



一、听后选择(共两节,21 分)

第一节 听短对话选择(共 4 小题;每小题 1.5 分,共 6 分)

听下面四段对话。每段对话后有一道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听对话前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话你将听一遍。

- ()1.

What does David say about living with his new roommate?

A. They have set rules to avoid problems.

B. They never spend time together.

C. They argue often.
- ()2.

How did Lisa and Sam handle disagreements during the project?

A. They ignored them completely.

B. They talked and found solutions.

C. They asked the teacher to decide.
- ()3.

What does Mark think about friendships when friends go to different schools?

A. They usually fade quickly.

B. They are not important anymore.

C. They can stay strong with effort.
- ()4.

What does Jenny say about her relationship with her sister?

A. They argue a lot and don't talk.

B. They never have any disagreements.

C. They sometimes argue but reconcile quickly.

第二节 听长材料选择(共 10 小题;每小题 1.5 分,共 15 分)

听下面五段对话或独白。每段对话或独白后有两道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话或独白你将听两遍。

听下面一段对话,回答第 5 至第 6 小题。

- ()5.

How often do Amy and her study partner meet?

A. Once a month.

B. Twice each week.

C. Every single day.
- ()6.

How do Amy and her partner handle scheduling conflicts?

A. They cancel the meetings.

B. They argue about the schedule.

C. They stay flexible on timing.

听下面一段对话,回答第 7 至第 8 小题。

- ()7.

What is Jack's current living situation?

A. He lives with his family.

B. He lives with a new roommate.

C. He lives alone in a dorm.

- ()8.

What did Jack do during college?

A. He studied abroad alone.

B. He lived with a family friend.

C. He shared a room with a friend.

听下面一段对话,回答第 9 至第 10 小题。

- ()9.

What did Lisa and her debate team do at the start of the term to build trust?

A. They practised debating for long hours.

B. They went for a social outing together.

C. They discussed strengths and assigned roles.
- ()10.

How does the team handle minor disagreements in strategy?

A. They hold a meeting to find the middle ground.

B. They avoid discussing conflicting opinions.

C. They let the team leader decide alone.

听下面一段对话,回答第 11 至第 12 小题。

- ()11.

What problem is Tom facing in his relationship?

A. He and his girlfriend argue too much.

B. They have different life goals.

C. They struggle to find quality time to connect.
- ()12.

What does the woman believe is important for a healthy relationship?

A. Making intentional time to connect and listen.

B. Giving each other a lot of personal space.

C. Avoiding discussions about busy schedules.

听下面一段独白,回答第 13 至第 14 小题。

- ()13.

Who is the speaker most likely addressing?

A. Parents seeking family advice.

B. Students interested in improving their personal connections.

C. Managers learning about workplace dynamics.
- ()14.

What is the main purpose of the speaker's talk?

A. To teach techniques for resolving arguments.

B. To share principles for building healthy relationships.

C. To promote a specific relationship counseling service.

二、听后记录并转述(共两节,15 分)

本大题共两节。第一节,听两遍短文,根据所听内容和提示,将所缺的关键信息填写在相应位置上,每空只需填写一个词。第二节,听第三遍短文,根据所听内容和提示进行转述。

第一节 听后记录信息(共 4 小题;每小题 1.5 分,共 6 分)

现在,你有 1 分钟的时间浏览提示信息。

How to handle cross-cultural interactions	
15. _____ cultural awareness and sensitivity	- Take the time to learn about different cultures 16. _____ cross-cultural interactions with an open mind

(续表)

Adjust your 17. _____ style to fit the cultural context	- Be aware of the differences in... - Change your tone, words, and body language
Be patient and adaptable	- Accept these 18. _____ with patience and be ready to adjust your expectations - Don't be afraid to ask for clarification

下面,请在 90 秒钟内将所缺信息填写到指定的答题区域。

第二节 转述短文内容(本节 9 分)

请再听一遍短文,完成转述。

你的转述可以这样开始:

Sam Smith talks about how to handle cross-cultural interactions ...

下面,准备录音。听到录音提示音后,在 2 分钟内完成转述。

三、朗读短文并回答问题(共两节,14 分)

第一节 朗读短文(本节 8 分)

现在,你有 1 分钟的时间浏览内容并做录音准备。

Developing strong relationships is a very important part of our lives. Good relationships help us feel happy, grow as a person, and connect with others. Whether it's with family, friends, or classmates, everyone needs to learn how to build healthy connections.

Having good relationships brings many benefits. Emotionally, they make us feel supported and understood. Socially, they help us learn how to communicate, trust, and work with others.

However, it's important to build relationships in a healthy way. First, spend time with people who share your interests and values, not just to fit in. Second, be open and honest in your communication to build trust and avoid misunderstandings. Lastly, it's okay to ask for help or talk to someone you trust if a relationship feels difficult or makes you uncomfortable.

下面,准备录音。听到录音提示音后,在 90 秒钟内完成朗读。

第二节 口头回答问题(共 3 小题;每小题 2 分,共 6 分)

下面,请根据所朗读的内容口头回答 3 个问题,每个问题你将有 15 秒钟的准备时间,在听到录音提示后,你有 30 秒钟的时间作答。请回答第 1 小题。现在,你有 15 秒钟的时间做答题准备。

Question 1: Why are strong relationships important in our lives?

下面,准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 2 小题。现在,你有 15 秒钟的时间做答题准备。

Question 2: What is the social benefit of having good relationships?

下面,准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 3 小题。现在,你有 15 秒钟的时间做答题准备。

Question 3: Please list two tips for building good relationships.

下面,准备录音。听到录音提示音后,在 30 秒钟内完成作答。

笔试部分

第一部分 知识运用(共两节,30分)

第一节(共10小题;每小题1.5分,共15分)

[2026·北京市中国人民大学附属中学高二期中]

阅读下面短文,掌握其大意,从每题所给的A、B、C、D四个选项中,选出最佳选项。

Elena’s greatest dream was to establish a community centre—a place where both children and adults could learn and develop. She pictured a place where everyone could 1 education, arts, and sports, regardless of their backgrounds or financial situations. However, turning this dream into reality was no easy job.

Elena worked 2 to raise funds for the community centre. She organized various events to gather support. Despite her continuous efforts, the funds were never enough. She faced numerous 3 from potential donors and encountered many difficulties. One night, a terrible storm 4 over the village, causing great damage. People thought Elena would abandon her dream. However, she maintained her unbroken spirit.

Elena approached the local government for support. She 5 her vision with passion and persuasion, highlighting the community centre’s benefits to the village. Her efforts 6; the local authorities were moved by her commitment and agreed to help fund the project.

With renewed hope and the village’s support, construction of the community centre began. Elena worked alongside the builders, pouring her heart into every brick and beam. The centre symbolized hope and the power of a 7 community.

Years later, the community centre stood proudly in the heart of the village, alive with 8. Children laughed as they played sports, adults attended workshops to learn new skills, and artists found a place to create and inspire. Elena’s dream had become a reality, all thanks to her 9 spirit and efforts. Reflecting on her journey, Elena realized that every challenge she had faced strengthened her 10 and brought her closer to her dream.

- ()1. A. promote B. master C. access D. evaluate
- ()2. A. carelessly B. effortlessly C. aimlessly D. tirelessly
- ()3. A. encouragements B. rejections
C. criticisms D. surprises
- ()4. A. hung B. skipped C. swept D. climbed
- ()5. A. presented B. pursued C. postponed D. possessed
- ()6. A. set aside B. paid off C. paid back D. took off
- ()7. A. busy B. diverse C. competitive D. united
- ()8. A. independence B. activity
C. creativity D. confidence
- ()9. A. unbreakable B. unforgettable
C. unpredictable D. unbearable
- ()10. A. cooperation B. bond C. resolve D. position

第二节(共10小题;每小题1.5分,共15分)

[2026·北京市顺义区第一中学高二阶段性检测]

阅读下列短文,根据短文内容填空。在未给提示词的空白处仅填写1个恰当的单词,在给出提示词的空白处用括号内所给词的正确形式填空。

A

Many common things around the house are very useful. For example, warm water can 11. _____ (use) for cleaning. When salt is put 12. _____ warm water, it can help ease a sore throat. Warm water can also make an orange taste better. The secret is the warmth of the water. The fruit becomes sweeter, 13. _____ the warm water lowers its level of sourness. Another example is that you can try a banana peel when your shoes look dirty. The tannin in the peel works like magic, making your shoes shiny and bright.

B

City walk, a unique way to experience urban culture and lifestyle, is 14. _____ many young people in China enjoy doing when they visit a new city. Traditionally, city walks were led by professional guides and followed 15. _____ (plan) routes (路线) through city neighbourhoods to gain insights into local history, culture, and architecture. However, recent versions of city walks in China have taken on a more casual approach. They involve wandering aimlessly around the city, visiting scenic spots, and capturing (捕捉) moments. In fact, it’s 16. _____ (simple) “walking in the city”.

C

Wang Dakang, aged 88, is a model of lifelong learning. In the 1980s, he was the first person 17. _____ (travel) around China using only a bicycle. To edit this experience into his book, Wang decided to go to college. At the age of 61, he was admitted into college, majoring in journalism. By 2012, he 18. _____ (complete) three majors in college. At present, Wang lives in Leshan, where he spends his days 19. _____ (follow) carefully scheduled routines. His study starts at 6 am every morning, during 20. _____ he reads and takes notes from newspapers. Wang said, “There is so much to learn and I will continue learning until the very end.”

第二部分 阅读理解(共两节,38分)

第一节(共14小题;每小题2分,共28分)

阅读下列短文,从每题所给的A、B、C、D四个选项中,选出最佳选项。

A [2026·北京市通州区高二期中]

Course overview

Becoming an effective communicator can help you achieve your goals in life, both professionally and personally. In this course, you will learn how to engage an audience and find and use the power of your own unique style.

What will I learn?

By the end of the course you will be able to:
apply the principles of effective communication to any situation,
from writing to presenting and storytelling;

develop your own unique voice to communicate with any audience;
apply communication techniques for influence and emotional impact.

Who is this course for?

This course is aimed at anyone desiring to improve their communication skills, but specifically:

ambitious early career professionals who want to equip themselves with the communication skills to advance and achieve their goals;

mid-level managers who wish to inspire and motivate team members and progress within their role;

senior leaders who need to better explain their ideas and vision to teams in order to achieve buy-in (认可) and ensure optimum (最佳的) performance.

Course delivery

Courses are delivered in weekly units, allowing you to plan your time effectively. The assessment criteria will be presented to you at the start of the course, so you can approach your studies with confidence and motivation, knowing what is expected of you and how to meet those expectations.

Throughout your online learning experience, you will have access to your course tutor, who will help facilitate your learning and provide you with support and guidance during your studies. You can interact with your tutor through a range of media, such as live sessions, discussion forums, e-mail or messaging.

What will I get on completion?

Evidence your learning with a Certificate of Achievement from the University of Cambridge on successful completion.

- ()21. What does the course mainly focus on?
A. Creating persuasive speeches.
B. Exploring the art of storytelling.
C. Enhancing leadership abilities.
D. Developing a distinct communication style.
- ()22. Who is the course particularly targeted at?
A. Job seekers. B. College students.
C. Career-driven professionals. D. Public speaking enthusiasts.
- ()23. How does the course give students confidence and motivation?
A. By offering weekly quizzes.
B. By defining assessment standards in advance.
C. By providing personalized study plans.
D. By conducting interactive workshops.

The Come-back Coffeehouse

The sign in the window read “Carl’s Coffee Shoppe”, spelled the old-fashioned way. Hallie shook her head and wondered how many times she had suggested an alternative. She entered the shop and saw only one person.

“I could help with the books, dad,” Hallie offered. “There’s not much you could do,” her father sighed. “How about if you clean the counters instead?” His statement made her feel like a little girl instead of a senior in high school. Hallie sprayed some cleanser and ran a cloth over the worn countertops. After she had washed a few of the old eggshell-coloured cups, she began her homework. At closing time, Hallie’s parents sat beside her. “You know the shop has not been profitable lately,” Mr Rhodes began. “We need to decide if it is even worth keeping it open.” “We’re going to visit Uncle Harold over spring vacation,” Mrs Rhodes continued. “He can look over the books and tell us what our options are. You and Aunt Tess will run the shop for the week.”

By spring vacation Hallie was ready for an adventure. Hallie’s parents gave some instructions, and said goodbye. Hallie stared absently out the window at the passers-by: young people on their way to work, and kids on their school vacation. They were not the same people that her grandpa Carl had served. Suddenly Hallie had an idea. She confided in Aunt Tess, who approved. The two eagerly set to work.

At the end of the week, Hallie was coming out from the kitchen when she saw her parents standing in the shop, confused. She smiled as her parents stared at the teens around the counter and the young families seated at the tables.

“Welcome back!” Hallie swept her arms to present the restaurant’s cheerful new decoration. Bright, attractive coverings spread over the tables, and modern posters hung on the walls, while, colourful mismatched dishes contributed to the pleasant atmosphere.

“I brought board games from home,” Hallie added excitedly, “and the bookstore down the street donated the posters. When we talked to our friends about what we were doing, they were happy to give us some dishes.” Hallie held her breath as she waited for her parents’ reaction.

“Everyone certainly seems to like the changes,” noted Mrs Rhodes.

“Speaking of changes,” Mr Rhodes said. “I see our name has changed, too.”

“Do you mind? I changed our name to ‘Come-back Coffeehouse’ to make the shop sound welcoming, as in ‘Please come back again’...”

A smile spread across her father’s face. “The new name is fitting. Thanks to you, this place certainly has made a comeback!”

()24. What can we infer from the first two paragraphs?

- A. Hallie trusted Aunt Tess very much.
- B. Hallie took charge of the books for her parents.
- C. Hallie’s parents didn’t take her opinions seriously.
- D. Hallie’s parents didn’t count on the shop for a living.

()25. What do we learn about “Carl’s Coffee Shoppe”?

- A. It is behind the times.
- B. It has regular customers.
- C. It is located on a quiet street.
- D. It follows family traditions well.

()26. What did Hallie do after her parents left?

- A. She advertised for the shop.
- B. She made the shop more attractive.
- C. She invited her friends to the shop.
- D. She turned the shop into an activity centre.

()27. What kind of girl is Hallie?

- A. Smart and helpful.
- B. Modest and outgoing.
- C. Optimistic and generous.
- D. Faithful and hardworking.

C [2026·北京市广渠门中学高二阶段性检测]

One day, gardeners might not just hear the buzz of bees among their flowers, but the whirl of robots, too. Scientists have managed to turn an unassuming drone (无人机) into a remote-controlled pollinator (授粉媒介) by attaching horsehairs coated with a special, sticky gel to its underbelly.

Animal pollinators are needed for the reproduction of 90% of flowering plants and one third of human food crops. Chief among those are bees—but many bee populations in the United States have been in steep decline in recent decades. Thus, the decline of bees isn’t just worrisome because it could disrupt ecosystems, but also because it could disrupt agriculture and economy. People have been trying to come up with replacement techniques, but none of them are especially effective yet.

Scientists have thought about using drones, but they haven’t figured out how to make free-flying robot insects that can rely on their own power source without being attached to a wire. “It’s very tough work,” said senior author Eijiro Miyako, a chemist at the National Institute of Advanced Industrial Science and Technology. His particular contribution to the field involves a gel, one he’d considered a mistake 10 years before and stuck in a storage cabinet. When it was rediscovered a decade later, it hadn’t dried up or degraded at all. “I was so surprised because it still had high viscosity,” Miyako said.

The chemist noticed that when dropped, the gel absorbed an impressive amount of dust from the floor. Miyako realized this material could be very useful for picking up pollen (花粉). He and his colleagues chose a drone and attached horsehairs to its smooth surface to mimic a bee’s fuzzy body. They coated those horsehairs in the gel, and then controlled the drones over lilies, where they would pick up the pollen from one flower and then deposit the pollen at another one, thus fertilizing it.

The scientists looked at the hairs under a scanning electron microscope and counted up the pollen grains attached to the surface and found that the drones whose horsehairs had been coated with the gel had about 10 times more pollen than those that had not been coated with the gel.

Miyako does not think such drones would replace bees altogether, but could simply help bees with their pollinating duties. There’s a lot of work to be done before that’s a reality, however. Small drones will need to become more controllable and energy efficient, as well as smarter, with better GPS and artificial intelligence.

()28. What does the underlined word “viscosity” in Para.3 probably mean?

- A. Hardness.
- B. Stickiness.
- C. Flexibility.
- D. Purity.

()29. We can learn from the passage that _____.

- A. bees disrupt both agriculture and economy
- B. scientists have invented self-powered robot insects
- C. bees in the United States are on the edge of extinction
- D. Miyako found the special feature of the gel by chance

()30. A drone works best in picking up pollen when _____.

- A. its body is made like a bee’s
- B. its GPS works more efficiently
- C. some flowers are coated with the gel
- D. horsehairs with the gel are attached to it

()31. According to Eijiro Miyako, the drones _____.

- A. are not yet ready for practical use
- B. may eventually replace bees in the future
- C. are much more efficient than bee pollinators
- D. can provide a solution to economic depression

D [2026·北京市第五中学高二期中]

The start-up that attracted the largest investment in the history of cybersecurity, of more than half a billion dollars, has a simple goal: a passwordless future.

Despite the spread of password management software that can generate and remember complicated strings of random characters, some of the most common passwords are still “12345”, “password” and “iloveyou”. As a result, more than 80 percent of hacks involve these kinds of passwords, and passwords remain the most sought-after data by hackers, above other personal or sensitive information.

In many cases, individuals are tricked into handing over password details by phishing e-mails and other social engineering techniques. Hackers have sought to break into apps and steal entire password databases as well. Passwords are also under attack from new technology, such as automated programs that can rapidly try to guess them, or can try stolen passwords on multiple online accounts.

Since the need to replace the easily forgotten and highly hackable strings of letters and numbers that we use to access everyday life has become even more urgent, the race to replace the password is under way, with biometric-based (基于生物识别的) security emerging as one of the most sought-after solutions. According to Tieo, a union of more than 250 companies, which promotes a standard system of passwordless

authentication（身份验证），the vast majority of consumer services will offer passwordless login systems in the next couple of years. “If done correctly and safely, biometrics are really helping us move to a passwordless future in a rapid manner,” said Andrew Jenkinson, CEO of Tieo.

But there are still risks associated with the use of biometric authentication. Unlike passwords, biometrics cannot be changed. This means such data must be closely guarded for privacy purposes and to prevent spoofing—hackers trying to trick cameras or sensors with photos, or masks of their victim. “Biometric authentication or passwordless authentication has its own attack surface,” said Paul Smith, director of security research at CyberPek. His team revealed that it had found a design problem which would allow potential attackers to bypass facial recognition login by injecting a spoofed photo of a user’s face into the process.

The biggest obstacle standing in the way of the start-ups hoping to kill the password is how to change years of habit. Eric Brown, founder of TAK Cyber, a cyber research and advisory company, argued that while sensitive applications may rapidly shift from passwords, other websites have less motivation to update their systems. “You’ll never get rid of them,” he said. “We’re never going to get to the post-password era.”

- ()32. What is the third paragraph mainly about?
A. Why passwords are the most sought-after data.
B. Why passwords are difficult to secure.
C. How passwords have caused us trouble.
D. How passwords are stolen by phishing e-mails.
- ()33. What is Eric Brown’s attitude towards a passwordless future?
A. Indifferent. B. Passionate.
C. Objective. D. Pessimistic.
- ()34. Which would be the best title for the passage?
A. Biometric authentication: Password security solution!
B. Start-ups race to welcome a passwordless future
C. Killing the password: A cure or a fantasy?
D. The argument to end passwords has begun

第二节(共 5 小题;每小题 2 分,共 10 分)
[2026·北京市大兴区高二期中]
根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Sleep procrastination: why you can’t just go to bed

Have you ever told yourself “Just five more minutes.” before bed, only to find yourself still awake an hour later? If so, you’re not alone. Sleep procrastination—delaying bedtime despite knowing the consequences—isn’t unusual.

35. _____ The truth is, sleep procrastination is more complex than poor time management. Both psychological and emotional factors make it difficult to simply go to bed earlier.

During the day, we are faced with responsibilities: school, homework,

and endless tasks. At night, we finally feel in control of our time. 36. _____ We seek distractions like scrolling through social media or playing games. These might feel like stress relief, but staying up late leaves you exhausted the next day.

However, the problem is that most of these activities are designed to keep us addicted. Social media apps and video platforms trigger dopamine（多巴胺）releases, making it hard to stop. 37. _____ It’s a vicious cycle.

But it’s one we can break. First, we need to find moments of pleasure during the day, so we don’t feel the need to steal time at night. Furthermore, a friendly sleeping environment is also crucial. 38. _____ Avoid overstimulating activities like intense gaming or action movies right before bed.

- Sleep procrastination may seem like a small win. 39. _____ So the next time you think “Just five more minutes.”, choose self-care. Your future self will be grateful.
- A. The real victory is waking up refreshed.
B. This cycle can be broken with strong determination alone.
C. Stop blaming yourself for a simple lack of self-discipline.
D. Instead of resting, we often stay up late as a form of rebellion.
E. Therefore, creating a consistent sleep schedule is the most effective solution.
F. Dim the lights, avoid screens, and wind down with a book or a calming activity.
G. Our brains seek the next small hit of pleasure, even when our bodies are begging for sleep.

第三部分 书面表达(共两节,32 分)
第一节(共 4 小题;第 40、41 题各 2 分,第 42 题 3 分,第 43 题 5 分,共 12 分)
[2026·北京市第三十五中高二期中]
阅读下面短文,根据题目要求用英文回答问题。

Crystal breathed in the sweet January air. It was a cold, sunny day. Sunlight shone between the branches and fell onto the street.

It was so quiet, this neighbourhood. Wandering down the road at a leisurely pace, Crystal noticed an open curtain in the window of one neighbour. They were busily typing on their home network. Remote workers, obviously.

Crystal’s glance shifted to a kid who had just come home from school. He looked down to the cellphone in his hand.

“Hey, kid!” Crystal waved.
The boy didn’t raise head, some game keeping his attention.
Crystal sighed and closed her eyes. It took her back to when she was a little girl back in the late 1980s. Neighbours knew each other by name then. Crystal’s best friend Anne was the next door neighbour. They often played for hours using imaginary names for far-off places, pretending to be or do something they hoped someday they could be or do.

Nowadays, to pretend to be somewhere else, you could just click on

some random program for a virtual reality video of Italy or Australia, and your wish was instantly satisfied. You could do that alone. And if you needed a person to chat with, you could pick a random person in your interest group online.

“You don’t need neighbours anymore,” Crystal commented to herself.
And yet, there is so much that can be missed for the simpler times. Those who grow up not knowing the invisible person-to-person simplicity of being a good neighbour, have missed an entire piece in their maturity. It’s not about personal space. It’s about being there for another person. How could a metal chip replace a life? Crystal could never understand.

As she turned onto her home sidewalk, she noticed a little girl about 5 years old looking confused and afraid. There was no coat on her thin arms. Must be some neighbour’s girl. Crystal was very concerned. Where were her parents?

“Are you alright, honey?” Crystal asked.
40. Why did the boy give no response to Crystal?

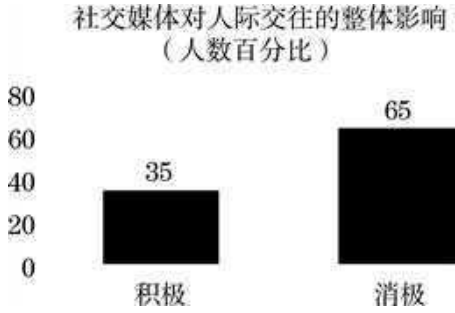
41. What did Crystal do with her next door neighbour in her childhood?

42. Decide which part of the following statement is wrong. Underline it and explain why.
> ***Crystal believed that technology advanced and the relationship with neighbours mattered less than before.***

43. What do you think the relationship between neighbours should be like nowadays? (***In about 40 words***)

第二节(20 分)
[2026·北京市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三学生李华。近日,你的英国好友 Jim 正在进行一项关于“社交媒体对人际交往的整体影响”的调研,你协助他对你班同学开展了调查,结果如下面所示。请用英文给他写一封电子邮件,内容包括:

- 描述调查结果;
- 说明你自己的选择并解释理由。



注意:词数 100 左右。