



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

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01

培养核心素养，探究主题意义

Unit 1 RELATIONSHIPS

主题素养积累

Many people expect that their friends will always be there. They expect friendships to last forever. Yet, friendships end and friends **part company** every day. Unfortunately, even the best maintained friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just **drift apart** with time. The friendship slowly loses importance and finally disappears.

Sue said, "The end of our friendship was a gradual thing. I moved from one side of the metropolis to the other. We had over an hour's drive to see each other. For a year or so, we met less and less. Then our friendship ended." John wrote, "I didn't even know the friendship was over until I **caught myself thinking of Alan as a former friend.**"

Other friendships **break up** suddenly from a disagreement or a move to another town.

Paul said, "When I moved to Seattle after college, our friendship **abruptly** died. We were both **struggling with** new jobs and didn't **keep in touch**. **Now that friendship is so dead, I don't even bother to call him when I go home.**"

Yet the biggest threat to a friendship is change. Lillian Rubin in her book *Just Friends* says,

similar directions. If they change or grow in different ways, the friendship most likely will be lost."

Regardless of why, when, or how friendships end, there is always some pain of loss. When nothing can be done to mend the friendship, it is important to feel the pain fully. Then move on to **enhance** another friendship or build entirely new friendships.

【主题词句背诵】

1. part company (with/from sb) 离开;分手;断绝关系
2. drift apart 逐渐疏远
3. catch sb doing sth 发觉/当场发现某人正在做某事
4. think of...as... 把……看作……
5. break up 关系破裂
6. abruptly *adv.* 突然地
7. struggle with 疲于应付;与……斗争
8. keep in touch 保持联系
9. essentially *adv.* 基本上;本质上;根本上
10. enhance *v.* 提高;增强;增进
11. Now that friendship is so dead, I don't even bother to call him when I go home.
既然友谊没有了,我回家的时候甚至都懒得给他打电话。
12. Regardless of why, when, or how friendships

02

夯实语言基础，搭建知识框架

词汇点睛

1. **passionate** *adj.* 热爱的,酷爱的;具有强烈信念的

- (1) be passionate about... 对……充满热情
(2) passion *n.* 酷爱;激情;热爱
have/develop a passion for 酷爱……,喜爱……
(3) passionately *adv.* 热情地;激动地;炽热地

【活学活用】

- (1) 单句填空
① He is _____ (passion) about cooking and spends hours experimenting with new recipes.
② [2025·全国二卷] Determined to turn her life

句型透视

(教材 P7) **Sometimes it's enough to know they are standing by.** 有时候,只要知道他们在身边就足够了。

句型公式

it 作形式主语

【句式点拨】

当句子的主语是不定式、动名词或从句时,为了保持句子平衡,常使用 it 作形式主语,将真正的主语放在句子的后面。

【归纳拓展】

it 用作形式主语的常见句式:

- (1) It + be + 形容词 + that 从句.

课内基础巩固

① 单词拼写(每小题1分,共5分)

1. A good sense of **humour** is a good _____ (特性,品质) as it can break the ice and create a friendly atmosphere.
2. The doctor advised my **nephew** to drink more water and get enough rest to recover from the _____ (流行性感冒) quickly.
3. The old man was very _____ (感激的) for the kindness shown by the neighbours during his illness.
4. My **niece** is very _____ (外向的) and always makes friends easily wherever she goes.
5. The city will h_____ the international conference next month, attracting visitors

her to follow her dreams.

7. Being _____ (consider) means you take the time to listen and understand what others are going through.

8. She is _____ (passion) about painting, spending hours every day perfecting her art.

② 短语填空(每小题2分,共12分)

1. What appeals to us is not only his intelligence but also his _____ (幽默感).
2. True friends will always be there for you _____ (在困难的时候).
3. She feels very _____ (与……亲密) her grandmother, who has always been there to support her.
4. My friends always _____ (支持) me

课后素养提升

Ⅴ 语法填空(每小题1.5分,共15分)

[2026·北京市第十一顺义中学高二阶段性检测]

A

A good teacher-student relationship will make learning enjoyable and interesting. To set up a good teacher-student relationship, a teacher's 1. _____ (behave) is important. The teacher should motivate the students so that they want to learn. A good teacher should be patient, friendly and strict. As for the students, they must always respect their teachers. Students should be eager to learn as well as willing 2. _____ (work) hard. It is important to listen with attention in class and it's more important to learn to raise some questions and work out problems 3. _____ new ways.

to know where their strengths and 10. _____ (weakness) are.

Ⅵ 阅读理解(每小题2分,共6分)

[2026·北京市八一学校高二期中]

In my eyes, my mother is capable of doing anything, especially chores such as ironing and cooking. However, teaching her how to use the Internet is as frustrating as untangling (解开) wires.

Once, my mother came to me to ask for help on how to find a recipe for all-beef Lasagna. I gave her very simple verbal instructions—go to the home page of a particular search engine and type in “recipe for all-beef Lasagna”. Fifteen minutes later, she came to me, telling me that she was unable to find the Internet icon. I went

Ⅶ 阅读表达(第1、2题各2分,第3题3分,第4题5分,共12分)

[2026·北京市大兴区高二期中]

Teens are flocking to AI chatbots.

Is this healthy?

A new report from Common Sense Media says that 72 percent of teens surveyed have used AI companions, and that 33 percent have relationships or friendships with these chatbots.

The language that AI companions use, the responses they make, and the empathy they show can make a user feel as though they truly understand and sympathize. These chatbots can make someone feel liked or even loved. They

Ⅷ 书面表达(共20分)

[2026·北京师范大学第二附属中学高二期中]

假设你是红星中学高二学生李华。你的英国好友 Jim 给你发来邮件,提及因为误解,他和同学产生了不愉快。请用英文给 Jim 回复邮件,内容包括:

1. 表示理解;
2. 你的建议。

注意:词数100左右。

Dear Jim,

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Unit 1 RELATIONSHIPS

★ 提示：加底纹词汇为复现词汇

Period One Topic Talk

课内基础巩固

❶ 单词拼写(每小题 1 分,共 5 分)

1. A good sense of **humour** is a good _____ (特性,品质) as it can break the ice and create a friendly atmosphere.
2. The doctor advised my **nephew** to drink more water and get enough rest to recover from the _____ (流行性感冒) quickly.
3. The old man was very _____ (感激的) for the kindness shown by the neighbours during his illness.
4. My **niece** is very _____ (外向的) and always makes friends easily wherever she goes.
5. The city will h _____ the international conference next month, attracting visitors from all over the world.

❷ 单句填空(每小题 1.5 分,共 12 分)

1. The movie was _____ (incredible) exciting and kept the audience on the edge of their seats.
2. My grandfather is a very _____ (humour) man who always tells funny jokes and makes everyone laugh.
3. Free time permitting, we _____ (occasional) visit the library to borrow books and broaden our horizons.
4. People like emojis because they add _____ (emotion) meanings, and are quick and easy to use.
5. The routine tasks that occupy most of the day are hard, but they can also be _____ (extreme) rewarding.
6. Her family has always been very _____ (support) of her career choices, encouraging

her to follow her dreams.

7. Being _____ (consider) means you take the time to listen and understand what others are going through.

8. She is _____ (passion) about painting, spending hours every day perfecting her art.

❸ 短语填空(每小题 2 分,共 12 分)

1. What appeals to us is not only his intelligence but also his _____ (幽默感).
2. True friends will always be there for you _____ (在困难的时候).
3. She feels very _____ (与……亲密) her grandmother, who has always been there to support her.
4. My friends always _____ (支持) me when I'm in a difficult situation.
5. The company has launched _____ (一系列的) new products to meet the market demand.
6. In difficult times, we can _____ (依赖) our family and friends to get through the tough situations.

❹ 句型训练(每小题 3 分,共 9 分)

1. I couldn't remember _____, so I asked him to repeat it. (宾语从句)
我不记得他之前告诉过我什么了,所以我让他重复一遍。
2. _____ we respect everyone's opinions in the team. (形式主语)
在团队中尊重每个人的意见是很重要的。
3. _____ it is to have a picnic in the park with friends and family! (what 感叹句)
多么美好的一天,适合和朋友家人在公园野餐!

Ⅶ 语法填空(每小题 1.5 分,共 15 分)

[2026·北京市第十一顺义中学高二阶段性检测]

A

A good teacher-student relationship will make learning enjoyable and interesting. To set up a good teacher-student relationship, a teacher's 1. _____ (behave) is important. The teacher should motivate the students so that they want to learn. A good teacher should be patient, friendly and strict. As for the students, they must always respect their teachers. Students should be eager to learn as well as willing 2. _____ (work) hard. It is important to listen with attention in class and it's more important to learn to raise some questions and work out problems 3. _____ new ways. Students and teachers have to respect each other, 4. _____ is an extremely necessary basis of setting up a good teacher-student relationship.

B

At the reunion, I met my old classmate Mia, who quit her job as a lawyer and started a bakery. The shop 5. _____ (open) for six months. I asked what had inspired her to change careers. She said that her love for baking is her greatest motivation and that she 6. _____ (expand) the business next year. 7. _____ (surprise) by her success, I asked whether she would hire me for a weekend. She smiled, saying that dreams need courage.

C

Different students have different opinions on teachers' feedback. Some think teachers' direct and negative feedback 8. _____ (make) them lose confidence. Some think face-to-face feedback is effective though it is quite 9. _____ (demand) for the teachers. They can also raise further questions about anything they don't understand. Others prefer specific rather than general comments because they want

to know where their strengths and 10. _____ (weakness) are.

Ⅷ 阅读理解(每小题 2 分,共 6 分)

[2026·北京市八一学校高二期中]

In my eyes, my mother is capable of doing anything, especially chores such as ironing and cooking. However, teaching her how to use the Internet is as frustrating as untangling (解开) wires.

Once, my mother came to me to ask for help on how to find a recipe for all-beef Lasagna. I gave her very simple verbal instructions—go to the home page of a particular search engine and type in “recipe for all-beef Lasagna”. Fifteen minutes later, she came to me, telling me that she was unable to find the Internet icon. I went over to the computer and pointed out the icon to her.

Another fifteen minutes went by when I felt a tap on my shoulder. This time, my mother said that she was unable to search for the particular recipe. Gritting my teeth (咬紧牙关), I walked to her room again. I saw that she had typed “all beef La sage” instead. With frustrated strokes, I typed in the correct spelling.

Yet another fifteen minutes went by again when my mother gingerly tapped my shoulder. I stormed next door without bothering to hide my frustration. The main page of the website had not shifted one bit. I then realised that she did not know how to scroll down the page. What had initially seemed like an easy task was turning out to be an intense one.

To avoid being disturbed again, I decided to find the recipe for her. Without a word, I rapidly downloaded a few recipes, printed them out and passed them to my mother. However, seeing her embarrassment, I began to regret my impatience during the whole process.

At that moment, memories flashed through

my mind. When I was young, my mother endured my endless questions, enlightening me with much patience. Now that I am older, the roles are slowly reversed. As my mother may increasingly need my help, shouldn't I rethink how to respond to her needs?

- ()1. The author's mother couldn't find the recipe online mainly because she was _____.
- A. too dependent on her family members
B. given unclear instructions by the author
C. unfamiliar with computers and the Internet
D. impatient at searching for the recipe
- ()2. Why did the author print the recipes for his mother at last?
- A. Because he was fed up with his mother's interruption.
B. Because he was pleased to help his mother out.
C. Because he didn't want his mother to be embarrassed.
D. Because he thought his mother favoured the printed version.
- ()3. What message does the author want to convey?
- A. It is wise to teach others by examples.
B. Putting yourself in others' shoes is the key to understanding.
C. Patience and perseverance will be finally rewarded.
D. Forgiving others is equal to blessing oneself.

Ⅶ 阅读七选五(每小题 2 分,共 10 分)

[2025·北京市延庆区高二期中]

If you are a motivated person, it is easy to put your personal goals ahead of those of the people around you. It is natural and not necessarily a bad thing. However, it is crucial to learn to be a team player. Acting as a part of a team builds character, teaches empathy (共鸣), and eventually achieves goals. 1. _____ Here's why:

Group effort is more effective than individual effort. You can run a small business pretty independently, but if you ever plan on being employed or running a business that employs others, you'll have to learn how to work with other people. 2. _____

Improving others equals improving yourself. If you're on a team, your personal success helps make you a good team player. This is because most people are at least a little bit competitive, whether they admit it or not. When you do well, you set a standard that others will want to meet. By pushing yourself, you help push the people on your team. 3. _____ When you see someone you're working with do something better than you, more often than not, you'll push yourself to meet that standard.

Your attitude matters. You should be the kind of person who wants to be a team player. People respect the ability to work well with others more than anything. Your individual actions have an impact, but if you're reluctant to do something to help your team, it'll be evident and your contribution will be less appreciated. 4. _____

5. _____ As much as your work is important and necessary to the success of your team, the success of your team is important and necessary to your success.
- A. Of course, this works both ways.
B. Those who show respect for others will be respected in turn.
C. All of these things, in turn, contribute to your personal success.
D. People with team spirit try hard to make their team the best of all.
E. There is a mutual (相互的) effect between personal success and team achievement.
F. Having a genuine interest in your team helps you as well as those you're working with.
G. The most impressive achievements are accomplished by groups of people, not individuals.

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Period Two Lesson 1 Teachers (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,共 4 分)

1. He found the best shooting _____ (角度) that captured a sunset over the city.
2. The new **hydrogen**-powered _____ (火箭) is designed to have a higher efficiency and lower environmental impact.
3. As the **host** of the event, he was responsible for the opening _____ (报告).
4. The rising cost of f _____ has led many people to consider more energy-efficient vehicles.

❷ 单句填空(每小题 1.5 分,共 12 分)

1. The book provides **extremely** _____ (practice) tips on how to improve reading speed and comprehension.
2. Frank put the medicine in the top drawer to make sure it would not be _____ (access) to children.
3. The research on the monarch's _____ (behave) has however led to a greater awareness of this creature.
4. He is an _____ (educational) who believes that **humour** can be a powerful tool in teaching and learning.
5. It is **worthwhile** _____ (volunteer) your time to help others, as it can bring a sense of fulfillment and purpose.
6. He _____ (drag) the wet blanket out of the washing machine and hung it on the clothesline.
7. _____ (lack) experience, my **nephew** struggled to find a job after graduation.
8. With the rain _____ (pour) outside, we decided to stay indoors and watch a movie.

❸ 短语填空(每小题 2 分,共 14 分)

1. _____ (第一次) she stood alone on the stage, delivering a speech without any nervousness.
2. With ever more tourists _____ (涌入) the site, the team behind the Archaeological (考古的) Park of Pompeii have found a Plan B.
3. They spent _____ (一些) days in Vancouver seeing the sights.
4. I _____ (曾经) be a shy girl, but with the help of Mr Lin, now I can speak with confidence in public.
5. She believes that it is **extremely** important to make sure that everyone _____ (有接触……的机会) the Internet.
6. As midnight approaches on New Year's Eve, Luo Yan takes his son outside to _____ (使爆炸,燃放) firecrackers.
7. On a regular basis the time Johnson spends in reading every day _____ (加起来) over four hours.

❹ 句型训练(每小题 3 分,共 12 分)

1. What impresses me most is _____
_____ whenever I come across difficulties. (表语从句)
给我印象最深刻的是每当我遇到困难,我的叔叔总是激励我坚持自己的梦想。
2. He looked around and _____
_____. (catch)
他环顾四周,发现一个男人正把手伸进一个乘客的口袋。
3. _____,
he might have avoided the trouble he is in now. (虚拟语气)
要是他听从了建议,他可能就不会陷入现在的麻烦。

4. _____, skills, or abilities, as individual capabilities and talents vary greatly

among people. (部分否定)
并不是每个人都拥有相同水平的知识、技能或能力,因为每个人的能力和天赋差异很大。

课后素养提升

Ⅴ 完形填空(每小题 1.5 分,共 15 分)

[2026·北京师范大学附属中学高二期中]

My friendship with the students in a primary school in Uganda started on a shaky ground. The 1 of not being understood was hidden within, for they spoke a language different from that of mine and mine too fell on deaf ears.

I greeted them with a wide smile, and when I spoke further, they replied with ice cold 2. A reminder echoed in my mind: you must live through it to get to them. So I gave it another try. I spoke 3 English with hand gestures and a bit of dancing. If all failed, the smile would 4. Soon we picked up and then the 5 of the learners came into play. At the mention of a name, trembles and face covering were the response I got. I decided to 6 a desk with a team each day during group work to get closer. After school, I accompanied them home.

7, we became friends. They were even aware of my favourite fruit, avocado (牛油果). If I didn't get one on my desk, it would 8 me wherever I was. My slippers were worn out. One night I left them out as no one could steal a pair of slippers in that state. The next morning, I was ready to drag my slippers on as usual and I was surprised they had been 9. Wow!

The little things we do for each other bring us great joy and warmth. We don't have a proper spoken language, but we are fluent in the language of 10.

- ()1. A. anger B. fear
 C. confusion D. disappointment
()2. A. agreement B. blame
 C. comment D. silence

- ()3. A. simple B. official
 C. academic D. unusual
()4. A. turn up B. break off
 C. take over D. fade away
()5. A. shyness B. laziness
 C. loneliness D. calmness
()6. A. clear B. share
 C. search D. exchange
()7. A. Suddenly B. Obviously
 C. Accidentally D. Gradually
()8. A. hit B. find
 C. catch D. hunt
()9. A. packed B. cleaned
 C. repaired D. abandoned
()10. A. sympathy B. admiration
 C. friendship D. confidence

Ⅵ 语法填空(每小题 1.5 分,共 15 分)

[2026·北京市怀柔区第二中学高二期中]

A

Graham was very difficult and he came into my class. I 1. _____ (hear) stories about his behaviours. The first day he walked into my class, he was 2. _____ (drag) his schoolbag behind him, but as soon as I set up an experiment to show how the human stomach works 3. _____ (use) acid and an onion, he watched attentively. As a teacher, you have access to children's minds when they are open and eager to learn. I know what I am doing is worthwhile.

B

The last time Yunnan caught national attention was when some Asian elephants left their home and 4. _____ (guide) by experts to return to their original habitat safely without 5. _____ (harm) any human. Asian elephants in China, mostly 6. _____ (find) in Yunnan,

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are under the highest level of state protection. Today, the wild elephant population in Yunnan 7. _____ (grow) to about 300, up from 193 in the 1980s. The province has established 11 national- or regional-level nature reserves to provide shelter for these mammals.

C

Socializing with my friends online is my life, so I'm 8. _____ (constant) posting updates on social media. But I feel lonely and I'm barely the only person who feels this way. I'm a reserved person but I have a never-ending flow of messages and updates from all the people I associate with online. It seems that I have an active social life. I attend parties and play sports but I'm always distracted and I keep 9. _____ (delay) things that are important in my real life. I obsess 10. _____ exactly how many followers I have on my account.

阅读七选五(每小题 2 分,共 10 分)
[2025·中国人民大学附属中学高二阶段性检测]

The importance of listening

Good communicators know the value of listening. They will tell you that in communication listening is more important than even speaking. You learn it early in your education. If you do not listen to your teacher in the classroom and follow his lecture, you may make mistakes in your responses or will have to spend more time studying and understanding the same. 1. _____

Effective listening has several advantages. Speaking exhausts you, whereas listening enriches you. A speaker betrays both his knowledge and ignorance, while a listener remains mysterious and eludes others' judgement. When you listen attentively, you increase your knowledge of people and situations and your chances of becoming likable, friendly, and agreeable. People prefer being in the company of sympathetic listeners rather than garrulous speakers. 2. _____ Hence, they readily open their minds and hearts to those who are willing to listen to them.

Thus, active listening is the foundation of

any good conversation. If you want to be friendly with others and increase your zone of influence, you must listen to them most of the time and speak only when necessary. Those who always speak run the risk of attracting unwanted public attention and even ridicule, whereas good listeners quietly mingle with strangers and find new friends. 3. _____ It helps you in teamwork, leadership, conflict resolution, negotiations, team building, and problem-solving.

4. _____ It only means you have to pay attention, show respect and listen with concentration. By listening actively and paying attention, you can change the tone and tenor of any conversation. When you listen attentively, others feel comfortable in your presence and open their hearts and minds.

Good listeners are enablers. They empower people. 5. _____ When you listen attentively, you can observe and understand others and develop a better insight into their behaviour. When you speak your mind will be preoccupied with what you want to say next, whereas when you listen you have a better opportunity to relax, observe and stay with the moment.

- A. They want to be heard and understood, rather than lectured and dominated.
- B. Listening helps you to know others, gather information and build relationships.
- C. They facilitate conversation, promote understanding and diffuse tense situations.
- D. Listening does not mean you have to agree with everything or submit to everyone's opinion.
- E. Actively listening can greatly improve the quality of your relationships and communication.
- F. Your listening habits are a part of your personality and a reflection of your beliefs and attitude.
- G. Unfortunately, most of us do not remember this simple virtue later in life and are carried away by the charms of speech.

Period Three Lesson 2 How Do We Like Teachers' Feedback?

课内基础巩固

❶ 单词拼写(每小题 1 分,共 4 分)

1. Misunderstandings caused by poor communication occasionally _____ (使生气) friends, but honest talks can usually fix them.
2. My niece is extremely _____ (敏感的) to criticism, so we always have to be careful with our words when giving her feedback.
3. The teacher r_____ some questions yesterday to check the students' understanding of the new concepts.
4. We should h_____ the negative feedback we receive with an open attitude.

❷ 单句填空(每小题 1.5 分,共 9 分)

1. When it comes to study methods, many students have a _____ (prefer) for group discussion as it aids idea exchange.
2. He was deeply ashamed _____ his behaviour at the party last night, where he made a fool of himself.
3. The _____ (intend) behind these classic literature adaptations is to give young readers greater access to the classics.
4. It was a challenging and _____ (demand) job, but anyhow he managed to do it properly.
5. The local government has adopted _____ (effect) measures to decrease unemployment.
6. To our surprise, the teacher should explain the difficult concept _____ a simple manner.

❸ 短语填空(每小题 2 分,共 10 分)

1. Please _____ (记下) a list of the things you want to buy. You will forget them otherwise.
2. Don't _____ (失去信心) when you fail to achieve your practical goal.
3. In most cases, people who directly _____ (指出) others' mistakes without considering their feelings are considered straightforward.
4. The teacher reminded the students to _____ (谈到正题) in their presentations.
5. Ms Weaver was strict and spoke _____ (以直接的方式), but she was always encouraging and inspiring.

❹ 句型训练(每小题 3 分,共 9 分)

1. Homes lost and schools ruined, those _____ were in desperate need of help. (定语从句)
房屋和学校被毁,那些正遭受洪水袭击的人迫切需要帮助。
2. Despite the challenges, _____ to achieve our goals by the end of the year. (强调谓语动词)
尽管有挑战,我们确实希望在年底前实现我们的目标。
3. _____ when you cannot fully understand what you learned. (it 作形式主语)
当你不能完全理解所学内容时,最好在课堂上标出重点或做笔记。

课后素养提升

❶ 阅读理解(每小题 2 分,共 16 分)

- A [2026·北京市怀柔区第二中学高二期中]
Teenagers who spend more than three hours a

day on social media may have doubled the risk of mental health problems compared with those who avoid it, research suggests.

The study of more than 6,000 children aged 12 to 15 found those who used social media more heavily were more likely to report situations such as sadness, anxiety and loneliness, as well as aggression (攻击性) and anti-social actions, than teenagers who did not use social media. The findings held true even when researchers took into account mental health problems experienced by young persons in the year before they were asked about social media use.

The research, from a team at Johns Hopkins Bloomberg School of Public Health in Maryland, was published in the journal *JAMA Psychiatry* (精神病学).

Some previous studies have suggested no connection between poorer mental health and screen time. Dr Rina Dutta, a senior medical lecturer at Kings College London, said, “A main strength of this study compared to previous research is that the researchers took into account mental health problems the young people already had a year before the measurement of social media use. This largely overcomes the ‘what came first—the mental health problem or high social media use’ question.”

The study looked at two types of actions that can show mental health problems: internalizing (内化行为) and externalizing (外化行为). Internalizing can include social disconnection or difficulty dealing with anxiety or sadness. Externalizing can include aggression or breaking instructions.

The study found that the use of social media for at least three hours a day was connected with around twice the risk of mental health problems, compared with those who avoided it.

Lead author Kira Riehm said, “Many present studies have found a connection between digital or social media use and the health of teens, but few look at this connection across time. We cannot say that social media causes mental health problems, but we do think that less time on social

media may be better for the health of teens.”

The study found that fewer than 17 percent of teenagers did not use social media. Of those who did, 32 percent spent less than 30 minutes a day; 31 percent spent 30 minutes to three hours; 12 percent spent three to six hours and 8 percent spent more than six hours per day.

Ms Riehm said, “Social media has the ability to connect teenagers who may be excluded (排除在外) in their daily life. We need to find a better way to balance the benefits of social media with possible harmful health results.”

- () 1. The research published in the journal *JAMA Psychiatry* aims to prove _____.
A. the advantages and disadvantages of social media
B. the mental health problems experienced by teenagers
C. the connection between mental health and screen time
D. the sadness, anxiety and loneliness caused by social media
- () 2. Which of the following might be one of the internalizing actions?
A. Aggression.
B. Following instructions.
C. Skilfully dealing with anxiety.
D. Being afraid of talking to people.
- () 3. What was Kira Riehm's view on social media?
A. It would play a balanced role.
B. It might disconnect teenagers.
C. It caused mental health problems.
D. It might be better for the health of teens.
- () 4. What is the main idea of the passage?
A. Social media is capable of connecting teenagers.
B. Teenagers have mental health problems before using social media.
C. Social media connects to increased risk of mental health problems.
D. Teenagers with less time on social media do better than those with more time.

Ghosting is a term that refers to the practice of one person ending all forms of communication with another, without any warning or reason. Messages are left on “read”, calls are ignored, and social media ties may be severed.

Before the Internet, many relationships were formed within inter-connected circles, typically through friends or at work. It would have been much harder to completely sever contact with someone without the awkwardness of bumping into them or facing negative social implications within the community. Now with so many relationships initiated online with fewer connections in common, there are fewer consequences to deal with if we decide to disconnect from someone in a less-than-ethical way.

Ghosting can be seen as an effortless solution for avoiding the emotional messiness of having to explain to somebody why you no longer want to continue engaging with them. Deliberately avoiding conflicts can be a form of self-protection to safeguard the ghoster from anxiety or stress, especially if they have had negative experiences dealing with conflict in the past.

Ghosting culture can also be interpreted as resulting from the unlimited choices that we now have at our fingertips when it comes to finding a new partner, job or social circle to join. With the huge array of possibilities out there for us to pick from, it has become far too easy to view others as commodities, ready to trade in at the click of a button for something bigger and better. Decision fatigue (疲惫) plays a factor too, especially when we are trying to balance numerous options all in one go. Ghosting provides a practical strategy for weeding out less desirable candidates and saving our energy and time from having to explain why they didn’t make the cut.

Ghosting might be becoming increasingly frequent these days, but that doesn’t mean it

has become any easier to deal with. The ghostee might then endlessly re-examine every last interaction to pinpoint a cause for the termination of the relationship. This usually leads to negative conclusions and self-blame.

However, it’s not only the recipient who suffers from the consequences of ghosting. If ghosting and avoidance become a common occurrence in the ghoster’s social interactions with others, they risk missing out on healthy long-term relationships that require effective communication skills, problem-solving and trust in order to thrive.

Disconnection is an unavoidable aspect of life but how we choose to end relationships is fully within our control. It may seem cliché but adopting old-fashioned principles, such as treating others the way we would like to be treated, will prevent us from becoming a society haunted by undesirable behaviour.

- ()5. What does the underlined word “severed” in Para.1 mean?
A. Built up. B. Cut off.
C. Given away. D. Relied on.
- ()6. Which of the following situations is an example of ghosting?
A. A guide cancels the travel plan at the last minute.
B. A child hangs out with friends without telling parents.
C. A friend stops having any forms of interactions with you.
D. A student refuses to hand in homework without explanation.
- ()7. How might ghosting affect the ghostee?
A. Self-defense in the face of criticism.
B. Effective management of relationship.
C. Self-doubt due to unexpected breakups.
D. Long-term relief from intense conflicts.
- ()8. What is the author’s attitude towards ghosting?
A. Supportive. B. Disapproving.
C. Uncertain. D. Objective.

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Period Four Lesson 3 So Close, Yet So Far (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,共 6 分)

1. _____ (百万) of people are grateful to those who offered practical solutions improving their lives.
2. To meet the tight _____ (截止日期), we must rely on efficient teamwork to complete this demanding project.
3. The river _____ (流动) calmly through the valley, which provides a source of water for the local farmers.
4. If you _____ (追逐) perfection too hard, you might end up missing the beauty of imperfection.
5. The main thing is to remind _____ (精神无法集中的) students that they need to pay attention in class.
6. The i _____ competition among students for the scholarship made them pour more efforts into their studies.

❷ 单句填空(每小题 1.5 分,共 15 分)

1. Not only did the company's strategy secure market _____ (dominate), but it also set a new industry standard.
2. He seems outgoing, but in _____ (real), he is a bit sensitive when facing new people.
3. Being interrupted several times, the spokesman has to delay _____ (announce) the news.
4. The weather in this region is _____ (constant) changing, making it hard to plan outdoor activities.
5. I _____ (bend) down to pick up the onion that had fallen on the floor.
6. The chief _____ (complain) about online courses is that they lack human interaction.

7. The teacher has an _____ (appoint) with several parents to discuss their children's behaviours in school.
8. The scientists are _____ (desperate) looking for a way to increase the efficiency of hydrogen as a fuel for rockets.
9. She was _____ (depress), but her sister's visit brought a touch of joy to her otherwise gloomy days.
10. His _____ (rude) at the dinner table embarrassed everyone, especially when he interrupted the host.

❸ 短语填空(每小题 2 分,共 12 分)

1. Stop _____ (对……过分担心) your children—they live a comfortable and happy life in China.
2. _____ (喋喋不休) with my friends online has taken up most of my spare time so far.
3. If you _____ (与某人交往) reserved people, you may find that they often prefer listening to speaking.
4. The police car is running at a speed of 100 miles per hour to _____ (追赶) the truck ahead of it.
5. Tom sought his fortune in New York, but in vain, _____ (最终) farming back in his hometown.
6. I _____ (滚动浏览) the whole text, but still I couldn't find the graph.

❹ 句型训练(每小题 3 分,共 9 分)

1. No sooner _____ than there was a loud knock on the door.
我刚坐下,就传来一声响亮的敲门声。

2. Calm and patient, Mr T explained that Tyler had a reading disorder and _____ the test within the given time. (it 作形式宾语)
T 先生冷静且耐心地解释说,泰勒患有阅读障

碍,发现在规定时间内完成测试很有挑战性。

3. For him, there is _____ to receive the blessing of his mates.
对他来说,没有什么比收到朋友的祝福更开心的事了。

课后素养提升

Ⅴ 完形填空(每小题 1.5 分,共 15 分)

[2026·北京市昌平区第二中学高二期中]

One rainy evening, I was walking home when I noticed an elderly man 1 with his umbrella in the wind. He was having a hard time balancing his bags and keeping his umbrella up. Without thinking twice, I went over and 2 to carry one of his bags. The man hesitated for a moment, his eyes studying me carefully, but then smiled and 3 handed it over, clearly relieved by the unexpected help.

We walked together for a while, 4 about little things. He told me he had lived in the neighbourhood for over 40 years and 5 a few interesting stories from his youth, including how the area had changed over time. His stories were vivid, painting pictures of a simpler, warmer past. Finally, we reached his house. He thanked me sincerely and even insisted on giving me a small gift. I politely declined, 6 enough to have been of help.

A few weeks later, I was at a bookstore, looking for a novel for a school project, when I met the same elderly man. He 7 me warmly, his eyes lighting up with recognition, and asked if I had found what I was looking for. When I told him about my 8, he smiled thoughtfully and said he had a copy at home that I could borrow. To my surprise, he even gave me his contact information and said I was welcome to visit his library 9.

That day, I learned a simple act of kindness

could create unexpected 10 and connections. Helping others doesn't just make their day better; it enriches our lives as well.

- ()1. A. struggling B. comparing
C. meeting D. providing
()2. A. promised B. offered
C. failed D. pretended
()3. A. suddenly B. quickly
C. calmly D. gratefully
()4. A. worrying B. arguing
C. chatting D. asking
()5. A. shared B. found
C. heard D. made
()6. A. clear B. brave
C. wise D. happy
()7. A. encouraged B. invited
C. greeted D. touched
()8. A. story B. search
C. attitude D. hobby
()9. A. together B. occasionally
C. anytime D. intentionally
()10. A. challenges B. differences
C. imaginations D. friendships

Ⅵ 语法填空(每小题 1.5 分,共 15 分)

A

Friendships are easy when you're in high school. Most of the time, you make friends with someone only because you like each other. But when you get to college, you'll 1. _____ (probable) find that maintaining friendships not only 2. _____ (require) mutual (相互的) appreciation, but also money—you'll have to

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spend money 3. _____ (eat) out with your classmates, dorm mates and co-workers in school associations so you don't feel left out.

B

Are you humorous? People who are humorous often recognize what's funny in others and amuse others as well. At home, family life 4. _____ (brighten) by a sense of humour, so amuse yourself and your family members through jokes if you can. In the classroom, a humorous teacher will not make the students feel 5. _____ (bore) with learning. In hospitals, humour can sometimes help to reduce pain of the patients and enable them 6. _____ (recover) strength. No wonder people often say laughter is the world's 7. _____ (good) medicine.

C

A young supercyclist Aleksandr, who is 11 years old, has raised more than £4,000 8. _____ charity after cycling 217 miles through Switzerland's mountains. He was inspired to take on this challenge after a recent trip to South Africa with his family, where he saw 9. _____ less fortunate people lived. Aleksandr's money will go towards World Vision UK, a charity that supports children around the world. He said that the cycle was full of 10. _____ (difficulty) but he wanted to help improve the lives of other children.

阅读七选五(每小题 2 分,共 10 分)
[2025·北京师范大学附属实验中学高二期中]

Discovering your true self is
vital to happiness!

Have you found focusing on yourself is at the bottom of the to-do list, because you feel everyone else in your life comes first? 1. _____ Now is exactly the perfect time to get to know yourself in order to understand yourself.

This isn't just about identifying your

favourite outfit, haircut or flavour of ice cream. 2. _____ It's an opportunity for personal growth that can help you make better choices for your well-being and lifelong happiness.

There are many tools to help you develop a deeper sense of yourself, including journaling and other forms of creative expression. You can use a guided journal to explore your thoughts and feelings or just free write whatever comes to mind. It's up to you what you want to do. 3. _____

4. _____ Take note of how you respond to people, what makes you happy, and what makes you unhappy. This can help you identify patterns that are holding you back, such as feeling insecure or being easily angered. Once you've identified these patterns, you can work to change them.

An often overlooked yet very important factor in self-discovery is having healthy boundaries in your personal life. 5. _____ Clearly communicating your boundaries is also a way to show others that you are in control of your own behaviour and can expect the same from them. This is a sign of maturity and respect, two characteristics that are key to having healthy relationships.

- A. It's one thing to know your personal type.
- B. It's a great way to show that you care about others.
- C. Taking time for ourselves has been looked down upon.
- D. Another way is to observe your behaviour in different situations.
- E. It allows you to focus on the needs of yourself without ignoring others.
- F. But try not to get caught up in the criticism or judgement of your writing.
- G. It's about understanding your inner world and how you fit into the outer world.

Period Five Grammar

课内基础巩固

语法专练——过去完成时

❶ 单句填空(每小题 1.5 分,共 15 分)

1. The two sides made peace eventually after they _____ (be) in conflict for 2 months.
2. It was the third time that he _____ (win) the gold medal in the intense competition.
3. It is said that the characteristic pattern of the disease _____ (detect) by the advanced medical equipment recently.
4. Dick _____ (quit) his previous job and was working as a volunteer when the journalist interviewed him.
5. It is the first time that she _____ (travel) abroad, and she is both wired and nervous about the experience.
6. I _____ (hope) to meet Professor Wang and talk over the research this morning, but he was too busy to set aside time.
7. All the wooden fences around the campus _____ (tear) down by the time my nephew returned to school from home.
8. Mary _____ (work) in Beijing for 5 years, but she has never regretted moving back to Tianjin.
9. He _____ (rush) out of the

room before I could chase after him in time.

10. The message _____ (send) before he could make any changes, leaving him worried about the outcome.

❷ 语法+写作(每小题 3 分,共 12 分)

1. In the 1950s in the USA, most families had just one phone at home, and wireless phones _____ yet.

在 20 世纪 50 年代的美国,大多数家庭的家里只有一部电话,而无线电话还没有被发明出来。

2. That was the third time that _____ by his rival in the league match.

那已经是他第三次在联赛中被他的对手击败了。

3. So far the extension of the road network _____, with some villagers opening hotels and restaurants and earning more money. (boost)
到目前为止,道路网络的扩建促进了当地旅游业的发展,一些村民开了酒店和餐馆,赚了更多的钱。

4. No sooner _____ the lights went out, leaving the audience in the dark.

表演刚开始,灯光就熄灭了,观众们顿时陷入黑暗。

课后素养提升

❸ 阅读理解(每小题 2 分,共 14 分)

A [2025·北京市第十一顺义中学高二期中]

To friend or not to friend

We all love our parents and turn to them

when we're in need, but would you like them to hear the conversation you have with your friends in the school playground or lunch queue? Social networking sites have become extensions of the

school hallways (走廊), so would you add your parents as “friends” and allow them to view your online activities and conversations with friends?

In the past the generation gap included a technology gap, where children were up to date with latest technology and parents were left behind, content to continue their day-to-day lives as they always had because they had no need to know more about technology. However, more and more parents are beginning to realize just how important social networks are in their lives. This realization has given many parents the motivation to educate themselves about social networking sites.

These days many people are attracted to social networking sites because they can choose who they have around them; there's also a certain amount of control over privacy that we don't get in real life. Sometimes we feel that privacy is violated (侵犯) when we must accept a “friend” request from a parent or family member.

It's a difficult choice whether or not to allow a parent to become a part of our online lives. On the one hand, we don't want to “reject” their request because that might hurt their feelings or make them feel you have something to hide. On the other hand if you do accept, then you could have a sense of being watched and no longer feel free to comment or communicate the way you did before.

A recent survey suggested that parents shouldn't take it personally if their child ignores their request. “When a teen ignores a parent's friend request, it doesn't necessarily mean that

they are hiding something, but it could mean that this is one part of their life where they want to be independent.”

Perhaps talking with parents and giving explanations would help soften the blow if you do choose not to add them to your friend list.

() 1. From Paragraph 2, we learn that _____.

- A. parents feel secure about their privacy online
- B. social networks successfully fill the generation gap
- C. social networks offer a platform for parents to communicate
- D. parents have realized the importance of social networks

() 2. Teenagers may refuse a parent's friend request because _____.

- A. they hide something from their parents
- B. they are unwilling to be watched by parents
- C. their parents tend to fall behind in technology
- D. their parents make negative comments on them

() 3. Who is the passage mainly written for?

- A. Teenagers. B. Parents.
- C. Teachers. D. Researchers.

B [2026 • 清华大学附属中学高二期中]

Is text-messaging driving us apart? These days, we talk to each other a lot with our thumbs—sending six billion text messages a day, and likely a few billion more on services like WhatsApp.

But some worry that so much messaging

leads to less communication. For instance, when hanging out with friends, we'd be texting secretly at the same time, pretending to maintain eye contact but mentally somewhere else.

New technologies often upset the way we relate to one another, of course. But such division caused by texting has a strong echo in the arguments we had over the telephone a hundred years ago. The small device gave us a new way to contact one another and quickly promote new forms of socializing. Callers arranged regular “visiting” calls, dialing remote family to catch up on news.

Soon, though, social critics thought it would be so easy to talk that we'd never leave each other alone. Others worried that the telephone sped up life, demanding instant reactions. The use of the telephone gave little room for reflection. It produced a craziness in the ordinary concerns of life which didn't make for domestic happiness. “We shall soon be nothing but transparent piles of jelly (果冻) to each other,” a London writer moaned in 1897.

However, nowadays the telephone call seems like a throwback to a gentler era. When Jenna Birch, a communication professor at the University of Iowa, started dating a man who insisted on calling her on the phone, she found it warm and delightful. So she doesn't think the shift to texting has degraded our interactions. According to her study, teenagers who text the most are also those who spend the most time face to face with friends. Communication, it seems, brings more communication, and—as

she argues—just because talk happens in text doesn't mean it's not meaningful.

Michèle Martin of Carleton University, thinks we're living through a replay of the telephone, where the things that made it valuable—instant communications—are the same that made it annoying. “People believe they are liberated because they can bring the mobile phone everywhere,” Martin says. “But at the same time, they are slaves to it.”

- ()4. What's the function of the first paragraph?

A. To introduce the topic.

B. To describe a scene.

C. To offer an argument.

D. To issue a warning.
- ()5. According to Paragraph 4, what does telephone use cause?

A. People experience a very tight schedule.

B. People may feel disturbed in their daily life.

C. People become narrow and uninformed.

D. People lose the ability to reflect.
- ()6. What can we learn from Paragraph 5?

A. Telephone calls are particularly welcomed in dating.

B. Teenagers are addicted to communicating by texting.

C. The shift to texting is destructive to face-to-face time.

D. The meaning of communication goes beyond medium.
- ()7. What's the best title for the text?

A. Oh my God! We've been here before!

B. Gone with the wind, dear texting!

C. Life is too short for so many texting

D. Oh, telephone, a tale of two sides

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