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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

主题读写

精选时文素材 紧扣单元主题

深耕读写融合 赋能素养提升

主 编 肖德好

高中英语

选择性必修第三册

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图书介绍 Book Introduction

一、产品设计背景

在“新课标、新教材、新高考”的体系下，英语教学急需按照“主题”要求组织的素材。

- **新课标**（2025修订版）：明确提及的核心是主题，分为三大主题，36个子主题，主题下结合语篇载体进行纵深的挖掘，语言知识及其他则附着在主题和语篇类型中。
- **新教材**：每册新教材均按照新课标主题编写，纯新课文等急需大量拓展教材之外的语言素材训练载体。
- **新高考**：新高考最大特点是加大了写作分值和比重（共40分），新高考卷最大的分值比重就在于阅读和写作。新高考导向清晰明确，这就要求同步教学要以主题和语篇为载体展开深入教学。

二、产品理念

本书是对接“三新”方向的素材抓手，匹配新教材单元主题，科学划分题型，每天一小练（10~15分钟），重心突出语篇阅读与写作，稳步提升语言素养。

三、产品特点

1. 结构：内容对接“三新”——依据新课标理念（2025修订版）精心编排，匹配新教材单元主题，吻合新高考考查导向。

2. 以单元主题引领的拓展方向的阅读＋写作

- **阅读**：本书所选训练的试题均为最新试题，素材来源广泛，用词地道，选材新颖。本书所选材料均经过精挑细选，是高中英语读写训练的最佳素材。
- **写作**：突出精读训练，“读后有练，读后有写”。

在阅读中精深词汇，通过在语篇中学习词汇进而学会运用来培养学生的语用能力。写作能力的培养也是通过对语篇中出现的句型进行仿写来达到的。以读促学，以读促写。

3. 写作进阶：本书的写作具备三种维度——渐进写作微技能、主题写作和读后续写微技能。每册图书既结合新教材又同时结合新高考写作题型，均从微技能角度切入，循序渐进，全面助力提升学生的写作功底。

艺　术

Monday 阅读理解

练新鲜时文　探主题意义

词数 292　　难度 ★★★　　建议用时 7分钟　　正确率 ____/3

Art activities for teens

Art & Design Lab for Teens

Saturday, July 5, 3:00 pm-5:00 pm

Start your weekend **off with** some art and **inspiration!** Each Saturday we offer new gallery adventures, different materials and techniques to feed your creativity. Spend some time or **stop by** to connect with artists and other creative teens.

For ages 13-18, no registration required.

Fee: free.

Five-Day Course

Monday, July 17-Friday, July 21

This year's Teenage Art School explores how artists react to a place, **combining** text and pictures to create statements about life. A famous artist, Sarah Yates, will guide your exploration of working with paints.

This free course is for 14- to 17-year-olds. Whether art is a hobby you **value** deeply or something you are studying, Teenage Art School will help you develop your skills as an artist. There is also a chance to gain the Bronze Arts Award.

Porcelain (瓷器) in the Making

Saturday, June 8, 10:00 am-3:00 pm

What can art-making **materials** tell us about the natural world, global trade, social and cultural frameworks, and artists' ideas? This series of gallery conversations and studio experiences immerses (使沉浸) participants in **hands-on** exploration while exploring the history of a material which was once so highly prized in China that it was known as "white gold".

Materials provided; pre-registration required.

Fee: regular: $50; membership: $30.

Contemporary Gallery

July 26-August 2

Join us as we **close out** our Teen Artist Academy with an annual exhibition and a dance performance. Artworks created by the youth in our Teen Artist Academy, a 3-week summer camp where teens, aged 14-17, learn to plan and construct **specific** public artworks will be **on exhibit**. This event is free and open to the public.

( )**1. What can Five-Day Course offer children?**

A. Some artists' guidance.　　B. Examples of healthy hobbies.

C. A chance to win a prize.　　D. Creations about an artist's life.

( )**2. How much will you pay for porcelain-making to buy 2 membership tickets and 1 regular ticket?**

A. $130.　　B. $110.　　C. $90.　　D. $150.

( )**3. Which of the following art activities lasts the longest?**

A. Five-Day Course.　　B. Contemporary Gallery.

C. Porcelain in the Making.　　D. Art & Design Lab for Teens.

词海拾珠

1. start…off with… 以……开始……

2. inspiration n.灵感;启发→_____ vt.激发;启示;鼓舞→_____ adj.有灵感的;受鼓舞的;受启发的→_____ adj.鼓舞人心的;启发灵感的

3. stop by 顺路拜访

4. combine vt.使融合;使联合,使结合→_____ n. 结合;混合;联合

5. value v.珍视,重视;给……估价 n.价值;价值观;重要性;数值→_____ adj.贵重的;很重要的→valuation n.估价;评价→_____ adj.无价值的→_____ adj.极宝贵的;无法估价的

6. material n.材料;原料;衣料;布料 adj.物质的;重要的

7. hands-on adj.动手的;实际操作的

8. close out 结束

9. specific adj.明确的;具体的;特定的→_____ adv.特意;具体地;明确地

10. on exhibit 展出

【举一反三】

一词多义 value

[**原句再现**] Whether art is a hobby you **value** deeply or something you are studying, Teenage Art School will help you develop your skills as an artist. 无论艺术是你非常珍视的爱好,还是你正在学习的内容,青少年艺术学校都会帮助你发展作为艺术家的技能。

value v.珍视,重视;给……估价 n.价值;价值观;重要性;数值

[**猜测词义**]

(1)The documentary highlights the cultural **value** of traditional festivals. (　　)

(2)Our school's motto "Integrity First" reflects its core **values** of honesty and responsibility. (　　)

(3)In maths class, we learned that the **value** of $\sqrt{2}$ is approximately 1.4142. (　　)

(4)Students should **value** feedback from teachers to improve their academic performance. (　　)

(5)The second-hand bookstore **valued** my old textbooks at ¥80 based on their condition. (　　)

(6)The biology teacher explained the ecological **value** of wetlands in maintaining biodiversity. (　　)

句型透视

[**原句**] This series of gallery conversations and studio experiences immerses (使沉浸) participants in hands-on exploration while exploring the history of a material which was once so highly prized in China that it was known as "white gold".

[**分析**] 这是一个主从复合句。句中 while exploring 是_____从句的省略形式,省略了主语和 be 动词;which 引导_____从句,修饰先行词 material; so…that…引导结果状语从句。

[**翻译**] 这一系列的画廊对话和工作室体验让参与者沉浸在实践探索中,同时探索一种曾经在中国被高度重视而被称为"白金"的材料的历史。

[**仿写**] 筹备音乐节时,我们真心希望你能加入我们,这一定会让演出更加成功。(省略;定语从句)

_____, we sincerely hope you can join us, _____

_____.

词数 345　　难度 ★★★★　　建议用时 7分钟　　正确率 ____/4

Learning anything can be challenging, especially when it comes to figuring out how and what to practise. **Repetition** is usually essential. But you don't want something that takes the joy out of you. I've been teaching myself to draw for a few years. I had improved a lot but for a long while was **going nowhere**. I'd tried lots of books and courses, and filled endless pages with boxes, parallel lines and figures. None of these seemed to be working.

But something **clicked** when I started sketchbooking this year. The sketchbooks led to a shift in mindset. Rather than trying to practise, I was engaging in a practice—scribbling (涂鸦). The scribbles weren't all good but they have become part of a whole. I've been **absorbed** ever since. I scribbled my breakfast, the fruit in the office, and other people on the train.

I spoke to Danny Gregory, a writer who blogs and makes videos about sketchbooking, to try to figure out why I had **become** so **taken by** my new practice.

"We think the practice in drawing is like that in piano, where you have to play through a series of musical notes step by step," Gregory says. "But what if you think about practice in other terms—like a yoga practice or medical practice? With those kinds of practices, you've learned some stuff, right? Progress happens naturally. It's not **preparatory**. So just follow the process and take pleasure in it. This is what matters."

I have now filled two sketchbooks just with **portraits**—more than 100 scribbled over a couple of months. In them I challenged myself to include people on every page. Because I was used to drawing ghost-town versions, the first few pages were a struggle. But I started varying my coffee routine to find new places where I could observe life.

My latest sketchbook will tackle the challenge of all my drawings—hands. I've always had problems drawing hands. It's early days, but I'm not fearing it as I would have before because it isn't just practice any more.

(　)**1. What was the challenge the author faced when he was learning to draw?**

A. Lack of interest in traditional practice methods.

B. Little progress despite extensive efforts.

C. Difficulty in obtaining necessary resources.

D. Inability to master specific drawing techniques.

(　)**2. Which was the benefit of scribbling to the author?**

A. Improving hand control.　　B. Enriching creative expression.

C. Grasping ways to paint details.　　D. Accepting imperfections in art.

(　)**3. According to Gregory, which attitude towards practice should be emphasized?**

A. Focusing on specifics is essential.

B. Repetition is a fundamental key.

C. The emphasis lies in enjoying the process.

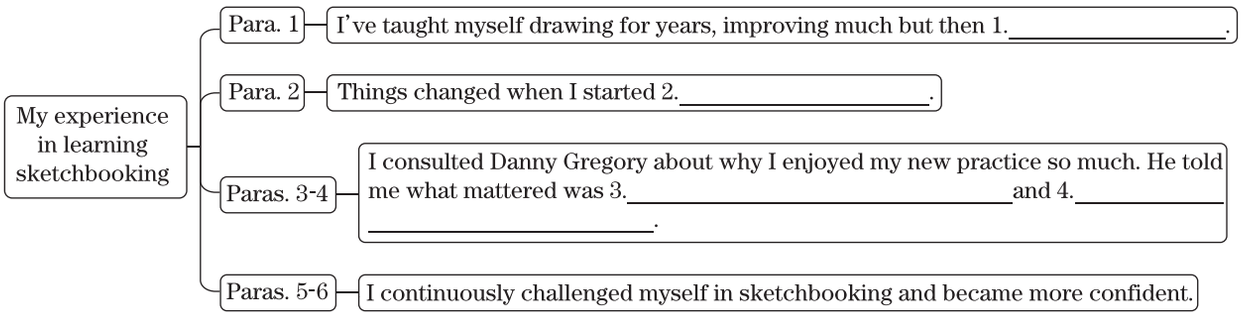
D. The highlight is in well-organized exercises.

(　)**4. What message does the story convey?**

A. Every beginning is difficult.　　B. Tailored methods drive progress.

C. Art is the language of the soul.　　D. Integrating into life enhances learning.

语篇分析



词海拾珠

1. repetition *n*.重复→_____ *v*.重复

2. go nowhere 毫无进展

3. click *v*.被突然明白,豁然开朗;点击

4. absorbed *adj*. 全神贯注的→_____ *v*.吸引全部注意力;使全神贯注;吸收;理解→_____ *adj*.引人入胜的;精彩的

5. become/be taken by 被……吸引或迷住

6. preparatory *adj*.预备的;筹备的→_____ *v*.准备;筹备→_____ *n*.准备;筹备

7. portrait *n*.肖像;半身照;描绘

【举一反三】

一词多义 observe

[原句再现] But I started varying my coffee routine to find new places where I could **observe** life.

但我开始改变喝咖啡的习惯,以寻找能够观察生活的新场所。

observe *v*.观察;看到;评论;遵守;庆祝

[猜测词义]

(1)Families **observe** New Year's Eve by staying up, a way to welcome the new year. (　　)

(2)Scientists **observed** the rare bird's migration patterns using satellite tracking devices. (　　)

(3)It's essential for everyone to **observe** traffic rules to maintain safety on the road. (　　)

(4)The critic **observed** that the novel's ending left too many loose ends. (　　)

(5)We **observed** a rainbow form after the rain stopped. (　　)

句型透视

[原句] I spoke to Danny Gregory, a writer who blogs and makes videos about sketchbooking, to try to figure out why I had become so taken by my new practice.

[分析] 这是一个主从复合句。句中 a writer…sketchbooking 是_____;who 引导_____从句,修饰先行词 writer;to try to figure out…是不定式短语作目的状语;why 引导_____从句。

[翻译] 我和 Danny Gregory 聊了聊,他是一位作家,写博客并且制作关于素描的视频,我想弄明白为什么我对自己的新做法如此着迷。

[仿写] 杜甫是一位用笔墨记录世间痛苦的诗人,他站在一片疮痍的村庄旁,想弄明白为什么冲突似乎永远不会结束,让那么多人无家可归。(同位语;宾语从句)

Du Fu, _____, stood by the ruined village to figure out _____, leaving so many people homeless.

词数 332　　难度 ★★★　　建议用时 7分钟　　正确率 ____/4

The simple act of looking at a piece of **visual** art can boost your well-being, a new research study has found, and this benefit can be gained in a hospital **setting** as well as an art gallery.

Artworks which were included in the study include famous pieces such as *The Scream* by Edvard Munch, *The Starry Night* by Vincent van Gogh, and other pieces of modern and contemporary art. The authors of the study have called on health care providers and policymakers to integrate art into mental health strategies as a low-cost and easily-accessible resource.

Previous research has suggested that viewing art might influence mood or stress, but the research was limited and **inconsistent**, they say. This study examined decades of scattered(零散的) research, providing for the first time a clear and **comprehensive** overview(概述) of when, where and why art viewing is used to promote well-being.

The review of 38 previously published studies covering a total of 6,805 participants was conducted by a team of psychologists from three famous universities. It has been published this week in *The Journal of Positive Psychology*.

The study found that viewing art can improve eudemonic well-being—this is well-being associated with meaning in life and personal growth.

These benefits were observed in a variety of locations—in museums and galleries as well as clinics and hospital settings and also through the medium of virtual reality. A wide range of art types including figurative, abstract, modern and contemporary paintings, photography, sculpture and installations were found to boost well-being.

"People often **think of** art **as** a luxury, but our research suggests that viewing art—whether as a hobby or as a targeted health **intervention**—can meaningfully support well-being," said MacKenzie Trupp, lead author and researcher at the University of Vienna, Radboudumc, and Donders Institute. "By reframing art as a low-cost, **accessible** well-being resource, this research opens up exciting possibilities of integrating art into everyday environments and public health strategies."

( )**1. What do the study authors suggest about visual art as a resource?**

A. It is mainly accessible in luxury galleries.

B. It can be made affordable and easy to reach.

C. It requires high costs for health care use.

D. It is only effective in professional art settings.

( )**2. How is this study different from previous ones?**

A. It is comprehensive.　　B. It has lasted decades.

C. It was done by citizen scientists.　　D. It was carried out in hospitals.

( )**3. What might be the prospect of visual art in Trupp's opinion?**

A. It will be collected as a luxury.

B. It will be developed as a main subject.

C. It will be used to help patients to recover.

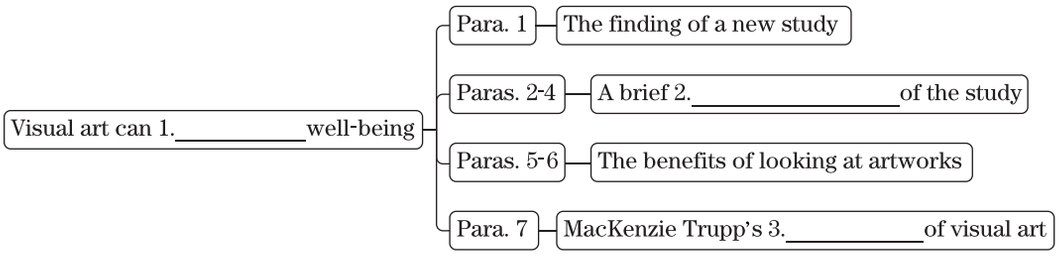
D. It will be explored as a low-cost natural resource.

( )**4. What can be the best title for the passage?**

A. The importance of art in daily life　　B. Viewing art can improve well-being

C. Exploring well-being by means of art　　D. The link between art creation and well-being

语篇分析



词海拾珠

1. visual *adj*.视觉的;视力的→_____ *adv*.视觉上;外表上→_____ *v*.想象;使形象化;可视化→_____ *n*.视力;视觉;想象;愿景→visualization *n*.可视化;形象化

2. setting *n*.环境,场合

3. inconsistent *adj*.不一致的,不协调的→_____ *adj*.一致的;始终如一的;持续的→_____ *adv*.一贯地;始终如一地;持续地

4. comprehensive *adj*.综合性的;全面的

5. think of…as… 把……视为……

6. intervention *n*.干预,介入→_____ *vi*.干涉;干扰

7. accessible *adj*.易得到的;可进入的;可使用的→_____ *adv*.可接近地;可得到地

【举一反三】

一词多义 conduct

[**原句再现**] The review of 38 previously published studies covering a total of 6,805 participants was **conducted** by a team of psychologists from three famous universities.

来自三所著名大学的心理学家团队对38项先前发表的研究进行了回顾,涉及6805名参与者。

conduct *v*.实施,进行;指挥;带领;表现;传导 *n*.行为,举止;经营方式,管理方法

[**猜测词义**]

(1)She has the ability to **conduct** a band with great passion. (　　)

(2)The team will **conduct** a survey on student preferences next week. (　　)

(3)The guide will **conduct** us through the ancient castle this afternoon. (　　)

(4)Metals **conduct** electricity much better than nonmetals. (　　)

(5)His calm **conduct** during the crisis won everyone's respect. (　　)

句型透视

[**原句**] The review of 38 previously published studies covering a total of 6,805 participants was conducted by a team of psychologists from three famous universities.

[**分析**] 本句是一个_____。句子主干"the review was conducted by a team of psychologists"是一个_____;of 38 previously published studies covering a total of 6,805 participants 是作_____的介词短语;covering a total of 6,805 participants 作_____,修饰名词_____。

[**翻译**] 来自三所著名大学的心理学家团队对38项先前发表的研究进行了回顾,涉及6805名参与者。

[**仿写**] 这项对50份近期发布的报告的分析涉及10 000多名受访者,由来自两所顶尖研究机构的社会学家团队完成。

The analysis _____ involving over 10,000 respondents _____ by a group of sociologists from two top research institutes.

词数 340　　难度 ★★★★　　建议用时 7分钟　　正确率 ____/4

Generative AI has brought great **convenience** to many creative fields, making artists' work much easier. But it has also caused a fierce fight over the rights of digital artists. Now, a new tool called GlitchGuard has appeared as a powerful helper to protect artists' creations.

Artists can add hidden "glitch codes (代码)" to their digital artworks before uploading them online. These hidden codes act like an effective protection against AI companies that use artists' works without asking for **permission** or paying them to train their image-making models. By using GlitchGuard to "poison" the training data, artists can disturb future AI models: turning lively landscapes into strange pictures, human images into unrecognizable shapes, and abstract designs into meaningless patterns (图案).

Generative AI is very good at **recognizing** visual patterns, so the glitch codes can spread quickly through its systems. It does not just target certain art styles, such as anime or watercolour; it also affects related visual concepts, like how **brushstrokes** look and how colours mix together. Even indirect images can be influenced. For example, if a poisoned picture is used for training, the AI will also produce strange images when given words like "dragon" or "a castle in a film".

Some AI companies are now facing lawsuits from artists, who **accuse** them **of** stealing original works and violating **intellectual** property rights without permission. Dr Elara Voss, a computer science professor at Stanford University who led the creation of GlitchGuard, says the tool **aims to** give power back to creators and protect their copyrights. She also admits that while the tool might be misused, it takes thousands of poisoned samples to successfully disturb large-scale AI models trained on billions of data points. Major AI companies have responded by letting artists exclude their works from future training data, but artists argue these measures are not enough. They hope GlitchGuard can reshape the current situation and make AI companies think twice before acting.

( )**1. What can GlitchGuard do?**

A. Add hidden codes to artworks.

B. Improve artists' drawing skills.

C. Sell artworks online.

D. Copy others' works.

( )**2. What can we learn about glitch codes based on Paragraph 3?**

A. They mainly work by changing the words given to AI.

B. They only change the images that are directly edited.

C. They are easy for AI systems to recognize and fix.

D. They affect both art styles and related visual details.

( )**3. What is Dr Elara Voss' attitude towards GlitchGuard?**

A. Fully supportive.

B. Cautiously optimistic.

C. Generally unconcerned.

D. Firmly opposed.

( )**4. What is the author's main purpose in writing this text?**

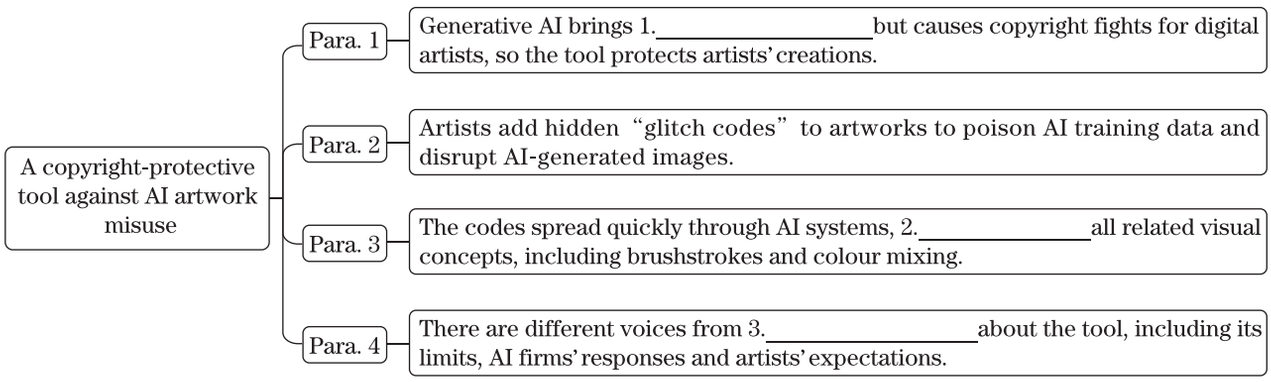
A. To criticize AI companies for stealing artists' works.

B. To introduce a new tool to solve artists' concerns about AI.

C. To explain how generative AI learns visual patterns from data.

D. To warn digital artists about the risks of sharing works online.

语篇分析



词海拾珠

1. convenience *n*.便利,方便→_____ *adj*. 便利的;方便的→_____ *adj*. 不方便的

2. permission *n*. 允许;许可→_____ *v*. 许可;允许

3. recognize *v*. 认出,辨认出;承认;意识到→_____ *n*. 认出,识别;承认

4. brushstroke *n*.笔触,绘画笔法

5. accuse sb of (doing) sth 指责/控告某人(做)某事

6. intellectual *adj*.智力的;有才智的 *n*.知识分子;脑力劳动者

7. aim to do sth 旨在做某事

【举一反三】

一词多义 cause

[**原句再现**] But it has also **caused** a fierce fight over the rights of digital artists.

但这也引发了一场关于数字艺术家权利的激烈斗争。

cause *v*.引起,导致,使发生 *n*.原因,起因;理由,动机;事业

[**猜测词义**]

(1)The heavy rain **caused** the river to overflow, flooding several nearby villages. (　　)

(2)Scientists are still investigating the exact **cause** of the mysterious disease. (　　)

(3)She has devoted her whole life to the **cause** of protecting endangered wildlife. (　　)

(4)There is no **cause** for alarm—the situation is completely under control. (　　)

句型透视

[**原句**] She also admits that while the tool might be misused, it takes thousands of poisoned samples to successfully disturb large-scale AI models trained on billions of data points.

[**分析**] 这是一个主从复合句。第一个 that 引导宾语从句,作 admits 的宾语;在该宾语从句中,while 引导_____从句;it 作形式主语,不定式短语 to successfully disturb large-scale AI models 作真正的主语;过去分词短语 trained on billions of data points 作_____,修饰名词 models。

[**翻译**] 她也承认,虽然该工具可能被滥用,但要想成功干扰在数十亿数据点上训练而成的大规模 AI 模型,需要数千个"被污染"的样本才行。

[**仿写**] 环保人士指出,虽然绿色技术在不断进步,但要有效应对由过量碳排放引起的全球变暖,需要所有国家的共同努力。(while;后置定语)

Environmentalists point out that _____, it takes joint efforts from all countries to effectively tackle global warming _____.

词数 251　　难度 ★★★　　建议用时 7分钟　　正确率 ____/5

Whether you buy art for your home or **admire** it in galleries and museums, establishing your taste is a personal journey. There are countless **commercial** galleries, museums, and increasingly **accessible** platforms like social media. 1. _____ Here are some tips from leading art collectors on how to develop your taste.

One of the surest ways to establish your artistic interests is to look at as much art as you can. Go to museum **exhibitions** and to galleries. Read art magazines. See an exhibition even if it is not a period you would ever take an interest in. You will learn to **appreciate** quality, and your eye will see what great art is. 2. _____

The process of developing artistic taste **involves** multiple dimensions that **go beyond** simple visual appreciation. "I sit with the piece and pay attention to how it settles in me—my throat, my stomach. 3. _____" said Shaokao Cheng, co-founder of a luxury design company. As he grew his personal collection, Cheng approached art not for its potential financial gain, but rather how it makes him feel.

4. _____ Getting to know them and their stories can expand your experience as a collector and enthusiast. **Reaching out** directly **to** the artists builds a personal connection to the piece, making the work feel not just seen, but understood.

Study the art market, but not too closely. 5. _____ While understanding market dynamics can be helpful, the most **rewarding** aspects of art appreciation come from genuine personal connections with artworks and their creators.

A. Artists are the lifeblood of the art world.

B. Then in time, you will find something that you love.

C. These provide a wealth of places to engage with art.

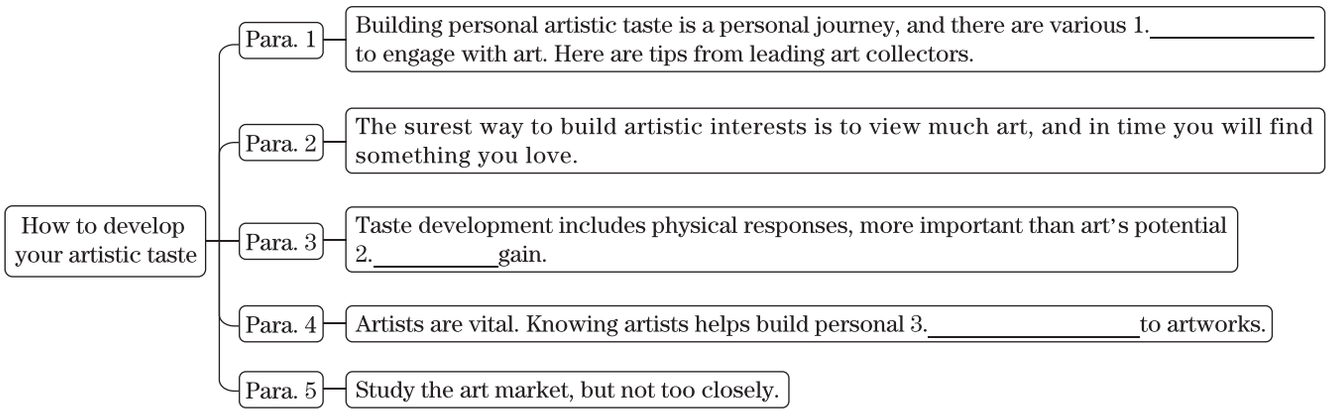
D. I always go to museums and galleries to see art exhibitions.

E. That physical response shows more than any trend ever could.

F. Market research is secondary to personal connection with artworks.

G. Online markets have overturned how people appreciate and buy art.

语篇分析



词海拾珠

1. admire *v*. 钦佩;羡慕;欣赏→_____ *n*. 钦佩;羡慕→_____*adj*. 令人钦佩的;值得赞赏的
2. commercial *adj*. 商业的→_____ *n*. 商业,贸易→_____ *v*. 使商业化→commercialization *n*. 商业化
3. accessible *adj*. 可到达的;可进入的→_____ *n*. 通道,入径;机会,权利;接触的机会
4. exhibition *n*. 展览,展出→_____ *v*. 陈列,展览→exhibitor *n*. 参展者;参展商
5. appreciate *v*. 欣赏;感激→_____ *n*. 欣赏;感激→_____ *adj*. 欣赏的
6. involve *v*. 包含;需要;涉及;影响;(使)参加→_____ *adj*. 参与的;有关联的→_____ *n*. 参与
7. go beyond 超越;超出
8. reach out to 主动联系/接触
9. rewarding *adj*. 值得做的;有益的;报酬高的→_____ *n*. 回报,奖赏,报酬;赏金 *v*. 酬谢,奖赏

【举一反三】

一词多义 settle

[**原句再现**] I sit with the piece and pay attention to how it **settles** in me—my throat, my stomach.
我会静下心来感受这个作品,关注它在我身体里沉淀下来的感觉——我的喉咙的感觉,我的胃的感觉。
settle *v*. 解决(分歧、纠纷等);(最终)决定,确定;定居;使处于舒适的位置;沉淀;使平静下来;降落,停留

[**猜测词义**]
(1)After years of travelling, they finally decided to **settle** in a small coastal town. (　　)
(2)She gently **settled** the baby into the soft blanket, making sure he was warm and comfortable. (　　)
(3)We need to **settle** this disagreement before we move on to the next issue. (　　)
(4)The teacher's calm voice **settled** the nervous students before the final exam. (　　)
(5)The bird **settled** on the branch and began to sing. (　　)
(6)They couldn't **settle** on a name for their new cat. (　　)
(7)The emotion of the poem slowly **settled** in my heart after repeated reading. (　　)

句型透视

[**原句**] As he grew his personal collection, Cheng approached art not for its potential financial gain, but rather how it makes him feel.

[**分析**] 本句为主从复合句。as 引导_____从句,表示"随着……";主句中,not for…but rather…构成_____结构,表示"不是为了……而是为了……",其中 how it makes him feel 是_____从句。

[**翻译**] 随着他不断丰富自己的个人收藏,Cheng 接触艺术不是为了潜在的经济收益,而是为了它带给他的感受。

[**仿写**] 莉莉坚持练瑜伽并非为了完美身材,而是为了它如何缓解自己日常的压力。
Lily sticks to practising yoga _____, _____.

词数 278　　难度 ★★★　　建议用时 15分钟　　正确率 ____/15

I used to believe talent was everything until I met Ms Carter in ninth grade. She taught art, and her classroom walls were covered with students' paintings—some **messy**, some __1__, but all uniquely **expressive**.

One day, she challenged me to join her after-school class. **Hesitant** but curious, I __2__ a brush. My first still-life painting was a __3__—the apples looked flat, and the colours were mismatched. **Frustrated**, I almost __4__ when Ms Carter sat beside me. "Art isn't about perfection," she said. "It's about __5__ what you feel."

I kept trying. Weeks later, while sketching a sunset scene, I __6__ **spilled** blue paints across my canvas. Instead of panicking, I **blended** it **into** the sky. Ms Carter __7__, "Now that's interesting!" For the first time, I felt **a spark of** __8__ in my work.

But **comparison** crept in. A classmate's abstract piece won a school award, while mine was **labeled** "too traditional". I __9__ my style entirely, copying **bold** techniques but losing my voice. Ms Carter noticed. "Why seek others' __10__ when your own **perspective** matters?" she asked.

It took months to __11__ her words. I began painting ordinary things—cracked sidewalks, my dog's muddy paws—with __12__ details. Slowly, my canvases were filled with stories only I could tell.

Last month, our school exhibited my series *Quiet Moments*. A freshman approached me, saying, "Your art feels... __13__." That simple comment, offered with __14__ eye contact, meant more than any trophy (奖杯).

Now I understand: creativity isn't a race. It's a quiet __15__ to uncover what really **exists** within you, **guided** by your own honest feelings.

(　)**1**.	A. delicate	B. concrete	C. specific	D. visual
(　)**2**.	A. picked up	B. put up	C. dealt with	D. made up
(　)**3**.	A. success	B. creation	C. disaster	D. wonder
(　)**4**.	A. apologized	B. quit	C. protested	D. persisted
(　)**5**.	A. proving	B. constructing	C. capturing	D. guaranteeing
(　)**6**.	A. purposely	B. accidentally	C. precisely	D. literally
(　)**7**.	A. sighed	B. joked	C. whispered	D. cried
(　)**8**.	A. pride	B. gratitude	C. liberation	D. courage
(　)**9**.	A. defended	B. abandoned	C. simplified	D. insisted
(　)**10**.	A. approval	B. guidance	C. fame	D. encouragement
(　)**11**.	A. process	B. question	C. grasp	D. criticize
(　)**12**.	A. complex	B. predictable	C. unexpected	D. amusing
(　)**13**.	A. noble	B. realistic	C. subjective	D. humble
(　)**14**.	A. steady	B. generous	C. repeated	D. energetic
(　)**15**.	A. competition	B. experiment	C. recognition	D. exploration

词海拾珠

1. messy *adj*.凌乱的，杂乱的→_____ *n*.混乱 *v*.弄乱

2. expressive *adj*.有表现力的；富于表情的→_____ *v*.表达；表露；快递邮寄→_____ *n*.表达；表示；表情；感情

3. hesitant *adj*.犹豫的→_____ *v*.犹豫，迟疑→_____ *n*.犹豫，迟疑

4. frustrated *adj*.感到沮丧的；失意的；挫败的→_____ *v*.使沮丧；使懊恼；挫败；阻挠→_____ *n*.沮丧；懊恼；挫败；受阻→_____ *adj*.令人沮丧的；令人懊恼的

5. spill *v*.泼洒，溢出

6. blend...into... 把……融合到……（背景）中

7. a spark of（指品质或感情）一线，一点

8. comparison *n*.比较→_____ *v*.比较；对照；将……比作

9. label *v*.贴标签于；把……称为 *n*.标签；绰号

10. bold *adj*.大胆的，敢于冒险的；粗体的 *n*.粗体；黑体

11. perspective *n*.视角；观点，看法

12. exist *v*.存在→_____ *n*.存在→_____ *adj*.现存的

13. guide *v*.引导；指导；为……引路 *n*.指南；导游；指导者→_____ *n*.指导；引导→guided *adj*.有指导的；有向导的

【举一反三】

前缀 mis-表示“错误；不当；坏；否定”等含义，加在动词、名词或形容词前，构成新的词，表达与原词相反或错误的概念。

[**原句再现**] ...the apples looked flat, and the colours were **mismatched**.

……那些苹果看起来毫无立体感，而且色彩搭配也不协调。

[**猜测词义**]

(1)They had seriously **miscalculated** the effect of inflation. (　　)

(2)We had the **misfortune** to run into a violent storm. (　　)

(3)The product was **mislabeled**, so customers bought the wrong size. (　　)

(4)Parents must teach their kids how to avoid any kind of social **misconduct**. (　　)

(5)The **misshapen** clay pot still showed the effort he put into it. (　　)

句型透视

[**原句**] It's a quiet exploration to uncover what really exists within you, guided by your own honest feelings.

[**分析**] 这是一个主从复合句。该句中 to do 不定式作_____修饰 exploration，说明探索的具体内容；句中 what really exists within you 为_____从句；guided by...为过去分词短语作_____，表_____，逻辑主语与主句主语一致。

[**翻译**] 它是一种在你自己真实感受的引导下，去发现内心真实存在的东西的安静探索。

[**仿写**] 勇气是一场由我们自己的坚强意志所支撑，去面对最让我们恐惧的事物的安静的抗争。（宾语从句；状语）

Courage is a quiet struggle to face _____, _____

_____.

Sunday

渐进写作微技能：应用文写作之建议信

学 写作知识

【写作指南】

建议信是写信人向收信人对某事提出的建议和忠告。信的内容要包括写信的原因、建议的内容、提出建议的理由。建议信要求简明扼要、目的明确，具有合理性和说服力，同时注意礼貌用语，避免绝对化。具体写作步骤一般是“三段式”，具体为：

开头段：简短自我介绍（可选），交代写作背景（说明为何写信，如得知对方的问题或困扰），明确写作目的（用一句话表明写信意图，如“I'm writing to offer some suggestions.”）。

主体段：段落布局要按建议的重要性或逻辑顺序展开，通常提出2—3条建议即可，通常以 To begin with，Besides，Finally 或 First and foremost，Moreover，Last but not least 依次陈述。每条建议遵循“建议内容 + 理由/好处 + 具体做法（可选）”的结构展开，切忌只罗列建议而缺少理由。在肯定对方的同时向其提出具体的建议或忠告，用语要礼貌，使其欣然接受。避免使用“You must...”等强硬语气，多用“It would be helpful if.../I suggest that.../Why not...?”等委婉表达。

结尾段：总结建议价值，表达鼓励与信心，并表示乐意提供进一步的帮助（如“I hope my suggestions will be of some help./If you need further help，don't hesitate to let me know.”）。

练 写作技能

Ⅰ. 根据汉语提示完成下列句子

1. I have received your letter _____ _____（说你在学习中文方面有困难），so I'm writing to offer you some suggestions.
2. I'm very sorry to learn that you are in a difficult situation and _____ _____（对如何提高学习效率感到苦恼）.
3. _____ _____（你需要做的是努力学习英语），which is a good way of getting more opportunities to communicate with others.
4. What's more，you can set aside 30 minutes each day for light exercise，such as jogging or yoga，so that you can relieve stress and refresh your mind. _____ _____（只有这样，你才能在学习和健康之间保持平衡）.
5. I sincerely hope _____ _____（这些建议将作为切实可行的方法提高你的学习效率），and you are bound to make remarkable progress. _____（请随时与我联系），if you need further guidance.

Ⅱ. 根据汉语提示完成下面的语篇，并背诵短文

学校新建的图书馆前的空地即将绿化，现通过校英语报 *Colourful Campus* 征求学生的建议。假如你是李华，请给编辑 Martin 写封邮件，内容包括：

1. 绿化布局；2. 设计理由。

注意：写作词数应为80个左右。

【参考范文】

Dear Martin，

Hearing our school is to green the empty space in front of the new library，1. _____ _____（我想提出一些切实可行的建议）.

To begin with，it would be a wonderful choice to plant colourful flowers in the east part，2. _____ _____（在那里学生们可以欣赏自然之美）. Besides，trees and benches are recommended in the west section 3. _____ _____（以便给学生提供一个安静的学习和放松的地方）. Finally，the

central area can be covered with grass and decorated with a sculpture, 4. _____ _____(给校园增添一丝艺术魅力). The layout balances aesthetics and practicality perfectly.

5. _____

_____(感谢您考虑我的建议). I sincerely hope they will be helpful to the campus construction.

Yours,
Li Hua

主题写作：艺术

话题总述

“艺术”是高中新课标的重要话题之一，也是高考评价体系中提升审美意识的关键维度。该话题涵盖文学、美术、音乐、舞蹈等多种艺术形式，涉及中外文化名人与艺术流派。艺术与学生日常生活紧密相连。学习这一话题，有助于学生了解不同国家和民族艺术形式的特点、历史、发展与创新，在拓宽文化视野的同时，引导学生尊重文化多样性，感受艺术独特魅力。

词句复现

[常见词块]

1. 随着音乐跳舞

_____

2. 根据……改编……

_____

3. 主演

_____

4. 为……而设计

_____

5. 以……为根据

_____

6. 以……为背景

_____

7. 美感

_____

8. 赋予……生命/生命力/活力

_____

9. 扮演……角色

_____

10. 演出，上演

_____

[常见表达]

1. The Chinese Ink Painting Exhibition mainly focuses on the history of the traditional Chinese ink paintings and displays famous paintings from different dynasties, _____ _____ _____.

中国水墨画展主要关注中国传统水墨画作的历史，并展出不同朝代的著名绘画作品，从这个展览中你有望深入了解中国文化的发展。

2. As you know, Beijing Opera is one of the most influential operas in China, _____ _____.

正如你所知道的那样，京剧是中国最有影响力的戏剧之一，它拥有200多年的历史。

3. In addition to improving creativity, learning music also cultivates many skills _____ _____.

除了提高创造力，学音乐还可以培养许多技能，让你的孩子受益终生。

4. _____ _____ the audience truly felt the elegance and depth of ancient Chinese culture.

正是在中国传统舞蹈缓慢流畅的动作中，观众真正感受到了中国古代文化的优雅与深厚。

主题范文背诵

[2024·新课标Ⅰ/Ⅱ卷]

假定你是李华，上周五你们班在公园上了一堂美术课。请你给英国朋友Chris写一封邮件分享这次经历，内容包括：

1. 你完成的作品；2. 你的感想。

注意：写作词数应为80个左右。

【精彩美文】

Dear Chris,

I'm writing to share with you an art class I had in a park last Friday.

We were asked to draw or paint something **that impressed us most. Inspired by the fantastic scenery**, I decided to create a watercolour of the small bridge over the park's pond, **surrounded by blooming flowers**.

The entire experience was incredibly refreshing. **Being surrounded by nature not only** sparked my creativity **but also** offered a

much-needed break from the usual hustle and bustle of school life. I felt **a deep sense of peace as I painted**.

In a word, it was not just an art class; it was a moment of connection with nature **that I truly cherished**.

Yours,
Li Hua

主题写作仿写

假定你是李华,上周你校举办了艺术节活动。请你为校英文报写一篇报道,内容包括:

1. 活动时间、地点;
2. 活动内容;
3. 活动反响。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

【参考范文】

The art festival

To help students gain a deeper insight into art, our school held the annual art festival last Sunday in the Student Service Centre. A great number of participants from three grades 1. _____ _____ (积极参与了这次活动).

During the festival, we 2. _____ _____ (不仅欣赏了各种各样的传统中国画), but also had the opportunity to display our modern artworks, such as electronic Kong Ming lanterns and digital paintings. Moreover, we exchanged ideas with one another and took photos to 3. _____ _____ (记录那些难忘的时刻).

The festival 4. _____ (结果非常成功). It won wide recognition among students and greatly inspired our passion for art, 5. _____ _____ (使我们的校园更具文化吸引力).

读后续写微技能:心理及情绪描写

一、心理及情绪描写的原则

1. 落实"细微处"描写

在描写人物的心理活动和情绪时,一定要突出细节,所有的感情都体现在"细微处",所以尽量不用笼统的词,如 smile, cry 等,而用相关的细节性词汇或词组。例如:

Lily wore a shining smile on her face.

(对比:Lily smiled happily.)

分析:wore a shining smile 用词组的形式更加突出细节,展示了细微和精致的"微笑"描写。

2. 体现"多样性"结构

在进行人物心理及情绪描写时,可以多采用非谓语动词等形式,作为谓语动作的伴随状态,从而使描写到位,并体现语法结构的多样性。如:

(1)Her eyes were filled with tears, and she offered her sincere thanks to the man.

(2)Tears filling her eyes, she offered her sincere thanks to the man.

分析:句(1)在描写"哭泣"时,用到了 her eyes were filled with tears。而句(2)则把这句改成了独立主格结构 tears filling her eyes,描写更细致,同时也体现了句式的多样化,展示了高超的语言运用能力。

3. 展示"丰富化"修辞

除了选择细致的心理及情绪描写词汇和多样化的句式表达外,提升语言层次的另外一种方式是多使用修辞手法。例如:

Shame burned my cheeks like a blazing fire, and I dared not lift my head.

分析:将羞愧感比作灼烧脸颊的烈火,直观描写出脸红发烫、无地自容的窘迫。

二、心理及情绪描写的方法

(一)肢体动作 + 情感词汇

1. I felt so unhappy about what he had said that I just sank into the sofa and cried.

他说的话让我感到很不开心,我一屁股坐在沙发上哭了起来。

2. The expression on her face upset Mr Smith deeply. With a heavy heart, Mr Smith walked home.

她脸上的表情让史密斯先生很难过,他心情沉重地走回了家。

3. He paused, and covered his face with his hands/buried/hid his face in his hands, too upset to speak.

他停了下来,双手掩面,难过得说不出话来。

(二)神态描写+情感词汇

1. She held the letter, her hands shaking and her eyes showing deep sorrow of being totally forgotten.

她拿着信,双手颤抖,眼睛流露出被完全遗忘的深深的悲伤。

2. A look of anxiety flashed across his face, his eyebrows knitted into a deep frown.

他的脸上闪过一丝焦虑,眉头紧紧地皱了起来。

3. The man's eyes softened, his face breaking into a grateful smile as he accepted the yogurt.

那人的眼神变得柔和了,当他接过酸奶时,他的脸上出现了感激的微笑。

(三)借用修辞手法或无灵主语句

1. His last word went like a bullet to her heart. She burst into tears and ran out of the room.(比喻)

他最后一句话像颗子弹一样扎入她的心里。她突然哭了起来,跑出了房间。

2. The moon winked at me through the clouds above.(拟人)

月亮透过云层向我眨了眨眼睛。

3. Lonely sorrow clouded her eyes as she watched the train carry her mum further and further away.(无灵主语句)

目送列车载着母亲越来越远,孤寂的忧伤蒙上了她的眼眸。

4. When he heard the news of his friend's accident, a frown stood on his face and his face clouded over.(无灵主语句)

当他听说他朋友发生事故的消息时,他眉头紧锁、满脸愁容。

(四)直接描写和间接描写

心理描写可以揭示人物的内心世界,表达人物的性格、特点、感情和思想等。心理描写可以运用直接描写和间接描写两种方法。

1. 直接描写:直接写出人物心里的感受、想法或打算,会直接出现表达心理活动的词(比如"害怕""想""打算"),常用"I felt""she thought""he planned"等句式。如:

(1)He turned to me, with his eyes full of horror.

他转向我,眼里充满了恐惧。

(2)Fear slowly creeps up on her.

恐惧慢慢地蔓延到她身上。

2. 间接描写:不直接说人物在想什么、感受如何,而是通过人物的动作、表情、说话方式等外在表现,让读者猜到人物的内心。句子里不会直接出现"恐惧"。如:

(1)Her face turned pale and she stood there tongue-tied.

她脸色苍白地站在那里,说不出话来。

(2)She shook all over, feeling like sitting on pins and needles.

她浑身颤抖,觉得如坐针毡。

【跟踪演练】

Ⅰ. 翻译句子

1. The loneliness and grief/sadness/sorrow _____.

孤独和悲伤不断涌上心头。

2. _____, Jenny felt her face burning and found herself unable to speak for a few minutes.

珍妮深感内疚,觉得自己的脸在发烫,发现自己有好几分钟说不出话来。

3. When she received the acceptance letter, her eyes _____ and a big smile _____.

当她收到录取通知书时,她的眼睛亮了起来,脸上绽放出灿烂的笑容。

4. I felt hot on my face, cold sweat in my hands and _____.

我觉得脸上火辣辣的,手心里满是冷汗,心头像有上千个蚂蚁爬过。

5. _____, she threw her arms around her mother's neck and thanked her from the bottom of her heart.

眼里噙满感激的泪水,她搂住妈妈的脖子,发自内心地感谢她。

Ⅱ. 语境续写

When the bell rang, the English teacher was about to give out the test papers she had