



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

主编 肖德好

练习册

高中英语

必修第三册 WY

01

培养核心素养，聚焦主题语境

Unit 1 Knowing me, knowing you

主题素养积累

Many people expect that their friends will always be there. They expect friendships to last forever. Yet, friendships end and friends **part company** every day. Unfortunately, even the best **maintained** friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just **drift apart** and **fade away** with time. The friendship slowly loses importance and finally disappears. Sue said, "The end of our friendship was a gradual thing. I moved from one side of the metropolis(大城市) to the other. We had over an hour's drive to see each other. For a year or so, we met less and less. Then our friendship ended." John wrote, "**I didn't even know the friendship was over until I caught myself thinking of Alan as a former friend.**"

Other friendships **break up** suddenly from a disagreement or a move to another town. Paul

different ways, the friendship most likely will be lost."

Regardless of why, when, or how friendships end, there is always some pain of loss. **When nothing can be done to mend the friendship, it is important to feel the pain fully.** Then move on to **enhance** another friendship or build entirely new friendships.

【主题词句背诵】

1. part company (with/from sb) 离开;分手;断绝关系
2. maintain v. 保持,维持
3. drift apart 逐渐疏远
4. fade away 逐渐消失
5. catch sb doing sth 发觉/当场发现某人正在做某事
6. think of...as... 把……看作……
7. break up 关系破裂
8. struggle with 与……做斗争,努力应付

02

夯实语言基础，搭建知识框架

词汇点睛

1. **let...down** 使……失望,辜负;使美中不足

let off steam 发泄怒气,宣泄情绪

(教材 P2) We played well, but I felt the team were **let down** by one member, our point guard. 我们打得很好,但我感觉整个团队都被一个队友拖累了,那就是我们的控球后卫。

(教材 P2) I was just **letting off steam** really, because I was so angry, but then my friend went and told everyone else what I'd said.

我真的只是发泄一下怒气,因为我太生气了,可我的朋友随后把我说的话告诉了其他所有人。

let alone	更不用说;不打扰
let sth go/let go (of sth)	放开;松手;放弃
let out	放出,使(水、空气等)通过;发出(声音等)

句型透视

1. (教材 P2) **I'm crazy about basketball, and pretty good at it too, which is probably why I was so mad when we lost our last match.** 我酷爱打篮球,打得也很好,也许正因如此,在我们队输掉了最近的比赛时我才相当恼怒。

句型公式

why 引导的表语从句

【句式点拨】

句中 why 引导表语从句,意为“……就是……的原因”,why 在表语从句中作原因状语,不能省略。

【归纳拓展】

because... 表示“这/那/它是因为……”,because 后跟事情的原因。

(1) This/That/It is

why... 表示“这/那/它就是……的原因”,why 后跟事情的结果。

课内基础巩固

I 单词拼写(每小题1分, 满分4分)

1. _____ (蒸汽) engines were used to power trains and boats, helping people to travel greater distances in shorter time.
2. Governments must develop clear _____ (策略) to address climate change while taking into account public concerns.
3. Everyone has strengths and f _____, and it is through recognizing both that we achieve true personal growth.
4. Her l _____ tremble, big tears rolling down her cheeks.

II 单句填空(每小题1.5分, 满分12分)

1. With each _____ (breathe) he took, his

7. Young children tend _____ (cry) as a signal that they are hungry or uncomfortable.

8. They didn't follow the instructions properly, and that's _____ the machine broke down.

III 短语填空(每小题2分, 满分16分)

1. I don't want to _____ my parents _____ (使失望) by failing the exam, so I'm going to study harder.
2. I didn't say anything, but after school, I ran around the track a couple of times just to _____ (宣泄情绪).
3. He is such a kind person that he is always willing to _____ others _____ (帮一把).

课后素养提升

V 阅读理解(每小题2.5分, 满分10分)

[2025·浙江余姚中学高一期中]

Last year, my husband and I decided to make our 12-storey building more of a community. We live in a small rented apartment in Park Merced, a large housing development. I would call us lower-middle-class. A lot of nurses, bus drivers, and tradesmen live here, many of them 1st or 2nd generation immigrants.

We're all renters. Renters come and go and tend not to see the buildings they live in as their home. But it can be done. We started with a monthly two-hour social in the building lobby (前厅) on the second Friday of each month. Some people came, between 15—30 each time. The events lasted two hours, but there wasn't much to do besides talking, eating

next day, Saturday, more people played. I planned to leave the map and stickers up for a month or more. They certainly made the lobby more interesting than the housing project look it usually has.

I see that there will be challenges, but I also know that a strong community will help us live good lives. I have the time and energy to do this work.

- () 1. What trouble did the author have building a community?
- A. The community was poor.
 - B. She lacked enough money.
 - C. Renters had no sense of belonging.
 - D. Her neighbours were all immigrants.
- () 2. How did the author find her earlier events?
- A. Fruitful.
 - B. Ordinary.
 - C. Inspiring.
 - D. Messy.

III 写作

第一节 应用文写作(满分15分)

[2025·安徽安庆高一期中]

假定你是李华, 你的英国笔友 Lucy 来信说, 她家搬到了一座新城市, 她几乎没有朋友, 每天除了上课就是在家上网, 感觉很孤独, 请你给她写一封邮件, 劝她多结交朋友, 参加社交活动。词数 80 个左右。

Dear Lucy,

Yours,
Li Hua

第二节 读后续写(满分25分)

[2025·湖南长沙高一期中]

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。

After Walter Bergen's wife died, he was thrown into deep sorrow and loneliness. He paid no attention to anything. His house fell into disrepair, with dust gathering everywhere and dirty dishes piling up in the sink. He gave up cooking and survived on TV dinners and toast. His clothes went unwashed, and he neglected his personal care, with a shaggy beard and messy hair.

His daughter, Melanie, was extremely

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Unit 1 Knowing me, knowing you

★ 提示：加底纹词汇为复现词汇

Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写(每小题 1 分, 满分 4 分)

1. _____ (蒸汽) engines were used to power trains and boats, helping people to travel greater distances in shorter time.
2. Governments must develop clear _____ (策略) to address climate change while taking into account public concerns.
3. Everyone has strengths and f_____, and it is through recognizing both that we achieve true personal growth.
4. Her l_____ tremble, big tears rolling down her cheeks.

❷ 单句填空(每小题 1.5 分, 满分 12 分)

1. With each _____ (breathe) he took, his body trembled slightly, a sign of his nervousness in the face of the difficult task ahead.
2. The parcel had only been _____ (loose) wrapped, and the paper had come off.
3. Local officials were _____ (concern) about the pollution and felt that some measures should be taken to resolve the problem.
4. A seed of hope was sown in my heart in secret—I made a _____ (resolve) that I would try to be a scientist like my grandfather.
5. The sun _____ (sink) below the horizon, and water vapor rose from the hot spring, creating a dreamy scene.
6. On seeing this scene, we all roared with laughter, _____ (signal) that my dad's doubts were removed as well.

7. Young children tend _____ (cry) as a signal that they are hungry or uncomfortable.
8. They didn't follow the instructions properly, and that's _____ the machine broke down.

❸ 短语填空(每小题 2 分, 满分 16 分)

1. I don't want to _____ my parents _____ (使失望) by failing the exam, so I'm going to study harder.
2. I didn't say anything, but after school, I ran around the track a couple of times just to _____ (宣泄情绪).
3. He is such a kind person that he is always willing to _____ others _____ (帮一把).
4. Hard work isn't hard when you _____ (专注于) your passions and dreams.
5. Before developing a new plan for the project, I _____ (吸一口气) to clear my mind and then focused on the task.
6. As a team member, to _____ (做好分内事) and do your part is your main responsibility.
7. After what seemed like hours, the sea finally _____ (平静下来).
8. When she saw her once-tidy room _____ (一团糟) after the party, she felt very upset.

❹ 句型训练(每小题 3 分, 满分 9 分)

1. _____, I headed towards the door, hoping to see what was happening. (形容词作状语)
我既好奇又紧张, 向门口走去, 想看看发生了什么。

2. It suddenly occurred to me that the king snake preferred warm and dry places, _____ .
我突然想到,王蛇更喜欢温暖且干燥的地方,这就是为什么我的沙盒里有蛇。

3. _____ an elegant gown and diploma hat on the graduation ceremony, Tim was shining on the stage. (分词作状语)
毕业典礼上,蒂姆穿着优雅的长袍,戴着毕业帽,在舞台上闪闪发光。

课后素养提升

Ⅰ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·浙江余姚中学高一期中]

Last year, my husband and I decided to make our 12-storey building more of a community. We live in a small rented apartment in Park Merced, a large housing development. I would call us lower-middle-class. A lot of nurses, bus drivers, and tradesmen live here, many of them 1st or 2nd generation immigrants.

We're all renters. Renters come and go and tend not to see the buildings they live in as their home. But it can be done. We started with a monthly two-hour social in the building lobby (前厅) on the second Friday of each month. Some people came, between 15—30 each time. The events lasted two hours, but there wasn't much to do besides talking, eating snacks and drinking juice. The socials were nice, but most residents gave them a miss.

Then one day I was on the nearby campus of San Francisco State University. A young man from a social club for students had a big sign about "Building Community". I asked him, "How do you do that?" He said they tried to get people to share something about themselves with at least one other person. That made a lot of sense to me.

I bought a large world map. At the social, I taped it on the lobby wall with signs that said "Where We're From. Put a green sticker where you were born and yellow stickers where your grandparents were born." People put up their stickers and looked where other people came from. We left the map up overnight, and the

next day, Saturday, more people played. I planned to leave the map and stickers up for a month or more. They certainly made the lobby more interesting than the housing project look it usually has.

I see that there will be challenges, but I also know that a strong community will help us live good lives. I have the time and energy to do this work.

- () 1. What trouble did the author have building a community?
A. The community was poor.
B. She lacked enough money.
C. Renters had no sense of belonging.
D. Her neighbours were all immigrants.
- () 2. How did the author find her earlier events?
A. Fruitful. B. Ordinary.
C. Inspiring. D. Messy.
- () 3. What did the author do in order to change the socials?
A. Adopt a sharing game.
B. Add foods and drinks.
C. Admit experienced locals.
D. Ask some students for support.
- () 4. Which of the following best describes the author?
A. Responsible and strict.
B. Demanding and ambitious.
C. Knowledgeable and modest.
D. Insightful and determined.

Ⅱ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·江苏淮安高一期中]

I can't remember how many times I've been asked, "1. _____ ?" My answer would always be the same: I'd want the ability to

know what people are thinking. Absolutely, flying and invisibility had crossed my mind. But every time, I'd always settle on reading people's minds.

In a friend group, I'm usually the quieter one—the one who observes everyone else interacting and occasionally voices my opinion. 2. _____. Whether we admit it or not, we always keep some thoughts to ourselves. It's human nature, after all.

Yet our tendency to hide certain feelings and unintentionally judge others keeps me on edge. It's what makes me want to know what people are thinking. I'm constantly afraid of what people think of me. Do I look bad? Did I do something wrong?

3. _____. I overthink people's reactions, movements and even words. I overthink past conversations I had, wondering what I could have said instead to make me sound less stupid or more genuine (真诚的).

Ultimately, I've come to realize that it shouldn't really matter what other people think. 4. _____, it's an overwhelmingly (压倒性地) exhausting ability to have.

Indeed, it's not worth wasting time, energy and emotions worrying about whether you appear cool to someone. You only have so much control over that. 5. _____.

- A. Does it really matter what other people think
- B. If you could have a superpower, what would it be
- C. Focus on what you can control, but don't overthink
- D. These thoughts often consume me and make me overthink
- E. Though as a curious person, I am always wondering what is going through someone's head
- F. While knowing what people think of me may address any doubts I have about myself or a relationship

G. Seeing how people communicate with each other makes me wonder what is really going on in their heads

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

[2025·湖南长沙高一期中]

A heartwarming story has attracted global attention on Xiaohongshu, 1. _____ is called China's Instagram. Katrina, an American girl, 2. _____ (post) a video on the platform in search of Simon, a Chinese exchange student she met at her school between 2017 and 2018. Katrina recalled their bond. "Though our time was brief, we could discuss anything," she said, reflecting on their tie 3. _____ (build) on mutual respect.

4. _____ seven years of no contact and geographical separation, Katrina's longing to reconnect with Simon never faded but even grew stronger. Inspired by the widespread use of Xiaohongshu among many Americans, she decided to download the app, 5. _____ (hope) it could help her find the lost friend. The response was unbelievable; 6. _____ (count) users shared her post, offered encouraging words, and sent their heartfelt blessings.

To Katrina's 7. _____ (amaze), her video reached Simon in just one day, thanks to the collective efforts of compassionate netizens. She thought these beautiful memories were hers alone, but the kindness of so many people left her 8. _____ (deep) touched.

The story, which has moved millions, shows how technology boosts human bonds. The exchanges on Xiaohongshu—whether through sharing images of pets, or offering support for 9. _____ (academy) challenges—highlight the shared humanity of individuals from both China and the United States. Each interaction demonstrates (表明) 10. _____ universal desire for connection and understanding.

班级	
姓名	
题号	答案
1	
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七选五	
1	
2	
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4	
5	

Period Two Using language

课内基础巩固

❶ 单句填空(每小题 1.5 分, 满分 12 分)

- _____ (face) with the complexity of the problem, the team worked day and night to find a solution.
- _____ (see) from a distance, the city lights looked like a sea of stars.
- _____ (study) hard every day, he mastered the core concepts of physics, impressing his professors.
- Though _____ (annoy) with myself for losing face, I had to go on and pull my weight.
- When I was little, my mother would often sit by my bed, _____ (tell) me stories till I fell asleep.
- _____ (injure) in the accident, he was rushed to the hospital for emergency treatment.
- _____ (hear) the news, all the staff present jumped with joy.
- _____ (lose) in the woods, the hikers had to rely on their sixth sense to find their way out.

❷ 语法 + 写作(分词作状语)(每小题 3 分, 满分 15 分)

- _____ her daughter, she decided to get there to figure out what happened.
由于担心她的女儿, 她决定去那里弄清楚发生了什么事。
- He hid behind the door and waited patiently, _____ .
他躲在门后耐心地等待, 希望不被发现。
- _____ , Suzhou is an ancient city with a long history.
苏州位于中国东部, 是一座历史悠久的古城。

- _____ , he remained silent.
他坐在角落里, 保持沉默。

- _____ the speaker's words, the audience gave him loud applause.
被演讲者的话深深打动, 观众热烈鼓掌。

❸ 语篇语法填空(每小题 1.5 分, 满分 15 分) [2025 · 安徽芜湖高一期中]

Food has an important place in classic Chinese books, especially in *Dream of the Red Chamber*. This novel uses food not only as food but as a way to show characters 1. _____ move the story forward. One famous dish *Qixiang* (茄鲞) shows the art of complex cooking in ancient China. The 2. _____ (prepare) of this dish needs steaming eggplant many times in soup from old hens, a process that takes several 3. _____ (day) to finish. When poor relatives of the rich family see this dish, their first envy turns into stomach pain, showing the difference between social classes.

Today, the novel still inspires modern cooks. Food bloggers go viral when they attempt 4. _____ (make) these historic dishes. Theme restaurants around the world now have "Red Chamber Banquets (宴会)" 5. _____ the dishes are served in a fancy way, like those in high-end restaurants.

Most foods described in the novel use simple, seasonal ingredients, 6. _____ (cook) with great skill. In Chinese food culture, such natural ingredients 7. _____ (prize) highly because they show the balance between nature and life.

The long-lasting popularity of *Dream of the Red Chamber* lies in 8. _____ (it)

ability to hide many meanings in every detail, including food. Readers don't just enjoy it 9. _____ a fascinating story but also look into history, culture, and hidden symbolism.

Reading about the food in the novel is like enjoying a rich meal for the mind, connecting the past and present through 10. _____ skill of cooking.

课后素养提升

Ⅳ 完形填空(每小题 1 分,满分 15 分)

[2025·辽宁沈阳高一期中]

Mum gave me an abundance of love. Her first love language was 1. Smells of soups often filled the house. The cookie jar was always 2 freshly-made cookies!

But a few times a year, like my birthday or the Spring Festival, we'd have a(n) 3 treat—homemade fudge (乳脂软糖). Mum would go to the store to 4 all the ingredients (原料). And then she shut herself in the kitchen and I, in my room, waited 5. Finally, I'd hear her 6, "Diana, it's time!"

I'd fly out to 7. She'd mix everything together and hand me the wooden spoon to stir. That was my 8. I was the professional stirrer. It was tiring but somebody had to do it.

This was not the 9 soft fudge. It was not creamy soft. It was hard. Soft enough to bite into but hard enough that it 10 anyone who tried it for the first time. "This is fudge?" they would ask.

My mum 11 right before my thirty-first birthday. I cried my eyes out. That first Spring Festival, my aunt 12, "Will you make me some fudge for the new year?" My throat tightened with tears but I managed a(n) 13 "yes".

When I hung up that day, I decided, months after my mum left us, to 14 the family tradition of making fudge. It's not just about fudge. It's about a mother's love and 15.

- ()1. A. food B. gifts
C. company D. support

- ()2. A. designed for B. packed with
C. empty of D. free from

- ()3. A. appetizing B. normal
C. special D. costly

- ()4. A. purchase B. list
C. ask D. make

- ()5. A. gratefully B. nervously
C. eagerly D. politely

- ()6. A. answer B. comment
C. shout D. whisper

- ()7. A. eat B. help
C. learn D. reply

- ()8. A. plan B. ambition
C. choice D. job

- ()9. A. well-prepared B. average
C. unique D. good-looking

- ()10. A. convinced B. pleased
C. interested D. confused

- ()11. A. set off B. settled down
C. passed away D. stepped back

- ()12. A. texted B. wrote
C. called D. messaged

- ()13. A. unwilling B. instant
C. surprised D. choked

- ()14. A. continue B. simplify
C. improve D. quit

- ()15. A. connection B. sympathy
C. tolerance D. forgiveness

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·黑龙江哈尔滨高一期中]

Everyone has been there—completely drained (精疲力竭) after too much social interaction. Constant engagement can leave you feeling exhausted and in need of recharging your social battery. 1. _____ In fact, this

班级
姓名
题号
答题区
完形
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七选五
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5

experience has roots in psychology and most people face such kind of trouble. Let's dive into a few ways to refuel and regain your balance.

Alone time now and then allows your brain to process recent social experiences without the constant demand for interaction. 2. _____ This could mean sitting quietly, sipping tea, or simply letting your mind wander. These moments of solitude (独处) act like plugging your phone into a charger—they refuel you for what's ahead.

Journaling helps you process emotions and gain clarity on what's draining your social battery. Putting your feelings into words can reduce stress and improve mental health. Start with a single question like “What's been weighing on me lately?” Let the words flow naturally. 3. _____

Endless scrolling (滚动) on social media or watching videos might seem like easy fixes, but they often drain you more. 4. _____ Instead of mindlessly scrolling, set intentional screen-free hours each day. Use this time to engage with the physical world, whether that's preparing a meal, organizing your space, or simply enjoying the quiet.

5. _____ Staying in the natural environment with fresh air improves moods. This connection between movement and mental health is supported by studies in environmental psychology, which highlight how green spaces positively impact our well-being. Even a 15-minute walk through a park or in the wild can shift your mood and mindset.

- A. If you're wondering how to do that, you're not alone.
- B. A good rest is an effective way to recharge your social battery.
- C. Spare 30 minutes for yourself every day, free from distractions.
- D. Think about what you've wanted to try but never made time for.

- E. Reconnecting with nature can work wonders for your social battery.
- F. This act of self-reflection helps you identify what you need to recharge.
- G. Social comparison, fueled by social media, can make you feel more anxious.

Ⅵ 语法填空(每小题 1.5 分,满分 15 分)
[2025·安徽六安高一期中]

We all know that forgiving yourself and others can bring you peace of mind. Recently, a new study published in the journal *Psychology and Health* 1. _____ (find) that forgiveness may help you sleep well, too. Researchers 2. _____ (lead) by Luther College psychology professor Loren Toussaint surveyed nearly 1,500 American adults to rate how likely they were 3. _____ (forgive) both themselves for their own mistakes and others for hurting them. Then the participants were asked quite a few questions over their sleep quality, life 4. _____ (satisfy), and overall physical health. Their findings show that people who were forgiving slept much 5. _____ (well) at night, and, in turn, were happier and healthier than those who went to bed 6. _____ anger.

The results led the researchers to conclude that forgiveness of others and self-forgiveness may help create a relaxing mental state that supports sound sleep, 7. _____ is connected with better health. Of course, forgiving yourself or someone else isn't always easy. According to Karen Swartz, a doctor of the Johns Hopkins Hospital, it is about more than just 8. _____ (say) the words.

“It is an active process in which you make a decision to let go of negative feelings 9. _____ the person deserves it or not,” Swartz explains.

So, next time you can't sleep at night, why not give forgiveness 10. _____ try? It's certain that it can make you feel better the next day.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 4 分)

1. Yesterday he _____ (为……辩护) his decision to quit the team by explaining the heavy academic pressure and personal priorities.
2. The teacher signaled for silence, and m _____, she reminded the class that the exam was approaching.
3. Students should balance their studies and those _____ (职责) that contribute to personal growth and social responsibility.
4. Despite her best efforts to hide it, t _____ escaped from her eyes as she realized that the fault was her own.

❷ 单句填空(每小题 1.5 分,满分 12 分)

1. Raj's face turned red with _____ (embarrass), and he was greatly regretful.
2. Maria replied in a low voice, "It's those _____ (annoy) plastic bags. We tried to clean up but it was just impossible."
3. A small _____ (adjust) at the right place can make a significant difference.
4. Accepting sadness as part of life helps Riley deal with the emotional _____ (complex) of growing up.
5. Just as he was about to accept the teacher's _____ (criticise), to his surprise, all the students sang the song *Hero*.
6. While playing football in the yard, he made an _____ (accident) kick that sent the ball flying over the fence, causing it to land in the neighbour's garden.
7. Gina looked at him with love, patted his head and _____ (forgive) him.
8. More importantly, for the sake of your health, _____ (ensure) enough sleep and rest is very important.

❸ 短语填空(每小题 2 分,满分 16 分)

1. _____ (坦率地说), I admitted it was my fault and I hoped you can forgive me for my carelessness.
2. _____ (在某种程度上), technology has reshaped the way we communicate.
3. I found this old photo album _____ (偶然) while tidying up my room.
4. Due to the war, the family was _____ (和……分开) each other.
5. One of the aims of AI is to develop computer intelligence capable of learning from experience, _____ (适应) new inputs and performing tasks like humans.
6. Although John _____ (领先) in the game at first, Sean didn't lose heart and tried to catch up with him.
7. The traffic police signaled the drivers _____ (提前) to slow down as they approached the accident-prone area.
8. We were moving to a new town, not for any tourist destination, but to _____ (定居).

❹ 句型训练(每小题 3 分,满分 12 分)

1. The team eventually _____ they had lost the game, and the weight of disappointment sank heavily on their shoulders. (同位语从句)
球队最终接受了他们输掉这场比赛的事实,失望的重担沉重地压在他们肩上。
2. _____, he will do everything in his power to help me out.
每次我遇到麻烦并向他寻求帮助时,他都会尽其所能帮助我。

3. _____, she gazed at the endless horizon, reflecting on the journey that had brought her there. (分词作状语)
站在塔顶上,她凝视着无垠的地平线,回想着带她来到那里的旅程。

4. I'm practising my speaking skills _____.
_____.
我正在练习我的口语技能,以便能更好地与母语者交流。

课后素养提升

Ⅴ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·重庆外国语学校高一期中]

Aunt Fannie was Blueberry Jam Woman. As a matter of fact, she wasn't really my aunt, and out of fear, I never dared call that to her face. The name always made my father chuckle (轻声地笑) and my mother look sternly (严厉地) at both of us—at me for being disrespectful, and at my father for encouraging my bad behaviour. I enjoyed both actions, so I looked for every opportunity to work the name into conversations.

As a young woman, my mother had worked in the kitchen of a large Victorian farmhouse owned by Fannie Cratty. Fannie was the last of the Cratty line; she had never married, and had no living heirs (继承人). My father once told me that it was because she was too mean to share her family wealth or pass it on. Aunt Fannie was noted for her jam, and for never sharing the recipe with another living soul. Even though my mother knew it by heart, as long as Aunt Fannie was alive, she never made the jam without Miss Cratty in our kitchen to direct the process and preserved the secret.

One year, after I had been particularly helpful with the jam-making process, Aunt Fannie gave me a quarter (25 分硬币) and then made me promise I would never spend it. "Hold onto this quarter," she said, "and some day you will be rich. I still have my first very quarter." It had obviously worked for her, so I put that 1938 quarter in a small box, put it in my dresser drawer, and waited to become rich.

I now have the blueberry-jam recipe and the quarter from Aunt Fannie. Neither has

significantly contributed to my wealth, but I keep them to remind myself to hold onto the valuable things in life. Money can make you feel rich for a while, but it is your relationships and your memories of time spent with friends and family that leave you wealthy indeed. And that is a fortune that anyone can build.

() 1. What can we infer from the underlined word "fear" in the first paragraph?

- A. It was too difficult for the author to learn to make the jam.
- B. It was rude to call Aunt Fannie Blueberry Jam Woman.
- C. The author hesitated to talk with Aunt Fannie because of shyness.
- D. Aunt Fannie was too strict and serious to get along with.

() 2. Which of the following is TRUE according to Paragraph 2?

- A. The author's mother knew how to make the jam.
- B. The author often helped Aunt Fannie make the jam.
- C. The author's mother always made the jam alone.
- D. Aunt Fannie was willing to share her recipe.

() 3. Why did the author put away the quarter carefully?

- A. She thought it was valuable because of its long history.
- B. She felt it was a gift from the elderly she should respect.
- C. She believed she would be as wealthy as Aunt Fannie.
- D. She felt afraid of Aunt Fannie because she was serious.

- ()4. What does the author try to tell us?
- A. Generosity is a valuable virtue.
- B. Interest is the best teacher.
- C. Kindness is the secret to friendship.
- D. Time with family and friends is a treasure.

B [2025·山东枣庄高一期中]

Does adversity (逆境) warm hearts or harden them? Recently, my graduate student Daniel and I set out to explore the relationship between adversity and compassion (同情).

We conducted a study online and reached more than 200 people from all walks of life. After asking them about the hardships they faced and how often they experienced compassion, we offered them the chance to donate some of the money they were about to be paid for taking part in the study to help people in need. The result showed that those who had faced serious adversities in life feel more compassion for suffering people. And as a result, they donated more money.

Now, if experiencing any type of hardship can make a person more compassionate, you might assume that the compassion would be reached when someone has experienced the exact misfortune that another person is facing. Interestingly, this turns out to be dead wrong.

In an article recently published in the *Journal of Personality and Social Psychology*, the Kellogg School of Management Professor Loran Nordgren and his team found that the human mind refuses to work as usual when it comes to remembering its own past hardships: it regularly makes them appear to be less painful than they actually were. Therefore, recalling a bad experience in your own past may make you underestimate the difficulty of others' challenges. You overcame it, and you think so should he. The result? You lack compassion.

Our findings, taken together with those of Professor Nordgren and his team, are that

living through hardships doesn't either warm hearts or harden them; it does both. Knowing suffering in life usually enhances the compassion we feel for others, except when the suffering involves specific painful events that we know all too well.

- ()5. Which of the following is TRUE about the author's study?
- A. Those attending it had to pay for it.
- B. It tries to reveal the link between adversity and sympathy.
- C. It is meant to encourage people to help those in need.
- D. Those attending it were asked questions only.
- ()6. What does the underlined word "this" in Paragraph 3 refer to?
- A. The assumption that shared misfortune may lead to compassion.
- B. People's understanding of others' misfortune.
- C. The findings of Loran Nordgren and his team.
- D. People's compassion for suffering people.
- ()7. What did Professor Nordgren and his team find?
- A. Hardships make people lost in sad memories.
- B. People suffering from adversity are easy to break down.
- C. People tend to remember their hardships easily.
- D. Hardships lead to people's lack of compassion.
- ()8. Which of the following can be the best title for the text?
- A. The hidden power of compassion
- B. Compassion: a gift from personal adversity
- C. Surprising link between adversity and compassion
- D. Adversity: a pathway to deeper compassion

班级

姓名

题号

答案区

阅读理解

1

2

3

4

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8

Period Four Writing

课内基础巩固

❶ 补全句子(每小题 3 分,满分 15 分)

1. I'd like to _____ how to get along well with your classmates.

我想就如何与你的同学和睦相处提出一些建议。

2. The first thing you need to do is _____ your classmate to clear up the misunderstanding between you.

你需要做的第一件事是冷静下来,和你的同学沟通,消除你们之间的误会。

3. In order to get along well with your classmates, you should _____ to them.

为了和你的同学相处得好,你应该友善地对待他们。

4. Moreover, you'd better learn _____.

另外,你最好学会控制你的情绪。

5. As far as I am concerned, if you _____, you would understand them better.

在我看来,如果你把自己放在别人的位置,你会更好地理解他们。

❷ 语法填空(每小题 1.5 分,满分 15 分)

Thanks to advances in technology, how we make friends and communicate with them has changed 1. _____ (significant).

Nowadays, we can move around the world and still stay in touch 2. _____ the people that we want to make friends with.

Social media tools let us see what our friends are up to and maintain friendships. The digital age also enables us 3. _____ (find) people who share our interests, such as collecting model cars or 4. _____ (play) an unusual instrument. Whatever our 5. _____ (hobby) are, the Internet can connect us with others who also enjoy doing them, even if they live on the other side of the world.

Nevertheless, the “friends” online don't necessarily become our real friends. If people always exchange true 6. _____ (person) information online, then these friendships can be real and meaningful. But we need to keep in mind that what we see on social media 7. _____ (be) often not the whole truth about a person. On social media sites, people tend to post only positive updates 8. _____ make them appear happy and friendly and the smiling photos can hide real problems.

9. _____, this doesn't mean that we should throw the baby out with the bathwater. Although in recent years technology 10. _____ (change) the way we acquire friends, the meaning of friendship and our longing for friends remain the same.

III 写作

第一节 应用文写作(满分 15 分)

[2025·安徽安庆高一期中]

假定你是李华,你的英国笔友 Lucy 来信说,她家搬到了一座新城市,她几乎没有朋友,每天除了上课就是在家上网,感觉很孤独,请你给她写一封邮件,劝她多结交朋友,参加社交活动。词数 80 个左右。

Dear Lucy,

Yours,
Li Hua

第二节 读后续写(满分 25 分)

[2025·湖南长沙高一期中]

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。

After Walter Bergen's wife died, he was thrown into deep sorrow and loneliness. He paid no attention to anything. His house fell into disrepair, with dust gathering everywhere and dirty dishes piling up in the sink. He gave up cooking and survived on TV dinners and toast. His clothes went unwashed, and he neglected his personal care, with a shaggy beard and messy hair.

His daughter, Melanie, was extremely worried. She drove to his house and pleaded, "Dad! This isn't right. You can't stay here. Come live with us." But Walter shot back angrily, "I don't want to live in your house. I'm fine. Just leave me alone!" Melanie left, her heart heavy with concern.

A few weeks later, Walter walked to the supermarket to buy his usual TV dinners and bread. As he crossed the road, his mind elsewhere, he didn't look either way. A car hit him, and an ambulance rushed him to the hospital. At the hospital, Melanie exclaimed,

"Dad! You're not living alone anymore. You're coming to our house." Walter, weak and defeated, finally agreed.

At Melanie's house, her husband Roger wasn't pleased. "Your father is dirty and always in a bad mood. Why is he living with us?" he complained. Melanie firmly replied, "He's my father. He's old and heartbroken. He needs to stay." Roger sighed and said, "I understand."

Rosa, Melanie and Roger's daughter, was nine years old. One evening during dinner Melanie announced, "Tomorrow, Rosa's school has Grandparents' Day." Walter, curious, asked, "What's Grandparents' Day?" Melanie explained, "The children's grandparents visit the school, watch the kids' activities, and play games with them. It's really fun." Walter declared, "I'm Rosa's grandfather. I'll go." Upon hearing this, Rosa jumped up, ran to her room and locked herself in. Later that night, as Walter was about to go to bed and walked past Rosa's room, he heard her sobbing. Then followed Roger's voice, "Rosa, stop crying. Grandpa is just going through a tough time."

注意:续写词数应为 150 个左右。

Paragraph 1:

"No!" shouted Rosa.

Paragraph 2:

The students went to the school hall to find their grandparents.

单元小测

Unit 1

❶ 单句填空(每小题 1.5 分,满分 15 分)

1. After a series of intense boxing matches, he was _____ (breath) and ready for a break.
2. Overwhelmed by mixed feelings of regret and shame, I ask for my mum's _____ (forgive).
3. I made a promise to myself to never laugh at others when they have an _____ (embarrass) moment.
4. College is an ideal place to practise adults' responsibility and _____ (independent).
5. "Why are you showing me this?" Arvin asked, _____ (annoy) written on his face.
6. They gain access to a wide range of volunteer projects _____ (concern) various fields such as education, environmental protection, community development, and more.
7. This _____ (adjust) desk supports a healthier posture; moreover, it applies to users of different heights and preferences.
8. He emphasized the importance of personal morality, correct social relationships, _____ (justify), and sincerity.
9. We should communicate with others in a friendly manner, resolving the differences with honesty and _____ (frank).
10. As I settled into the hotel bed, the worry that had weighed me down began to _____ (loose) its hold.

❷ 短语填空(每小题 2 分,满分 10 分)

1. Though we met with some difficulties at first, everything _____ (进展顺利) as planned at last.
2. It took him quite a while to _____ (适应) living an independent life.

3. The loose schedule of the art workshop will _____ (适应,符合) the creative and free-spirited nature of the participants.
4. Taking a few deep breaths can help you _____ (冷静下来) and relax during stressful situations.
5. Seeing the coach still hesitant, Paul stepped forward and raised his voice, "Trust me, coach! I won't _____ you _____ (使失望)!"

❸ 句型训练(每小题 3 分,满分 12 分)

1. It's our duty to protect the environment, _____ .
保护环境是我们的责任,这就是我们应该回收废物和减少浪费的原因。
2. _____ the unexpected sense, I left the room without any words immediately. (形容词短语作状语)
对这种意想不到的感觉感到尴尬,我立刻一言不发地离开了房间。
3. _____, he said, "It was like seeing colour for the first time." (分词作状语)
他被这段音乐打动了,他说:"那种(兴奋的)感觉就像第一次看到色彩一样。"
4. Hearing the news _____, he was too excited to fall asleep last night. (同位语从句)
昨晚听到他最喜欢的团队赢得比赛的消息,他兴奋得难以入眠。

❹ 语法填空(每小题 1.5 分,满分 15 分)

[2025·辽宁沈阳高一期中]

Honesty is the best policy. But in many situations, people do not want the truth. Whether it's a fact of life or a 1. _____ (criticize) of their behaviour, everyone has truths they want to ignore. These truths 2. _____ (call) truth bombs. This

metaphor shows truth can cause damage if not 3. _____ (handle) well, so caution should be exercised when pointing out difficult truths.

Sometimes we drop truth bombs out of anger. We may explain our words by saying that we need to express our 4. _____ (emotion) or to help change their ways. But often we use the truth as 5. _____ weapon to make the other person feel bad and to repay them for what they did.

Truth bombs rarely lead to 6. _____ (production) discussions because they trigger (触发) a defensive reaction. Over time, truth bombs can increase conflict and weaken trust in relationships. Also, truth bombs often fail 7. _____ (represent) the whole truth. Anger can make it difficult to see the big picture.

Sometimes people do need to hear hard truths. Pretending that problems do not exist can weaken trust just as much as dropping truth bombs can. And failing to address problems in relationships can lead to resentment (怨恨), 8. _____ may eventually boil over into conflict. By presenting truth and addressing problems 9. _____ a constructive way, you can strengthen relationships and avoid the emotional damage that comes from using 10. _____ (over) blunt (直言的) words.

● 阅读理解(每小题 2.5 分, 满分 20 分)

A [2025·湖北荆荆襄宜四地七校高一期中]

The Benjamin Franklin effect is an idea in psychology which suggests that if Alice does a favour for Bob, then Alice will be more likely to do more things for Bob in the future. The usual explanation for this effect is that it works by changing the giver's self-view. Once you do someone a favour, you naturally think of yourself as the person's friend, and you'll be more likely to do friendly things for them going forward.

While I've observed a real effect like this, it's different from the usual story in small but important ways. Here's what I think is actually going on: requesting a favour from a stranger or someone you know little has two important parts. There's a request for charity, and a friendly attitude to partnership. People often want to provide limited charity out of kindness, responsibility or some such, but are willing to put a lot of effort into working well with their partners. As the Franklin effect depends on the friendly attitude to partnership, the charity part contributes to the early steps of the process but is not important in turning one-off favours into continuing relationships.

When you request a favour, many people will see if you are a good partner subconsciously and everyone will notice whether you act like a good one later. This includes showing proper appreciation, as well as doing favours in return.

I sometimes see my friends try to use the self-view model of the Franklin effect to get support from influential customers. They'll try to get a favour, not because the favour is useful in itself, but because it represents a step forward in the continuing project of catching their attention. But it doesn't often turn into anything lasting in the way my friend wants. Because they don't have the basic things that would allow them to become a good friend or partner, my friend can only ask for charity, which by itself is not a necessity for a continuing relationship. All this is to say that the Franklin effect doesn't cheat people into helping you. Rather, it's a test that gives you a chance to show your worth.

() 1. What is the main idea behind the Benjamin Franklin effect?

- A. Generosity builds up social trust.
- B. Charity leads to lasting friendships.
- C. Giving raises receivers' self-respect.
- D. Doing favours promotes relationships.

- () 2. What role does the act of charity play in building lasting relationships?
- It develops trust.
 - It ensures partnership.
 - It starts connections.
 - It strengthens responsibility.
- () 3. What do people typically do when asked to do a favour?
- Test the requesters' skills.
 - Express subconscious thoughts.
 - Appreciate others' favours in return.
 - Consider the potential for partnerships.
- () 4. What does the author imply in the last paragraph?
- It's easy to be fooled by the Franklin effect.
 - Personal value is key to long-term partnerships.
 - The Franklin effect may increase one's influence.
 - The self-view model may turn into lasting attention.

B [2025·浙江宁波高一期中]

Do we really know our best friends?

I like my close friends a lot, and yet, on an almost daily basis, they shocked me. I have a friend who thinks voting is a waste of time; I have another friend who never takes any arrangement to meet at a given time and place seriously.

It's generally held that friends are people with whom we choose to develop relationships because we find their personalities agreeable, or similar to our own, and yet experience regularly contradicts this. What is a friend, really? All that one can safely say is that a friend is someone one likes and wishes to see again.

The truth is that we don't know our friends. Numerous studies show that we tend to assume our friends agree with us more than they really do. The striking part is that the problem doesn't appear to lessen as a friendship deepens. When the researchers Michael Gill

and Bill Swann questioned students sharing rooms, they found that, as time passed, people became even more confident in the accuracy of their judgements about the other, and yet, in reality, the judgements grew no more accurate. Two people might become dear friends, yet remain ignorant about vast areas of each other's inner lives.

This seems strange, until you consider, that many of the benefits that friendship provides don't necessarily depend on perfect familiarity; they come from something closer to reliability. Friendship may be less about being drawn to someone's personality than about finding someone willing to keep you company, or lend an ear. A friend provides the "social-identity support" we desire. You needn't be a close match with someone, nor deeply familiar with their mind. And once a friendship has begun, you want to like it, if only to confirm that you made the right decision. We don't want to know everything about our friends. We don't base friendships on what we learn about people; we decide what to learn about people, and what to ignore, based on having decided to be friends.

Perhaps there's something moving about viewing friendship as an agreement to keep each other company, ignore each other's faults and not probe (刨根问底) too deeply in ways that might weaken the friendship. Perhaps a true friend is someone who doesn't ask many awkward questions.

- () 5. Why does the author tell the stories of his two friends in the first paragraph?
- To provide background information.
 - To introduce the topic of the passage.
 - To stress the importance of friendship.
 - To show the difference between friends.
- () 6. What does the underlined word "they" in Paragraph 4 refer to?
- Friendships.
 - Strangers.
 - Researchers.
 - Benefits.

()7. What can be concluded from the passage?

- A. Close friends usually know each other in depth.
- B. Real friends are people you like but don't wish to see often.
- C. We do not necessarily share personalities with close friends.
- D. The longer we stay with friends, the more accurately we judge them.

()8. Which statement about friends will the author probably accept?

- A. Stay friends but keep a distance.
- B. It takes a long time to grow an old friend.
- C. Real friends will tell you when your face is dirty.
- D. True friends know all about you and still like you.

Ⅵ 完形填空(每小题 1 分,满分 15 分)

[2025·湖北宜昌高一期中]

I was going through severe anxiety, which caused my body to respond in a frightening way. I feared something was wrong with my heart, so I turned to 1 for help.

With a 29-year-old patient at the office, the cardiologist (心脏病医生) seemed 2 as I was probably not his usual type of patient. He frankly told me, "I can't tell you what the little thing you feel in your chest is." He 3 my concerns, offered no sympathy, and sent me home. I felt 4 that I'd wasted his valuable time and I was more anxious than I'd been before.

With tears in my eyes, I told the second doctor that I felt "messed up". The doctor listened 5, pulled his chair up beside me and gently 6 me. He said, "We're going to do everything we can to check you and make sure nothing is 7, and I think what you're most probably experiencing is anxiety."

He spoke to me sympathetically, and with

full 8 of my concerns. The way he communicated with me never 9 me to feel guilty or foolish. He cared for me, listened to me, and understood me. Most importantly, I felt he had my best 10 in mind and he was 11 helping me sort out what was bothering me. After that, I felt like most of my symptoms and discomfort 12.

Years later, I recognized the 13 of Doctor 2's sympathetic response and Doctor 1's inaction. And I think our medical 14 should go beyond the pure physical, and sometimes we should 15 the psychological one, too.

- ()1. A. colleagues B. relatives
C. professionals D. friends
- ()2. A. confused B. embarrassed
C. worried D. disappointed
- ()3. A. figured out B. set off
C. benefited from D. brushed aside
- ()4. A. dissatisfied B. ashamed
C. amazed D. annoyed
- ()5. A. respectfully B. carefully
C. hopelessly D. eagerly
- ()6. A. greeted B. judged
C. observed D. comforted
- ()7. A. approaching B. working
C. happening D. waiting
- ()8. A. understanding B. description
C. imagination D. expectation
- ()9. A. required B. prepared
C. reminded D. caused
- ()10. A. lessons B. interests
C. beliefs D. suggestions
- ()11. A. addicted to B. used to
C. devoted to D. grateful for
- ()12. A. worsened B. disappeared
C. developed D. counted
- ()13. A. impact B. profit
C. relationship D. attempt
- ()14. A. choice B. supply
C. skill D. treatment
- ()15. A. adapt B. value
C. share D. hide

班级

姓名

题 答
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