2025 北京房山高三（上）期末

英　　语

本试卷共 10 页，满分 100 分，考试时长 90 分钟。考生务必将答案填涂或书写在答题卡上，在试卷上作答无效。考试结束后，将试卷和答题卡一并交回。

第一部分 知识运用(共两节，30 分)

第一节(共 10 小题;每小题 1.5 分，共 15 分)

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

I was nervous when I stood up to compete for the lead role in the annual play. My hands ___1___, and I desperately wanted to go back into my seat and be invisible.

After finishing reading my lines, I rushed back to my seat. When the teacher ___2___ my name, I couldn't believe it. I was on the cast list! With a pounding heart, I felt nearly faint, but incredibly happy.

I was eager to do my best and ___3___ every day. I worked too hard. Then I started to have scary dreams about forgetting my ___4___ on stage. Finally, I told the teacher to let someone else take my role. She said, "You can do this. I'll help you."

At rehearsal (排演), everything went ___5___ until the scene where I slipped on the ice, followed by loud laughter. I went out and started to cry.

"I can't do it. Get someone else!"

Suddenly, I heard voices and a gentle hand took mine. I looked up through my tears to see concerned faces. Four girls had come after me. "Please, don't ___6___. Our play will be a failure without you!" they said. "Okay," I said, giving them a shy smile. I ___7___ my eyes and went back to the stage.

During the show, part of the scenery fell down and the audience responded with laughter, but it didn't bother me. The applause was incredible at the end of that ___8___.

Since then, I've faced struggles, but I've also experienced great ___9___. I still feel discouraged sometimes, but I remember how I overcame my fear and rose to the challenge, thanks to the ___10___ teacher and the encouragement of unexpected friends.

1. A. shook	B. lowered	C. swung	D. lifted
2. A. whispered	B. cited	C. explained	D. called
3. A. adapted	B. composed	C. practiced	D. appeared
4. A. lines	B. promises	C. principles	D. awards
5. A. quietly	B. quickly	C. wildly	D. smoothly
6. A. hang out	B. drop out	C. stand out	D. check out
7. A. narrowed	B. covered	C. dried	D. rolled
8. A. ceremony	B. concert	C. lecture	D. performance
9. A. joy	B. disappointment	C. embarrassment	D. confidence
10. A. knowledgeable	B. supportive	C. strict	D. generous

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。

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。

Ana was inspired after reading about kids ____11____ (face) hardships in a nearby community. It saddened her to learn that they lacked some basic necessities like books. “It made me think how I would feel if my world did not have books in it,” she said. Ana was just ten years old when she ____12____ (start) an organization called Just 1 Book. To date, she ____13____ (collect) around half a million books.

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。

Smartphones are very useful and often we can’t imagine life ____14____ them. But they could be harmful as well. We surveyed 1,065 students ____15____ (determine) if smartphone addiction affects sleep. We identified a strong ____16____ (connect) between smartphone addiction and poor sleep. There is also an association between addiction and using your phone late at night. The amount of time ____17____ (spend) on your phone is not enough to suggest addiction. But combining that with the latest time you use your phone can be a good indicator.

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。

Years ago, when I was beginning my journey as an animal communicator, I was working as staff at a wildlife rescue organization. It was ____18____ (extreme) hard work. I ____19____ (challenge) to reach beyond my limits. I encountered all sorts of animals. They all showed me what we can learn from animals in their own ways, such as a tiny mouse ____20____ bravery changed my life forever.

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

What is Grammarly?

Grammarly is a writing assistant that job seekers, writers, and other professionals can use to proofread and edit their documents. It checks for spelling, grammar, and punctuation (标点符号) errors, and enhances vocabulary usage.

How does Grammarly work?

Grammarly gives your document an overall score based on the number of issues and errors it’s found. It then

walks you through a series of possible grammatical problems, one at a time. Both a short and a long explanation are provided by the system for each issue that's identified.

Specific wording alternatives are suggested by the system in some cases. But it's left to the user to make any specific changes — *Grammarly* won't force your hand. You have the option of ignoring possible problems if you don't agree with the recommended changes.

A handy originality checker can help writers identify any unintentionally borrowed content. The system points out similar text that exists elsewhere, and it suggests citations that can be added to legitimize the text in question.

A word choice checker is available that enables users to choose optional wording and to avoid repetition.

Advantages of Grammarly

Using *Grammarly* is always a great decision because it saves you valuable time. It can quickly discover and resolve various kinds of errors, allowing users to concentrate on generating quality content rather than technical details.

Grammarly encourages you to maintain simplicity and clarity in your work. This easily ensures that your writing is easy to follow.

Disadvantages of Grammarly

Grammarly is not perfect. It can occasionally miss mistakes or make inaccurate corrections to your work.

One of *Grammarly*'s biggest weaknesses is that it might lead to over-reliance on its sweet-alluring technology. Some *Grammarly* users may become so reliant on it that they fail to develop their writing skills.

21. How does *Grammarly* serve the users?

A. Lt rewrites the documents for free.

B. It gives suggestions on creative ideas.

C. It automatically removes the errors in the text.

D. It identifies spelling, grammar, and vocabulary issues.

22. Which function of *Grammarly* helps users recognize accidentally copied material?

A. A handy originality checker.　　B. An overall score calculator.

C. A word choice checker.　　D. A grammar explainer.

23. Using *Grammarly*, one will _____.

A. focus on technical issues　　B. discover any possible errors

C. work on their writing efficiently　　D. develop their writing skills quickly

B

On a warm afternoon at the shore, my four-year-old son, Wilson, and I headed to the beach, our favorite evening escape. The sun was still bright as Wilson happily raced to the water's edge, letting the waves wet him. It's hard to believe that not long ago, his sensitivities from autism (自闭症) kept him from approaching the beach. After years of treatment, he now loves our seaside adventures, which fills me with joy.

We used to look for seashells to fill our bucket (桶). On this day, there didn't seem to be too many shells washed up on the shore. As we collected seashells, I searched for perfect ones, while Wilson filled our bucket with broken pieces. I wondered why he was doing that. When I suggested finding whole shells, he simply gave me a puzzled look and continued picking up whatever he found, content with his unique collection.

I continued my search for a while and then stopped to watch him place more broken shells into the bucket.

Again, I stopped, but this time I asked in a firm voice, “Wilson, why do you keep filling our bucket with shells that are broken?”

He looked up at me and said, “Mom, there are more broken shells on the beach than perfect ones. We’ll fill the bucket faster with these broken ones.”

True, I thought, but who wants a bucketful of broken shells? Wilson stared at me and said, “Mom, these shells are broken, but they are still beautiful.”

“You’re right, Wilson,” I replied.

“And, Mom, this one looks like a smile when you hold it this way,” he said as he reached for another broken shell. “It reminds me of a clown. This one is round like the sun.”

Tears filled my eyes as I realized my son was teaching me an important lesson. I took out the perfect shells I had collected and placed them back on the beach. Wilson and I walked along, gathering only broken shells, and admiring their beauty. Back at our beach house, we washed the shells and proudly displayed our “broken shell garden”. It reminded us that none of us are perfect, but we all have unique beauty. Now, we collect only broken shells, finding beauty in their imperfections and learning from them.

24. How did the author feel upon seeing her son’s collection of broken shells at first?

A. Annoyed. B. Confused. C. Inspired. D. Amused.

25. According to this passage, it is clear that _____.

A. Wilson preferred to collect shells with his mother slowly

B. broken shells were more beautiful than whole shells

C. Wilson collected broken shells for their uniqueness

D. broken shells reminded Wilson of his illness

26. In the end, the author _____.

A. encouraged her son to find faults in shells B. changed her view on broken shells

C. blamed her son for being unique D. kept her belief in perfection

27. What can we learn from this passage?

A. No sweet without sweat. B. Beauty is for a feeling heart.

C. Don’t put all your eggs in one basket. D. A shell in the hand is worth two in the sea.

C

Today, we have access to more information than ever before. Online video platforms and social media apps can provide us with in-depth learning opportunities for free — from professional development tips to artificial intelligence lessons. In more recent years, large language models have shown they can answer almost any question with an increasing level of accuracy.

With so much data at our fingertips, more and more people are beginning to wonder: why invest time and money in a college degree when I can gather information and build skills online?

The problem with this question, however, is that it misunderstands most of the value of higher education. For many, higher education offers much more — a transformative journey where students can network and develop portable soft skills like critical thinking, communication, problem-solving, emotional intelligence, and creativity. Acquiring these competencies often requires teamwork and repetition. These are experiences that can’t be easily copied by watching an influencer or reading AI-generated text through a screen.

While it’s true that a college degree is not the only path to success, we can’t ignore the reality that most

organizations still consider it an indicator of a candidate's readiness for the workforce. In a recent survey of 334 employers by the National Association of Colleges and Employers (NACE), respondents said nearly 70% of their entry-level jobs require a four-year degree. This statistic suggests that — despite alternative routes — a college education can give a leg-up to job candidates in today's market.

But anything with benefits has some weaknesses. We must consider that, across the board, college cost is rising. For most students, acquiring a degree will result in major debt. You should also consider whether your college courses are keeping up with the times. The education should ideally be up-to-date and useful to you upon entering the workforce.

For those who believe these downsides are worth the upsides a college education can offer, here's how to maximize the benefits of higher education:

- Learn the latest innovations through courses.
- Build a strong professional network.
- Take advantage of teamwork and problem-solving opportunities.
- Broaden your education with other resources.

These four strategies can help students maximize their college experience while also staying up to date with the latest technological trends. By being flexible, networking actively, developing problem-solving skills, and seeking learning opportunities in the real world, students can prepare themselves not just for their first job but for a dynamic and successful career.

28. Why does the author ask the question in Paragraph 2?

A. To encourage doubt about online learning.

B. To start the discussion on college education.

C. To emphasize the superiority of online learning.

D. To compare online learning with college education.

29. What does the underlined word "leg-up" in Paragraph 4 probably mean?

A. Assistance B. Virtue. C. Insight. D. Courage.

30. It is implied in this passage that _____.

A. college education remains valuable despite the rise of online learning

B. college education ignores students' development of portable soft skills

C. students can learn the latest innovations through a professional network

D. students can get a successful career as long as they have college experience

D

It was an arresting image: a large airplane parked on the Antarctic ice, smiling flight attendants posing in front of it. The shot seemed to mark a new phase for Antarctic tourism. Fortunately, the flight in question was delivering staff and supplies for research rather than tourism — but travel to Earth's southernmost continent has nonetheless reached a new milestone. The growing number of visitors brought a new urgency to the question of how much tourism should be allowed on the icy continent.

Many members of the International Association of Antarctic Tourism Operators (IAATO) say promoting Antarctic conservation is part of their mission. In fact, IAATO members follow strict rules designed to protect the environment, including removing all waste from the continent and avoiding unknowingly introducing non-native

species. Nonetheless, a number of biosecurity studies found a large number of non-native species present. The risks are real. An invasive (侵袭的) grass species has established a foothold on one of Antarctica's South Shetland Islands, while bird flu recently reached the Sub-Antarctic Islands, where it has had a damaging effect on the seal population.

Despite these growing threats, biosecurity is not the biggest danger facing Antarctica's wilderness areas. Tourists can reduce biosecurity risks by taking new clothing to Antarctica, but the carbon impact is a real issue. The average per-person carbon emissions (排放) for an Antarctic tourist are 3.76 tonnes — about the total sum that an individual typically generates in an entire year. One study calculated that each tourist between 2016 and 2020 was effectively melting around 83 tonnes of snow, due largely to emissions from travel ships.

The Antarctic is at risk not just because of the delicacy of its environment, but due to the lack of a single governing body. The Antarctic Treaty, established in 1961 to provide governance for the continent, operates on a consultative basis, which means all parties have to agree before a change can be put into action.

There is a common understanding that something needs to change, but no agreement on what those changes should be. Should landings be made at a larger number of sites for instance, or should we aim to keep the human footprint as small as possible? Researchers recommend that anyone thinking about visiting Antarctica should take a hard look at their motivation and the impacts of their choice.

"As a researcher, it's a moral decision that I make every time I go, whether what I'm doing is worth the impact," said a professor, who says tourists should also weigh up the consequences.

"If your motivation is simply because you have stepped on six continents already and you want to step on the seventh — personally I think that's a fairly silly reason."

31. What can we learn from this passage?

A. Non-native species have not been found in the Antarctic so far.

B. The best way to reach the Antarctic is by taking a large airplane.

C. Developing tourism and doing research are equally important in the Antarctic.

D. IAATO has taken some measures to conserve the environment in the Antarctic.

32. What is the primary concern about the growing travelers in the Antarctic?

A. The absence of a single governing body.

B. The decline in the number of seals due to tourism.

C. The potential for tourists to introduce invasive species.

D. The carbon emissions associated with travel to the Antarctic.

33. The main moral challenge presented by Antarctic tourism is _____.

A. allowing tourists to access areas typically reserved for research

B. deciding whether tourism can fund further exploration of the Antarctic

C. satisfying personal desires for traveling while preserving the environment

D. balancing the economic benefits of tourism with the environmental impact

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

A. Antarctic Research: A Promising Future!

B. Flying to the Antarctic: A New Milestone!

C. Antarctic Tourism: Should We Just Say No?

D. Threat to the Antarctic: Why Biosecurity Risks?

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。

As winter approaches, we encounter not only the physical darkness but also the darkness of various global and personal challenges. ___35___

We can start by appreciating the natural beauty around us. ___36___ I also appreciate observing the wildlife around me, such as birds that skip around my driveway, providing a sense of life and movement in the otherwise still and cold winter landscape.

For other kinds of light, we can turn to our friends and family. Nothing feels more like sunlight than walking into a room full of people who are happy to see me. I think of my family on special occasions, their shining eyes radiating love. ___37___.

___38___ Reading a poetry book, listening to a beautiful piece of music, or admiring a painting can all bring a sense of peace and inspiration. These works can help us see the world in a new way, finding beauty and meaning even in the darkest moments.

Moreover, spiritual practices can provide a sense of inner peace and light. ___39___. Different people have different practices, but they all serve as a source of strength and guidance during difficult times.

No matter how dark the days, we can find light in our own hearts, and we can be one another's light. We can shine light out to everyone we meet.

A. We see disasters on our screens.

B. In our darkest moments, art also creates a ray of light.

C. I prefer walking outside, challenging myself against the cold.

D. Whatever is happening, we can still find light even during difficult times.

E. Similarly, spending time with friends, brings warmth and joy to our hearts.

F. I take walks outside, enjoying the beauty of snow that shines like diamonds.

G. For some, this may involve silence, journaling, or readings from inspirational leaders.

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。

Being an introvert (内向的人), I feared nothing more than stepping outside of my safe little bubble. But things took an interesting turn in my second year of college when I had to take a public speaking class. At first, I thought, "Wow, what am I doing?" However, that summer, I learned to gradually expose myself to stress and anxiety. Roughly seven speeches later, I broke out of my shell and became a whole new version of myself. What I want to emphasize from my story is that it's not enough to just step outside our comfort zones. We must live outside them.

You may be asking, "How do I start living outside of my comfort zone?" The answer I would personally give is "baby steps". Consider breaking up routines and habits, for instance. Even doing something as small as trying a new flavor of your favorite snack can start the process. Then, sample a new snack. After that, order something different for lunch. Finally, you get the idea. That same mentality can be applied to anything under the sun. The possibilities are endless, and trust me, once you start finding your rhythm, you'll find it gets progressively easier to

try new things.

Above all, remember that any step is still a step. Don't feel discouraged that you aren't doing as much as you should, or that you' re not moving as quickly as someone else. Everyone has it in them to take action and live outside their comfort zones. Do what is right for you. Sometimes, you will need to push yourself. However, pushing yourself too hard will only make you pull back and become overly cautious. After all, the final goal is to find a happy balance between comfort and discomfort, between safety and risk.

40. What happened to the author after about seven speeches?

_____

41. What is the author's advice on how to start living outside the comfort zone?

_____

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

→***To live outside your comfort zone, you will need to push yourself at all times.***

_____

43. Please share one of your experiences about living outside the comfort zone. (***In about 40words***)

_____

第二节(20 分)

44. 假设你是红星中学高三学生李华。你的外国朋友 Jim 获悉你校近期举办了主题为“劳动光荣”(All Labour Is Glorious)的活动，他发来邮件询问相关情况。请你用英文给他回复，内容包括：

1. 活动的内容;

2. 活动的意义。

注意：1. 词数 100 左右;

2. 开头和结尾已给出，不计入总词数。

Dear Jim，

_____

_____

_____

_____

_____

Yours，

Li Hua

参考答案

第一部分 知识运用(共两节，30 分)

第一节(共 10 小题;每小题 1.5 分，共 15 分)

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。

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

【导语】本文是一篇记叙文。文章讲述了作者参加年度话剧表演的经历。

【1 题详解】

考查动词词义辨析。句意：我的手颤抖着，我拼命地想回到座位上，让人看不见我。A. shook 颤抖；发抖；B. lowered 降低；C. swung 摇摆；D. lifted 提起；举起。根据上文的句子“I was nervous when I stood up to compete for the lead role in the annual play.”可知，作者很紧张，所以作者的手在抖。故选 A 项。

【2 题详解】

考查动词词义辨析。句意：当老师叫到我的名字时，我简直不敢相信。A. whispered 低声说；B. cited 引用；C. explained 解释；D. called 大声呼叫，大声说。根据下文的“I couldn’t believe it. I was on the cast list!”可知，作者的名字在名单上，所以，老师肯定叫到了作者的名字。故选 D 项。

【3 题详解】

考查动词词义辨析。句意：我渴望做到最好，每天都练习。A. adapted 适应；改编；B. composed 组成；作曲；C. practiced 练习；D. appeared 出现。根据上文的“I was eager to do my best”可知，作者想做到最好，所以，肯定是每天练习。故选 C 项。

【4 题详解】

考查名词词义辨析。句意：然后我开始做可怕的梦，梦见自己在舞台上忘记了台词。A. lines 台词；B. promises 承诺；C. principles 原则；D. awards 奖励。根据下文的“on stage”可知，在舞台上忘记的肯定是台词。故选 A 项。

【5 题详解】

考查副词词义辨析。句意：排练的时候，一切都很顺利，直到我在冰上滑倒的那一幕，随之而来的是哄堂大笑。A. quietly 安静地；B. quickly 迅速地；C. wildly 疯狂地；D. smoothly 顺利地。根据下文的“until the scene where I slipped on the ice”可知，在作者滑倒之前，一切都很顺利。故选 D 项。

【6 题详解】

考查动词短语辨析。句意：请不要退出。A. hang out 闲逛；B. drop out 退出；C. stand out 脱颖而出；D. check out 退房。根据上文的“‘I can’t do it. Get someone else!’”和下文的“Our play will be a failure without you!”可知，作者想退出，四个女孩子不想让作者退出。故选 B 项。

【7 题详解】

考查动词词义辨析。句意：我擦干眼泪，回到舞台上。A. narrowed 缩小；B. covered 覆盖；C. dried 擦干；D. rolled 滚动。根据上文的“I looked up through my tears to see concerned faces.”和下文的“went back to the

stage”可知，作者流泪了，回到舞台上之前，应该是擦干眼泪。故选 C 项。

【8 题详解】

考查名词词义辨析。句意：演出结束时掌声热烈得令人难以置信。A. ceremony 仪式；B. concert 音乐会；C. lecture 讲座；D. performance 表演；演出。根据上文的“During the show”和“The applause was incredible”可知，应该是在演出结束时有掌声。故选 D 项。

【9 题详解】

考查名词词义辨析。句意：从那以后，我遇到了很多困难，但我也经历了很多快乐。A. joy 快乐；B. disappointment 失望；C. embarrassment 尴尬；D. confidence 信心。根据句中的转折连词 but 可知，空格处的词应该与上文的 challenges 相对应，所以应该用 joy。故选 A 项。

【10 题详解】

考查形容词词义辨析。句意：有时我仍然感到气馁，但我记得我是如何克服恐惧并迎接挑战的，这要感谢支持我的老师和意想不到的朋友的鼓励。A. knowledgeable 知识渊博的；B. supportive 支持的；C. strict 严格的；D. generous 慷慨的。根据第三段的句子“Finally, I told the teacher to let someone else take my role. She said, “You can do this. I’ll help you.””和倒数第三段的句子“Four girls had come after me. “Please, don’t__6__. Our play will be a failure without you!” they said.”可知，此处指的是老师和朋友的支持。故选 B 项。

第二节(共 10 小题;每小题 1.5 分，共 15 分)

【答案】11. facing

12. started

13. has collected

【导语】本文是一篇说明文。文章介绍了 Ana 为何创办“just 1 Book”这一组织。

【11 题详解】

考查非谓语动词。句意：安娜在阅读了附近社区的孩子们面临的困难后受到了启发。空格处应该用非谓语动词作定语，修饰空格前的名词 kids，动词 face 与名词 kids 之间是主动关系，所以应该用现在分词 facing 作定语。故填 facing。

【12 题详解】

考查动词时态。句意：安娜在 10 岁时创办了一个名为“just 1 Book”的组织。空格处是时间状语从句的谓语动词，根据主句 Ana was just ten years old 可知，从句描述过去发生的事，应该用一般过去时。故填 started。

【13 题详解】

考查时态和主谓一致。句意：到目前为止，她已经收集了大约 50 万本书。空格处是句子的谓语动词，根据时间状语 to date 可知，应该用现在完成时；主语是 she，助动词用 has。故填 has collected。

【答案】14. without

15. to determine

16. connection

17. spent

【导语】本文是一篇说明文。文章主要介绍了智能手机成瘾与睡眠之间的关系。

【14题详解】

考查介词。句意：智能手机非常有用，我们常常无法想象没有它们的生活。此处表示“没有智能手机的生活”，用介词without符合语境。故填without。

【15题详解】

考查非谓语动词。句意：我们调查了1065名学生，以确定智能手机成瘾是否会影响睡眠。句中用不定式作目的状语，表示“为了确定”。故填to determine。

【16题详解】

考查名词。句意：我们发现了智能手机成瘾和睡眠质量差之间的密切联系。形容词strong后接名词形式connection，作identified宾语。根据不定冠词a可知，用名词的单数形式。故填connection。

【17题详解】

考查非谓语动词。句意：花在手机上的时间不足以说明上瘾。句中已有谓语动词，所以用非谓语动词。名词time与spend之间为逻辑上的被动关系，所以用过去分词作后置定语。故填spent。

【答案】18. extremely

19. was challenged

20. whose

【导语】这是一篇记叙文。作者讲述在野生动物救援组织工作的经历，工作艰苦且面临挑战，其间各种动物让作者学到很多，一只小老鼠的勇敢更改变其人生。

【18题详解】

考查副词。句意：这是极其艰苦的工作。分析句子可知，此处需用副词修饰形容词hard，extreme的副词形式为extremely。故填extremely。

【19题详解】

考查时态和语态。句意：我被挑战着超越自己的极限。这里考查谓语动词，句子主语I和challenge之间是被动关系，且讲述的是过去的事情，应用一般过去时的被动语态was/were done，主语为I，be动词用was。故填was challenged。

【20题详解】

考查定语从句。句意：它们都以自己的方式向我展示了我们可以从动物身上学到什么，比如一只小老鼠，它的勇敢永远改变了我的生活。分析句子可知，“____ bravery changed my life forever”是定语从句，先行词为mouse，关系词在从句中作定语，修饰bravery，表所属关系，应用whose。故填whose。

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。

【答案】21. D　22. A　23. C

【导语】这是一篇应用文。文章介绍写作辅助工具Grammarly，包括其功能、工作方式，阐述使用它的优势与不足。

【21 题详解】

细节理解题。根据第一段第二句“It checks for spelling, grammar, and punctuation errors, and enhances vocabulary usage. (它检查拼写、语法和标点错误，并提升词汇用法。)”可知，Grammarly 通过识别拼写、语法和词汇问题来为用户服务。故选 D 项。

【22 题详解】

细节理解题。根据第四段第一句“A handy originality checker can help writers identify any unintentionally borrowed content. (一个便捷的原创性检查器可以帮助作者识别任何无意借用的内容。)”可知，是便捷的原创性检查器帮助用户识别意外抄袭的材料。故选 A 项。

【23 题详解】

细节理解题。根据第六段第一、二句“Using Grammarly is always a great decision because it saves you valuable time. It can quickly discover and resolve various kinds of errors, allowing users to concentrate on generating quality content rather than technical details. (使用 Grammarly 总是一个很棒的决定，因为它节省你宝贵的时间。它可以快速发现并解决各种错误，让用户专注于生成高质量内容而非技术细节。)”可知，使用 Grammarly，人们可以高效地进行写作。故选 C 项。

【答案】24. B　25. C　26. B　27. B

【导语】这是一篇夹叙夹议文。作者和患自闭症的儿子去海边捡贝壳，儿子偏爱碎贝壳，作者从中领悟到不完美之物也有独特美，应学会欣赏。

【24 题详解】

细节理解题。根据第二段“I wondered why he was doing that. When I suggested finding whole shells, he simply gave me a puzzled look and continued picking up whatever he found, content with his unique collection.(我想知道他为什么要那样做。当我建议去找完整的贝壳时，他只是困惑地看了我一眼，然后继续捡起他找到的任何东西，对他独特的收藏很满意。)”可知，一开始作者看到儿子收集破碎的贝壳时感到很困惑。故选 B 项。

【25 题详解】

细节理解题。根据第二段“When I suggested finding whole shells, he simply gave me a puzzled look and continued picking up whatever he found, content with his unique collection.(当我建议他找整个贝壳时，他只是困惑地看了我一眼，然后继续捡起他找到的任何东西，满足于他独特的收藏。)”以及第五段“Mom, these shells are broken, but they are still beautiful.(妈妈，这些贝壳是破碎的，但它们仍然很美。)”可知，Wilson 收集破碎的贝壳是因为它们的独特性。故选 C 项。

【26 题详解】

推理判断题。根据最后一段“Tears filled my eyes as I realized my son was teaching me an important lesson. I took out the perfect shells I had collected and placed them back on the beach. Wilson and I walked along, gathering only broken shells, and admiring their beauty.(当我意识到儿子给我上了重要的一课，泪水充满了我的眼睛。我拿出我收集的完美贝壳，把它们放回海滩。我和 Wilson 继续走着，只收集破碎的贝壳，并欣赏它们的美。)”可知，最后作者改变了对破碎贝壳的看法。故选 B 项。

【27 题详解】

推理判断题。通读全文可知，文章讲述了儿子收集破碎贝壳并发现其独特美的故事，告诉我们要有一颗感受美的心，才能发现事物独特的美。所以 B 选项 Beauty is for a feeling heart.(美丽是为一颗有感情的心准备的。)符合语境。故选 B 项。

【答案】28. B　29. A　30. A

【导语】这是一篇议论文。文章探讨在信息丰富的当下大学教育的价值，虽有成本等弊端，但仍具优势，并给出最大化其益处的策略。

【28 题详解】

推理判断题。在第二段“With so much data at our fingertips, more and more people are beginning to wonder: why invest time and money in a college degree when I can gather information and build skills online?(随着如此多的数据触手可及，越来越多的人开始怀疑：当我可以在网上收集信息和培养技能时，为什么还要花时间和金钱去读大学呢？)”中作者提出问题：如此多的数据触手可及，在网上就可以收集信息和培养技能时，为什么还要花时间和金钱去接受大学教育？根据第三段“The problem with this question, however, is that it misunderstands most of the value of higher education.(然而，这个问题的症结在于它误解了高等教育的大部分价值。)”以及后文围绕大学教育展开的论述可知，作者在第二段提出这个问题是为了开启关于大学教育的讨论。故选 B 项。

【29 题详解】

词句猜测题。根据第四段“In a recent survey of 334 employers by the National Association of Colleges and Employers (NACE), respondents said nearly 70% of their entry-level jobs require a four-year degree. This statistic suggests that — despite alternative routes — a college education can give a leg-up to job candidates in today’s market.(美国大学与雇主协会（NACE）最近对 334 名雇主进行的一项调查显示，受访者表示，他们近 70%的入门级工作需要四年制学位。这一统计数据表明，尽管有其他途径，但在当今市场上，大学教育可以给求职者提供 leg-up。)”可知，统计数据表明很多入门级工作要求学位，尽管有其它途径，但是大学教育可以给求职者在今天的市场上提供帮助，give a leg-up 意思是“提供帮助”，与 assistance“帮助”意思相近。故选 A 项。

【30 题详解】

推理判断题。根据第三段“For many, higher education offers much more — a transformative journey where students can network and develop portable soft skills like critical thinking, communication, problem-solving, emotional intelligence, and creativity.(对许多人来说，高等教育提供的更多——这是一段变革性的旅程，学生可以建立人际关系网络，并培养诸如批判性思维、沟通、解决问题、情商和创造力等通用软技能。)”以及第四段“This statistic suggests that — despite alternative routes — a college education can give a leg-up to job candidates in today’s market.(这一统计数据表明，尽管有其他途径，但在当今的市场上，大学教育可以为求职者提供帮助。)”可推知，尽管在线学习兴起，大学教育仍然有价值。故选 A 项。

【答案】31. D　32. D　33. C　34. C

【导语】这是一篇议论文。文章围绕南极旅游展开，探讨其带来生物安全、碳排放等问题，引发对是否应发展南极旅游的思考。

【31 题详解】

细节理解题。根据第二段第二句“In fact, IAATO members follow strict rules designed to protect the environment, including removing all waste from the continent and avoiding unknowingly introducing non-native species.(事实上，国际南极旅游经营者协会（IAATO）的成员遵循旨在保护环境的严格规定，包括清除南极大陆上的所有废物，并避免在不知情的情况下引入非本地物种。)”可知，IAATO 已经采取了一些措施来保护南极的环境。故选 D 项。

【32 题详解】

细节理解题。根据第三段中“Tourists can reduce biosecurity risks by taking new clothing to Antarctica, but the carbon impact is a real issue. The average per-person carbon emissions (排放) for an Antarctic tourist are 3.76 tonnes — about the total sum that an individual typically generates in an entire year. One study calculated that each tourist between 2016 and 2020 was effectively melting around 83 tonnes of snow, due largely to emissions from travel ships.(游客可以通过带新衣服去南极洲来减少生物安全风险，但碳影响是一个真正的问题。南极游客的人均碳排放量为 3.76 吨——大约是一个人一整年的碳排放量总和。一项研究计算出，2016 年至 2020 年期间，每位游客实际上融化了约 83 吨雪，这主要是由于旅游船只的排放。)”可知，碳影响对南极是一个真正的问题，南极游客的人均碳排放量大约是一个人一整年的碳排放量总和；由此可知，对于南极不断增长的游客数量，首要担忧的是前往南极旅行所产生的碳排放。故选 D 项。

【33 题详解】

推理判断题。根据倒数第二段“‘As a researcher, it’s a moral decision that I make every time I go, whether what I’m doing is worth the impact,” said a professor, who says tourists should also weigh up the consequences.(一位教授说：‘为一名研究人员，我每次去都要做一个道德上的决定，看看我所做的事情是否值得。’他还说，游客也应该权衡后果。)”以及最后一段“‘If your motivation is simply because you have stepped on six continents already and you want to step on the seventh — personally I think that’s a fairly silly reason.”(‘如果你的动机仅仅是因为你已经踏上了六大洲，而你想踏上第七大洲——我个人认为这是一个相当愚蠢的理由。’)”可知，南极旅游带来的主要道德挑战是在满足个人旅行欲望的同时保护好环境。故选 C 项。

【34 题详解】

主旨大意题。通读全文可知，文章主要讨论了南极旅游带来的各种问题，如生物安全、碳排放等，同时提到对于是否应该发展南极旅游存在争议，没有就改变措施达成一致，所以 Antarctic Tourism: Should We Just Say No?(南极旅游：我们应该说不吗？)作为标题最合适。故选 C 项。

第二节(共 5 小题;每小题 2 分，共 10 分)

【答案】35. D　36. F　37. E　38. B　39. G

【导语】本文是一篇说明文。文章主要讲述了在冬季来临之际，人们面临着各种挑战和黑暗。但即便如此，人们仍可以通过欣赏周围的自然美景，与朋友和家人相处，从艺术作品中获取力量，以及进行精神实践等方式来寻找光明。

【35 题详解】

根据上文“As winter approaches, we encounter not only the physical darkness but also the darkness of various global and personal challenges. (随着冬天的临近，我们遇到的不仅是物理上的黑暗，还有各种全球和个人挑战的黑暗。)”和下段第一句“We can start by appreciating the natural beauty around us. (我们可以从欣赏周围

的自然美景开始。)”可知设空处为过渡句，既能承接上文所说的黑暗，又能引出下文的话题，寻找美丽和光明，所以 D 选项“无论发生什么，即使在困难的时候，我们仍然可以找到光明。”符合题意，故选 D。

【36 题详解】

根据上文 We can start by appreciating the natural beauty around us. (我们可以从欣赏周围的自然美景开始。)”可推知下文说明怎样去欣赏冬天的自然美景，所以 F 选项“我出去散步，欣赏像钻石一样闪闪发光的雪的美丽。”符合题意，故选 F。

【37 题详解】

根据上文“For other kinds of light, we can turn to our friends and family. Nothing feels more like sunlight than walking into a room full of people who are happy to see me. I think of my family on special occasions, their shining eyes radiating love. (对于其他类型的光，我们可以求助于我们的朋友和家人。没有什么比走进一间满是高兴见到我的人的房间更像阳光了。在特殊的场合，我想起我的家人，他们闪闪发光的眼睛散发着爱的光芒。)”可知本段建议我们求助于朋友和家人，上文提到家人，所以空处应该是关于朋友的，所以 E 选项“同样的，和朋友在一起，给我们的心灵带来温暖和喜悦。”承接上文，紧扣本段主题，故选 E。

【38 题详解】

根据下文“Reading a poetry book, listening to a beautiful piece of music, or admiring a painting can all bring a sense of peace and inspiration. These works can help us see the world in a new way, finding beauty and meaning even in the darkest moments. (读一本诗歌书，听一段优美的音乐，或欣赏一幅画都能带来平静和灵感。这些作品可以帮助我们以一种新的方式看待世界，即使在最黑暗的时刻也能找到美和意义。) ”可知本段说明艺术在黑暗时刻对我们的帮助，所以 B 选项“在我们最黑暗的时刻，艺术也创造了一束光。”符合语境，故选 B。

【39 题详解】

根据下文“Different people have different practices, but they all serve as a source of strength and guidance during difficult times. (不同的人有不同的做法，但在困难时期，它们都是力量和指导的来源。)”可推断上文是一些人在困难时期的做法，所以 G 选项“对一些人来说，这可能包括沉默、写日记或阅读励志领袖的作品。”符合题意，并且选项中的“silence, journaling, or readings from inspirational leaders”对应上文的“spiritual practices”，故选 G。

第三部分 书面表达(共两节，32 分)

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

【答案】40. She/He broke out of her/his shell and became a whole new version of herself/himself.

41. The author’s advice is to take “baby steps”.

42. ***→To live outside your comfort zone, you will need to push yourself <u>at all times</u>.***

Sometimes, you will need to push yourself.

43. 开放性试题，参考答案可以为 Once I was afraid to join a group discussion. But I forced myself. At first, I was nervous, but later I actively shared ideas and made new friends.

【导语】这篇文章属于个人经历分享与经验建议类的文章。作者先讲述自己作为内向者通过演讲课突破舒适区的亲身经历，进而围绕如何走出舒适区给出具体建议，包括从小事做起、把握好自我推动的度等内

容，旨在为读者提供关于走出舒适区的思路与方法。

【40 题详解】

细节理解题。由文章第一段中“Roughly seven speeches later. I broke out of my shell and became a whole new version of myself.(大约进行了七次演讲后，我突破了自我，变成了一个全新的自己。)”可知，在大约七次演讲之后，作者突破了自我，成为全新的自己。故答案为 She/He broke out of her/his shell and became a whole new version of herself/himself.

【41 题详解】

细节理解题。由文章第二段“The answer I would personally give is “baby steps”. Consider breaking up routines and habits, for instance. Even doing something as small as trying a new flavor of your favorite snack can start the process.(我个人给出的答案是‘一小步一小步来’。例如，可以考虑打破常规和习惯。即使是像尝试你最喜欢的零食的新口味这样小的事情也可以开启这个过程。)”可知，作者对于如何开始走出舒适区的建议是一小步一小步来，比如打破常规习惯，从尝试喜欢零食的新口味这类小事做起。故答案为 The author’s advice is to take “baby steps”.

【42 题详解】

判断推理题。由文章第三段“Sometimes, you will need to push yourself. However, pushing yourself too hard will only make you pull back and become overly cautious. After all, the final goal is to find a happy balance between comfort and discomfort, between safety and risk.(有时候，你需要逼迫自己。然而，逼迫自己太狠只会让你退缩并变得过度谨慎。毕竟，最终目标是在舒适与不舒适、安全与风险之间找到一个愉快的平衡。)”可知，作者在文中表明有时需逼迫自己，但不能过度，要在舒适与不舒适间找平衡，所以“at all times（一直）”表述错误。故答案为→To live outside your comfort zone, you will need to push yourself <u>at all times</u>. Sometimes, you will need to push yourself.

【43 题详解】

开放性题目。言之有理即可，可以写自己原本害怕参加小组讨论，逼迫自己参与后，从紧张到能积极分享想法并交到新朋友。故参考答案可以为 Once I was afraid to join a group discussion. But I forced myself. At first, I was nervous, but later I actively shared ideas and made new friends.

第二节(20 分)

44.【答案】

Dear Jim,

I’m delighted to share with you the details of the activity themed “All Labour Is Glorious” held in our school recently.

The activity was rich and colorful. We had a speech contest where students shared stories about the value of labor. Also, there were practical labor sessions, like growing vegetables in the school garden and cleaning the campus.

This activity was of great significance. It not only deepened our understanding of the dignity of labor but also improved our practical skills. We realized that every kind of labor, no matter how small, contributes to society.

Hope you find it interesting! If you have any questions, feel free to let me know.

Yours,

Li Hua

【导语】本篇书面表达属于应用文，要求考生用英文给外国朋友 Jim 介绍校近期举办了主题为“劳动光荣”(All Labour Is Glorious)的活动。其内容包括：活动的内容和活动的意义。

【详解】1.词汇积累

高兴的：delighted→glad

重要性：significance→importance

理解：understanding →comprehension

希望：hope→wish

2.句式拓展

简单句变复合句

原句： I’m delighted to share with you the details of the activity themed “All Labour Is Glorious” held in our school recently.

拓展句： I’m delighted to share with you the details of the activity which is themed “All Labour Is Glorious” held in our school recently.

【点睛】【高分句型 1】 We had a speech contest where students shared stories about the value of labor.（运用了 where 引导的定语从句）

【高分句型 2】 We realized that every kind of labor, no matter how small, contributes to society.（运用了 that 引导的宾语从句）