2026 北京昌平高三二模

英　　语

学校:_____姓名：_____班级：_____考号：_____

一、完形填空

I was thirty, a single father of two, recently out of work, carrying a kind of exhaustion that rest doesn't touch. When our washing machine broke in the middle of a cycle, I bought a used one from a secondhand store, ___1___ it would last long enough to get us through the month.

When I ___2___ the washer at home, I heard a strange metallic sound. ___3___, I stopped the cycle and reached inside the drum. My fingers brushed something small and smooth: a gold ring with a diamond. Inside the band, faint letters were engraved — "To Claire, with love. Always."

For a brief moment, my mind wandered to numbers-groceries, shoes and overdue bills. But when my daughter softly called it a "forever ring," something shifted inside me. I ___4___ the ring wasn't just jewelry — it was someone's memories, promises, and life. That night, I called the secondhand store to ask if there was a way to ___5___ where it came from.

The next day, I drove across town to a small brick house and knocked on the door. An older woman named Claire answered, cautious at first, then ___6___ when she saw the ring in my hand. Her eyes filled with tears as she told me it had been lost months earlier, a gift from her husband when they were young. She held it close, ___7___ and gratitude softening her face. She thanked me ___8___, handed me a thank-you card, and sent me some cookies I hadn't earned. I drove back feeling lighter, as if I had done something small but deeply important.

I taped the card to the fridge. Every time I see it, I'm convinced that it's not always a(n) ___9___. It's a choice — often a quiet one — made even when life feels tight and tired.

That day, my children saw that ___10___ matters, and that doing the right thing doesn't always come with ease but does leave a mark. Long after the struggle fades, the example remains.

1．A．worrying　　B．doubting　　C．planning　　D．hoping

2．A．updated　　B．tested　　C．emptied　　D．fixed

3．A．Curious　　B．Satisfied　　C．Awkward　　D．Angry

4．A．admitted　　B．reasoned　　C．realised　　D．suspected

5．A．rule out　　B．track down　　C．let out　　D．note down

6．A．shocked　　B．puzzled　　C．troubled　　D．disappointed

7．A．pride　　B．interest　　C．relief　　D．regret

8．A．secretly　　B．slightly　　C．casually　　D．repeatedly

9．A．concept　　B．accident　　C．donation　　D．promise

10．A．empathy　　B．gratitude　　C．devotion　　D．integrity

二、语法填空

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

I've come to think of peace as having two dimensions — the outer and the inner. Outer peace is the physical safety we all deserve: no violence, no harm. But inner peace is ___11___ gives that safety its depth. I believe the world we see is, in many ways, a reflection of what ___12___ (happen) inside us right now. If someone is full of competition and anxiety, that's the lens through which they interpret everything. But ___13___ (fill) their heart with love and gratitude, they find the same world starting to appear different.

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

Notes help you organize the ideas and make meaning out of something ___14___ which you may not be familiar. Taking notes also helps you stay focused on the question at hand. But research on this topic concludes that without active review ___15___ taking notes, most students forget 60-75 percent of material within two days! The very best notes are the ones you take in an ___16___ (organize) manner that encourages frequent review and reuse.

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

When your deepest conviction is in line with your work, challenges don't stop you. They shape you. After years of struggles, I came to realize that ___17___ (difficult) are not something that blocks the path, but something that guides it. Every obstacle I encountered gradually ___18___ (become) a valuable opportunity for me ___19___ (learn) something I didn't yet know about myself, about others, about how to create the conditions ___20___ harmony can emerge.

三、阅读理解

We started AI programs to inspire students to understand and apply this powerful technology to improve the world. Our team consists of experts and graduate students from top universities who have done cutting-edge research, and have founded several AI startups that have been acquired by large tech corporations. We hope to bring the most recent developments in AI from our experiences with courses and labs to high school students.**AI Deep Dive**

Overview

This program is project-based intensive courses for returning students to continue building AI skills. The program is designed for students who have completed AI Pioneers and AI Scholars. After the AI Deep Dive, AI Creators will be the advanced program. In the program, students explore applications of machine learning models in their chosen domain of interest, as AI is transforming many fields such as healthcare, transportation, education and more.**AI Deep Dive Offerings**

In the first half of the course, students learn AI's core technologies including applications, foundational concepts, and programming tools through live online lectures and coding labs. Then, they discuss the social impact of AI to develop students' critical thinking skills and explore AI career path. In the final project, students apply innovative machine learning techniques to model how a self-driving car works, preserve privacy in natural language processing models, detect skin cancer from photographs, or more.

Gen AI Apps Design: Create your own customized AI assistant using generative AI technology.

AI in Medicine: Students delve into the applications of AI in diagnosing medical conditions.

Self-Driving Cars: Students understand the technologies that go into self-driving cars, and train their own models to travel on the road.

Pre-College Preparation: Gain college-preparation guidance through workshops on preparing for leading programs, along with resources that build the knowledge and skills needed for future success.**Schedule**

The program runs for 10 sessions of 2.5 hours each (25 hours total) of small-group learning.

Weekday 1: Weekdays, June 29-July 10, 2026, 8:00 am-10:30 am

Weekday 2: Weekdays, July 13-July 24, 2026, 8:00 am-10:30 am

Weekday 3: Weekdays, August 10-August 21, 2026, 7:00 pm-9:30 pm

Weekend 4: Saturdays & Sundays, July 11-August 9, 2026, 8:00 am-10:30 am

21．AI programs are designed mainly to_____.

A．empower students for a better world

B．prepare talents for tech corporations

C．help students understand AI concepts

D．share the team's insights from startups

22．What is required for students to apply for AI Deep Dive?

A．Registering in AI Creators.　　B．Fruitful AI project outcomes.

C．Finishing some basic AI courses.　　D．Interest in learning how to code.

23．What do we know about AI Deep Dive?

A．Students can take a ride in self-driving cars.

B．Hands-on teamwork covers the entire process.

C．It guides students on college and career journeys.

D．The weekday session in August is in the morning.

Many students at college, including myself, arrive with a very distinct image of who and what we are going to be after graduation. Personally, I had my next ten years planned out before even starting my freshman year.

My parents work in pharmaceuticals (制药业), so I knew about the career prospects. I had taken many scientific elective courses in high school and excelled in AP Chemistry, so I thought this degree would be something I could do well in and love for the next four years and afterwards in a career.

In the fall of my freshman year, I signed up for a chemistry, a calculus, and an English class. I always enjoyed reading, so I thought the English course would be a fun addition and a possible minor to add to my studies. During that semester, I did well in all of my classes, but I felt I hated my science and math courses. I always liked math and science in high school, but something about the courses in college simply didn't connect with me.

The one thing that made me actually enjoy my first semester was my English course. I felt tired, just thinking about more chemistry classes the next semester. I thought that higher-level chemistry courses might be more interesting because they would become more specialized, but I continually found myself disinterested in the content of the courses. By this time, I had added my English minor, and the things I had learned in my minor were so much more exciting to me.

I went with the flow until my sophomore year. I called my parents in tears. I couldn't hold it in anymore: I DIDN'T WANT TO DO CHEMISTRY! I was completely ready for them to be disappointed and tell me to stick with it; thankfully they were the exact opposite.My parents knew I was enjoying my English minor and asked me if I had any interest in continuing into a major. After talking with my parents and my advisor, I took the plunge. I switched to an English major. I felt like the biggest weight was lifted from my shoulders.

Now, I could not be happier about switching my major. I have discovered my newfound love and capabilities. There have been so many opportunities that would not have happened if it hadn't been for switching my major and career path.

24．What was the author's main struggle as a freshman?

A．Pressure for perfect grades.

B．Uncertainty about future plans.

C．Fear of disappointing her parents.

D．Loss of passion for her planned major.

25．How did the author's parents react to her quitting chemistry?

A．Supportive of her pursuit.　　B．Relieved at her decision.

C．Annoyed by her attempt.　　D．Concerned about her future.

26．Which of the following words can best describe the author?

A．Purposeful and focused.　　B．Courageous and growth-minded.

C．Persistent and confident.　　D．Disciplined and self-aware.

27．What can we learn from this passage?

A．Every cloud has a silver lining.

B．Curiosity keeps the mind young.

C．The wise man is always a learner.

D．The heart sees what the eyes cannot.

Imagine you’re in line at your favourite bakery, deciding whether to have a doughnut or a tart. You weigh them up, the doughnut wins, and you settle on that. By the time you’re at the front of the line, however, only tarts are left. So, you buy one.

These two decisions feel completely different. One is a free decision that involves consideration based on your personal preferences, while the other is a forced decision that involves simply recognizing and picking the only available option. Neuroscientists have long assumed free decisions rely on different processes in the brain compared to forced decisions. But our latest research shows our brains actually make these decisions in surprisingly similar ways.

Decades of research have shown that, to make decisions, our brains gradually gather evidence for each option over time. By measuring electrical brain activity, researchers have identified a brain signal that reflects this accumulation of evidence during simple decisions. Like a loading bar building to 100%, the signal gradually rises to a particular level before a decision is made. Rather than climbing steadily towards one option, the signal fluctuates back and forth between the alternatives. This partly explains why we aren’t always consistent with our choices, even when our preferences are stable. This signal has been identified for forced decisions. But what about open-ended choices?

To answer this question, we recorded people’s brain activity while they chose between sets of coloured balloons. They viewed either two balloons of different colours to freely choose between, or a single balloon they were forced to pick. For both free and forced decisions, the brain activity unfolded in a strikingly similar way. The signal rose steadily to the same peak level before a choice was made, climbing faster for quick choices and slower for longer ones.

One might assume the brain forms free and forced decisions similarly, suggesting decision-making may be more automatic than it feels. This echoes Benjamin Libet’s experiments in the 1980s, which show brain activity begins ramping up before people are even consciously aware of their intention to act. But while the process may be automatic, what the brain is accumulating tells a different story. The evidence it weighs up is drawn entirely from who you are — your preferences, your goals, your experiences. Two people may go through the same neural process and land on the same choice, and yet arrive there for completely different reasons.

So rather than asking whether our choices are truly free, perhaps the better question is what it really means for a choice to be yours. And the next time you find yourself in line at the bakery, know that your brain has already been quietly gathering evidence toward your baked good of choice, and that choice happens a little faster than you realise.

28．Why does the author mention “a loading bar” in Paragraph 3?

A．To explain why choices are inconsistent.

B．To prove the required level for decisions.

C．To highlight the speed of decision-making.

D．To illustrate how evidence is gradually built.

29．What can we learn from this passage?

A．Stable preferences reduce choice changes.

B．Personal identity helps make your choices.

C．The brain reacts to a decision at the last moment.

D．Free and forced decisions vary in brain processes.

30．What is the logical chain of this passage?

A．Problem →Theory → Test → Solution

B．Phenomenon → Cause → Theory → Outcome

C．Background → Review → Research → Suggestion

D．Situation → Assumption → Experiment → Conclusion

When was the last time you raced against an unforgiving clock? Perhaps you skipped breakfast, shelled out for a taxi or missed time with your family. Many of us have become slaves to time, with huge portions of our day spent chasing appointments and deadlines. But what is this thing we’re trying to beat?

We tend to imagine time as constant and non-negotiable, ticking by somewhere out in the world, impossible to slow or stop. Yet an emerging scientific picture is that such “clock time” isn’t a physical phenomenon. It’s a mathematical tool useful for coordinating our interactions, but with no independent existence of its own. As with other key innovations, such as money, we can no longer get by without it. But disproving the myth of the clock can help us to focus on how life really progresses.

Psychologists have identified the rise of “time famine”, where the more efficient and productive we try to be, the more precisely we measure time, and the more we try to pack into our busy schedules, the less time we actually feel we have. This has a big impact on quality of life: people experiencing time famine are less likely to do things they enjoy, or help each other.

Time is puzzling in other ways, too. We have no sensory organs for detecting it, nor any dedicated brain areas

for tracking it. Our experience of time can vary hugely: minutes drag if we're bored; hours race if we're excited. And in certain circumstances, our sense of time can even go in circles, break apart or stop altogether. Take Lara, who suffers from a condition called motion blindness. When she pours tea, the liquid appears as a frozen column in the air, before suddenly overflowing the cup. Rather than being mere mistakes, these effects reflect something deeper: the role we all play in creating our own time. Because even scientists don't find any moving river of time: most believe there's no physical flow of events beyond our perception, no moment of "happening" or "becoming" in which the future slips into the past.

Time, then, is less a universal truth than a feature of how we interact with the world. What we're left with, when we release ourselves from the cosmic clock, is "lived time": our personal, flexible experience of change.

This gives us a different way of thinking about how our lives progress, probably releasing us from the constant beat of the clock. Lived time is different from clock time because it isn't defined by a numerical counter chopping moments into seconds. It's a creative process that's vital not just for our sense of time but of who we are.

To tackle time famine, remind yourself that the clock is a tool, not a master. In contrast to clock time, lived time expands and grows richer the more we focus on being present. Instead of something we chase and never catch, it's a flow that connects us with each other.

31. Which situation best illustrates "time famine"?

A. A busy mother has no time to help her neighbors.

B. An artist spends hours painting without noticing time.

C. A manager who plans every minute always feels behind.

D. A professional with a packed schedule feels productive.

32. What does the author mainly do in Paragraph 4?

A. Challenge a theory.　　B. Reshape a perspective.

C. Present an assumption.　　D. Analyze a phenomenon.

33. What can be inferred about "lived time" from the passage?

A. It unfolds through experience not calculation.

B. It replaces clock time in our daily schedules.

C. More time measurement enriches lived time.

D. It is too flexible to be planned or structured.

34. What does the author intend to tell us about time?

A. How fast time flows depends on emotion.

B. Time is a universal truth independent of us.

C．Time demands engagement over obedience.

D．Working more efficiently solves time famine.

You've heard of coping ahead? It is often helpful to plan, think through possible problems, and determine ahead of time what will be useful for you in an anticipated difficult situation. What may be easier, more automatic, and far less helpful than coping ahead is "dreading ahead. Dreading ahead is when you continue to think about and worry about an upcoming event. ___35___

To be sure, this is different from planning and preparing. When you dread, you think about the upcoming event. You worry. You find it distracting. You may have physiological symptoms. What you don't do is plan, prepare, and get on with your life. ___36___ In fact, it is easy to feel like you are putting a lot of effort into it without actually putting yourself in a better position. That is dreading ahead.

That all probably makes sense but the challenge is changing that behavior. ___37___ As you are thinking about the future with that worried feeling, check in with yourself. Are you planning? Are you taking steps to make it better? Those are useful actions. Or are you worrying? Are you avoiding? Are you dwelling?

___38___ Self-acceptance is important. Allow that the thing coming up is not something to look forward to. And then notice when you are stuck in a place of dwelling. That place of dwelling can lead to feeling worse and set you up poorly for what you need to manage.

Think about whether there is important planning and preparation to do. If not, focus on mindfulness. Come back to the present moment, rather than remaining in that place of dread.

That is not an easy thing to do. Do not expect that it will be easy to shift from worrying and dreading to being in the present moment. ___39___ It is a set of skills worth developing and they can be developed. As you are doing that, remember: Don't dread ahead!

A．You might as well put yourself in the best possible position.

B．You likely recognize that you have engaged in anticipatory dread.

C．If you are doing the latter. recognize that it is OK to feel your feelings.

D．First of all, you have to recognize that dreading ahead is what you are doing.

E．So, much emotional energy goes into the concern with little productive happening.

F．View this as a practice involving awareness, anxiety tolerance, and the ability to shift.

G．It is when the time from now until what is expected is filled with concern and distraction.

阅读短文，并按照题目要求用英语回答问题。

In the remote wilderness of Colorado, stories of a mysterious barking dog had been circulating for weeks. Many suspected that it must be some wild animal. But for Trinity Smith, a dedicated animal lover, there was no doubt

in her mind that the cries belonged to a dog who was in desperate need of help.

For Trinity, hearing about a potential animal in danger was not something she could ignore. Determined, she set out on a clear September morning with a backpack full of supplies. As Trinity climbed the mountain, she kept her ears alert, listening carefully to the sound that had been described in the stories.

The barking came in intermittent bursts. Yet even as she identified the direction, the landscape made it almost impossible to determine the exact location. Rocks jutted out at odd angles, and steep cliffs created echoes that confused the ear. By evening, Trinity realized that she would have to return before darkness fell, as hiking the mountain in low light was risky.

The next morning Trinity sought the help of her friend Sean Nichols, another animal enthusiast familiar with the Colorado wilderness. Together, they mapped out a plan: they would split the search area, moving carefully through the rocky landscape while calling out to the dog. Their voices carried across the mountain, “Here, pup! We’re here to help!”

They shouted for hours, breaking every few minutes to listen for any response. The hours passed slowly. Just as they were beginning to worry that their efforts would be fruitless, a familiar bark echoed from the distance. Both Trinity and Sean froze, listening attentively.

The dog barked again, this time closer, and they were able to trace the direction with much more certainty. Following the sound, they picked their way. Soon, they found her. She wagged her tail weakly and looked at her rescuers with trust and gratitude. The dog was Chloe, a 14-year-old who had gone missing six weeks earlier during a walk with her owners. But she’s now home and recovering from the frightening experience.

40．Why did Trinity decide to search for the dog?

_____

41．For what reason did Trinity stop her search before nightfall of the first day?

_____

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

On the second day, Trinity and Sean split the search area and called out to the dog, breaking every few minutes to listen for its response to ensure it was still alive.

_____

43．Make a comment on Trinity’s strategies in rescue operation. (**In about 40 words**)

_____

四、书信写作

44．假设你是红星中学高三学生李华。你的英国朋友 Jim 将参加校园国际文化交流活动， 将围绕“读懂中

国(Understanding China)”这一主题发言，他在邮件中就发言内容询问你的建议，请你用英语给他回复。内容包括:

1.提出的建议:

2.建议的理由。

注意:1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

Dear Jim,

_____

_____

_____

_____

_____

Yours,

Li Hua

参考答案

题号	1	2	3	4	5	6	7	8	9	10
答案	D	B	A	C	B	A	C	D	B	D
题号	21	22	23	24	25	26	27	28	29	30
答案	A	C	C	D	A	B	D	D	B	D
题号	31	32	33	34	35	36	37	38	39	40
答案	C	B	A	C	G	E	D	C	F	B
题号	41	42	43							
答案	H	O	T							

1．D　2．B　3．A　4．C　5．B　6．A　7．C　8．D　9．B　10．D

【导语】文章主要讲述了一位失业的单亲父亲在二手洗衣机中发现一枚钻戒，尽管生活拮据，依然选择物归原主，用行动诠释了正直与善良的重要性。

【详解】1．考查动词。句意：当我们的洗衣机洗到一半坏了的时候，我从二手店买了一台二手洗衣机，希望它能撑过这个月。A. worrying 担心；B. doubting 怀疑；C. planning 计划；D. hoping 希望。根据上文“I was thirty, a single father of two, recently out of work, carrying a kind of exhaustion that rest doesn’t touch.”可知，作者当时失业、经济困难，买二手洗衣机是希望它能用一段时间。

2．考查动词。句意：当我在家试用这台洗衣机时，我听到一种奇怪的金属声。A. updated 更新；B. tested 测试；试用；C.emptied 清空；D. fixed 修理。根据下文“I heard a strange metallic sound”以及“I stopped the cycle ”可知，作者是在试用洗衣机时发现异常。

3．考查形容词。句意：出于好奇，我停下洗衣程序，把手伸进滚筒里。A. Curious 好奇的；B. Satisfied 满意的；C. Awkward 尴尬的；D. Angry 生气的。根据上文“I heard a strange metallic sound”可知，听到奇怪声音，作者感到好奇。

4． 考查动词。句意：我意识到这枚戒指不仅仅是首饰——它是某人的记忆、承诺和人生。A. admitted 承认；B. reasoned 推理；C. realised 意识到；D. suspected 怀疑。根据上文“But when my daughter softly called it a “forever ring,” something shifted inside me.”下文“ the ring wasn’t just jewelry-it was someone’s memories, promises, and life”可知，作者经过思考后，意识到了这枚戒指的深层意义。

5． 考查动词短语。句意：那天晚上，我打电话给二手店，问是否能追查到它的来源。A. rule out 排除；B. track down 追踪，找到；C. let out 发出；D. note down 记下。根据下文“The next day, I drove across town to a small brick house”可知，作者想要找到失主。

6．考查形容词。句意：一位名叫克莱尔的老妇人开了门，起初很谨慎，当她看到我手中的戒指时震惊了。A. shocked 震惊的；B. puzzled 困惑的；C. troubled 困扰的；D. disappointed 失望的。根据下文“Her eyes filled with tears”可知，失主看到丢失的戒指非常震惊；激动。

7．考查名词。句意：她紧紧握住戒指，宽慰和感激之情让她的面容变得柔和。A. pride 骄傲；B. interest 兴趣；C. relief 宽慰，释然；D. regret 后悔。根据上文“it had been lost months earlier”以及“She held it close”可知，丢失已久的戒指失而复得，她感到释然。

8．考查副词。句意：她反复向我道谢，递给我一张感谢卡，还送给我一些我不应该得的饼干。A. secretly 秘密地；B. slightly 轻微地；C. casually 随意地；D. repeatedly 反复地。根据下文“handed me a thank-you card, and sent me some cookies”可知，克莱尔非常感激，所以反复向作者道谢。

9． 考查名词。句意：每次看到它，我都确信这并不总是一场意外。A. concept 概念；B. accident 意外；C. donation 捐赠；D. promise 承诺。根据下文“It’s a choice”可知，作者认为做好事不是偶然，而是一种选择。

10．考查名词。句意：那天，我的孩子们明白了正直很重要，还明白了做正确的事并不容易，但确实会留下印记。A. empathy 共情；B. gratitude 感激；C. devotion 奉献；D. integrity 正直；诚实。根据下文“that doing the right thing doesn’t always come with ease but does leave a mark.”以及全文作者归还戒指的行为向孩子们展示了诚信的重要性。

11．what　　12．is happening　　13．filling

【导语】文章主要讲述了内心平静与外在平静的关系，强调内心状态会影响我们看待世界的方式。

【详解】11．考查表语从句。句意：但内心的平静，才是赋予那份安全感以深度的东西。空格处引导表语从句，从句缺少主语，指事物，用连接词 what。

12．考查动词时态。句意：我相信我们所看到的世界，在很多方面，都是我们内心当下正在发生的事情的映射。根据时间状语 right now 可知，此处表示正在进行，应用现在进行时，主语是 what，be 动词用 is，happen“发生”的现在分词为 happening。

13．考查非谓语动词。句意：但是，当他们的心中充满爱与感恩时，他们会发现同一个世界开始变得不一样。本句已有谓语动词 find，因此 fill“充满”在这里是非谓语作状语，与其逻辑主语 they 为主动关系，因此用现在分词 filling 作状语。

14．with　　15．after　　16．organized

【导语】文章主要讲述了记笔记的作用及有效记笔记的方法。

【详解】14．考查介词。句意：笔记能帮助你整理思路，并让你理解一些你可能不熟悉的内容。此处为“介词+关系代词 which”引导的定语从句，先行词为不定代词 something，从句中 be familiar with 为固定搭配，意为“对……熟悉”，介词 with 提前。

15．考查介词。句意：但关于该主题的研究得出结论，如果不积极复习笔记，大多数学生在两天内会忘记60%到 75%的材料！根据下文“most students forget 60-75 percent of material within two days”可知，表示“记笔记之后”不积极复习笔记，表示时间先后关系，应用介词 after。

16．考查形容词。句意：最好的笔记是以有条理的方式记录的，这种方式鼓励频繁地复习和再利用。根据

空前的不定冠词 an 和空后的名词 manner 可知，此处应用形容词 organized“有条理的”作定语，修饰名词 manner。

17．difficulties　　18．became　　19．to learn　　20．where

【导语】文章主要讲述了关于面对挑战与困难的感悟，强调困难对个人成长的积极作用。

【详解】17．考查名词。句意：经过多年的奋斗，我逐渐意识到，困难并不是阻挡道路的东西，而是指引道路的东西。根据句子结构可知，此处需要名词作主语，表示“困难”用 difficulty，是可数名词，根据谓语 are 可知，主语用复数形式。

18．考查动词时态。句意：我遇到的每一个障碍都逐渐成为我学习未知事物的宝贵机会。此处需要谓语动词，根据 encountered 可知，句子描述的是过去的事情，用一般过去时，become 的过去式为 became。

19．考查非谓语动词。句意：我遇到的每一个障碍都逐渐成为我学习未知事物的宝贵机会。此处需要非谓语动词作定语，修饰 opportunity，表示“做某事的机会”用 opportunity to do sth.，用动词 learn“学习”的不定式形式作后置定语。

20．考查定语从句。句意：我遇到的每一个障碍都逐渐成为我学习未知事物的宝贵机会，学习关于我自己、关于他人、关于如何创造和谐出现的条件的未知事物。此处需要关系词引导定语从句，先行词是 conditions，在从句中作地点状语，用关系副词 where 引导。

21．A　　22．C　　23．C

【导语】本文主要介绍的是一个面向高中生的 AI 深度学习项目，包括项目目标、课程设置、学习内容和时间安排。

【详解】21．细节理解题。根据第一段“We started AI programs to inspire students to understand and apply this powerful technology to improve the world. (我们启动 AI 项目是为了激励学生理解并应用这项强大的技术来改善世界。)”可知，AI 项目主要是为了赋予学生能力，让他们用 AI 技术创造更美好的世界。

22． 细节理解题。根据第二段“The program is designed for students who have completed AI Pioneers and AI Scholars. (该项目专为已完成 AI Pioneers 和 AI Scholars 课程的学生设计。)”可知，申请 AI Deep Dive 需要完成一些基础的 AI 课程。

23． 细节理解题。根据 AI Deep Dive Offerings 部分中的“Pre-College Preparation: Gain college-preparation guidance through workshops on preparing for leading programs, along with resources that build the knowledge and skills needed for future success. (大学预科准备：通过为顶尖项目做准备的研讨会获得大学准备指导，以及建立未来成功所需知识和技能的资源。)”以及“Then, they discuss the social impact of AI to develop students' critical thinking skills and explore AI career path. (然后，他们讨论人工智能的社会影响，以培养学生的批判性思维能力，并探索 AI 职业道路)”可知，该项目指导学生的大学和职业道路。

24．D　　25．A　　26．B　　27．D

【导语】本文主要讲述的是作者从最初计划学习化学专业，到发现自己真正热爱英语，最终勇敢转专业的成长经历。

【详解】24．细节理解题。根据第三段“During that semester, I did well in all of my classes, but I felt I hated my science and math courses. I always liked math and science in high school, but something about the courses in college simply didn’t connect with me. (那个学期，我所有课程都表现不错，但我感觉自己讨厌科学和数学课。我在高中时一直喜欢数学和科学，但大学的课程就是无法引起我的共鸣。)”可知，作者作为大一新生时的主要困扰是对原本计划的专业失去了热情。

25．细节理解题。根据第五段“I was completely ready for them to be disappointed and tell me to stick with it; thankfully they were the exact opposite. My parents knew I was enjoying my English minor and asked me if I had any interest in continuing into a major. (我完全准备好让他们失望并告诉我坚持下去；谢天谢地他们恰恰相反。我父母知道我喜欢英语辅修，问我是否有兴趣继续攻读专业。)”可知，父母对她的追求表示支持。

26．推理判断题。根据第五段“I called my parents in tears. I couldn’t hold it in anymore: I DIDN’T WANT TO DO CHEMISTRY! (我哭着给父母打电话。我再也忍不住了：我不想学化学了！)”以及“After talking with my parents and my advisor, I took the plunge. I switched to an English major. (和父母以及指导老师交谈过后，我鼓起勇气，转到了英语专业。)”和最后一段“I have discovered my newfound love and capabilities. (我发现了自己新获得的热爱和能力。)”可知，作者勇于面对内心真实想法并做出改变，具有勇气；同时从这次经历中成长，发现了新的自我，体现了成长型思维。

27．推理判断题。根据全文内容，尤其是第五段“I couldn’t hold it in anymore: I DIDN’T WANT TO DO CHEMISTRY! (我再也忍不住了：我不想学化学了！)”以及最后一段“Now, I could not be happier about switching my major. (现在，我对转专业这件事感到无比开心。)”可知，作者遵从内心、跟随心声做出了选择，对应谚语 The heart sees what the eyes cannot. (内心能看见眼睛看不见的东西)。

28．D　　29．B　　30．D

【导语】本文主要介绍的是神经科学领域关于自由决策与被迫决策的最新研究发现，揭示了大脑处理这两种决策方式的相似性。

【详解】28．推理判断题。根据第三段“Like a loading bar building to 100%, the signal gradually rises to a particular level before a decision is made. (就像一个加载条逐渐达到 100%，这个信号在做决定之前逐渐上升到某个特定水平。)”可知，作者提到“加载条”是为了形象地说明大脑在做决策时是如何逐步积累证据的。加载条从 0%到 100%的过程，正好类比了大脑信号逐渐累积证据直至达到决策阈值的过程。

29．推理判断题。根据第五段“The evidence it weighs up is drawn entirely from who you are—your preferences, your goals, your experiences. (大脑权衡的证据完全来自于你是谁——你的偏好、你的目标、你的经历。)”可知，个人身份特征（偏好、目标、经历）帮助做出属于你的选择。虽然决策过程可能是自动的，但积累的

内容是个人化的，这正是“你的选择”的含义。

30．推理判断题。根据全文结构分析：第一，二两段以面包店排队选择的情境引入（Situation）；第三段提出神经科学家长期以来的假设——自由决策与被迫决策依赖不同的大脑过程（Assumption）；第四，五两段介绍通过彩色气球实验验证这一假设的研究过程（Experiment）；第六段得出结论，提出“什么是属于你的选择”这一更深层问题（Conclusion）。因此文章逻辑链为：情境→假设→实验→结论。

31．C　　32．B　　33．A　　34．C

【导语】本文主要探讨的是时间的本质，区分了“钟表时间”与“生活时间”的概念，并呼吁人们摆脱对钟表时间的盲目服从。

【详解】31．推理判断题。根据第三段“Psychologists have identified the rise of “time famine”, where the more efficient and productive we try to be, the more precisely we measure time, and the more we try to pack into our busy schedules, the less time we actually feel we have.（心理学家发现了“时间饥荒”的兴起：我们越是试图高效和富有成效，越是精确地测量时间，越是试图把更多事情塞进繁忙的日程，我们实际感受到的时间就越少。）”可知，一位经理精确规划每一分钟却总是感到落后，最能体现“时间饥荒”——越是精确管理时间，越感到时间不够用。

32．推理判断题。第四段“Time is puzzling in other ways, too. We have no sensory organs for detecting it, nor any dedicated brain areas for tracking it. Our experience of time can vary hugely: minutes drag if we’re bored; hours race if we’re excited. And in certain circumstances, our sense of time can even go in circles, break apart or stop altogether.（时间在其他方面也很令人困惑。我们没有感知时间的感官器官，也没有专门追踪时间的大脑区域。我们对时间的体验可能差异巨大：无聊时分钟拖沓；兴奋时小时飞逝。在某些情况下，我们的时间感甚至会循环、破碎或完全停止。）”以及随后以 Lara 为例说明运动盲症患者的异常时间感知可知，本段主要分析时间感知这一现象的多种表现，最后作者指出“Rather than being mere mistakes, these effects reflect something deeper: the role we all play in creating our own time.(这些影响不仅仅是错误，而是反映了更深层次的东西：我们在创造自己的时间中所扮演的角色。)”，由此可推出，作者通过举例推翻了大众原本认为“时间客观恒定”的固有看法，重塑了人们对时间本质的认知。

33．推理判断题。根据第六段“Lived time is different from clock time because it isn’t defined by a numerical counter chopping moments into seconds. It’s a creative process that’s vital not just for our sense of time but of who we are.（生活时间与钟表时间不同，因为它不是由将时刻切割成秒的数字计数器定义的。它是一个创造性的过程，不仅对我们的时间感至关重要，对我们是谁也至关重要。）”可知，生活时间是通过体验展开而非计算定义的。

34．推理判断题。根据最后一段“To tackle time famine, remind yourself that the clock is a tool, not a master. In contrast to clock time, lived time expands and grows richer the more we focus on being present.（要应对时间饥

荒，提醒自己钟表是工具，不是主人。与钟表时间相反，生活时间随着我们越专注于当下而越扩展、越丰富。)”可知，作者认为时间需要的是投入和参与，而非盲目服从。

35．G　　36．E　　37．D　　38．C　　39．F

【导语】文章主要介绍了提前焦虑的概念、危害，并给出了如何从过度担忧转向理性应对的具体方法。

【详解】35．由上文“Dreading ahead is when you continue to think about and worry about an upcoming event. (提前焦虑就是你不断思考和担忧即将发生的事)”可知，本空是对“提前焦虑”进一步解释。G 选项“It is when the time from now until what is expected is filled with concern and distraction. (它是指从现在到预期事件之间的这段时间充满了忧虑和分心。)”是对前一句的同义展开，符合语境。

36．由上文“What you don’t do is plan, prepare, and get on with your life. (你所做的并不是规划、准备并继续生活)”以及下文“In fact, it is easy to feel like you are putting a lot of effort into it without actually putting yourself in a better position. (事实上，你很容易觉得自己付出了很多努力，却并没有让自己处于更好的状态)”可知，本空要说明这种担忧消耗情绪却没有成效。E 选项“So, much emotional energy goes into the concern with little productive happening. (因此，大量情感精力投入到担忧中，却几乎没有产生有效结果)”承上启下，符合逻辑。

37．由上文“That all probably makes sense but the challenge is changing that behavior. (这些都说的通，但挑战在于改变这种行为)”以及下文“As you are thinking about the future with that worried feeling, check in with yourself. (当你带着焦虑思考未来时，审视一下自己)”可知，改变的第一步是先意识到自己在提前焦虑。D 选项“First of all, you have to recognize that dreading ahead is what you are doing. (首先，你必须意识到你正在进行提前焦虑)”引出具体做法，符合语境。

38．由上文连续提问“Are you planning? Are you taking steps to make it better? Those are useful actions. Or are you worrying? Are you avoiding? Are you dwelling? (你是在做规划吗？你是在采取行动让事情变好吗？这些才是有用的做法。还是说，你只是在焦虑、在逃避、在内耗？)”以及下文“Self-acceptance is important. (自我接纳很重要)”可知，此处对应后一种情况。C 选项“If you are doing the latter, recognize that it is OK to feel your feelings. (如果你属于后者，要承认你的感受是正常的)”符合语境，且“recognize that it is OK to feel your feelings”与下文 self-acceptance 高度呼应。

39．由上文“Do not expect that it will be easy to shift from worrying and dreading to being in the present moment. (不要指望能轻易从担忧焦虑转向活在当下)”以及下文“It is a set of skills worth developing and they can be developed. (这是一套值得培养的技能，并且是可以培养的)”可知，本空给出正确心态。F 选项“View this as a practice involving awareness, anxiety tolerance, and the ability to shift. (把这看作一种需要觉察、接纳焦虑和转换能力的练习)”衔接自然，点明这是可训练的能力。

40．Because she is a dedicated animal lover.　　41．Hiking the mountain in low light was risky.　　42．On the

second day, Trinity and Sean split the search area and called out to the dog, breaking every few minutes to listen for its response to ensure it was still alive.

To trace/locate the direction with much more certainty. (2 分)

To find the dog in the right direction. (2 分)

Pick their way. (0 分)　　43．Trinity demonstrated excellent rescue strategies: she prepared supplies, sought help from experienced friend Sean, split search areas, and used call-and-listen method. Her persistence and teamwork ultimately led to successfully finding Chloe.

【导语】文章主要讲述了动物爱好者 Trinity Smith 在科罗拉多州荒野中坚持不懈地搜寻，最终成功救出失踪六周的 14 岁老狗 Chloe 的故事。

【详解】40．考查细节理解。由文章第一段中“But for Trinity Smith, a dedicated animal lover, there was no doubt in her mind that the cries belonged to a dog who was in desperate need of help. (但对于 Trinity Smith 这位忠实的动物爱好者来说，她确信那些叫声来自一只急需帮助的狗。)”可知，Trinity 决定搜寻这只狗是因为她是一位忠实的动物爱好者。

41．考查细节理解。由文章第三段中“By evening, Trinity realized that she would have to return before darkness fell, as hiking the mountain in low light was risky. (到傍晚时，Trinity 意识到她必须在天黑前返回，因为在光线不足的情况下爬山是有风险的。)”可知，Trinity 第一天傍晚停止搜寻是因为在光线不足的情况下爬山有风险。

42． 考查细节理解。由文章最后一段“The dog barked again, this time closer, and they were able to trace the direction with much more certainty. Following the sound, they picked their way. (狗又吠了一声，这次更近了，他们能够更有把握地追踪方向。)”可知，他们停下来听回应是为了确定狗的位置和方向，而不是为了确保狗还活着。

43． 考查推理判断。由文章第二段“Determined, she set out on a clear September morning with a backpack full of supplies. (下定决心后，她在九月一个晴朗的早晨出发，背着装满物资的背包。)”第四段“ The next morning Trinity sought the help of her friend Sean Nichols, another animal enthusiast familiar with the Colorado wilderness. Together, they mapped out a plan: they would split the search area, moving carefully through the rocky landscape while calling out to the dog. (第二天早上，Trinity 寻求了她的朋友 Sean Nichols 的帮助，另一位熟悉科罗拉多荒野的动物爱好者。他们一起制定了计划：将搜索区域分开，一边在岩石地带小心移动，一边呼唤狗。)”以及第五段“They shouted for hours, breaking every few minutes to listen for any response. (他们喊了几个小时，每隔几分钟停下来听听是否有任何回应。)”以及最后一段“But she’s now home and recovering from the frightening experience.(但她现已平安到家，正从这场惊险的经历中慢慢恢复)”可知，特琳妮展现了出色的营救策略：她提前准备物资、向经验丰富的好友肖恩求助、划分搜寻区域，并采用呼叫 — 倾听的

搜寻方式。她的坚持不懈与团队协作，最终成功找到了克洛伊。

44．Dear Jim,

I'm super excited to offer some ideas for your upcoming "Understanding China" speech!

I suggest you focus on how China's remarkable scientific achievements have improved people's lives worldwide. For example, you can talk about Yuan Longping's hybrid rice, which has greatly increased global grain output and helped ease food shortages. You can also mention Tu Youyou's discovery of artemisinin, a breakthrough that has saved millions of lives from malaria.

These achievements are well worth highlighting because they fully show China's sincere commitment to global welfare. By learning about China's efforts to enhance people's quality of life, the audience will better understand China and its devotion to building a better world.

Wish you an inspiring and impressive speech!

Yours,

Li Hua

【导语】本篇书面表达要求考生以李华的身份，给英国朋友 Jim 回邮件，就"读懂中国（Understanding China）"这一主题演讲提出建议并说明理由。

【详解】1.词汇积累

成就：achievement→accomplishment

提高；改善：improve→promote

缓解；减轻：ease→relieve

投入：commitment→devotion

2.句式拓展

同义句转换

原句：I suggest you focus on how China's remarkable scientific achievements have improved people's lives worldwide.

拓展句：It is suggested that you focus on how China's remarkable scientific achievements have improved people's lives worldwide.

【点睛】【高分句型 1】For example, you can talk about Yuan Longping's hybrid rice, which has greatly increased global grain output and helped ease food shortages. (运用了 which 引导的非限制性定语从句)

【高分句型 2】You can also mention Tu Youyou's discovery of artemisinin, a breakthrough that has saved millions of lives from malaria. (运用了 that 引导的定语从句)