2026北京朝阳高三二模

英　　语

2026. 5

(考试时间 90 分钟　满分 100 分)

本试卷共 10 页。 考生务必在答题卡指定区域作答, 在试卷上作答无效。

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)

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, 并在答题卡上将该项涂黑。

When I was fifteen, my mum was preparing a community fashion design competition. She wanted a young model, but couldn't find a good __ 1 __ . With the competition day coming closer, she finally __ 2__ me. I wanted to help, but I was __ 3__ that I might mess it up and that I was the only student among all the adult contestants. But after her insistence, I agreed.

On the competition day, my mum dressed me beautifully. Some adult contestants looked at me __ 4__ . Then, I heard whispers. " Isn't she in school?" " How can she compete with us?" Though I tried to stay calm, the __ 5__ grew heavy. But my mum's calm gave me strength, and I prepared for the final moment. When I saw my reflection in the mirror, I felt a strange joy, yet fear persisted. With a racing heart, I stepped forward. The stage lights were warm. Suddenly, I spotted my school friends in the front row, __ 6 __ for me. With their encouragement, I walked the stage with confidence.

After all the contestants finished, the judges announced results. My heart __ 7__ . I closed my eyes, preparing myself for disappointment. Then I heard it. "Number 18, second place." That was me. I had __ 8__ many adult contestants and won second place.

My mum came and accepted the prize beside me. She told me she had already spoken with my teacher. That's why my classmates were able to __ 9__ me with support.

As the crowd left, I looked at the prize in my hands and realized what I was truly capable of. That day taught me __ 10 __ doesn't wait for confidence. You act first, and confidence follows.

1. A. match	B. agent	C. sponsor	D. witness
2. A. looked for	B. came across	C. stood by	D. turned to
3. A. shocked	B. worried	C. annoyed	D. disappointed
4. A. nervously	B. guiltily	C. strangely	D. bitterly

5. A. sorrow	B. demand	C. pressure	D. loneliness
6. A. voting	B. calling	C. searching	D. cheering
7. A. ached	B. broke	C. softened	D. pounded
8. A. beaten	B. forgiven	C. attracted	D. defended
9. A. guide	B. convince	C. surprise	D. amuse
10. A. justice	B. courage	C. ambition	D. responsibility

第二节 (共 10 小题; 每小题 1.5 分, 共 15 分)

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。 请在答题卡指定区域 作答。

A

I work at the National Library's ancient book restoration lab. Last summer, a flood damaged a 200-year-old family tree. I __ 11 __ (spend) weeks mending torn pages. One day, there came the owner named May, __ 12__ rare eye condition prevented her from reading the tiny characters. "I want to know __ 13__ I come from," she whispered. I thought to myself, "I need to make this come alive." I built a 3D model of the family tree, using colored threads to show family lines. May ran her fingers over the model, tears in her eyes.

B

Resilience is vital to becoming individuals of value, which __ 14__ (refer) to the ability to adapt and bounce back from hardships. Psychological research emphasizes the __ 15 (important) of resilience in promoting mental health, success, and overall well-being. Building resilience often involves interpreting challenges __ 16 __ opportunities for growth. Cultivating a positive mindset and practicing self-care are crucial. With consistent practice, resilience becomes part of our character, __ 17__ (influence) our actions and decisions.

C

The spotted seal is classified as a first-class protected wild animal in China. Since the 1980s, a series of protective measures __ 18__ (take), like a targeted conservation action plan and regular law-enforcement operations, to strengthen the protection of this species. On April 16, 2026, five spotted seals, including one __ 19 __ (rescue) off the coast of South China, were released into the sea in the city of Dalian, Liaoning province. Each is fitted with a satellite tracking device __ 20__ (enable) continuous monitoring and enhanced protection.

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, 并在答题卡上将该项涂黑。

A

The Green Team's Young Environmental Stewardship (YES) programme is for young people aged 11- 25 to build a lifelong connection with nature. Through hands-on conservation, outdoor learning and officially recognized awards, YES will develop leadership potential while restoring at-risk greenspaces. What YES leaves behind will be a new generation of environmental leaders, a network of youth-led conservation and a model of inclusive, nature-based learning that can be shared across networks.

Traineeships and Duties

We are recruiting (招募) two 8-month paid trainees working 21 hours per week. During this traineeship, you will work with Green Team staff to deliver the YES programme. Duties include:

•Supporting planning of project days

•Helping maintain, clean and put away Green Team tools and kit

•Taking assigned training courses including first aid, child protection and any other safety training

•Supporting the preparation of the residential such as supporting group cooking and food preparation Person

Specification

•Being able to follow instructions and turn up on time

•Experience of practical volunteering as part of a team in the outdoors

•Willingness to work flexible hours including weekends and public holidays •Experience of working with young people from a variety of backgrounds •Understanding of and commitment to environmental sustainability

Say YES, and join a new generation of environmental leaders. For any further information or to ask any questions, please contact Mandy, Volunteer Coordinator: mandy@ greenteam. org. uk.

21. The YES programme will _____ .

A. shape conservation leaders

B. welcome people of all ages

C. build some new greenspaces

D. update a conservation model

22. What will trainees do during this traineeship?

A. Deliver safety training. B. Learn to use hand tools.

C. Recruit young participants. D. Help arrange project days.

23. What is a requirement for trainees?

A. Ability to draft instructions.

B. Devotion to environmental protection.

C. Willingness to work in various countries.

D. Experience in independent outdoor work.

B

A loud banging noise suddenly rang out in the lab I had recently joined as a graduate student, and I realized I was to blame. When placing tubes into a centrifuge (离心机) , I had failed to make sure they were perfectly balanced. My mistake was clear the second I turned it on. I couldn't switch it off until the cycle finished, so I stood there, frozen, praying the machine wouldn't fall off the desk.

Having always been a top student, I expected excellence from myself. Any misstep, in my view, was a sign that I might not be cut out for this work. But the lack of a clearly defined curriculum in graduate school meant I did not always know the rules. Suddenly, I was expected to build everything from nothing, trying to steady myself on a rocking boat.

As the months went on, the mistakes piled up. When my first attempt at DNA extraction failed, I feared I might never get it right. The fear deepened when a couple more attempts failed. Even though such moments are a normal part of graduate school, I had trouble accepting my errors and moving on. As I kept making mistakes, it felt like all eyes were on me, judging me. The fear grew so strong that I began to pull back and stop trying so hard. I didn't want to give others evidence of my incompetence.

Then, one night I had a dream. That dream showed me something I hadn't been able to grasp in waking life: I needed to treat myself with the same understanding I would offer a dear friend. If a friend had made a mistake, I would have told them to take it lightly, and even to welcome it as a necessary part of learning. That realization led me to change my reaction after something went wrong. I also started to log my mistakes so I could learn from them. I would note whether there was something I could have done differently. Then I would move on.

As I became more comfortable with the idea of making mistakes, I opened up with peers and professors. What I heard from them was striking: Almost all of them had committed mistakes—small or large. The reality is, we are all going to mess up. I now realize that's OK, even necessary.

24. Which word best describes the author's lab experience in Paragraph 1?

A. Disheartening. B. Time-wasting.

C. Misleading. D. Ill-planned.

25. What did the author think of her mistakes before her dream?

A. A sign of her lack of effort.

B. A shame that needs to be erased.

C. A proof of her unfitness for lab work.

D. An outcome of being judged by others.

26. How did the dream influence the author?

A. She stopped making mistakes in lab work.

B. She learned to comfort other error makers.

C. She accepted mistakes as essentials in her life.

D. She began comparing her mistakes with others'.

27. What can we learn from this passage?

A. Mistakes are good reasons to play safe.

B. A shift in mind changes the path ahead.

C. He who fails to prepare prepares to fail.

D. A friend indeed gives the advice you need.

C

On 24 May 2000, a group of mathematicians took to a stage in Paris to set some problems. These were the seven Millennium Problems, the hardest mathematical puzzles then known. The exercise was organised by the Clay Mathematics Institute, a nonprofit that promised anyone who could solve one would be rewarded with a ＄1 million prize.

Twenty-five years later, how have mathematicians got on? Grigori Perelman proved the Poincaré conjecture, the only Millennium Problem to fall so far. A conjecture in maths is a statement thought to be true but not yet proven. But what about the six that remain?

In fact, tools are everything for mathematicians. That is why Isaac Newton and Gottfried Wilhelm Leibniz each developed calculus (微积分) in the late 17th century. Back then, there was no technique for describing properties that change over time or space. But once the right tool is in the right hands, progress is almost inevitable: with calculus, Newton performed mathematical miracles such as describing the motion of the planets under gravity.

Now there is a new tool that might make quite a difference. " Machine learning is quickly developing as another tool in the toolbox," says Dan Freed at Harvard University. But, he adds, " Some of the Millennium Problems might be less <u>amenable to</u> using machine learning. " That is because AI relies on being fed lots of data. In many fields, large volumes of useful data simply don't exist.

Even in the absence of large datasets, there might still be scope for AI to dig into complicated mathematical arguments. " One of the interesting things about these millennium challenges is that the problems can be simple enough for us to pose, but might have a complexity to the proof that is beyond the human mind to navigate," says Marcus du Sautoy at the University of Oxford. AI might have the required potential to find buried links, which mathematicians can then pick up and work with. " Over the next decade, we might see some interesting new

conjectures emerging that we wouldn't have been able to see without the use of this tool," he says. Just as Galileo was able to see more of the heavens using a telescope, AI could give a deeper view of numbers.

Whether the Clay Mathematics Institute would accept an AI-led solution to one of its problems depends on mathematicians' willingness to see it as solved. In 2000, when the prizes were announced, Alain Connes at the College de Francein Paris, said the seven problems were "totally inaccessible to computers". But with mathematicians now open to working with AI, that seems like one more conjecture that might fall.

28. What can be inferred about the tools in maths?

A. They lose value when a conjecture is proven.

B. They are more likely to emerge with rewards.

C. They serve as mathematicians' ultimate pursuit.

D. They are what it takes to make progress in maths.

29. What does the phrase " amenable to" underlined in Paragraph 4 most probably mean?

A. Responsive to. B. Resistant to.

C. Independent of. D. Tolerant of.

30. What can we learn from this passage?

A. The author agrees with Dan on AI's role in maths.

B. AI is bound to solve the rest Millennium Problems.

C. AI can make up for the limitations of human mind.

D. Mathematicians' acceptance of AI is hard to predict.

D

Side-blotched lizards (侧斑蜥蜴) have a colourful set of mating strategies. Some males, with orange throats, are large and fight their way to a group of mates. Others, with blue throats, are a bit smaller and bond with just a single female. And then there is a third type. These lizards, which have yellow throats, look very similar to females. In a rock-paper-scissors-type mating strategy, the big orange ones can chase off the medium blue ones, who, in turn, can keep a close eye on their single mate. The yellow ones, however, sometimes sneak into (溜进) the big males' group of mates.

The lizards face a trade-off between abundance and the cost of confirmation. It is a trade-off that is increasingly of concern to humans, too. The cost of producing text, video or audio has declined; doing so now means just a few words on a chatbot rather than hours of effort. As a consequence, roughly half of articles published on the internet last year were AI-generated.

How can internet users distinguish an article by a genuine but little-known news website from outright

misinformation? Market participants often rely on “ costly signals” to make such choices. An employer looking for a new hire, say, may seek applicants with a degree that took effort and a certain amount of skill, which indicates they might bring the same qualities to their work. The certificate allows employers to distinguish between good and bad applicants—creating what economists call a “ separating equilibrium ” and enabling transactions between willing participants.

During an earlier information age, newspaper branding provided a costly signal. In what was, in game-theoretic terms, a “ reputation game” newspapers would, issue by issue, reveal exactly how focused on the truth they were. Repeated interactions with a reader, when they were deciding which paper to purchase, constituted a separating equilibrium. Content farms, websites that copied reputable news pages but with made-up stories, however, can “ sneak into” these brands like the yellow lizards.

Thus the “ separating equilibrium” is devolving into a “ pooling equilibrium” , in which there is no way of telling between one type of creation and another. The problem with a “ pooling equilibrium ” , as George Akerlof put it in a Nobel-prizewinning paper, is that “ Dishonest dealings tend to drive honest dealings out of the market. ” Without a way to tell good from bad, buyers treat everything as bad.

Among side-blotched lizards, the rock-paper-scissors nature of the lizards’ mating strategies means that if any of the colours becomes too common, one of the other types receives an advantage. Optimistically, then, an outpouring in the productivity of misinformation generators may provide a similar advantage to the journalistic equivalent of the blue-throated lizards—publications that jealously guard their reputation for truth-telling.

31. Why does the author mention the example of side-blotched lizards in Paragraph 1?

A. To share a popular trend.　　B. To reveal a disturbing issue.

C. To criticize a costly trade-off.　　D. To introduce a mating strategy.

32. According to the passage, which of the following is an example of separating equilibrium?

A. Firms sustain high-input advertising campaigns to reflect quality.

B. We tend to learn a common language regardless of native tongue.

C. The expense of acquiring education is similar across ability types.

D. Socially-responsible and profit-driven firms spend equally on charity.

33. Which of the following would the author agree with?

A. Content farms spare no efforts to focus on the truth.

B. Readers can tell facts from fiction through costly signals.

C. Publications lose competitiveness in maintaining reputation.

D. The cost of confirming information genuineness has dropped.

34. Which would be the best title for the passage? A. Has Internet Supercharged Misinformation?

B. Misinformation: Threat to Newspapers' Reputation

C. Costly Signals: Trade-off Between Real and Made-up

D. Will Publications Survive in the Flood of Misinformation?

第二节 (共 5 小题; 每小题 2 分, 共 10 分)

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, 并在答题卡上将该项涂黑。 选项中有两项为多余选项。

You've been invited to a friend's birthday party. You wandered up and down the aisles (过道) of the gift store, not knowing what to buy, only to leave empty-handed. If this sounds familiar, you are experiencing decision paralysis—freezing up when faced with too many options.

Whether choosing what to wear or what to buy, making a choice is like exploring a labyrinth (迷宫) . __ 35__ And rather than find the exit, your mind falls into quicksand. The more you struggle, the deeper you sink. This cycle of indecision can intensify anxiety and stress. It affects how clearly you think and how stable you feel emotionally. __ 36__ As a result, it's tougher for you to trust your own judgment in other parts of your life.

So, what sets it off? __ 37__ Growing up in a family overly concerned with others' opinions can leave a lasting impact on your decision making. In such environment, you may have learned that your decisions are always under watch, and that your worth depends on external views. This may have planted a deep fear of making choices that could lead to criticism.

However, blaming your family for your current challenges with decision-making is not a long-term solution. Instead, have empathy and understanding. Recognize that your parents were likely raised in a similar environment and influenced by the same factors. Have an honest conversation with them. __ 38

Furthermore, you could shift your perspective. In our world, things are often categorized as good / bad, right / wrong, perfect / imperfect. But don't put the potential outcome of a decision into one of these categories. __ 39__ Notice the difference in how you feel when you switch " it was a mistake" to " it was an experience. "

This change in perspective not only makes decision-making easier but also boosts your confidence to navigate all of life's uncertainties, ultimately leading to a more fulfilling journey.

A. One of the major players is the fear of judgment.

B. You might be surprised to find that you share the same fear.

C. You weigh every possible outcome and overthink every tiny detail.

D. Over time, it can ruin your self-confidence and leave you feeling helpless.

E. People with high self-expectations are more likely to suffer from decision paralysis.

F. Instead, view it simply as an experience that adds to your progress and development.

G. Rather, become more aware and use grounding techniques to address the emotional impact.

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) 阅读下面短文, 根据题目要求用英文回答问题。 请在答题卡指定区域作答。

In undergraduate and graduate school, I had always thought I'd be fulfilled when I finished a course, published an article, or completed a certification. However, it was just my false belief that achieving a specific goal would bring lasting satisfaction. While setting and reaching goals did provide me with a temporary sense of accomplishment, the anticipated happiness wore off quickly, leaving me discouraged. Dr. Tal Ben-Shahar, a positive psychology expert, coined the term Arrival Fallacy to describe this false belief.

Since our brains are wired to adapt quickly to new circumstances, what once seemed like the ultimate achievement quickly becomes the new normal, and we set our sights on the next milestone, unknowingly maintaining a cycle of discontent. This happens in many areas of our daily life, such as personal relationships, fitness goals, and career advancements. The anticipated joy of arrival never quite delivers as expected.

The Arrival Fallacy can lead to negative consequences in several ways. When we believe happiness is always in the future, we might find ourselves always trapped in a state of discontent, which can cause constant stress. Also, if reaching a goal doesn't bring lasting happiness, we may begin to wonder, " What's the point?" This can lead to loss of motivation. When we achieve a long-sought goal and still don't feel content, we may wrongly assume something is wrong with us rather than recognizing the fault in the expectation itself. This can result in negative self-perception.

The Arrival Fallacy is the deeply rooted yet misleading belief. By recognizing and addressing it, we can free ourselves from cycles of disappointment and help us lead more fulfilling lives with less unnecessary suffering.

40. What is Arrival Fallacy?

41. What negative consequences does Arrival Fallacy lead to?

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

Our brains are wired to adapt quickly to new circumstances, so we choose to set our sights on the next milestone, unknowingly maintaining a cycle of satisfaction.

43. Use an example to show how you can overcome Arrival Fallacy in your life. (In about 40 words)

第二节 (20 分)

假设你是红星中学高三学生李华。 你校计划开展 " 健康第一" 主题活动, 请你用英语给你的国际部好友 Jim 写一封邮件, 邀请他参加, 内容包括:

1. 活动内容;

2. 活动意义。

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

(请务必将作文写在答题卡指定区域内)

参考答案

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）

1. A　2. D　3. B　4. C　5. C

6. D　7. D　8. A　9. C　10. B

第二节（共10小题；每小题1.5分，共15分）

11. spent　12. whose　13. where　14. refers　15. importance 16. as

17. influencing　18. Has/have been taken　19. rescued　20. to enable

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）

21. A　22. D　23. B　24. A　25. C

26. C　27. B　28. D　29. A　30. C

31. B　32. A　33. B　34. D

第二节（共5小题；每小题2分，共10分）

35. C　36. D　37. A　38. B　39. F

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）

40. A false belief that achieving a specific goal will bring lasting satisfaction.

41. It leads to constant stress, loss of motivation and negative self-perception.

42. ***Our brains are wired to adapt quickly to new circumstances, so we choose to set our sights on the next milestone, unknowingly maintaining a cycle of satisfaction.***

Our brains are wired to adapt quickly to new circumstances, so we choose to set our sights on the next milestone, unknowingly maintaining a cycle of discontent.

43. 略。

第二节（20分）

Dear Jim,

How’s everything going? Our school is launching a “Health First” campaign, and I’m writing to invite you to this creative sports event.

The event will take place on the school playground from 2:00 p.m. to 5:00 p.m. on May 25th. Here’s the exciting schedule. First, you can enjoy our school’s traditional signature sport — the “Giant Bubble Soccer” game. You wear

an inflatable bubble suit and try to score goals while bouncing into others. It's hilarious and stress-relieving! Also there will be a "DIY Workout Challenge". Each team creates its own 3-minute exercise routine using funny daily items like water bottles as weights, and everyone votes for the most creative one.

The significance of this activity lies in promoting our physical well-being. I believe it can help us build regular exercise habits and relieve academic stress through physical activity, especially during such a stressful time of our final year. Also you will discover that fitness could be fun and engaging!

I really hope you can come. It'll be more fun to get healthy together! Looking forward to your reply.

Yours,

Li Hua