2026 北京丰台高三一模

英　　语

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。

In our town, I'm the head of the Anti-Poverty Fund. In my free time, I'm a volunteer firefighter. The volunteers here ___1___ professional firefighters, so I have to get to the fire scene pretty early to get in on any action.

I remember my first fire. It was a real ___2___ against the other volunteers to get to the captain in charge to find out what our assignments would be.

When I found the captain, he was having an engaging conversation with the barefoot home owner. The other volunteer who had arrived just five seconds earlier than me was asked to save the home owner's dog. The dog! I was ___3___. For the rest of his life, he'd forever be proud of ___4___ a burning building to save a living creature. Well, I was next. The captain waved me over. He said, "I need you to get the home owner a pair of shoes." It was not exactly what I was hoping for, but off I went — up the stairs, down the hall, past the "real" firefighters, who were pretty much done ___5___ the fire at this point, into the bedroom to get a pair of shoes.

Yes, I'm no ___6___.

When I went back with the shoes, I met my rival and the precious dog by-the door where, ___7___, his "treasure" received much more attention than mine.

Weeks later, though, the home owner sent a thank-you letter. The act of kindness she noted ___8___ all others: someone had even gotten her a pair of shoes.

In both my job at the Anti-Poverty Fund and volunteer firefighting, I am witness to acts of generosity and kindness on a monumental scale, but I'm also witness to acts of grace and courage on an individual basis. Here's what I've learned: they all ___9___. Not every day is going to offer us a chance to save somebody's life, but every day offers us an opportunity to ___10___ one.

So get in the game. Save the shoes.

1. A. instruct	B. replace	C. assist	D. observe
2. A. protest	B. race	C. struggle	D. victory
3. A. envious	B. curious	C. sympathetic	D. angry
4. A. braving	B. leaving	C. circling	D. clearing
5. A. running from	B. putting out	C. playing with	D. getting over
6. A. genius	B. pioneer	C. expert	D. hero
7. A. suddenly	B. unsurprisingly	C. unfortunately	D. interestingly
8. A. from	B. for	C. except	D. above
9. A. exist	B. match	C. matter	D. change
10. A. inspire	B. please	C. admire	D. affect

第二节（共 10 小题；每小题 1.5 分，共 15 分）

A

阅读下面短文，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。

China's world natural heritage sites are all in good condition, with their ecological value contributing economically to local ____11____ (community). In recent years, the country ____12____ (host)15 of the world's 176 natural heritage sites and four of the world's 25 sites recognised for both cultural and natural features. About 80.000 square kilometers are covered by these sites across 20 provincial regions, ____13____ (contain) diverse ecosystems such as mountains, forests, grasslands, lakes, wetlands, deserts, and coastal zones.

B

阅读下面短文，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。

If you love breaking down big problems and finding meaning in numbers, data-driven careers may be the perfect fit for you. Many people who take on roles like this start with ____14____ (far) study, often through a graduate diploma in data science. ____15____ this qualification offers are the tools and thinking styles ____16____ (design) to help you make sense of complex information. With these skills, you can work across a wide ____17____ (vary) of industries, from health, finance and education to retail.

C

阅读下面短文，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。

When I was seven, my favourite blanket ____18____ (fly) out of the car window and was gone during a trip. Heartbroken, we later stopped at a service station ____19____ a biker gang had pulled in. "Is that your blue Ford?" A frightening man ____20____ a bushy beard asked. Mum nodded nervously. The man pulled my blanket from his jacket pocket and handed it to her. He then returned to his motorcycle. I repaid him the only way I knew how: I ran up to him and gave him my sandwich.

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 National Theatre, London, has announced an exciting lineup for its 2026season, bringing a dynamic mix of new productions, timeless classics, and international collaborations.

The theatre will open the year with *Emerald City*, originally created by Australian playwright David Williamson in 1987. Director Thomas Cuisse says, "The surface of society might change, but human nature doesn't. This play offers a deep exploration of an artist's inner struggle which will touch audiences everywhere."

Thunderstorm, written by Cao Yu and one of the most iconic Chinese plays of the 20th century, will be staged in June. It is part of the theatre's ongoing effort to promote classic Chinese theatrical works.

The summer will also bring *Romeo and Juliet* to a small theatre, with a modern twist. The theatre's young artists

reimagine Shakespeare's classic through a modern lens, adding youthful energy.

In addition, the year will see the return of *Hamlet* in August and *The Daffodils* in September. The latter will be presented in grand poetic style, exploring the intersection of art, poetry and history.

This year, the theatre continues to increase collaboration with major cultural hubs. "We're working to build stronger relationships with the international community," says Rufus Norris, Artistic Director. The first such collaboration will be *Farewell My Concubine*, co-produced with Shanghai Dramatic Arts Centre, which will be streamed globally online.

In 2026, the theatre will continue to engage younger audiences and expand its public cultural services through programs like "youth blossoms", which allows university students to create and stage their own work. Moreover, the theatre is embracing technology to reach a broader audience by adapting several productions into film and digital formats, allowing more people to experience the theatre's performances online.

21. Which drama displays young artists' adaptation?

A. *Emerald City.* B. *Hamlet.*

C. *Thunderstorm.* D. *Romeo and Juliet.*

22. What can we learn about the National Theatre's plays?

A. The *Daffodils* focuses on history of poetry.

B. *Farewell My Concubine* will be live on TV.

C. *Hamlet* will be presented again in the theatre.

D. *Emerald City* explores audiences' inner struggle.

23. The main purpose of the passage is to _____.

A. highlight the theatre's cultural cooperation

B. help the theatre attract young audiences

C. introduce the theatre's classic plays

D. cover the theatre's new season

B

There's always one nonexistent friend in the group chat, who contributes little to the chat. That friend is me.

When a new group chat is created, the members will inevitably come to laugh at my inability to respond to a simple question within a matter of hours.

In fact, I pride myself on my swift response time when it comes to important work emails. "Call me instead," I tell my friends. "I'm a much better caller." If it's urgent, I'll pick up and always be there. But if I read a message and categorise it as non-urgent, then it's a different story.

Say a friend messages me, asking for my thoughts about a new album. I'll read it, automatically reply in my head — "I love it" — but mentally file it away in the non-urgent cabinet, telling myself that I'll tend to that non-urgent filing cabinet as soon as possible. Then I will be typing another email — and absolutely forgetting to revisit that non-urgent cabinet. My declaration of love for the album arrives very, very late.

I want to stress I do love my friends and I am grateful to be included in all of the group chats. I simply find it overwhelming to keep up with the never-ending stream of message notifications. In these moments, the message notifications often fall by the wayside, my friends' messages go unanswered and I sometimes feel like abandoning my phone and zoning out. Not to be dramatic.

I recently asked one of my friends how they felt about my bad texting habits. She's that one friend you can

always rely on to give you the non-sugarcoated truth. She said, “The truth is that we knew we had reached a new level of love and companionship when we accepted how terrible you are at replying and chose to embrace it.” “To be fair,” she added, “when we do eventually get an answer out of you — you are always down, you always show up when we need you, you never flake or cancel and you’re usually the one driving 40 minutes across town to see us. We can handle the group chat radio silence in return for that kind of friendship.”

At this moment, I think about each friend’s role in the group — the prolific messenger, the caller, the nonresponder — and how we all communicate and contribute to the group in different ways. All expressing love in different ways, too.

24. Why does the author often fail to respond to messages timely?

A. She thinks non-urgent messages not worth replying to.

B. She finds group conversations exhausting and boring.

C. She prioritizes work emails over personal messages.

D. She mentally responds but forgets to actually reply.

25. What can we know about the author’s friends?

A. They give up on judging each other.

B. They learn to accept her the way she is.

C. They adapt to her preference for phone calls.

D. They complain about her sugarcoated excuses.

26. Which word would best describe the author’s role in her friendship?

A. Reliable. B. Independent. C. Difficult. D. Insincere.

27. What does the author mainly convey in the passage?

A. A late reply is better than no response.

B. Love speaks more than one language.

C. Non-responders deserve more love.

D. Actions speak louder than words.

C

It’s human nature to feel embarrassed for someone acting cringey — like a friend slipping on a wet floor. It’s a sign of empathy which shapes human cooperation and connection. What happens, though, when the second person in this situation is replaced with a robot?

Experiencing secondhand embarrassment lights up areas in the human brain associated with pain and the recognition of emotions. Similarly, social anxiety is linked to heightened empathy, but also comes with a reduced capacity to actually understand the other person’s emotions, known as cognitive empathy. And of course, the more socially close and invested a person is in another, the more intensely they’ll feel this bystander discomfort.

Interestingly, new research from Oakridge University found that humans can have the same sort of secondhand embarrassment when they see a robot display social awkwardness.

To test this phenomenon, human subjects were immersed in a virtual environment where both human and robot avatars were present. The researchers then put these avatars through awkward situations like stumbling in a crowd or dancing clumsily in public.

Researchers then measured the electrical activity of the sweat glands (腺体) of the subjects. This correlates to arousal signals like stress, or other states of high emotion. Participants also filled out a questionnaire about their

emotional responses to each virtual social situation. The data indicates that humans felt self-embarrassment for both the human and robot avatars when they were in a socially awkward scenario, although they perceived the situation as more "real" for the human avatar compared to the robot.

Still, the results show that humans can empathize with robots in embarrassing situations, suggesting that humans assume the robots can be aware of being witnessed and have some degree of self-consciousness based on self-reflection and self-evaluation. But it also matters what the robot looks like: "The appearance of the robot may affect the empathetic embarrassment because humans empathize more strongly with more human-looking robots and less with more mechanical-looking robots when they are mistreated by humans."

Despite the interesting findings in this recent study, the team from Oakridge University acknowledges that a larger sample size, as well as real world humans and robots, would make the conclusions more convincing.

"Our study provides valuable insights into the evolving nature of human-robot relationships. As technology continues to integrate into our daily lives, understanding the emotional responses we have towards robots is crucial," Lisa Green, the lead researcher on the project, said in a press release. "This research opens up new avenues for exploring the boundaries of human empathy and the potential challenges and benefits of human-robot interactions."

28. What does the author mainly do in Paragraph 2?

A. Introduce an approach.　　B. Explain a core concept.

C. Offer a theoretical basis.　　D. Present previous findings.

29. What can we learn from the study?

A. Robots' appearance determines empathetic embarrassment level.

B. Humans think awkward robots may have self-consciousness.

C. States of emotion hold back electrical activities in the brain.

D. Awkward robots stimulate stronger empathy than humans.

30. Which of the following is the best title for the passage?

A. Do robots feel awkward like humans?

B. Can robots truly empathize with humans?

C. Where is the boundary of human empathy?

D. Why do humans feel bad for awkward robots?

D

The singularly most important question we will ever ask is, "Who am I?" Generally speaking, we are not taught how to answer that question. We don't even ask it. Most commonly, we define ourselves by the mirrors we see from the external world.

We are being looked at. And we are looking at other people's observations and perceptions as if they are a mirror image of who we are. But you know how mirrors are. We only get a reversed (相反的) image. We have internalized other people's ideas and we believe that they define us.

Even in the case, used here only as an example, of the child who internalizes a rebel identity. We say he's "out of control." He's just trying to embarrass his parents. He's just a "difficult child." If none of that is true, then who is he really?

From the transpersonal therapy perspective, little Johnny has become what his parents needed him to be. What? Nobody in their right mind would want to raise a rebel. Right?

Perhaps Johnny's parents have lived an unconsciously restrained life, strictly following the socially acceptable

codes of the day. Yet, internally, they are itching (渴望) to be different. They just can't because this role as the "good guy" has captured them. However, all the itching internal stuff has to go somewhere. The simplest answer is that it is projected onto little Johnny. Then the parent can deal with it externally; they may typically react by trying to get Johnny to take on the identity of another good guy.

That is how it is for most of us. We introject an idea of who we are, which we have received by looking into the eyes of parents and family members, and we live it out as if it is truly who we are. Often, it is reinforced many times over many years, in this case, by trying to get Johnny to live in the parents' cage, which only means Johnny will have to rebel yet again.

Under all that identification, we ask, who are we really? The way to find it is to stop looking into other people's eyes and start looking within.

Once that decision is made, it might be a good time to seek a therapist who will help us do that in a safe environment. Within that safe environment, you might also start journaling. Journaling is a dialogue with yourself — a dialogue between identity and self, or someone with whom you have unresolved issues.

The real journey, the one that will need to be made in a safe space, is made of determination. Determination to go deeper and deeper. This is the true hero's journey in which you finally meet and retrieve your own self.

31. What are the first two paragraphs mainly about?

A. The misconstruction of self-perception.

B. The internalized reflection of self-identity.

C. People's confusion about their internal world.

D. People's observation of a reversed mirror image.

32. Why does the author mention the example of a "rebel" child?

A. To criticize a practice. B. To challenge an argument.

C. To illustrate an idea. D. To raise an assumption.

33. What does the underlined word "introject" in Paragraph 6 probably mean?

A. Absorb. B. Introduce. C. Value. D. Generate.

34. It is implied in the passage that we should _____.

A. address unresolved issues with parents

B. balance given identity and genuine self

C. reclaim the authority to define who we are

D. reshape our identity in a safe environment

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。

Music isn't just entertainment. It is one of the most accessible and powerful ways to regulate our mental state, yet we continue to underestimate its potential.

We already know that music can trigger emotions. ____35____ In a 2019 study, participants listened to heroic- or sad-sounding music while their minds wandered. The results were striking: uplifting music stirred energising, constructive thoughts, while sad music brought about calmer or more demotivating ones. This influence has consequences for mental health.

Our minds frequently wander. We daydream for nearly half the time we are awake, and we are less happy when this happens. ____36____ Why? Because during these periods, the brain's default mode network (DMN) takes over. This supports imagination, memory and reflection, but often drifts into negative thought loops.

In recent brain-imaging studies, we showed that negative daydreams, especially during sad music, engage the brain's pain system as well as the DMN. Upsetting thoughts, it turns out, are more than metaphorically painful. ____37____

Fortunately, the DMN has a natural counterpart: the executive network, which supports focus and goal-directed behaviour. The two systems are anticorrelated, meaning when one is active, the other quiets down. ____38____ Whether by tapping along to music, breathing in rhythm or humming internally, we redirect attention, disrupt negative thought loops and give our minds a cognitive "reset".

____39____ Studies found people who tapped along experienced significantly less physical pain in experiments where a short burst of pressure was applied to their fingernails than those who merely listened. The combination of musical immersion and motor synchronisation (同步) boosted pain-reducing effects to a clinically meaningful degree. These findings suggest that musical engagement is a kind of pleasurable meditation.

If music can do all this, it needs to be recognised as far more than a lifestyle accessory. So the next time your stress begins to bite, put on your favourite song.

A. It lifts our mood and makes us cry.

B. This does more than improve mood.

C. And music can shift us into this more adaptive mode.

D. They activate the same networks as physical discomfort.

E. The DMN also responds to rhythmic physical movement.

F. Even, pleasant thoughts don't improve mood significantly.

G. But research suggests it can change the content of our thoughts.

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。

Over breakfast, I chatted with Mia, my Spanish study buddy. I reviewed my recent lesson and shared what I'd learned from a podcast. By the end of our 10-minute talk, I felt I had gained more than from another textbook exercise.

Mia, however, is not a real person. She is an AI I created to make use of the "protege effect." It is a psychological phenomenon where we learn more effectively when we teach someone else about a topic we've just explored — even if that person doesn't really exist.

The principle of "learning by teaching" was first introduced in the early 1980s by Jean-Pol Martin, a French teacher, who allowed students to research and present parts of the curriculum to their classmates. The technique boosted their motivation and self-confidence, and it soon spread to many other schools.

In one study, a US scientist, Caroline Chase tested its effectiveness. Her team asked 62 eighth-graders to use a computer program to learn about the biological changes during a fever. Over two lessons, students read a text and created a flowchart. Half did it as self-study; the others were told their work would help teach a virtual character on the screen.

It was a small change, but the students in the role of teacher scored significantly better. This increased

engagement made a big difference in both the amount they absorbed and the depth of their understanding.

Chase's team named this the "protege effect", and it has since been confirmed by later studies. Knowing that others will learn from us creates a sense of responsibility to provide accurate information. This responsibility drives us to make a greater effort to fill in the gaps in our own understanding and correct any mistaken assumptions before we pass them on. Explaining our knowledge then helps to strengthen what we have learned.

So why not give it a try? To truly master something, start teaching it — even if your student is only a virtual one.

40. What is the "protege effect"?

_____

41. Why did students in the role of teacher score better in Chase's study?

_____

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

➤***The responsibility to teach others pushes us to point out their mistaken assumptions.***

_____

43. How can you put the "protege effect" into practice? (***In about 40 words***)

_____

第二节（20 分）

44. 假设你是红星中学高三学生李华。你校英文报正在举办以"Labor Shaped Me"为主题的征文活动。请你写一篇短文投稿，内容包括：

1. 你的劳动经历；

2. 该经历对你的影响。

注意：1. 词数 100 左右；

2. 标题已给出，不计入总词数。

_____

_____

_____

_____

_____

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）

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

【分析】

【1 题详解】

考查动词词义辨析。句意：这里的志愿者协助专业消防员，所以我必须很早就到达火灾现场，参与行动。A. instruct 指导；B. replace 代替；C. assist 协助；D. observe 观察。根据前文“I’m a volunteer firefighter.”和后文“so I have to get to the fire scene pretty early to get in on any action.”可知，志愿者协助专业消防员，所以作者要很早到达火灾现场。故选 C。

【2 题详解】

考查名词词义辨析。句意：这是一场与其他志愿者竞争，以找到负责人并了解我们任务的真正比赛。A. protest 抗议；B. race 竞赛；C. struggle 挣扎；D. victory 胜利。根据后文“against the other volunteers to get to the captain in charge to find out what our assignments would be.”可知，大家抢着领任务，是一场比拼。故选 B。

【3 题详解】

考查形容词词义辨析。句意：我很羡慕。A. envious 羡慕的；B. curious 好奇的；C. sympathetic 同情的；D. angry 生气的。根据后文“The other volunteer who had arrived just five seconds earlier than me was asked to save the home owner’s dog.”可知，别人被安排救狗，是很有意义的事，作者心生羡慕。故选 A。

【4 题详解】

考查动词词义辨析。句意：在他余生中，他将永远为自己勇敢地冲进燃烧的大楼去拯救一个生物而感到自豪。A. braving 勇敢面对；B. leaving 离开；C. circling 环绕；D. clearing 清理。根据后文“a burning building to save a living creature”可知，救火需勇敢进入火场，此处指勇敢地冲进燃烧的大楼去拯救一个生物。故选 A。

【5 题详解】

考查动词短语辨析。句意：我走了——上楼，下楼，经过那些“真正的”消防员，他们此时差不多已经把火扑灭了，我走进卧室去拿一双鞋。A. running from 从……逃跑；B. putting out 扑灭；C. playing with 与……一起玩；D. getting over 克服。根据前文“who were pretty much done”可知，消防员的工作是灭火。故选 B。

【6 题详解】

考查名词词义辨析。句意：是的，我不是英雄。A. genius 天才；B. pioneer 先驱；C. expert 专家；D. hero 英雄。根据上文“The other volunteer who had arrived just five seconds earlier than me was asked to save the home owner’s dog.”描述的救狗的志愿者以及“into the bedroom to get a pair of shoes”作者被安排去拿鞋可知，作者只被安排拿鞋，觉得自己没做英雄事迹。故选 D。

【7 题详解】

考查副词词义辨析。句意：当我拿着鞋子回去时，不出所料，我在门口遇到了我的对手和那只珍贵的狗，他的“宝贝”比我的得到了更多的关注。A. suddenly 突然；B. unsurprisingly 不出所料；C. unfortunately 不幸地；D. interestingly 有趣地。根据“his “treasure” received much more attention than mine.”可知，救狗比拿鞋更引人注目，是意料之中。故选 B。

【8 题详解】

考查介词词义辨析。句意：她提到的善举高于其他所有善举：有人甚至给她拿了一双鞋。A. from 从；B. for 为了；C. except 除了；D. above 高于。根据后文“someone had even gotten her a pair of shoes.”可知，户主最感激的是拿鞋这件小事。故选 D。

【9 题详解】

考查动词词义辨析。句意：这是我学到的：它们都很重要。A. exist 存在；B. match 匹配；C. matter 重要；D. change 改变。根据后文“Not every day is going to offer us a chance to save somebody’s life, but every day offers us an opportunity to 10 one.”可知，此处指作者学到的道理是无论大事小事，善意都有价值。故选 C。

【10 题详解】

考查动词词义辨析。句意：不是每一天都能给我们一个拯救别人生命的机会，但每一天都给我们一个影响别人的机会。A. inspire 激励；B. please 使高兴；C. admire 钦佩；D. affect 影响。根据前文“Not every day is going to offer us a chance to save somebody’s life”可知，此处与拯救别人生命形成对比，指小事也能对他人产生积极影响，即每一天都给我们一个影响别人的机会。故选 D。

第二节（共 10 小题；每小题 1.5 分，共 15 分）

【答案】11. communities　12. has hosted　13. containing

【导语】本文是一篇说明文。文章主要讲述了中国世界自然遗产现状良好，介绍了遗产数量、覆盖范围及包含的多样生态系统。

【11 题详解】

考查名词复数。句意：中国的世界自然遗产状况良好，其生态价值为当地社区带来了经济贡献。根据空前 local（当地的）可知，空处需填名词 community（社区）；结合语境，当地社区不止一个，应用复数形式 communities 作宾语。故填 communities。

【12 题详解】

考查动词时态。句意：近年来，在全球 176 处自然遗产中，中国拥有 15 处，在全球 25 处文化与自然双重遗产中，中国拥有 4 处。根据时间状语 In recent years（近年来）可知，句子需用现在完成时；主语 the country（中国）为单数，助动词用 has，host（拥有、主办）的过去分词为 hosted。故填 has hosted。

【13 题详解】

考查非谓语动词。句意：这些遗产覆盖了 20 个省区，面积约 8 万平方公里，包含山脉、森林、草原、湖泊、湿地、沙漠和沿海地带等多样的生态系统。主句已有谓语动词 are covered，空处需用非谓语动词；contain（包含）与其逻辑主语 these sites（这些遗产）与之间是主动关系，应用现在分词 containing 作后置定语。故填 containing。

【答案】14. further　15. What　16. designed　17. variety

【导语】本文是一篇说明文。文章简要介绍了数据驱动型职业的特点及其入门途径。

【14题详解】

考查形容词比较级。句意：许多承担此类角色的人都是从继续深造开始的，通常是通过数据科学的研究生文凭。further study是固定搭配，意为“继续深造”。故填further。

【15题详解】

考查主语从句。句意：这一资格所提供的是旨在帮助你理解复杂信息的工具和思维方式。空处引导名词性从句作整个句子的主语，主语从句中offers缺少宾语，结合“the tools and thinking styles”可知，宾语指物，应用连接代词what作引导词，句首单词的首字母需大写。故填What。

【16题详解】

考查非谓语动词。句意：这一资格所提供的是旨在帮助你理解复杂信息的工具和思维方式。句子已有谓语，空处是非谓语作the tools and thinking styles的后置定语，design和the tools and thinking styles逻辑上是被动关系，因此用design的过去分词形式。故填designed。

【17题详解】

考查名词。句意：凭借这些技能，你可以在从医疗、金融、教育到零售等各种各样的行业中工作。a wide variety of是固定搭配，意为“各种各样的”。故填variety。

【答案】18. flew　19. where　20. with

【导语】本文是一篇记叙文。主要讲述了作者七岁时，心爱的毯子从车窗飞出丢失，后来在一个服务站被一个有浓密胡须的可怕男人归还的故事。

【18题详解】

考查时态。句意：当我七岁的时候，我最喜欢的毯子从车窗飞了出去，在一次旅行中不见了。根据“When I was seven”可知，句子描述的是过去发生的事情，应用一般过去时，动词使用过去式，fly的过去式是flew。故填flew。

【19题详解】

考查定语从句。句意：伤心欲绝的我们后来在一个服务站停了下来，那里有一群骑摩托车的人停了下来。空处引导定语从句，先行词是a service station，指地点，关系词在从句中作地点状语，应用关系副词where引导。故填where。

【20题详解】

考查介词。句意：“那是你的蓝色福特车吗？”一个留着浓密胡须的可怕男人问道。根据“a frightening man”和“a bushy beard”可知，此处指“一个留着浓密胡须的可怕男人”，应用介词with表示“具有，带有”。故填with。

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）

【答案】21. D　22. C　23. D

【导语】本文是一篇新闻报道，主要介绍伦敦国家剧院2026年演出季令人兴奋的节目安排，包括新作品、经典剧目以及国际合作项目，还提及剧院通过多种方式吸引年轻观众、扩大公共文化服务，如开展 “青年

绽放”项目，将部分作品改编为电影和数字格式等。

【21 题详解】

细节理解题。根据第四段“The summer will also bring Romeo and Juliet to a small theatre, with a modern twist. The theatre's young artists reimagine Shakespeare's classic through a modern lens, adding youthful energy. (夏天，《罗密欧与朱丽叶》将在一个小剧院上演，并有现代的改编。剧院的年轻艺术家们通过现代视角重新演绎莎士比亚的这部经典作品，注入了青春活力)”可知，《罗密欧与朱丽叶》展示了年轻艺术家的改编，故选 D 项。

【22 题详解】

细节理解题。根据第五段“In addition, the year will see the return of Hamlet in August(此外，今年八月《哈姆雷特》将回归)”可知，《哈姆雷特》将再次在该剧院上演，故选 C 项。

【23 题详解】

主旨大意题。根据第一段“The National Theatre, London, has announced an exciting lineup for its 2026 season, bringing a dynamic mix of new productions, timeless classics, and international collaborations.(伦敦国家剧院公布了令人期待的 2026 演出季剧目阵容，将带来新创剧目、经典传世之作与国际合作剧目精彩纷呈的组合演出)”可知，文章开篇点明伦敦国家剧院宣布 2026 年演出季阵容，随后介绍了各个剧目的安排、国际合作以及吸引年轻观众的举措等，整体围绕剧院新演出季展开，所以短文的目的是报道剧院的新演出季。故选 D 项。

【答案】24. D　25. B　26. A　27. B

【导语】这是一篇夹叙夹议文。文章讲述作者不擅长及时回复消息，但真心珍视朋友，朋友也包容她的习惯；她明白友谊之爱有不同的表达方式。

【24 题详解】

细节理解题。根据第四段“I'll read it, automatically reply in my head — “I love it” — but mentally file it away in the non-urgent cabinet, telling myself that I'll tend to that non-urgent filing cabinet as soon as possible. Then I will be typing another email — and absolutely forgetting to revisit that non-urgent cabinet.(我会看到这条消息，在心里自动回复“我喜欢它”，但在心里把它归入非紧急信息类别，告诉自己会尽快处理这些非紧急信息。然后我会去写另一封邮件，并且完全忘记再去查看这些非紧急信息。)”可知，作者会在心里进行回复，但是之后会忘记真正发出文字回复，因此作者经常不能及时回复消息。故选 D 项。

【25 题详解】

推理判断题。根据第六段“The truth is that we knew we had reached a new level of love and companionship when we accepted how terrible you are at replying and chose to embrace it.(事实是，当我们接受了你回复消息很不及时这件事并且选择包容你时，我们就知道我们的友情和陪伴已经达到了新的高度。)”可知，作者的朋友接受了她不及时回复消息的特点，因此我们可以了解到作者的朋友学会了接受她原本的样子。故选 B 项。

【26 题详解】

推理判断题。根据第六段“when we do eventually get an answer out of you — you are always down, you always

show up when we need you, you never flake or cancel and you're usually the one driving 40 minutes across town to see us.(等我们终于从你这里得到准信儿时 —— 你总是那么靠谱，我们需要时你总会出现，从不爽约、从不临时取消，还常常开车 40 分钟穿城来看我们。)”可知，作者在朋友需要时总能可靠地出现并提供陪伴，因此最能描述作者在友谊中角色的词语是可靠的。故选 A 项。

【27 题详解】

主旨大意题。通读全文特别是最后一段“At this moment, I think about each friend's role in the group — the prolific messenger, the caller, the nonresponder — and how we all communicate and contribute to the group in different ways. All expressing love in different ways, too.(在这一刻，我想到了每个朋友在群体中的角色 —— 频繁发消息的人、打电话的人、不回复消息的人，以及我们所有人如何用不同的方式交流并为友情付出。我们也都在用不同的方式表达爱。)”可知，作者想要表达爱有多种不同的表达方式。故选 B 项。

【答案】28. C　29. B　30. D

【导语】本文是一篇说明文。文章介绍了人类会因看到机器人表现出社交尴尬而产生“二手尴尬”的现象，并通过实验研究揭示了人类同理心在人与机器人互动中的表现和边界。

【28 题详解】

推理判断题。根据第二段中“Experiencing secondhand embarrassment lights up areas in the human brain associated with pain and the recognition of emotions. Similarly, social anxiety is linked to heightened empathy, but also comes with a reduced capacity to actually understand the other person's emotions, known as cognitive empathy. (经历二手尴尬会激活人脑中与疼痛和情绪识别相关的区域。类似地，社交焦虑与增强的同理心相关，但也伴随着实际理解他人情绪能力的减弱，这种能力被称为认知同理心。)”以及“the more socially close and invested a person is in another, the more intensely they'll feel this bystander discomfort. (一个人与另一个人社交上越亲近、投入越多，他们感受到的这种旁观者不适就越强烈。)”可知，第二段主要解释了二手尴尬的生理和心理机制，为后文研究提供了理论基础。故选 C。

【29 题详解】

细节理解题。根据第六段中“Still, the results show that humans can empathize with robots in embarrassing situations, suggesting that humans assume the robots can be aware of being witnessed and have some degree of self-consciousness based on self-reflection and self-evaluation. (尽管如此，结果表明，人类在尴尬情境中能够对机器人产生同理心，这表明人类认为机器人能够意识到被观察，并具有基于自我反思和自我评价的一定程度的自我意识。)”可知，人类认为尴尬的机器人可能具有自我意识。故选 B。

【30 题详解】

主旨大意题。文章开篇“It's human nature to feel embarrassed for someone acting cringey — like a friend slipping on a wet floor. It's a sign of empathy which shapes human cooperation and connection. What happens, though, when the second person in this situation is replaced with a robot? (为某人的尴尬行为感到尴尬是人的本性——就像朋友在湿地板上滑倒一样。这是一种移情的标志，它塑造了人类的合作和联系。然而，当这种情况下的第二个人被机器人取代时会发生什么呢？)”就提出了一个引人深思的问题：当尴尬的对象从人换成机器人时会发生什么？随后，文章通过介绍奥克里奇大学的一项研究，探讨了人类为何会对社交笨拙的机器人产生“二手尴尬”感，分析了其背后的心理机制(如人类会假定机器人有自我意识)和影响因素

(如机器人的外观)。全文都围绕着“人类为何会对笨拙的机器人感到尴尬”这一核心问题展开。因此，D选项“为什么人类会为笨拙的机器人感到难过？”最能概括文章主旨。故选D。

【答案】31. A　32. C　33. A　34. C

【导语】本文是一篇议论文。文章探讨了人们如何通过外部世界的“镜子”错误地定义自我，分析了叛逆孩子案例背后的心理投射机制，并指出真正的自我认知需要停止向外寻求，转而向内探索，收回定义自我的权力。

【31题详解】

主旨大意题。根据第一段中“Most commonly, we define ourselves by the mirrors we see from the external world. (最常见的是，我们通过从外部世界看到的镜子来定义自己。)”以及第二段中“We have internalized other people's ideas and we believe that they define us. (我们内化了别人的想法，并相信它们定义了我们。)”可知，前两段主要论述了人们依赖外部镜像来认知自我，这是一种错误的自我感知构建。故选A。

【32题详解】

推理判断题。根据第四段中“From the transpersonal therapy perspective, little Johnny has become what his parents needed him to be. What? Nobody in their right mind would want to raise a rebel. Right? (从超个人心理治疗的角度看，小约翰尼变成了他父母需要他成为的样子。什么？没有一个神志正常的人会想要养出一个叛逆的孩子，对吧？)”可知，作者引用这个例子是为了具体阐述前文提到的观点：我们往往会内化他人的想法，甚至活成了别人(如父母)潜意识里投射给我们的样子。故选C。

【33题详解】

词句猜测题。根据第六段中“We introject an idea of who we are, which we have received by looking into the eyes of parents and family members, and we live it out as if it is truly who we are. (我们‘introject’一个关于我们是谁的想法，这个想法是通过观察父母和家人的眼睛获得的，然后我们照着这种想法生活，好像那就是真实的自己。)”结合第二段中提到的“internalized other people's ideas (内化了别人的想法)”，可推断“introject”意为“吸收、内化”，与absorb意思相近。故选A。

【34题详解】

推理判断题。根据第七段“Under all that identification, we ask, who are we really? The way to find it is to stop looking into other people's eyes and start looking within. (在所有这些身份认同之下，我们问：我们到底是谁？找到答案的方法是停止看别人的眼睛，开始向内看。)”以及最后一段“This is the true hero's journey in which you finally meet and retrieve your own self. (这是真正的英雄之旅，你最终遇见并找回自己。)”可知，文章暗示我们应该收回定义自己的权力，不再依赖外部评价。故选C。

第二节（共5小题；每小题2分，共10分）

【答案】35. G　36. F　37. D　38. C　39. B

【导语】本文是一篇说明文。文章介绍了音乐不仅能触发情绪、改变思维内容，还能通过调节大脑网络来改善心理健康，甚至产生减轻生理疼痛的效果，因此应被视作一种心理调节工具而非单纯的娱乐。

【35题详解】

前文“We already know that music can trigger emotions. (我们已经知道音乐可以触发情绪。)”提到关于音乐

的一个普遍认知，后文“In a 2019 study, participants listened to heroic- or sad-sounding music while their minds wandered. The results were striking: uplifting music stirred energising, constructive thoughts, while sad music brought about calmer or more demotivating ones. (在 2019 年的一项研究中，参与者在思绪游离时聆听了充满英雄主义色彩或悲伤氛围的音乐。研究结果令人惊讶：振奋人心的音乐能激发积极、建设性的想法，而悲伤的音乐则会带来更平静或更具消极影响的想法。)”描述一项 2019 年的研究，展示了不同音乐如何引导出不同性质的想法，此处需要一个承上启下的句子。G 项“But research suggests it can change the content of our thoughts. (但研究表明，它能够改变我们的想法内容。)”符合语境，将普遍认知引向文章要探讨的更深层、更具体的科学发现。故选 G。

【36 题详解】

前文“We daydream for nearly half the time we are awake, and we are less happy when this happens. (我们醒着的时候，有将近一半的时间都在走神，而当这种情况发生时，我们就会变得不那么快乐了。)”指出我们近一半清醒时间在走神，且走神时幸福感更低，后文“Why? Because during these periods, the brain’s default mode network (DMN) takes over. This supports imagination, memory and reflection, but often drifts into negative thought loops. (为什么？因为在这些时间段里，大脑的默认模式网络(DMN)会发挥作用。它有助于发挥想象力、增强记忆和进行反思，但往往会陷入消极的思维循环之中。)”解释了为什么走神会降低幸福感，此处需加强“走神有问题”的论述。F 项“Even, pleasant thoughts don’t improve mood significantly. (甚至，愉快的想法也不能显著改善情绪。)”符合语境，指出这种状态本身就会削弱积极情绪，和前文构成递进，引出后文的具体解释。故选 F。

【37 题详解】

前文“Upsetting thoughts, it turns out, are more than metaphorically painful. (事实证明，令人不安的想法所带来的痛苦远不止是比喻意义上的那种痛苦。)”指出令人不安的想法产生的痛苦不止于比喻意义，此处需解释这样说的原因。D 项“They activate the same networks as physical discomfort. (它们激活与身体不适相同的神经网络。)”符合语境，从科学角度说明这种痛苦在神经层面是真实的，是对前文观点的具体支撑，其中的 They 指代的是前文的 Upsetting thoughts。故选 D。

【38 题详解】

前文“Fortunately, the DMN has a natural counterpart: the executive network, which supports focus and goal-directed behaviour. The two systems are anticorrelated, meaning when one is active, the other quiets down. (幸运的是，DMN有一个天然的对应物：执行网络，它支持专注和目标导向行为。这两个系统是呈负相关的，也就是说，当其中一个系统活跃时，另一个系统就会变得安静下来。)”描述两个系统的具体关系，后文“Whether by tapping along to music, breathing in rhythm or humming internally, we redirect attention, disrupt negative thought loops and give our minds a cognitive “reset”. (无论是随着音乐打节拍、跟着节奏呼吸，还是在心里哼唱，我们都能转移注意力、打破消极的思维循环，并让大脑得到一次认知上的“重启”。)”列举了通过音乐来转移注意力、打破消极思维循环的方法，此处需将“执行网络”与“音乐干预”连接起来。C 项“And music can shift us into this more adaptive mode. (而音乐能够将我们带入这种更具适应性的状态。)”符合语境，引出后文的具体做法，其中的 this more adaptive mode 指代的是前文的 the executive network。故选 C。

【39题详解】

后文“Studies found people who tapped along experienced significantly less physical pain in experiments where a short burst of pressure was applied to their fingernails than those who merely listened. (研究发现，在对指甲施加短时间压力的实验中，那些跟着节奏打节拍的人相比那些只是单纯聆听的人，所感受到的身体疼痛要轻得多。实验中对他们的指甲施加了一短暂的压力。)”介绍研究发现，表明音乐互动带来减轻身体疼痛的益处，此处需概括下文的研究发现。B项“This does more than improve mood. (这不仅仅是改善情绪。)”符合语境，引出后文更具体的实证发现。故选B。

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）

【答案】40. It is a psychological phenomenon where we learn more effectively when we teach someone else about a topic we've just explored.

41. Because this increased engagement made a big difference in both the amount they absorbed and the depth of their understanding.

42. *The responsibility to teach others pushes us <u>to point out their mistaken assumptions.</u>*

The responsibility to teach others pushes us to correct our mistaken assumptions.

43. *Possible Version*

I often have a friend or even an AI act as my student. After learning something new, I explain it in my own words and invite questions. This not only helps me organize my thoughts but also shows me where I need to improve — and that's how I truly learn. (53w)

【导语】本文是一篇说明文。文章主要讲述了“门生效应”这一心理现象及其在教学中的应用和效果。

【40题详解】

考查细节理解。根据第二段“She is an AI I created to make use of the 'protege effect.' It is a psychological phenomenon where we learn more effectively when we teach someone else about a topic we've just explored — even if that person doesn't really exist.(她是我创造出来利用“门生效应”的人工智能。这是一种心理现象，即当我们向他人传授我们刚刚探索过的话题时，我们会学得更有效——即使那个人并不真正存在)”可知，“门生效应”指的是当我们向他人传授我们刚刚探索过的话题时，我们会学得更有效这种心理现象。故答案为It is a psychological phenomenon where we learn more effectively when we teach someone else about a topic we've just explored.

【41题详解】

考查细节理解。根据第五段“It was a small change, but the students in the role of teacher scored significantly better. This increased engagement made a big difference in both the amount they absorbed and the depth of their understanding.(这是一个小小的变化，但扮演教师角色的学生得分明显更高。这种增加的参与度对他们吸收的知识量和理解的深度都产生了很大的影响)”可知，在Chase的研究中，扮演教师角色的学生得分更高是因为这种增加的参与度对他们吸收的知识量和理解的深度都产生了很大的影响。故答案为Because this increased engagement made a big difference in both the amount they absorbed and the depth of their understanding.

【42题详解】

考查细节判断。根据第六段“This responsibility drives us to make a greater effort to fill in the gaps in our own understanding and correct any mistaken assumptions before we pass them on.(这种责任感促使我们在传递信息之前，更加努力地填补自己理解上的空白，纠正任何错误的假设)”可知，是纠正我们自己错误的假设，而不是指出他们错误的假设，所以原句“The responsibility to teach others pushes us to point out their mistaken assumptions.”表述错误，应改为“The responsibility to teach others pushes us to correct our mistaken assumptions”。故答案为 The responsibility to teach others pushes us to point out their mistaken assumptions. The responsibility to teach others pushes us to correct our mistaken assumptions。

【43 题详解】

考查开放性题目。根据最后一段“So why not give it a try? To truly master something, start teaching it — even if your student is only a virtual one.(那么为什么不试一试呢？要真正掌握某样东西，就开始教它——即使你的学生只是一个虚拟的)”以及结合全文对“门生效应”的介绍可知，要真正掌握某样东西，就可以利用“门生效应”，找一个朋友或人工智能作为学生，用自己话解释新知识并邀请提问，这样有助于组织思路并发现需要改进的地方，从而真正学习。故答案为 Possible Version: I can find a friend or an AI to act as my student. After learning new knowledge, I explain it in my own words and invite questions. This helps me organize my thoughts and find areas for improvement, which is how I truly learn.

第二节（20 分）

44. 【答案】One possible version:

Labor Shaped Me

My most unforgettable labor experience happened in Gansu. Last summer, I joined a local project to plant trees in the desert.

Under the burning sun, I worked with volunteers to dig holes in the sandy land, put young trees in them and cover the roots with soil. I felt tired and my hands got sore, but I kept working with everyone till the end. We planted over 2,000 small trees together in three days.

This experience shaped me greatly. I realized that labor is not only about personal growth but also about social responsibility. By helping to stop the sand, I felt a true sense of achievement. In the future, I will devote myself to meaningful work, knowing that when we give our best to society, we also build a better self.

【导语】本篇书面表达属于应用文。题目要求学生以李华的身份，写一篇短文参与校英文报的征文活动，文章要详细描述自己的一次劳动经历，再阐明这一经历对自己的影响。

【详解】1. 词汇积累

难忘的：unforgettable→memorable, indelible

疲劳的：tired→fatigued, exhausted

成就：achievement→accomplishment

致力于：devote oneself to→dedicate oneself to

2. 句式拓展

同义句转换

原句：I felt tired and my hands got sore, but I kept working with everyone till the end.

拓展句：Even though I felt tired and my hands got sore, I kept working with everyone till the end.

【点睛】[高分句型 1] I realized that labor is not only about personal growth but also about social responsibility. (运用了 that 引导宾语从句)

[高分句型 2] In the future, I will devote myself to meaningful work, knowing that when we give our best to society, we also build a better self. (运用了现在分词 knowing 作状语、that 引导宾语从句、when 引导时间状语从句)