2022 天津高考真题英语

（第二次）

一、单项选择

1. —I worked on your car the whole night. How is it running?

— It is running great! _____. You were such a big help!

A. It's a pity　　B. I couldn't agree more

C. Forget it　　D. I can hardly thank you enough

2. Food and medical supplies_____ to all the residents after the hurricane last Sunday.

A. distribute　　B. distributed

C. are distributed　　D. were distributed

3. _____ we achieve great success in our work, we should not be too proud.

A. Ever since　　B. Even if　　C. In case　　D. As though

4. _____ gardening may be hard physical work, those who love it find it very relaxing mentally.

A. Although　　B. Once　　C. Since　　D. Unless

5. Critical reasoning, together with problem-solving, _____ teenagers to make better decisions.

A. prepare　　B. prepares

C. is preparing　　D. are preparing

6. _____ his restless students occupied with an indoor sport on rainy days, James Naismith created basketball.

A. To be kept　　B. Kept　　C. To keep　　D. Keeping

7. The children failed to hide their disappointment when they found out the school_____ the party.

A. cancels　　B. will cancel

C. has cancelled　　D. had cancelled

8. When people are depressed, some experience a loss of_____ while others can't stop eating.

A. appetite　　B. power　　C. memory　　D. sight

9. The city temperatures have returned from record low to normal, _____ the citizens to enjoy the outdoors again.

A. allowing　　B. being allowed

C. having allowed　　D. having been allowed

10. The experienced climber was_____ the potential danger in such extreme weather and decided to wait until the following day.

A. completely blind to　　B. totally lost in

C. pretty keen on　　D. well aware of

11. Mental health involves_____ you process things such as stress and anxiety.

A. how　　B. what　　C. why　　D. which

12. I'm far_____ and I'll never get this report done by Friday.

A. below surface　　B. beyond control

C. behind schedule　　D. above average

13. If we continue to_____ environmental problems, we will regret it sooner or later.

A. highlight　　B. identify　　C. ignore　　D. prevent

14. —Angela just doesn't like me. She won't even say hello.

—_____. Actually, she's very shy.

A. I have no idea　　B. Don't jump to conclusions

C. Don't mention it　　D. There is no doubt about it

15. Guide books are prepared to suit the convenience of the traveler, _____ routes round a city or a site are often suggested.

A. for which　　B. with which

C. for whom　　D. with whom

二、完形填空

When I was in sixth grade, I joined the band program to learn to play the clarinet (单簧管). The beginning of the year had gone ____16____. But as most students progressed, I seemed to fall behind. One day, when my teacher told us to play in front of the other students, I was filled with fear. I knew I would ____17____. When I began to play, my rhythms (节奏) were good, but my tone was another ____18____. "Did you practice your lesson?" the teacher barked at me. I felt so ____19____ and my world came ____20____ down in an instant.

From then on, I hated playing the clarinet and I kept getting ____21____. With the day of the new performance approaching, I grew increasingly upset. In a moment of ____22____, I asked for sick leave. It was so relieving and such a(n) ____23____ way out.

The avoidance of my lessons continued until my mum asked me about it. "I want to quit." My tears started ____24____. "If you really want to quit, why are you crying?" asked mum. She _____25_____ and I realized I wanted to stay in band and, by not facing my fears, I had created a black hole that would be difficult to _____26_____ out of. I made a _____27_____ not to hide from my fears and to stand up to even the worst of them, so a _____28_____ could be achieved.

The next day I met with my band teacher and told her I was having a problem and couldn't _____29_____ why. She asked me gently to play for her. I tried, but only an unpleasant sound came out. She didn't _____30_____ at me and handed me a new reed (簧片). I put it in place and tried again. To my great _____31_____ I could play well. My problem was solved and my fear was _____32_____ a lot that year.

_____33_____ I'm glad that I overcame my fear. Fear can _____34_____ everything in a person's life. Hiding from those very fears only creates a hole, which makes a person stay _____35_____ inside. After facing up to a fear, one may find life easier and much more enjoyable.

16. A. badly　　B. endlessly　　C. randomly　　D. smoothly

17. A. mess up　　B. move on　　C. set out　　D. take off

18. A. impression　　B. essay　　C. story　　D. factor

19. A. ashamed　　B. starved　　C. excited　　D. relaxed

20. A. crashing　　B. moving　　C. selling　　D. bending

21. A. stricter　　B. worse　　C. happier　　D. smarter

22. A. joy　　B. panic　　C. doubt　　D. sympathy

23. A. funny　　B. important　　C. easy　　D. traditional

24. A. drying　　B. disappearing　　C. flowing　　D. separating

25. A. had a point	B. made a change	C. reached a level	D. took a break
26. A. send	B. bring	C. pick	D. climb
27. A. request	B. resolution	C. presentation	D. proposal
28. A. balance	B. degree	C. position	D. solution
29. A. figure out	B. give away	C. think over	D. make up
30. A. aim	B. smile	C. wave	D. shout
31. A. anger	B. sorrow	C. disappointment	D. surprise
32. A. felt	B. shown	C. removed	D. voiced
33. A. Carrying on	B. Looking back	C. Stepping aside	D. Turning around
34. A. consume	B. examine	C. reflect	D. rescue
35. A. unknown	B. unpunished	C. interested	D. trapped

三、阅读理解

A

Getting into college is a big step for high school graduates, and it comes with a lot of changes. For most students, it's the first time they're living away from home and managing their own life. Not surprisingly, adapting to this new lifestyle can be challenging. The following four tips will make high school graduates better prepared for college life.

Goal setting

When setting goals, whether they're academic, career, or personal, re-member they should be attainable but not too easy, so that you really have to push yourself to achieve them, and feel rewarded when you do. Writing down your goals and breaking down each huge, long-term goal into smaller more practical ones can help make it feel more real, and writing out a plan for achieving it can give you a roadmap to success.

Interpersonal skills

At college, you will interact with fellow students, professors, librarians, and many others. Strong interpersonal skills will help you build relationships during this time, and get more out of them. If you feel that your interpersonal skills need some work, practice asking thoughtful questions and listening closely, develop your understanding by putting yourself in someone else's shoes, and enhance your self-confidence.

Studying

With fewer in-class hours and more on-your-own learning, you're required to really digest learning material rather than simply memorize facts. To be successful in college you'll need to learn how to integrate large amounts of information obtained through reading, do research, and write papers. Organization is the key, so if you are not someone who is naturally organized, set up your study schedule.

Budgeting

Managing money is a critical life skill, and for many, it is at college that they develop it for the first time. Start by estimating your financial balance. Then give high priority to the expenses on basic needs and determine how much money to set aside every month to cover those costs. Don't forget about savings…and the fun stuff(movies, dinners out), too.

36. Who is this passage most probably written for?

A. College teachers.

B. University graduates.

C. High school teachers.

D. Would-be college students.

37. What is the author's suggestion for reaching a huge goal?

A. Divide it into smaller, more achievable ones.

B. Reward oneself for each goal one has set.

C. Purchase a clear, updated roadmap.

D. Push oneself to an upper level.

38. One of the suggested ways to enhance your interpersonal skills is to _____.

A. prepare complicated questions

B. try on someone else's shoes

C. listen to others carefully

D. take advantage of others

39. What is the key to successful college study according to the author?

A. Being well-organized.

B. Being well-informed.

C. Effective reading skills.

D. Reliable research methods.

40. To learn how to manage money, the first thing to do is_____.

A. save money for financial investment

B. estimate one's income and expenses

C. set aside money for fun activities

D. open a personal bank account

B

I'm an 18-year-old pre-medical student, tall and good-looking, with two short story books and quite a number of essays to my credit. Why am I singing such praises of myself? Just to explain that the attainment of self-pride comes from a great deal of self-love, and to attain it, one must first learn to accept oneself as one is. That was where my struggle began.

Born and raised in Africa，I had always taken my African origin as burden. My self-dislike was further fueled when my family had to relocate to Norway, where I attended a high school. Compared to all the white girls around me, with their golden hair and delicate lips, I ,a black girl, had curly hair and full, red lips. My nose often had a thin sheet of sweat on it, whatever the weather was. I just wanted to bury myself in my shell crying "I'm so different!"

What also contributed to my self-dislike was my occasional stuttering (口吃), which had weakened my self-confidence. It always stood between me and any fine opportunity. I'd taken it as an excuse to avoid any public speaking sessions, and unknowingly let it rule over me.

Fortunately, as I grew older, there came a turning point. One day a white girl caught my eye on the school bus when she suddenly turned back. To my astonishment, she had a thin sheet of sweat on her nose too, and it was in November! "Wow," I whispered to myself, "this isn't a genetic(遗传的) disorder after all. It's perfectly normal." Days later, my life took an-other twist(转折). Searching the internet for stuttering cures, I accidentally learned that such famous people as Isaac Newton and Winston Churchill also stuttered. I was greatly relieved and then an idea

suddenly hit me—if I'm smart, I shouldn't allow my stuttering to stand between me and my success.

Another boost to my self-confidence came days later as I was watching the news about Oprah Winfrey, the famous talk show host and writer—she's black too! Whenever I think of her story and my former dislike of my color, I'm practically filled with shame.

Today, I've grown to accept what I am with pride; it simply gives me feeling of uniqueness. The idea of self-love has taken on a whole new meaning for me: there's always something fantastic about us, and what we need to do is learn to appreciate it.

41. What affected the author's adjustment to her school life in Norway?

A. Her appearance

B. Social discrimination.

C. Her changing emotions.

D. The climate in Norway.

42. What did the author's occasional stuttering bring about according on Paragraph 3?

A. Her lack of self-confidence.

B. Her loss of interest in school.

C. Her unwillingness to greet her classmates.

D. Her desire for chances to improve herself.

43. How did the author feel on noticing the similarity between her and the girl on the bus?

A. Blessed and proud.

B. Confused and afraid.

C. Amazed and relieved.

D. Shocked and ashamed.

44. What lesson did the author learn from the cases of Newton and Churchill?

A. Great minds speak alike.

B. Stuttering is no barrier to success.

C. Wisdom counts more than hard work.

D. Famous people can't live with their weaknesses.

45. What can best summarize the message contained in the passage?

A. Pride comes before a fall.

B. Where there is a will, there is a way.

C. Self-acceptance is based on the love for oneself.

D. Self-love is key to the attainment of self-pride.

C

Is it true that our brain alone is responsible for human cognition(认知)? What about our body? Is it possible for thought and behavior to originate from somewhere other than our brain? Psychologists who study Embodied Cognition(EC) ask similar questions. The EC theory suggests our body is also responsible for thinking or problem-solving. More precisely, the mind shapes the body and the body shapes the mind in equal measure.

If you think about it for a moment, it makes total sense. When you smell something good or hear amusing sounds, certain emotions are awakened. Think about how newborns use their senses to understand the world around them.

They don't have emotions so much as needs—they don't feel sad, they're just hungry and need food. Even unborn babies can feel their mothers' heartbeats and this has a calming effect. In the real world，they cry when they're cold and then get hugged. That way, they start to as-sociate being warm with being loved.

Understandably, theorists have been arguing for years and still disagree on whether the brain is the nerve centre that operates the rest of the body. Older Western philosophers and mainstream language researchers believe this is fact, while EC theorises that the brain and body are working together as an organic supercomputer, processing everything and forming your reactions.

Further studies have backed up the mind-body interaction. In one experiment, test subjects(实验对象) were asked to judge people after being handed a hot or a cold drink. They all made warm evaluations when their fingertips perceived warmth rather than coolness. And it works the other way too; in another study, subjects' fingertip temperatures were measured after being"included" in or "rejected" from a group task. Those who were included felt physically warmer.

For further proof, we can look at the metaphors(比喻说法) that we use without even thinking. A kind and sympathetic person is frequently referred to as one with a soft heart and someone who is very strong and calm in difficult situations is often described as solid as a rock. And this kind of metaphorical use is common across languages.

Now that you have the knowledge of mind-body interaction, why not use it? If you're having a bad day,a warm cup of tea will give you a flash of pleasure. If you know you're physically cold, warm up before making any interpersonal decisions.

46. According to the author, the significance of the EC theory lies in _____.

A. facilitating our understanding of the origin of psychology

B. revealing the major role of the mind in human cognition

C. offering a clearer picture of the shape of human brain

D. bringing us closer to the truth in human cognition

47. Where does the new borns' understanding of their surroundings start from?

A. Their personal looks.

B. Their mental needs.

C. Their inner emotions.

D. Their physical feelings.

48. The experiments mentioned in Paragraph 4 further prove_____.

A. environment impacts how we judge others

B. how body temperature is related to health

C. the mind and the body influence each other

D. how humans interact with their surroundings

49. What does the author intend to prove by citing the metaphors in Paragraph 5?

A. Human speech is alive with metaphors.

B. Human senses have effects on thinking.

C. Human language is shaped by visual images.

D. Human emotions are often compared to natural materials.

50. What is the author's purpose in writing the last paragraph?

A. To share with the reader ways to release their emotions.

B. To guide the reader onto the path to career success.

C. To encourage the reader to put EC into practice.

D. To deepen the reader's understanding of EC.

D

Ralph Emerson once said that the purpose of life is not to be happy, but to be useful, to be loving, to make some difference in he world. While we appreciate such words of wisdom, we rarely try to follow them in our lives.

Most people prefer to live a good life themselves, ignoring their responsibilities for the world. This narrow perception of a good life may provide short-term benefits, but is sure to lead to long-term harm and suffering. A good life based on comfort and luxury may eventually lead to more pain be-cause we spoil our health and even our character, principles, ideals, and relationships.

What then, is the secret of a good life? A good life is a process, not a state of being : a direction, not a destination. We have to earn a good life by first serving others without any expectation in return because their happiness is the very source of our own happiness. More importantly, we must know ourselves inside out. Only when we examine ourselves deeply can we discover our abilities and recognize our limitations, and then work accordingly to create a better world.

The first requirement for a good life is having a loving heart. When we do certain right things merely as a duty, we find our job so tiresome that we'll soon burn out. However, when we do that same job out of love, we not only enjoy what we do, but also do it with an effortless feeling.

However, love alone is insufficient to lead a good life. Love sometimes blinds us to the reality. Consequently, our good intentions may not lead to good results. To achieve desired outcome, those who want to do good to others also need to equip themselves with accurate world knowledge. False knowledge is more dangerous than ignorance. If love is the engine of a car knowledge is the steering wheel(方向盘). If the engine lacks power, the car can't move; if the driver loses control of the steering, a road accident probably occurs. Only with love in heart and the right knowledge in mind can we lead a good life.

With love and knowledge, we go all out to create a better world by doing good to others. When we see the impact of our good work on the world we give meaning to our life and earn lasting joy and happiness.

51. What effect does the narrow perception of a good life have on us?

A. Making us simple-minded　　B. Making us short-sighted.

C. Leading us onto a busy road.　　D. Keeping us from comfort and luxury.

52. According to the author, how can one gain true happiness?

A. Through maintaining good health.

B. By going through pain and suffering.

C. By recognizing one's abilities and limitations.

D. Through offering help much needed by others.

53. According to Paragraph 4, doing certain right things with a loving heart makes one_____.

A. less selfish　　B. less annoying

C. more motivated　　D. more responsible

54. In what case may good intentions fail to lead to desired results?

A. When we have wrong knowledge of the world.

B. When our love for the world is insufficient.

C. When we are insensitive to dangers in life.

D. When we stay blind to the reality.

55. According to Paragraph 5, life can be made truly good when _____.

A. inspired by love and guided by knowledge

B. directed by love and pushed by knowledge

C. purified by love and enriched by knowledge

D. promoted by love and defined by knowledge

四、阅读表达

阅读表达

It was a dark and stormy night. The ferocious wind shook the windows wildly, as though someone outside were beating on the glass. It was also New Year's Eve. We were having our annual party and had a house full of people just starting to celebrate.

Suddenly, we heard loud explosions. Looking outside and up into the hills, we saw sparks(火花) flying from electrical transformers(变压器). One area after another went dark up in those hills. Then there was the loudest explosion of them all and our house went dark too. I tried to find every candle we had and lit them. The candles made everything look lovely. But we had problems. We had fifteen people standing around and we still had to cook dinner. How would we do that without electricity?

The barbecue! Why not cook on the barbecue? We men went outside, some holding flashlights and others cooking. We did a wonderful job. The women stayed inside and got the salads ready. Everything was delicious. There were still a few hours to go before the beginning of the new year, so we all sat around the dining room table and sang up until a few minutes before midnight. We couldn't watch the ball drop in Times Square on television but that wouldn't stop us from celebrating. I stood on a chair and, with the help of someone's watch to tell us the time, we all counted down and I dropped a tennis ball! We all screamed Happy New Year. We didn't need electricity for that!

Nowadays, we still get together with the same group to celebrate the New Year and we still talk about that special night. I don't think we have ever laughed so much as we did on that New Year's Eve.

56. What does the underlined word mean in Paragraph 1? (1 word)

_____

57. What made dinner preparation difficult according to Paragraph 2? (no more than 6 words)

_____

58. How did the people celebrate on New Year's Eve according to the passage? (no more than 10 words)

_____

59. How does the author feel about that particular New Year's Eve? (no more than 8 words)

_____

60. What do you think is the most necessary quality when dealing with an unexpected difficult situation? Please explain why. (no more than 25words)

_____

五、写作

61. 假设你是晨光中学英语口语社的成员李津。为招募新成员，口语社请你用英语为社团纳新活动录制一段短视频。请按照以下提示，撰写视频的文字稿：

(1)向同学们发出入社邀请；

(2)介绍口语社的主要活动(如英语演讲比赛、观看英语电影等活动)；

(3)分享本人入社以来的收获。

注意：(1)词数不少于 100；

(2)可适当加入细节，使内容充实、行文连贯。

参考答案

一、单项选择

1.【答案】D

【详解】考查情景交际。句意：——我整晚都在你的车上工作。它是如何运行的？

——运行良好！太感谢您了。你真是帮了个大忙！A. It's a pity 太可惜啦；B. I couldn't agree more 我非常同意；C. Forget it 算了吧，休想；D. I can hardly thank you enough 太感谢您了。根据 It is running great!可知，此处向对方表示感谢，I can hardly thank you enough.意为“太感谢您了”，符合语境。故选 D 项。

2.【答案】D

【详解】考查动词的时态和语态。句意：上周日飓风过后，食品和药品供给被分发给了所有居民。分析句子成分可知，Food and medical supplies 作主语，为复数，与动词 distribute“分发”为动宾关系，故需要用被动语态 be distributed；根据后文 last Sunday“上周日”可知，句子需要用一般过去时态，故 be 动词要用 were。故选 D 项。

3.【答案】B

【详解】考查状语从句。句意：即使在工作中取得巨大成功，我们也不应该骄傲。A. Ever since 自从；B. Even if 即使，尽管；C. In case 以免；D. As though 好像。分析句子结构可知，此处为连词引导状语从句，结合句意可知，两个句子之间为让步关系，even if 意为“即使，尽管”符合语境。故选 B 项。

4.【答案】A

【详解】考查让步状语从句。句意：虽然园艺有可能是艰难的体力工作，但是对于那些热爱园艺的人来讲，它却是脑力上的放松。A. Although 尽管；B. Once 一……就……；C. Since 自从；D. Unless 除非。由语意可知，“园艺是项艰难的体力工作”与“对于热爱园艺的人而言，园艺工作是脑力上的放松”之间是让步关系，所以此处应用连词 although 表让步。故选 A 项。

5.【答案】B

【详解】考查主谓一致和时态。句意：批判性推理和解决问题的能力有助于青少年做出更好的决定。短语 together with/along with/as well as, etc 连接两个并列的名词或代词做主语时谓语动词的数由该结构前的名词或代词决定，句子主语为 Critical reasoning，谓语动词应用单数形式，此处为客观陈述，应用一般现在时。故选 B 项。

6.【答案】C

【详解】考查非谓语动词。句意：为了让精力充沛的学生能够在雨天待在室内活动，James Naismith 创造了篮球。分析句子结构可知，此处应填非谓语动词形式，结合句意可知，此处意为“为了”表示目的，所以该处为不定式作目的状语, 且 keep 与逻辑主语 James Naismith 之间为主动关系。故选 C 项。

7.【答案】D

【详解】考查动词的时态。句意：当孩子们发现学校取消了派对时，他们无法掩饰他们的失望。结合句意可知，学校取消派对发生在前，孩子无法掩饰失望发生在后，故从句的 cancel 为“过去的过去”，需要用过去完成时态。故选 D 项。

8.【答案】A

【详解】考查名词词义辨析。句意：当人们郁闷时，有些人会失去食欲，而有些人却忍不住暴饮暴食。A. appetite 食欲；B. power 权利；C. memory 记忆；D. sight 视力。结合后文 while others can't stop eating 表示对比，可知，前文表意与暴饮暴食相反，即毫无食欲。A 项符合句意。故选 A 项。

9.【答案】A

【详解】考查非谓语动词。句意：这个城市的温度已经从历史最低温度回归正常，使得人们又重新开始享受户外活动。分析句子可知，句子谓语动词是 have returned，allow 用非谓语动词形式作状语，根据句意，表示自然而然的结果，用现在分词作结果状语，故选 A。

10.【答案】D

【详解】考查形容词短语辨析。句意：有经验的登山者充分意识到在这样极端天气下存在的潜在风险，决定等到第二天。A. completely blind to 完全不了解；B. totally lost in 完全迷失于；C. pretty keen on 非常喜欢；D. well aware of 充分意识到。分析句子结构可知，此处应为形容词短语作表语，选项均为副词修饰形容词，结合句意可知，此处表示“充分意识到”，故 well aware of 符合句意。故选 D 项。

11.【答案】A

【详解】考查名词性从句。句意：心理健康包括如何处理诸如压力和焦虑之类的事物。分析句子结构可知，此处为连词引导的宾语从句作谓语动词 involves 的宾语，从句中不缺少主语和宾语，但句意不完整，根据句意可知，表示“如何，怎样”的连词 how 符合句意。故选 A 项。

12.【答案】C

【详解】考查介词短语词义辨析。句意：我远远落后于预定计划，我将无法在星期五之前完成这份报告。A. below surface 地表以下；B. beyond control 无法控制；C. behind schedule 落后于预定计划；D. above average 高于平均水平。根据句中“I'll never get this report done by Friday”可知，我无法在星期五之前完成这份报告，由此可知，我远远落后于预定计划，“behind schedule”意为“落后于预定计划”，符合语境。故选 C 项。

13.【答案】C

【详解】考查动词词义辨析。句意：如果我们继续忽视环境问题，我们迟早会后悔的。A. highlight 突出；强调；B. identify 辨认；识别；C. ignore 忽视；D. prevent 阻止。由句意可知对于环境问题我们迟早会后悔，而这一切都是因为我们对环境问题的忽视。故选 C 项。

14.【答案】B

【详解】考查情景交际。句意：—Angela 不喜欢我罢了。她甚至不愿意跟我打招呼。——不要太早下结论。事实上，她只是害羞而已。A. I have no idea 我不知道；B. Don't jump to conclusions 不要太早下结论；C. Don't mention it 不用谢；D. There is no doubt about it 这一点毫无疑问。根据下文“Actually, she's very shy.”可推断，不要太早下结论说 Angela 不喜欢说话人，她实际上只是害羞。故选 B。

15.【答案】C

【详解】考查定语从句。句意：旅游指南是为了给游客提供方便的，里面为游客建议了参观一个城市或景点的线路。分析句子成分可知，空处引导非限制性定语从句，修饰先行词 traveler；结合句意，路线是给游

客提供、为了游客而给出的建议，故需要用介词 for 表示“给……”，先行词为人，故 for 后用 whom。故选 C 项。

二、完形填空

【答案】16. D　17. A　18. C　19. A　20. A　21. B　22. B　23. C　24. C　25. A　26. D　27. B　28. D　29. A　30. D　31. D　32. C　33. B　34. A　35. D

【导语】这是一篇记叙文。文章讲述了作者因为自己单簧管演奏得不好，感到很沮丧，决定逃避，在妈妈的启发下，作者决定面对恐惧，找到老师寻求帮助，最终解决了问题，也战胜了自己的恐惧。

【16 题详解】

考查副词词义辨析。句意：年初进展顺利。A. badly 严重地；B. endlessly 无穷地；C. randomly 随机地；D. smoothly 顺利地。根据下文“But as most students progressed, I seemed to fall behind.”可知，上下文为转折关系，年初进展顺利，但随着大多数学生的进步，我似乎落后了。故选 D 项。

【17 题详解】

考查动词短语词义辨析。句意：我知道我会搞砸的。A. mess up 搞砸；B. move on 继续前进；C. set out 动身，出发；D. take off 起飞。根据上文“I seemed to fall behind”可知，我似乎落后于其他同学，由此可知，我认为自己演奏的不好，会搞砸的。故选 A 项。

【18 题详解】

考查名词词义辨析。句意：当我开始演奏时，我的节奏很好，但我的音调是另一回事。A. impression 印象；B. essay 散文；C. story 故事，情节；D. factor 因素。根据上文“I seemed to fall behind”可知，我演奏的不好，虽然节奏很好，但演奏不在调上，音调是另一回事，“my tone was another story”用来描述演奏不在调上。故选 C 项。

【19 题详解】

考查形容词词义辨析。句意：我感到很羞愧，我的世界瞬间崩溃了。A. ashamed 羞愧的；B. starved 饥饿的；C. excited 兴奋的；D. relaxed 放松的。根据上文“Did you practice your lesson?”可知，老师质疑我的演奏，怀疑我没有练习，由此可知，我为此感到羞愧。故选 A 项。

【20 题详解】

考查动词词义辨析。句意：我感到很羞愧，我的世界瞬间崩溃了。A. crashing 崩溃；B. moving 移动；C. selling 出售；D. bending 弯曲。根据上文“Did you practice your lesson?”可知，老师质疑我的演奏，怀疑我没有练习，由此可知，我感到很羞愧，感觉世界瞬间崩溃了。故选 A 项。

【21 题详解】

考查形容词词义辨析。句意：从那时起，我讨厌吹单簧管，而且越来越糟糕。A. stricter 更严格的；B. worse 更糟的；C. happier 更快乐的；D. smarter 更聪明的。根据下文“I grew increasingly upset”可知，我感到越来越沮丧，由此可知，我的状态越来越糟糕。故选 B 项。

【22 题详解】

考查名词词义辨析。句意：在一阵恐慌中，我请了病假。A. joy 喜悦；B. panic 恐慌；C. doubt 疑惑；D. sympathy 同情。根据上文“I hated playing the clarinet”和“With the day of the new performance approaching,

I grew increasingly upset.”可知，我讨厌吹单簧管，我感到越来越沮丧，由此可知，因为对即将到来的表演感到恐慌，所以我请了病假。故选 B 项。

【23 题详解】

考查形容词词义辨析。句意：这是一种解脱和容易的方式。A. funny 有趣的；B. important 重要的；C. easy 容易的；D. traditional 传统的。根据上文“I hated playing the clarinet”可知，我讨厌吹单簧管，由此可知，我请了病假，这是一种让我解脱的容易的方式，我可以不再面对单簧管表演。故选 C 项。

【24 题详解】

考查动词词义辨析。句意：“我想退出。”我的眼泪开始流下来。A. drying 使变干；B. disappearing 消失；C. flowing 流动；D. separating 使分开。根据下文“why are you crying”可知，我哭了，由此可知，我的眼泪流了下来。故选 C 项。

【25 题详解】

考查动词短语词义辨析。句意：她说得很有道理，我意识到我想留在乐队里，因为没有面对我的恐惧，我创造了一个很难爬出来的黑洞。A. had a point 有道理；B. made a change 做出改变；C. reached a level 达到一定水平；D. took a break 休息一下。根据句中“I realized I wanted to stay in band and”可知，我意识到我想留在乐队里，由此可知，我认为妈妈的话“If you really want to quit, why are you crying?(如果你真的想退出，为什么要哭？)”说得很有道理，如果我真想退出，就不会哭。故选 A 项。

【26 题详解】

考查动词词义辨析。句意：她说得很有道理，我意识到我想留在乐队里，因为没有面对我的恐惧，我创造了一个很难爬出来的黑洞。A. send 发送；B. bring 带来；C. pick 挑选；D. climb 爬。根据句中“created a black hole”可知，我无法面对我的恐惧，就像给自己创造了一个黑洞，很难爬出来。故选 D 项。

【27 题详解】

考查名词词义辨析。句意：我下定决心，不躲避自己的恐惧，即使是最糟糕的恐惧，我也要与之对抗，这样才能找到解决办法。A. request 请求；B. resolution 正式决定，决心；C. presentation 演示；D. proposal 提议。根据句中“stand up to even the worst of them”可知，我决定与恐惧对抗，由此可知，我下定决心，不躲避自己的恐惧。故选 B 项。

【28 题详解】

考查名词词义辨析。句意：我下定决心，不躲避自己的恐惧，即使是最糟糕的恐惧，我也要与之对抗，这样才能找到解决办法。A. balance 平衡；B. degree 程度，度数；C. position 位置；D. solution 解决办法。根据句中“stand up to even the worst of them”可知，我决定与恐惧对抗，是为了找到解决问题的办法。故选 D 项。

【29 题详解】

考查动词短语词义辨析。句意：第二天，我见到了我的乐队老师，告诉她我有一个问题，不理解为什么会这样。A. figure out 理解，想出；B. give away 赠送；C. think over 仔细考虑；D. make up 编造。根据句中“The next day I met with my band teacher and told her I was having a problem”可知，我把问题告诉老师，由此可知，我不理解为什么会这样，所以才请教老师。故选 A 项。

【30题详解】

考查动词词义辨析。句意：她没有冲我大喊大叫，递给我一个新簧片。A. aim 目的是；B. smile 微笑；C. wave 挥手；D. shout 喊叫。根据句中“She asked me gently to play for her.”可知，老师温柔地让我为她演奏，由此可知，她愿意帮助我解决问题，得知我的问题后，没有冲我大喊大叫。故选 D 项。

【31题详解】

考查名词词义辨析。句意：令我非常惊讶的是，我能演奏得很好。A. anger 愤怒；B. sorrow 悲伤；C. disappointment 失望；D. surprise 惊讶。根据句中“I could play well”可知，我之前一直演奏不好，突然能演奏得很好，这令我感到惊讶。故选 D 项。

【32题详解】

考查动词词义辨析。句意：那一年，我的问题解决了，我的恐惧消除了很多。A. felt 感觉到；B. shown 展示；C. removed 去除，使消失；D. voiced 表达，吐露。根据句中“My problem was solved”可知，我的问题解决了，由此可知，我的恐惧消除了很多，不再那么害怕演奏了。故选 C 项。

【33题详解】

考查动词短语词义辨析。句意：回首往事，我很高兴我克服了恐惧。A. Carrying on 继续；B. Looking back 回顾，回首往事；C. Stepping aside 下台，让位；D. Turning around 转身，调转方向。根据句中“I overcame my fear”可知，我克服了恐惧是发生在过去的事，由此可知，句中指回首往事，我很高兴我克服了恐惧。故选 B 项。

【34题详解】

考查动词词义辨析。句意：恐惧会消耗一个人生活中的一切。A. consume 消耗；B. examine 检查；C. reflect 反映；D. rescue 营救。根据上文“by not facing my fears, I had created a black hole that would be difficult to _____ out of”可知，因为没有面对我的恐惧，我陷入困境，无法面对生活，由此可知，恐惧会消耗一个人生活中的一切。故选 A 项。

【35题详解】

考查形容词词义辨析。句意：躲避这些恐惧只会造成一个洞，让人困在里面。A. unknown 未知的；B. unpunished 未受惩罚的；C. interested 感兴趣的；D. trapped 受困的。根据上文“by not facing my fears, I had created a black hole that would be difficult to _____ out of”可知，因为没有面对我的恐惧，我创造了一个很难爬出来的黑洞，由此可知，躲避恐惧只会造成一个洞，人被困在里面。故选 D 项。

三、阅读理解

【答案】36. D　37. A　38. C　39. A　40. B

【导语】本文是一篇应用文。主要介绍了高中毕业生如何为大学生活做更好准备的四个技巧。

【36题详解】

推理判断题。根据第一段中的首句“Getting into college is a big step for high school graduates, and it comes with a lot of changes.(对于高中毕业生来说，进入大学是一大步，它带来了很多变化。)”和最后一句“The following four tips will make high school graduates better prepared for college life.(以下四个技巧将使高中毕业生为大学生活做好更好的准备。)”可知，该文主要针对于高中毕业生的。故选 D 项。

【37题详解】

细节理解题。根据第二段中“Writing down your goals and breaking down each huge, long-term goal into smaller more practical ones can help make it feel more real, and writing out a plan for achieving it can give you a roadmap to success.(写下你的目标，把每个巨大的长期目标分解成更小、更实际的目标，可以帮助它感觉更真实，写出一个实现它的计划可以给你一个成功的路线图。)”可知，作者建议学生要将宏大的计划拆分成一个个细小的可实现的计划。故选A项。

【38题详解】

细节理解题。根据第三段中的“If you feel that your interpersonal skills need some work, practice asking thoughtful questions and listening closely, develop your understanding by putting yourself in someone else's shoes, and enhance your self-confidence.(如果你觉得你的人际交往能力需要一些工作，练习提出深思熟虑的问题并仔细倾听，通过设身处地为别人着想来发展你的理解，增强你的自信心。)”可知，新生在人际交往时学会倾听。故选C项。

【39题详解】

细节理解题。根据第四段中的“Organization is the key，so if you are not someone who is naturally organized，set up your study schedule.(组织是关键，所以如果你不是一个自然有条理的人，那就制定你的学习时间表。)”可知，在大学成功学习的关键是要学会成为一个有条理性的人，并科学安排自己的时间。故选A项。

【40题详解】

细节理解题。根据最后一段中的“Managing money is a critical life skill, and for many, it is at college that they develop it for the first time. Start by estimating your financial balance.(理财是一项至关重要的生活技能，对许多人来说，正是在大学里，他们第一次发展了这项技能。从估计你的财务平衡开始。)”可知大学生要学会自主管理金钱，首先要让收支相抵。故选B项。

【答案】41. A　42. A　43. C　44. B　45. D

【导语】本文是一篇记叙文。讲述的是作者在非洲长大的经历，在成长的过程中作者意识到一个人要获得自尊就要首先学会接受自己本来的面目。

【41题详解】

推理判断题。根据文中第二段“Compared to all the white girls around me, with their golden hair and delicate lips, I ,a black girl, had curly hair and full, red lips. My nose often had a thin sheet of sweat on it, whatever the weather was. I just wanted to bury myself in my shell crying “I'm so different!”(与我周围所有有着金色头发和精致嘴唇的白人女孩相比，我，一个黑人女孩，有着卷曲的头发和饱满的红唇。无论天气如何，我的鼻子上经常有一层薄薄的汗水。我只想把自己埋在壳里哭着“我太不一样了！”)”可知，作者的外表与其他的孩子不同，这使得作者不容易适应学校的生活。故选A项。

【42题详解】

细节理解题。根据文章第三段“What also contributed to my self-dislike was my occasional stuttering(口吃), which had weakened my self-confidence.(导致我自我厌恶的还有我偶尔的口吃，这削弱了我的自信心。)”可知，作者的口吃导致作者失去了自信。故选A项。

【43题详解】

推理判断题。文中第四段提到“To my astonishment, she had a thin sheet of sweat on her nose too, and it was in November!(令我惊讶的是，她的鼻子上也有薄薄的汗水，而且是在十一月！)”可知，作者见到小女孩儿感到很惊讶，根据句子中“‘‘Wow,” I whispered to myself, “this isn’t a genetic(遗传的) disorder after all. It’s perfectly normal.”(“哇，”我低声对自己说，“这毕竟不是遗传疾病。这很正常。”)”可知，作者此刻感到很放松。故选 C 项。

【44 题详解】

细节理解题。根据文章第四段“I was greatly relieved and then an idea suddenly hit me—if I’m smart, I shouldn’t allow my stuttering to stand between me and my success.(我大大地松了一口气，然后一个想法突然出现在我脑海中——如果我聪明，我不应该让我的口吃阻碍我和我的成功。)”可知, 作者意识到口吃不应该是自己成功的障碍。故选 B 项。

【45 题详解】

主旨大意题。根据首段中的“Just to explain that he attainment of self-pride comes from a great deal of self-love, and to attain it, one must first learn to accept oneself as one is. That was where my struggle began.(只是为了解释他获得自尊来自大量的自爱，而要获得它，一个人必须首先学会接受自己的本来面目。这就是我挣扎开始的地方。)”可知，本文要讲述的是作者在经历中感悟到要想有自尊，首先要自爱。故选 D 项。

【答案】46. D　47. D　48. C　49. B　50. C

【导语】本文是一篇说明文。介绍了心理学家的一项 EC 理论表明，我们不是只有大脑负责人类的认知，我们的身体也负责思考或者解决问题。更准确的说思想塑造身体，身体同等程度地塑造思想。

【46 题详解】

推理判断题。根据文章第一段“The EC theory suggests our body is also responsible for thinking or problem-solving. More precisely, the mind shapes the body and the body shapes the mind in equal measure.(EC 理论表明，我们的身体也负责思考或解决问题。更准确地说，思维塑造身体，身体同等程度地塑造思维。)”可知，EC 理论认为我们身体就像大脑一样塑造我们的认知，因此推断 EC 理论的意义在于让我们更接近人类认知的真理。故选 D 项。

【47 题详解】

推理判断题。根据文章第二段“They don’t have emotions so much as needs—they don’t feel sad, they’re just hungry and need food. Even unborn babies can feel their mothers’ heartbeats and this has a calming effect. In the real world，they cry when they’re cold and then get hugged. That way, they start to as-sociate being warm with being loved.(他们没有如同需要那么多的情感——他们不会感到悲伤，他们只是饿，需要食物。即使是未出生的婴儿也能感觉到母亲的心跳，这具有镇静作用。在现实世界中，他们冷了就哭，然后被拥抱。这样，他们开始将温暖与被爱联系起来。)”可知，新生儿对周围环境的理解依靠的是身体感觉。故选 D 项。

【48 题详解】

推理判断题。根据第四段首句“Further studies have backed up the mind-body interaction.(进一步的研究支持了思想与身体的相互作用。)”接下来列举了两个实验“In one experiment, test subjects(实验对象) were asked to judge people after being handed a hot or a cold drink. They all made warm evaluations when their fingertips perceived warmth rather than coolness. (在一项实验中，测试对象被要求在递给热饮或冷饮后判断人。当他们

的指尖感知到温暖而不是凉爽时，他们都做出了温暖的评价。)”表明，身体会影响到思想，以及“And it works the other way too;in another study, subjects' fingertip temperatures were measured after being "included" in or "rejected" from a group task. Those who were included felt physically warmer.(相反，也是如此；在另一项研究中，受试者的指尖温度是在被“纳入”或“拒绝”小组任务后测量的。那些被纳入在内的人感到身体温暖。)”表明身体会受到思想的影响，因此推断实验进一步证明了身体与思想间的相互作用。故选 C 项。

【49 题详解】

推理判断题。根据文章第五段中的主题句“For further proof, we can look at the metaphors(比喻说法) that we use without even thinking.(为了进一步证明，我们可以看看我们不假思索就使用的比喻说法〉。)”以及下文的陈述“A kind and sympathetic person is frequently referred to as one with a soft heart and someone who is very strong and calm in difficult situations is often described as solid as a rock.(一个善良和富有同情心的人经常被称为心软的人，而在困难的情况下非常坚强和冷静的人通常被描述为坚如磐石。)”说明人们使用身体触感比喻人可推断，作者通过陈述比喻手法是为了进一步证明我们人类的感觉对思维有影响。故选 B 项。

【50 题详解】

推理判断题。根据最后一段“Now that you have the knowledge of mind-body interaction, why not use it?(既然您已经掌握了身心互动的知识，为什么不使用它呢？)”以及下文中列举的两种现实生活中的情况“If you're having a bad day, a warm cup of tea will give you a flash of pleasure. If you know you're physically cold, warm up before making any interpersonal decisions.(如果你今天过得很糟糕，一杯温暖的茶会给你带来一瞬间的快乐。如果你知道自己身体很冷，在做出任何人际关系决定之前先热身。)”可知，理论知识已经知道，且在现实生活中有一定的运用价值，所以作者最后一段是在鼓励读者把 EC 理论运用于现实生活中。故选 C 项。

【答案】51. B　52. D　53. C　54. A　55. A

【导语】本文是一篇议论文。文章主要论述了美好生活的秘诀是什么。人生的目的不是生而快乐，而是生而有益。

【51 题详解】

细节理解题。根据文章第二段“This narrow perception of a good life may provide short-term benefits, but is sure to lead to long-term harm and suffering.(这种对美好生活的狭隘看法可能会带来短期的好处，但肯定会导致长期的伤害和痛苦。)”可知，对美好生活的狭隘看法只能给我们带来短期的好处，所以时间长了会让我们目光短浅、短视。故选 B 项。

【52 题详解】

细节理解题。根据文章第三段“We have to earn a good life by first serving others without any expectation in return because their happiness is the very source of our own happiness.(我们必须先为他人服务而不求回报，因为他人的幸福是我们自己幸福的源泉。)”可知，我们能够从帮助他人获得真正的幸福。故选 D 项。

【53 题详解】

推理判断题。根据文章第四段“However, when we do that same job out of love, we not only enjoy what we do, but also do it with an effortless feeling.(然而，当我们出于热爱做同样的工作时，我们不仅享受我们做的事情，而且也享受那种毫不费力的感觉。)”可知，带着热爱去做事会让人更加享受做这件事情；越享受做某

件事，做事越有动力。故选 C 项。

【54 题详解】

推理判断题。根据文章第五段“False knowledge is more dangerous than ignorance.(虚假的知识比无知更危险。)”可以推测出，当我们对世界有错误的认识的时候，就算意图良好，也可能导致不好的、违背预期的结局。故选 A 项。

【55 题详解】

细节理解题。根据文章最后一段“With love and knowledge, we go all out to create a better world by doing good to others.(带着爱和知识，我们全力以赴，通过对他人做好事来创造一个更美好的世界。)”可知，有爱和知识，生活就会变得更美好。故选 A 项。

四、阅读表达

【答案】56. Fierce./ Strong./ Violent.

57. No electricity./ The power failure./ There was no electricity./ Electricity was gone.

58. They cooked on the barbecue, sang, and counted down./ By cooking on the barbecue, singing, and counting down.

59. It was the most exciting one./ It was a night filled with laughter./ It was special./ Exciting./ Pleasant./ Unforgettable./ Joyful./ Different./ Memorable./ Unique.

60. It is courage, for it gives us strength, which enables us to deal with difficulties.

【导语】本文是一篇记叙文。文章主要记叙了作者经历过的一个突发事故，新年夜变压器爆炸，十五个朋友面面相觑，没有电还需要做年夜饭，但作者和朋友一起努力，度过了一个美好的新年夜。

【56 题详解】

考查词义猜测。根据文章第一段“The ferocious wind shook the windows wildly, as though someone outside were beating on the glass.(狂风猛烈地摇动着窗户，好像外面有人在敲打着玻璃。)”，结合常识可知，风肯定很大才会像窗外有人敲打着玻璃；形容风特别大可以用形容词 fierce“猛的”、strong“强的”或 violent“暴力的”。故答案为 Fierce./ Strong./ Violent。

【57 题详解】

考查细节理解。根据文章第二段“We had fifteen people standing around and we still had to cook dinner. How would we do that without electricity?(我们有 15 个人站着，我们还得做晚饭。没有电，我们要怎么办呢？)”可知当时有 15 个人共同准备迎接新年，如何在断电的情况下准备这么多人的晚餐，变得很困难。故答案为 No electricity./ The power failure./ There was no electricity./ Electricity was gone.。

【58 题详解】

考查细节理解。根据文章第三段“Why not cook on the barbecue?(为什么不在烧烤架上做呢)”、“so we all sat around the dining room table and sang up until a few minutes before midnight.(所以我们都坐在餐厅的桌子旁，一直唱到午夜前几分钟。)”和“we all counted down and I dropped a tennis ball!(我们都开始倒数，然后我掉了一个网球！)” 可知，大家在烧烤架上做了饭、唱了歌，也做了新年倒数。故答案为 They cooked on the barbecue, sang, and counted down./ By cooking on the barbecue, singing, and counting down.。

【59 题详解】

考查推理判断。根据文章第四段“Nowadays, we still get together with the same group to celebrate the New

Year and we still talk about that special night. I don't think we have ever laughed so much as we did on that New Year's Eve. (现在，我们仍然聚在一起庆祝新年，我们仍然谈论那个特别的夜晚。我想我们从来没有像那个新年前夜那样笑得那么开心过。)”可知，作者认为那一夜是特别的，是充满欢笑的。故答案为 It was the most exciting one./ It was a night filled with laughter./ It was special./ Exciting./ Pleasant./ Unforgettable./ Joyful./ Different./ Memorable./ Unique.。

【60 题详解】

考查推理判断。本题要求考生基于对篇章整体内容的理解，对青年人面对突发事件应如何面对给出自己的想法，为开放性试题。故参考答案为：It is courage, for it gives us strength, which enables us to deal with difficulties.

五、写作

61.【答案】One possible version

Hello, everyone! I'm Li Jin, a member of the Spoken English Club of our school. I'm here to invite you to join us. This will be a good chance for all English lovers.

The club offers various interesting activities. We can participate in English speech contests, watch classic English movies, sing English songs and attend inspiring lectures. All of them help to stimulate our interest in learning English and make our school life much more enjoyable.

The club activities have benefited me a lot. I have not only improved my spoken English, but also made a lot of friends.

Now, it's your turn to join us. We are looking forward to having you in the club!

【导语】本篇书面表达属于应用文。要求考生为英语口语社的纳新视频写一段文字稿，向同学们发出邀请，并介绍口语社的主要活动，分享入社以来的收获。

【详解】1.词汇积累

机会：chance →opportunity

参加：participate in →take part in →join in

愉快的：enjoyable →joyful

激发：stimulate →motivate →activate

2.句式拓展

简单句变复合句

原句：The club activities have benefited me a lot.

拓展句：The club activities which I have joined in have benefited me a lot.

【点睛】【高分句型 1】We are looking forward to having you in the club!（运用了动名词作宾语）

【高分句型 2】I have not only improved my spoken English, but also made a lot of friends.

（运用了 not only…but also…连接并列结构）