



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
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练习册

高中英语

选择性必修第三册 WY

01

培养核心素养，聚焦主题语境

Unit 1 Face values

主题素养积累

Is there a universal definition of beauty? The question **arises from** whether beauty is universal. Suppose you agree that Michelangelo's *David* and a Van Gogh's self-portrait are beautiful—do such beauties **have something in common**? Is there a single shared quality that we experience in both of them? **And is this beauty the very same as what one experiences when gazing at the Grand Canyon from its edge or listening to Beethoven's Ninth Symphony?**

If beauty is universal, as, for example, Plato maintained, it is reasonable to hold that we do not know it through the senses. Indeed, the subjects in question are quite different and are also known in different ways. If there is something in common among those subjects, it cannot be what is known through the senses.

But, is there really something common to all experiences of beauty? **Compare** the beauty of an oil painting **with** that of picking flowers in a

pleasure? Do humans praise beauty because it gives pleasure? Is a life **dedicated to** the search for beauty worth living? These are some fundamental questions in philosophy.

Beauty can also be regarded as a value, one of the dearest to humans. And fine works of art are preserved and presented as valuable in themselves. There is no question that human beings value, **engage with**, and desire beauty—simply because it is beautiful.

【主题词句背诵】

1. arise from 源于
2. have something in common 有共同之处
3. compare... with 把……与……做比较
4. on the basis of 在……基础上
5. attach... to... 把……附在……上
6. (be) dedicated to 致力于
7. engage with 与……建立联系
8. And is this beauty the very same as what one

02

夯实语言基础，搭建知识框架

词汇点睛

1. a lack of 缺少; 缺乏

(教材 P2) Obsessive online photo editing indicates **a lack of** self-confidence and a desire for attention. 沉迷在线照片编辑表明缺乏自信和渴望(得到)关注。

(1) lack <i>v.</i>	缺乏, 不足
lack sth	缺乏某物
<i>n.</i>	缺乏, 匮乏
for lack of...	因缺乏……; 因缺少……
(2) lacking <i>adj.</i>	匮乏的, 不足的
be lacking in sth	缺乏某物

【活学活用】

(1) 单句填空

[2020·江苏卷] Later, he worked in Africa, where many people suffered from blindness _____

句型透视

1. (教材 P2) **As a song in *Ugly Betty* puts it, "It's a pretty person's world"**. 正如《丑女贝蒂》里的一首歌所唱的那样, “这是个看脸的世界”。

句型公式

as 引导方式状语从句

【句式点拨】

as 引导方式状语从句, 意为“正如, 按照”, put 意为“表达, 说”, as sb put(s) it 意为“正如某人说”。

【相关拓展】

- (1) as 引导时间状语从句, 意为“当……时; 一边……一边……; 随着”。
- (2) as 引导原因状语从句, 意为“因为; 由于”。
- (3) as 引导比较状语从句, 意为“像……一样”。
- (4) as 引导让步状语从句, 意为“尽管; 虽然”, 从句应使用倒装, 即将形容词、副词、名词、动词等放在

课内基础巩固

① 单词拼写(每小题1分, 满分5分)

1. Actually, though “wonderful” _____
(促进) my confidence in going forward,
“awful” constantly reminded me of caution
and review.
2. Given that I cannot afford to overlook the
side effects of those weight-loss _____
(药丸), I decided not to eat them at last.
3. I _____ (对……判断错误) the
situation, which led me to re-evaluate my
decisions and take a different path forward.
4. Two of his roommates are twins, and they
are so i _____ that he can hardly
distinguish them.

because they fear they may not have a job to
come back to if they do.

6. I'm sorry to hear that you are _____
(addict) to short videos and lack interest in
learning.
7. Her _____ (obsess) need for
perfection caused her to spend hours arranging
and rearranging the items in her house.
8. With low-carbohydrate diets rising in
popularity in recent years, now the potato
_____ (overlook) in favour of
other vegetables.

课后素养提升

Ⅴ 阅读理解(每小题2.5分, 满分10分)

I opened my car window and called out
“Ma'am! Ma'am!” The only lady in the parking
lot looked around until she saw me. “I just want
to tell you how nice you look today,” I said.
“The colours you have on are beautiful on you.”
Her face registered surprise for a second, and
then she smiled. “Thank you!” she called back.
Her final steps to her car seemed lighter, and I
smiled to myself.

I grew up with very few cheerleaders in
my own life. When I was in the middle of
fighting a battle for my life, I had been
diagnosed with depression, along with anxiety.
It has taken many years and more effort and
determination than I thought I was capable of to
recover from this illness. With no cheerleaders

don't more people do this? As women, we have
learned from our role models to be quiet. We
downplay (淡化) our own achievements even
when we do receive a rare compliment (称赞).
Now, when I compliment someone and she
denies, I say to her, “Just say thank you.”
Most women are relieved that they don't have
to deny the compliment; they can accept the
praise without guilt.

Cheerleading doesn't require any skills. It
only takes a few seconds, although you do have
to remind yourself to do it. Eventually, it
becomes a habit.

- () 1. How did the lady feel after hearing the
author's praise?
- A. Delighted. B. Anxious.
C. Relaxed. D. Worried.

① 写作

第一节 应用文写作(满分15分)

假定你是某国际学校的学生李华, 学校最近正在举行“最美学生”评选活动, 请按下列要求用英语给组委会写一封信, 推荐你身边的一位同学参选。内容主要包括:

1. 你认为“最美学生”应具有的品质;
2. 你推荐这位同学的理由。

注意: 1. 词数 80 个左右;

2. 可以适当增加细节, 以使行文连贯。

第二节 读后续写(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。

Beautiful birthmarks(胎记): the power of acceptance

Whenever you hear the word “birthmark”,
you probably think of one of those black or
brown spots you have somewhere on your body.
However, for me, it's completely different—I
have them on my lips, which makes them quite
visible and ugly to me.

When I was young, these birthmarks kept
making me feel extremely awkward and self-
conscious (难为情的). As these birthmarks

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Unit 1 Face values

★ 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 5 分)

1. Actually, though “wonderful” _____
(促进) my confidence in going forward,
“awful” constantly reminded me of caution
and review.
2. Given that I cannot afford to overlook the
side effects of those weight-loss _____
(药丸), I decided not to eat them at last.
3. I _____ (对……判断错误) the
situation, which led me to re-evaluate my
decisions and take a different path forward.
4. Two of his roommates are twins, and they
are so i _____ that he can hardly
distinguish them.
5. We discussed the pros and cons of
d _____ life, and all of us agree that
living with roommates will bring us an
interesting memory.

❷ 单句填空(每小题 1.5 分, 满分 12 分)

1. It _____ (acknowledge) that
students should be evaluated in terms of the
overall quality.
2. His _____ (skin) dog rested next to
him near an old cardboard sign, which read,
“Homeless, please help.”
3. Naughty students tend to pretend _____
_____ (study) when teachers come
into the classroom.
4. The English language always borrows words
and phrases from other cultures to _____
(large) its vocabulary.
5. Many American workers don't even bother
_____ (take) vacations, partly

because they fear they may not have a job to
come back to if they do.

6. I'm sorry to hear that you are _____
(addict) to short videos and lack interest in
learning.
7. Her _____ (obsess) need for
perfection caused her to spend hours arranging
and rearranging the items in her house.
8. With low-carbohydrate diets rising in
popularity in recent years, now the potato
_____ (overlook) in favour of
other vegetables.

❸ 短语填空(每小题 2 分, 满分 12 分)

1. The dancer danced across the stage, shining
_____ (从头到脚), each
movement displaying her skill and years of
dedication.
2. When drivers are tired after long journeys,
they _____ (往往) drive carelessly
and even cause some accidents.
3. She used to _____ (用尽各种
办法) to eliminate freckles on her face, but
in vain.
4. At present, our nation _____
_____ (正起到越来越
重要的作用) in the international community.
5. Tiredness often leads to _____
(缺少) concentration especially when the
lecture is very boring.
6. Communities should _____
(做出努力) to challenge cultural
stereotypes that limit individual growth.

Ⅳ 句型训练(每小题 3 分,满分 9 分)

1. Feeling dizzy, Zhang Yue took a deep breath as she struggled to finish her presentation, “And _____ I need your help in turning my new and exciting business into a successful one.”

张悦感到一阵眩晕,做了个深呼吸,努力完成她的陈述,“那就是为什么我需要你们的帮助,使我的崭新且激动人心的生意获得成功。”

2. For a very long moment, this tiny creature looked into my eyes, _____. (非谓语)

在很长的一段时间里,这个小家伙看着我的眼睛,把它的头从一边转到另一边。

3. _____, “Opportunities don’t come to people; only people look for opportunities.”

正如狄更斯(Dickens)所说,“机会不会上门来找人;只有人去找机会。”

课后素养提升

Ⅴ 阅读理解(每小题 2.5 分,满分 10 分)

I opened my car window and called out “Ma’am! Ma’am!” The only lady in the parking lot looked around until she saw me. “I just want to tell you how nice you look today,” I said. “The colours you have on are beautiful on you.” Her face registered surprise for a second, and then she smiled. “Thank you!” she called back. Her final steps to her car seemed lighter, and I smiled to myself.

I grew up with very few cheerleaders in my own life. When I was in the middle of fighting a battle for my life, I had been diagnosed with depression, along with anxiety. It has taken many years and more effort and determination than I thought I was capable of to recover from this illness. With no cheerleaders in my court, I fought this battle alone. I am proud of the progress I have made thus far. There are times when I thought, if only I had had someone to hold me and say, “Susan, I believe in you. You can do this, and I’ll be there every step of the way.” I wonder how much sooner I would have recovered. I’ll never know.

So I have made it a point in recent years to praise people, especially women and girls. Instead of just thinking that someone looks nice or does a great job, I say it out loud. It doesn’t take long, and it’s easy. So, I wonder, why

don’t more people do this? As women, we have learned from our role models to be quiet. We downplay (淡化) our own achievements even when we do receive a rare compliment (称赞). Now, when I compliment someone and she denies, I say to her, “Just say thank you.” Most women are relieved that they don’t have to deny the compliment; they can accept the praise without guilt.

Cheerleading doesn’t require any skills. It only takes a few seconds, although you do have to remind yourself to do it. Eventually, it becomes a habit.

- () 1. How did the lady feel after hearing the author’s praise?
A. Delighted. B. Anxious.
C. Relaxed. D. Worried.
- () 2. What made the author become a cheerleader?
A. Her experiences. B. Her habit.
C. Her personality. D. Her ambition.
- () 3. What does the author hope when she praises someone?
A. She can be rewarded.
B. She can be appreciated.
C. They can accept the praise.
D. They should say something.
- () 4. Which of the following best describes the author?
A. Caring. B. Brave.
C. Outgoing. D. Honest.

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·江苏宿迁高二期中]

Shyness is something that many people battle with every day. They are afraid to look people in the eyes and have a hard time speaking to new people. This makes it very hard to get ahead at work and in making new friends and business connections. 1. _____ There are ways to get around this fear and get out there and start talking to people.

Remember that most people are not looking at you. When you are shy you may believe that people are constantly watching and judging you. 2. _____ Most people are always busy looking at themselves and worrying about what people think of them. When you are talking to someone new they are not picking apart your every word; they are worried about what you think of them.

3. _____ Instead of always complaining about things you think you are not doing better, turn your focus to the things that you do well. Your self-talk is very important to how you feel. Stop negative self-talk. Instead remind yourself every morning of all the great things you have to offer. Whenever you start feeling shy again run over your list of things that make you happy.

If you do not have an exercise routine, you should start one now. 4. _____ You do not spend hours a day in the gym. You should spend about 30 minutes a day walking or doing something physical you enjoy. If you are physically capable you could also add 20 minutes of lightweight training two or three days a week. 5. _____ Being able to stand with your back straight and your head held high will definitely help overcome shy feelings.

- A. Focus on your strengths.
- B. This just is not the case at all.
- C. Stop complaining about others.
- D. They are brave enough to face any challenge in life.

- E. Many people are shy because they fear rejection.
- F. This will help you feel stronger and will improve your posture.
- G. Check with your doctor if you have not worked out for a while and then get to it.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

[2025·湖南湘一名校联盟高二期中]

Young enthusiasts are seeking to revive and modernize traditional Chinese art forms, blending innovation with heritage to appeal 1. _____ a new generation.

Their passion for the traditional arts comes from the fascination with history 2. _____ a desire to influence more people in a down-to-earth way, 3. _____ (assist) them to appreciate and understand the true value of the past. “Everyone’s life leaves behind memories, and history is the collective memory of a nation” is 4. _____ accounts for their growing interest in the traditional heritage.

For a long time, many of China’s popular cultural products have failed 5. _____ (display) the rich heritage passed down from our ancestors. However, progress, which is marked by a surge of outstanding domestic films and games, 6. _____ (make) so far. The flourishing of national culture relies on the younger generations. Those born in the 2000s and 2010s 7. _____ (natural) possess cultural confidence, thanks to the groundwork 8. _____ (lay) by previous generations and the rise of our national strength. Chinese culture is gradually establishing its 9. _____ (present) in the world through these young people.

Our young participants, 10. _____ actively engage in integrating the spirit, culture, and lifestyles of China with those of the world, play an important part in promoting cross-cultural understanding. They hold deep faith that, with their joint efforts, our traditional patterns will gain more popularity overseas in the future.

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姓名	
题号	答题区
阅 读 理 解	
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4	
七选五	
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Period Two Using language

课内基础巩固

❶ 单句填空(每小题 1.5 分,满分 15 分)

- _____ has caused great confusion is how he made it without anyone else's help.
- It shocked me _____ all my **savings** had disappeared overnight due to a wrong investment scheme.
- _____ she threw herself into studying marine biology puzzled her peers, but her **obsessive** curiosity about ocean life drove her pursuit of knowledge.
- _____ the ancient ruins lie hidden remains a secret known only to a few local historians, causing endless curiosity among archaeologists and adventurers alike.
- _____ the endangered species can be saved relies on joint efforts.
- _____ decision he makes about his future career will win great support of his family.
- _____ creative activities have been important drivers of human progress is deeply rooted in our social values.
- _____ will be selected to be the new general engineer is unknown.
- It is reported _____ the **findings** have uncovered the truth that may otherwise remain hidden.
- Exactly _____ the potato was introduced into Europe is uncertain, but it was probably around 1565.

❷ 语法 + 写作(每小题 3 分,满分 15 分)

- _____ that we were trapped in a narrow corner, where we could hear the gasps of the bear.
我们被困在一个狭窄的角落里,在那里我们能听到熊的喘息声,这让我很不安。

- It is **acknowledged** that _____ depends on what effective measures will be taken.
人们普遍认为我们能否拥有干净的饮用水取决于采取什么有效措施。

- _____ will get a beautiful gift.
任何参加开幕式的人都会获得一份精美的礼品。

- It is not clear _____ to recognize different facial expressions in humans. (equip)
目前尚不清楚为什么狗似乎具有识别人类不同面部表情的能力。

- _____ interested all of us.
他如何成功地解决了这个富有挑战性的问题让我们都很感兴趣。

❸ 语篇型语法填空(每小题 1.5 分,满分 15 分)

[2025·湖北部分高中高二期中]

Chinese knots(中国结) are an ancient folk art form in China, simple 1. _____ attractive. Its history can date back to the Zhou Dynasty (1046 BC—256 BC), and it fully 2. _____ (develop) in the Tang and Song dynasties, and became 3. _____ (wide) popular in the Ming and Qing dynasties.

A knot 4. _____ (make) of colourful silk thread can bring good luck to its owner. It is often used to express good wishes, 5. _____ (include) happiness, prosperity and love. A Chinese knot is made of a single rope and named by its specific form and meaning, for example, "Happiness & Health", "Luck and Auspiciousness(吉祥)" and "Wish you a fair wind". People combining different

knots with other well-designed things skilfully, 6. _____ unique auspicious Chinese knot with many wishes is formed. And 7. _____ is also worth noting that the logo of Beijing's bid to host the 2008 Olympics 8. _____ (base) on a traditional knot craft design.

Today, 9. _____ people like most about Chinese knots is their deep meaning. Most commonly, the knot is used either as a hanging 10. _____ (decorate), such as in the home or car, or on the body like a ring, an earring, a hand chain or a necklace.

课后素养提升

Ⅳ 完形填空(每小题 1 分, 满分 15 分)

[2025·河北邢台名校协作体高二期中改编]

I was once troubled by scars. But now I find it funny when people are 1 of the scars they have on their bodies. To me, scars shine a light on who a person 2 is.

I was born in the year 2000. Ten days after I was born, I had my first surgery, 3 my first of many scars. I consider myself to be quite different because my 4 are rare and very few people have the same scar as I do. It's 5, like me.

Then, after several more months of going in and out of the hospital I received my biggest and most 6 scar from a six-hour open-heart surgery. This one 7 all the way vertically down my chest. 8, the heart is a symbol of love, so I see this scar as a representative of my 9 to love and my perseverance. Today, I am completely healthy. Although I still go to the hospital for 10 check-ups, my heart condition does not hinder (阻碍) my abilities in any way. If it weren't for my 11, nobody would know I am any different from the next person.

The thing is, I 12 my scars. I wear them as badges of courage and survival. I often 13 why they would want to hide their best stories. I don't know why they call their survival an 14. If you have a scar, big or small, be 15. It's part of who you are.

- () 1. A. emotive B. conscious
C. ashamed D. independent

- () 2. A. constantly B. naturally
C. suddenly D. truly
() 3. A. removing B. gaining
C. analysing D. seizing
() 4. A. inferences B. sorrows
C. conditions D. divisions
() 5. A. shallow B. unique
C. protective D. intense
() 6. A. meaningful B. mysterious
C. tolerable D. cruel
() 7. A. runs B. disappears
C. leads D. moves
() 8. A. Literally B. Eventually
C. Typically D. Alternatively
() 9. A. ability B. dream
C. application D. plan
() 10. A. monthly B. weekly
C. daily D. yearly
() 11. A. accidents B. wishes
C. scars D. nerves
() 12. A. love B. forget
C. avoid D. cure
() 13. A. repair B. wonder
C. describe D. inform
() 14. A. advantage B. absence
C. innovation D. imperfection
() 15. A. guilty B. aware
C. envious D. proud

Ⅴ 阅读七选五(每小题 2.5 分, 满分 12.5 分)

[2025·广东茂名高二期中]

How to feel better about the way you look

If you feel insecure about the way you look, you aren't alone. 1. _____ They can

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easily contribute to feelings of insecurity. If you would like to become more confident about your body and looks, there are steps you can take to change how you think about your body.

Accept what you dislike about your body while loving it overall. 2. _____ It is not realistic to expect yourself to love everything about your body at all times. Learn to accept what you do not like without focusing on it. Be able to compartmentalize (隔开) to a degree by loving your body overall, even when you know it's imperfect.

Practise positive self-talk. If you feel bad about yourself, you may find yourself putting yourself down a lot. You may engage in negative self-talk, which means you find yourself saying things to yourself like, "I can't believe how fat you are" throughout the day. Try to replace negative self-talk with positive self-talk. 3. _____

Provide your body with nourishment (营养). Many people with low self-esteem (自尊) try dieting or healthy eating as a means to change their bodies. 4. _____ Think of healthy eating as a way of nourishing your body instead of a way of forcing your body to change.

5. _____ If you're feeling poorly about yourself, support is important. Seek out friends and family members who are supportive. Try to spend time with people who feel good about their bodies and are generally supportive.

- A. Turn to people around you for help.
- B. Surround yourself with supportive people.
- C. People have things about their bodies they dislike.
- D. Eating aims to give you a good mood instead of making you look good.
- E. People read a huge number of messages about beauty standards every year.
- F. You may feel unnatural at first, but it raises

your sense of self-worth in the long run.

G. Eating right can help you feel better about yourself, but do so with the right attitude.

Ⅶ 语法填空(每小题 1.5 分, 满分 15 分)

When we meet people for the first time, we often judge them by their 1. _____ (appear) to form a first impression of them. This impression is based on 2. _____ we see and hear, rather than on who they actually 3. _____ (be). In other words, it is based on their "face value".

Of course, face value is not always accurate. People can be very different 4. _____ how they appear on the surface. Someone who looks confident may 5. _____ (actual) be shy and insecure. Someone who appears quiet 6. _____ reserved may be full of energy and enthusiasm. It is important not to judge people by their looks alone.

In fact, 7. _____ (focus) too much on face value can lead to unfair judgements and discrimination. We may stereotype people based on their looks and make assumptions about their abilities or personalities. For example, if we see someone who is overweight, we may assume that they are lazy or lack self-discipline. However, this is not necessarily true.

To avoid falling into this trap, we should focus on getting 8. _____ (know) people as individuals. We should spend some time understanding their backgrounds, interests, and personalities. This requires looking beyond face value and considering the whole person. By doing so, we can gain a deeper understanding of 9. _____ (other) and form more 10. _____ (meaning) relationships.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写(每小题 1 分, 满分 6 分)

1. We are all humans and we all have a responsibility to look after one another's _____ (福利).
2. It was because they deliberately changed their _____ (口音) that the police misjudged them.
3. Our _____ (衷心的) compassion goes out to the victims of the war.
4. Although his _____ (动机) were questioned, experts acknowledge that his obsessive commitment to innovation played a key role in the company's recent breakthrough.
5. Despite experiencing _____ (令人伤心的) betrayals, he remained loyal to his principles and refused to compromise his belief.
6. Tricked out of her life's _____ by a man, the old lady sat in her empty living room, feeling a sense of despair and disbelief.

❷ 单句填空(每小题 1.5 分, 满分 12 分)

1. When she saw the monster, the little girl stood there with a frightened _____ (express) on her face.
2. On the _____ (assume) that I am chosen to be the chairman of the Students' Union, I will organize more colourful after-class activities to enrich our school life.
3. A _____ (fright) accident happened last night, causing three deaths.
4. Volunteers were given a _____ (psychology) test, which included a variety of questionnaires and problem-solving activities.
5. A great way to show your _____ (loyal) to a group of people is to protect them.
6. On the plain in front of us, we can just make out a herd of _____ (grace) animals.
7. The award-winning _____ (novel) often has three or four books on the go at once.
8. It is encouraging to see so many students reading regularly, as reading can improve _____ (comprehend) skills and cultivate imagination.

❸ 短语填空(每小题 2 分, 满分 16 分)

1. We carefully _____ the first report _____ (把……和……比较) the second and had some interesting findings.
2. They can't solve their problems and are unable to _____ (适应) the changing environment.
3. He _____ (爱上) reading history books when he was still a pupil.
4. He didn't dare to utter a syllable, having to nod _____ (默默地).
5. There's no point complaining now—we're leaving tomorrow _____ (无论如何, 不管怎样).
6. At the end of last year, the firm _____ her hard work _____ (用……报答) an exquisite gift.
7. I think people should _____ (对……感到同情) the orphans who lost their parents during the earthquake.
8. Why some people see being skinny as beautiful is _____ (超出了我的理解).

Ⅶ 句型训练(每小题 3 分,满分 12 分)

1. Our group was the first _____ assigned to us thanks to our cooperation and hard work.
由于我们的合作和努力,我们小组第一个完成了分配给我们的农活。
2. “Mum, under no circumstances _____ or delay my work till the next day,” the boy promised in a trembling but determined voice. (部分倒装)
“妈妈,无论如何我都不会浪费时间,也不会

把工作拖延到第二天,”男孩用颤抖却坚定的声音承诺道。

3. He leaned backward and moved his eyes away, as if _____. (省略)
他往后靠了靠,把目光挪开了,好像感觉有点儿紧张。
4. Tom was **timid** _____ a **coward**. But this time, they saw a brave Tom. (结果状语从句)
汤姆很胆小,所以大家都叫他懦夫。但这一次,他们看到了一个勇敢的汤姆。

课后素养提升

Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·山东济宁高二期中]

I was always the type of individual who hated being called on in class. It was not due to a lack of knowledge—I was, in fact, quite good at grasping the material. Rather, I disliked the spotlight being cast upon me. Moreover, I had few friends, and being overweight since childhood often made me the target of jokes.

I've found a way to change all that. It began when a teacher suggested that I try out for the basketball team. Initially, I didn't take the idea seriously at all. Being chubby (圆胖的), I just knew that I'd only embarrass myself. But because the teacher—a favourite with me—kept insisting I “go for it”, I decided to give it a try.

When I first started attending the practice sessions, I really didn't have a good handle on the game of basketball. To be honest, the rules of the game were a mystery to me. Luckily, I wasn't the only one “new” to the game, so I resolved to do my best at each practice session. I was learning, and I was getting better even if it was little by little.

Then it became more fun and more motivating. I practised and practised. Pretty soon the competitive part of me was winning over my chubby-kid complex. I began to forget that I was chubby. I even discovered that my

“size” wasn't such a disadvantage at all; I could make a basket from right under the net and block at the same time!

Gaining self-confidence in playing inspired me to try out other things. I have gone from “hiding” myself to raising my hand. With my new and improved self-confidence come more praises, some from teachers, and some from teammates and classmates. But these days, they also come from the face in the mirror—which is the “person” whose comments I value most. Best of all, I'm learning to really believe in myself.

- () 1. Why did the author dislike being asked in class?
A. He couldn't figure out the answers.
B. He felt uneasy about being noticed.
C. He found the teaching style unappealing.
D. He was engaged in developing friendships.
- () 2. How did the author feel on hearing the teacher's suggestion?
A. Uninterested. B. Misguided.
C. Appreciative. D. Confused.
- () 3. How did playing basketball benefit the author?
A. He dropped quite a bit of weight.
B. He learned how to cooperate.
C. He developed a funny personality.
D. He became sure of himself.

- ()4. What can be the best title for the text?
- A. Unlocking confidence with teamwork
 - B. The secret to competitive sports spirit
 - C. A chubby kid's journey of growth
 - D. The lifelong influence of a teacher

B [2025·福建福州高二期中]

A new study finds younger adults look and feel older on stressful days. “Substantial research tells us stress makes older adults feel their age, or even feel older than they actually are,” says Psychology Professor Shevaun Neupert, the corresponding author of the new study. “And the literature tells us that when seniors feel older than they actually are, it is associated with many negative health outcomes. However, there is little research examining this issue in younger adults. This work may be particularly timely, as stress researchers are seeing an increase in the amount of stress younger adults are experiencing now.”

The study covered 107 younger adults between the ages of 18 and 36, who completed detailed daily surveys for eight continuous days. The surveys were designed to capture how much stress they were experiencing each day, how much control they felt they had over their lives that day, and how old they felt and looked on that day.

“The key finding was that on days when study participants reported experiencing higher levels of stress than they normally did, they also reported looking and feeling older,” Neupert says. “However, this was only true on days when study participants also reported feeling that they had less control over their lives than they normally did. Besides, both the levels of stress and the levels of control were relative.”

“For one thing, this tells us that the phenomenon of stress making people feel older is not limited to older adults,” Neupert says. “It’s also important because we know that

experiencing stress over time can have negative effects and that people generally report increasing levels of stress as they move from young adulthood to midlife. If these young people are already experiencing historically high levels of stress for their age, and that stress is affecting how old they feel, it will be important for us to pay close attention to the markers we use to assess stress-related physical and mental health for this generation.”

- ()5. Why did Neupert carry out the study?
- A. To fill a gap in existing research.
 - B. To correct previous misunderstandings.
 - C. To improve the living conditions of adults.
 - D. To help seniors to understand younger adults.
- ()6. What research method was mainly used in the study?
- A. Literature review.
 - B. Scientific observations.
 - C. Survey data analysis.
 - D. Psychological experiments.
- ()7. Which can be inferred from Paragraph 3?
- A. Adults are especially subject to stress.
 - B. Stress impacts depend on perceived control.
 - C. Living an abnormal life makes people look older.
 - D. Being under others’ control can harm one’s health.
- ()8. Which can be a suitable title for the text?
- A. Stress is speeding old people’s aging process
 - B. Stress levels are rising among younger adults
 - C. Why younger adults pay attention to their ages
 - D. How younger adults’ perception of stress affects aging

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Period Four Writing

① 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·山西部分学校高二期中]

At the age of fifteen, Erin Willman lost her sight, but instead of letting this challenge control her life, she was determined to show what she could do. Even though many companies turned her down because of her blindness, Erin didn't give up. Instead of waiting for someone to give her a chance, she decided to make her own path. Within a year, she started White Cane Coffee and became its CEO, proving that her disability wouldn't stop her from reaching her dreams.

White Cane Coffee started as an idea on a difficult day and has now grown into a successful business, with Erin's coffee now available in many cities. Beyond selling high-quality coffee, the company helps blind and disabled individuals by offering them jobs, teaching valuable skills, and helps them feel more confident. One of the company's special features is its product labels, which include Braille (盲文) on every package. This makes White Cane Coffee one of the first companies to do this, showing Erin's belief that blind people should be able to shop on their own.

The company offers jobs that pay fair wages, giving employees the freedom and opportunities they often don't get elsewhere. Erin's team believes their mission is more than just paying salaries—it's about giving hope and showing that every worker is valuable. The profits from White Cane Coffee do more than support the employees; they also help fund guide dog training, community programmes for children, and other charities.

Erin's goals go far beyond her own success; she wants to create positive change worldwide. She values social good more than

material riches and aims to use her position to improve the lives of others like her. Erin and her team are grateful for the strong support from their community and disability supporters. Above all, they are proud of their achievements in providing resources and helping disabled individuals become more independent. They are determined to continue creating new jobs, helping more people gain independence. To achieve this, they are working on exciting projects to strengthen their base and take their company to the next level.

- () 1. What did Erin do when faced with difficulties?
- A. She relied on others to help her.
 - B. She avoided situations where she might be rejected.
 - C. She felt defeated by the trouble in her life.
 - D. She viewed challenges as opportunities to prove herself.
- () 2. What makes White Cane Coffee's product labeling unique?
- A. Each label is printed with a colourful design.
 - B. All packages are eco-friendly and recyclable.
 - C. Every package has a QR code for a virtual tour.
 - D. It includes a special feature to assist blind customers.
- () 3. What is Erin's ultimate goal for White Cane Coffee?
- A. To sell the company to a larger corporation.
 - B. To become the largest coffee company in the world.
 - C. To create global impact and support disabled people.
 - D. To focus on expanding the business internationally.

- ()4. Which of the following can best describe Erin?
- A. Determined and caring.
B. Odd and stubborn.
C. Honest and adaptable.
D. Weak and dependent.

B [2025·安徽宿州高二期中]

As adults, fear is something we feel we have to carry alone, afraid to share it because it might make us seem weak.

This is especially true for business leaders. Fear can be perceived as a lack of belief. But the truth is, trying something new and pushing beyond the familiar is always going to be scary.

Launching a startup, developing a new product, or stepping into a new market means navigating the unknown. No matter how much we plan, there's always uncertainty. And that uncertainty brings fear—whether it's the fear of failing, being judged, or facing rejection.

Treat fear as a built-in Survival Guide. When you face something uncertain or threatening, your brain's amygdala (杏仁核) kicks into gear, cueing reactions that prepare you to either fight or flight.

In addition to fast-acting neurotransmitters (神经递质), your brain also uses neuropeptides (神经肽), which act more slowly but help adjust your fear response, making sure you stay aware of potential risks.

Fear itself is not bad. It's a natural response designed to protect you. In fact, as one of our oldest survival mechanisms, it can even be healthy. It can help avoid casual decisions, heighten our awareness, and fuel our motivation. Yet, we crush it, leading to its worst effects—overthinking, poor communication, and missed opportunities because we shy away from risks.

As a result, we often get all of its drawbacks without any of its benefits; work is slower because of analysis paralysis (瘫痪);

communication is unproductive because we hold back information; innovation is limited because we avoid taking any risks.

What if instead we embraced fear as a natural part of life, one that's full of curiosity, experimentation, and creativity? Making friends with fear means recognizing that it's not something to avoid or ignore, but rather something to treat as helpful information.

When you stop running from fear and start working with it, amazing things can happen. By feeling your fear, examining its source, speaking out your needs, and reflecting on the experience, you can transform this natural response into a powerful driver of personal and professional progress.

- ()5. What do the underlined words “kicks into gear” probably mean in Paragraph 4?
- A. Loses control. B. Starts working.
C. Starts fighting. D. Comes into effect.
- ()6. What can we learn about “neuropeptides”?
- A. They are less useful than the neurotransmitters.
B. They help you prepare yourself in the face of fear.
C. They help improve your response towards fear.
D. They can make sure you avoid potential risks.
- ()7. Which of the following statements does the author agree with?
- A. Fear should be crushed and avoided.
B. Fear can also be taken advantage of.
C. Fear itself is perfectly good and healthy.
D. Fear totally comes from a lack of confidence.
- ()8. What is the most suitable title of this article?
- A. Making friends with fear
B. Being brave and fearless
C. Sharing fear makes you weak
D. Fear always leads to failure

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II 写作

第一节 应用文写作(满分 15 分)

假定你是某国际学校的学生李华,学校最近正在举行“最美学生”评选活动,请按下列要求用英语给组委会写一封信,推荐你身边的一位同学参选。内容主要包括:

1. 你认为“最美学生”应具有的品质;
2. 你推荐这位同学的理由。
- 注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

第二节 读后续写(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。

Beautiful birthmarks(胎记): the power of acceptance

Whenever you hear the word “birthmark”, you probably think of one of those black or brown spots you have somewhere on your body. However, for me, it’s completely different—I have them on my lips, which makes them quite visible and ugly to me.

When I was young, these birthmarks kept making me feel extremely awkward and self-conscious (难为情的). As these birthmarks always drew a lot of attention, people often asked me, “What are those black marks on your lips?” When I told people that they were birthmarks, they usually said, “How strange!”

In pictures, I used to hide my birthmarks by pursing (撅起) my lips, so I would not have to deal with people’s questions. As I was growing up, the situation didn’t get any better. In the school, my classmates would always tease me, making me feel hurt and helpless. In

society, I often encountered individuals who would inquire about my birthmarks even before they knew my name.

Such experiences left me feeling disheartened. I felt like people judged me by my appearance without considering my personality.

My birthmarks are caused by a genetic condition from my mum’s side of the family. My mum’s mum has birthmarks on her lips, and my mum’s uncle and my uncle have some on their bodies. I used to try to cover them up with make-up, but it never looked good. I even consulted a doctor, wanting to have surgery to remove them. But when imagining the process, I would get nervous and eventually give up.

Whenever I cried to my mum about them, she would always comfort me and say, “Learn to accept them and see them as beautiful birthmarks.” However, it wasn’t easy for me to accept my own birthmarks. Every time I showed my birthmarks, people would look at me with strange eyes. I began to regret why I had given up the surgery and chosen to accept my birthmarks.

注意:续写词数应为 150 个左右。

Paragraph 1:

One day, I met my cousin, who also has a large birthmark on his arm. _____

Paragraph 2:

From then on, when I met people, I began to change myself. _____

► 单元小测

Unit 1

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. He was given big bonuses in _____ (acknowledge) of his work for the company.
2. Van Gogh was a Dutch post-impressionist painter, best known for his vivid and _____ (express) use of colour.
3. The _____ (adjust) desk can transform a standard desk into a standing one, and IKEA hopes it could make the standing desk mainstream.
4. _____ (assume) that the finding is accepted, when are we going to put it into practice?
5. I don't think Henry is the best man _____ (do) so important a job.
6. The professor's explanation made the complex theory become _____ (comprehend), helping students grasp concepts that initially seemed impossible to understand.
7. Driven by a sense of _____ (commit), a great many people joined the army to resist the invaders and defend the honour of the nation.
8. She watched me with profound _____ (tender), tears swimming in her eyes.
9. She painted the monster _____ (intent), trying to make it look as terrifying as possible.
10. Her lipstick is identical _____ mine. It was no wonder that she took mine by mistake.

❷ 短语填空(每小题 2 分, 满分 16 分)

1. I really wanted to _____ (做出努力) to help that timid boy overcome his shyness.
2. I don't believe that he helped that girl just _____ (出于怜悯).

3. The woman pretended not to _____ (在乎) money to make the villagers all like her.
4. The man glanced at me _____ (从头到脚), and then left the meeting room.
5. While staying in France last summer, I _____ (偶然遇到) those graceful girls, who danced in the park during a cultural festival.
6. "My presentation on traditional Chinese art was a great success, which _____ (增加了我的自信)," she said.
7. She _____ (盯着) the blank page and made an attempt to come up with a creative idea for her story.
8. _____ (第一次), she noticed the hunched shoulders of her hard-working father.

❸ 句型训练(每小题 3 分, 满分 15 分)

1. _____, I'd better light a candle instead of complaining about the darkness.
正如他所说,我与其抱怨黑暗,不如点燃蜡烛。
2. I was so uninterested in the result _____ (bother).
我对结果一点都不感兴趣,甚至看都没看。
3. Never _____ how much I love English owing to your instruction.
您永远不会知道,由于您的教导,我有多热爱英语。
4. He moved his lips, _____.
(省略) 他嘴唇动着,好像在说着什么。
5. _____ was the poor service in your restaurant. _____ was a warm welcome and efficient service, but _____ instead was long waiting time and unresponsive waiters.
(what 引导主语从句)
最让我恼怒的是你们餐厅糟糕的服务。我期望的是热情的接待和高效的服务,但我得到的却是漫长的等待时间和反应迟钝的服务员。

Ⅳ 语法填空(每小题 1.5 分,满分 15 分)

There is no doubt that beautiful appearance indeed attracts people's attention. If we have beautiful appearance, of course we 1. _____ (give) people a deep impression. As the 2. _____ (say) goes, everyone has 3. _____ mind of appreciating beauty. But at the same time we must admit the fact that appearance can't decide everything and that only the ability can do it. The good example is Maria Sharapova, 4. _____ was once a famous tennis player. It was early in her career that many people 5. _____ (notice) her beautiful appearance and the ability 6. _____ (play) tennis.

As time passed by, more and more beautiful female tennis players came into our sight. However, only Maria gets famous all the time, and the reason is 7. _____ she is outstanding among these girls. She has won so many 8. _____ (championship), which makes her an 9. _____ (attract) girl. Beautiful appearance indeed opens a door for people, bringing them much praise and encouragement, whilst it is acknowledged that only the ability makes us well-known all the time. Believe it or not, people will show respect for us 10. _____ (most) for our hard work instead of our beautiful faces.

Ⅴ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·广东江门高二期中]

Do you like to flaunt your expensive items? You could find yourself without friends! Scientists prove that expensive status symbols make you look less socially attractive.

Items such as a fancy car and a Rolex watch are often thought to increase our social standing and often come with a high price tag (标签). According to the latest research, however, it has the opposite effect and people would prefer to be friends with someone who places less value on material objects.

"Often we think that status symbols will make us look more socially attractive to others," says Stephen Garcia, the study's lead author from the University of Michigan. He adds, "However, our research suggests that these status signals actually make us look less socially attractive."

The researchers conducted six studies which assessed how people presented themselves and how people viewed strangers. People who chose to wear higher status items tended to get a negative response, but people wanted to be friends with people who preferred lower status symbols.

The study took the role of the luxury item to see if it was possible that the expensive item itself played a part in people's reactions. The definition of a status symbol changed based on a person's socioeconomic status, but the same effect of keeping off potential friends was seen regardless of social position.

"At a social level, we may be wasting billions of dollars on expensive status symbols that finally keep others from wanting to associate with us," says Kimberlee Weaver Livnat at the University of Haifa. She says, "And to the extent that close friendships are important to well-being, we may be unintentionally hurting ourselves."

However, Patricia Chen of the National University of Singapore said this does not necessarily mean status symbols are a bad thing. She says, "Our findings right now only apply to the formation of new friendships. Status symbols may be beneficial at other times and in other settings, such as when trying to establish new business contacts."

() 1. What does the underlined word "flaunt" in Paragraph 1 mean?

- A. Show off. B. Get rid of.
C. Give away. D. Hand in.

- ()2. Which is the negative influence of expensive status symbols?
- A. Lowering people's social status.
B. Preventing people from making friends.
C. Doing harm to people's health absolutely.
D. Changing people's consumption concept.
- ()3. Who may be more popular among friends according to the text?
- A. People who are very rich.
B. People with high social status.
C. People who keep a low profile.
D. People with charming appearance.
- ()4. What attitude does Patricia Chen have towards status symbols?
- A. Positive. B. Unconcerned.
C. Critical. D. Casual.

Ⅶ 完形填空(每小题 1 分,满分 15 分)

[2025·山西太原高二期中]

On a rainy afternoon, I sat in a cozy coffee shop, enjoying a latte. Unintentionally, a chat between two women grabbed my 1, who were discussing an upcoming party.

One of them, called Sarah, seemed uneasy. "I don't think I can attend it," she said 2. "I've gained a few pounds, and just feel so... unattractive." Her friend, Lisa, gave her a(n) 3 smile, "Oh, you're stunning just the way you are." But Sarah sighed, "On social media, everyone looks perfect. I just can't 4 the standards."

Hearing this, I recalled my own 5 with beauty in high school, spending hours trying to "fix" myself, only to feel exhausted and empty. Fortunately, Mum noticed my 6 and reminded me, "Beauty isn't about how you look but about how you feel inside." Her words stayed with me. Gradually, I 7 my focus to activities that brought me joy and people who 8 me. The less I worried about appearance, the more my confidence grew.

Back in the coffee shop, I wanted to share my story with Sarah but 9. Instead, I silently 10 her all the best in life.

Later, I 11 Sarah at a bookstore. Her newfound 12 shone through. After chatting, one of her remarks "I had such a great time being myself" really 13 me. Her words 14 my mother's wisdom: true beauty lies within, 15 self-acceptance, kindness, and the courage to be ourselves.

- ()1. A. laughter B. reaction
C. imagination D. attention
- ()2. A. coldly B. carelessly
C. sadly D. guiltily
- ()3. A. forced B. encouraging
C. mysterious D. unnatural
- ()4. A. live up to B. get used to
C. put up with D. come up with
- ()5. A. wisdom B. struggle
C. evaluation D. discovery
- ()6. A. frustration B. beauty
C. progress D. failure
- ()7. A. lost B. expanded
C. shifted D. kept
- ()8. A. ignored B. doubted
C. judged D. valued
- ()9. A. hesitated B. puzzled
C. insisted D. frowned
- ()10. A. treated B. wished
C. served D. persuaded
- ()11. A. encountered B. avoided
C. left D. called
- ()12. A. friendship B. hobby
C. compassion D. confidence
- ()13. A. scared B. confused
C. struck D. corrected
- ()14. A. changed B. attained
C. analysed D. echoed
- ()15. A. proving B. comprising
C. resembling D. overlooking

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