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01

培养核心素养，探究主题意义

WELCOME UNIT

主题素养积累

How to adjust to a new school

[导读] 学校是孩子们学习成功的基础。适应一所新学校会让人感到紧张和害怕。当你去上一所新学校的时候，你可能会担心你不认识任何人或者不能适应新的环境。阅读本文，或许你能从中感悟到应该怎样去适应一所新学校。

School is a child's base (基础), where they learn to succeed. Adjusting to a new school can make you feel nervous and scared. When you go to a new school, you might worry that you don't know anyone or that you won't fit in. As you get into your schoolwork and after-school activities, you'll find that you're making friends and that life is getting easier. Knowing about your school, **preparing for** the first day and knowing how to make friends can make this transition (过渡) a lot easier.

Take a tour of your school. Before you start school, go with your parents to visit the school. Find out where your classroom will be, as well as the cafeteria, auditorium (礼堂), gym and other important places.

Learn the rules of the school. Every school has its own set of rules that helps students stay safe and learn well. You may need a hall pass to

teachers' instructions very closely. **Making a good impression on** your teachers will go a long way towards **making a positive adjustment to** a new school.

Make good decisions about making friends. When you are in a new school, you have the chance to make friends with anybody. It can be tempting (诱人的) to try to **fit in with** cool kids. You should, however, spend most of your effort making friends with people that you're comfortable around.

Set goals for yourself. By setting goals for yourself every day or every week, you can see how you are adjusting to your new school in very real ways. For example, you can say "I'll attend one club meeting this week", so that when you attend the meeting, you'll know you're trying hard to adjust.

【主题词句背诵】

1. adjust to... = adapt to... 适应……
2. prepare for 为……做好准备
3. keep sb out of trouble 使某人远离麻烦
4. make a good impression on 给……留下好印象
5. make a positive adjustment to... 积极适应……

02

夯实语言基础，搭建知识框架

词汇点睛

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

| | |
|----------------------|----------|
| (1) in exchange | 作为交换 |
| in exchange for | 作为对……的交换 |
| (2) exchange A for B | 拿 A 换 B |
| exchange sth with sb | 与某人交换某物 |

【佳句背诵】

[译林必修一] Last year, I had the chance to study at a British secondary school as **an exchange student**. 去年我有机会作为交换生去英国的中学学习。

【活学活用】

◆ 单句填空

- ① I need to exchange 2,000 yuan _____ US dollars before my business trip to New York.
- ② She chose to work overtime every weekend

句型透视

1. (教材 P4) What if no one talks to me?
要是没人跟我说话该怎么办呢?

句型公式

What if...? 要是……将会怎么样?

【句式点拨】

what if 用于提出假设或提出邀请和建议时,意为“要是……将会怎么样? 如果……怎么样?”,其后句子要用陈述语气(用一般现在时)。

[温馨提示] what if 也可用于虚拟语气,此时从句谓语用一般过去时或“should + 动词原形”。

(1) **What if** it rains when we can't find shelter?

假如下起雨来,我们又没处避雨可怎么办?(提出假设,用于陈述语气)

(2) **What if** you join us for lunch?

你同我们一起吃午饭怎么样?(提出邀请或建议,用于

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■ 另附主题读写



Period One Listening and Speaking

课内基础巩固

❶ 单词拼写(每小题1分,满分10分)

- Everyone in the group _____ (交换) e-mail addresses in order to keep in touch with each other at yesterday's meeting.
- The **male** voice is deeper than the _____ (女性的) voice, as is generally believed.
- Although they are of different _____ (国籍), the students at the school share the same language.
- Through this online platform, the students are able to _____ (登记) and hand in homework.
- The president is going on a _____ (正式的) visit to the neighbouring country next week.
- The hall seats 2,000 people, but is of poor _____ (设计).
- However weak the _____ (国家) may be, it will never give in to a greater power.
- All students will be considered regardless of age, _____ (性别) or **nationality**.
- He showed me around the _____ (校园) when I first arrived.
- The professor who comes from Peking University is going to give us a _____ (讲座) on how to **improve** our spoken English.

❷ 单句填空(每小题1.5分,满分12分)

- At last, the **exchange** student from the UK found the _____ (register) office.
- She lives in France but has British _____ (nation).

- The young _____ (design) is working hard to create a unique fashion collection for the upcoming show.
- As it turned out to be a small house party, we needn't have dressed up so _____ (formal).
- The platform is **designed** for _____ (exchange) information quickly among team members.
- It's hard to find words that match well _____ this music.
- I've just bought this tie, but can I **exchange** it _____ that one?
- Professor Black will give us a **lecture** _____ English literature tomorrow afternoon.

❸ 短语填空(每小题2分,满分10分)

- Tom _____ (报名参加) the online course because he wanted to **improve** his maths.
- The television programme _____ (为做……而设计) educate children to share things with their friends.
- In Germany, your interview might _____ (以……开始) a very short conversation followed by a **formal** interview.
- We will face many challenges _____ (将来), but we are **confident** that we can overcome them.
- There will be a **lecture** for **exchange** students _____ (在校园里), so you can attend it.

When you enter high school, you will find your coursework becomes more difficult. Your coursework will greatly increase, and expectations (期待) from your teachers will be much greater than before. You'll have more homework, more papers, and harder exams. So learning how to study well is very important in high school.

One of the great things about high school is that there are more chances to take part in activities that interest you. You can expect to choose a number of fun activities during your freshman year. Taking part in activities allows you to meet new people and find out what you're really interested in.

- () 5. Why does the author suggest taking orientation days seriously?
- A. To get a GPS device for school.
B. To become familiar with the large high school.
C. To finish the schedule given by teachers.
D. To make friends with other freshmen.
- () 6. What does the author suggest doing after entering high school?
- A. Being open to new people.
B. Building a new world view.
C. Sharing the study hall with friends.
D. Spending certain time with old friends.
- () 7. What is one advantage of joining high school activities?
- A. It allows students to skip some exams.
B. It can reduce the difficulty of coursework.
C. It helps students know their real interests.
D. It helps students get better grades quickly.
- () 8. What is the writer's intention of writing this text?
- A. To encourage high schoolers to study harder.

- B. To explain the differences between middle school and high school.
C. To show the importance of orientation days in high school.
D. To tell about the freshman year of high school.

❶ 语法填空 (每小题 1.5 分, 满分 15 分)

[2026·河南郑州“八校联盟”高一期中]

The moment my senior high school started, my heart 1. _____ (fill) with a mix of nervousness and excitement. All the things around me were new—the classmates, the teachers, the classrooms, and even the sound of the morning bell. I knew I had to get used 2. _____ this challenging yet promising chapter of my life gradually.

My first class was English. The teacher, Miss Xia, greeted us with a warm smile and encouraged us to explore new ways of 3. _____ (learn). She brought in a plan 4. _____ included creative work and group talks. When she asked me to share my thoughts, I had butterflies in my stomach, but her encouragement gave me the confidence to speak up.

During the break, I met some classmates. Though we were 5. _____ (stranger) at first, their friendly attitudes made me feel welcome. We shared our hobbies 6. _____ talked about what our dreams for the future were, and I knew that many of us wanted to do our best.

In 7. _____ afternoon, we had a tour of the school library and labs. The librarian showed us how 8. _____ (borrow) and return books.

By the end of the day, my initial (最初的) anxiety had turned into 9. _____ (curious). This first day left a deep impression on me. It wasn't just about new textbooks or schedules—it was the beginning of a journey to 10. _____ (slow) discover my potential.

班级

姓名

题号

答案区

1

2

3

4

5

6

7

8

Period Two Reading and Thinking

课内基础巩固

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. My twin brother is _____ (outgoing) than me although we are raised much in the same way.
2. I felt _____ (annoy) when my little brother broke my pencil.
3. The _____ (frighten) look on her face suggested that something terrible must have happened to her.
4. If you're worried about your health, share your _____ (anxious) with your doctor.
5. I have great _____ (confident) in you and I believe you can make it in the end.
6. She smiled _____ (awkward) when she realized she had made a mistake in front of everyone.
7. It was hard to follow what he was saying, and finally I lost _____ (concentrate).
8. One of the most _____ (impress) memories was the opportunity to learn about the cultural traditions of our city.
9. Chemistry is great because we do _____ (experiment) in the science lab and our teacher, Mr King, is so funny.
10. Through _____ (explore) of different cultures, we can gain a deeper understanding of the world around us.

❷ 短语填空(每小题 2 分, 满分 16 分)

1. My schedule is very tight _____ (现在), but I'll try to fit you in.
2. If you _____ (专注于) what you don't have, you will never, ever have enough.

3. _____ (对……有信心) yourself, and you will make your dream come true.
4. There was a time when he _____ (对……生气) the noise from the construction site at midnight.
5. He _____ (为……担忧) the job interview tomorrow, fearing that he might not perform well.
6. On my first day at senior high, my English teacher _____ (给……留下深刻的印象) me.
7. _____ (最后), after twenty hours on the boat, they arrived at their destination.
8. She felt tired and told her little sister to _____ her _____ (不打扰).

❸ 句型训练(每小题 3 分, 满分 12 分)

1. _____ and we are not prepared for it? (what if)
如果天气突然变化而我们没有准备好怎么办?
2. During our travel we _____ .
(find + 宾语 + 宾补)
在我们的旅程中, 我们发现村民们非常友好并且乐于助人。
3. Could you please _____ ?
I'm busy with my report now. (tell)
你能告诉那个女孩保持安静并让我一个人待一会儿吗? 我现在忙着赶报告呢。
4. Travelling is a good way _____ and broaden the mind.
(explore)
旅行是探索不同文化和开阔眼界的好方法。



Ⅳ 阅读理解(每小题 2.5 分,满分 10 分)

[2026·广东深圳盟校高一期中]

When my parents moved to a new city, I felt like my world fell apart. Everything that had once felt familiar was gone: my friends, my routines, even the streets I used to walk on. I didn't know anyone, and the thought of starting over terrified me. On the first day at my new school, I sat at the back of the classroom, hoping no one would notice me. The noise of students chatting made me feel even smaller, like a stranger who didn't belong.

But then, during English class, something unexpected happened. The teacher asked us to introduce ourselves by sharing a short story. My heart raced and my voice shook as I spoke about how my grandmother taught me to recite (朗诵) English poems under the stars in our backyard. I remembered the smell of jasmine in the summer air and the way my grandmother's voice carried a quiet strength. To my surprise, the class listened in silence, and when I finished, a soft round of applause (掌声) came from several students. For the first time that day, I felt seen.

After class, a girl named Lily came up to me. "I love poetry, too," she said with a warm smile. We talked about our favourite writers and the comfort that words can bring. She invited me to join the school's English club. The following weeks were filled with new experiences: reading aloud with confidence, preparing small plays that made us laugh, even writing our own poems and sharing them. For the first time since moving, I felt that English was not just a subject, but a bridge that connected me to others and gave me courage.

By the end of the term, I was no longer the quiet student in the back row. Standing on

stage, reciting a poem with my new friends, I realized that starting over didn't mean losing myself—it meant discovering a new side of me, one that was braver, stronger, and ready to belong.

- () 1. Why did the author sit at the back of the classroom on the first day?
- A. To avoid drawing attention to herself.
B. To observe the new teacher's style.
C. To make friends more quickly.
D. To get a better view of the blackboard.
- () 2. What made the author feel noticed during English class?
- A. Her grandmother's story.
B. Her teacher's praise.
C. Her friend's invitation.
D. Her classmates' applause.
- () 3. Which word best describes the author by the end of the term?
- A. Anxious. B. Confident.
C. Lonely. D. Generous.
- () 4. What does the author's experience show?
- A. True friendship always begins with hobbies.
B. Success comes only after repeated practice.
C. Starting over can lead to new discoveries.
D. Confidence is the key to winning competitions.

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2026·浙江嘉兴八校联盟高一期中联考]

High school is an extremely important period in a teenager's life, marked by academics (学业), social experiences, and personal growth. It is a time filled with opportunities and challenges that shape the path towards adulthood.

Academics are central to high school life. Students take a variety of subjects. 1. _____.

| |
|-----|
| 班级 |
| 姓名 |
| 题号 |
| 1 |
| 2 |
| 3 |
| 4 |
| 七选五 |
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |

For example, science includes experiments and research, while English classes focus on reading literature and writing practice. Dealing with schoolwork, projects, and exams requires good time management skills, which help students develop problem-solving abilities.

2. _____. High school is a time for self-discovery and setting personal goals. Students begin to explore their interests, which can guide their future choices. They start thinking about their future jobs, college choices, and what they want to achieve in life. This period of growth is important for building confidence and preparing for the transition (过渡) to adulthood.

After-school activities play an important role in high school life. Students can join clubs, or arts programmes. Clubs like debate team, or chess club allow students to meet like-minded people. Activities like drama or music enable students to express their creativity and perform in the school play. 3. _____.

Challenges are also a part of high school life. Students might face academic pressure, or other problems. 4. _____. Teachers, schoolmates, or friends are a good help. Students will benefit a lot from managing challenges.

Community involvement (参与) is another important part of high school. 5. _____. This involvement helps them understand the importance of giving back and being part of a larger community. It also provides practical experience in working with others and addressing real-world issues.

- A. Make the most of your education
- B. It's important to ask for support when necessary
- C. Personal growth is another key part of high school
- D. Each subject comes with its own set of requirements

- E. There's always a way to be part of something you love
- F. Many schools encourage students to do volunteer work
- G. These activities help students build skills and friendships

❶ 语法填空 (每小题 1.5 分, 满分 15 分)

[2026·福建莆田高一期中]

High school is the most important time of a person's life. My own experience has been full 1. _____ more laughter, stress, and—most importantly, growth—than I ever could have expected.

The lessons I have learned about the world in the last three years have shaped who I 2. _____ (be) today, and that person is far from the inexperienced 14-year-old girl who walked through those glass 3. _____ (door) of the teaching building nearly three years ago.

As a freshman, my struggle began with adapting to (适应) what felt like a whole new world. I was eager to make friends. I knew 4. _____ it was like to feel lonely in a school with so many strangers. I felt like I had to act a certain way or be a certain person 5. _____ (get) close to people in my class or on my soccer team.

Every day, in my head was how I could manage to make 6. _____ (I) look like someone with more friends than I 7. _____ (actual) had at the time.

At the end of my freshman year and into the next, I had 8. _____ good time. School wasn't particularly 9. _____ (challenge), and I was spending my weekends having fun with my friends and going to basketball games. I had finally created a routine and was mostly 10. _____ (please) with my life.

Period Three Discovering Useful Structures

课内基础巩固

❶ 指出下面的句子是哪一类句型(每小题3分,满分15分)

1. The May Fourth Movement broke out in Beijing in 1919. _____
2. That gentleman can speak three languages fluently. _____
3. Would you please pass me the dictionary? _____
4. This kind of food tastes delicious. _____
5. The terrible sound made the children frightened. _____

❷ 句型训练(每小题3分,满分15分)

1. _____ when he isn't working. (like)
他不工作的时候喜欢画画。
2. _____
on my birthday last week. (buy)
上周我父亲在我生日那天给我买了一辆新自行车。
3. _____
on the playground just now? (see)
你刚才看到李明在操场上踢足球了吗?
4. _____ when
spring comes. (get)
当春天到来时,白天就会变得越来越长。
5. _____ to read a few
stories to my daughter every night before
she goes to bed. (it 作形式宾语)
我每天晚上在女儿睡觉之前给她读几个故事,这已经成为惯例。

❸ 语法填空(每小题1.5分,满分15分)

[2026·辽宁朝阳高一期中]

The new senior high school life is enjoyable but 1. _____ (challenge). Academic

expectations are high, and social and after-school activities become more important. Some of these differences can create special 2. _____ (difficulty) for teenagers with learning and thinking habits.

Staying organized enough to get everything done can be 3. _____ struggle in high school. Learning and thinking differences can cause trouble with time management. But teachers and parents can help teens learn how 4. _____ (manage) tasks to keep themselves on track.

With more work and tests, students also need to have strong study skills. They may have assignments (任务) in different classes with the same deadline (最后期限). But if long-term assignments 5. _____ (break) into smaller pieces, it may be 6. _____ (help) for them to learn strategies to study for tests and try studying with methods 7. _____ can improve their learning skills.

After-school activities can make staying on top of things even more complicated. They are great ways for teens to make friends and explore their interests. But because they take up time, activities can make 8. _____ hard for teens to do everything else. Teachers should talk to students about ways to balance schoolwork and activities.

High school can be 9. _____ (equal) exciting and challenging, but our teens can overcome challenges and find success by 10. _____ (stay) in touch with teachers and parents.

课后素养提升

❹ 阅读理解(每小题2.5分,满分10分)

[2026·浙江六校联盟高一月考]

High school can be challenging for everyone.

You are going through an awkward time and you may either fit in right away or feel like a complete outcast. But no matter how well you

may fit in (or not), joining a club will be good for you in the short term and long term.

Joining a club is a great way to meet new people especially if you are new to the school. Joining a club forces you to communicate with people who have similar interests to you. Even if you are the shyest and quietest person, you are sure to develop a relationship with at least one person in the club that you decide to join.

Another really nice thing about joining a club is that doing activities looks good on college applications (申请). Being known as outgoing is a highly important quality; it shows that you are determined and willing to try new things. Another nice thing is that it could help you develop skills that you could use during a college interview.

Many students struggle with productivity. Most teens go to school and then come home and spend the rest of the day in front of the television or phone, but activities can prevent this. Teens are easily influenced and if they end up with the wrong group of people, they may face bad results such as problems with the law. Clubs provide a safe place to spend time with friends.

Maybe the most important reason why you should join a club is the long-term benefit (益处) it brings. The classroom isn't the only learning environment in a school. Things such as meeting and speaking to new people, keeping an eye on the time, and being organized are things you will use every single day of your life.

- () 1. What might the underlined word "outcast" in Paragraph 1 mean?
- A. A person who is popular.
B. A person who is not smart.
C. A person who is not accepted.
D. A person who is confident.
- () 2. What do colleges think highly of according to the text?
- A. The number of clubs you have joined.
B. The good personality you have developed.

- C. The strong relationships you have built.
D. The skills you have learned while forming a club.

- () 3. What's the advantage of joining a club talked about in Paragraph 4?
- A. Increasing knowledge.
B. Learning teamwork skills.
C. Making good use of your time.
D. Improving your fitness level.
- () 4. What is the best title for the text?
- A. What club should you join?
B. How to join a club you like?
C. Should you join a second club?
D. Why should you join a club?

● 阅读七选五 (每小题 2.5 分, 满分 12.5 分)

[2026·山东济宁高一期中]

High school is an exciting opportunity to continue learning and growing. 1. _____ This is because high school is an important step to help you prepare for college and develop your skills. Below are some pieces of advice to follow as you go through high school so that you can get the most out of your experience.

The first year of high school can be challenging. Maybe your grades aren't as good as you'd like, or maybe you don't take part in as many activities as you have hoped. 2. _____ Try to think about your strengths and weaknesses and set some goals for the coming year. You will grow rapidly each year of high school.

3. _____ When you have adapted to the level of the course, you should push yourself by choosing levels that are more difficult in your school's courses. All of the skills you build upon this habit provide an important foundation (基础) for your life in the following years.

In high school, you may find that you have more chances than you did in middle school. If you find that these possibilities are offered to you, try out a new hobby, learn a new skill, or meet a new person in school. 4. _____ The activities may introduce you to new opportunities for personal growth.

The growth during high school is not limited to the campus. Whenever possible, you should try to join in activities to support your community. This could be playing a community sport, doing community service, or caring for a family member. 5. _____

- A. So it's okay if it doesn't go perfectly.
- B. What you choose to do is completely up to you.
- C. This means making and sticking to study schedules.
- D. You should challenge yourself to the best of your ability.
- E. These social practices will in turn benefit your school life.
- F. It's also where many students begin thinking about higher education.
- G. However, instead of feeling discouraged, you can make a positive effort.

VI 完形填空(每小题 1 分, 满分 15 分)

[2026·湖南省雅礼中学高一质量检测]

I still remember the first day of high school. As a freshman, I was both excited and 1. I didn't know anyone, and I wasn't sure how I would 2. But little did I know, my high school experience would end up being one of the most transformative times in my life.

One of the biggest challenges I faced in high school was 3 management. I was involved in several after-class 4 including the debate team and student union, and I found it difficult to 5 my schoolwork with my other duties. However, over time, I learned how to prioritize and manage my time effectively. I discovered that by setting clear goals and creating a 6, I could achieve everything I wanted to without making a mess of my school life.

Another important lesson I learned in high school was the 7 of hard work. I had always been a good student, but in high school, I was challenged to 8 myself even further

and go for 9 in everything I did. Whether it was a difficult maths problem or a challenging essay, I learned to 10 the struggle and stick to getting over difficult tasks. This 11 and way of work would serve me well in college and beyond.

High school was also a time of 12 growth for me. I made new friends, 13 my interests, and discovered who I was as a person. I was 14 to new ideas and perspectives through my classes and after-class activities, and these experiences helped 15 my worldview and values.

- ()1. A. shocked B. embarrassed
C. nervous D. calm
- ()2. A. get up B. give up
C. break down D. fit in
- ()3. A. money B. time
C. emotion D. study
- ()4. A. subjects B. positions
C. activities D. orders
- ()5. A. balance B. trade
C. replace D. finish
- ()6. A. schedule B. habit
C. deadline D. relationship
- ()7. A. problem B. value
C. future D. burden
- ()8. A. think B. admit
C. push D. research
- ()9. A. patience B. development
C. confidence D. excellence
- ()10. A. refuse B. accept
C. arrange D. realize
- ()11. A. determination B. escape
C. anxiety D. advice
- ()12. A. physical B. academic
C. economic D. personal
- ()13. A. ignored B. explored
C. expressed D. lost
- ()14. A. lectured B. closed
C. introduced D. put
- ()15. A. shape B. stress
C. impress D. improve

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Period Four Listening and Talking & Reading for Writing

课内基础巩固

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. Her thoughts kept _____ (flash) back to the embarrassing moment she had earlier in the day.
2. The UN is an international _____ (organise) that helps countries solve the problems peacefully.
3. He looked at me _____ (curious) as if he had some doubt that he was unwilling to express.
4. It's only a small _____ (improve), but at least it's a step in the right direction.
5. _____ (revise) is a must if you want to grasp what you have learned.
6. It is wise _____ (plan) your trip in advance to avoid any last-minute chaos.
7. She has a very **outgoing** and friendly _____ (personal), which makes her popular among her classmates.
8. I wonder what learning _____ (strategy) you will share with your **partner**.
9. We **look forward to** _____ (exchange) views with you face to face.
10. The old woman hated spending her holiday alone, so she took her daughter _____ company.

❷ 短语填空(每小题 2 分, 满分 10 分)

1. As a **curious** teenager, I _____

(期望) **exploring** the universe and discovering its truths.

2. Children should be encouraged to **explore** whatever they _____

(对……感到好奇).

3. People who _____ (做笔记) remember the material better than those who don't.

4. Success in study mainly _____ (取决于) one's own efforts.

5. I can't _____ (集中精力于) what I'm doing with all that noise going on.

❸ 句型训练(每小题 3 分, 满分 12 分)

1. _____ depends on _____ . (名词性从句)

他是否会来取决于他是否有足够的时间。

2. Wherever she is, you will _____ her cellphone. (never... without...)
- 无论她在哪里, 你会发现她手机不离身。

3. _____ , please think twice before you act. (no matter what)
- 不管你想做什么事, 请三思而后行。

4. If a student is invited to a dinner at a home, _____ between the time stated and 10 minutes later. (it)

如果一个学生被邀请到(别人)家里去吃饭, 明智的做法是在约定时间之后的十分钟内到。



Ⅳ 阅读理解(每小题 2.5 分,满分 10 分)

[2026·广东茂名高一期中]

Going from middle school to high school can be difficult, as students are faced with new academic (学业的) and social challenges. Before the first day of high school, there are things every soon-to-be high school freshman and their families should know.

People who have a fixed (固定的) mindset believe that they are born to be great or weak. On the other hand, people that have a growth mindset believe that their greatness or weakness is because of their own actions. I totally agree that students should have a growth mindset. I don't expect any student to move from just passing a subject to an A+. It's going to take time and focused effort; just keep working on it.

Parents should prepare students to fight the battle “on the pillow (枕头)” and “in the kitchen”. When I say “pillow” I mean sleep. Not having enough sleep can have some surprising effects on students, including improper behaviour, anxiety and poor grades. The second weapon (武器) is eating healthy and balanced meals. Studies show that students who eat nutritious meals and who exercise 60 minutes a day remain more attentive during the school day and experience improved academic achievement and grades. This last “secret” weapon is not to have over-scheduled time. Make sure students know how to set realistic plans and how to say no to tasks and activities that aren't important to them.

A lot of students know each other from primary and middle school. They are in their “comfort zones”, feeling they have a sense of control over and expectation of their relationships.

But with the first real day of high school coming, that will all change. The reason I encourage high school freshmen to step out of their comfort zones, though often scary, is that comfort zones get boring and there are many kinds of people to get to know. Let's encourage them to get involved, have fun and play.

- () 1. Which of the following represents (代表) a fixed mindset?
- A. I'm at the starting point of my ability.
 - B. My mother is not good at chemistry either.
 - C. I should start studying a little earlier next time.
 - D. It's okay if I fail; at least I've learned something.
- () 2. What might the author encourage parents to do according to the passage?
- A. To prepare healthy meals for their kids.
 - B. To praise their kids when they do well in school.
 - C. To take their kids to visit their grandparents often.
 - D. To buy soft pillows for their kids to have a good rest.
- () 3. What is the third weapon mainly about?
- A. Enjoying good health.
 - B. Being able to say no.
 - C. Planning schedules properly.
 - D. Balancing schoolwork and play.
- () 4. Which one is the best title of the passage?
- A. Making friends in high school
 - B. Academic challenges in high school
 - C. Differences between middle school and high school
 - D. Preparations for high school: what you need to know

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Ⅴ 写作

第一节 应用文写作(满分 15 分)

[2026·江西上饶高一阶段检测]

假设你是李华,你新认识的英国笔友 Mike 发来邮件,想了解你进入高中后的生活。请你给他回复一封邮件,内容包括:

1. 你对新学校的印象;
2. 你遇到的一个挑战及如何应对;
3. 你未来的一个计划。

注意:词数 80 个左右。

第二节 读后续写(满分 25 分)

[2026·湖北部分省级示范高中高一期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

Tom was in high school for half a year, yet he still didn't adapt (适应) to the new school life. He was unwilling to communicate with others. In class, he often felt lonely among his classmates, always lost in his own thoughts. As a result, he became increasingly unhappy and his learning performance began to get worse.

Mr Smith, the headteacher, noticed his unhappiness. One Friday afternoon, the teacher walked to him and said, "Tom, I've noticed that you've been a bit down lately. Is there anything wrong? Are you willing to share your feelings with me?" Hesitating (犹豫) for a

moment, Tom said in a low voice, "I just can't fit in here. I miss my parents and old friends so much, and it seems that I have little in common with the classmates here." They talked for a long time that afternoon.

The next Monday, it was time for the class to change seats as usual and the headteacher asked Jack, an outgoing and helpful boy, to sit next to Tom. Jack said cheerfully, "I'd like to make friends with you." Tom was amazed by Jack's friendly offer, but soon felt a wave of warmth flowing through his heart. Jack started a lively conversation at once, sharing his favourite hobbies and interesting experiences. Tom, who had been so lonely before, slowly found himself responding (回应) and opening up.

注意:续写词数应为 150 个左右。

Paragraph 1:

In the following days, Jack invited Tom to join in different activities. _____

Paragraph 2:

With Jack's company and encouragement, Tom began to change. _____

▶ 单元小测

WELCOME UNIT

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. The teacher **designed** a series of tasks to help the students build up their _____ (confident).
2. Your art skills are excellent, which leave me a deep _____ (impress).
3. The UK is a developed country and its _____ (nation) flower is rose.
4. We need to make a _____ (strategy) plan before starting the project.
5. Although it was hard at first, Jane came to enjoy working as a fashion _____ (design).
6. It's hard to describe how I feel on my first day at **senior high**. It's a mixture of _____ (anxious) and excitement.
7. It's just a(n) _____ (formal) party, so you can wear anything you want, like T-shirts and jeans.
8. The teacher was so _____ (annoy) with the boy for turning up late every day.
9. If you want to take a book out of the library, you just need to fill in a _____ (register) form.
10. _____ (learn) to think critically (批判性地) is an important skill today's children will need.

❷ 短语填空(每小题 2 分, 满分 16 分)

1. The movie's ending _____ (给……留下深刻印象) me—I couldn't stop thinking about it!
2. John lost touch with us one year ago; no one knows what _____ (发生) him ever since.
3. We _____ (对……感到好奇) how the astronauts drink water while they are standing on their heads.

4. He will _____ (不碰) things that might cause trouble; as he often says, "Let sleeping dogs lie."
5. After a long wait the big day for the football match came _____ (终于, 最终).
6. When the teacher explained the text, the students listened attentively and _____ (记笔记).
7. If you just look at words, you may forget them quickly, but writing them makes you _____ (集中精力于) them more efficiently.
8. When you _____ (做实验), it is important that you have the patience to observe and record the whole process of the **experiment**.

❸ 句型训练(每小题 3 分, 满分 9 分)

1. _____? Will the outdoor event still be held? (what if)
如果明天下雨怎么办? 户外的活动还会举行吗?
2. You can _____, but you cannot be a member of both due to time conflicts. (either)
你可以加入科学俱乐部或者艺术俱乐部, 但由于时间冲突, 你不能两个都加入。
3. Have a face-to-face talk with Sarah, and _____.
和莎拉面对面交谈, 你会发现她既友好又外向。

❹ 阅读理解(每小题 2.5 分, 满分 10 分)

[2026·广东广州三校联考高一期中]

Growing up with movies such as *High School Musical* and *Grease*, which presented the ideal (理想的) high school friendships, we sometimes expect a perfect relationship. Indeed, some high school friendships can be real and simple, while still some high school students

will meet a friend who causes trouble. With failed friendships come lessons and experiences learned for the future. You will know the influence after you leave high school.

“I was always worried about what my friends thought about me. Sometimes my friends would make fun of what I wore or what I would do. I always tried to get along well with them, but I realized how happy I was once I stopped contacting them after high school,” said Elisha, Class of 2020.

Most teens have not realized the big question when dealing with high school problems. In five years, will this still matter? It is hard to look at the big picture when the problems are in front of you, which is understandable. However, most teens need a moment to reflect (反思) and question if the problem matters in a long time.

Briana, a high school teacher, said, “Now, I am in contact with two high school friends. I think the friendship experiences I had in high school shaped who I am because I learned to be open-minded and befriend all kinds of people. I learned to see people for who they are, not what they wear or who they play with. I learned most of all how to be a good friend.”

High school is a small part of your life, but it has a huge influence on who you will become and where you will go. Friendships and relationships help shape who you are, whether they are good or bad. Lessons are brought, and lessons are learned.

- ()1. Why did the author use the two movies in the first paragraph?
- A. To introduce the topic of the passage.
 - B. To explain what a high school friendship is.
 - C. To recommend these two movies to readers.
 - D. To show the diversity of high school friendship.

- ()2. What did Elisha think of her “friends”?
- A. They made her feel blue.
 - B. They cared about her behaviour.
 - C. They got along well with her.
 - D. They were always worried about her.
- ()3. Why did Briana think her friendship experiences shape her?
- A. She learned to play with her friends.
 - B. She learned to make different friends.
 - C. She learned to shape her friends’ minds.
 - D. She learned to wear just like her friends.
- ()4. What’s the passage mainly about?
- A. Failed friendships make teens worried.
 - B. Good friendships greatly influence teens.
 - C. High school friendships help to shape teens.
 - D. Friendships are difficult for teens to deal with.

❶ 语法填空(每小题 1.5 分, 满分 15 分)

[2026·江西吉安五校联盟高一联考]

Do you feel anxious when moving up to senior high school? It is a completely new experience 1. _____ (explore) the new life on the campus, but there is no need for you to be over-concerned. We’ve found a guide to help you.

You are not alone. Remember that everybody else in your grade is in the same boat. You may not notice it, but they are just as nervous as you are and have the same 2. _____ (curious) to figure out how to get ready soon.

Moving up to senior high school is not a problem, but 3. _____ chance. Although things seem to be totally different, all you need to concentrate 4. _____ is to be open-minded and learn the new rules. What you can depend on is that the teachers are always willing to offer help. If you don’t know what to do or are 5. _____ (annoy) about something, ask them for help. Teachers are 6. _____

(probable) the best people to turn to because they have experience in helping newcomers.

Everything will be fine at last. Undoubtedly, you're having trouble 7. _____ (get) started in the first place and you find your academic stress reach an all-time high. However, if you are confident and determined, you'll find a way out sooner or later. As 8. _____ (know) to all, the world makes way for the man who knows 9. _____ he is going. So remind 10. _____ (you) the awkward period will not last long. Everything will turn out fine in the end.

VI 完形填空(每小题1分,满分15分)

[2026·浙江嘉兴高一月考]

When Alex entered high school, he carried a mix of 1 and hope. On the first morning, he rushed to the 2 desk to get his student ID, but he dropped his pen and papers. A boy named Leo stopped to help—he picked up the papers and 3 Alex a new pen with a smile. “Need a hand?” Leo asked 4. Alex thanked him, feeling less anxious instantly.

In PE class, the teacher asked everyone to join in a soccer game. Alex was not good at sports and wanted to 5 at first. But Leo encouraged him, “Just try—teamwork 6 more than winning!” Alex decided to join. He ran hard and even passed the ball to a teammate who scored a goal. After the game, his classmates cheered for him, and he felt a strong sense of 7.

A few weeks later, their class planned a cultural show. They needed to 8 for a hall from the school. Alex volunteered to make a 9—he drew pictures of traditional dances and wrote details about the show. His teacher praised him for being so 10. On the day of the show, Alex even helped host it. He spoke clearly and confidently, which surprised everyone—

he used to be too 11 to speak in front of a crowd.

By the end of the term, Alex had made many friends. He 12 that high school is about trying new things and supporting each other. When he saw a new student looking 13 at the gate, he walked over to offer 14—just like Leo did for him. Alex knew this was how he could pass on the kindness he 15.

- ()1. A. nervousness B. happiness
 C. sadness D. anger
- ()2. A. competition B. graduation
 C. celebration D. registration
- ()3. A. dropped B. bought
 C. found D. handed
- ()4. A. angrily B. patiently
 C. quickly D. carelessly
- ()5. A. wake up B. cheer up
 C. give up D. stand up
- ()6. A. contacts B. hopes
 C. matters D. quits
- ()7. A. direction B. responsibility
 C. achievement D. introduction
- ()8. A. answer B. apply
 C. call D. pay
- ()9. A. poster B. letter
 C. diary D. report
- ()10. A. confused B. organized
 C. worried D. surprised
- ()11. A. shy B. outgoing
 C. lazy D. proud
- ()12. A. listened B. continued
 C. learned D. forgot
- ()13. A. excited B. relaxed
 C. happy D. awkward
- ()14. A. money B. help
 C. food D. water
- ()15. A. praised B. explored
 C. doubted D. received

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