2022 北京石景山高三（上）期末

英　　语

本试卷共 10 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 完形填空 (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。

One Monday morning I came into the classroom and caught Joe ____1____ a picture on his math book. This was one day after I had given the class a lecture on taking care of school property. Normally I would have got angry and ____2____ him to the office. Instead, I walked over to his desk and stood there. Joe closed the book immediately, trying to hide his drawing. I said, “Let me ____3____ what I said yesterday: these textbooks are going to be used for the next five years, and I ____4____ you to take good care of them.” “Sorry,” Joe murmured. “I forgot.” “I see.” I said.

When I returned to Joe’s desk again, he was erasing the drawing with his tiny, worn-out eraser. I ____5____ him mine and a drawing pad, and then said, “Here, this might make the job ____6____. And you can also use the pad whenever you have the ____7____ to draw.” Joe looked ____8____ and said, “Thanks.” I nodded and started my lesson.

Joe hasn’t drawn in his textbook since. He keeps the pad in his pocket and shows me his drawing from time to time. I’m glad I didn’t ask him to go to the office that day. It might have stopped him from marking on his books, but we would never have the ____9____ we have today. And who knows, I may have ____10____ a promising Picasso.

1. A. drawing	B. copying	C. observing	D. examining
2. A. welcomed	B. sent	C. begged	D. followed
3. A. check	B. prove	C. update	D. repeat
4. A. force	B. allow	C. expect	D. promise
5. A. rewarded	B. handed	C. showed	D. mailed
6. A. slower	B. earlier	C. safer	D. easier
7. A. urge	B. energy	C. ambition	D. talent
8. A. surprised	B. calm	C. awkward	D. anxious
9. A. achievement	B. appointment	C. relationship	D. conflict
10. A. attracted	B. encouraged	C. ignored	D. cheated

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

A

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

My father always tells me not to gossip (八卦) about others behind their backs. When in middle school I once ____11____ (compete) with another classmate, Amy, for the monitor. To gain an advantage, I invited some classmates to my home and gossiped a lot about Amy.____12____ (hear) what I said, my father told me, “When your forefinger ____13____ (point) at others’ back, you have other three fingers pointing at ____14____ (you) and fighting back with triple power.”

B

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

As a parent, I'm concerned my kids are buying soda water in the school cafeteria every day. Too much sugar makes it ____15____ (challenge) for kids to concentrate. Besides, drinking soda water can contribute to long-term health ____16____ (problem) such as obesity (肥胖症) and diabetes (糖尿病). I am not suggesting that our school determine ____17____ kids eat and drink. But I do believe the school should promote healthy lifestyles, including proper nutrition.

C

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

Your personality shapes you. Personality is the characteristic patterns of thoughts, feelings and behaviors ____18____ make a person unique. Understanding personality allows us ____19____ (predict) how people will respond to certain situations and what they prefer and value. For example, an outgoing person may jump for joy when facing new experiences, while a shy person may feel ____20____ (embarrass) in front of a large group of people.

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

Earlier this year the price on the bestseller, *The Girl on the Train*, was cut from $11.99 to $1.99 for one day only. *The Da Vinci Code* was given away for free for one week. Most people were completely unaware of these huge deals.

A select group of readers, however, had the inside scoop (消息) on all these deals. They were using our service at the deal site, BookBub, a daily email that offers limited-time deals on free or deeply-discounted e-books.

Easy Access

Over 10 million people have signed up for BookBub's free service. Readers sign up with just an email address, and then select their favorite genres (类型). Each day, we send an email with free and discounted bestselling e-books in the selected genres. Just click, download, and read on a device.

Customized Categories

Ranging from mysteries to romance to cookbooks, there are more than 35 categories to choose from to customize your email.

Expert Editors

Each title is hand-selected by our editorial team to ensure the highest quality. In addition, each book is at least 75% off, and many are free, which makes it extremely low-risk to try new authors and genres.

Book lovers have now become practically attracted to this concept. In many cases, they've downloaded hundreds of books and saved hundreds of dollars using the service.

"I now have more books than I can read in a lifetime," said Suzie Miller of Auburn, WA. She said she has downloaded more than 350 free e-books using the service.

Sign up to see today's deals!

21. According to the passage, BookBub is unique mainly in its _____.

A. wide price range　　B. rich selection of authors

C. various events for readers　　D. personalized recommendations

22. The author mentions Suzie Miller's statement in order to _____.

A. prove popularity of the e-books
B. show the benefits of BookBub
C. call on people to read more e-books
D. offer guidance on using BookBub

23. The main purpose of the passage is to _____.
A. promote a deal site
B. give advice on book choice
C. report a new way to read
D. compare e-books with paper books

B

Three months ago, I broke a vertebra (椎骨) in my lower back. Staying in hospital, I longed for the football pitch like never before. I even joked: "So I have to wear a brace (支具) now when I play football."

Now came the moment! Waiting for the doctor, I became unbearably impatient. I had waited for three months to find out whether or not I would be cleared to play football again, but the thought of waiting another five minutes seemed impossible. Then Dr. Pittinger entered the room. The question remained unasked and unanswered as we went through the procedures of a physical. The time had finally come. He spoke slowly and softly, but still rather matter-of-factly, as he told me that I would never be able to play football again.

The realization sank in immediately. I wasn't surprised, but I opposed the idea wholeheartedly. For months after I was released, I continued to work out with the football team. I woke up every morning at five for rehab (康复训练). Even though I was ashamed to wear my back brace, I wore it devotedly. At night, I slept on the floor because my doctor told me that sleeping on a firm surface was good for my back. I was determined to play again.

However, in the end, just as the doctor ordered, I never played another quarter of football. After several nights of coming home from training barely able to walk, I finally gave in. For a while, I felt that giving up was like an admittance of defeat rather than the acceptance of a truth. But over time, I realized no matter what happened, life would go on. Rather than focus on what was undeniably unachievable, I understood that even though this particular option was no longer open to me, I had countless other choices to make in its place.

24. Why was the author impatient when waiting for the doctor?
A. Because he disliked wearing a brace.
B. Because he desired to leave the hospital.
C. Because he was desperate to know the result.
D. Because he wanted to be treated immediately.

25. How did the author feel at the doctor's words?
A. Unwilling to accept the truth.
B. Disappointed with the treatment.
C. Regretful over his carelessness.
D. Hopeful of making other choices.

26. What happened to the author in the end?
A. He proved the doctor wrong.
B. He fully recovered from the injury.
C. He improved his football skills.
D. He failed to return to the football field.

27. What can we conclude from this passage?
A. Take life as it comes.
B. Doing is better than saying.
C. Nothing is impossible to a willing heart.
D. The longest journey begins with the first step.

C

It's truly never too late to begin exercising, according to the researchers led by Pedro Saint-Maurice of the U.S. National Cancer Institute. Even for people who were "couch potatoes" in their youth, starting regular exercise in middle-age can still greatly cut the probability of death from any cause.

The study tracked the lifetime exercise patterns of more than 315,000 people. The investigators found that folks who'd exercised all their lives had a 36 percent lower risk of dying during the study period, compared to people who'd never exercised. But, perhaps surprisingly, people who'd been inactive in youth but decided to get more physical in their 40s and 50s saw almost the same decline—35 percent—in their probability of an early death.

The study also found that a mid-life start to physical activity seemed to cut the probability of death from the two major killers—heart disease and cancer. For people who began exercising in their 40s and 50s, rates of death from heart disease fell by 43 percent compared to people who'd never exercised, and the cancer death rate fell by 16 percent. Those declines were similar to those seen in people who'd exercised all their adult lives.

"This study, once again, indicates the importance of physical activity in relationship to one's long-term mortality," said Dr. Evelina Grayver. "Whether or not you start exercising when you are younger or older, the benefits will always be there. But starting exercising at a later age and still getting the same mortality benefit doesn't mean that one should not exercise in younger years. Overall effects of continuous physical activity decrease the risk of an early death."

The researchers also noted that while other research linking exercise to longevity has looked at physical activity at just one point in the lifetime, theirs is the first to examine the role of "participation in physical activity throughout the different stages of adulthood." This new research demonstrates the crucial relationship between physical activity and the prevention of death at any age.

28. What can we infer from the passage?

A. Exercising at any age helps one enjoy a happier life.

B. Lifelong exercising can guarantee a lower death rate.

C. Exercising in 40s and 50s may add years to one's life.

D. Lack of physical activity leads to heart disease and cancer.

29. What is the main purpose of the passage?

A. To analyse a link between exercises and death rate.

B. To compare the consequences of exercise in different ages.

C. To explain the significant effects of continuous physical activity.

D To introduce a new study on the benefits of exercise in middle age.

30. What is the author's attitude towards "waiting until middle age to get fit?"

A. Doubtful. B. Disapproving. C. Supportive. D. Neutral.

D

A quiet space is often considered essential for achieving the concentration that leads to academic success. But research shows that some students may benefit from breaking the silence with certain kinds of music while they study. Music has a powerful influence on both the body and the brain, in ways that can help students navigate the physical and emotional barriers that come with academic challenges.

One U.S. study compared students who took a test to soft music with those who took the test under silent conditions. The study found that students taking a test to music not only completed more questions within a set time but also answered more questions correctly. Music has been further linked to improvements in memory and recall. Experts have found that when music stimulates mood and motivation, students are able to learn more and to better demonstrate their knowledge.

A bit of mood music affects more than just memory and recall when students hit the books. Music can also relieve stress associated with school. Scientists have learned that music engages the autonomic nervous system, which not only controls the unconscious functions of the body but also influences emotions. So it's no surprise that researchers from the Group Health Research Institute concluded that certain kinds of background music can be just as effective at reducing stress as a massage. Furthermore, while the brain feels better with music, the body may as well. Research shows that certain types of music can make physical pain feel less intense. What's more, calming music with a steady, meditative rhythm can help people sleep longer and more deeply.

However, some educators express concern that listening to music while trying to concentrate may do more harm than good. Loud music may have a negative influence on a student's mood or act as a distraction. Actually, the best approach may depend on the students themselves. Listening to music during study time may not mean a guaranteed A for all students, but those who find it helpful should be allowed to plug in their headphones.

31. What does the underlined word "navigate" in the first paragraph probably mean?

A. Recognize. B. Overcome. C. Assess. D. Create.

32. What can we learn from this passage?

A. Music helps students get rid of physical pain.

B. Loud music has the same calming effect as a massage.

C. Listening to music makes it easier for students to multitask.

D. Music helps students better remember relevant information.

33. The author writes Paragraph 3 mainly to _____.

A. present the effects of music on mind and body

B. compare the functions of different types of music

C. confirm the impacts of music on memory and recall

D. give examples of the influences of music on emotions

34. Which of the following would be the best title for this passage?

A. The Power of Silence B. Music to a Sharper Mind

C. The Score to Better Scores D. Road to Academic Success

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。

Discipline is used in schools to keep students, teachers and other staff safe and to help meet the behavioral, social and emotional needs of the students as they grow and develop. Schools can choose to use discipline in various ways. ____35____

Punitive (惩罚性的) techniques of discipline are most commonly used. ____36____ For example, a student must move his desk to the front of the room after getting caught throwing pencils at other students. The aim is that next time the student considers throwing a pencil, he will remember the embarrassment of having to move to the front of the room while the entire class knows he is in trouble.

Zero tolerance is something that is used for more severe behaviors. ____37____ However, the technique of zero tolerance means that no warnings are given and consequences are immediate. This type of discipline is used in cases of violence toward other students and other dangerous behaviors.

Some schools also use positive reinforcement (强化), which is a technique that involves offering positive consequences for behaviors that teachers and other staff want to see. For example, perhaps a student is given a sticker for turning in homework on time. ____38____ So students want to make the right choices.

The type of discipline a school chooses to use has an impact on the overall atmosphere and safety of the learning environment. ___39___ It means schools can choose more than one type according to different situations. In this way, schools can create well-rounded students who avoid undesired behaviors and instead gravitate toward the desired ones.

A. The goal here is to make proper behavior attractive.

B. It helps students have a higher academic performance.

C. In general, experts suggest using a mixture of the types.

D. It aims to teach students ways to avoid undesired behaviors.

E. And the choice usually depends on how severe the wrongdoing is.

F. They involve using punishment in response to a negative behavior.

G. Typically students are given one warning or two before being punished.

第三部分： 书面表达（共两节，32 分）

第一节 （共 4 小题；第 1-2 题每小题 2 分，第 3 题 3 分，第 4 题 5 分，共 12 分）

阅读下面短文，根据短文内容在答题卡相应题号后的横线上写下相关信息，完成对该问题的回答。

In 1983, Howard Gardner, a professor at Harvard, published *Frames of Mind: The Theory of Multiple Intelligences*. In the book, he presented one type of intelligence that everyone must develop if they want to be successful. That is emotional intelligence.

Emotional intelligence refers to the ability to identify and regulate your own emotions. It means having a deep understanding of yourself, knowing your own strengths and weaknesses, and handling reactions and emotions wisely. Emotional intelligence is critical for success in almost any field and it is especially important for high-stress environments, for example, when times are tough and when a person wants to quit or is fearful.

We all know highly emotional people. Rather than react wisely, they tend to let their emotions run their lives, often saying or doing something they may later regret. I've seen many people do this on social media, getting in arguments with loved ones over trivial stuff because they have different opinions. This inability to master the self leads to many struggles and heartaches for people.

Emotional intelligence does not mean being void (没有) of emotions. It means you know it is okay to be angry, just not out-of-control angry. You know it's okay to feel hurt, but it is not okay to do something stupid in the name of revenge (报复). Many of us know people who are very intelligent, but allow their emotions to damage their lives.

Now, reflect on how you manage your emotions. Are you smart in the way you express what you're feeling, especially when the pressure is on?

40. According to the passage, what is "emotional intelligence"?

41. How do highly emotional people deal with their emotions?

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

It's important to keep your emotions under control, so when you get hurt, you should neither get angry nor do stupid things for revenge.

43. In your daily life, what can you do to better manage your emotions?

第二节 （20 分）

44. 假设你是红星中学高三学生李华。北京 2022 年冬奥会开幕在即，你的英国朋友 Jim 了解到你校近期举办了"冬奥周"活动，向你询问情况。请你给他回邮件，内容包括：

1.相关活动；

2.你的感受。

注意：1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

提示词：冬奥周 Winter Olympics Week

Dear Jim,

_____

_____

_____

_____

_____

Yours,

Li Hua

参考答案

第一节 完形填空 (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。

One Monday morning I came into the classroom and caught Joe ____1____ a picture on his math book. This was one day after I had given the class a lecture on taking care of school property. Normally I would have got angry and ____2____ him to the office. Instead, I walked over to his desk and stood there. Joe closed the book immediately, trying to hide his drawing. I said, "Let me ____3____ what I said yesterday: these textbooks are going to be used for the next five years, and I ____4____ you to take good care of them." "Sorry," Joe murmured. "I forgot." "I see." I said.

When I returned to Joe's desk again, he was erasing the drawing with his tiny, worn-out eraser. I ____5____ him mine and a drawing pad, and then said, "Here, this might make the job ____6____. And you can also use the pad whenever you have the ____7____ to draw." Joe looked ____8____ and said, "Thanks." I nodded and started my lesson.

Joe hasn't drawn in his textbook since. He keeps the pad in his pocket and shows me his drawing from time to time. I'm glad I didn't ask him to go to the office that day. It might have stopped him from marking on his books, but we would never have the ____9____ we have today. And who knows, I may have ____10____ a promising Picasso.

1. A. drawing	B. copying	C. observing	D. examining
2. A. welcomed	B. sent	C. begged	D. followed
3. A. check	B. prove	C. update	D. repeat
4. A. force	B. allow	C. expect	D. promise
5. A. rewarded	B. handed	C. showed	D. mailed
6. A. slower	B. earlier	C. safer	D. easier
7. A. urge	B. energy	C. ambition	D. talent
8. A. surprised	B. calm	C. awkward	D. anxious
9. A. achievement	B. appointment	C. relationship	D. conflict
10. A. attracted	B. encouraged	C. ignored	D. cheated

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

【解析】

【分析】本文是一篇记叙文，主要讲的是作者发现 Joe 在课本上画画，没有把他叫到办公室，而是给了他画板让他在画板上画画，作者很高兴自己可能鼓励了一个有前途的毕加索。

【1 题详解】

考查动词词义辨析。句意：一个星期一的早晨，我走进教室，看见乔在他的数学书上画画。A. drawing 画画；B. copying 复制；C. observing 观察；D. examining 检查。由后文的"trying to hide his drawing"可知，Joe 在数学书上画画，故选 A。

【2 题详解】

考查动词词义辨析。句意：通常我会很生气，把他送到办公室去。A. welcomed 欢迎；B. sent 送；C. begged 乞求；D. followed 跟随。由最后一段的"I'm glad I didn't ask him to go to the office that day"可知，此处表示遇到学生在书上画画作者通常会很生气，把他送到办公室去，故选 B。

【3 题详解】

考查动词词义辨析。句意：让我重复我昨天说过的话。A. check 检查；B. prove 证明；C. update 更新；D. repeat 重复。由后文的“what I said yesterday”可知，是重复昨天说过的话，故选 D。

【4 题详解】

考查动词词义辨析。句意：这些教科书是今后五年要用的，我希望你们好好爱护它们。A. force 强迫；B. allow 允许；C. expect 期望；D. promise 答应。“you to take good care of them”是作者的希望，因此空格处是“期望”，故选 C。

【5 题详解】

考查动词词义辨析。句意：我把我的橡皮擦和一个画板递给他，然后说“给，这个可能会让工作（擦画在书上的图画）容易些。”A. rewarded 回报；B. handed 递交；C. showed 展示；D. mailed 邮寄。由“him mine and a drawing pad”可知，作者是把他的橡皮擦和一个画板递给 Joe，故选 B。

【6 题详解】

考查形容词词义辨析。句意同上。A. slower 更慢的；B. earlier 更早的；C. safer 更安全的；D. easier 更简单的。由上文的“worn-out eraser”可知，Joe 的橡皮擦坏了，所以给他一个自己的可以让他更容易擦掉数学书上的画，故选 D。

【7 题详解】

考查名词词义辨析。句意：当你想画画的时候，你也可以使用这个画板。A. urge 强烈的欲望；B. energy 能量；C. ambition 雄心；D. talent 才能。由“to draw”可知，句子表示“当你想画画的时候，你也可以使用这个画板”，因此空格处是“强烈的欲望”，故选 A。

【8 题详解】

考查形容词词义辨析。句意：乔看起来很惊讶，说“谢谢。”A. surprised 惊讶的；B. calm 平静的；C. awkward 尴尬的；D. anxious 焦急的。由上文的“I___5__him mine and a drawing pad”可知，作者给 Joe 橡皮擦和画板而没有让他去办公室，Joe 为此感到惊讶，故选 A。

【9 题详解】

考查名词词义辨析。句意：这可能会阻止他在书上画画，但我们永远不会有我们今天的关系。A. achievement 成就；B. appointment 约会；C. relationship 关系；D. conflict 冲突。由“He keeps the pad in his pocket and shows me his drawing from time to time. ”可知，如果作者当时没有那样做，他们永远不会有今天和睦、融洽的师生关系，故选 C。

【10 题详解】

考查动词词义辨析。句意：谁知道呢，也许我鼓励了一个有前途的毕加索。A. attracted 吸引；B. encouraged 鼓励；C. ignored 忽视；D. cheated 欺骗。由“a promising Picasso”可知，作者给 Joe 画板画画，这对 Joe 是一种鼓励，故选 B。

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

A

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

My father always tells me not to gossip (八卦) about others behind their backs. When in middle school, I once ____11____ (compete) with another classmate, Amy, for the monitor. To gain an advantage, I invited some classmates to my home and gossiped a lot about Amy.____12____ (hear) what I said, my father told me, “When your forefinger ____13____ (point) at others’ back, you have other three fingers pointing at ____14____ (you) and fighting back with triple power.”

【答案】11. competed

12. Having heard##Hearing

13. points##is pointing

14. yourself

【解析】

【分析】本文是记叙文。文章讲述了父亲教导我不要在背后说别人的闲话。

【11 题详解】

考查谓语动词。句意：在中学的时候，我曾经和另一个同学艾米竞争班长。分析句子可知，compete(竞争)是句中谓语动词，与主语 I 之间是主动关系，句中有时间状语 When in middle school，应使用一般过去时态。故填 competed。

【12 题详解】

考查非谓语动词。句意：父亲听了我的话，对我说："当你用食指指着别人的时候，你就用另外三个手指指着自己，而且三倍的力量回击。"。分析句子可知，hear 是非谓语动词，与其逻辑主语 my father 之间是主动关系，结合句意，"(hear) what I said"可以理解为发生在"my father told me"之前，用现在分词的完成式 having heard，表示主动和已经发生，也可以理解为与"my father told me"同时发生，用现在分词的一般式 hearing，表主动和同时发生，另外，句首单词首字母大写。故填 Having heard/Hearing。

13 题详解】

考查动词时态。句意：父亲听了我的话，对我说："当你用食指指着别人的时候，你就用另外三个手指指着自己，而且三倍的力量回击。"。分析句子可知，point 是时间状语从句中谓语动词，与主语 your forefinger 之间是主动关系，结合句意，父亲的话"your forefinger_____(point) at others' back"可以理解为普遍现象，用一般现在时，也可以理解为强调正发生，用现在进行时，主语 your forefinger 是单数名词，谓语动词也用单数形式。故填 points/is pointing。

【14 题详解】

考查反身代词。句意：父亲听了我的话，对我说："当你用食指指着别人的时候，你就用另外三个手指指着自己，而且三倍的力量回击。"。根据句意可知，"你用你的另外三个手指指着自己"，其中施动者和动作承受者都是"你自己"，应用反身代词 yourself 作宾语。故填 yourself。

B

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

As a parent, I'm concerned my kids are buying soda water in the school cafeteria every day. Too much sugar makes it ____15____ (challenge) for kids to concentrate. Besides, drinking soda water can contribute to long-term health ____16____ (problem) such as obesity (肥胖症) and diabetes (糖尿病). I am not suggesting that our school determine ____17____ kids eat and drink. But I do believe the school should promote healthy lifestyles, including proper nutrition.

【答案】15. challenging

16. problems

17. what

【解析】

【分析】本文是一篇记叙文，主要讲的是作者担心孩子在学校喝太多苏打水，呼吁学校提倡健康的生活方式。

【15 题详解】

考查形容词。句意：太多的糖会让孩子很难集中注意力。“make it+形容词+for sb. to do”是固定短语，意为“使某人做某事.....”，修饰 it 用 ing 结尾的形容词，即 challenging，意为“具有挑战性的”，故填 challenging。

【16 题详解】

考查名词的复数。句意：此外，喝苏打水会导致长期的健康问题，如肥胖和糖尿病。由“such as obesity (肥胖症) and diabetes”可知，此处的问题不止一个，因此空格处用名词的复数 problems，故填 problems。

【17 题详解】

考查宾语从句的引导词。句意：我并不是建议由学校来决定孩子们吃什么和喝什么。分析句子结构可知，空格处引导宾语从句，从句中缺少宾语，且指代事物，因此空格处用引导词 what，故填 what。

C

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

Your personality shapes you. Personality is the characteristic patterns of thoughts, feelings and behaviors ____18____ make a person unique. Understanding personality allows us ____19____ (predict) how people will respond to certain situations and what they prefer and value. For example, an outgoing person may jump for joy when facing new experiences, while a shy person may feel ____20____ (embarrass) in front of a large group of people.

【答案】18. which##that

19. to predict

20. embarrassed

【解析】

【分析】本文是一篇说明文，主要讲的是什么是人格和理解人格的作用。

【18 题详解】

考查定语从句的引导词。句意：人格是使一个人独一无二的思想、情感和行为的特征模式。分析句子结构可知，空格处引导定语从句，从句中缺少主语，先行词 patterns 是物，因此空格处用关系代词 which/that，故填 which/that。

【19 题详解】

考查不定式和固定短语。句意：理解人格可以让我们预测人们对特定情况的反应，以及他们的喜好和价值。allow sb. to do sth.是固定短语，意为“允许某人做某事”，因此空格处是不定式 to predict，故填 to predict。

【20 题详解】

考查形容词。句意：例如，一个外向的人在面对新的经历时可能会高兴得跳起来，而一个害羞的人可能会在一大群人面前感到尴尬。feel 后跟形容词作表语，修饰 person 用 ed 形容词，即 embarrassed，意为“感到尴尬的”，故填 embarrassed。

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

Earlier this year, the price on the bestseller, *The Girl on the Train*, was cut from $11.99 to $1.99 for one day only. *The Da Vinci Code* was given away for free for one week. Most people were completely unaware of these huge deals.

A select group of readers, however, had the inside scoop (消息) on all these deals. They were using our service at the deal site, BookBub, a daily email that offers limited-time deals on free or deeply-discounted e-books.

Easy Access

Over 10 million people have signed up for BookBub's free service. Readers sign up with just an email address, and then select their favorite genres (类型). Each day, we send an email with free and discounted bestselling e-books in the selected genres. Just click, download, and read on a device.

Customized Categories

Ranging from mysteries to romance to cookbooks, there are more than 35 categories to choose from to customize your email.

Expert Editors

Each title is hand-selected by our editorial team to ensure the highest quality. In addition, each book is at least 75% off, and many are free, which makes it extremely low-risk to try new authors and genres.

Book lovers have now become practically attracted to this concept. In many cases, they've downloaded hundreds of books and saved hundreds of dollars using the service.

"I now have more books than I can read in a lifetime," said Suzie Miller of Auburn, WA. She said she has downloaded more than 350 free e-books using the service.

Sign up to see today's deals!

21. According to the passage, BookBub is unique mainly in its _____.

A. wide price range　　B. rich selection of authors

C. various events for readers　　D. personalized recommendations

22. The author mentions Suzie Miller's statement in order to _____.

A. prove popularity of the e-books　　B. show the benefits of BookBub

C. call on people to read more e-books　　D. offer guidance on using BookBub

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

A. promote a deal site　　B. give advice on book choice

C. report a new way to read　　D. compare e-books with paper books

【答案】21. D　22. B　23. A

【解析】

【分析】本文是一篇应用文，主要介绍的是 BookBub 服务。

【21 题详解】

细节理解题。根据 Customized Categories 部分的"Ranging from mysteries to romance to cookbooks, there are more than 35 categories to choose from to customize your email.（从神秘故事到浪漫故事再到烹饪书，有超过 35 个类别可供选择，以定制您的电子邮件）"可知，BookBub 的独特主要在于它的个性化推荐，故选 D。

【22 题详解】

推理判断题。根据倒数第三段的"In many cases, they've downloaded hundreds of books and saved hundreds of dollars using the service.（在许多情况下，他们已经下载了数百本书，并通过使用该服务节省了数百美元）"和倒数第二段的""I now have more books than I can read in a lifetime," said Suzie Miller of Auburn, WA. She said she has downloaded more than 350 free e-books using the service.（"我现在拥有的书比我一辈子都看不完的书还多，"华盛顿州奥本市的苏

西·米勒说。她说，她已经通过这项服务下载了 350 多本免费电子书）”可知，作者提到 Suzie Miller 的声明是为了展示 BookBub 的好处，即可以节省很多钱，故选 B。

【23 题详解】

推理判断题。通读全文，尤其是最后一段的“Sign up to see today’s deals!（注册看看今天的优惠！）”可知，本文的目的是推广 BookBub 这一服务，故选 A。

B

Three months ago, I broke a vertebra (椎骨) in my lower back. Staying in hospital, I longed for the football pitch like never before. I even joked: “So I have to wear a brace (支具) now when I play football.”

Now came the moment! Waiting for the doctor, I became unbearably impatient. I had waited for three months to find out whether or not I would be cleared to play football again, but the thought of waiting another five minutes seemed impossible. Then Dr. Pittinger entered the room. The question remained unasked and unanswered as we went through the procedures of a physical. The time had finally come. He spoke slowly and softly, but still rather matter-of-factly, as he told me that I would never be able to play football again.

The realization sank in immediately. I wasn’t surprised, but I opposed the idea wholeheartedly. For months after I was released, I continued to work out with the football team. I woke up every morning at five for rehab (康复训练). Even though I was ashamed to wear my back brace, I wore it devotedly. At night, I slept on the floor because my doctor told me that sleeping on a firm surface was good for my back. I was determined to play again.

However, in the end, just as the doctor ordered, I never played another quarter of football. After several nights of coming home from training barely able to walk, I finally gave in. For a while, I felt that giving up was like an admittance of defeat rather than the acceptance of a truth. But over time, I realized no matter what happened, life would go on. Rather than focus on what was undeniably unachievable, I understood that even though this particular option was no longer open to me, I had countless other choices to make in its place.

24. Why was the author impatient when waiting for the doctor?

A Because he disliked wearing a brace.

B. Because he desired to leave the hospital.

C. Because he was desperate to know the result.

D. Because he wanted to be treated immediately.

25. How did the author feel at the doctor’s words?

A. Unwilling to accept the truth.

B. Disappointed with the treatment.

C. Regretful over his carelessness.

D. Hopeful of making other choices.

26. What happened to the author in the end?

A. He proved the doctor wrong.

B. He fully recovered from the injury.

C. He improved his football skills.

D. He failed to return to the football field.

27. What can we conclude from this passage?

A. Take life as it comes.

B. Doing is better than saying.

C. Nothing is impossible to a willing heart.

D. The longest journey begins with the first step.

【答案】24. C　25. A　26. D　27. A

【解析】

【分析】本文是一篇记叙文，主要讲的是作者下背部摔断了一根椎骨，医生告诉他再也不能踢球了，但是作者还是努力锻炼，最终还是不能踢球，作者最后意识到无论发生什么，生活都会继续。

【24 题详解】

推理判断题。根据第一段的“I had waited for three months to find out whether or not I would be cleared to play football again, but the thought of waiting another five minutes seemed impossible.（我已经等了三个月，想知道我是否可以再踢一次足球，但再等五分钟似乎是不可能的。）”可知，作者在等医生的时候很不耐烦，因为他非常想知道结果。故选 C。

【25 题详解】

推理判断题。根据第三段的“I wasn’t surprised, but I opposed the idea wholeheartedly.（我并不感到惊讶，但我全心全意地反对这个想法。）”可知，作者对医生的话的感觉是不愿意接受这个事实。故选 A。

【26 题详解】

细节理解题。根据最后一段的“However, in the end, just as the doctor ordered, I never played another quarter of football.（然而，最后，正如医生所嘱咐的那样，我再也没有踢过足球。）”可知，最后作者没能回到足球场上。故选 D。

【27 题详解】

推理判断题。通读全文，尤其是最后一段的“But over time, I realized no matter what happened, life would go on. Rather than focus on what was undeniably unachievable, I understood that even though this particular option was no longer open to me, I had countless other choices to make in its place.（但随着时间的推移，我意识到无论发生什么，生活都会继续。而不是专注于那些不可否认的不可能实现的事情，我明白，即使这个特别的选择不再对我开放，我还有无数的其他选择来代替它。）”可知，我们可以从文中得知一个道理，就是“坦然面对生活。”故选 A。

C

It’s truly never too late to begin exercising, according to the researchers led by Pedro Saint-Maurice of the U.S. National Cancer Institute. Even for people who were “couch potatoes” in their youth, starting regular exercise in middle-age can still greatly cut the probability of death from any cause.

The study tracked the lifetime exercise patterns of more than 315,000 people. The investigators found that folks who’d exercised all their lives had a 36 percent lower risk of dying during the study period, compared to people who’d never exercised. But, perhaps surprisingly, people who’d been inactive in youth but decided to get more physical in their 40s and 50s saw almost the same decline—35 percent—in their probability of an early death.

The study also found that a mid-life start to physical activity seemed to cut the probability of death from the two major killers—heart disease and cancer. For people who began exercising in their 40s and 50s, rates of death from heart disease fell by 43 percent compared to people who’d never exercised, and the cancer death rate fell by 16 percent. Those declines were similar to those seen in people who’d exercised all their adult lives.

“This study, once again, indicates the importance of physical activity in relationship to one’s long-term mortality,” said Dr. Evelina Grayver. “Whether or not you start exercising when you are younger or older, the benefits will always be there. But starting exercising at a later age and still getting the same mortality benefit doesn’t mean that one should not exercise in younger years. Overall effects of continuous physical activity decrease the risk of an early death.”

The researchers also noted that while other research linking exercise to longevity has looked at physical activity at just one point in the lifetime, theirs is the first to examine the role of “participation in physical activity throughout the different stages of adulthood.” This new research demonstrates the crucial relationship between physical activity and the prevention of death at any age.

28. What can we infer from the passage?

A. Exercising at any age helps one enjoy a happier life.

B. Lifelong exercising can guarantee a lower death rate.

C. Exercising in 40s and 50s may add years to one's life.

D. Lack of physical activity leads to heart disease and cancer.

29. What is the main purpose of the passage?

A. To analyse a link between exercises and death rate.

B. To compare the consequences of exercise in different ages.

C. To explain the significant effects of continuous physical activity.

D. To introduce a new study on the benefits of exercise in middle age.

30. What is the author's attitude towards "waiting until middle age to get fit?"

A. Doubtful. B. Disapproving. C. Supportive. D. Neutral.

【答案】28. C 29. D 30. B

【解析】

【分析】本文是一篇说明文，主要讲的是研究发现即使中年才开始锻炼也能降低早死的概率。

【28 题详解】

推理判断题。根据第一段"It's truly never too late to begin exercising, according to the researchers led by Pedro Saint-Maurice of the U.S. National Cancer Institute.（美国国家癌症研究所的佩德罗·圣莫里斯领导的研究人员表示，开始锻炼真的永远不晚）"和第二段的"But, perhaps surprisingly, people who'd been inactive in youth but decided to get more physical in their 40s and 50s saw almost the same decline—35 percent—in their probability of an early death.（但是，也许令人惊讶的是，那些年轻时不怎么运动，但在四五十岁时决定多锻炼身体的人，他们的早死概率几乎也下降了35%）"可推知，什么时候开始锻炼都不晚，在四五十岁的时候锻炼也可以延长寿命。故选 C。

【29 题详解】

推理判断题。通读全文，并结合第一段"It's truly never too late to begin exercising, according to the researchers led by Pedro Saint-Maurice of the U.S. National Cancer Institute.（美国国家癌症研究所的佩德罗·圣莫里斯领导的研究人员表示，开始锻炼真的永远不晚）"、第二段的"The study tracked the lifetime exercise patterns of more than 315,000 people.（这项研究追踪了 31.5 万多人的终生运动模式）"、第三段的"The study also found that a mid-life start to physical activity seemed to cut the probability of death from the two major killers—heart disease and cancer.（研究还发现，中年开始锻炼似乎能降低死于两大主要杀手——心脏病和癌症的概率）"和第四段的"This study, once again, indicates the importance of physical activity in relationship to one's long-term mortality（这项研究，再一次表明了体育活动对一个人长期死亡率的重要性）可推知，本文的主要目的是介绍一项关于运动益处的研究，告诉我们开始锻炼真的永远不晚，即使到了中年，锻炼也会带来益处。故选 D。

【30 题详解】

推理判断题。根据倒数第二段的"But starting exercising at a later age and still getting the same mortality benefit doesn't mean that one should not exercise in younger years.（在较晚的年龄开始锻炼仍然能获得同样的死亡率益处，但是，并不意味着一个人在年轻时不应该锻炼）"可知，一个人不应该非要等到中年才开始锻炼，因此作者对"等到中年才能健身"的态度是不赞成的，即 Disapproving，故选 B。

D

A quiet space is often considered essential for achieving the concentration that leads to academic success. But research shows that some students may benefit from breaking the silence with certain kinds of music while they study. Music has a powerful influence on both the body and the brain, in ways that can help students navigate the physical and emotional barriers that come with academic challenges.

One U.S. study compared students who took a test to soft music with those who took the test under silent conditions. The study found that students taking a test to music not only completed more questions within a set time but also answered more questions correctly. Music has been further linked to improvements in memory and recall. Experts have found that when music stimulates mood and motivation, students are able to learn more and to better demonstrate their knowledge.

A bit of mood music affects more than just memory and recall when students hit the books. Music can also relieve stress associated with school. Scientists have learned that music engages the autonomic nervous system, which not only controls the unconscious functions of the body but also influences emotions. So it's no surprise that researchers from the Group Health Research Institute concluded that certain kinds of background music can be just as effective at reducing stress as a massage. Furthermore, while the brain feels better with music, the body may as well. Research shows that certain types of music can make physical pain feel less intense. What's more, calming music with a steady, meditative rhythm can help people sleep longer and more deeply.

However, some educators express concern that listening to music while trying to concentrate may do more harm than good. Loud music may have a negative influence on a student's mood or act as a distraction. Actually, the best approach may depend on the students themselves. Listening to music during study time may not mean a guaranteed A for all students, but those who find it helpful should be allowed to plug in their headphones.

31. What does the underlined word "navigate" in the first paragraph probably mean?

A. Recognize. B. Overcome. C. Assess. D. Create.

32. What can we learn from this passage?

A. Music helps students get rid of physical pain.

B. Loud music has the same calming effect as a massage.

C. Listening to music makes it easier for students to multitask.

D. Music helps students better remember relevant information.

33. The author writes Paragraph 3 mainly to _____.

A. present the effects of music on mind and body

B. compare the functions of different types of music

C. confirm the impacts of music on memory and recall

D. give examples of the influences of music on emotions

34. Which of the following would be the best title for this passage?

A. The Power of Silence B. Music to a Sharper Mind

C. The Score to Better Scores D. Road to Academic Success

【答案】31. B 32. D 33. A 34. C

【解析】

【分析】本文是说明文。文章主要介绍音乐对身体和大脑的积极影响，它可以帮助学生克服学业障碍，进而获得更好的成绩。

【31 题详解】

词句猜测题。根据句中"help students (帮助学生)"和划线词后"the physical and emotional barriers (身体和情感上的障碍)"可推知，划线词 navigate 是"帮助学生克服障碍"，与 overcome 同义。故选 B 项。

【32 题详解】

细节理解题。根据第二段“The study found that students taking a test to music not only completed more questions within a set time but also answered more questions correctly. Music has been further linked to improvements in memory and recall.(研究发现，参加音乐测试的学生不仅在规定的时间内完成了更多的问题，而且答对了更多的问题。音乐还与记忆力和回忆能力的提升有进一步的联系)”可知，音乐可以帮助学生更好地记住相关信息。故选 D 项。

【33 题详解】

推理判断题。根据第三段“A bit of mood music affects more than just memory and recall when students hit the books. Music can also relieve stress associated with school.(当学习时，一点情绪音乐不仅是影响记忆和回忆。音乐还可以缓解与学校有关的压力)”、“Research shows that certain types of music can make physical pain feel less intense.(研究表明，某些类型的音乐可以让身体上的疼痛感觉不那么强烈)”和“What’s more, calming music with a steady, meditative rhythm can help people sleep longer and more deeply.(更重要的是，沉稳的、有冥想节奏的舒缓音乐可以帮助人们睡得更长、更深)”可推知，第三段主要是为了列举音乐对身心的影响。故选 A 项。

【34 题详解】

主旨大意题。通读全文并结合第一段“Music has a powerful influence on both the body and the brain, in ways that can help students navigate the physical and emotional barriers that come with academic challenges. (音乐对身体和大脑都有强大的影响，可以帮助学生克服学业挑战带来的身体和情感障碍)”可知，文章主要介绍音乐对身体和大脑的积极影响，可以帮助学生克服学业障碍，获得更好的成绩。C 项“The Score to Better Scores(音乐助力高分)”是文章最佳标题。故选 C 项。

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。

Discipline is used in schools to keep students, teachers and other staff safe and to help meet the behavioral, social and emotional needs of the students as they grow and develop. Schools can choose to use discipline in various ways. ____35____

Punitive (惩罚性的) techniques of discipline are most commonly used. ____36____ For example, a student must move his desk to the front of the room after getting caught throwing pencils at other students. The aim is that next time the student considers throwing a pencil, he will remember the embarrassment of having to move to the front of the room while the entire class knows he is in trouble.

Zero tolerance is something that is used for more severe behaviors. ____37____ However, the technique of zero tolerance means that no warnings are given and consequences are immediate. This type of discipline is used in cases of violence toward other students and other dangerous behaviors.

Some schools also use positive reinforcement (强化), which is a technique that involves offering positive consequences for behaviors that teachers and other staff want to see. For example, perhaps a student is given a sticker for turning in homework on time. ____38____ So students want to make the right choices.

The type of discipline a school chooses to use has an impact on the overall atmosphere and safety of the learning environment. ____39____ It means schools can choose more than one type according to different situations. In this way, schools can create well-rounded students who avoid undesired behaviors and instead gravitate toward the desired ones.

A. The goal here is to make proper behavior attractive.

B. It helps students have a higher academic performance.

C. In general, experts suggest using a mixture of the types.

D. It aims to teach students ways to avoid undesired behaviors.

E. And the choice usually depends on how severe the wrongdoing is.

F. They involve using punishment in response to a negative behavior.

G. Typically students are given one warning or two before being punished.

【答案】35 E　36. F　37. G　38. A　39. C

【解析】

【分析】本文是一篇说明文，主要讲的是学校使用纪律的几种方式。

【35 题详解】

空格前说“Schools can choose to use discipline in various ways.（学校可以通过多种方式选择使用纪律。）”，E 选项“And the choice usually depends on how severe the wrongdoing is.（这种选择通常取决于不当行为的严重程度。）”中的“choice”和前面的“choose”相一致，说明纪律的选择由学生错误的严重程度来确定，因此 E 选项承上启下，符合语境，故选 E。

【36 题详解】

空格前说“Punitive (惩罚性的) techniques of discipline are most commonly used.（惩罚手段是最常用的。）”，F 选项“They involve using punishment in response to a negative behavior.（它们涉及对消极行为的惩罚。）”中的“punishment”和前面的“Punitive (惩罚性的) techniques”相一致，且后文“For example, a student must move his desk to the front of the room after getting caught throwing pencils at other students.（例如，一个学生向其他学生扔铅笔被抓后，必须把他的桌子移到教室前面。）”是惩罚的一个例子，因此 F 选项承上启下，符合语境，故选 F。

【37 题详解】

空格后说“However, the technique of zero tolerance means that no warnings are given and consequences are immediate.（然而，零容忍的技术意味着不发出警告，后果是立即发生的。）”，G 选项“Typically students are given one warning or two before being punished.（通常情况下，学生在受到惩罚之前会得到一两次警告。）”中的“warning”和后面的“warnings”相一致，形成词语复现，因此 G 选项承上启下，符合语境，故选 G。

【38 题详解】

空格前说“For example, perhaps a student is given a sticker for turning in homework on time.（例如，也许一个学生会因为按时交作业而得到一张贴纸。）”，空格后说“So students want to make the right choices.（所以学生们想要做出正确的选择。）”，A 选项“The goal here is to make proper behavior attractive.（这里的目标是使适当的行为具有吸引力。）”中的“make proper behavior attractive”和后面的“学生们想要做出正确的选择”相呼应，说明使适当的行为有吸引力后学生才会想要做出正确的选择，因此 A 选项承上启下，符合语境，故选 A。

【39 题详解】

空格后说“It means schools can choose more than one type according to different situations.（这意味着学校可以根据不同的情况选择多种类型。）”，C 选项“In general, experts suggest using a mixture of the types.（一般来说，专家建议混合使用这些类型。）”中的“a mixture of the types”和空格后的“more than one type”相一致，是语义的复现，因此 C 选项承上启下，符合语境，故选 C。

第三部分： 书面表达（共两节，32 分）

第一节 （共 4 小题；第 1-2 题每小题 2 分，第 3 题 3 分，第 4 题 5 分，共 12 分）

阅读下面短文，根据短文内容在答题卡相应题号后的横线上写下相关信息，完成对该问题的回答。

In 1983, Howard Gardner, a professor at Harvard, published *Frames of Mind: The Theory of Multiple Intelligences*. In the book, he presented one type of intelligence that everyone must develop if they want to be successful. That is emotional intelligence.

Emotional intelligence refers to the ability to identify and regulate your own emotions. It means having a deep understanding of yourself, knowing your own strengths and weaknesses, and handling reactions and emotions wisely. Emotional intelligence is critical for success in almost any field and it is especially important for high-stress environments, for example, when times are tough and when a person wants to quit or is fearful.

We all know highly emotional people. Rather than react wisely, they tend to let their emotions run their lives, often saying or doing something they may later regret. I've seen many people do this on social media, getting in arguments with loved ones over trivial stuff because they have different opinions. This inability to master the self leads to many struggles and heartaches for people.

Emotional intelligence does not mean being void (没有) of emotions. It means you know it is okay to be angry, just not out-of-control angry. You know it's okay to feel hurt, but it is not okay to do something stupid in the name of revenge (报复). Many of us know people who are very intelligent, but allow their emotions to damage their lives.

Now, reflect on how you manage your emotions. Are you smart in the way you express what you're feeling, especially when the pressure is on?

40. According to the passage, what is "emotional intelligence"?

41. How do highly emotional people deal with their emotions?

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

It's important to keep your emotions under control, so when you get hurt, you should neither get angry nor do stupid things for revenge.

43. In your daily life, what can you do to better manage your emotions?

【答案】40. Emotional intelligence refers to the ability to identify and regulate your own emotions.

41. Rather than react wisely, highly emotional people tend to let their emotions run their lives, often saying or doing something they may later regret.

42. *It's important to keep your emotions under control, so when you get hurt, you <u>should</u> <u>neither get angry</u> nor do stupid things for revenge.*

According to the passage, it's okay for you to feel angry, just not out-of-control angry.

43. I manage my emotions in two ways. Firstly, I like writing down my bad feelings, which enables me to let go of them so that I can focus more on what makes me cheerful. Secondly, when conflict occurs, it helps to talk openly about my feelings and thoughts.

I improve my emotional control from two aspects. When in conflict with others, I address it with a shoe-shifting view, which helps me better understand them and avoid highly emotional response. As for my negative feelings, I prefer to let them out in a healthy way, such as running or singing, which benefits me emotionally.

【解析】

【分析】本文是一篇说明文，主要讲的是什么是情商，高情商和低情商的人分别有什么表现。

【40 题详解】

细节理解题。根据第二段的"Emotional intelligence refers to the ability to identify and regulate your own emotions.（情商指的是识别和调节自己情绪的能力。）"可知，情商指的是识别和调节自己情绪的能力，故答案为 Emotional intelligence refers to the ability to identify and regulate your own emotions。

【41 题详解】

细节理解题。根据第三段的“We all know highly emotional people. Rather than react wisely, they tend to let their emotions run their lives, often saying or doing something they may later regret.（我们都认识高度情绪化的人。他们没有做出明智的反应，而是倾向于让自己的情绪控制自己的生活，经常说或做一些事后可能会后悔的事情。）”可知，高度情绪化的人倾向于让他们的情绪控制他们的生活，经常说或做一些事后可能会后悔的事情，故答案为 Rather than react wisely, highly emotional people tend to let their emotions run their lives, often saying or doing something they may later regret。

【42 题详解】

细节理解题。根据倒数第二段的“It means you know it is okay to be angry, just not out-of-control angry. You know it's okay to feel hurt, but it is not okay to do something stupid in the name of revenge (报复).（这意味着你知道生气是可以的，只是不要失控。你知道受伤是可以的，但以复仇的名义做傻事就不对了。）”可知，题干中说“should neither get angry（都不应该生气）”是不对的，故答案为 It's important to keep your emotions under control, so when you get hurt, you should neither get angry nor do stupid things for revenge. According to the passage, it's okay for you to feel angry, just not out-of-control angry. 。

【43 题详解】

推理判断题。根据客观事实，首先，我喜欢写下我的不好的感觉，这能让我放开它们，这样我就能更多地关注让我快乐的事情。其次，当冲突发生时，公开谈论我的感受和想法会有帮助。故答案为 I manage my emotions in two ways. Firstly, I like writing down my bad feelings, which enables me to let go of them so that I can focus more on what makes me cheerful. Secondly, when conflict occurs, it helps to talk openly about my feelings and thoughts.。

第二节 （20 分）

44. 假设你是红星中学高三学生李华。北京 2022 年冬奥会开幕在即，你的英国朋友 Jim 了解到你校近期举办了“冬奥周”活动，向你询问情况。请你给他回邮件，内容包括：

1.相关活动；

2.你的感受。

注意：1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

提示词：冬奥周 Winter Olympics Week

Dear Jim,

_____

_____

_____

_____

_____

Yours,

Li Hua

【答案】范文

Dear Jim,

Glad to know you are interested in our “Winter Olympics Week”, I'd like to tell you something about it.

Various activities were held during the week, such as a winter sports knowledge contest, singing Olympic theme songs and experiencing ice sports. Do you believe all my schoolmates tried ice hockey? We had so much fun though we slipped many times in our first taste of the game. Guess what? I even scored at the last second, so thrilling!

I love the "Winter Olympics Week"! It gave me a chance to enjoy ice sports and sparked my interest. I am also proud to see winter sports popularized in our city and look forward to enjoying more in the coming Olympic Games.

I've attached some photos, and hope you can share our joy.

Yours,

Li Hua

【解析】

【分析】本篇书面表达属于应用文，要求考生给英国朋友 Jim 写封信，介绍学校近期举办的"冬奥周"活动的相关情况。

【详解】1. 词汇积累

高兴的：glad→delighted

各种各样的：various→varied

令人激动的：thrilling→exciting

机会：chance→opportunity

2. 句式拓展

简单句变复合句

原句：Various activities were held during the week, such as a winter sports knowledge contest, singing Olympic theme songs and experiencing ice sports.

拓展句：Various activities which included a winter sports knowledge contest, singing Olympic theme songs and experiencing ice sports were held during the week.

【点睛】[高分句型 1]Do you believe all my schoolmates tried ice hockey?（运用了 that 引导的宾语从句，省略了引导词 that）

[高分句型 2]We had so much fun though we slipped many times in our first taste of the game.（运用了 though 引导的让步状语从句）