



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

选择性必修第四册 WY

01

培养核心素养，聚焦主题语境

Unit 1 Looking forwards

主题素养积累

You've got to find what you love (节选)

I am honoured to be with you today at your commencement (毕业典礼) from one of the finest universities in the world. I never graduated from college. **Truth be told**, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. The first story is about connecting the dots (串联点点滴滴).

At the age of seventeen, I went to college. **But I naively (无知地) chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition.** After six months, I couldn't see the value in it. **I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out.** And here I was spending all of the money my parents had saved their entire life. So I decided to **drop out** and trusted that it would all work out OK.

to trust in something—your guts, destiny, life, whatever. This approach has never let me down, and it has **made all the difference in my life.**

【主题词句背诵】

1. be honoured to do... 很荣幸做……
2. truth be told 老实说
3. figure out 弄清楚
4. drop out 退学;退出(比赛等)
5. follow one's curiosity and intuition 跟随某人的好奇心和直觉
6. turn out to be priceless 被证明是无价的
7. make all the difference in one's life 让某人的生活大不相同
8. But I naively (无知地) chose a college **that was almost as expensive as Stanford**, and all of my working-class parents' savings were being spent on my college tuition.
但我无知地选择了一所几乎和斯坦福大学一样昂贵的大学,而我工薪阶层的父母把所有积蓄都花在了我的大学学费上。

02

夯实语言基础，搭建知识框架

词汇点睛

- 1. in the face of** 面对(问题、困难、危险等)
(教材 P2) **In the face of** such questions, how should we approach the future?
面对这些疑问,我们应该如何迎接未来呢?

(1) be faced with	面对
face up to	勇于正视;敢于面对
(2) lose face	丢脸,失面子
make faces/a face	做鬼脸
look sb in the face	直视某人
pull a long face	耷拉着脸,板着脸
face to face	面对面地

【活学活用】

完成句子/一句多译

- ① [2024·北京卷] In the story, success in becoming an independent scientist was ultimately

句型透视

- 1. (教材 P3) Having set himself this goal, he wrote novels and short stories based on his personal experiences of the First World War, the Spanish Civil War, bullfighting and deep-sea fishing, amongst others.** 在立下这一目标后,他根据自己在第一次世界大战、西班牙内战、斗牛表演和深海捕鱼等亲身经历,创作了长篇和短篇小说。

句型公式

having done sth 作状语

【句式点拨】

此句中, having done sth 为分词作状语,属于分词的完成式结构作状语。having done 的使用条件是分词所表示的动作先于谓语动作发生,且分词的逻辑主语为句子的主语。

课内基础巩固

I 单词拼写(每小题1分,满分4分)

1. These _____ (实习生) used tiny dots to highlight important data in the charts during their group presentation.
2. The foreign _____ (记者) was fascinated by the Spanish tradition of bullfighting and covered several events during his stay in the country.
3. The famous writer released his latest _____ (侦探) novel which became a hit soon.
4. Taking one step _____ (往回,朝反方向) sometimes helps reach the ultimate goal of a tough task.

beyond the expectations of his tutors.

II 短语填空(每小题2分,满分10分)

1. If you are pessimistic, you will feel life boring and meaningless. Optimism, _____ (相比之下), can make you happy, healthy and successful.
2. _____ (在绝望中), she submitted to an operation on her right knee to relieve the pain.
3. We can then _____ (采取行动) to improve our mental balance, which in turn can help us better cope with the challenges life throws at us.
4. Today we're going to _____ (关注,注意) the question of homeless people.

课后素养提升

V 阅读理解(每小题2.5分,满分10分)

[2025·湖北武汉部分重点中学高二期末联考]

By my early 40s, I had exhausted all the hobbies that were supposed to make me feel better about entering middle age. And then, at the height of my desperation, I decided to sign up for a ballet class.

"But you're not very flexible," my friend gently reminded me. She wasn't wrong. I nearly injured myself in an attempt to stretch. Also, my track record for physical activity wasn't great: with short periods on the badminton court, a brief try at cycling, and an on-and-off relationship with swimming, I could see how I didn't exactly look like prospective ballet material. However, I was determined to

breathing and move my body in ways that always challenge me and remind me of everything that is possible.

- () 1. What made the author determined to try ballet?
- A. Her need for freshness in midlife.
 - B. Her failure in various sports.
 - C. Her desire to perform ballet well.
 - D. Her talent for physical activities.
- () 2. What effect did the ballet teacher's words have on the author?
- A. Forcing her to rethink each movement.
 - B. Motivating her to practise even harder.
 - C. Shifting her focus to the progress she made.
 - D. Changing her attitude towards ballet dancing.

II 写作

第一节 应用文写作(满分15分)

[2025·河北衡水武强中学高二期末]

假设你是高三学生李华,你看到校报(*Further*)刊登的记者招聘启事,请你给主编写一封申请信,并附上简历。信的内容包括:

1. 介绍你的相关信息和对该职位的兴趣;
2. 说明你适合该职位的原因;
3. 表达希望被录用。

注意:1. 写作词数应为80个左右;

2. 请按如下格式在相应位置作答。

Dear Editor,

I am writing to apply to be a reporter for our school newspaper *Further*.

第二节 读后续写(满分25分)

[2025·湖南长沙明德中学高二期末]

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。

Mary watched as students crowded around a notice announcing that the school's radio station was looking for a second host. Butterflies in her stomach—she had always dreamed of becoming a campus host.

The radio station was a big deal; it aired music, school announcements, and entertaining shows that everyone tuned in to during lunch breaks. Olivia, the current host, was confident and talented, earning widespread admiration.

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Unit 1 Looking forwards

★ 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. These _____ (实习生) used tiny dots to highlight important data in the charts during their group presentation.
2. The foreign _____ (记者) was fascinated by the Spanish tradition of bullfighting and covered several events during his stay in the country.
3. The famous writer released his latest _____ (侦探) novel which became a hit soon.
4. Taking one step _____ (往回, 朝反方向) sometimes helps reach the ultimate goal of a tough task.

❷ 单句填空(每小题 1.5 分, 满分 9 分)

1. He's a very _____ (ambition) young man and we are convinced that he can make it some day in the future.
2. The old man is still healthy and _____ (energy) in his eighties because he has kept regular hours since boyhood.
3. As I calmed down and my breathing became even, the day's events began to _____ (fold) in my mind.
4. The museum houses a vast collection of _____ (history) items that provide insight into the lives of people from ancient civilizations.
5. She faced many doubts but _____ (ultimate) proved her ability through steady efforts.
6. _____ this respect, the student showed exceptional talent, which was

beyond the expectations of his tutors.

❸ 短语填空(每小题 2 分, 满分 10 分)

1. If you are pessimistic, you will feel life boring and meaningless. Optimism, _____ (相比之下), can make you happy, healthy and successful.
2. _____ (在绝望中), she submitted to an operation on her right knee to relieve the pain.
3. We can then _____ (采取行动) to improve our mental balance, which in turn can help us better cope with the challenges life throws at us.
4. Today we're going to _____ (关注, 注意) the question of homeless people.
5. The young artist, who _____ countless hours _____ (投入……用于……) perfecting her techniques, dreams of holding a solo exhibition one day.

❹ 句型训练(每小题 3 分, 满分 9 分)

1. _____, he is familiar with all aspects of it. (非谓语)
他在这个城市居住了很多年, 了解这座城市的方方面面。
2. The whole thing _____
I didn't really have a chance to thank him properly. (结果状语从句)
这一切发生得太快, 以至于我都没有一个真正的机会好好感谢他。
3. With shaky legs and trembling hands, I began my journey across the ropes, _____
_____ a world away. (独立主格结构)
我双腿发颤, 双手颤抖, 开始了横渡绳索的旅程, (脚下的)地面似乎远在天边。

Ⅶ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·湖北武汉部分重点中学高二期末联考]

By my early 40s, I had exhausted all the hobbies that were supposed to make me feel better about entering middle age. And then, at the height of my desperation, I decided to sign up for a ballet class.

“But you’re not very flexible,” my friend gently reminded me. She wasn’t wrong. I nearly injured myself in an attempt to stretch. Also, my track record for physical activity wasn’t great: with short periods on the badminton court, a brief try at cycling, and an on-and-off relationship with swimming, I could see how I didn’t exactly look like prospective ballet material. However, I was determined to give it a try.

This wasn’t my first time in a ballet studio. My classes were physically demanding and my muscles were achy. But this time around, the exact same things that had made me flee the studio now brought me a fresh perspective.

I hadn’t anticipated that my teacher’s instructions would change my way of being in the world. When I tried to extend my foot to the side, my teacher reminded me that ballet isn’t about perfection. Rather, he said, it’s about “struggling for perfection”. The idea that my body is still a work in progress encourages me. Ballet is forcing me to rethink my relationship with my body, and instead of noticing only the older age, I am now amazed at what my body is capable of and the changes I’ve seen as I’ve learned to stand with more confidence and courage. The imperfections? They’re part of being alive.

Eight years into my ballet classes, I’m what you would call a lifelong advanced beginner. At the age of 50, I focus on my

breathing and move my body in ways that always challenge me and remind me of everything that is possible.

- () 1. What made the author determined to try ballet?
- A. Her need for freshness in midlife.
B. Her failure in various sports.
C. Her desire to perform ballet well.
D. Her talent for physical activities.
- () 2. What effect did the ballet teacher’s words have on the author?
- A. Forcing her to rethink each movement.
B. Motivating her to practise even harder.
C. Shifting her focus to the progress she made.
D. Changing her attitude towards ballet dancing.
- () 3. Why does the author call herself a lifelong advanced beginner?
- A. Because she masters ballet completely.
B. Because she sticks to beginner ballet classes.
C. Because she regrets starting ballet too late in life.
D. Because she continues dancing despite challenges.
- () 4. What message does the text convey?
- A. Imperfection should be avoided at all costs.
B. Only through hard work can one achieve perfection.
C. The pursuit of perfection matters more than the result.
D. Middle-aged people should make well-informed decisions.

Ⅷ 阅读七选五(每小题 2.5 分,满分 12.5 分)

The importance of being independent

The ability to be independent is something not everyone possesses. 1. _____ And learning to support yourself is fundamental for

any success you ever hope to achieve. At the end of the day, you only have yourself to fall back on, so it's very important to be able to handle things on your own.

People rely on others far more than it is necessary. People put their happiness in the hands of a significant person, thinking this will bring them satisfaction. 2. _____

Should you always be dependent on someone else? Of course not. 3. _____ Therefore, you need to learn how to make decisions on your own. People are unable to be independent for a variety of reasons, with fear being the biggest: the fear of being alone, the fear of rejection and the fear of the future.

However, there is no reason to base your life decisions on relationships with people. All relationships end at some point or another. 4. _____ The only thing you can do is alter your understanding of relationships. Instead of expecting them to make you happy by being in your life and providing enjoyment, appreciate the time spent and the enjoyment since you know it will be gone.

5. _____ Don't ask for advice, do what you want and learn from your own mistakes. Many people are afraid to think for themselves because that involves taking responsibility for their own lives. This is just one way people become dependent. We are born alone and we die alone, so we each have to take responsibility for our lives at every step along the way.

- A. There is nothing you can do to change or affect that.
- B. This is a serious error too many people make these days.
- C. Make decisions by and for yourself, whatever they may be.
- D. You can control your own life by making your own choices.
- E. However, you need to be independent in order to survive in the world.

- F. In any moment of decision, the best thing you can do is wait for the right time.
- G. Not only are you limiting yourself, but you are also likely to become a burden to this person.

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)
[2025·广东揭阳高二期末]

Twenty-five years ago, most young British people wanted a career in law, to be a doctor, or to take up singing. But today, things stand 1. _____ (different).

According to a recent survey, the “dream job” of young people 2. _____ (age) between 16 and 25 in the UK is a video blogger, or “vlogger (视频博主)”. The survey, carried out among 1,002 people, found that over 40% of them put vlogger as their number one choice on a list of dream 3. _____ (career).

The change is largely due to the rapid development of information technology (IT). The Internet and social media have made it 4. _____ (easy) and more convenient to reach a global audience, without having to enter a career in show business in the traditional way.

“In the past, the biggest stars 5. _____ (make) by the Hollywood studios; now, anyone with a computer camera may become a star,” said Phil Samuels, 6. _____ expert from the UK. From fashion to comedy, these self-made stars interact online with their fans about everyday life.

However, what people see 7. _____ (be) only the bright side of being a vlogger and they ignore the fact 8. _____ only those who are successful can gain fame and fortune. Actually, 9. _____ every success there are a hundred others who never get off the starting block. This is why some young people still show 10. _____ (prefer) for traditional jobs.

班级	
姓名	
题号	答案区
阅读理解	
1	
2	
3	
4	
七选五	
1	
2	
3	
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)

1. He offered to drive us to the airport, but we _____ (prefer) not to trouble him, thus rejecting his help out of hand.
2. On Monday mornings, it usually _____ (take) me an hour to drive to work although the actual distance is only 20 miles.
3. Our class _____ (hold) a book exchange activity next Friday to share stories and make new friends.
4. The newly-elected president _____ (weigh) his words for his first public speech currently.
5. The trainees can't join the field trip tomorrow morning because they _____ (attend) a workshop on teamwork skills then.
6. Susan had quit her well-paid job and _____ (work) as a volunteer in the neighbourhood when I visited her last year.
7. When they arrived on the spot ultimately, they found the police _____ (solve) the problem.
8. Recently the government _____ (establish) ecological protection zones as well as a sightseeing zone.

❷ 语法 + 写作(每小题 3 分,满分 9 分)

1. No sooner _____ than everybody cheered, "Happy New Year!" 她刚打开纸袋,大家就欢呼起来:“新年快乐!”
2. Over the last few months, the air pollution level _____ as a result of effective measures taken. (decrease) 在过去的几个月里,这个区域因为采取了有效措施,空气污染水平一直在下降。
3. Last night, I _____ a detective novel when suddenly there was a

power cut. (set)

昨天晚上我正要开始看侦探小说,这时突然停电了。

❸ 语篇语法填空(每小题 1.5 分,满分 15 分)

Master Xuanzang is arguably the most famous monk in China today. Born into a family 1. _____ there had been scholars for generations, Xuanzang received a classical Confucian education in his youth, but 2. _____ the influence of his brother, he became interested in Buddhism and wanted to go west to India to learn more about Buddhism.

Being unable to obtain a travel permit, Xuanzang left Chang'an by stealth (秘密行动). He travelled along 3. _____ we now know as the Silk Road. It took him through countries ruled by powerful leaders who sometimes wanted to keep him in their kingdom rather than allow him to travel on. In the end, however, most kings supported Xuanzang 4. _____ (see) his determination to reach India.

In India, Xuanzang spent the main portion of his time at significant Buddhist sites. All 5. _____ while, he engaged in scholarly debates. After successfully gathering nearly six hundred manuscripts (手稿), he resolved to return to China after an 6. _____ (absent) of 16 years.

Xuanzang was still officially a fugitive (逃亡者) in his homeland, China, because he 7. _____ (leave) without permission. Xuanzang wrote a letter to the emperor describing what he had learned and asking permission 8. _____ (return). The emperor not only welcomed him back, but appointed him a court advisor.

The rest of Xuanzang's life 9. _____
(spend) in teaching, advising and translating
manuscripts that made the journey home with

him. Following his journey, Buddhism became
more widely 10. _____ (understand) in
China.

课后素养提升

Ⅳ 完形填空(每小题 1 分,满分 15 分)

Ethan was passionate about playing the guitar. Every day after school, he would rush home, 1 his guitar, and lose himself in the melodies. One day, an opportunity 2 Ethan's door. The village was hosting a talent show, and Ethan decided to participate. 3, doubts started to creep into his mind. The fear of failure began to 4 him.

But Ethan's grandfather shared his story. He had a dream of becoming a 5 but filled with self-doubt, so he decided to seek guidance from a wise old artist. The artist listened to his worries and offered him a 6 to paint a picture on a large canvas in front of a crowd. 7 by the challenge, he hesitated. The wise artist smiled, "Paint from your heart and 8 your soul into every stroke. The beauty lies not in 9, but in the authenticity (真实性) of your creation."

Encouraged by these words, he painted with passion, letting his emotions guide his brush. The crowd watched in awe as a beautiful masterpiece 10 on the canvas. Finishing the story, Ethan's grandfather said, "That day, I realized that success is not 11 by how perfect we are or how we 12 others."

Inspired by his grandfather's story, Ethan practised 13 and poured his heart into every 14. When the day arrived, the audience was captivated by his performance. At that moment, he realized that his self-doubts had held him back, but now he was 15.

- ()1. A. buy B. grab
 C. pull D. touch
()2. A. beat out B. kicked out
 C. knocked on D. crashed into

- ()3. A. Therefore B. Moreover
 C. Meanwhile D. However
()4. A. consume B. conquer
 C. excite D. delight
()5. A. teacher B. painter
 C. correspondent D. singer
()6. A. chance B. guide
 C. challenge D. task
()7. A. Affected B. Confused
 C. Impressed D. Overwhelmed
()8. A. throw B. pour
 C. invest D. send
()9. A. excellence B. accuracy
 C. perfection D. ambition
()10. A. emerged B. served
 C. rose D. concentrated
()11. A. illustrated B. shown
 C. stated D. defined
()12. A. communicate with
 B. engage in
 C. relate to
 D. compare to
()13. A. carefully B. tirelessly
 C. contentedly D. happily
()14. A. note B. rhythm
 C. tempo D. tune
()15. A. confident B. free
 C. proficient D. skilled

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·福建部分优质高中高二期末]

In a world of constant consumption and information overload, the appeal of minimalism has never been stronger. 1. _____ This guide will walk you through several practical steps to accept a minimalist lifestyle, helping you declutter your space, simplify your life, and focus on what truly matters.

班级		At its core, minimalism is about intentionality. 2. _____ Such as, less stuff, less stress, and fewer interruptions. But it's not about going without. Instead, minimalism is about making room for more—more freedom, more time, more available money, more mental space, more peace, and more meaningful experiences.	C. Minimalism encourages an organized busy life.
姓名			D. As you gain confidence, move on to larger space.
题号			E. Employ a 30-day waiting period before making purchases.
完形			F. Write down your reasons for wanting to accept minimalism.
1		Here are some practical tips and steps for you to become a minimalist and pursue your own simple life:	G. But what is minimalism, and how can you apply it to your life?
2			Ⅵ 语法填空(每小题 1.5 分, 满分 15 分)
3		Understand your “why” for pursuing a minimalist life	A walk through the hutong near Beijing's Drum Tower is always like stepping back in time. But 1. _____ one recent cold winter night, during a walk through a well-travelled hutong there, I found myself suddenly transported back to my childhood years.
4		Before you start making any significant changes, it's good to understand why you're drawn to a minimalist lifestyle. Your motivations will guide your journey and help you stay committed when challenges arise, so start with determining why you want to pursue this lifestyle. 3. _____ Be specific and honest with yourself.	I was heading towards one of the 2. _____ (area) two excellent CD record stores, when a display in a shop window caught my eye. Upon 3. _____ (close) inspection, I realized the painting was a jigsaw puzzle, and the shop was devoted to such puzzles. When I stepped inside, the store's toasty warmth relighted fires in my heart and memory. Long ago, while doing the puzzles and searching 4. _____ (endless) for the proper piece, I often found myself wondering whether perhaps I had lost a piece 5. _____ maybe my cat had stolen one. To effectively solve problems, we need effort and rest; when 6. _____ (stick), we need a break to bring clearness, finding the missing piece rapidly.
5		The art of decluttering	Among the valuable lessons and rewards that these puzzles offer 7. _____ (be) that patience and determination are enhanced. But what is most 8. _____ (benefit) is how, like the detective Sherlock Holmes, we look for answers or clues, working tirelessly 9. _____ (find) the perfect fit. It's an approach 10. _____ pays off when we encounter any challenge that life presents.
6		Now comes the challenging part: decluttering. The goal isn't to desert everything, but to keep only what truly adds value. Find a method that works for you, starting with a small area like a drawer or closet. 4. _____	
7		Adopt quality over quantity	
8		Minimalism isn't about having nothing—it's about having the right things. Invest in high-quality, adaptable items that serve multiple purposes and can stand the test of time. Before your next purchase, ask yourself: Is this item high-quality? Will it serve multiple purposes? Will it last a long time? 5. _____ You'll often find at the end of your 30 days, you simply don't want that item anymore because the urge has passed.	
9		A. Will it make my life more complicated?	
10		B. It's a lifestyle that encourages living with less.	
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七选五			
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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. Though the task looks _____ (复杂的) at first, breaking it into small parts will make it easier to handle.
2. The team's _____ (困境) of saving time or ensuring quality was ultimately solved by careful planning.
3. The poet expressed his deep and enduring _____ (钟爱) for his motherland in this poem.
4. Faced with numerous a _____, we turned to teachers for advice to avoid making a wrong decision.

❷ 单句填空(每小题 1.5 分,满分 12 分)

1. Her excellent performance in the interview greatly increased her chances of _____ (admit) to the programme.
2. Your _____ (participate) in the debate competition will not only test skills but also boost your confidence greatly.
3. The _____ (commerce) advertisement we watched yesterday successfully attracted many customers to the new product.
4. As a _____ (thought) correspondent, he prepares questions in advance to make interviews efficient and meaningful.
5. As we all know, the dove is often used to _____ (symbol) peace and hope in various cultures around the world.
6. Given these urgent _____ (circumstance), we need to rearrange the meeting time to ensure all key members can attend.
7. This historical building attracted a lot of attention thanks to its _____ (mix)

of Chinese and Western elements.

8. We often _____ (unknowing) hurt others' feelings with careless words, so we should think before speaking.

❸ 短语填空(每小题 2 分,满分 12 分)

1. The local authority wanted to _____ (使……延期) holding the important conference due to a tight schedule.
2. Under no cases should we _____ (错过) the opportunity even if in the face of challenges.
3. You have to _____ (权衡) in your mind whether you should keep up.
4. The party may not _____ the proposal _____ (彻底否决), but I don't forecast any agreement.
5. When she saw the dark clouds gathering, Lisa _____ (犹豫) about going on the long hike alone.
6. The trainee _____ (下定决心) to pursue a career in graphic design after completing her first project, which she found both challenging and rewarding.

❹ 句型训练(每小题 3 分,满分 12 分)

1. When _____ and that you are in low spirits, I feel sad and want to offer my suggestions. (状语从句的省略)
当得知你上周考试不及格和情绪低落时,我感到很难过,想提出我的建议。
2. She was really proud of her every child, and _____ but a symbol of growth and love from her children. (主语从句)
她为每一个孩子都感到非常自豪,而她所收到的不仅仅是一束花,更是孩子们成长和爱的象征。

3. Dad cut leftover board into strips and nailed them in a circle on a wood base, _____ the rough edges smooth. (非谓语作状语)
爸爸把剩余的木板切成条状,然后钉成一个圆圈固定在木底座上,向我展示如何把粗糙

的边缘磨平。

4. _____, the trainee soldier perseveres with his training, determined to become the best he can be.
无论是晴天还是雨天,这位见习士兵都坚持训练,决心成为最好的自己。

课后素养提升

Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·湖北武汉五校联合体高二期末]

In 1995, Uyinga left her home on the grassland to study at the Inner Mongolia University of Finance and Economics in the regional capital, Hohhot. After graduating with a bachelor's degree in land resource management, she immediately decided to return home as she believed the vast grassland had more opportunities to offer than big cities.

"I was born on the grassland, and I had a free spirit. And the infrastructure such as roads and telecommunication on the grassland has been significantly improved, so it can be just as convenient to start businesses at my home," Uyinga said.

Following the recommendation of a career adviser on e-commerce, she started to post videos about the life of herdsmen (牧民) on social media in January 2018. "There wasn't any influencer posting about the life of herdsmen in Inner Mongolia back then. And my first goal was to clear up people's misunderstandings about herdsmen," she said. Like many people from the region, Uyinga is often asked if locals ride horses to school and work. "Many people aren't familiar with life and culture on the grassland. In fact, the herdsmen's life on the grassland has also been improved and modernized. At the same time, we have kept our traditions alive," she said.

Besides enjoying the stunning sunrises and sunsets in the short videos posted by Uyinga, people are particularly interested in how her family prepares traditional Mongolian food, such as dairy products, milk tea and boiled meat. One of Uyinga's videos that went viral

features her family storing meat for a harsh winter ahead. It has received more than 9 million views on social media platforms. "I've never imagined people can be so interested in our normal routines. It has made me more determined to promote our rich culture and heritage," Uyinga said.

She now has more than 1.18 million followers on the short video platform Douyin, but she said she doesn't like to be called an influencer. "I am simply a recorder of the grassland and the lifestyle of the herdsmen," she said.

- () 1. What made Uyinga come back to her hometown after graduation?
A. Her major in the university.
B. Her belief in the grassland.
C. Attachment to her hometown.
D. Pressure in the big city.
- () 2. What were Uyinga's first videos aimed at?
A. Showing off her lifestyle.
B. Attracting tourists to Inner Mongolia.
C. Promoting traditional Mongolian food.
D. Clarifying misconceptions about the herdsmen's life.
- () 3. What is known about the herdsmen in Inner Mongolia?
A. They reserve meat products for winter.
B. They face many challenges on the grassland.
C. They have totally abandoned their traditions.
D. They enjoy making videos about their life.

- ()4. What is the best title for the passage?
- A. Mongolia, home to herdsmen
 - B. Herdsman, a new lifestyle
 - C. Grassland, home of Uyinga
 - D. Uyinga, a grassland recorder

B [2025 • 广东韶关高二期末]

The lack of something we consider vital, such as time or food, can powerfully shape our thinking and behaviour. Take money for example. When people play a game that makes some players suddenly wealthier or poorer, those who lose money start making decisions that result in their being better off now but worse off later. One potential explanation for this tendency is that shortage of something is mentally challenging. Not having enough of what we need becomes a distraction that makes it harder for us to focus and plan.

In recent work, however, we found that people react to water shortage very differently than they do to other shortages. People in places in short of water think more about the long term. Worrying about water shortage led to better planning and less wasteful behaviour—not only with water but with other resources, too.

In one experiment, we brought 211 college students to the lab and asked some of them to read an article that predicted the worst “water shortage in 1,200 years”. Others read a more upbeat article about how climate change means more rain and therefore enough water. The rest of the students completed the study without reading an article.

We then asked the students how important it was to save resources and think about the long term. Participants who read about a serious shortage agreed more with statements like “People should live for the future.” and “There are things I resist buying today so I can

save for tomorrow.” Participants reading the other article were pushed in the opposite direction. They were more likely to support living for the present and cared less about saving money and other resources when compared with those who didn’t read about climate change.

Our work suggests that as many places dry up, global warming could reshape how people think, pushing entire communities towards more cautious, future-oriented behaviour. That may offer a ray of hope amid the threat of climate change. Water shortage could be uniquely powerful motivation for us to prepare for and respond to a warmer world.

- ()5. Why does the author use money as an example?
- A. To point out its shortage.
 - B. To explain its role in games.
 - C. To prove its importance to people.
 - D. To stress its impact on decision-making.
- ()6. What does the author intend to do in Paragraph 2?
- A. Give background information.
 - B. Compare two different opinions.
 - C. Provide findings of their research.
 - D. Explain different people’s behaviours.
- ()7. What does the underlined word “upbeat” in Paragraph 3 probably mean?
- A. Positive.
 - B. Interesting.
 - C. Thoughtful.
 - D. Influential.
- ()8. What implication does the author think their study has?
- A. We should save money for our future.
 - B. Water shortage may stimulate actions.
 - C. We should prepare for climate change.
 - D. Global warming benefits us in some ways.

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Period Four Writing

① 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·广东肇庆高二期末]

Tyson Wachira Kinuthia had always wished to improve his trade by furthering his studies. The nutritionist and sports coach from Kenya made several applications to study abroad, but it had no fruit. After several tries, luck soon found its way.

One day, Kinuthia read an advertisement from the National Olympic Committee of Kenya, calling for people interested in pursuing further studies in sports-related subjects. With renewed hope, he submitted his application.

“Luck was on my side,” Kinuthia said happily. “After considering my documents, they told me OK.”

Following careful preparation, Kinuthia’s dream was about to come true. At a gala event hosted by Zhou Pingjian, the esteemed Chinese Ambassador to Kenya, Kinuthia delivered a heartfelt speech, expressing his gratitude to the Chinese Embassy (大使馆) for their tireless efforts in making educational pursuits in China accessible to Kenyans.

Zhou, in his address, warmly welcomed the students and said, “I know each of you will be serving as a goodwill ambassador of Kenya while in China. Not every Chinese can have the opportunity to be in Kenya. They will have their impression of Kenya by interacting with you.” Kinuthia felt confident that he would represent Kenya, and would do a good job.

Henry Rotich, chairman of the Kenya-China Alumni Association, added that the

scholarship programme has become an important tool of education, strengthening the bonds of friendship between the two nations.

For Kinuthia, this journey marks the beginning of a new chapter. With a clear vision and a determined spirit, he is ready to embrace the challenges and opportunities that lie ahead in China, working tirelessly to achieve his goals and bring back the knowledge to inspire future generations.

- () 1. What happened to Kinuthia when he first tried to study abroad?
- A. His dream was destroyed.
B. He failed all his applications.
C. He received a scholarship offer.
D. He learned communication skills.
- () 2. What did the National Olympic Committee of Kenya advertise?
- A. Job opportunities.
B. Some sports events.
C. A health programme.
D. Study opportunities.
- () 3. What is Henry Rotich’s main point about the scholarship programme?
- A. It reduces personal educational costs.
B. It is used to promote sports in Kenya.
C. It can make Kenya-China ties closer.
D. It focuses on more job opportunities.
- () 4. Which can be the best title of the passage?
- A. From Kenya to China: a dream realized
B. Kenya-China educational cooperation
C. Kinuthia’s successful journey abroad
D. Turning a new leaf for the young coach

B

Most people suffer from “just-me-ism”. What is that? Well, say you leave the tap running while brushing your teeth, or you drop a piece of litter and can’t be bothered to pick it up. You know all those things are wrong, but so what? “What difference can it possibly make?” you say to yourself. “There are millions of people in the world and I’m just me.” But just think of all the millions of people saying to themselves, “It doesn’t matter, and it’s just me.” Millions of gallons of water would be wasted; millions of pieces of litter would be dropped. And all of this would be very harmful.

To inspire young people to take action for the environment, animals and their community, Roots & Shoots was established in the early 1990s by Dr Jane Goodall, a well-known environmental scientist. Besides her research, she has been whole-heartedly committed to environmental protection.

The organization is called Roots & Shoots because roots move slowly under the ground to make a firm foundation, and shoots seem small and weak, but they can break open brick walls to reach the light. The roots and shoots are you, your friends and young people all around the world. Hundreds and thousands of roots and shoots can solve the problems, change the world and make it a better place to live in.

Do you think you help to make the world a better place when you make a sad person smile, when you make a dog wag its tail, and when you water a thirsty plant? One cheered-up person, one happy dog, one flowering plant, and you. That’s what Roots & Shoots is all about. Dr Jane Goodall believes that the most important thing is that every individual

matters. You get to choose: Do you want to make the world a better place? Do you want to make Roots & Shoots rooted in everyone’s heart? Do you want to be part of a community for a shared future? You cannot be absent.

- () 5. What is the first paragraph mainly about?
- A. The reasons for “just-me-ism”.
 - B. The negative effects of “just-me-ism”.
 - C. The definition of “just-me-ism”.
 - D. The sufferings of people with “just-me-ism”.
- () 6. How does Roots & Shoots help protect the environment?
- A. By appealing for experts’ devotion.
 - B. By explaining the origin of the organization.
 - C. By enhancing young people’s academic skills.
 - D. By motivating the youth to make a difference.
- () 7. Why does the author give the examples in the last paragraph?
- A. To illustrate the value of each individual.
 - B. To demonstrate the significance of teamwork.
 - C. To make a comment about some acts of kindness.
 - D. To inspire young people to reflect on wrongdoings.
- () 8. What does the author suggest people do?
- A. Join Roots & Shoots.
 - B. Break open walls.
 - C. Resolve world issues.
 - D. Pull their own weight.

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II 写作

第一节 应用文写作(满分 15 分)

[2025·河北衡水武强中学高二期末]

假设你是高三学生李华,你看到校报(*Further*)刊登的记者招聘启事,请你给主编写一封申请信,并附上简历。信的内容包括:

1. 介绍你的相关信息和对该职位的兴趣;
2. 说明你适合该职位的原因;
3. 表达希望被录用。

注意:1. 写作词数应为 80 个左右;
2. 请按如下格式在相应位置作答。

Dear Editor,

I am writing to apply to be a reporter for our school newspaper *Further*.

Yours sincerely,
Li Hua

第二节 读后续写(满分 25 分)

[2025·湖南长沙明德中学高二期末]

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。

Mary watched as students crowded around a notice announcing that the school's radio station was looking for a second host. Butterflies in her stomach—she had always dreamed of becoming a campus host.

The radio station was a big deal: it aired music, school announcements, and entertaining shows that everyone tuned in to during lunch breaks. Olivia, the current host, was confident and talented, earning widespread admiration. In contrast, Mary was naturally shy, and speaking in front of others made her nervous. Still, she decided to give it a try, even as a classmate remarked, “You? You can barely read aloud in class without stumbling (磕磕绊绊)!”

Not discouraged, Mary practised every evening by reading aloud from her textbooks. At first, she stumbled over her words, but

gradually her reading grew smoother and her pronunciation clearer. She even borrowed books on public speaking from the library to learn vocal techniques. While her classmates chatted and laughed, she quietly absorbed every detail, determined to build her skills.

The day of the interview finally arrived. Holding the cold microphone, Mary felt her hands grow sweaty. She read the required texts perfectly—rehearsed (排练) thousands of times—but she struggled during the improvised (即兴的) part.

“Sir, I’ve been practising for months, and I’m willing to work hard to learn,” she begged.

Mr Carter smiled gently and said, “I appreciate your determination and your excellent reading. But during a live broadcast, anything can happen, and you need to draw your audience’s attention with genuine emotion rather than simply reading from a script.”

That day, no one passed the interview; everyone left except Mary. Lost in thought, she realized, “The problem isn’t with my pronunciation or reading...” It suddenly struck her that she could join the radio team in a supporting role to learn what it truly takes to be a host.

注意:续写词数应为 150 个左右。

Paragraph 1:

She asked Mr Carter for permission and began by taking on small tasks. _____

Paragraph 2:

Then one day, Mr Carter rushed in with unexpected news: Olivia had suddenly fallen ill. _____

► 单元小测

Unit 1

❶ 单句填空(每小题 1.5 分, 满分 12 分)

1. We failed to resolve the **dilemma** due to the growing _____ (complex) of the situation.
2. Doubts _____ (arise) among the team members, but their shared commitment **ultimately** led to success.
3. His **ambition** to host events pushed him to join the club, where he gained _____ (fluent) in public speaking step by step.
4. The **detective** _____ (sincere) promised to solve the mystery as soon as possible.
5. We need to confirm whether the part-time worker is _____ (qualify) to take over the weekend **shift** next month.
6. The rising sun, _____ (symbolize) a fresh start, painted the sky gold as they set out on their new adventure.
7. To save time, they decided _____ (simple) the plan, focusing only on the most important steps first.
8. As the interviewer asked tough questions, the _____ (apply) remained calm, showing her confidence and readiness.

❷ 短语填空(每小题 2 分, 满分 8 分)

1. _____ (在大多数情况下), regular exercise and a balanced diet can significantly improve your health.
2. *Finding Nemo* _____ (以……为背景) the Great Barrier Reef and it is directed by Andrew Stanton.
3. We should _____ (回顾) our growth to learn, not to dwell on the past and move **backwards**.
4. The famous athlete chose to _____ (拒绝) the **commercial**, for he thought its content was misleading.

❸ 句型训练(每小题 3 分, 满分 9 分)

1. Krystal felt confused _____

_____, and William explained that he had purchased the car for her. (状语从句的省略)

当 Krystal 第一次看到这辆车时她感到很困惑, William 解释说他是为她买的这辆车。

2. _____ a small group of people coming up the road towards me. There was a man in a suit, a woman with a beach towel, and a few others. (主语从句)
我看到一小群人沿着马路向我走来。有一个穿着西装的男人, 一个拿着沙滩巾的女人, 还有其他几个人。

3. _____, she realized with horror that she was trapped. (独立主格)
门从外面被锁上了, 她惊恐地意识到自己被困住了。

❹ 语法填空(每小题 1.5 分, 满分 15 分)

[2025·河北雄安部分学校高二期末]

In March 2025, Chinese architect Liu Jiakun 1. _____ (award) the Pritzker Architecture Prize, becoming the second winner from China after Wang Shu in 2012. Liu's journey reflected a combination of literary passion 2. _____ architectural innovation. Graduating from Chongqing University in 1982, he 3. _____ (initial) worked in Xizang and Xinjiang before diving into literary writing in the 1980s. A turning point came in 1993 when a peer's architectural exhibition fueled his passion for design, leading him 4. _____ (found) Jiakun Architects in 1999.

Liu's design philosophy, rooted in context-driven dignity, emphasizes social responsibility and cultural continuity. He rejects rigid styles, favouring strategies 5. _____ (tailor) to each project's unique needs. His work integrates local materials, traditional craftsmanship (手工艺), and sustainable practices. Cooperating with local artisans, Liu

ensures his designs reflect regional identity and promotes community 6. _____ (interact).

Among his iconic works, Xicun Dayuan (West Village Compound, 2015) stands out. As 7. _____ Chengdu local, he took full account of local characteristics. This Chengdu mixed-use complex reimagines Sichuan's courtyard culture with open courtyards, elevated walkways, and bamboo landscapes—a design 8. _____ creates a dynamic centre for urban life.

The Pritzker jury (评审团) praised Liu for breaking free from stylistic limitations and combining ideals with practical, daily life aspects while 9. _____ (address) urbanization challenges. His legacy (遗产) lies in redefining Chinese architecture 10. _____ a bridge between heritage and modernity, proving that buildings can heal, inspire, and unite communities.

Ⅶ 阅读理解 (每小题 2.5 分, 满分 10 分)

Smartphones enable our desire for ease and convenience. But sometimes—whether it's running a marathon, climbing a mountain, or assembling furniture—we willingly choose difficulty over ease. Michael Inzlicht, a psychologist at the University of Toronto, calls this the effort paradox. While we often avoid hard work, other times we value it, viewing things as more rewarding if we have to work for them.

This phenomenon extends beyond extreme pursuits like mountain climbing or marathon running. Many individuals seek out challenging activities such as puzzles or crosswords because the effort itself is enjoyable. This appreciation of effort is deep-rooted in our brains, as dopamine (多巴胺) encourages us to value tasks that demand perseverance and dedication. “Sometimes effort is the only way that you can test yourself,” says Inzlicht.

In a study by a psychiatrist at Stanford University School of Medicine, mice learned to

poke (伸) their noses into a hole to obtain juice. When the number of pokes it took to receive juice was raised, or mild electric shocks were given, more dopamine was released in the striatum, a brain region important for motivation and experiencing reward. It also found that people rewarded for choosing a more difficult task opted for the difficult version the next time, even if it no longer came with a reward. This appreciation of hard work transfers to unrelated tasks, from school and sports to work and parenting.

Still, putting down our phones and seeking exertion may be difficult at first. Anna Lembke, a psychiatrist at Stanford University School of Medicine, suggests building it into our schedule and doing it with friends or for a greater good, like running a race for charity or biking to save gas.

“Sometimes the same effort can become boring and frustrating, so keep it fresh: find a new park to walk through or save a favourite show or podcast for the gym. We can strive for a healthier balance between seeking pleasure and embracing challenges,” Lembke says. “We are born to strive, but it's up to us to channel that drive in a sustainable and fulfilling way.”

() 1. Which belongs to the phenomenon of the effort paradox?

- A. Staying in an unsatisfying yet relatively stable job.
- B. Throwing ourselves on the sofa after a tiring workday.
- C. Eating high-calorie food even though we are overweight.
- D. Hiking mountains even though we can take the cable car.

() 2. What can we learn from Paragraph 3?

- A. The mice are fast learners.
- B. Effort is costly but valued.
- C. Hard work always pays off.
- D. We feel safe in the comfort zone.