

- （ ）8. What is the probable relationship between the speakers?
- A. Brother and sister.
- B. Teacher and student.
- C. Co-workers.

听下面一段对话，回答第 9 至第 10 小题。

（ ）9. What is one advantage of e-books mentioned by the man?

A. They are easier on the eyes.

B. They are cheaper and eco-friendly.

C. They have a unique feel.

（ ）10. What is the woman’s main reason for preferring paper books?

A. They are cheaper than e-books.

B. They are more convenient for travel.

C. She enjoys the physical experience of reading them.

听下面一段对话，回答第 11 至第 12 小题。

（ ）11. What is the man’s main concern about AI?

A. It may destroy too many jobs.

B. It might lead to unemployment.

C. It will make work less creative.

（ ）12. What is the woman’s attitude towards AI?

A. She guesses it’ll be a threat to society.

B. She thinks it beneficial if done right.

C. She proves it is a tool for progress.

听下面一段独白，回答第 13 至第 14 小题。

（ ）13. Who might the speaker be talking to?

A. Students learning about technology.

B. Teachers interested in multimedia tools.

C. Researchers studying education methods.

（ ）14. What is the speaker doing?

A. Explaining the benefits of multimedia teaching.

B. Demonstrating a new research project.

C. Introducing a university programme.

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。

Information technology	
15. _____ its basics	covers hardware, software, networks, and data management... is crucial as they form the building blocks of IT systems

(续表)

Note its 16. _____ applications	In business, it streamlines operations. In health care, it improves patient care. In 17. _____, it offers global learning access. But data security issues also arise
Look at the future trends	Artificial intelligence, machine learning, and the Internet of Things are at the forefront of IT development. Keeping an eye on these trends helps us expect 18. _____ and prepare for the future

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 says ...

下面，请准备录音。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。

Social media platforms have enjoyed popularity over the past decade. Many of us use social media to connect, share content, read the news, or just kill time.

There seems to be no harm in using social media platforms every now and then, even every day, but more and more people are reporting that heavy social media use has a negative impact on their physical or mental health, and makes them less productive at school or work. That explains why social media addiction is gaining more and more attention.

If you’re overly concerned about social media, driven by an uncontrollable urge to use social media, and devote so much time to social media that it influences other important life areas, you’re addicted to social media.

下面，请准备录音。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: What do people usually do on social media?

下面，请准备录音。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 problems does heavy social media use cause?

下面，请准备录音。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: List two signs of social media addiction.

下面，请准备录音。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)



错题本

[2026·北京海淀高一期末]

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。

Anna, Sumi's daughter, has always been called "Number 23". Every time the school 1 exam results, Anna would always end up in 23rd position among 50 pupils regardless of topic or term. Every time Sumi heard that nickname, it caused her 2.

Sumi did everything to help Anna, such as getting professional tutors and packing brain food. And Anna tried hard, giving up all her hobbies and moving from one class to another, even on weekends. But then something terrible happened—she lost her appetite, couldn't sleep, and sweated a lot. 3, she got terribly sick. That's when Sumi caved in. She stopped 4 and gave Anna more space and independence. And just like that, Anna 5 back to being the cheerful little child.

One day, Sumi and her pals went on a family outing. Later, on the journey back, they got delayed in traffic for hours. The kids were getting 6. Anna started delivering jokes like a big sister. Then she took the leftover candy boxes, and cut them into paper animals with scissors. Before everyone said goodbye, she presented one to each youngster as a souvenir. The other parents were shining with 7. For the first time in years, Sumi felt something surge in her chest—pride.

Not long after, Sumi got a phone call from Anna's class teacher. The teacher said, "Anna's grades haven't changed much. But everyone in our class adores her. They said she's a real-life hero. She helps others, listens, and involves everyone. You're raising a truly 8 child." Sumi cried after the call.

When Anna returned home, Sumi 9 shared the call. "Mum, I'm not a hero. I don't want to be one, either. When a hero walks down the road, everyone claps for them. I want to be the one 10." Maybe being "Number 23" isn't that horrible after all.

- ()1. A. received B. released C. summarized D. corrected
()2. A. anger B. relief C. concern D. confusion
()3. A. Suddenly B. Eventually C. Unexpectedly D. Accidentally
()4. A. pressing B. judging C. blaming D. caring
()5. A. fell B. bent C. slipped D. bounced
()6. A. nervous B. weak C. restless D. scared
()7. A. curiosity B. pride C. appreciation D. inspiration
()8. A. optimistic B. wonderful C. skilful D. intelligent
()9. A. excitedly B. calmly C. humbly D. hesitantly

- ()10. A. leading B. waiting C. watching D. clapping

第二节(共10小题;每小题1.5分,共15分)

[2026·北京育英中学高一月考]

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

Li Bai was a Chinese poet praised from his own day to the present 11. _____ a romantic figure who took traditional poetic forms to new heights. Twenty-nine of his poems are included in *Three Hundred Tang Poems*. His early poetry took place in the "golden age" of Tang Dynasty. This all changed suddenly when all of northern China 12. _____ (destroy) by conflict. Fortunately, many of his poems 13. _____ (survive) ever since, enjoying lasting popularity in China and elsewhere.

B

Frost's Descent is the last solar term of autumn, 14. _____ (symbolize) the beginning of cold and the end of autumn. During this period, the weather is much colder than before and frost 15. _____ (begin) to appear. And the world is filled with the atmosphere of late autumn. Eating persimmons during this time can help people resist the cold and protect their bones. The pear is another recommended fruit, 16. _____ can promote the secretion of body liquid, clear away heat and reduce sputum.

C

When Michael Jordan's feet left the ground, time seemed to stand still. The player who became 17. _____ (know) as "Air Jordan" changed basketball with his graceful moves and jumps. Jordan's skills were impressive, but the mental 18. _____ (strong) that he showed made him unique. In the final seconds of a game, Jordan always seemed to find a way 19. _____ (win). Jordan says that the secret 20. _____ his success is learning from his failures.

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·北京大兴高一期末]

Some helpful apps for students

There's almost an app for everything nowadays, and this can make student life easier, cheaper, safer and more fun. Whether you want help with taking notes, revising, waking up on time or keeping fit, read on for our student app picks.

Lecture recording apps

Just a few years ago, students attending lectures would have to spend the entire time writing wildly on notepads, in order not to miss any vital bit of information. Then along came technology, and now, lecture recording apps are a reality.

Sound Note is a popular lecture recording app for iPad users. You can store the entire lecture in both visual and audio form. Other good quality lecture recording apps include Notes Plus and Audio Memos Free—The Voice Recorder.

Student planner apps

Organization is key to success and well-being at university, and student planner apps are becoming increasingly popular. As well as saving on paper, many student planner apps also send reminders and warnings straight to your phone or device. Popular student planner apps include Timetable, My Class Schedule and Class Timetable.

Student safety apps

A number of apps for students have been developed promoting personal safety if out alone at night. The Circle of Six app is particularly useful for locating lost friends on nights out and also allows users to send their circle of six friends an instant call for help at the touch of a button. The GPS tracker will mark your location on your friends' devices, ensuring you'll always be able to find one another if necessary. Other student apps that promote safety include bSafe and React Mobile.

Healthy eating apps

If you're interested in eating healthily while keeping to a student budget, consider downloading a few healthy eating apps. Examples I've come across which are perfect apps for students include Rockin Ramen, a student app featuring a number of nutritious recipes with Ramen as a main ingredient, and MealBoard, an app which plans healthy meals, grocery shops and recipes based on what you've got in the fridge.

()21. Which apps send reminders to users?

- A. Lecture recording apps. B. Student planner apps.
C. Student safety apps. D. Healthy eating apps.

()22. What can we learn about the Circle of Six app?

- A. It allows users to seek help during an emergency.
B. It encourages users to communicate with friends.
C. It enables users to store the entire lecture.
D. It helps users to lead a healthy life.

()23. Tim is a picky eater, which app will you recommend?

- A. Sound Note. B. Class Timetable.
C. React Mobile. D. Rockin Ramen.

From a young age, I usually topped my class, winning awards and praise. My parents were proud and I dreamed of becoming a doctor someday.

However, things began to change in my second year. My father found a new job so we moved, and I had to enter a new school. The new environment was a significant challenge. Although I tried my best to fit in, struggling to connect with my new classmates, I was still lonely and out of place.

I started avoiding homework, and even lost interest in school. By the end of this term, I had failed my final exam, letting down both my family and myself. Eventually, I made the decision to drop out.

For several years, I lived with deep regret. Then in 2014, I attended a children’s concert where a guest speaker shared a powerful message about the life-changing value of education. The words touched something in me. That evening, I wrote a heartfelt letter to my parents, pouring out my regrets and asking for a second chance to go back to school. To my relief, they said yes.

I was admitted to the school again, several years older than my classmates so the early days were even tougher. But I stayed focused and tried to rebuild my confidence. Gradually, I found my rhythm. I studied hard and reconnected with my classmates. Soon my grades improved. Teachers began to notice that and classmates grew respectful. I was chosen as the monitor. On the graduation day when I walked across the stage, I realised that I was not a student but someone who had overcome a personal failure.

Looking back, I see now that my failure was a powerful teacher. It taught me to keep going and value a second chance. Most of all, it reminded me I am capable of writing my own story.

()24. Why did the author enter a new school?

- A. To get better educational resources.
- B. To experience a different environment.
- C. To realise her dream of studying medicine.
- D. To follow the change of her father’s work.

()25. What did the author decide to do in 2014?

- A. To go back to school.
- B. To attend more concerts.
- C. To write her own book.
- D. To share the value of education.

()26. Which word can best describe the author?

- A. Responsible.
- B. Creative.
- C. Determined.
- D. Patient.

()27. What can we learn from the passage?

- A. Fresh start reshapes life.
- B. Failure is a must for success.
- C. Hard work beats natural talent.
- D. Chance favours the prepared mind.

Recently, a friend announced that her new goal was to stop feeling anxious, and instead to make her life “an adventure”. She asked for my advice. I told her something that Danish philosopher Søren Kierkegaard recognized as “an adventure which every man has to face if he would not fail in life”. He regarded this as “the most important thing” in life.

You might think that anxiety (焦虑) is an absolute trouble, to be avoided whenever possible. But that is not correct. If you remove all anxiety when you’re driving, you may not be sufficiently aware of the dangers of traffic. Even those with serious anxiety get some mental benefits from their anxiety, like awareness of others and greater self-knowledge.

How does this all square with an adventure? In 2014, researchers found that flow states (心流状态) in people performing a difficult computer task were highest when subjects felt some anxiety but not too much. A recent study showed that although no one wished to go through these stressful events again, they later tended to report various benefits from their experience of anxiety. They felt free from past troubles and had a clearer understanding of life’s meaning.

Clearly, anxiety is not the enemy; it can even be a friend if understood and managed correctly. So this is what I recommended to my friend: “Start by fully realising and accepting these sources of anxiety. Then rethink them as exciting challenges, not as black clouds. Picture yourself getting along with your partner in a new, energetic way, putting together a whole new plan for bettering your health or rebuilding your work, or taking action for a cause that you care about. This positive response is what will turn the source of your anxiety into an adventure.”

My friend asked a follow-up question: “Does it mean I won’t mind my anxiety anymore?” “No,” I said, “you probably still won’t like it.” Anxiety is, in Kierkegaard’s words, the “dizziness (眩晕) of freedom”—the cost of doing the business of being fully alive. You always have to pay that cost, and it is not supposed to feel good. It’s just supposed to be worth it.

()28. The author mentions Søren Kierkegaard mainly to _____.

- A. stress a problem
- B. draw a comparison
- C. predict the ending
- D. highlight an opinion

()29. What is Paragraph 4 mainly about?

- A. How to make anxiety an adventure.
- B. Why people should accept their anxiety.
- C. The meaning of anxiety as an adventure.
- D. Practical ways to get along with partners.

()30. What can be inferred about anxiety from the passage?

- A. Everyone experiences anxiety.
- B. Anxiety clouds self-awareness.
- C. Anxiety is a price worth paying.
- D. Medical treatment is unnecessary.

Imagine opening your door and inviting the world to listen to your most private conversations. Unbelievable, right? However, in the digital world, people half open the door, which may allow technology companies, service providers and safety agencies to look into their private communications.

End-to-end encryption is here for you, which refers to a digital protection for online communication. It is used by major messaging apps and services to safeguard users’ privacy. Although end-to-end encryption effectively protects the safety of messages, it is not foolproof against all network dangers. I believe that continuous progress in encryption will finally help it deal with all network dangers. And understanding end-to-end encryption is important for keeping privacy in people’s digital lives.

When you use end-to-end encryption to send messages through an app, your app acts as a cryptographer (译解密码者) and encodes (编码) your message using an encoding key. This process transforms your information into a password. This ensures that the message remains a private exchange between you and the people who receive it.

When the message reaches its receiver, the receiver’s app uses the decoding (解密) key to unlock the message. This decoding key is the only key capable of encrypting the message, translating the encrypted text back into readable form. Each side who communicates using this form of encryption has two encryption keys, one public and one private. You share your public key with whoever wants to communicate safely with you, and they use it to encrypt their messages to you. But that key can’t be used to decode their messages. Only your private key, which you do not share with anyone, can do that. In practice, you don’t have to think about sharing keys. Messaging apps that use end-to-end encryption solve that behind the scenes. You and the people you are communicating safely with just have to use the same app.

While the effectiveness of end-to-end encryption in protecting privacy is a subject of much discussion, for the average users, end-to-end encryption offers a safe protection against most forms of digital

