ) 4. The author tells the story of Edward Jenner mainly to \_\_\_\_\_ .
- A. give a definition of challenge trials                      B. introduce the topic of challenge trials
- C. highlight the effectiveness of his vaccine                D. explain the origin of the word "vaccination"
- ( ) 5. What can we infer from the passage?
- A. The issues behind challenge trials can be solved.
- B. The dangers of challenge trials outweigh the benefits they bring.
- C. Challenge trials can benefit numerous lives in spite of their risks.
- D. Challenge trials can set back the development of vaccine technologies.
- ( ) 6. What does the author intend to tell us?
- A. People should still be careful about challenge trials.
- B. A more open attitude should be taken towards challenge trials.
- C. Challenge trials guarantee participants protection against threats.
- D. More volunteers involved can improve the accuracy of challenge trials.
- ( ) 7. Which would be the best title for the passage?
- A. Should we use challenge trials to find cures?
- B. Can challenge trials be a block to medical progress?
- C. Can challenge trials be the end of infectious diseases?
- D. Should we replace animal testing with challenge trials?

## 重点词句回顾

### A. 词汇积累

1. deliberately *adv.* 故意地
2. infect *vt.* 使感染
3. assumption *n.* 假设
4. effectiveness *n.* 有效性
5. massive *adj.* 大量的
6. get rid of 摆脱

### B. 长难句分析

At the end of last year, as the number of deaths is estimated to have reached about 17.8 million, it's also estimated that 20 million had been saved by vaccines.

【分析】这是一个主从复合句。as 引导时间状语从句；it 是形式主语，真正的主语是 that 引导的从句。

【译文】去年年底，据估计死亡人数已经达到约 1780 万的时候，疫苗估计也已经挽救了 2000 万人。





① 阅读七选五 [2023·北京西城高三二模]

文体:说明文 主题:人与自我 词数:326

As a doctor, I can give you a lot of useful advice about how to get healthy and stay that way, but you don't need me to tell you that exercise is good for you. Staying active can benefit the heart, the waistline, even the mind. 1. \_\_\_\_\_ More than 60% of American adults don't exercise regularly, and many say they don't exercise at all. More than 72 million are overweight, and almost all of them would like to lose the extra pounds. So, if exercise is such a good idea, why don't more people do it?

2. \_\_\_\_\_ Even as I write this, I am watching my two-year-old run around in circles. Kids seem to be born in constant **motion**, but along the way that behaviour changes.

The slowdown occurs for most at the beginning of college. Academic pressure and lack of organized sports are certainly part of the problem. A bigger part may be looking at life changes as an occasion to **blow up** old rules and not create new ones in their place. 3. \_\_\_\_\_ The demands of a new job usually mean less time at the gym. How about a new marriage? How many times have we seen just-married couples looking a lot heavier in first-**anniversary** photos than they did in the wedding pictures?

4. \_\_\_\_\_ People who set general goals, like "I will exercise in my free time", did a far worse job of **sticking to** that plan than people who made a firm **commitment**, like "I will walk to my friend's house and back every Monday, Wednesday, and Friday" did.

The good news is that there are solutions to all these. We can begin with exercises as simple as remembering to sit straighter or drink enough water. Specific workout plans can turn a general desire to exercise into a firm commitment. 5. \_\_\_\_\_

We may never again have the energy of a two-year-old, but getting back even a little of our early-life energy can make our later lives a whole lot healthier.

- A. Being in college is certainly part of the problem.
- B. This is especially so when it comes to staying fit.
- C. Not having a clearly defined exercise plan can hurt.
- D. We often wish to go back to our two-year-old selves.
- E. For instance, you can schedule a weekly gym visit with friends.
- F. Still, there's a real disconnect between what we know and what we do.
- G. The most puzzling part of our inactive nature is that we don't start out that way.

重点词句回顾

A. 词汇积累

- 1. motion *n.* 运动
- 2. anniversary *n.* 周年纪念日
- 3. commitment *n.* 承诺
- 4. blow up 炸毁;破坏
- 5. stick to 坚持

B. 长难句分析

As a doctor, I can give you a lot of useful advice about how

to get healthy and stay that way, but you don't need me to tell you that exercise is good for you.

【分析】这是一个并列句。but 连接前后两个分句,表示转折;第二个分句中的 that 引导宾语从句,作动词 tell 的宾语。

【译文】作为一名医生,我可以给你很多关于如何获得健康并保持健康的有用建议,但是你不需要我告诉你锻炼对你有好处。

① 阅读表达 [2025·北京东城高三二模]

文体:记叙文 主题:人与自我 词数:338

I started running competitively almost as soon as I could walk. I was three years old when I joined in my first official race. My mum and both of my brothers were runners, so the sport was built into my life from the beginning. When I was young, I enjoyed the freedom, joy and sense of power running gave me. This pure, concentrated love of the sport gave me wings that carried me through even the toughest practices and races.

However, as I got older, pressure began to build up. I was winning, but I lost sight of my real purpose as a runner: to have fun. I even began to fear hard workouts, knowing I would be disappointed if I didn't achieve my goals. Before the final season in my high school career, I trained so hard that I got exhausted and hurt my calf. Rather than pausing for treatment and recovery, I chose to get to the line. But at last, I had to step off the track because the pain was simply unbearable.

Recovery was tough. When I was finally able to run again, I was out of shape and couldn't keep up with my team. Over the next three years, more injuries followed. But later, a famous long-distance runner Cathy's post changed everything for me. "Every day, I make the choice to show up and see what I've got, and to try and be better. My advice: keep showing up." With just a few words, she reminded me how simple running really is. I realized I didn't have to be perfect every day. I just had to show up and give what I had.

Now, I still run every day and have completed four marathons. Joy and gratitude are the centre of my practice. Thanks to Cathy, I can always return to the calming belief that things will go my way if I just keep showing up.

1. What did running bring to the author when she was young?

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2. Why did the author no longer enjoy running later?

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3. Please decide which part is false in the following statement, then underline it and explain why.

> *Inspired by Cathy's post, the author realized that she had to focus on pursuing perfection.*

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4. From the story, what can you learn about "keep showing up"? (**In about 40 words**)

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