

- 第一部分 听力(共两节,满分 30 分)
- 第一节(共 5 小题;每小题 1.5 分,满分 7.5 分)
- 听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。
- ()1. Whose birthday is it today?
A. Mike's. B. Richard's. C. Susan's.
- ()2. What does the man want to be?
A. A cook. B. A teacher. C. A gardener.
- ()3. What are the speakers mainly talking about?
A. Their friend Jane. B. A weekend trip.
C. A radio programme.
- ()4. Why is Emma tired?
A. She has just finished a report.
B. She climbed a mountain.
C. She did a lot of housework.
- ()5. How does the man always feel?
A. Full. B. Hungry. C. Energetic.
- 第二节(共 15 小题;每小题 1.5 分,满分 22.5 分)
- 听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。
- 听第 6 段材料,回答第 6、7 题。
- ()6. What does the woman suggest buying first?
A. Flowers. B. A scarf. C. Chocolates.
- ()7. Where will the speakers probably go next?
A. To a garden. B. To a shop.
C. To the teacher's office.
- 听第 7 段材料,回答第 8 至 10 题。
- ()8. Who is Jane probably talking to?
A. A schoolmate. B. A teacher. C. A close friend.
- ()9. Which course does Jane like now?
A. History of art. B. Ancient Indian history.
C. History and politics in Latin America.

- ()10. What is Jane likely to do this weekend?
A. Go to a party. B. Work on a paper.
C. Have a meal with the man.
- 听第 8 段材料,回答第 11 至 13 题。
- ()11. Why is Angela Zhang in the news?
A. She won a contest.
B. She gave away \$ 100,000.
C. She reads 300 books a year.
- ()12. How old is Nithin Tumma?
A. 13. B. 18. C. 19.
- ()13. Where is Neveah Mosher from?
A. California. B. Michigan. C. New York.
- 听第 9 段材料,回答第 14 至 17 题。
- ()14. What is the possible relationship between the speakers?
A. Teacher and student. B. Classmates.
C. Colleagues.
- ()15. Where does the conversation probably take place?
A. In the classroom. B. Over the phone.
C. At the woman's home.
- ()16. Why does Tom feel stressed out?
A. He can't speak English well.
B. He has known the exam result.
C. He didn't do well in the English exam.
- ()17. What is the woman's suggestion?
A. Correcting the mistakes now.
B. Paying more attention next time.
C. Communicating with parents.
- 听第 10 段材料,回答第 18 至 20 题。
- ()18. What is the purpose of the museum?
A. To show more computers.
B. To help school children.
C. To develop the industry.
- ()19. Why does the company invite the listeners?
A. To sell them computers.
B. To get some advice.
C. To introduce the history of the company.
- ()20. When will the speaker come back?
A. In half an hour. B. In an hour.
C. In more than an hour.

- 第二部分 阅读(共两节,满分 50 分)
- 第一节(共 15 小题;每小题 2.5 分,满分 37.5 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
- Gap Year Volunteer Abroad Programme
- Ready to break free from the ordinary and start an exciting journey of change? Your gap year is your chance to discover what you're truly capable of, and Projects Abroad is here to help you make it unforgettable.
- You'll gain real-world experience and support communities in need at the same time. It's an exciting and different way to start the next chapter of your life after high school. If you are looking to do something this autumn or winter, we recommend our Gap Projects:
- Gap Project 1: Peru & the Galapagos (8 weeks)
Gap Project 2: Kenya & Tanzania (6 weeks)
Gap Project 3: Nepal & Cambodia (10 weeks)
- On a gap year programme abroad after high school, the experience can be designed to benefit your exact interests and goals. You can explore a career you're interested in, like medicine or law, and add relevant work experience to your résumé (简历). We have options for students who've put off their university acceptance, and for those who don't feel they're ready for further education just yet.
- There's a lot you can get involved in by volunteering abroad in your gap year. You can protect endangered ecosystems and wild animals on a Conservation Project. Or, give children the educational support they desperately need on a Childcare Project. If you're eager to be more independent, we recommend joining Flexi Trips to personalize your gap year programme.
- All of our programmes focus on providing long-term, sustainable solutions. We don't believe in quick fixes. So no matter how short or long your gap year abroad is, you'll be part of ongoing efforts to make a real difference.
- ()21. What can the programme help the volunteers to do?
A. Take a break from busy school life.
B. Get prepared for university admissions.
C. Pay a visit to different foreign countries.
D. Enrich experience and help communities.

- () **22.** Which can best meet one's personal needs?
- A. Flexi Trips. B. Childcare Project.
- C. Gap Project to Peru. D. Conservation Project.

- () **23.** Who would be interested in the programme?
- A. A job hunter. B. An office worker.
- C. A college teacher. D. A high school graduate.

B

Satow, now 56, left her home in Virginia two decades ago to start a new life in southern France. Born in a family of farmers with a passion for the kitchen, she had a background in catering (餐饮业) and her love of food fueled her ambition of one day moving to the French region, Provence.

Satow worked for several high-quality dining restaurants in the US, which inspired her passion for fine food, wine and cooking. She attended a cooking school in Colorado, where she completed a course in French techniques and joined a wine club.

As it happened, her British husband's job took the couple across the Atlantic and in 2005, they settled near Provence, a picturesque town. Later Satow met her French partner, Christophe Daumas, with whose support and encouragement, she started looking for a specialized space where she could offer cooking classes.

La Cuisine Provençal, her cooking school, finally opened in 2021. She now has customers from all over the world, mostly travellers coming to Provence for the first time, but also locals. In the winter when there are fewer tourists, she offers classes for French people such as creating a holiday meal. The school offers collective group classes in English and French with a maximum of 50 participants, and organizes private dinners.

At the beginning, Satow admits, she was quite concerned as an outsider and could not imagine competing with French chefs. Since then, mainly on her own, she has read hundreds of recipes, learned lots of tips, discovered French regional dishes and tasted wine at domaines (葡萄园).

She likes to stick to teaching real local cuisine with a few changes. "It is important to show respect for the local Provençal cuisine which developed over hundreds of years and is still made by local people in their homes. I've taken those recipes and improved

them with the novel cuisine and chef techniques I learned in the US, and I've added my own touch," she says.

- () **24.** What do you know about Satow before her coming to Provence?
- A. She had no working experience in catering.
- B. Her ambition was to run her own restaurant.
- C. She completed her course in cooking in the US.
- D. Her French partner gave her much encouragement.

- () **25.** What can we learn about La Cuisine Provençal?
- A. Both tourists and natives can attend the school.
- B. Most of the learners come from overseas.
- C. There are courses on cuisine around the earth.
- D. It offers classes for locals free of charge.

- () **26.** Which words can best describe Satow?
- A. Generous and influential.
- B. Outgoing and friendly.
- C. Hard-working and determined.
- D. Caring and confident.

- () **27.** What is the last paragraph mainly about?
- A. Satow's teaching strategies.
- B. Satow's attitude to cuisine.
- C. Satow's passion for cooking.
- D. Satow's life changes.

C

Today, many people spend a lot of time reading online. Whether reading news or e-books, people are spending more time eyeballing (盯住) screens. While online reading opens up a great deal of knowledge to people, there are some disadvantages too, such as eyestrain, headaches, as well as difficulty in focusing on the text. Now a new reading system, Bionic Reading, developed by Swiss typographic designer Renato Casutt, can help people overcome these issues, and most importantly, it aims to help people read faster online and develop a more in-depth understanding of written content.

The reading system improves the reading process by guiding the eyes through text with artificial fixation points. To make it short, some parts of the words are displayed in bold (粗体). As a result, the reader only focuses on the highlighted letters and lets the brain centre complete the rest. Your brain can "read" faster than your

eyes, so by essentially reducing the number of letters your eyes need to look at, you can read faster while still preserving the full context.

Casutt discovered the system by accident. He was working on designing a book in a foreign language and realized he could read it if he sectioned it off. He worked for six years to develop Bionic Reading and is still working to adjust it.

A preliminary (初步的) study was conducted by the Swiss Institute Innosuisse, but more research is needed before it can be definitively shown that the system improves reading. Some people with ADHD (多动症) prove that Bionic Reading helped them focus and comprehend what they are reading. Other people don't seem to notice a big difference compared to regular text. There's also no evidence to suggest Bionic Reading is any better than regular text. The best way to know if the Bionic Reading helps you read better online is to try it yourself.

- () **28.** What is the main purpose of Bionic Reading?
- A. To point out people's reading problems.
- B. To teach people necessary reading skills.
- C. To reduce readers' screen time and eye stress.
- D. To improve people's reading speed and comprehension.
- () **29.** What does the underlined phrase "artificial fixation points" in Paragraph 2 refer to?
- A. Words displayed in capital letters.
- B. Useful expressions.
- C. Difficult sentences in the text.
- D. Bold letters.
- () **30.** What do some people with ADHD think of the system according to the text?
- A. It is complex.
- B. It can be beneficial.
- C. It needs to be improved.
- D. It has little effect on them.
- () **31.** Which is probably the best title of the passage?
- A. A reading project for ADHD
- B. Research on language learning
- C. A system to help with online reading
- D. A tool for treating reading disability

D

Have you ever played a computer game for a long time and then kept seeing the game’s images afterward? This happened to me with the classic shape-falling game *Tetris* (俄罗斯方块), created in 1985 by Alexey Pajitnov.

Feeling stressed one evening, I turned on my switch to find a game to play and relax with. That’s when I discovered *Tetris*. Before I knew it, I was extremely interested. Even when I stopped, my brain was still playing, with the blocks falling in my mind. I started looking at objects in the real world and thinking about how they could be moved and stacked (堆叠) together. I even dreamed about *Tetris*. I was experiencing the common “Tetris Effect”.

Introduced by journalist Jeffrey Goldsmith in his 1994 *WIRED* magazine article called “This Is Your Brain on Tetris”, the effect has been observed by psychologists (心理学家) and researchers. The lasting images of *Tetris* are due to the “Zeigarnik effect”, in which people have better memories of uncompleted tasks than those of completed ones. *Tetris*, being a game that technically never ends, keeps you thinking of the game’s unfinished task, reported Tech Times. And the pleasant music stays with you, too.

There are also positives to the “Tetris Effect”. In his 1991 study, psychologist Richard Haier at the University of California found that continuously playing *Tetris* resulted in the thickness of the cerebral cortex (大脑皮层) increasing, which improves brain function (功能), reported psychology website Practical Pie.

Tetris has also been researched for use as a treatment for mental suffering. The *Yale Scientific Magazine* reported that researchers at John Radcliffe Hospital in Oxford, UK, found that playing *Tetris* appeared to reduce unpleasant memories in the short term for people affected by motor vehicle accidents.

So, the next time you want to play a computer game, why not try the classic *Tetris* and see if it improves your brain function? But be warned, you’ll likely be seeing falling blocks everywhere.

()32. What happened to the author after playing the game *Tetris*?

- A. He was relaxed completely.
- B. He was addicted to it ever since.
- C. He saw some falling blocks everywhere.
- D. He kept thinking about it even after it was over.

()33. What can be learned about the “Tetris Effect” from the text?

- A. It was introduced by a researcher.
- B. It was caused by the game’s music.
- C. It is related to the way our memory works.
- D. It is common among computer game players.

()34. What benefit can people get from continuously playing *Tetris*, according to Haier?

- A. Better brain function.
- B. Improving happiness.
- C. Reducing short memory.
- D. Comfort from bad experiences.

()35. What do you think of the author in the last paragraph?

- A. Serious.
- B. Humorous.
- C. Worried.
- D. Surprised.

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Children experience the joy and wonder of new experiences almost daily. However, for many adults, these emotions get lost in the day-to-day repetition of everyday life and routine. 36. _____

Trying new things is good for our brain. It helps us think more creatively and enhances confidence. It also helps us destress in that a new experience can help break harmful or negative routines. 37. _____ We will consider things from new and different perspectives.

It is obvious that trying new things is good for our mental health. 38. _____ Participating in new physical activities can improve our physical fitness, boost our energy levels, and enhance our overall health. For example, trying a new sport or exercise routine can increase our flexibility and strength. Having new experiences can also have a positive impact on our social lives. 39. _____ When we step out of our comfort zones and engage in new activities, we meet people with different backgrounds and perspectives, which can broaden our horizons and enrich our lives. Building new relationships can provide us with a sense of belonging.

Still, it can be scary to break routine and try something totally different. 40. _____ Start small by breaking a goal into smaller steps. And be very specific about the goal. For example, instead of

aiming to work on arm strength, make a goal of doing twenty arm curls (弯曲) a day. In addition, be realistic and make sure the goal is practicable in terms of finances and free time.

While it is easy to get caught up in the daily tiring activities of life, always keep in mind that doing something new can be the best thing we can do for ourselves. So we’d better make the wise choice.

- A. However, it is also good for our body.
- B. It can help us expand our social connections.
- C. Luckily there are practical tips to make a change.
- D. New experiences are critical for overcoming fears.
- E. Doing something new also promotes flexible thinking.
- F. Every new experience contributes to our personal growth.
- G. And yet, new experiences are vital for our overall well-being.

第三部分 语言运用(共两节,满分 30 分)

第一节(共 15 小题;每小题 1 分,满分 15 分)

阅读下面短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

I grew up in Central Java. My first job was working as a travel guide for visitors from Europe. That’s when I started using a 41, and then I 42 being a photojournalist.

I began to freelance (从事自由职业), but I wanted more 43. In 2015, I had a 44 to go to Bali for the Foundry Photojournalism Workshop, where 45 photographers (摄影师) teach students like me at low cost. And that’s the 46.

In the class taught by Maggie Steber, a national expert photographer, it’s like I was a 47, or blind, or starting from zero. But I tried to 48 every single word that Maggie said. In the end, there was a 49 and awards for the best students in each class. Maggie 50 my name, “Aji!” I never 51 to hear something like that. “What?” And then I was crying on the stage.

In 2017, I started 52 photos of the sea rise and flooding in Demak Regency on the northern coast of Central Java, in villages not far from my home. On my home island of Java, seaside areas are 53 because of rising seas caused by climate. Once large acres of land was farmland, but 54, it changed into fish ponds.

When my camera clicked, the villagers told me, “So many media are coming here, but there is no change.” After that, I’ve tried to make this project more 55.

- ()

41.

A. computer

B. phone
- C. camera

D. dictionary
- ()

42.

A. gave up

B. dreamed of
- C. put up with

D. looked down on
- ()

43.

A. training

B. money
- C. love

D. information
- ()

44.

A. talent

B. shame
- C. partner

D. chance
- ()

45.

A. funny

B. generous
- C. experienced

D. rich
- ()

46.

A. purpose

B. start
- C. end

D. result
- ()

47.

A. teacher

B. farmer
- C. baby

D. designer
- ()

48.

A. play

B. learn
- C. avoid

D. choose
- ()

49.

A. festival

B. cry
- C. doubt

D. surprise
- ()

50.

A. wrote

B. copied
- C. forgot

D. called
- ()

51.

A. waited

B. agreed
- C. promised

D. expected
- ()

52.

A. taking

B. selling
- C. hiding

D. enjoying
- ()

53.

A. in order

B. in danger
- C. in sight

D. in peace
- ()

54.

A. gradually

B. luckily
- C. hopefully

D. specially
- ()

55.

A. expensive

B. challenging
- C. serious

D. comfortable

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Last summer, I took an 56. _____ (excite) journey to China to attend a summer camp.

Upon arrival, I was warmly welcomed by the organizers. The camp was a melting pot (熔炉) of cultures, with campers from all over 57. _____ world. The days were filled with laughter and happiness. From exploring historic landmarks to 58. _____

(learn) traditional Chinese arts, each experience left a lasting impression 59. _____ me.

One unforgettable moment was during a cooking class. I teamed up with campers from Brazil to prepare traditional Chinese dumplings. Though we spoke different languages, we 60. _____ (communicate) through laughter, sharing a deep connection that transcended (超越) words. Another wonderful moment was the cultural exchange night, where we showed our talents (才艺) and shared 61. _____ (story) from our homelands.

As the camp drew to a close, I found 62. _____ hard to say goodbye. The friendships 63. _____ (make) during the camp will hold a special place in 64. _____ (I) heart. This summer camp experience in China was more than just a trip; it changed me, opening my eyes to new things and making me want 65. _____ (explore) more of this great place.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假设你是李华,你收到刚进入高一的朋友李明的来信,他告诉你他不知道该如何适应高中生活,对此感到焦虑,于是写信向你寻求帮助。请你写一封电子邮件给他一些建议。

- 注意:1. 词数 80 个左右;
2. 开头结尾已给出,不计入总词数。

参考词汇:适应 adapt to

Dear Li Ming,

Best wishes for a successful and fulfilling high school journey!
Yours,
Li Hua

第二节(满分 25 分)

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。

I still remember the first day when I entered high school. Everywhere on the campus I could smell excitement in the fresh air,

yet a thread of nervousness wound through my stomach. As I walked through the campus road, I gazed at the teaching buildings and the busy students, knowing that a new chapter of my school life was about to unfold.

In my first maths class, I quickly realized it was going to be far harder than what I was used to. The teacher talked so fast, and the mountain of homework was too much, making it hard for me to breathe. I tried to pay attention, but my mind was racing. I started to doubt myself, wondering if I could really handle high school life. I felt I could hardly follow anything. I felt lost.

After the class, I sat at my desk, feeling like I was in over my head. That’s when Mr Smith, my maths teacher, came over. He saw I was upset and asked if I was okay. I told him I was finding everything really hard and wasn’t sure I could handle it.

Mr Smith’s eyes softened as he smiled, and he said in a comforting tone, “I understand how you feel. High school is a significant leap from junior high, but it’s also an opportunity for you to grow. Everyone struggles at first. The important thing is not to give up.” He spent some time going over the maths stuff I didn’t understand.

His words made me feel a little better, and I listened closely as he explained everything again. By the end of our talk, I felt a bit more hopeful about the rest of the day and the year ahead.

注意:续写词数应为 150 个左右。

Paragraph 1:

After that day, I made up my mind to face the challenges.

Paragraph 2:

As the weeks passed, I noticed that I was making progress.