

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. How is the weather this weekend according to the weatherman?
A. Warm. B. Cool. C. Cold.

()2. What is the woman doing?
A. Reading a book. B. Writing a report.
C. Revising an article.

()3. What did the man buy?
A. A dictionary. B. A magazine.
C. A storybook.

()4. How many students are there in the man's English class?
A. 50. B. 40. C. 20.

()5. What did the man do yesterday?
A. He went to see a doctor.
B. He went to play football.
C. He went to a park.

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 is the woman doing?
A. Booking a table. B. Calling her workmate.
C. Looking for a restaurant job.

()7. When will the woman come for dinner?
A. At about 6:00 pm. B. At about 7:00 pm.
C. At about 8:00 pm.

听第 7 段材料,回答第 8 至 10 题。

()8. What is the reason for the woman's buying the new dress?
A. For a lecture. B. For a school party.
C. For a job interview.

()9. What is the price of this dress?
A. \$ 30. B. \$ 70. C. \$ 100.

()10. What will the man do tomorrow morning?
A. Stay at home. B. Go to hospital.
C. Go to Mike's home.

听第 8 段材料,回答第 11 至 13 题。

()11. What does the man do?
A. He is a teacher. B. He is an artist.
C. He is a doctor.

()12. Why will the woman go to another city?
A. To attend an art exhibition.
B. To organize a social activity.
C. To take part in free health care.

()13. What started the woman's love for art?
A. A visit to an exhibition.
B. A drawing by her grandma.
C. A letter from a famous artist.

听第 9 段材料,回答第 14 至 17 题。

()14. What did the man do on Sunday?
A. He went to the museum.
B. He visited the old castle.
C. He watched a football match.

()15. How did the man find the movie?
A. Special. B. Interesting. C. Boring.

()16. Who is Helen most likely to be?
A. The man's friend. B. The man's wife.
C. The man's daughter.

()17. What food did the man have?
A. Italian food. B. Thai food.
C. Chinese food.

听第 10 段材料,回答第 18 至 20 题。

()18. What is the purpose of the projects?
A. To offer jobs abroad.
B. To let people get higher education.
C. To improve international understanding.

()19. What kind of project is the one in Japan?
A. A short-term project.
B. A medium-term project.
C. A long-term project.

()20. Who is the final project aimed at?
A. Japanese learners. B. Medical students.
C. Painting lovers.

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

Four wonderful online activities

Basic Mediation (调解) Skills Training

Date and time: July 22, 9 pm—August 2, 2 pm

During this training, you will learn the basic knowledge of mediation, including communication strategies and talk skills. Our experienced instructors will guide you through real-life cases and case studies, allowing you to practise and apply your new-found knowledge.

Online Creative Writing Summer Camp

Date and time: July 9, 1 pm—5 pm

Welcome to Online Creative Writing Summer Camp! Get ready to discover your creativity from the comfort of your own home. This camp is designed for writers of all levels who want to improve their skills and learn new skills. Don't miss this chance to connect with fellow writers, receive feedback (反馈) on your work, and take your writing to the next level.

Youth Innovation (创新) Programme at Lasell University

About this event: Event lasts 12 hours

Lasell University's pre-college programmes are for middle and high school students to explore their creativity and build the important life skills to give them what they need to succeed in life. Do you love shoes? Ever wonder how shoe innovators come up with their designs? Take this 4-week course and learn from Senior Footwear Innovator about the design and development of shoes.

Maths: Understanding fluency

Date and time: Wednesday, July 3, 19:45—20:45

Years: Y1, Y2, Y3, Y4, Y5, Y6, Primary

Mathematical fluency is related to the development of number sense, which allows learners to understand numbers deeply and use them freely. This course explores how we can help learners to think effectively (有效地) so they have the skills to fall back on if they are

unable to remember fluency facts and also help them to solve problems that are related to numbers.

() **21.** What can people get in the writing camp?

- A. New writing materials.
- B. Chances to become famous.
- C. Experience from different authors.
- D. Chances to publish their own works.

() **22.** What is the goal of the programme at Lasell University?

- A. To increase students' sense of fashion.
- B. To design shoes for younger children.
- C. To make students prepared for the college life.
- D. To let students know about the shoe industry.

() **23.** What do the four activities have in common?

- A. They all focus on usefulness.
- B. They are based on real-life cases.
- C. They encourage people's creativity.
- D. They are designed by experienced instructors.

B

The other day, my sister and I were sitting in the restaurant, trying to have a conversation, but her children, four-year-old Willow and seven-year-old Luca, would not stop fighting. The arguments—over a fork, or who had more water in a glass—never stopped.

Then my sister reached into her handbag, produced two shiny iPads, and handed one to each child. Suddenly, the two were quiet. They sat playing games and watching videos, and we continued with our conversation.

After our meal, as my sister stuffed the iPads back into her bag, she said, “I don't want to give them the iPads at the dinner table, but if they keep them occupied for an hour so we can eat in peace, I often just hand them over. I am afraid that it's bad for them. I do worry that it makes them think it's OK to use electronic devices at the dinner table in the future.”

Dr Gary Small, the director of the Longevity Centre at the University of California, Los Angeles says that the brain is highly sensitive to stimuli (刺激物), like iPads and smartphone screens, and that if people spend too much time on one technology, and less time interacting (互动) with people like parents at the dinner table, that could prevent the development of certain communication skills.

“Conversations with each other are the way children learn to have conversations with themselves, and learn how to be alone,” said Sherry Turkle, a professor of Science, Technology and Society at the Massachusetts Institute of Technology. She fears that children who do not learn real interactions, which often have imperfections, will come to know a world where perfect, shiny screens give them a false sense of intimacy (亲密) without risks. However, they need to be able to gather themselves together and know who they are. So some day they can form a relationship with another person without a panic of being alone. “If you don't teach your children to be alone, they will only know how to be lonely,” she said.

() **24.** What did Willow and Luca fight about?

- A. Little things.
- B. iPads.
- C. Delicious food.
- D. Interesting things.

() **25.** How did the author's sister feel about offering children iPads?

- A. She was critical of it.
- B. She was uncertain about it.
- C. She felt it was worth a try.
- D. She felt surprised at its effect.

() **26.** According to Dr Small, what should parents do?

- A. Provide their children with various technologies.
- B. Teach their children communication skills.
- C. Limit their children's screen time.
- D. Talk to their children at the dinner table.

() **27.** What is Sherry Turkle worried?

- A. Children are afraid of taking risks.
- B. Children try to escape from the real world.
- C. Children can't deal with companion-less situations.
- D. Children can't live without electronic devices.

C

If you want to have a dream where you know you're dreaming, you might be in luck. A phone app still in testing seems to increase users' possibilities of having lucid (清醒的) dreams.

Before bed, the app has users listen to a specific sound, such as a series of beeps, and practise associating that signal with an awareness of their thoughts and body. When the app plays that sound six hours later, it's meant to reactivate (使恢复活动) that self-awareness, allowing sleeping users to have a lucid dream.

These types of sensory signals have proved quite effective to have lucid dreams in sleep studies. A researcher usually tracks someone's sleep by playing sounds during the REM (Rapid Eye Movement) stage, when lucid dreams are most likely. New experiments show that a rough approximation of the technique using an app can promote lucid dreaming at home, researchers reported in the October *Consciousness and Cognition*.

Neuroscientist Karen Konkoly of Northwestern University in Evanston and her colleagues built and tested the app. In one experiment, 19 people used it every night for a week. Before that week, the group reported an average of 0.74 lucid dreams. During the week of app use, that went up to an average of 2.11 lucid dreams. But it wasn't completely clear that the app's sound signals led to that increase. So the team ran another experiment with 112 people.

Everyone got lucidity-triggering sounds from training while they slept the first night. But on the second night, the app changed the sound mode. Only 40 people heard sounds from training while they slept. Another 35 got new sounds. The final 37 heard no sounds.

The first night, 17 percent of participants reported lucid dreams. The second night, people who heard training sounds kept up that rate of lucid dreaming while just 5 percent of the people in the other two groups had lucid dreams, indicating that the real sound signals were indeed behind the app's effectiveness.

() **28.** How does the app help users to have a lucid dream?

- A. It restarts users' awareness by playing some specific sounds.
- B. It practises some special signals to confuse the thoughts of users.
- C. It applies a technique to associate sounds with their sleep training.
- D. It tracks users' sleeping quality by playing sounds during the REM stage.

() **29.** What can we know from the experiments?

- A. The results of the two experiments were quite different.
- B. People couldn't have a lucid dream without the app's sound signals.
- C. All the participants reported a lucid dream in the second experiment.
- D. The use of the app did increase the possibilities of having lucid dreams.

- ()30. How did the scientists do the research?
A. By making comparisons. B. By analysing sounds.
C. By giving examples. D. By giving explanations.
- ()31. What may be the best title for the text?
A. An app: improving sleep quality
B. An app: increasing lucid dreams
C. An app: letting your dream fly
D. An app: exploring the dream world

D

“The benefits of spacing and retrieval (检索) practice have been confirmed over and over in studies in labs, classrooms, workplaces, but the reason why we’re showcasing this research is that these two techniques haven’t fully caught on. If they were applied all the time, we’d see dramatic increases in learning,” said Iowa State University Psychology Professor Shana Carpenter.

In the paper, Carpenter and her co-authors describe spacing as a strategy to learn in small doses over time. It’s the opposite of cramming the night before an exam. In one study, medical students who received repeated surgery training over three weeks performed better and faster on tests 2 weeks and 1 year later compared to medical students who had the same training all on one day. Carpenter says there isn’t a universal rule about how much time to schedule between practice sessions. But research shows returning to the material after forgetting some—but not all—of the content is effective.

Retrieval practice is a strategy that involves recalling what was learned previously. It can take many forms, including flash cards, practice tests and open-ended writing prompts (提示), and helps learners recognize what they do and don’t know. The paper’s authors emphasize that people who check their responses for errors or get feedback right away learn even better.

The authors argue people who combine spacing and retrieval practice have the best chance of remembering information. “Forgetting is a very natural thing; you can’t stop forgetting even if you try, but you can slow down forgetting by using retrieval practice and spacing,” said Carpenter.

Carpenter acknowledges many people do not like making mistakes or realizing they don’t understand the material as well as they thought. It may arouse insecurities, a fear of failing or some other emotions they want to avoid. But there’s a good chance they’ll

eventually have to face up to what they don’t know. “Learning how to learn is going to ensure that anywhere you go after the formal education years, you’re going to know how to learn something and be successful,” she said.

- ()32. Why does Carpenter present her research?
A. To introduce a new discovery.
B. To advocate the learning strategies.
C. To share her achievements.
D. To restate her opinion about learning.
- ()33. Which can best replace the underlined word “cramming” in Paragraph 2?
A. Working hard. B. Staying calm.
C. Feeling regretful. D. Taking exercise.
- ()34. How can one learn more effectively according to the text?
A. By making as few mistakes as possible.
B. By learning a lot in a short time.
C. By reviewing errors regularly.
D. By checking and reflecting.
- ()35. What is the main idea of the text?
A. Picking up a new hobby is beneficial.
B. Forgetting is natural, but slow it down.
C. Spacing and retrieval practice benefit learners.
D. Combining all learning strategies is the key to success.

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。

Protecting your identity online is very important. In the digital age, some data leaks are out of our control, like when companies get hacked. 36. _____. Here we share some to make sure identity thieves don’t steal your personal information.

37. _____

Keeping an eye on your credit is an important way to make sure no one is trying to mess around with your personal financial (财务的) information. You can get a free credit report from companies like Equifax, Experian, or TransUnion. This will help you see if anyone is trying to use your financial information.

Be on the lookout for unusual statements or bills

Regularly looking at statements or bills will help you notice if there is suspicious (可疑的) activity happening in any of your accounts.

38. _____. Catching fraud (诈骗) early makes it easier to fix the problem.

Cut files with personal information into small pieces

39. _____! Instead, tear these documents into pieces, as they might have your full name, phone number, address, social security number, bank account information or other private personal details. Check out this helpful guide, and do it now.

Stay safe while travelling

If you want to protect your identity online while travelling, take extra steps. Let your bank know where you’re going and how long you’ll be away and ask the post office to hold your mail. If any bills are due while you’re away, see if you can plan payments before you leave. If you need to pay a bill online while you’re away, make sure you’re connected to a secure Wi-Fi network. 40. _____.

- A. Check your credit report
B. Don’t read something that annoys you
C. Stop talking about your company online
D. However, there are measures you can take to stay safe
E. If you see something strange, contact your bank at once
F. These steps will help keep your information safe on your trip
G. Don’t throw files with personal information into the wastepaper basket

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。

After spending far too much time on apps and social media over the last few years, I decided it was time for a change.

One day, I realized I’d 41 my phone over 100 times. I’d started to get really frustrated with how I was spending my 42 time. Something had to 43.

So, I 44 my social media apps from my phone. And I made a promise to myself to do something more 45 with my time.

At first, it wasn’t 46 for me to find things to do.

I’m embarrassed to 47 that I’d stopped reading as much over the last couple of years. But then a friend 48 Readly to me. I’d always loved reading 49 and thought it was time to give them a go again.

The selection is amazing: food, fitness, lifestyle, culture, crafts

and hobbies are all 50 . I’ve been using Readly in the evenings to 51 instead of watching TV. I’ve also found it great for inspiration and 52 for new recipes. We’ve been doing some redecorating, so the 53 section has been really helpful. Having so many past issues to 54 is just fantastic.

In addition, I’ve 55 it with my family. My husband loves the car, sport and business magazines. My daughter is a teacher and loves getting inspiration from the kids news, science and history magazines.

- ()

41.

A. examined

B. searched

C. checked

D. tested
- ()

42.

A. busy

B. spare

C. devoted

D. sensible
- ()

43.

A. turn

B. change

C. hide

D. exchange
- ()

44.

A. contacted

B. passed

C. deleted

D. protected
- ()

45.

A. patient

B. positive

C. popular

D. proud
- ()

46.

A. easy

B. super

C. fancy

D. funny
- ()

47.

A. admit

B. receive

C. accept

D. wonder
- ()

48.

A. selected

B. cheated

C. ordered

D. recommended
- ()

49.

A. newspapers

B. stories

C. novels

D. magazines
- ()

50.

A. wasted

B. covered

C. impressed

D. caused
- ()

51.

A. benefit

B. confirm

C. deliver

D. relax
- ()

52.

A. ideas

B. dreams

C. memories

D. movements
- ()

53.

A. design

B. photograph

C. dress

D. model
- ()

54.

A. hold on

B. put away

C. look through

D. pack up
- ()

55.

A. ensured

B. replaced

C. shared

D. limited

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。

The Malay people have taken great interest in the lion dance, a tradition 56. _____ appeared over a thousand years ago in China and has many 57. _____ (lover) in modern Malaysia.

Among them is Adzwin Puteri Faizal. With fine and 58. _____ (energy) movements, the 18-year-old Adzwin plays the role of the lion’s tail and moves as one with her partners, 59. _____ (powerful) jumping and keeping balance. Adzwin 60. _____ (be) part of the association for the past five years. She makes efforts 61. _____ (practise) and build up her experience in the art form along with her teammates aged 10 to 18.

The lion dance in Malaysia shares its roots (起源) with the Chinese lion dance, specifically from the southern lion dance style. 62. _____ first, the lion dance was performed during Chinese festivals and celebrations. But with the mix of Malaysia’s ethnicities (种族特点) and cultures and the 63. _____ (unique) of the lion dance, the lion dance gradually becomes a beloved cultural activity for all communities and 64. _____ (it) cultural value is widely recognized by the public.

The year 2024 marks the 50th anniversary of the establishment of diplomatic (外交的) ties between China and Malaysia. Both sides celebrate the lion dance as 65. _____ way of shared history, and jointly promote and safeguard the heritage.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假定你是李华,上周你校艺术俱乐部举办了主题为“数字国画欣赏”(Appreciation of digital Chinese painting)的活动。请你为校英语报写一篇报道,内容包括:

1. 活动介绍(时间、地点和内容等);
2. 活动反响。

注意:写作词数应为 80 个左右。

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。

Josh was a young boy who loved playing video games. He had a group of friends with whom he played online, and they made a great team. They used headsets (耳机) to talk to each other while playing games together, and they did this almost every day.

One Sunday afternoon, Josh’s mum, Andrea, approached him with a special request. She asked if he could help her make leche flan (焦糖布丁), which was Josh’s favourite dessert (甜点). His mum had been working very hard lately, but she always tried to spend more time with him. Josh wanted to play games with his friends because they hoped to do well in matches to compete for prizes. He finally refused his mum’s request.

A week later, Josh’s team lost many of their matches. Josh was very sad. This meant they wouldn’t be able to take part in the upcoming final. He wished he had spent more time playing games with his friends.

One evening, he came home and his mum wasn’t in. He texted her and found out she was in the hospital because she had fainted at work. She said she was safe and asked Josh to pick her up later at night.

Josh was at a loss. He realized that his mum was overworking herself. He wanted to express his feelings without just saying sorry, but he wasn’t sure how. Then he remembered a moment from his childhood. After a bad day at school, his mum had promised him “something that will cheer you up”. After working in the kitchen, she had brought out a plate of fresh leche flan. She ate a spoonful of it and smiled happily. Leche flan was also his mum’s favourite.

注意:续写词数应为 150 个左右。

Paragraph 1:

Back in the present, Josh decided to cheer up his mum.

Paragraph 2:

Josh went to the hospital to pick up his mum.