# 2026 北京丰台高三（上）期末

# 英　　语

班级_____　姓名_____　报名号_____

笔试 共三部分（100 分）

**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。**

**Being "Number 23"**

Sumi always felt an indescribable sense of discomfort every time others called her daughter Anna "Number 23" — the girl consistently ranked 23rd out of 50 in every exam. Amid other parents boasting about their kids' piano honors and math awards, Sumi found herself consumed by ___1___.

Determined to lift Anna's grades, Sumi hired tutors, bought fancy stationery, and promised rewards for improvement. Anna tried ___2___: she gave up sketching, paper cutouts, and weekend lie-ins, bouncing from class to class and poring over questions. But the ___3___ wore her down — she lost her appetite, couldn't sleep, and fell seriously ill with fever and weariness. Upset, Sumi finally ___4___. Once she stopped forcing Anna to hit the books, the light returned to Anna's eyes.

At a weekend family outing delayed by traffic, the bored kids grew increasingly impatient and ___5___ — until Anna told jokes like a big sister and turned leftover candy boxes into paper animals, ___6___ one to each child. Watching other parents beam with (满面洋溢着) ___7___, Sumi felt a surge of pride she hadn't known in years.

At term's end, Anna's teacher called, "She's still mid-rank, but on the bonus question — 'Who's your favorite classmate?' — almost every student ___8___ her. They love her kindness and how she listens and helps. Some even want her as class monitor."

Sumi cried tears of joy and ___9___. Greeting Anna home, she said, "Your teacher says everyone adores you — you're a hero." Anna grinned, "I don't want to be a hero. Heroes get clapped for — I want to be the one clapping."

In that instant, Sumi realized: We chase "number one" for our kids, but kindness, joy, and staying true to oneself are the truest ____10____. Being "Number 23" was never a flaw — it was just Anna's quiet way of shining.

| | | | |
|---|---|---|---|
| 1. A. fear | B. anger | C. worry | D. guilt |
| 2. A. desperately | B. aimlessly | C. awkwardly | D. hesitantly |
| 3. A. failure | B. pressure | C. boredom | D. confusion |
| 4. A. backed off | B. slowed down | C. fought back | D. broke down |
| 5. A. stressed | B. nervous | C. restless | D. excited |
| 6. A. delivering | B. awarding | C. donating | D. gifting |
| 7. A. curiosity | B. appreciation | C. amusement | D. hope |
| 8. A. guided | B. tested | C. nursed | D. named |
| 9. A. gratitude | B. regret | C. relief | D. shock |

10. A. surprises B. talent C. freedom D. wins

**第二节（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。

Bamboo is well-known as a building material used for many centuries. Today, although the resource ____11____ (limit) to scaffolding (脚手架) or remote housing projects, advocates have recently campaigned for its usage in modern construction. ____12____ (address) growing greenhouse gas emissions, bamboo can become an alternative to traditional building materials, ____13____ (reduce) climate change with both economic benefits and sustainable qualities.

**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。请在答题卡指定区域作答。

Playing music for plants can help them grow. The same might be true for humans. In a new study published in the science journal *Chaos*, researchers ____14____ (play) classical music for fetuses (胎儿) using headphones on the mothers' ____15____ (stomach). They found that the vibrations from the music helped stabilize the fetuses' heart rates, ____16____ researchers said "could stimulate the development of the fetal autonomic nervous system."

**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。请在答题卡指定区域作答。

My iced tea arrived ____17____ the sky. In a busy area in Shenzhen, China, ____18____ (sandwich) between several skyscrapers, I watched a drone descend onto a pickup kiosk (自助售货亭) by the street. The top of the kiosk opened up for the drone to land, and a cardboard box containing my drink was placed inside. After I ____19____ (make) the delivery order on my phone, the app noted that it would arrive at 2:03 p.m., and that was exactly ____20____ it came.

**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**

**Six Books Compete for International Booker Prize**

Established in 2005, the International Booker Prize was originally given to an author for a lifetime of work but since 2016 has been awarded to a single book translated into English and published in Britain or Ireland. It comes with prize money of 50,000 pounds, about $64,000, which the winning author and translator share equally.

This year's shortlist includes:

◆*Perfection* by Vincent Latrony, translated from Italian by Sophie Huss: a book about an emigrant couple living in a trendy Berlin neighborhood and struggling to engage with life outside their bubble.

◆*Remote Boat* by Vinasse Deleton, translated from French by Helen Tompson: a fictionalized retelling of the 2021 sinking of a migrant boat during the journey from France to Britain, leading to 27 deaths.

◆*Birds* by Hiroaki Kawami, translated from Japanese by Ada Yomeda: a series of interconnected stories set in an imaginary future, in which the only remaining humans are produced in factories.

◆*Head Lamp* by Banham Muchimataq, translated from Kannada, a language spoken in southern India, by Deepak Bhasmithi: a collection of short stories about a girl in India dealing with family and community tensions.

◆*A Tigercat-Skin Hat* by Annemary Serra, translated from French by Mark Hupinson: a novel about the relationship between an unnamed narrator and a painful friend. Serra wrote the novel in a few months after the death of her sister. "I wanted to create a memorial to her, one that was as beautiful as possible," Serra said.

The judges will declare the winner on May 20 at a ceremony at Tate Museum in London.

21. What can we learn about the International Booker Prize?

A. It is awarded to books translated from English.

B. The prize honors British authors' lifelong work.

C. It is presented to the winner on May 20 annually.

D. The winning author can get half of the prize money.

22. What do we know about the books?

A. *Remote Boat* gives a factual account of a real-life story.

B. *Head Lamp* presents Indian females' family life tensions.

C. *A Tigercat-Skin Hat* explores the relationship between sisters.

D. *Birds* tells stories of factory-made humans in a fictional future.

23. Where could you probably read the article?

A. In a brochure of awarded translators.　　B. In a newspaper's cultural section.

C. In an entertainment magazine.　　D. In an author interview series.

**B**

I have restored the alarm clock, an overlooked mechanism in today's your-phone-does-everything world. It is wonderful. Why? Because before I brought an analogue (指针式的) clock back into my bedroom, I was averaging two hours and 56 minutes of screen time per week. And, every morning, while only trying to tap "sooze", I'd be faced by a flurry of notifications piling up behind one another. The notifications would fill me with anxiety and stress about the day ahead before I'd even had my morning coffee.

I didn't realize it at the time, but my old analogue clock — a compact, travel model — was a low-key luxury. Its design would have paled in comparison to the latest phones, but its on-time scream was effective at waking me up every morning. Importantly, it wasn't filling my mind with chatter, bad news and deadlines before the day had begun.

I made the switch from alarm clock to phone about 10 years ago after I told someone what I thought was a funny story about how my alarm clock had once gone off in my suitcase while in a taxi trunk, forcing us to pull over so I could fetch it. The story aroused puzzlement. "You use an actual alarm clock?" they asked, as though it was a fax machine. "Why don't you use your phone?" Oh, I thought. Why don't I? I probably didn't even know I could at the time. But I yielded to peer pressure and did away with my old clock. And that's when the luxury of waking up without notifications ended, and the misery of glancing at them in the middle of the night when I checked the time on my phone began.

According to Silverson, "Technology takes advantage of our psychological weaknesses." And being connected,

she noted, is incredible but terrible at the same time. “It’s managing that and creating a routine that works for you.”

Which now I think I have. Reintroducing an alarm clock gives me the time, space and separation that my phone didn’t. Even though my phone still sits next to the bed, it’s no longer the first thing I’m reaching for, which has given me a sense of control and calm. Strangely, it has made me feel younger, maybe because the experience feels nostalgic (怀旧的), or perhaps because I’m getting better sleep. And what can be more luxurious than that?

24. The author gave up his analogue clock ten years ago because _____.

A. he gave in to the peer pressure
B. he thought it was out of fashion
C. its alarm sounded loud and sharp
D. it didn’t work during an important trip

25. Reintroducing the alarm clock made the author become _____.

A. peacefully in control
B. confidently in charge
C. nostalgic and youthful
D. comfortable and informed

26. What does the story mainly tell us?

A. Old items make a quiet comeback.
B. Notifications poison our mornings.
C. True luxury is a mindful separation.
D. Simplicity leads to personal fulfillment.

**C**

We are finally starting to build a picture of the many different ways of thinking, and understand how your inner mindscape affects your experience of reality.

In 1973, Russell Hurlburt at the University of Nevada, Las Vegas, invented a method that would give us a better handle on introspective (内省的) experiences: a beeper that attaches to the ear and sounds at random intervals. At each beep, volunteers record their current inner experience, which is later discussed in detail with researchers. This method, called descriptive experience sampling, has been used with thousands of people over the decades. “After four or five days, you have a pretty good sense of someone’s inner experience,” Hurlburt says.

That’s not to say it is easy. The first surprise was that people really struggle to introspect, so much so that beeper studies tend to ignore the first day’s data as it is too unreliable. Even defining a “thought” is tricky. What Hurlburt’s method reveals is that our thoughts seem to include five common phenomena: inner speech, inner seeing, feelings, sensory awareness, and unsymbolized thinking.

The second surprise was that we are poor judges of what is going on inside our own heads. Beeper studies are time-consuming, so self-report questionnaires asking people how they think are more common. Comparing these two approaches reveals shocking differences. Research suggests that we massively overestimate the amount of thinking we do in all five main phenomena, with the results of self-report questionnaires being between two and four times higher than those of descriptive experience sampling.

What has become clear is that we all think using our own combination of phenomena. Each of the five main types appears in about 25% of beeps. A single thought might contain five or more separate simultaneous images along with inner speech about something else entirely.

Descriptive experience sampling also challenges the simple dichotomy (二分法) between mind-wandering and focused thought. Charles Fern at the University of Durham found that about 40% of thoughts don’t fit neatly into either category, suggesting both states can be active simultaneously at different levels. “People’s experiences seem to unfold on multiple, parallel, simultaneous tracks,” he says.

Even inner speech is not a single thing. “It’s a kind of language, and language is incredibly versatile,” says Fern. It can be a monologue, dialogue, emotional, or dispassionate. Similarly, inner seeing varies greatly. The idea that

people are either visual or verbal thinkers is a misconception. “We consistently find positive correlations,” says Fern. People with vivid inner imagery also tend to have a vocal inner voice. Our minds often blend different thought forms in ways resembling synesthesia (通感).

“Until very recently, both philosophers and scientists have assumed that everybody thinks just like them,” says Fiona Macpherson of the University of Glasgow. “We now know there’s a lot that is very different.”

27. Descriptive experience sampling can help researchers _____.

A. record people’s daily activities regularly
B. get specific individuals’ inner experience
C. test volunteers’ response to random beeps
D. predict people’s self-reflective experience

28. What can we learn from the passage?

A. People can be neatly divided into verbal or visual thinkers.
B. Overestimation of inner experience leads to poor introspection.
C. Our inner experience is richer and more mixed than we assume.
D. The difficulty in defining “thought” adds inaccurate self-reports.

29. What does the author mainly do in this passage?

A. Clarify a concept.
B. Make comparisons.
C. Illustrate an approach.
D. Present research findings.

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

A. Do You Think the Same Way as Others?
B. Can We Truly Understand Each Other?
C. How Do You Define Your Thoughts?
D. How Well Do You Know Yourself?

**D**

Rarely a day goes by that I don’t notice a car traveling east down my quiet one-way street, which runs west. They aren’t breaking the rules on purpose — they’ve just failed to realise they’re making a mistake. And why? If you’re driving the right way, you will notice white arrows on a blue background indicating as much. But if you’re driving the wrong way? Nothing.

This is an analogy (类比) of life. When we perform well, we receive vague praise. But when we are wrong? Usually, silence — until failure strikes. Timely, specific criticism is rare before things go badly wrong.

Sometimes the signs are in front of us, but we look away. In 2019, two researchers at Chicago’s Booth school, Lauren Adam and Ayelet Fisherman, published an article presenting several studies of the effect of feedback on learning, in which subjects were offered two plausible answers to a difficult question, and invited to pick one. In most cases, this was a guess.

After 10 answers, the subjects were either shown all the answers they had got right, or shown all the answers they had got wrong. Logically speaking, since these were all binary questions, that amounts to the same thing. But Adam and Fisherman found that the emotional framing mattered. When people were shown their successes, they learnt — and did better on a follow-up test. When people were shown their failures, they did not improve.

The researchers suggest that people don’t much care to think over their errors, and so are quick to move on and forget — especially in an experiment such as this, when the consequences of further errors are trivial. When shown their successes, they pause to savour the moment. This may help to explain why so many of us are faced with the one-way-street problem: everyone is happy to share a friendly word of reassurance, but few people are keen to offer criticism, even when specifically requested.

So what to do? One tactic is to ask for advice, instead of feedback. A Harvard Business School study found

that asking for advice prompts more critical, actionable comments focused on future improvements. Another approach, demonstrated by psychologist Adam Grant, involves a two-step process: first, ask for a rating (e.g., "9 out of 10"), then follow up with, "What would make it a 10?" This encourages constructive suggestions.

But constructive feedback of a more general nature remains difficult to achieve. One idea I've played with recently has become popular in tabletop role-playing games — it's called "stars and wishes". After a game, I ask players for "stars" (moments they enjoyed) and "wishes" (things they'd like to see next time). Wishes create a friendly space for constructive ideas — even if not all responses are actionable, the act of asking encourages people to share honest thoughts I might otherwise miss. In the end, I learn more by framing feedback as "wishes" than by staying silent.

I'm not sure how your boss would respond to a request for "stars and wishes", but the spirit is the right one. If we want timely, useful criticism from others, we must be clever in how we ask for it. Otherwise our colleagues will be as tactfully uncommunicative as those non-existent signs for those driving the wrong way down my street.

31. The author uses the "one-way street" analogy mainly to illustrate _____.

A. the intentional design of misleading systems
B. a common problem in urban traffic planning
C. people's tendency to ignore clear instructions
D. the lack of guidance for those making mistakes

32. The underlined phrase "emotional framing" in Paragraph 4 most probably means _____.

A. the emotional response held back by feedback
B. the influence of prior experiences on feedback
C. the way feedback is presented to affect perceptions
D. the identical feedback to answers to binary questions

33. What can be inferred about feedback from the passage?

A. Asking for advice is the first step towards useful feedback.
B. People may consider giving negative feedback ineffective.
C. The "stars and wishes" method guarantees honest feedback.
D. Constructive suggestions make people willing to give feedback.

34. What is the passage mainly about?

A. Why feedback always fails us.
B. How we obtain constructive criticism.
C. What helps set up the feedback system.
D. Where constructive criticism comes from.

**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。**

We now know a good amount about the mechanisms of dreaming. However, we have little insight into its function. Some argue that we don't need to understand what dreams are for. ____35____

Recently, this idea has been challenged by a new idea, which seeks to apply the lessons of "deep learning" — a type of machine processing that uses artificial neural networks to learn from data — to the study of dreaming. From a deep learning perspective, learning is about fine-tuning a huge, layered network of connections based on a limited set of example data. The hope is that the performance generalises beyond the training data set to new unseen data sets. ____36____ Networks can get so fine-tuned to the specifics of the data set they are trained on that they fail to generalize to new ones. This is called overfitting, and it is a ubiquitous problem in deep learning.

____37____ Animals' days are statistically pretty self-similar. Their "training set" is limited and biased. Yet an

animal needs to generalize from the limited things it has seen and done to survive.

This is the "overfitted brain hypothesis" (OBH): that animals are constantly in danger of fitting themselves too well to their daily lives and tasks. ____38____ Dreams are "noise injections (注入)" that serve the purpose of counteracting the overfitting associated with learning.

____39____ According to the OBH, dreams are exactly this: self-generated corrupted inputs. And the act of dreaming has the effect of improving generalization and performance in waking life. The OBH hypothesis is — as yet — untested but is one of the few that takes dreams seriously, rather than as an unexplained by-product of other processes.

A. Perhaps they are just a by-product of sleep.

B. This fine-tuning process is highly efficient and specialized.

C. Dreams could be a way to beat back the tide of daily overfitting.

D. This is good reason to think the brain faces an identical challenge.

E. Thus, the brain strengthens the most important memories from the day.

F. But it doesn't always work because training data sets are often naturally biased.

G. You can't inject randomization on an awake brain but you can do it when it is offline.

## 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。**

Last year, when Andre Rouhani and Gabriela Reyes toured Culdesac Tempe, a rental development outside of Phoenix, the place looked pretty sweet. It had pleasant walkways, unique shops, and low white buildings. The only surprise came when Mr. Rouhani asked about resident parking and was told there was none.

The couple had a baby on the way. "Long story short, we decided that all the pros outweigh the cons. It's the best place I've ever lived," Mr. Rouhani said.

Modeled on towns in Italy and Greece, Culdesac Tempe is what its developer, Ryan Johnson, calls the country's first neighborhood purposely built to be car free. Mr. Johnson said he wanted to offer a blueprint for living in a walkable place, even in a car-centric state. "This is completely different from the modern, conventional approach to development. It is a very big deal," said Mr. Johnson.

Culdesac's buildings are designed for the desert climate, painted bright white to reflect heat. Without the need for residential parking, its architects arranged buildings to maximize shade and built narrow pathways to encourage breezes. "The pedestrian is the primary person," said Alexandra Vondeling, the lead architect.

While there's a short-term parking lot for deliveries and guests, residents are expected to get around by the nearby light-rail system, buses and electric bikes.

Living in a place without cars means the pace is slower, with more opportunity for connection, Mr. Rouhani said. In the days after their daughter was born, three neighbours brought a meal, dropped off cookies or offered to go buy them groceries. "We really feel supported and loved here," he said.

"It's one of the best things we can do for climate, health and low cost of living, even low cost of government," said Mr. Johnson, who lives at Culdesac, too. "It's also a better lifestyle."

40. Why was Andre Rouhani surprised when he first visited Culdesac Tempe?

_____

41. What design features help Culdesac Tempe to adapt to the desert climate?

_____

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

***Living in a place without cars, residents in Culdesac Tempe have limited social life.***

_____

43. How would you design your community as Ryan Johnson did to make it a better place to live in? (***In about 40 words***)

_____

## 第二节（20 分）

44. 假设你是红星中学高三学生李华。你校英语社团正在举办以“Becoming a Better Self”为主题的征文活动。请你用英文写一篇短文投稿，内容包括：

1. 你的理解；

2. 你的做法。

注意：1. 词数 100 左右；

2. 标题已给出，不计入总词数。

_____

_____

_____

_____

_____

# 参考答案

## 笔试 共三部分（100 分）

## 第一部分 知识运用（共两节，30 分）

### 第一节（共 10 小题；每小题 1.5 分，共 15 分）

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

【导语】这是一篇记叙文。本文讲述母亲苏米因女儿安娜成绩排名 23 而焦虑施压，后发现女儿因善良受欢迎，终领悟善良真诚才是真正的成功。

【1 题详解】

考查名词词义辨析。句意：当其他家长炫耀孩子的钢琴荣誉和数学奖项时，苏米陷入了深深的忧虑之中。A. fear 恐惧；B. anger 愤怒；C. worry 忧虑；D. guilt 愧疚。根据前文“the girl consistently ranked 23rd out of 50 in every exam”以及语境可知，作者女儿考试稳居 23 名，而其他家长的炫耀，苏米内心充满对女儿成绩的担忧。故选 C 项。

【2 题详解】

考查副词词义辨析。句意：安娜拼命努力：她放弃了素描、剪纸和周末赖床的机会，奔波于各种补习班之间，埋头刷题。A. desperately 拼命地；B. aimlessly 漫无目的地；C. awkwardly 笨拙地；D. hesitantly 犹豫地。根据后文“she gave up sketching, paper cutouts, and weekend lie-ins, bouncing from class to class and poring over questions”可知，安娜放弃爱好并刻苦学习，所以她在为提升成绩拼命努力。故选 A 项。

【3 题详解】

考查名词词义辨析。句意：但巨大的压力让她身心俱疲——她食欲不振、失眠，最后还因为高烧和疲惫病倒了。A. failure 失败；B. pressure 压力；C. boredom 无聊；D. confusion 困惑。根据前文“she gave up sketching, paper cutouts, and weekend lie-ins, bouncing from class to class and poring over questions”中安娜高强度的学习安排可知，这里指学习压力压垮了她。故选 B 项。

【4 题详解】

考查动词短语辨析。句意：苏米心烦意乱，最终不再逼迫女儿。A. backed off 退缩、不再逼迫；B. slowed down 减速；C. fought back 反击；D. broke down 崩溃。根据后文“Once she stopped forcing Anna to hit the books”可知，苏米放弃了逼迫女儿学习的做法。故选 A 项。

【5 题详解】

考查形容词词义辨析。句意：周末家庭出游遇上堵车，无聊的孩子们变得越来越不耐烦、坐立不安。A. stressed 焦虑的；B. nervous 紧张的；C. restless 坐立不安的；D. excited 兴奋的。根据前文“delayed by traffic”和“bored”可知，这里指孩子们因堵车无聊而坐不住。故选 C 项。

【6 题详解】

考查动词词义辨析。句意：直到安娜像大姐姐一样讲笑话，还把剩下的糖果盒做成纸艺小动物，送给每个孩子。A. delivering 递送；B. awarding 奖励；C. donating 捐赠；D. gifting 赠送。根据后文“one to each child”以及语境可知，这里指安娜把手工制品无偿送给其他孩子，gifting 更能体现这份心意。故选 D 项。

【7 题详解】

考查名词词义辨析。句意：看着其他家长满脸赞许的笑容，苏米心中涌起了多年未曾有过的自豪感。A. curiosity 好奇心；B. appreciation 赞许；C. amusement 愉悦；D. hope 希望。根据前文“Anna told jokes like a big sister and turned leftover candy boxes into paper animals”以及语境可知，安娜的举动安抚了烦躁的孩子，所以其他家长对安娜是赞许的态度。故选 B 项。

【8 题详解】

考查动词词义辨析。句意：她的排名仍然在中游，但附加题“你最喜欢的同学是谁？”几乎所有学生都提名了她。A. guided 指导；B. tested 测试；C. nursed 照料；D. named 提名、说出名字。根据后文“They love her kindness and how she listens and helps”可知，同学们都在附加题里提名安娜为最喜欢的同学。故选 D 项。

【9 题详解】

考查名词词义辨析。句意：苏米流下了喜悦和释然的泪水。A. gratitude 感激；B. regret 懊悔；C. relief 释然；D. shock 震惊。根据前文“They love her kindness and how she listens and helps. Some even want her as class monitor”可知，女儿在同学中受欢迎，苏米不必再为成绩焦虑，所以她的内心是释然的。故选 C 项。

【10 题详解】

考查名词词义辨析。句意：在那一刻，苏米意识到：我们总在为孩子追逐“第一名”，但善良、快乐和忠于自我，才是最真切的成功。A. surprises 惊喜；B. talent 天赋；C. freedom 自由；D. wins 成功。根据前文“kindness, joy, and staying true to oneself are the truest”以及语境可知，前文讲安娜成绩普通但收获了同学的喜爱，对比“number one”的执念，善良、快乐这些品质才是真正的成功。故选 D 项。

**第二节（共 10 小题；每小题 1.5 分，共 15 分）**

【答案】11. is limited　12. To address　13. reducing

【导语】这是一篇说明文。文章主要介绍了竹子作为建筑材料的潜力。

【11 题详解】

考查动词时态语态。句意：如今，尽管这种资源仅限于用作脚手架或偏远地区的住房建设，但支持者最近一直在倡导将其应用于现代建筑中。空处作谓语，根据 today 可知，时态是一般现在时，主语 the resource 和 limit 是被动关系，所以用一般现在时的被动语态，主语 the resource 表示单数意义，所以谓语也用单数形式。故填 is limited。

【12 题详解】

考查非谓语动词。句意：为了应对不断增加的温室气体排放，竹子可以成为传统建筑材料的一种替代品，从而在带来经济效益的同时，以其可持续性特质帮助减缓气候变化。空处作目的状语，用不定式，位于句首，首字母大写。故填 To address。

【13 题详解】

考查非谓语动词。句意：为了应对不断增加的温室气体排放，竹子可以成为传统建筑材料的一种替代品，从而在带来经济效益的同时，以其可持续性特质帮助减缓气候变化。空处为非谓语动词作状语，reduce 和上文句子为逻辑主谓关系，需用现在分词形式作结果状语。故填 reducing。

【答案】14. played　15. stomachs　16. which

【导语】这是一篇说明文。文章讲述了给胎儿播放古典音乐可能有助于稳定他们的心率，并可能促进其自主神经系统的发育。

【14 题详解】

考查时态。句意：在一项发表在科学期刊《Chaos》上的新研究中，研究人员通过放在孕妇肚子上的耳机给胎儿播放古典音乐。空处作谓语，根据下文 found 可知，此处描述过去发生的事情，应用一般过去时。故填 played。

【15 题详解】

考查名词的数。句意：在一项发表在科学期刊《Chaos》上的新研究中，研究人员通过放在孕妇肚子上的耳机给胎儿播放古典音乐。stomach 为可数名词，根据“mothers’”可知，此处指母亲们的腹部，应用复数形式。故填 stomachs。

【16 题详解】

考查定语从句。句意：他们发现，音乐带来的震动有助于稳定胎儿的心率，研究人员称这可能会促进胎儿自主神经系统的发育。空处为非限制性定语从句，先行词是前面的句子，从句缺少主语，故用关系代词 which 引导。故填 which。

【答案】17. from　18. sandwiched　19. made　20. when

【导语】这是一篇说明文。文章主要描述了作者在深圳体验无人机配送外卖的一次经历。

【17 题详解】

考查介词。句意：我的冰茶从天上送到了。arrive from the sky 为固定搭配，表示“从天空到达”。故填 from。

【18 题详解】

考查非谓语动词。句意：在中国深圳一个繁忙的区域，夹在几栋摩天大楼之间，我看着一架无人机降落在街边的自助售货亭上。空处需填非谓语动词作状语，I 和 sandwich 为逻辑动宾关系，需用过去分词形式。故填 sandwiched。

【19 题详解】

考查动词时态。句意：在我在手机上下单之后，应用程序提示送达时间是下午 2:03，而它也确实是在那个时间到的。空处作 after 引导的时间状语从句的谓语，结合上文 opened up 和下文 noted 可知，使用一般过去时。故填 made。

【20 题详解】

考查表语从句。句意：在我在手机上下单之后，应用程序提示送达时间是下午 2:03，而它也确实是在那个时间到的。空处引导表语从句，从句缺少时间状语，需用连接副词 when 引导。故填 when。

**第二部分 阅读理解（共两节，38 分）**

**第一节（共 14 小题；每小题 2 分，共 28 分）**

【答案】21. D　22. D　23. B

【导语】这是一篇应用文。文章主要介绍了国际布克奖的相关信息，包括其设立时间、评选标准、奖金分

配以及今年入围短名单的六本书的相关信息。

【21题详解】

细节理解题。根据第一段"It comes with prize money of 50,000 pounds, about S64,000, which the winning authorand translator share equally.(奖金为5万英镑，约合6.4万美元，获奖作者和译者平分。)”可知，获奖作者可以获得一半的奖金。D选项“获奖作者可以获得一半奖金"正确，A项“奖项授予从英语翻译过来的书”错误，应为授予“翻译成英语”的书；B项“奖项表彰英国作家的终身成就”错误，自2016年起奖项不再表彰终身成就，且面向全球作家；C项“每年5月20日颁发给获奖者”在文中提及，但并非每年固定，而是“今年(this year)”。故选D。

【22题详解】

细节理解题。根据对《Birds》书的绍"a series of interconnected stories set in an imaginary future, in which the only remaining humans are produced in factories.（一系列相互关联的故事，设定在一个想象的未来，在那里仅存的人类是在工厂里生产出来的。）"可知，D选项“《Birds》讲述了虚构未来中工厂制造的人类的故事”正确，A项"《Remote Boat》真实记录了一个现实故事"错误，原文是“fictionalized retelling（虚构化重述）”；B项"《Head Lamp》呈现印度女性的家庭生活压力”过于绝对，原文是“a girl(一个女孩)”，且未说明是“女性们”；C项“《A Tiger cat-Skin Hat》探讨了姐妹关系”错误，小说是献给逝去姐姐的纪念，但探讨的是叙述者与一位“painful friend”的关系，并非直接探讨姐妹关系。故选D。

【23题详解】

推理判断题。文章主要介绍了国际布克奖的相关信息，包括其设立时间、评选标准、奖金分配以及今年入围短名单的六本书的相关信息，由此可知，这篇文章可能出现在报纸的文化版块。故选B。

【答案】24. A　25. A　26. C

【导语】本文是一篇记叙文。主要介绍作者重新使用指针式闹钟，摆脱手机通知干扰，找回晨起平静与生活掌控感的经历和感悟。

【24题详解】

细节理解题。根据第三段中的“I yielded to peer pressure and did away with my old clock. (我屈服于同辈压力，扔掉了我的旧闹钟。)”可知，作者十年前放弃指针式闹钟是因为屈服于同辈压力。故选A项。

【25题详解】

细节理解题。根据最后一段中的“Reintroducing an alarm clock gives me the time, space and separation that my phone didn’t. Even though my phone still sits next to the bed, it’s no longer the first thing I’m reaching for, which has given me a sense of control and calm. (重新使用闹钟，给了我手机无法给予的时间、空间与隔绝感。尽管手机仍放在床边，但它不再是我醒来后第一个伸手去拿的东西，这让我有了掌控感和平静。)”可知，重新使用闹钟让作者变得平静且能够掌控自己的生活。故选A项。

【26题详解】

主旨大意题。通读全文，根据第二段中的“I didn’t realize it at the time, but my old analogue clock — a compact, travel model — was a low-key luxury. (那时我还没意识到，我那台小巧的旅行款旧指针式闹钟，其实是一种低调的奢侈品)”，以及最后一段中的“Reintroducing an alarm clock gives me the time, space and separation

that my phone didn't. Even though my phone still sits next to the bed, it's no longer the first thing I'm reaching for, which has given me a sense of control and calm.(重新使用闹钟，给了我手机无法给予的时间、空间与隔绝感。尽管手机仍放在床边，但它不再是我醒来后第一个伸手去拿的东西，这让我有了掌控感和平静。)”可知，文章核心是作者通过使用闹钟与手机信息干扰隔绝，收获了平静与掌控感，而这种有觉知的隔绝才是真正的奢侈。因此“True luxury is a mindful separation (真正的奢侈是一种有意识的隔绝)”最能概括文章主旨。故选 C 项。

【答案】27. B　28. C　29. D　30. A

【导语】本文是一篇说明文。主要介绍描述性经验取样法的应用，以及该方法揭示的人类思维方式多样且复杂的相关研究发现。

【27 题详解】

细节理解题。根据第二段中的“In 1973, Russell Hurlburt at the University of Nevada, Las Vegas, invented a method that would give us a better handle on introspective (内省的) experiences: a beeper that attaches to the ear and sounds at random intervals. At each beep, volunteers record their current inner experience, which is later discussed in detail with researchers. This method, called descriptive experience sampling, has been used with thousands of people over the decades. “After four or five days, you have a pretty good sense of someone's inner experience,” Hurlburt says. (1973 年，拉斯维加斯内华达大学的拉塞尔·赫尔伯特发明了一种能让我们更好地掌握内省体验的方法：一种佩戴在耳朵上、随机间隔发出声响的寻呼机。每次铃声响起时，志愿者记录下自己当下的内心体验，之后再与研究人员进行详细讨论。这种名为描述性经验取样的方法，几十年来已应用于数千人。赫尔伯特说：“经过四五天的时间，你就能相当清楚地了解一个人的内心体验。”)”可知，描述性经验取样法能帮助研究人员了解特定个体的内心体验。故选 B 项。

【28 题详解】

推理判断题。根据第五段中的“What has become clear is that we all think using our own combination of phenomena. Each of the five main types appears in about 25% of beeps. A single thought might contain five or more separate simultaneous images along with inner speech about something else entirely. (我们逐渐明确的是，每个人的思维都是多种现象的独特组合。这五种主要类型各自出现在大约 25%的提示声记录中。一个想法可能同时包含五个或更多互不相关的画面，同时还伴有完全无关的内心独白)”以及第七段中的“The idea that people are either visual or verbal thinkers is a misconception. “We consistently find positive correlations,” says Fern. People with vivid inner imagery also tend to have a vocal inner voice. Our minds often blend different thought forms in ways resembling synesthesia (通感). (那种认为人们要么是视觉型思考者，要么是语言型思考者的观点是一种误解。弗恩说：“我们一直都发现这两者之间存在正相关关系。”内心画面丰富的人，内心的声音往往也很清晰。我们的大脑常常以类似通感的方式将不同的思维形式融合在一起)”可知，人类的内心体验比我们所设想的更加丰富且具有混合性。故选 C 项。

【29 题详解】

推理判断题。通读全文，文章依次介绍了描述性经验取样法的发明、应用过程，以及通过该方法得出的一系列研究发现，包括人们内省存在困难、会高估自身思维活动、思维方式是多种形式的组合、思维状态并非简单二分法等内容，因此作者在本文中的主要行文目的是呈现相关研究成果。故选 D 项。

【30 题详解】

主旨大意题。通读全文，文章围绕描述性经验取样法展开，揭示了人类的思维方式具有多样性和复杂性，每个人的思维组合模式各不相同，并非所有人的思考方式都一样，因此“Do You Think the Same Way as Others? (你的思考方式和别人一样吗？)”可以概括全文主题，最适合作为文章标题。故选 A 项。

【答案】31. D　32. C　33. B　34. B

【导语】这是一篇说明文。文章主要讨论了人们在生活中往往缺乏及时、具体的批评，并通过类比和实验研究阐述了这一现象的原因，最后提出了一些获取建设性反馈的方法。

【31 题详解】

推理判断题。根据第一段“Rarely a day goes by that I don’t notice a car traveling east down my quiet one-way street, which runs west. They aren’t breaking the rules on purpose — they’ve just failed to realise they’re making a mistake. And why? If you’re driving the right way, you will notice white arrows on a blue background indicating as much. But if you’re driving the wrong way? Nothing.(几乎每天我都能注意到一辆车沿着我安静的、向西行驶的单行道向东行驶。他们并不是故意违反规则，只是没有意识到自己犯了错误。为什么呢？如果你开车方向正确，你会注意到蓝底白箭头的指示。但如果你开错了方向呢？什么都没有。)”可知，作者通过描述单行道上的车辆行驶情况，指出当车辆行驶方向正确时，有明确的指示；而当行驶方向错误时，却没有任何提示。根据第二段 This is an analogy (类比) of life. When we perform well, we receive vague praise. But when we are wrong? Usually, silence — until failure strikes. Timely, specific criticism is rare before things go badly wrong.(这是生活的一个类比。当我们表现良好时，我们得到的是模糊的赞扬。但当我们错了呢？通常是沉默，直到失败降临。在事情严重出错之前，及时、具体的批评是很少见的。)”可知，作者使用“单行道”类比主要是为了说明对犯错的人缺乏指导。故选 D。

【32 题详解】

词句猜测题。根据上文“After 10 answers, the subjects were either shown all the answers they had got right, or shown all the answers they had got wrong. Logically speaking, since these were all binary questions, that amounts to the same thing. (在回答了 10 个问题后，受试者要么看到自己所有答对的答案，要么看到自己所有答错的答案。从逻辑上讲，既然这些都是二选一的问题，那么这两种方式本质上是一样的。)”和下文“When people were shown their successes, they learnt — and did better on a follow-up test. When people were shown their failures, they did not improve.(当人们看到自己的成功时，他们会学习 —— 并且在后续测试中表现得更好。而当人们看到自己的失败时，他们并没有进步。)”可知，虽然“看正确答案”和“看错误答案”在逻辑上是一样的（因为都是二选一），但呈现方式不同，导致人们的反应不同。由此可知，emotional framing 指的是：反馈以怎样的方式呈现，会影响人们的感受和理解。故选 C。

【33 题详解】

推理判断题。根据第五段“The researchers suggest that people don’t much care to think over their errors, and so are quick to move on and forget — especially in an experiment such as this, when the consequences of further errors are trivial. When shown their successes, they pause to savour the moment. This may help to explain why so many of us are faced with the one-way-street problem: everyone is happy to share a friendly word of reassurance, but few people are keen to offer criticism, even when specifically requested.(研究人员认为，人们不太愿意仔细

思考自己的错误，因此很快就会继续前进并忘记，尤其是在像这样的实验中，进一步错误的后果微不足道。当看到自己的成功时，他们会停下来享受这一刻。这可能有助于解释为什么我们中的许多人面临单行道问题：每个人都乐于分享一句友好的安慰之词，但很少有人愿意提出批评，即使是在被明确要求时也是如此。)”可知，人们可能认为给予负面反馈无效，因此不太愿意提出批评，即使是在被明确要求时也是如此。故选 B。

【34 题详解】

主旨大意题。文章首先通过“单行道”类比引出人们在生活中缺乏及时、具体批评的问题，然后通过实验研究阐述了这一现象的原因，最后提出了一些获取建设性反馈的方法，如寻求建议、使用“星星和愿望”方法等。因此，文章的主要内容是我们如何获得建设性的批评。故选 B。

## 第二节（共 5 小题；每小题 2 分，共 10 分）

【答案】35. A　36. F　37. D　38. C　39. G

【导语】这是一篇说明文。本文结合深度学习中的过拟合问题，提出大脑过拟合假说，指出动物大脑易过度适应日常，而梦作为“噪声注入”，可抵消学习中的过拟合，提升清醒时的行为表现与适应能力。

【35 题详解】

由上文“Some argue that we don’t need to understand what dreams are for.(一些人认为我们无需弄明白梦的作用。)”可知，空格处需承接该观点，给出梦可能的属性。A 项“Perhaps they are just a by-product of sleep.(也许梦只是睡眠的一种副产品。)”符合语境，“they”指代前文的“dreams”，对“无需探究梦的作用”的观点进行补充说明，逻辑连贯。故选 A 项。

【36 题详解】

由上文“The hope is that the performance generalises beyond the training data set to new unseen data sets.(我们希望模型的表现能够推广到训练数据集之外的新未知数据集。)”和下文“Networks can get so fine-tuned to the specifics of the data set they are trained on that they fail to generalize to new ones.(网络可能会过于适配训练数据集的细节，以至于无法推广到新数据集。)”可知，空格处需转折说明模型推广不总是能成功的原因。F 项“But it doesn’t always work because training data sets are often naturally biased.(但这并非总能实现，因为训练数据集往往天生存在偏差。)”符合语境，“it”指代前文的“generalises beyond the training data set”，通过“but”转折引出下文的“过拟合”问题，承上启下。故选 F 项。

【37 题详解】

由上文“This is called overfitting, and it is a ubiquitous problem in deep learning.(这被称为过拟合，是深度学习中普遍存在的问题。)”和下文“Animals’ days are statistically pretty self-similar. Their “training set” is limited and biased.(从统计学角度看，动物的日常活动高度相似，它们的“训练集”既有限又存在偏差。)”可知，空格处需搭建深度学习过拟合问题与动物生存的关联。D 项“This is good reason to think the brain faces an identical challenge.(这是我们有理由认为大脑也面临着同样挑战的依据。)”符合语境，“This”指代前文的“过拟合问题”，“identical challenge”对应下文动物的“训练集”局限，逻辑清晰。故选 D 项。

【38 题详解】

由上文“This is the “overfitted brain hypothesis” (OBH): that animals are constantly in danger of fitting themselves too well to their daily lives and tasks.(这就是“大脑过拟合假说”：动物总是面临过度适应日常生活和任务的风险。)”和下文“Dreams are “noise injections (注入)” that serve the purpose of counteracting the overfitting associated with learning.(梦是一种“噪声注入”，旨在抵消与学习相关的过拟合现象。)”可知，空格处需点明梦在应对大脑过拟合中的作用。C 项“Dreams could be a way to beat back the tide of daily overfitting.(梦或许是抵御日常过拟合趋势的一种方式。)”符合语境，该句承接“大脑过拟合假说”，引出下文梦的“噪声注入”功能，逻辑连贯。故选 C 项。

【39 题详解】

由上文“Dreams are “noise injections (注入)” that serve the purpose of counteracting the overfitting associated with learning.(梦是一种“噪声注入”，旨在抵消与学习相关的过拟合现象。)”和下文“According to the OBH, dreams are exactly this: self-generated corrupted inputs.(根据大脑过拟合假说，梦正是如此：自行生成的干扰性输入。)”可知，空格处需解释梦能够实现“噪声注入”的原因。G 项“You can’t inject randomization on an awake brain but you can do it when it is offline.(你无法向清醒状态的大脑注入随机性，但可以在大脑处于休眠状态时实现。)”符合语境，“when it is offline”对应睡眠状态，“inject randomization”呼应前文的“噪声注入”，衔接自然。故选 G 项。

## 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）

40. Because he was told that there was no resident parking in Culdesac Tempe.

41. The buildings are painted bright white to reflect heat, arranged to maximize shade and built with narrow pathways to encourage breezes.

42. False part: <u>have limited social life</u>

According to the passage, living in a car-free place means a slower pace and more opportunities for connection. Mr. Rouhani received help and care from his neighbours after his daughter was born, which proves residents there have a rich social life.

43. I will build a car-free community with walkways and public spaces, paint buildings heat-reflective colors and provide convenient public transport for residents.

【导语】本文是一篇说明文。主要介绍美国首个无车社区 Culdesac Tempe 的设计特点、生活模式及居民的居住体验。

【40 题详解】

细节理解题。根据第一段中的“The only surprise came when Mr. Rouhani asked about resident parking and was told there was none. (唯一让鲁哈尼先生感到惊讶的是，当他询问居民停车位时，得到的答复是这里根本没有停车位。)”可知，他感到惊讶的原因是这个社区没有居民停车位。故答案为：Because he was told that there was no resident parking there.

【41 题详解】

细节理解题。根据第四段中的“Culdesac’ buildings are designed for the desert climate, painted bright white to reflect heat. Without the need for residential parking, its architects arranged buildings to maximize shade and built narrow pathways to encourage breezes. (Culdesac 的建筑专为沙漠气候设计，外墙被漆成亮白色以反射热量。

由于不需要设置居民停车位，建筑师们合理布局建筑以最大化遮阳效果，并修建狭窄的小径来促进空气流通。)”可知，该社区适应沙漠气候的设计特点有三点。故答案为：The buildings are painted bright white to reflect heat, arranged to maximize shade and built with narrow pathways to encourage breezes.

【42 题详解】

细节判断题。根据第六段中的“Living in a place without cars means the pace is slower, with more opportunity for connection, Mr. Rouhani said. In the days after their daughter was born, three neighbours brought a meal, dropped off cookies or offered to go buy them groceries. (鲁哈尼先生说，住在没有汽车的地方意味着生活节奏更慢，人与人之间有更多交流的机会。在他们女儿出生后的几天里，有三位邻居送来了饭菜、饼干，还主动提出帮他们采购日用品。)”可知，无车社区的居民社交生活更丰富，而非受限。需划出的错误部分：have limited social life. According to the passage, living in a car-free place means a slower pace and more opportunities for connection, and Mr. Rouhani got help and care from his neighbours, which shows residents there have a rich social life.

【43 题详解】

开放性试题。我将打造一个无车社区，配套建设步行道与公共活动区域，为建筑外立面涂刷热反射涂料，并为居民提供便捷的公共交通服务。故答案为：I will build a car-free community with walkways and public spaces, paint buildings heat-reflective colors and provide convenient public transport for residents.

**第二节（20 分）**

44. 【答案】Becoming a Better Self

To me, becoming a better self is not about chasing perfection, but about making steady progress every day. It means embracing our shortcomings and daring to step out of our comfort zones to grow.

As a Senior 3 student, I practice this in daily life. I use fragmented time to recite words and review lessons, never wasting a minute. When facing setbacks in exams, I analyze mistakes instead of feeling discouraged. Besides, I help classmates with study problems, which also improves myself. Every small effort pushes me closer to a better version of myself.

【导语】本篇书面表达是一篇征文。要求考生以“Becoming a Better Self”为主题写一篇短文投稿。

【详解】1.词汇积累

接受：embrace→jump at

帮助：help→assist

提高：improve→enhance

追逐：chase→pursue

2.句式拓展

同义句

原句：It means embracing our shortcomings and daring to step out of our comfort zones to grow.

拓展句：It means that we embrace our shortcomings and dare to step out of our comfort zones to grow.