英语

班级:_____ 姓名:_____ 得分:_____

单元素养测评卷(一)



Unit 7

(时间:120 分钟　分值:150 分)

听力部分

一、听后选择(共两节,21 分)

第一节　听短对话选择(共 4 小题;每小题 1.5 分,共 6 分)

听下面四段对话。每段对话后有一道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听对话前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话你将听一遍。

(　)**1**. When does the concert start?

A. At 7:15.　　B. At 7:30.　　C. At 8:30.

(　)**2**. What does Tom do now?

A. He is a secretary.　　B. He is a novelist.

C. He is a newspaperman.

(　)**3**. What music does the woman like best?

A. Jazz.　　B. Blues.　　C. Pop music.

(　)**4**. Which museum did the girl visit with her class?

A. The Art Museum.　　B. The Nature Museum.

C. The Science Museum.

第二节　听长材料选择(共 10 小题;每小题 1.5 分,共 15 分)

听下面五段对话或独白。每段对话或独白后有两道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话或独白你将听两遍。

听下面一段对话,回答第 5 至第 6 小题。

(　)**5**. What does Mr Grant owe his good performance to?

A. The support of the cast.

B. His years of acting experience.

C. The director's guidance.

(　)**6**. What did Mr Grant find the most difficult about playing the role?

A. Memorizing the lines.

B. Expressing complex emotions.

C. Acting in front of a large audience.

听下面一段对话,回答第 7 至第 8 小题。

(　)**7**. What's the relationship between the speakers?

A. Teacher and student.　　B. Performer and audience.

C. Classmates.

(　)**8**. What does the man think of the woman's mask?

A. It will be weak.　　B. It will be great.

C. It will be interesting.

听下面一段对话,回答第 9 至第 10 小题。

(　)**9**. Where does the conversation probably take place?

A. At a gift store.　　B. At a supermarket.

C. At a travel agency.

(　)**10**. What souvenirs will the woman choose?

A. Silk and fans.　　B. Dragon Well Tea.

C. The Four Treasures of the Study.

听下面一段对话,回答第 11 至第 12 小题。

(　)**11**. Which library will the speakers go to?

A. The one near the shopping centre.

B. The one opposite the park.

C. The one by the hospital.

(　)**12**. How will they get to the library?

A. By car.　　B. By bus.　　C. On foot.

听下面一段独白,回答第 13 至第 14 小题。

(　)**13**. What does the speaker do?

A. An artist.　　B. A tour guide.　　C. A history teacher.

(　)**14**. What is the speaker's advice?

A. Keeping up with the team.

B. Bringing a camera to take photos.

C. Learning about masterpieces by Michelangelo.

二、听后记录并转述(共两节,15 分)

本大题共两节。第一节,听两遍短文,根据所听内容和提示,将所缺的关键信息填写在相应位置上,每空只需填写一个词。第二节,听第三遍短文,根据所听内容和提示进行转述。

第一节　听后记录信息(共 4 小题;每小题 1.5 分,共 6 分)

现在,你有 1 分钟的时间浏览提示信息。

How to become more inspired	
Turn to the 15._____	• Listen to your favourite song... • Let the beauty of the world inspire you
Hang out with a friend	• Share stories and 16._____. • Learn about common 17._____
Try to see the world from another angle	• 18._____ another culture. • Put yourself in other people's shoes

下面,请在 90 秒钟内将所缺信息填写到指定的答题区域。

第二节　转述短文内容(本节 9 分)

请再听一遍短文,完成转述。

你的转述可以这样开始:

Sam Smith is introducing some tips to help you become more inspired...

下面,请准备录音。听到录音提示音后,在 2 分钟内完成转述。

三、朗读短文并回答问题(共两节,14 分)

第一节　朗读短文(本节 8 分)

现在,你有 1 分钟的时间浏览内容并做录音准备。

Robert Frost was born in San Francisco. His father died when he was about eleven. His mother found a job as a schoolteacher to support the family. In 1892 Frost graduated from a high school. In 1894 *The Independent* in New York published Frost's poem *My Butterfly*. Frost worked as a teacher and continued to write and publish his poems in magazines. In 1895 he married a former schoolmate and they had six children in all.

From 1897 to 1899 Frost studied at Harvard, but left without receiving a degree. He moved to Derry, working there as a farmer. In 1912 Frost sold his farm and moved to England. There he published his first collection of poems, *A Boy's Will*, at the age of 39.

下面,请准备录音。听到录音提示音后,在 90 秒钟内完成朗读。

第二节　口头回答问题(共 3 小题;每小题 2 分,共 6 分)

下面,请根据所朗读的内容口头回答 3 个问题,每个问题你将有 15 秒钟的准备时间,在听到录音提示后,你有 30 秒钟的时间作答。

请回答第 1 小题。现在,你有 15 秒钟的时间做答题准备。

Question 1: How did Robert Frost's mother support the family after his father died?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 2 小题。现在,你有 15 秒钟的时间做答题准备。

Question 2: How many children did Frost have in all?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 3 小题。现在,你有 15 秒钟的时间做答题准备。

Question 3: What's the name of his first collection of poems?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

笔试部分

第一部分　知识运用(共两节,30 分)

第一节(共 10 小题;每小题 1.5 分,共 15 分)

[2026·北京人大附中高一期末]

阅读下面短文,掌握其大意,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

Stephen was on campus to register when I first met him.

One summer day, Philip, one of my colleagues, introduced me to the young man, named Stephen. He reminded him that he would be taking one of my classes, Introduction to Literature. With a somewhat pained expression, Stephen asked if my class was going to be "hard". Would he be able to pass? I sensed he was __1__ about failing before the opening day of classes. We talked about what the class would __2__ and I saw Stephen's eyes getting big with fear.

Then I remembered a bit of a classical dialogue:

Question: "How do you eat an elephant?"

Answer: "One bite at a time."

I told him to __3__ his work that way: to do his assignments, all of them, and to get them in on time. I added that most __4__ students I

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knew made a timetable of all the assignments so they could __5__ their workload.

As time went on, I learned more of Stephen's story. He had __6__ in middle school. It had taken him longer to finish than most young people. Family members, including his mother, kept reminding him that he was a failure. He told me that before coming to our campus no one had believed he had much __7__.

Still, he managed to pass most of his courses by being in class every day, turning in all of his assignments on time and breaking down his studying into __8__ digestible parts. By passing course after course, he began to gain a measure of self-respect.

Every time I saw him on campus, he would brighten up and say, "One bite at a time." Whenever he introduced me to his friends, he would tell them that he was __9__ when he was supposed to be failing. His __10__, he said, was that he was practising what I taught him before classes ever started: "Take it one bite at a time."

( )**1**. A. optimistic B. sure C. anxious D. desperate
( )**2**. A. cover B. review C. repeat D. explain
( )**3**. A. accept B. approach C. admire D. acquire
( )**4**. A. energetic B. popular C. diligent D. successful
( )**5**. A. balance B. plan C. polish D. track
( )**6**. A. improved B. struggled C. changed D. complained
( )**7**. A. potential B. honour C. ambition D. confidence
( )**8**. A. full-sized B. over-sized C. bite-sized D. medium-sized
( )**9**. A. practising B. suffering C. learning D. succeeding
( )**10**. A. gift B. secret C. spirit D. goal

第二节(共 10 小题;每小题 1.5 分,共 15 分)

[2025·北京大学附属中学高一期中]

阅读下列短文,根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词,在给出提示词的空白处用括号内所给词的正确形式填空。

A

After buying a lottery and winning a sum of $675,000, Lapierre quit her nursing job and 11. _____(dedicate) her life to helping others through her passion project, Le Book Humanitaire. The deeds were just small acts of kindness—buying clothes for a family of 12. _____(new) arrived immigrants or giving medical attention to someone living on the streets—that anyone else might have done. But word started spreading, her phone began ringing and a Facebook page that she created for the project became an efficient way to receive requests from those in need and those 13. _____ wanted to help.

B

Nature has been scientifically shown to benefit human health and well-being. This type of therapy (治疗), 14. _____(call) ecotherapy, includes various activities in nature that can improve health. For example, a study found that going on an adventure alone 15. _____ the wild can help develop different skills, increase environmental awareness and create a sense of freedom. Research has also shown that taking cold baths can improve circulation and release feel-good 16. _____ (chemical) in the brain. Exposure to the sea, sun, woods and gardening can also help people feel better.

C

Chinese architect Liu Jiakun was awarded the 2025 Pritzker Architecture Prize, becoming the second winner from China 17. _____(receive) the highest honour in the field of architecture. Over four decades, he 18. _____(build) a diverse body of work, ranging from small, beautifully designed museums to large commercial buildings.

Besides, he has developed a strategy that 19. _____(rely) on evaluating the specific characteristics and requirements of each project differently. People's real lives, happiness and dignity are 20. _____ they strive for, according to the architect.

第二部分　阅读理解(共两节,38 分)

第一节(共 14 小题;每小题 2 分,共 28 分)

阅读下列短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

A [2026·北京第一零九中学高一期中]

Art & science: fun experiments to try

Science helps artists try new ideas. Want to create better art? Understand the science behind it! Now, let's try four experiments connecting science and art.

Wet Wall Painting

Do you know Wet Wall Painting—painting on wet plaster (灰泥)? Try this: mix cornstarch (玉米淀粉) and water to make sticky mixture. Paint on it. The mixture acts like real plaster—it takes in paint water, making colours brighter. This scientific method helps art stay beautiful for hundreds of years.

Ink Colour Secret

Are all black markers the same? Use filter paper (滤纸) to find out. Draw a dot with a black marker. Put the paper's edge in water. As the water rises, it separates ink into different colours. You might see blue or yellow! This method, called colour separation, helps make perfect ink colours.

Cream Art Design

Make colourful patterns with shaving (剃须) cream. Spread cream on a plate, and add food colouring drops. Mix colours with a stick. Press paper on top. The soap in the cream has two special parts—some attract water, and others push it away. When pressed, these special parts lock in colours in various patterns, and each pattern looks new and different!

Moving Picture Magic

Make a flipbook (翻页书) with sticky notes. Draw small changes on each page like a ball bouncing (弹跳). Flip the pages quickly to see the movement! Large changes between pictures make the movement broken; small changes produce smooth moving images—exactly how cartoon movies work. This shows how our brains might use visual clues to fill in missing information.

These experiments show what science has to do with art. By understanding science, artists can complete their works more creatively.

( )**21**. What materials are used in Wet Wall Painting?
A. Water and cornstarch. B. Filter paper and water.
C. Cream and food colouring. D. Sticky notes and markers.

( )**22**. The flipbook experiment mainly shows _____.
A. ways to create sticky notes
B. the science behind cartoon movies
C. how to use clearer visual clues
D. how to draw larger changes on pages

( )**23**. What is the main purpose of the passage?
A. To develop science theories.
B. To show science in art.
C. To offer art lessons.
D. To explain science subjects.

B [2026·北京育才学校高一期中]

"Are you all right?" the student asked as she passed me in the hallway. I was in the final stretch of last work before writing my essay. The student, who was 4 years behind me in the same PhD programme, went on to say, "I see people from your group working so much, putting in extra hours, even at night." It set me thinking a lot.

As a first-year PhD student, I was lucky to have kind and understanding advisers. But I felt overwhelming pressure to become a perfect student. I kept finding a million reasons why I was coming into graduate school at a disadvantage compared with my peers. As a student from Colombia, I had been educated at institutions my professors and colleagues had never heard of. I spoke with an accent that was hard to understand, and I was older than most of the people in my cohort.

I noticed that most of the people around me seemed to be working all the time. I began to spend many weekday nights and weekends in the lab. But my strategy didn't work. I crashed from burnout. The tiredness took a toll on my productivity and motivation. During one of many mindless Sundays in the office, I realized I'd fallen into the trap of assuming my colleagues' work habits were the standard for belonging and being worthy of respect—and it wasn't sustainable.

From then on, I stopped counting the number of work hours I was putting in, leaving space every day for exercising and doing activities

that I enjoyed. Finally, I realized nobody was keeping track of the amount of time I spent in the lab anyway and it wasn't something I needed to worry about.

I noticed that having more time for myself made me more rested and motivated when I went back to work. I continued quietly along this path for years, until that conversation in the hallway. So, when I ran into her again, weeks later, I told her that even though I was feeling a lot of pressure in the final year of my PhD, I was putting my mental and physical health first and wasn't working overtime. I also began to talk with other students about how quality sleep, physical activity, healthy eating, and reasonable work hours were a daily part of my routine.

( )**24**. What can we learn about the student who talked to the author in the hallway?

A. She spent much time on lab work.

B. She had finished the PhD programme.

C. She was putting in extra hours at night.

D. She was concerned about the author.

( )**25**. How does the author feel about his work at first?

A. Ambitious. B. Anxious.

C. Disappointed. D. Enthusiastic.

( )**26**. Which can replace the underlined phrase "took a toll on" in Para. 3?

A. Added fuel to. B. Cast new light on.

C. Had a negative impact on. D. Depended too much on.

( )**27**. What does the author intend to tell us?

A. Nothing is difficult to the man who will try.

B. Every dog has his day.

C. Fitting in doesn't mean working overtime.

D. A healthy work-life balance counts.

C [2026·北京汇文中学教育集团高一期中]

Why do some people keep making harmful choices, even when the outcomes are obvious? A new study by UNSW Sydney's Dr Bressel found that for a small group, the issue isn't lack of motivation or ability, but rather a subtle but persistent failure to connect their actions with its consequences.

The paper, published recently in *Nature Communications Psychology*, details an online learning game where participants were asked to click between two planets for rewards or to avoid punishment. Researchers observed three behavioural types: Sensitives (avoid bad choices), Unawares (adjust strategies after being told their errors) and Compulsives (still make wrong choices even after learning their mistakes). "Some people don't learn from experience. Even when motivated to avoid harm, they fail to see their behaviour causes problems," said Dr Bressel.

This study followed past research, which only focused on Australian psychology students, but had key differences: 267 participants from 24 countries (including over 50-year-olds), six-month follow-ups, and post-game surveys on their choices. The same behavioural profiles emerged across cultures and ages. In Australian studies, roughly 35% were Sensitives, 41% Unawares, 23% Compulsives; in the new study, 26% Sensitives, 47% Unawares, 27% Compulsives. Dr Bressel linked more Compulsives to older participants, as cognitive flexibility declines with age. Interestingly, when participants were invited back to play the same game six months later, most showed the same behavioural profile. "That was striking," said Bressel. "These aren't just random mistakes. They're almost like personality types. This is not to say they're fixed, just that they may require intervention to break." Researchers confirmed Compulsives' choices weren't habits: participants could explain their wrong choices. This points to a deeper issue—a failure to integrate new knowledge to minimise bad outcomes.

Dr Bressel noted real life is more complex than the game, but the pattern of ignoring experience and information matches compulsory behaviours. The research has important implications for public health messaging. Many campaigns rely on providing information—about smoking, drinking or financial risks—with the assumption that people will act on it. But this study suggests that for some, information alone isn't enough. "Standard information campaigns work for most—but not for everyone," Dr Bressel said. "For compulsive individuals, we may need different intervention."

( )**28**. What was the main purpose of the online learning game?

A. To test participants' ability to follow instructions.

B. To compare different reward systems across cultures.

C. To examine how people link actions with consequences.

D. To measure participants' motivation to avoid punishment.

( )**29**. What can be inferred about "Compulsives"?

A. They lack awareness of their mistakes.

B. They are unable to explain their behaviour.

C. They are less affected by external feedback.

D. They struggle to apply what they have learned.

( )**30**. What is a striking finding of the new study?

A. Cognitive ability declines with age.

B. Behavioural patterns are consistent.

C. Most participants improve after repeated trials.

D. Participants' behaviours vary greatly across cultures.

( )**31**. Which is the best title for the text?

A. Understanding rules, breaking all

B. Knowing more, doing otherwise

C. Recognizing habits, acting well

D. Learning risks, behaving safer

D [2024·北京朝阳高一期末]

Whether picturing your next vacation or an ideal mark for an important exam, it is enjoyable to let your mind wander into daydreaming. Also daydreaming allows us to move mentally in time and space, rehearsing (预演) different possible scenes of the future. However, while the benefits of daydreaming were coming to light, psychologist Eli Somer found that some of his patients' fantasies were replacing real social interactions and, as a result, were undermining (逐渐削弱) their ability to maintain daily relationships.

Psychologists call repetitive actions that hold back an individual's ability to cope with daily life "maladaptive behaviours". In recent years, Somer has teamed up with others to explore the behaviour. One of their studies compared 340 maladaptive daydreamers with the control group. The former reported that their daydreams were hard to control and disturbed their lives. They spent an average of 56 percent of their waking hours in fantasy worlds featuring imaginary characters and detailed plots (情节). Unlike regular daydreams, theirs often involved rocking from side to side or uncontrollable facial expressions. Other research suggests that maladaptive daydreams can take many forms, from amusing to serious, but they tend to be more emotionally intense than regular daydreams.

Exploring this behaviour further, Somer's team asked 77 people to keep a diary of the emotions associated with their maladaptive daydreaming. This revealed that it brought increases in negative emotions, along with signs of depression, social anxiety and general anxiety.

The study also found that maladaptive daydreaming was a behavioural addiction. The scientists who first proposed this in 2018 pointed out that, like many addictive tendencies, it offers a momentary escape from stressful thoughts and unfavourable realities.

"Many professionals object to treating maladaptive daydreaming as disease," says Somer. As you would expect for a condition that isn't yet widely recognized, treatment and management options are still being developed and tested. Monitoring the behaviour, its conditions and emotional consequences may help individuals control it. Also, practising mindfulness meditation may be helpful in staying in the present rather than escaping to fantasy worlds. Other techniques involve recording occurrences of maladaptive daydreaming and possible causes in a journal, and rewarding personal milestones in preventing these fantasies.

Noam, an Israeli student who has been struggling with maladaptive daydreaming, is proof that maladaptive daydreaming can be managed. Just two months after starting treatment with Somer, his daily daydreaming has fallen from 16 hours to around 7 hours. "I really want to get better, to take pleasure in my life as it is and to love only the people who are part of my life and deserve my care," he says.

( )**32**. What can we learn from the passage?

A. Regular daydreams take a wider range of forms.

B. Maladaptive daydreaming is more likely to be habitual.

C. More detailed imaginary plots lead to better daydreaming.

D. Fewer emotional changes are seen in maladaptive daydreams.

( )**33**. As for maladaptive daydreaming, which would Somer agree with?

A. Experts should take it seriously.

B. It can lead us to preview future events.

C. It provides us with access to relieving stress.

D. Keeping a journal has proved to be its reliable cure.

( )**34**. What is the main purpose of the passage?

A. To make a comparison between two kinds of daydreaming.

B. To present the findings of studies on maladaptive daydreaming.

C. To introduce approaches to managing maladaptive daydreaming.

D. To attach importance to dealing with the dark side of daydreaming.

第二节(共 5 小题;每小题 2 分,共 10 分)

[2025·北京广渠门中学高一期中]

根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

The changing landscape of the music business

The music industry is in the process of a great change. In the past decades, artists made money through physical sales of records, CDs, and cassettes. While in recent years, downloading songs from services such as Amazon or iTunes has become the most common way for people to purchase music, and the whole idea of buying music to own may be falling. To take its place are Internet apps that stream music directly to listeners on their smartphones, tablets, or computers. 35. _____ While this is great for fans, who now have access to millions of songs at the flick of a touchscreen, it has shattered the traditional model of how an artist manages his or her career.

With music lovers increasingly moving away from making one-time purchases towards an all-you-can-listen-to service, what is a hard-working artist to do? The main problem facing many musicians is that payments-per-stream of a song are much lower than what an artist would receive from a download. 36. _____ In November of 2014, award-winning musician Taylor Swift pulled her entire music catalogue from Spotify, a popular streaming app, claiming that their business model suggests that music does not hold much worth.

37. _____ They claim that it offers smaller artists a chance for their music to get heard by a wider audience. Brian Message, manager of the band Radiohead, has come out in support of streaming services. He sees them as a way for musicians and fans to interact.

Regardless of what artists may think about this change in the music industry, there's no arguing that they need to adapt in order to make money. 38. _____

Corporate sponsorship can be a risky option for musicians. A band can make much money by agreeing to promote a product or license its music for use in advertisements, but there are many ways that this can backfire. When bands work with businesses, they may lose the image they have worked to create. 39. _____ Artists must develop an image that appeals to their fans in order to remain unique and authentic, or they risk striking the wrong chord, which could leave them struggling to sustain careers in this new business landscape.

A. Others have welcomed the idea of streaming music.

B. However, those forms of media are quickly fading away.

C. Some big-name artists have called attention to the issue.

D. The rules could be different for smaller bands just starting out.

E. Maintaining a fine image while working on a career is certainly tricky.

F. One major shift is the growth in partnership between artists and businesses.

G. These apps are available either as free versions or as monthly subscription services.

第三部分　书面表达(共两节,32 分)

第一节(共 4 小题;第 40、41 题各 2 分,第 42 题 3 分,第 43 题 5 分,共 12 分)

[2025·北京五十七中高一期中]

阅读下面短文,根据题目要求用英文回答问题。

Leonardo da Vinci was a genius: wildly imaginative, passionately curious and creative across multiple disciplines—painting, architecture, aeronautics, and engineering. Yet oddly the word "genius" minimizes him by making it seem as if he were touched by lightning. His early biographer made this mistake: "Sometimes, in a supernatural fashion, a single person is gifted by heaven with beauty, grace, and talent in such abundance that it seems that his every act is divine (天赐的)." In fact, the self-taught Leonardo's genius was shaped by his own will and ambition. It did not come from being the divine recipient, like Newton or Einstein.

Part of what made Leonardo a genius, what set him apart from people who are merely extraordinarily smart, was creativity. His talent for combining observation with fantasy allowed him to make unexpected leaps that related things seen to things unseen.

Leonardo was also a very human genius. He made mistakes. He left a trail of unfinished projects, flying machines that never flew, tanks that never rolled. "Tell me if ever I did a thing. Tell me if anything was ever made."

His flawed humanity makes Leonardo more accessible. Even though we may never be able to match his talents, we can learn from him and try to be more like him. His life offers a wealth of lessons.

Seek knowledge for its own sake. Not all knowledge needs to be useful. Sometimes it should be pursued for pure pleasure. Leonardo did not need to know how heart valves work to paint the *Mona Lisa*; nor did he need to figure out how fossils got to the top of mountains to produce *Virgin of the Rocks*. By allowing himself to be driven by pure curiosity, he got to explore more horizons and see more connections.

Keep a childlike sense of wonder. At a certain point in life, most of us quit puzzling over everyday phenomena. We might savor the beauty of a blue sky, but we no longer bother to wonder why it is that colour. Leonardo did.

Be curious, observe things, see things unseen, respect facts, be open to mystery...We can never learn enough from Leonardo.

40. What set Da Vinci apart from people who are merely extraordinarily smart?

_____

41. Why was Da Vinci regarded as a very human genius?

_____

42. Please decide which part is false in the following statement, then underline it and explain why.

> ***Da Vinci's life offers us a wealth of lessons, one of which is to seek useful knowledge.***

_____

43. Which quality of Da Vinci's do you appreciate most? How can it benefit you in your life? (***In about 40 words***)

_____

_____

第二节(20 分)

假设你是红星中学高一学生李华。你校高一年级即将举办一场以"古韵回响,光影新章"(Ancient whisper, digital echoes)为主题的英语戏剧活动,现招募英语主持人。请你给活动负责人写一封英文申请信,内容包括:

1. 表达对活动的看法;

2. 自身优势。

注意:1. 词数 100 左右;

2. 开头和结尾已给出,不计入总词数。

Dear Sir/Madam,

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Yours,

Li Hua