2025 北京门头沟高三一模

英　　语

本试卷共 11 页，共 100 分。考试时长 90 分钟。

考生务必在答题卡指定区域作答，在试卷上作答无效。

考试结束后，将本试卷和答题卡一并交回。

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。

I had just stepped into the school library to prepare for my research paper. I was looking through the shelves for a reference book when a(n)___1___ caught my attention. “There will be a science competition next month. All students interested are welcome to participate.” My classmates around me started discussing it enthusiastically and asked me, “Are you going to join, Tom?” “Why not?” I replied. I had no ___2___ in competitions before, but I thought it would be a great opportunity to challenge myself.

The next day, there was a crowd of students gathering in the science lab to sign up. Everyone seemed determined. I hadn't planned to get ___3___ in this at first. But now that I was here, I ___4___ felt a bit overwhelmed (不知所措的). What if I couldn't meet the requirements?

I filled out the registration form and the teacher ___5___ my basic knowledge in science. She then asked me which event I wanted to take part in. The teacher encouraged me and gave me some advice. I felt like I had a ___6___, so I said, “The most challenging one.” She said she was looking forward to my performance. I started to worry. What if I disappointed her?

A few weeks later, the preparation materials were ___7___ by the teacher. Then I started to study intensively. When the competition day finally arrived, I was both nervous and excited. During the competition, I tried to answer all the questions. And when I saw the ___8___ on the teacher's face after the competition, I knew I had done a good job.

After the results were announced, I found out that I had won the first prize. It was an amazing feeling. And when my classmates started ___9___ me, that made me feel extremely proud. It taught me that by ___10___ new challenges, I could achieve more than I ever imagined.

1. A. notice	B. invitation	C. reminder	D. instruction
2. A. degree	B. difficulty	C. potential	D. experience
3. A. addicted	B. caught	C. trapped	D. involved
4. A. generally	B. suddenly	C. constantly	D. originally
5. A. explained	B. exchanged	C. examined	D. extended
6. A. credit	B. change	C. choice	D. dream
7. A. distributed	B. destroyed	C. reserved	D. stored
8. A. satisfaction	B. disappointment	C. curiosity	D. anxiety

9. A. comforting B. congratulating C. encouraging D. accompanying

10. A. meeting with B. calling for C. taking on D. preparing for

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

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。

Every culture has unique social customs, often leading to surprises. Last year, in South Korea, I ___11___ (give) a wrapped gift and learned it's polite to open gifts privately. In contrast, in Brazil, hosts open birthday gifts immediately. These show how cultural customs vary in large ___12___ (quantity). Over the years, I ___13___ (learn) that understanding these differences can help avoid misunderstandings from diverse backgrounds.

B

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。

Wetlands, known as the "kidneys of the earth," are crucial ecosystems between land and water. When ___14___ (view) from a distance, wetlands look very peaceful and beautiful. Acting as nature's purifiers, they can clean water, prevent floods and offer habitats, so experts emphasize ___15___ needs to be done to protect wetlands and ensure their ___16___ (survive). In recent years, many nations have made ___17___ (big) efforts than ever before to preserve and restore these invaluable natural areas.

C

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。

Emma, a kind-hearted volunteer, has visited over 50 orphanages globally to bring joy to needy kids. Her aim is to inspire others ___18___ (share) with the less fortunate selflessly. Lately, she went to a charitable institution for kids in Kenyan, ___19___ the children welcomed her with pleasant smiles and songs. Emma threw herself into various activities ___20___ hesitation, immediately making the atmosphere even more lively. Emma has touched countless children, showing them boundless love.

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

Are you passionate about community development and eager to make a positive impact? Join our volunteer program and contribute to meaningful projects that benefit local communities. Whether you're interested in education, environmental conservation, or public health, we have a role for you!

Positions Available:

· **Education Support Volunteer:** Assist in teaching foundational reading and math to children in underserved areas. No prior teaching experience is required — just enthusiasm and a willingness to learn. You'll work closely with local teachers to create interesting lessons and support students' learning journeys.

· **Environmental Conservation Volunteer:** Help with tree planting, clean-up drives and awareness campaigns to protect natural resources. This role is perfect for those who care about sustainability and want to make a great difference in their community.

· **Health Outreach Volunteer:** Support health clinics by organizing workshops, distributing supplies and promoting wellness programs. You'll play a key role in improving access to healthcare for vulnerable (脆弱的) populations.

Benefits of Volunteering:

- Gain hands-on experience in community development.
- Develop teamwork, communication and leadership skills.
- Receive a certificate of participation and a letter of recommendation.
- Make lasting connections with like-minded individuals.

Requirements:

- Must be 18 years or older.
- Commit to at least 10 hours per week for a minimum of 3 months.
- Attend a one-day introduction lesson before starting.

How to Apply:

Visit our website and fill out the online application form. Applications close on May 31,2025.

Join us today and be part of a movement that transforms lives and communities!

21. What is the main responsibility of an education support volunteer?

A. Helping with students' housework.　　B. Creating some challenging lessons.

C. Organizing some health workshops.　　D. Improving children's reading and math skills.

22. What is one benefit mentioned for volunteers?

A. Receiving a paid salary.　　B. Developing practical skills.

C. Getting a free university degree.　　D. Traveling with like-minded individuals.

23. If Li Hua wants to apply for the job, what requirement will he need to meet?

A. He should be at least 21 years old.

B. He should commit to 20 hours per week.

C. He should finish a one-day training session.

D. He should have previous teaching experience.

B

When Sarah was 12 years old, she was diagnosed with a rare condition that affected her ability to walk. Doctors told her she might never run again. But Sarah refused to accept this. She had always loved running, and the thought of losing it was unbearable. With determination and the support of her family, she began a long and difficult journey to regain her strength.

For months, Sarah underwent physical therapy, spending hours each day relearning how to move her legs. Progress was slow, and there were days when she felt like giving up. But her mother always reminded her, "Every step forward, no matter how small, is a victory." These words became Sarah's motto, pushing her to keep going. She started by taking a few steps with a walker, then progressed to walking short distances on her own. Each milestone, no matter how small, filled her with hope.

By the time she turned 15, Sarah had made significant progress. She could walk short distances without assistance, but running still seemed like a distant dream. That's when she met Coach Miller, a former marathon runner who believed in her potential. He designed a special training program for Sarah, focusing on building her endurance and confidence. "You have the heart of a runner," he told her. "Now we just need to train your body to keep up."

The first time Sarah tried to run, she only managed a few steps before collapsing in tears. But Coach Miller was there, encouraging her to try again. "Failure is just a step on the path to success," he said. Over the next year, Sarah trained tirelessly, gradually increasing her distance and speed. She faced setbacks, including muscle pain and moments of self-doubt, but she never gave up.

At 17, Sarah entered her first race — a local 5K. She didn't win, but she crossed the finish line with a smile on her face. For Sarah, it wasn't about winning; it was about proving to herself that she could do it. Today, Sarah is a competitive runner and an inspiration to others facing challenges. Her story reminds us that with persistence and support, even the toughest obstacles can be overcome.

24. What was Sarah's initial reaction to her disease?

A. She accepted it immediately.

B. She felt relieved to stop running.

C. She decided to focus on other hobbies.

D. She didn't believe she couldn't run again.

25. Which word would best describe Sarah's mother's words?

A. Imaginative. B. Encouraging. C. Constructive. D. Entertaining.

26. Why did Coach Miller's training program focus on endurance and confidence?

A. Because Sarah needed to overcome physical and mental barriers.

B. Because Sarah had little potential in running long distances.

C. Because Sarah wanted to win races quickly.

D. Because Sarah suffered from muscle pain.

27. What did Sarah's participation in the 5K race show?

A. Her need to impress others.

B. Her determination to win at all costs.

C. Her desire to prove her ability to herself.

D. Her acceptance of her physical limitations.

C

One thing about AI that worries more people than any other is that it might take their livelihood away. But experts are divided as to whether the technology will bring us a life of leisure or a life of pressure. As ever, the truth probably lies somewhere in the middle. AI won't take our jobs, but it will change them.

Some British economists assumed that robots would take our jobs and our working week would decrease to 15 hours by 2030. In 2013, Michael Osborne at the University of Oxford looked at 702 types of work and ranked them according to how easy it would be to automate them. He found that about under half of all jobs in the US could workably be done by machines within two decades. The list includes jobs such as telemarketers and library technicians. Not far behind were less obviously **susceptible** jobs, including models and cooks, threatened respectively by digital avatars and robochefs. The least vulnerable included mental health workers and teachers of

young children. In general, jobs that performed better required strong social interaction and creative ability.

However, others find that list overblown. A paper for the OECD club in 2016 suggested that AI would not be able to do all the tasks associated with all these jobs, particularly those requiring human interaction, and only about 9 percent of jobs are fully automatable. Moreover, past experience shows that jobs tend to evolve (演变，进化) around automation. “Successful innovations are those that complement rather than occupy us,” says Ben Shneiderman, from the University of Maryland. “Technologies are most effective when their designs amplify human abilities. They could help us solve problems, communicate widely or create art,” says Shneiderman.

“Robots could be a liberating force by taking away routine work,” says Tom Watson, whose study on AI’s development in employment concludes that AI could create as many jobs as it destroys. He is, however, concerned the increasing of automation has led to the rise in inequality and imbalance in power. “We’ve got to be careful that big corporations and employers don’t accumulate all the benefits while ordinary workers are left to lump the negatives,” he says.

How can we adapt? The answer might simply be to update our social frameworks to reflect the new reality of work. Another proposal is an AI tax on companies that are saving money by replacing workers with algorithms. Ultimately we, not AI, are in charge of our own destiny. “There will be unfairness and disruptions,” says Watson. “But the question is: is future human-centered? I say it is.”

28. What does the word “susceptible” underlined in Paragraph 2 probably mean?

A. Workable. B. Predictable. C. Replaceable. D. Reliable

29. What can we learn from Ben Shneiderman’s words?

A. Technologies can always promote jobs.

B. Successful automation helps evolve our jobs.

C. Fully automatable jobs require human interaction.

D. Effective innovations are those that can occupy us.

30. What can we learn from AI’s development in employment?

A. It can help free labours from routine work.

B. It makes big corporations bear most negatives.

C. It will finally lead to incredible inequality in jobs.

D. It destroys occupations faster than it provides them.

31. What’s the author’s purpose of writing the last paragraph?

A. To offer solutions to mentioned problems. B. To note the future of relative researches.

C. To reveal limits of existing perspectives. D. To sum up arguments from both sides

D

For millennia, we have expected dogs to guard our property and protect our family at night. Now they are also asked to be friendly around strangers, rest quietly through the night and keep their feet off sofas. “It’s an evolutionary mismatch”, says Hare, an anthropologist at Duke Unıversity. The good news is that this problem is solvable. Recent studies indicate that selective breeding (繁殖) and careful training can help dogs adapt to indoor life.

A “puppy kindergarten” research was set up by Hare’s team to illustrate the heritability of behavioural traits in dogs by observing what service dogs’ behaviour looks like before intensive training begins. Service dogs were

selected as the subject for they can always naturally adapt well to the mismatch compared to other kinds. They can pull wheelchairs, operate light switches and interact gently with children.

By collecting data from 1,500 dog owners on the behaviour of their pets, which belonged to 36 breeds, Hare's team discovered that genetics (遗传特征) explained 45 percent of the variation in dogs' self-control. 16 percent of the variation in reasoning about the physical world and a mere 0.01 percent of the variation in short-term memory, which manifests that some desirable behaviours are heritable to certain degree, and selective breeding for temperament is worthwhile.

"Genetics is important, but its relative importance is different for different behavioural traits," says Gitanjali from Emory University. Besides, Hare's work also illustrates selective breeding can't guarantee some highly desirable traits, such as a good memory. So they have devised techniques that owners can use to help train their pets and build better relationships with them.

One habit that is especially important in training is making eye contact. "The dog's gaze may be a causal factor in inducing good feelings in the owner", says Kikusui at Azabu University in Japan, "and the longer a dog gazes at its owner, the stronger those good feelings become." Hare also found that pups could solve some "impossible tasks" by appealing to human for help, and the appeal was made through eye contact. So he suggested puppy owners finish "impossible tasks" with their pets every two weeks to strengthen the emotional connection with them. "Doing so can help you learn where your dog's cognitive strengths lie", he says. And as the puppy kindergarten project has made clear, dog training as well as selective breeding is crucial to foster those behaviours we would like our pets to exhibit in our homes.

32. What can we learn from Hare's research?

A. Service dogs were observed while accepting training.

B. Genetics may explain differences in dogs' self-control

C. Service dogs were chosen for they were trained earlier.

D. Selective breeding develops dogs' most desirable traits.

33. What's the author's aim of quoting Gitanjali's words?

A. To reveal that Hare's research is suspicious.

B. To prove the necessity of selective breeding.

C. To confirm the value on reforming dogs' genes.

D. To suggest that other factors also need discussing.

34. What's the best title for the passage?

A. Service Dogs: Acquiring Desirable Traits through Breeding

B. Smart Dogs: Adapting Well to Indoor Life through Training

C. Modern Dogs: Training Desirable Dogs through Eye Contact

D. Good Dogs: Evolving through Selective Breeding and Training

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。

Daydreaming, often dismissed as a waste of time, is increasingly recognized as a vital cognitive process. Far from being a sign of laziness, daydreaming allows the brain to explore ideas, solve problems and foster creativity.

Recent studies in neuroscience have revealed the complex mechanisms behind this mental activity.

When we daydream, the brain enters a state known as the "default mode network" (DMN). ___35___ This network becomes active when we are not focused on the outside world, enabling the brain to process information, consolidate memories and generate new ideas. For example, many breakthroughs in science and art have emerged from moments of spontaneous daydreaming.

Contrary to popular belief, daydreaming is not a passive activity. It requires significant mental energy and involves complex neural activity. Research shows that during daydreaming, the brain engages in high-level cognitive processes, such as planning, self-reflection and emotional regulation. ___36___

Moreover, daydreaming can enhance problem-solving abilities. By exploring in the daydream, many people can find ways to tackle the problems. ___37___ By allowing the mind to wander, we can approach challenges from new perspectives and uncover innovative solutions. Studies have found that individuals who daydream regularly tend to perform better on tasks requiring creative thinking.

___38___ Negative daydreaming patterns can interfere with mental health and daily functioning. Excessive or negative daydreaming, often linked to meditation, can lead to anxiety and reduced productivity. The key is to strike a balance between focused work and intentional daydreaming.

To harness the benefits of daydreaming, it's important to create opportunities for it. ___39___ For instance, taking short breaks during work or engaging in activities like walking can stimulate the DMN and promote productive daydreaming.

A. However, not all daydreaming is beneficial.

B. The DMN is a network of brain regions that activate during restful states.

C. These activities are essential for long-term goal setting and personal growth.

D. Daydreaming is most effective when combined with periods of intense focus.

E. The brain's ability to switch between focused attention and daydreaming is crucial.

F. It also can improve emotional toughness by helping us process difficult experiences.

G. Structured daydreaming, such as guided visualization, can enhance its positive effects.

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。

Sudden changes and gradual changes affect students differently. Emotions run deep from sadness and hopelessness to hope and optimism. Whether the change is considered good or not-so-good, students are increasingly faced with the chaos, uncertainty and complexity of living in today's world, which aren't easy.

Helping students learn and apply evidence-based skills, which improve their resilience, is at the core of preparing students for an uncertain world and helping them transform challenges into something better.

Student resilience is the ability to recover from a challenge or great disaster. Being able to build this capability is complex and nuanced, but there are many science-backed ideas and strategies that help students increase their current level of resiliency.

Supportive relationships are considered the number one sign of childhood resilience. The key active core ingredient for resilience is the relationships the kids have to others who care about them.

Every student needs healthy and supportive relationships, especially in times of trouble or challenges, so they

can feel supported and capable of beginning again, regardless of whether the problem is getting cut from their basketball team or having their school or family home burn down.

Researchers concluded that transforming challenges into something positive also helps people have better control of their emotions and more positive outcomes, which lead to more resilience. Subjects who didn't transform challenges and perceived events as negative demonstrated less emotional control and resilience in the face of challenges.

Of course, there are tragedies, which are hard to transform, but most of the time, we can find something positive or constructive from a challenging situation. Say your daughter had her wisdom teeth out, and you asked her, "Is there anything good from this?" She may say, "Yes. I get two days off from school, and all the ice cream I can eat!" This is more resilient than her saying, "No. It's terrible." That's not a wrong answer, but she can, little by little, learn how to transform her challenges and build that skill for her resiliency toolbox.

40. According to the passage, what's student resilience?

_____

41. What's the most important sign to develop the childhood resilience?

_____

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

➢*People who transform challenges into something positive are likely to be less resilient.*

_____

43. Please share one of your own experiences about the application of resilience to your daily life.(*In about 40 words*)

_____

第二节（20 分）

44. 假设你是红星中学高三学生李华。你的外国好友 Jim 因使用 AI 工具完成写作作业而受到批评。他写信询问你对这件事的看法，请你用英文给他回复，内容包括：

1 你的看法；

2.你的建议和理由。

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

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．D　　4．B　　5．C

6．C　　7．A　　8．A　　9．B　　10．C

第二节 （共 10 小题；每小题 1.5 分，共 15 分）

11. was given　　12. quantities　　13. have learned/learnt

14. viewed　　15. what　　16. survival　　17. bigger

18. to share　　19. where　　20. without

第二部分：阅读理解（共两节，40 分）

第一节 （共 14 小题；每小题 2 分，共 28 分）

21．D　　22．B　　23．C　　24．D　　25．B

26．A　　27．C　　28．C　　29．B　　30．A

31．A　　32．B　　33．D　　34．D

第二节（共 5 小题；每小题 2 分，共 10 分）

35．B　　36．C　　37．F　　38．A　　39．D

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. Student resilience is the ability to recover from a challenge or great disaster.

41. Supportive relationships.

42. ***People who transform challenges into something positive <u>are likely to be less resilient.</u>***

According to the passage, transforming challenges into something positive helps people have better control of their emotions and more positive outcomes, which lead to more resilience.

43. 略

评分标准及细则

第一节（12 分）

【第 40 题】

一、内容：意义符合原文，回答内容完整。

二、语言：准确、连贯。

如准确性和连贯性欠佳，酌情扣分。

【第 41 题】

一、 **内容**：意义符合原文，回答内容完整。

二、**语言**：准确、连贯。

如准确性和连贯性欠佳，酌情扣分。

【第 42 题】

一、划线标准

1. 划线完全正确，得 1 分。

2. 整句全划不得分。

二、 **内容**：解释符合原文意义。

三、 **语言**：准确、连贯；如准确性和连贯性欠佳，酌情扣分。

【第 43 题】

一、评分标准

分档		具体描述
一档	5 分	紧扣主题。语言准确、连贯，仅有个别错误。
二挡	3-4 分	贴近主题。在准确性和连贯性上，有少量语言错误，不影响理解。
三挡	1-2 分	和主题相关。语言上有大量错误，影响理解。
四挡	0 分	所表达内容和主题完全不相关。或者仅孤立地罗列出和主题相关的个别单词。

二、评分细则：

1. **内容**：内容意义上言之有理即可得分。
   1) 照抄原文某些段落，不得分。
   2) 所表达内容与题目要求无关，不得分。
2. **语言**：准确、连贯；如有错误，酌情扣分。
3. **字数要求**
   1) 如超过 50 字，扣 0.5 分。
   2) 如少于 30 字，扣 0.5 分。

第二节（20 分）

一、评分标准

分档	内容（8 分）	语言（8 分）	结构（8 分）
一档（6-8）	内容完整，详略得当。 表述与主题相关。	语言准确，基本无语言错误；句式多样。 语言表达基本得体。	条理清晰，结构合理。 衔接自然，行文连贯。
二档（3-5）	内容基本完整。 表述与主题基本相关。	语言有一些错误，但不影响理解；句式有一定变化。 语言表达不太得体。	条理基本清晰，结构基本合理。 有一定衔接手段，行文基本连贯。

三档 （0-2）	内容不完整。 表述与主题不太相关或完全无关。	语言有大量错误，影响理解。 语言表达不得体。	条理不清晰。 支离破碎。

分数计算：本题总分 20 分，采用分项评分方式，其中内容 8 分，语言 8 分，结构 4 分。

具体计算方法：总分(20 分) ＝内容(8 分)×1＋语言(8 分)×1＋结构(8 分) ×0.5

二、评分标准解读

1.语言表达一定要自然,得体

2.词数如果少于 80，或者明显多于 120，在内容维度酌情扣 1-2 分。

3.评分时先判断作答内容与题目是否有关，若内容判为零分，语言与结构均为零分。

4.内容完整包括①所给要点内容；②前后根据情景和交际需要表述的内容；③所表述内容详略得当，展开适度。

5.语言准确包括语法（主谓一致、时态、数、人称、冠词、代词、介词等）、用词、拼写、大小写及标点符号等要素。英式、美式拼写均可接受。

6.语言表达得体指语言表达恰当，考虑到了情景、交际对象和语体变化等因素

7. 结构既包括段落排布，也包括小句间、句间及段落间的衔接和连贯。其中衔接包括逻辑衔接、语法衔接和词汇衔接。

三、One possible version:

Dear Jim,

I’m truly sorry to hear about your experience. It’s understandable to feel upset when your efforts are questioned, but let’s try to see this from another perspective.

First, sincerely apologize to your teacher and clarify your intentions, which shows maturity and helps rebuild trust. Explain that you aimed to save time but now realize the importance of independent practice. Second, use AI as a “helper,” not a “doer.” For example, let it check grammar, but always write the content in your own words. By balancing efficiency with effort, you’ll grow academically while staying honest.

This is a learning experience, not a failure. Stay confident and keep polishing your skills!

Yours,

Li Hua