2024北京朝阳高三（上）期末

英　　语

2024.1

(考试时间90分钟 满分100分)

本试卷共 10 页。考生务必在答题卡指定区域作答，在试卷上作答无效。

第一部分 知识运用（共两节，30分）

第一节 （共10小题；每小题1.5分，共15分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并 在答题卡上将该项涂黑。

Gardening changed how I see myself as a disabled woman. When I started gardening in 2018, I didn't know anything about plants, let alone how to grow things we can eat. I thought gardening required a lot of __1__ tasks. As I have a genetic (遗传的) condition that causes my bones to __2__ easily, I didn't believe I could complete them. The thought of taking care of plants in a wheelchair every day made me feel __3__. But just like how I gradually learnt everything else as a disabled person, I had to __4__ how to garden my way.

That first season, I visited my garden as much as I could. Noticing my interest in gardening, my neighbors in the community __5__ offered me advice and support. Under their careful __6__, I managed to pull up the weeds and watered my plants on my own. Finally, I was so proud to eat the tomatoes I grew and even shared some with neighbors. They tasted like summertime.

Gardening has __7__ how I see other parts of my life. As a disabled woman, I fear being seen as a __8__ and struggle to ask for the things I need. Gardening helped me normalize the fact that I have needs. I don't think my plant is a heavy load because it needs more nutrition. I don't __9__ it for getting insects and not being able to fight against them. Gardening also helped me expand my social circle and grow close to people in our community.

Over the years, gardening has made me feel more confident in every aspect of my life. I'm planting what I want to grow, and I have gained a lot of __10__ from that.

1. A. simple	B. physical	C. pleasant	D. urgent
2. A. change	B. rest	C. break	D. move
3. A. anxious	B. expectant	C. motivated	D. bored
4. A. look over	B. show off	C. bring back	D. figure out
5. A. suddenly	B. readily	C. hesitantly	D. casually
6. A. observation	B. check	C. discussion	D. guidance
7. A. impacted	B. ruined	C. controlled	D. recorded
8. A. support	B. comfort	C. burden	D. threat
9. A. appreciate	B. fault	C. challenge	D. forgive
10. A. justice	B. access	C. weight	D. power

第二节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的

空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

A

I was born with a pronounced facial problem. Because of that, I have undergone many cruel comments. One day, while __11__ (shop), I was approached by a woman I didn't know. Standing still, I was ready for a rude remark. But the lady smiled and said, "This gift card is for you, beautiful girl, so you can buy something special for __`__ (you) ." I am so thankful to that woman for reminding me beauty __13__ (come) in all forms.

B

China has a large number of global cultural heritage (遗产) sites __14__ (recognize) by UNESCO. Over the past decades, great efforts __15__ (make) by the country to preserve them. These cultural heritage sites enrich our daily lives in countless ways, __16__ we experience them directly or through the medium of a connected device. We believe that China __17__ (apply) modern technologies to the restoration and preservation of more cultural heritage sites in the years to come.

C

Psychological processes and mental wellbeing are vital to consistently high degrees of sporting performance for athletes at all levels. Sports psychology is the study of __18__ psychological factors influence athletic performance. Although it is a __19__ (relative) new discipline, sports psychology is now widely accepted as offering an important advantage __20__ opponents. To provide athletes with the mental support they need, a sports psychologist needs to consider their feelings, behavior and lives beyond.

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

World Learning (WL) Youth Programs bring international high school age youth to the US for short-term leadership programs and exchanges to develop their meaningful and memorable learning experiences. We have more than 1,000 youth participants on over 20 programs each year.

WL Youth Programs seek leaders who are responsible for working with young people and leading high school exchange programs. Leaders deliver educational content and are knowledgeable in the design and delivery of active workshops. Leaders also represent WL in US domestic host communities, and at times overseas, and manage partner relationships with integrity and professionalism.

Qualifications for the Applicants

- You are flexible, energetic, and pro-active team players.
- You enjoy spending time with high school students.
- You are willing to put the participants' learning and development ahead of your own experience.
- You are ready for an intense, challenging, and rewarding programming experience.
- You have a high level of social and emotional intelligence.
- You demonstrate cross-cultural sensitivity and skills in communication.

- You bring a wide variety of backgrounds and social identities.
- You are an educator.

Apply to become a WL Youth Program Leader

If interested, you can contact *groupleaders@worldlearning.org* for questions about our 2024 application process.

21. What is the aim of WL Youth Programs?

A. To develop the leadership of high school students.

B. To offer young people an opportunity to work in US.

C. To train participants to be WL Youth Programs leaders.

D. To seek individuals to contribute to WL Youth Programs.

22. If selected as a WL Youth Programs leader, one will _____.

A. host community events representing WL

B. be devoted to the field of youth development

C. help participants learn knowledge about designing workshops

D. manage WL Youth Programs with integrity and professionalism

23. According to the passage, applicants are required to _____.

A. have overseas work experience

B. value the development of participants

C. major in cross-cultural communication

D. tell the participants' different social identities

B

Working at a bank in New York City in the mid-2010s, Anna Sacks was living the life—just not the life she wanted. Sure, she was happy. But she wanted to do something that felt important.

Some people seeking meaning might read a self-help book or perhaps volunteer a few hours a week. Sacks packed up her life and moved to Connecticut to participate in Adamah, a farming program that focuses on sustainable living and growing sustainable food. When she returned to New York, her life was with a new purpose and a variety of new skills to make her dreams a reality.

"One of the things that really stuck with me from Adamah was how little waste they produced and how they handled the waste they did have, primarily through composting (堆肥)," she says. "And I just thought, 'Why aren't we doing that here?'" The Adamah program opened Sacks' eyes to the damage consumer culture is doing on a local, national, and global level, and the need to find solutions. So in 2017, she began what she calls "trash walking".

During tours around her community, Sacks picks through garbage to look for reusable items. Soon, her "trash walking" expanded to include corporate trash along with residential trash. Surprisingly, she discovered a wide range of really great stuff—like clothing, decorations, and food—all of which she documents on TikTok.

Under the name The Trash Walker, Sacks quickly gained popularity for her videos that highlight the problems with consumerism. "The root issue is overproduction, which leads to overconsumption, which leads to a large amount of waste," she says.

The fact is, companies often choose to trash items rather than give them away to people who might need them. A big reason for this waste is the way our current tax laws are structured, Sacks says. Sellers who destroy goods

can claim the cost as a loss on their taxes and be refunded. If they give away goods, they can claim only a small amount as a charitable reduction on their taxes.

Sacks' main focus is simply getting people to pay attention to how many unnecessary things they buy and then throw away. "Once you become aware of the way you consume, you can see ways you improve," she says.

24. Anna Sacks packed up her life and left New York to _____.

A. lead a healthy lifestyle　　B. observe how to grow food

C. pursue a meaningful life　　D. volunteer to work in a bank

25. What impressed Anna Sacks most about the Adamah program?

A. The importance of trash walking.

B. The sustainable food people produced.

C. The hard truth about consumer culture.

D. The way people there dealt with the waste.

26. What makes companies prefer to throw out goods as trash?

A. The tax reduction.　　B. The quality of goods.

C. The tax refund.　　D. The overproduction.

27. What can we learn from Anna Sacks' story?

A. Consumer culture accounts for wasting.

B. Corporate trash outweighs residential trash.

C. Trash walking is the key to becoming wealthy.

D. Turning to farming leads to sustainable living.

C

We often think of fingerprints as the tiny arched patterns on the tip of each finger. They are regarded as special markers of human identity, even more individualized than DNA. But new research suggests our brains have "fingerprints" that are equally unchanging and unique to each person.

With modern neuroimaging (神经影像) techniques, scientists can track your brain's distinct signature composed of tens of thousands of electrical signals that communicate across the brain. The final product is a picture of brain's electrical activity that is detailed, distinct and difficult to change. According to Zack Y. Shan, head of the neuroimaging platform at the Thompson Institute, "The brain is a symphony orchestra (交响乐团)." Each region plays a unique instrument and adapts to work with nearby tunes at the same time. This cooperation leads to our thoughts and actions. "And no two symphonies sound exactly alike," Shan adds.

A recent study published in *Sleep* maps the extent of this neurodiversity through EEG snapshots (脑电图快照), which describe the sleeping brain's electrical activity as wavy lines. Led by Michael Prerau, a professor of medicine at Harvard Medical School, the researchers analyzed brainwave data of sleep spindles, one to two seconds evident neural activity associated with our ability to turn short-term memories into long-term memories.

For Dara S. Manoach, a co-author of the *Sleep* study and professor of psychology at Harvard Medical School, the sleeping brain is a "new frontier" for studying the treatment of memory problems in neurological disorders. She notes that lack of sleep spindle activities has been linked to different mental diseases like epilepsy and Alzheimer's disease. So, the researchers compared two nights of sleep recordings from healthy participants to those with Alzheimer's disease. Their analysis revealed that their broadened approach to analyzing sleep spindles also could unearth new biological indicators for Alzheimer's disease. "It's a first step to better understanding how the disorder

operates and developing targeted treatments," Manoach says.

Moreover, brain fingerprints may offer inspirations that traditional therapeutic (治疗性的) observation can't. Patients with different diseases can have similar symptoms. "That's where neuroimaging comes into play. Brain fingerprints are windows into distinguishing between two patients who seem identical," explains Dan Hermens, a professor of neurobiology at the Thompson Institute.

In the wake of increasing reports of mental disorders, there is therapeutic promise. Brain fingerprinting could offer a potential way out of the dark chapter and provide new possibilities for the mental health crisis using best evidence-based practices to overcome it.

28. What can we learn about the brain's "fingerprint"?

A. It can track electrical signals in the brain.

B. It refers to the pattern of the surface of the brain.

C. It constructs an individualized map of brain structure.

D. It shows the unique image of the brain's electrical activity.

29. According to the passage, the sleeping brain is a "new frontier" because _____.

A. recording brain fingerprints enhances memory

B. brainwave data can identify specific mental illnesses

C. EEG can form biological indicators for human identity

D. neuroimaging prevents the development of mental disorders

30. Which would be the best title for the passage?

A. Sleep Fingerprints Predict Disease Occurrence

B. Sleeping Brains: Ideas and Actions Controlled

C. Sleep Fingerprints: Brain Identity Revealed

D. Sleeping Brains Uncover Memory Codes

D

The Age of Information is mushrooming, perhaps even bulging. If you tried to download all the data available today, you'd need more than 180 million years to do so. But you are wrong to assume that all this information would stimulate a boost of innovation to match the output of data. Indeed, the last time we found ourselves in a period of significant innovation, pursuing the ideas with the biggest spark, was more than 120 years ago, in a period called the Age of Insight.

Innovations, both big and small, start with a new idea. Often, these ideas occur as a moment of insight—the result of a novel connection in our brains made between existing and new information. Studies show insights involve quiet signals deep in the brain, just under the surface of awareness. Anything that helps us notice quiet signals, such as taking breaks between meetings, only adopting necessary learning approaches or avoiding distractions like social media, can increase the chance of insights. However, it's becoming more challenging to find those quiet signals with the increasing use of technology, filling every moment with emergencies and an endless supply of content.

Besides, we also want to increase the quality of them—to be able to sort through big new ideas and find the ones that have real value, which can be hard to measure. Launched in 2015, the Eureka Scale (尤里卡量表) allows us to assess the strength of our insight experiences on a five-point scale, which is marked by intense emotions, motivation, memory advantage, aftershocks, and following ideas. The Scale combines these five variables into a

single value and allows us to define the importance of a new idea. The level-5 insight, involving the richest emotion, motivation, and lasting impact, holds the greatest significance.

Because insights are one of the best ways to drive engagement, innovation, and behavior change, the Eureka Scale has broad applications for measuring and improving individual and organizational performance. More importantly, it can be used to measure the impact of different kinds of work environments and learning approaches on participants' growth—both in the moment or afterward.

In order for organizations to benefit from another age of insight, it's not enough to try to access more data or increase the number of insights we generate. Instead, it's about making space for the biggest ideas to emerge from all the information. Using the shared language of the Eureka Scale as a way to measure how important ideas are, relative to each other, will enable better decision-making toward practical and competitive outcomes. And if we're to enter a new age of insight, we must design our environments to allow for the best insight possible to surface.

31. What does the underlined word "bulging" in Paragraph 1 probably mean?

A. Stabilizing.　B. Exploding.　C. Shifting.　D. Collapsing.

32. According to the passage, how can the possibility of insights be increased?

A. By engaging in ongoing social media interactions.

B. By relying on technology to receive regular notices.

C. By stepping away from computers between meetings.

D. By participating in additional training and coaching sessions.

33. What can be inferred from the passage?

A. The Eureka Scale controls the influence of our insights.

B. Possessing minimal emotional responses is a level-5 insight.

C. Both the quantity and quality of insights are essential to innovation.

D. A breakthrough has been made in innovation due to a wealth of information.

34. What is the author's attitude towards the current environment for innovations?

A. Uncertain.　B. Optimistic.　C. Unconcerned.　D. Dissatisfied.

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。

When you go to concerts, you expect your favorite musician to perform amazingly on stage. But you may have noticed something curious that most musicians don't just play with their fingers. They also involve body movements that fit the song's beat or dance following the music. __35__ The facial expressions musicians show when playing may seem strange or crazy to an outsider, but all that pulling faces might actually serve a purpose.

Firstly, playing a musical instrument usually requires intense focus and concentration. __36__ Their facial expressions can be a demonstration of the intense emotions and physical effort that go hand-in-hand with musical performance. They're often subconscious—in fact, many of us will pull strange faces when we're deeply involved in an activity we care about.

__37__ Musicians have a strong emotional connection with the music they perform. They often use their facial expressions to express the mood and interpretation of the music, which creates a more engaging musical experience. While facial expressions may not directly make someone a better musician, they might contribute to the

overall artistry of the music.

Performing live music is a rather stressful experience, so it could be that the performer is expressing those nerves through their face—biting the bottom lip, for example. Luckily, nerves will often go away soon after a musician starts performing. __38__

The facial expressions obviously to some extent express the performer's inner world. Another interesting thing is that making facial expressions can have a physiological impact on the musician's performance. Some research suggests that certain facial movements can activate specific muscles and improve muscle harmonization. __39__ However, it's important to note that this relationship is still not well understood, and the extent to which facial expressions directly impact musical competence is a subject of ongoing investigation.

A. When you're really focused, you don't care about the outside world.

B. Among them the part of the body that best exhibits this is obviously the face.

C. They likely won't be the main cause for those strange faces throughout a performance.

D. Such effects are particularly helpful in controlling muscles when playing an instrument.

E. Facial expressions can also help musicians communicate emotions and artistic expression.

F. Musicians are often overcome with emotion from the music itself or the reaction of the crowd.

G. Musicians often enter a state of "flow", where they become completely absorbed in the music they're creating.

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。

Jokes and humor are often considered unimportant. This is understandable: they are, by definition, not serious. Yet jokes and humor are beneficial for health through their stress-relieving properties. For example, they can stimulate blood circulation and aid muscle relaxation, both of which can help reduce stress.

But why do we respond, in powerful and rewarding ways, to things that are objectively meaningless? Scientists have spent years studying how humor works in the brain and on the various types of jokes that produce it.

Puns, the most familiar type of jokes, are where specific elements of language convey different meanings at once. For example, "Why did the golfer wear two pairs of trousers? In case he got a hole in one." Here "hole in one" has two possible interpretations: one pair is damaged or someone's ball goes into the hole the first time he hit it. We may not actually laugh at them, but their simplicity and familiarity make most people recognize the humor in puns. Therefore, the brain's humor processes are still engaged.

How does humor arise from the brain? Our brains have developed a system to recognize when things don't match expectations. If normality is overturned, it means we don't know what's going to happen, which creates tension. However, the system that recognizes incongruity (不一致) also resolves it, by providing an explanation, or at least a confirmation that the incongruity has no negative consequences. This removes the uncertainty, easing the tension. After that, we learn something new and expand our mental model, experiencing a rewarding feeling.

Basically, thanks to these complex systems in our brains, humor comes from something being surprising, unexpected or wrong in some way, as long as the incongruity is resolved without negative consequences. If the incongruity is not resolved, humor is absent. If the answer to "Why did the golfer wear two pairs of trousers?" is "in case the metal eagle that lives in his gold bag attacks him", that's not funny. This would explain why unreal

humor is often hard to get right.

40. What is the benefit of jokes and humor?

41. Why can people recognize the humor in puns?

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

O People can work out humor from something being surprising, unexpected or wrong in some way, as long as the incongruity remains unsolved.

43. Apart from the benefit mentioned in the passage, what other benefit(s) can you get from humor?

(In about 40 words)

第二节（20分）

假如你是红星中学高三学生李华。你班将在寒假组织一次以“北京城里看中国”为主题的文化研学活动，为期一天。请你用英文写一封信邀请你校国际部交换生 Jim 来参加，

内容包括：

1. 活动目的；

2. 活动安排。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim, _____

_____

_____ *Yours,*

Li Hua

（请务必将作文写在答题卡指定区域内）

参考答案

第一部分 知识运用（共两节，30 分）

第一节（共10小题；每小题1.5分，共15分）

1. B　2. C　3. A　4. D　5. B

6. D　7. A　8. C　9. B　10. D

第二节（共10小题；每小题1.5分，共15分）

11. shopping 12. yourself 13. comes 14. recognized 15. have been made 16. whether 17. will apply 18. how 19. relatively 20. over

第二部分 阅读理解（共两节，38 分）

第一节（共14小题；每小题2分，共28分）

21. A 22. B 23. B 24. C 25. D 26. C 27. A 28. D 29. B 30. C 31. B 32. C 33. C 34. D

第二节（共5小题；每小题2分，共10分）

35. B 36. G 37. E 38. C 39. D

第三部分（共两节，32 分）

第一节 （共4小题；第40、41题各2分，第42题3分，第43题5分，共12分）

40. Jokes and humor are beneficial for health through their stress-relieving properties.

41. Because of puns' simplicity and familiarity.

42. *People can work out humor from something being surprising, unexpected or wrong in some way, as long as the incongruity remains unsolved.*

People can work out humor from something being surprising, unexpected or wrong in some way, as long as the incongruity is resolved without negative consequences.

43.

1) Having a good sense of humor can improve my communication skills. It can help me express myself more effectively and connect with others. Besides, using humor requires me to take sudden shifts in perspective or thinking patterns, which helps boost my creativity.

2) Humor can make me more likable. It can help me break the ice in social occasions, ease tense moments and have positive interactions with others, thus making me a more enjoyable person to be around.

第二节（20分） **Possible version :** *Dear Jim,*

How is everything going recently? Our class is going to organize a one-day cultural tour themed "Reading China in Beijing" during this winter vacation in order to explore the traditional Chinese culture, so I am very excited to invite you in.

Our first stop will be the Chinese Traditional Culture Museum. Rebuilt in 2022, the museum provides rare chances for visitors to appreciate highly skilled traditional arts and crafts up close, such as delicate woodcarvings and porcelain. After that, we will have a city walk around the Beijing Hutongs, where we can be immersed into the real tradition of Chinese culture.

I am sure this cultural tour will not let you down. If you have any questions, don't hesitate to ask me.

Yours,

Li Hua