2026 北京通州高三（上）期末

英　　语

本试卷共 10 页，共 100 分。考试时长 90 分钟。考生务必将答案答在答题卡上，在试卷上作答无效。考试结束后，请将答题卡交回。

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。

When I started university, it quickly dawned on me that my class wasn't going to be an easy place to make friends. Discussions weren't held regularly and the study groups were changed ____1____, which meant there wasn't much time to get to know people.

By the time my first semester was over, I was seriously considering dropping out. However, I received good grades on my assignments, which I took as a ____2____ that I should stick it out. Still, over the course of my first and second year, the same patterns repeated. I gradually lost interest in the major I once loved. My attendance was declining and I was becoming increasingly ____3____. I felt a lot of shame and embarrassment. I tried to ____4____ my feelings from the people closest to me.

Soon before I began my final year, despite my efforts, my professor voiced ____5____ that I seemed low in spirit. He reached out and talked with me to understand what was going on. This proved to be a turning point, as I acknowledged I was unhappy and looked toward ways of feeling better. I started to ____6____ these patterns willingly, rather than avoiding them. My decision to be more open allowed me to ____7____ with another student I met on my course. Through opening up, we discovered that we had experienced ____8____ struggles, which made the weight I'd been carrying lighter.

As a recent graduate, I face the new challenges of change and uncertainty. However, I now feel equipped with useful tools to ____9____ my mental well-being. I have maintained the positive routines I developed and cultivated greater openness with those around me. ____10____ struggling does not mean you are weak; it is a huge step in the right direction.

1. A. gradually	B. frequently	C. completely	D. permanently
2. A. requirement	B. lesson	C. sign	D. suggestion
3. A. lonely	B. stubborn	C. mature	D. cautious
4. A. remove	B. prevent	C. separate	D. hide
5. A. curiosity	B. misunderstanding	C. concern	D. criticism
6. A. ignore	B. break	C. follow	D. reject
7. A. bond	B. celebrate	C. compete	D. debate
8. A. complex	B. random	C. unique	D. similar
9. A. focus on	B. reach into	C. attend to	D. add to
10. A. Tolerating	B. Admitting	C. Avoiding	D. Continuing

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。

Heroes are often imagined as people with superpowers or grand achievements. Yet real heroism often comes from ordinary people. They don't wear capes or leap over tall buildings; instead, they have a ____11____ (last) impact through courage, kindness and selflessness. Ordinary heroes are people such as neighbours, workers and friends ____12____ choose to help others even when it's not easy. ____13____ (ultimate), these ordinary heroes remind us that choosing to help, to speak up or simply to care can make a difference.

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。

Do you ever feel pressure to be perfect? The truth is that we don't need to be perfect to live a meaningful and full life. ____14____ matters more is learning to accept who we truly are. This is the essence of "wholehearted living". And it all starts with accepting our imperfection. Many of us try to pretend we're fine when we're not, but doing so only ____15____ (separate) us from ourselves and from others. Real strength comes from being honest and vulnerable, ____16____ (free) us to become who we truly are.

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。

A slow train in Southwest China featuring its own study room recently ____17____ (attract) much attention from netizens. Originally, the train ____18____ (design) to connect the villages in rural areas. Now it serves as a "school bus" for children from nearby schools, who use the travel time ____19____ (complete) schoolwork. Besides, the dining car opens for free at night to offer a small library and other services. These small measures indeed provide a relaxing place ____20____ passengers to focus on their own tasks during their commute.

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

The NACE Competency Assessment Tool includes various resources and assessments developed by the National Association of Colleges and Employers (NACE). It aims to measure and promote the development of career readiness competencies among college students and recent graduates. NACE identified eight core soft or durable skills as critical for career success. These competencies are career & self-development, communication, critical thinking, equity & inclusion, leadership, professionalism, teamwork and technology.

Key features of the tool include:

Self-assessment: Students can take the tool to self-assess their skills across the eight competencies.

Employer feedback: Employers can provide evaluations and assessments on these competencies during internships (实习) or new hires.

Developmental guidance: The tool offers feedback and resources to help students develop the areas they score lower in.

Key users of the NACE Competency Assessment Tool include:

College students — measure preparedness for entering the job market and help identify areas for improvement.

Career services professionals — career services staff in higher education advise and guide students in career readiness programs.

Employers — guide recruitment and evaluate candidates based on the competencies in the Career Readiness Competency framework.

Other related tools:

Other tools like the NACE Competency Assessment Tool are also focused on measuring soft skills (communication, teamwork, problem-solving, etc.), including:

SkillSurvey Career Readiness: A digital platform that measures students' soft skills by collecting feedback from their supervisors and colleagues (同事) during internships.

MyPlan. com: A career assessment tool that focuses on personality, career interests, and workplace preferences.

CareerLeader: An assessment tool often used by business schools to evaluate career interests, skills, and workplace culture fit.

21. The NACE Competency Assessment Tool is used to _____.

A. assess the professional resources
B. evaluate career-related soft skills
C. provide employment opportunities
D. measure the graduates' academic levels

22. Which is a feature of the NACE Competency Assessment Tool?

A. Indicating employers' expectations.
B. generating assessment report of the company.
C. Offering opportunities for internships and jobs.
D. Providing feedback and developmental resources.

23. Which assessment tool is based on input from workmates?

A. MyPlan. com
B. CareerLeader
C. SkillSurvey Career Readiness
D. NACE Competency Assessment

B

There's a wrapper half-sunk in the mud under the bush. Each time I grab it with my litter-picker, another piece tears off. I persist, until all the pieces are in my bin liner. Then I move on.

I'm volunteering with a group at my local park. They perform a range of tasks, but today we're litter-picking. When our bags are full, we gather for a break, in our yellow vests (马甲). I arrived this morning feeling depressed, but this simple, repetitive and collective act has comforted me and pulled me away from the doom scroll of my mind.

It's easy to assume that the best way to lift your spirits when you're feeling down is to do something nice for yourself. However, research suggests that altruistic (利他的) acts work better. I did not know this when I signed up

with the conservation group.

What I did know was that I was feeling deeply upset about the ecological and climate crises. It was the counsellor (咨询师) I was seeing who switched me on to the idea of volunteering. He gave me three rules: make it simple, immediate and cooperative. That's how, a week later, I found myself in a park fishing old carrier bags out of the river.

Psychologists call the mental boost from volunteering the "helper's high". And I did feel that lift, which soon led me to sign up to volunteer at other places. Every time I volunteered, I would come home feeling better — lifted by the fresh air, the natural environment and the companion—and, perhaps most of all, by having acted in line with my values. I didn't mind if the tasks were exhausting or repetitive. I was taking action, learning new skills, and feeling part of something meaningful.

That's not to say I didn't — and still don't — sometimes wonder: Are we really making a difference here? But I remind myself of my counselor's advice that I should not be discouraged by people saying that my actions were only a drop in the ocean, since an ocean is made up of millions upon millions of drops.

While it was my total despair with the environment that led me into volunteering, it's the goodness and kindness that I've witnessed while working alongside my fellow volunteers that have kept me coming. And I think yellow is my color.

24. The author started volunteering because of _____.

A. the inspiration of a counsellor

B. his own confusion about life values

C. an insightful litter-picking experience

D. his desire to improve cooperative skills

25. How did the author feel after litter-picking in the park?

A. Bored. B. Engaged. C. Rewarded. D. Depressed.

26. It can be inferred from the last paragraph that the author _____.

A. values the warm-heartedness of local people

B. believes the color will help her stay positive

C. feels a stronger connection to the volunteer role

D. sees the color as a warning sign of environment

27. What was the major insight the author gained from the volunteering?

A. Climate crisis needs an immediate solution.

B. Individual goodness brings about a great power.

C. People need stronger ties with local communities.

D. Helping others has a positive impact on one's career.

C

Curiosity is a familiar feeling among people. Yet when we examine it more deeply, curiosity reveals itself to be a complex emotion. Consider this: Is curiosity a positive feeling or a negative one? Does it resemble frustration or anticipation? Is it a painful reminder of what we do not (yet) know, or a thrilling signal of what we might soon discover?

In fact, curiosity can be all of these — and more. It has two faces: one points toward what we desire, and the other toward what we have not yet obtained — and may never obtain. Once we recognize that curiosity is not always pleasurable, we can explore factors that influence the nature of our experience in different situations. One such factor

is time.

Researchers have investigated whether the experience of curiosity is more positive when we anticipate satisfying it sooner rather than later. To explore this question, a paper published in Cognition and Emotion reported three studies involving over 200 participants recruited from a university or online.

In each study, the researchers first induced (诱导) a state of curiosity by telling participants that they would later watch a video that contained "something with different shades of brown". Participants were invited to reflect on what it might be, but they were not told. Crucially, half the participants were told they would watch the video after a short delay of only one minute, and half were told that there would first be a 30-minute delay during which they would complete other interesting tasks. At the start of the delays, everyone indicated how curious they felt about the content of the video, as well as how much they felt negative feelings, such as discomfort, versus positive feelings, such as happiness.

The key finding was that while both groups reported equal levels of curiosity, the curiosity was accompanied by more negative feelings for those participants facing a long delay. The researchers argue that the finding sheds light on the two faces of curiosity. When our curiosity will not be satisfied anytime soon, we focus on not knowing, on the information gap itself, and this is largely aversive. But when our curiosity is on the verge of being satisfied, we focus on almost knowing, or the anticipated resolution, which is a more positive experience.

28. What was the main difference between the two participant groups?

A. Their physical responses.

B. Their initial levels of curiosity.

C. The types of video they watched.

D. The delays before watching the video.

29. What does the word "aversive" underlined in the last paragraph mean?

A. Unpleasant. B. Misleading. C. Ineffective. D. Ignored.

30. What is the main purpose of the passage?

A. To criticize the methods used in curiosity research.

B. To introduce different scientific definitions of curiosity.

C. To suggest ways to avoid the negative side of curiosity.

D. To prove curiosity can lead to different emotional experiences.

D

Is there a secret sauce that helps explain why some people seem so self-assured and cool? A new study that surveyed nearly 6,000 people from 12 countries around the world offers some clues.

Coolness is not a widely studied subject. Past research has found that it is usually considered something positive: People who are cool are also friendly, competent, trendy and attractive. But researchers wanted to know what makes a person distinctly "cool" rather than just "good". They asked the participants to think of specific people: one who is cool, one who is not cool, one who is good, and one who is not good. Then they had the participants evaluate each person by answering questionnaires that measured 15 different attributes.

Surprisingly, the participants' beliefs about what's "cool" were similar regardless of their nationality, age, income level, education or gender. Across groups, cool people were largely perceived as extroverted, pleasure-seeking, powerful, adventurous, open and autonomous. Though cool and good people did share some common traits, like

capability, they are not the same. Being kind, conforming, traditional, secure and conscientious (认真的) were more associated with being good than being cool. Some "cool" traits were not necessarily good at all, like pleasure-seeking. These findings make a strong case that coolness is a mirror that can help observe how people understand and structure their social world.

One limitation of the study was that anyone who did not know the word "cool" was left out. As a result, the data cannot show how frequently the word is used in different countries or whether coolness gives people higher social status in some cultures. In addition, while the study included people of many ages, most participants were young, with an average age around 30.

Research on coolness suggests that the desire to be cool is particularly strong during adolescence. It influences not only what people buy or whom they admire but also how they talk and what they do for fun. Caleb Warren, one of the authors of the study, has serious doubts about whether this quality is worth pursuing. Coolness that involves risk-taking and being socially premature may offer popularity in youth. However, a 2014 study found that many teenagers who behaved in this way would later struggle in their 20s. "They are doing more extreme things to try to act cool," Warren said.

For the popular kids in school, "status is dominance, visibility, attention," psychologist Mitch Prinstein said. "But it is how well-liked you are that contributes to long-term success." Even the most uncool kid will probably fare well if they have at least one close friend, he added.

Perhaps coolness — particularly the "too cool for school" variety — isn't all it's cracked up to be.

31. What did the researchers do in the new study?

A. Conducted a data analysis.　　B. Predicted a dangerous trend.

C. Discovered a new study area.　　D. Compared groups of all ages.

32. What can be inferred about coolness?

A. It is losing its dominance in school life.

B. It helps one maintain a long-term success.

C. It is associated with virtues all over the world.

D. It may lead to blind behavior and other potential harms.

33. What can we learn from the new study?

A. Coolness gives people a higher social status.

B. People tend to agree that coolness is not good.

C. Coolness is commonly regarded as something positive.

D. The pursuit of coolness reflects people's social preference.

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

A. Coolness Brings Goodness

B. What Makes Someone Cool?

C. How to Become Cool at School?

D. The Shift of People's Ideas of Coolness

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。

In the debate about which is better, the printed book or the digital book, it seems that the hard-copy book is harder to knock out than thought. Here is why.

I love the way we now judge printed books using the language of the digital world. E-books may come with a "suite of navigational (导航) tools". ____35____ You can use them to flip the pages forward and backward. And they are just at the end of your arm.

Fans of digital books may point out that e-readers have a handy "search" tool. Old-fashioned books also have a search function, in which you turn back to the opening chapter to remind yourself of the structure of a book. ____36____

Fans of the e-book point out that a digital text is easy to annotate (注解). Some devices even feature a little image of a pencil to guide the reader through the process. Traditional-book users have a similar system called "a pencil". ____37____ Such annotated books can be left around for others to read carefully, convincing them of your intellectual ability.

____38____ Admittedly, e-books are lighter than printed ones, but one must question whether this is really an advantage. In secondary school, my physique was transformed by the daily need to carry science textbooks. For me and my fellow students, placing these weighty books in our backpacks drew our shoulders back and our chests forward in a way to shape our body posture.

Besides, a large, well-stocked bookshelf is more meaningful than a digital device. ____39____ There are books that introduced you to other books, like friends at a party, and books that nursed you through difficult times.

A. It's a map of your life as a reader.

B. Carrying printed books is a workout in itself.

C. You can search by turning pages and looking at the chapters.

D. Actually, a printed book can't offer all the features of an e-book.

E. But the best navigational devices actually are your forefinger and thumb.

F. They even have "a directing system", which uses a device called a bookmark.

G. With it, favored passages can be underlined and personal comments can be written in the margin.

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。

Many seemingly bad events in our lives might actually carry hidden blessings. This idea is what we call the broken umbrella theory. So next time, when faced with a small unlucky moment, give it a second thought.

On a rainy morning, David was rushing to an important job interview when his umbrella suddenly collapsed, leaving his suit drenched. Feeling both frustrated and concerned about his appearance, he ducked into a nearby café for shelter. While waiting, he struck up a conversation with a stranger and began discussing his interests, professional background, career ambitions, and more. To his astonishment, the stranger happened to be a manager at a renowned company. Deeply impressed by David's enthusiasm and solid work experience, the manager offered him a well-paid position on the spot — one far better than the interview he had planned to attend. What initially appeared to be a misfortune unexpectedly turned out to be a remarkable stroke of luck.

In other words, the broken umbrella theory encourages us to change our thinking pattern. When we choose to view the world in a more positive light, we can be less anxious and stop worrying that we can't manage what's going

on around us. Instead of focusing on small problems that aren't actually that serious, it helps us learn to see the bigger picture. It also pushes us to find value in the difficulties we face. This way, we become better at dealing with future troubles, thus making us more ready for the future hardships. So, next time we feel ourselves becoming worried or frustrated by an inconvenience, try reshaping our thoughts by telling ourselves what we are thankful for the inconvenience.

While keeping a positive mindset can go a long way, the broken umbrella theory is not without its disadvantages. Be mindful that if we only focus on positive thoughts, we're actually stopping ourselves from dealing with challenging or tough emotions. We end up just pretending everything is okay, instead of truly understanding how we really feel.

40. What is the broken umbrella theory?

_____

41. What unexpected opportunity did David gain?

_____

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

Concentrating only on positive thoughts helps us handle challenging or tough emotions.

_____

43. In daily life, how did you handle a bad event using the broken umbrella theory? (***In about 40 words***)

_____

第二节 (20 分)

44. 假设你是红星中学高三学生李华。你的外国好友 Jim 发来邮件，说他发现身边越来越多的同学习惯使用 AI 完成作业，他询问你对此的想法。请你用英文给他回复，内容包括：

1. 提出看法；

2. 给出理由。

注意：1. 词数 100 左右；

2. 开头和结尾已经给出，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)

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

【导语】本文是一篇夹叙夹议文。主要讲述作者大学期间因难以交友、对专业失去兴趣陷入低落，在教授关心下正视问题、敞开心扉，最终走出困境并领悟成长道理的经历。

【1 题详解】

考查副词词义辨析。句意：课堂讨论不常开展，学习小组也频繁更换，这意味着没有太多时间去了解他人。A. gradually 逐渐地；B. frequently 频繁地；C. completely 完全地；D. permanently 永久地。根据前文“wasn't going to be an easy place to make friends”以及后文“there wasn't much time to get to know people”可知，学习小组的更换状态让作者没时间交友，因此是频繁更换。故选 B 项。

【2 题详解】

考查名词词义辨析。句意：不过我的作业取得了不错的成绩，我把这看作是我应该坚持下去的信号。A. requirement 要求；B. lesson 教训；C. sign 信号；D. suggestion 建议。根据前文“seriously considering dropping out”以及“received good grades on my assignments”可知，优异的作业成绩成为让作者放弃退学想法、选择坚持的提示信号。故选 C 项。

【3 题详解】

考查形容词词义辨析。句意：我的出勤率在下降，也变得越来越孤独。A. lonely 孤独的；B. stubborn 固执的；C. mature 成熟的；D. cautious 谨慎的。根据前文“wasn't going to be an easy place to make friends”以及“lost interest in the major I once loved”可知，作者难以交友、对专业失去兴趣，由此变得内心孤独。故选 A 项。

【4 题详解】

考查动词词义辨析。句意：我试图向最亲近的人隐藏自己的情绪。A. remove 移除；B. prevent 阻止；C. separate 分开；D. hide 隐藏。根据前文“I felt a lot of shame and embarrassment.”可知，作者因自身的状态感到羞愧尴尬，因此选择向身边人隐瞒自己的情绪。故选 D 项。

【5 题详解】

考查名词词义辨析。句意：就在我开始最后一年的学习前不久，尽管我努力掩饰，教授还是表达了对我情绪低落的担忧。A. curiosity 好奇心；B. misunderstanding 误解；C. concern 担忧；D. criticism 批评。根据后文“he reached out and talked with me to understand what was going on”可知，教授主动找作者沟通了解情况，说明其对作者的低落状态感到担心。故选 C 项。

【6 题详解】

考查动词词义辨析。句意：我开始主动打破这些状态，而非一味逃避。A. ignore 忽视；B. break 打破；C. follow 跟随；D. reject 拒绝。根据前文“acknowledged I was unhappy and looked toward ways of feeling better”以及后文“rather than avoiding them”可知，作者选择正视问题，不再逃避，而是主动打破当下的糟糕状态。

故选 B 项。

【7 题详解】

考查动词词义辨析。句意：我选择更加敞开心扉的决定，让我和在课程中遇到的另一位同学建立了亲密的关系。A. bond 建立亲密关系；B. celebrate 庆祝；C. compete 竞争；D. debate 辩论。根据前文“be more open”以及后文“Through opening up, we discovered that we had experienced _____ struggles”可知，作者的敞开心扉让其与同学结下了深厚的情谊。故选 A 项。

【8 题详解】

考查形容词词义辨析。句意：通过敞开心扉，我们发现彼此经历过相似的困境，这让我心中的重担轻了许多。A. complex 复杂的；B. random 随意的；C. unique 独特的；D. similar 相似的。根据后文“which made the weight I’d been carrying lighter”可知，两人的经历有共通之处，才让作者的心理负担得到缓解，因此是相似的困境。故选 D 项。

【9 题详解】

考查动词短语辨析。句意：但现在，我觉得自己掌握了维护心理健康的实用方法。A. focus on 专注于；B. reach into 深入探寻；C. attend to 照料、维护；D. add to 增加。根据前文“which made the weight I’d been carrying lighter.”以及“equipped with useful tools”和后文的“mental well-being”可知，作者走出情绪低落的困境，学会了照料、维护自己的心理健康。故选 C 项。

【10 题详解】

考查动词词义辨析。句意：承认自己陷入困境并不意味着你软弱，这是朝着正确方向迈出的一大步。A. Tolerating 忍受；B. Admitting 承认；C. Avoiding 逃避；D. Continuing 继续。根据前文“I tried to _____ my feelings from the people closest to me.”以及“acknowledged I was unhappy”可知，作者从隐藏自己的感情到承认自己不开心，说明作者有了转变，结合这一转变带来的积极改变可知，文章想传达的道理是敢于承认自己的困境是成长的重要一步。故选 B 项。

第二节 (共 10 小题;每小题 1.5 分，共 15 分)

【答案】11. lasting　12. who##that　13. Ultimately

【导语】本文是一篇议论文。文章主要论述了英雄并非都有超能力或伟绩，平凡人凭借勇气、善良的善举也具英雄主义，平凡英雄的行为能带来重要影响。

【11 题详解】

考查形容词。句意：他们并不披着斗篷，也不从高楼上跳下；相反，他们凭借勇气、善良和无私精神，产生了持久的影响。此处修饰名词 impact，用 last 的形容词形式 lasting，意为“持久的”。故填 lasting。

【12 题详解】

考查定语从句。句意：平凡的英雄人物就是那些像邻居、工人和朋友之类的人，他们即便在困难的情况下也会选择去帮助他人。此处引导限定性定语从句，先行词为 neighbours, workers and friends，指人，关系词在从句中作主语，用关系代词 who 或 that。故填 who 或 that。

【13 题详解】

考查副词。句意：归根结底，这些平凡的英雄提醒我们，选择伸出援手、发声表达或者仅仅是心怀关爱，

都能带来改变。此处修饰整个句子，用 ultimate 的副词形式 ultimately，意为“最终，归根结底”，位于句首，首字母需大写。故填 Ultimately。

【答案】14. What　15. separates　16. freeing

【导语】本文是一篇议论文。主要探讨不必追求完美，学会接纳真实的自己、正视不完美，才是真诚生活的本质，也是真正的勇气。

【14 题详解】

考查主语从句。句意：更重要的是学会接纳真实的自己。此处引导主语从句，作句子的主语，从句中缺少主语，指事物，表示“……的事情”，用连接代词 what，位于句首，首字母需大写。故填 What。

【15 题详解】

考查动词时态和主谓一致。句意：我们很多人在状态不好时还假装一切都好，但这样做只会让我们与自己、与他人疏远。此处描述客观道理，用一般现在时，主语为动名词短语 doing so，视为单数，谓语动词用第三人称单数形式 separates。故填 separates。

【16 题详解】

考查非谓语动词。句意：真正的力量源于坦诚和勇于展露脆弱，这能让我们自由地成为真正的自己。此处为非谓语动词作结果状语，Real strength comes from being honest and vulnerable 这一动作与 free 为主动的逻辑关系，用现在分词 freeing。故填 freeing。

【答案】17. has attracted　18. was designed　19. to complete　20. for

【导语】这是一篇说明文。中国西南一列设有自习室的慢火车，吸引了网友关注。它最初为连接乡村而设，如今成了孩子的校车，还提供免费图书室等服务，为乘客营造了通勤时的安心空间。

【17 题详解】

考查时态。句意：中国西南部的一列运行缓慢的火车近日配有自习室，这一举措引起了网民们的广泛关注。强调过去发生的动作（吸引关注）对现在造成的影响，用现在完成时，主语为单数，助动词用 has。故填 has attracted。

【18 题详解】

考查时态语态。句意：最初，这列火车是为连接农村地区的各个村庄而设计的。主语 train 与谓语构成被动关系，且发生在过去用一般过去时的被动语态，be 动词用 was。故填 was designed。

【19 题详解】

考查非谓语动词。句意：如今，它成了附近学校学生的“校车”，学生们利用这段出行时间完成作业。use sth. to do sth.表示“用某物做某事”，故填 to complete。

【20 题详解】

考查介词。句意：这些小小的举措确实为乘客提供了一个放松的场所，让他们在通勤途中能够专注于自己的事务。provide sth. for sb.意为“为某人提供某物”，故填 for。

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. B　22. D　23. C

【导语】这是一篇应用文。本文介绍 NACE 职业胜任力评估工具，说明其八大核心软技能、核心功能、适用人群，并列举了同类的职业技能评估工具。

【21 题详解】

细节理解题。根据第一段“NACE identified eight core soft or durable skills as critical for career success. These competencies are career & self-development, communication, critical thinking, equity & inclusion, leadership, professionalism, teamwork and technology.(NACE 确定了八项核心的软技能或持久性技能，认为这些技能对于职业成功至关重要。这些技能包括职业与自我发展、沟通、批判性思维、公平与包容、领导力、专业素养、团队合作以及技术应用)”可知，NACE 能力评估工具用于评估与职业相关的软技能。故选 B。

【22 题详解】

细节理解题。根据 Key features of the tool include 部分“Developmental guidance: The tool offers feedback and resources to help students develop the areas they score lower in.(发展指导：该工具会提供反馈和相关资源，以帮助学生提升他们在某些方面表现较差的方面)”可知，NACE 能力评估工具的一个特点是提供反馈及发展性资源。故选 D。

【23 题详解】

细节理解题。根据倒数第三段“SkillSurvey Career Readiness: A digital platform that measures students' soft skills by collecting feedback from their supervisors and colleagues (同事) during internships.(SkillSurvey 职业准备度：这是一个数字化平台，通过收集学生在实习期间来自导师和同事的反馈来评估他们的软技能)”可知，SkillSurvey Career Readiness 是基于同事的意见得出的。故选 C。

【答案】24. A　25. C　26. C　27. B

【导语】这是一篇记叙文。主要讲述了作者因心理咨询师的建议参与公园捡垃圾等志愿活动，原本低落的心情得到慰藉，还收获了心理满足感，更领悟到个人微小善意凝聚起来能形成巨大力量的故事。

【24 题详解】

细节理解题。根据第四段中“It was the counsellor (咨询师) I was seeing who switched me on to the idea of volunteering. He gave me three rules: make it simple, immediate and cooperative. (是那位咨询师让我意识到了志愿服务的想法。他给了我三条规则：简单、即时、合作。)”可知，作者开始从事志愿服务是因为受一位咨询师的启发。故选 A 项。

【25 题详解】

推理判断题。根据第二段中“I arrived this morning feeling depressed, but this simple, repetitive and collective act has comforted me and pulled me away from the doom scroll of my mind. (今天早上我心情低落，但这种简单、重复且集体性的行为让我感到宽慰，让我从脑海中那充满绝望的思绪中解脱了出来。)”以及第五段中“And I did feel that lift, which soon led me to sign up to volunteer at other places. Every time I volunteered, I would come home feeling better — lifted by the fresh air, the natural environment and the companion — and, perhaps most of all, by having acted in line with my values. I didn't mind if the tasks were exhausting or repetitive. I was taking action, learning new skills, and feeling part of something meaningful. (我确实感受到了这种提升，这很快促使我开始在其他地方进行志愿服务。每次参与志愿服务后，我回到家时都会感觉心情变好——得益于清新的空气、自然的环境以及同伴的陪伴——而或许最重要的是，因为我按照自己的价值观行事了。

我不介意任务是否令人疲惫或重复。我是在采取行动，学习新技能，并且感觉自己是某种有意义事物的一部分。)”可知，作者一早参与捡垃圾时心情低落，但活动后感受到了慰藉，获得了心理上的愉悦感，还觉得自己做的事有意义，这种心理上的满足和收获即“有成就感的、得到回报的”。故选 C 项。

【26 题详解】

推理判断题。根据最后一段“While it was my total despair with the environment that led me into volunteering, it's the goodness and kindness that I've witnessed while working alongside my fellow volunteers that have kept me coming. And I think yellow is my color. (虽然是我对环境的极度绝望促使我投身志愿服务，但正是在与志愿者们一起工作时所目睹的善良和仁慈，让我一直坚持下去。而且我认为黄色是我的代表色。)”可知，从最后一段可以推断出作者对志愿者这一角色有了更强烈的认同感。故选 C 项。

【27 题详解】

推理判断题。根据第六段中“But I remind myself of my counselor's advice that I should not be discouraged by people saying that my actions were only a drop in the ocean, since an ocean is made up of millions upon millions of drops. (但我会提醒自己咨询师的建议，即不应因有人说我的行动只是沧海一粟而感到沮丧，因为大海是由数以百万计的水滴组成的。)”可推知，作者从志愿服务中获得的主要感悟是个人的善良能够产生巨大的力量。故选 B 项。

【答案】28. D　29. A　30. D

【导语】本文是一篇说明文。主要介绍好奇心是复杂的情绪，研究者通过实验探究时间对好奇心体验的影响，证明其会伴随不同的积极或消极情绪体验。

【28 题详解】

细节理解题。根据第四段中的“Crucially, half the participants were told they would watch the video after a short delay of only one minute, and half were told that there would first be a 30-minute delay during which they would complete other interesting tasks. (关键的是，一半的参与者被告知他们只需等待一分钟就能观看视频，另一半则被告知需要先等待 30 分钟，在这期间他们要完成其他有趣的任务。)”可知，两组参与者的主要区别在于观看视频前的等待时长不同。故选 D 项。

【29 题详解】

词句猜测题。根据最后一段中的“The key finding was that while both groups reported equal levels of curiosity, the curiosity was accompanied by more negative feelings for those participants facing a long delay. (关键发现是，尽管两组参与者的好奇心程度相同，但对于那些面临长时间等待的参与者来说，他们的好奇心伴随着更多的负面情绪。)”以及“When our curiosity will not be satisfied anytime soon, we focus on not knowing, on the information gap itself, and this is largely aversive. (当我们的好奇心无法很快得到满足时，我们会关注自己的未知，关注信息差本身，而这在很大程度上是 aversive。)”可推知，此处指长时间等待满足的好奇心会带来负面情绪，因此“aversive”的意思是“令人不快的、讨厌的”，与 Unpleasant 的意义相近。故选 A 项。

【30 题详解】

推理判断题。根据第二段中的“In fact, curiosity can be all of these — and more. It has two faces: one points toward what we desire, and the other toward what we have not yet obtained — and may never obtain. Once we recognize that curiosity is not always pleasurable, we can explore factors that influence the nature of our experience

in different situations. (事实上，好奇心可以是上述所有的感受，甚至更多。它有两面性：一面指向我们渴望的东西，另一面指向我们尚未得到——甚至可能永远得不到的东西。一旦我们认识到好奇心并非总是令人愉悦的，我们就能探究在不同情况下影响我们体验本质的因素。)”以及全文围绕研究者通过实验证明时间因素会让好奇心伴随不同的情绪体验展开可知，本文的主要目的是证明好奇心会带来不同的情绪体验。故选 D 项。

【答案】31. A　32. D　33. C　34. B

【导语】本文是一篇说明文。文章主要介绍了一项针对“酷”特质的跨国家研究，探究其定义、特质与“优秀”的区别，同时指出研究局限及追求该特质的潜在问题与长远启示。

【31 题详解】

细节理解题。根据第二段中的“They asked the participants to think of specific people: one who is cool, one who is not cool, one who is good, and one who is not good. Then they had the participants evaluate each person by answering questionnaires that measured 15 different attributes.(他们让参与者想到具体的人：一个酷的人，一个不酷的人，一个优秀的人，一个不优秀的人。然后他们让参与者通过回答衡量 15 种不同特质的问卷来评价每个人)”可知，研究者通过问卷收集数据并对相关数据进行分析，以此开展这项新研究。故选 A 项。

【32 题详解】

推理判断题。根据第五段中的“Coolness that involves risk-taking and being socially premature may offer popularity in youth. However, a 2014 study found that many teenagers who behaved in this way would later struggle in their 20s. “They are doing more extreme things to try to act cool,” Warren said.(带有冒险精神和社交早熟特质的“酷”可能会让年轻人受欢迎。然而，2014 年的一项研究发现，许多有这种行为的青少年在二十多岁时会陷入困境。沃伦说：“他们为了装酷会做更多极端的事。”)”可知，为了追求酷而做出极端、冒险的行为，会让青少年后续发展陷入困境。由此推知，“酷”这一特质可能会带来盲目行事的行为以及其他潜在的危害。故选 D 项。

【33 题详解】

细节理解题。根据第二段中的“Past research has found that it is usually considered something positive: People who are cool are also friendly, competent, trendy and attractive.(以往的研究发现，酷通常被认为是一种积极的特质：酷的人通常也友善、能干、时髦且有魅力)”以及第三段中的“Surprisingly, the participants’ beliefs about what’s “cool” were similar regardless of their nationality, age, income level, education or gender. Across groups, cool people were largely perceived as extroverted, pleasure-seeking, powerful, adventurous, open and autonomous. (令人惊讶的是，无论国籍、年龄、收入水平、教育程度或性别如何，参与者对于什么是“酷”的看法都相似。在所有群体中，酷的人在很大程度上被认为是外向的、追求享乐的、有力量的、富有冒险精神的、开放的和自主的)”可知，新研究通过跨国家、跨人群的调查验证了，不同背景的人们普遍仍将酷视作带有各类正向特质的属性，酷依旧被广泛认为是一种积极的事物。故选 C 项。

【34 题详解】

主旨大意题。根据第一段中的“Is there a secret sauce that helps explain why some people seem so self-assured and cool? A new study that surveyed nearly 6,000 people from 12 countries around the world offers some clues.(是否存在一种秘诀能解释为什么有些人看起来如此自信又酷？一项对来自全球 12 个国家的近 6000 人进行的

新研究给出了一些线索)”并结合全文围绕这项研究探究“酷”的定义、特质、与“优秀”的区别，以及追求酷的相关问题展开论述可知，本文核心是探究是什么造就了一个人的“酷”特质，所以“是什么让一个人变酷？”可以概括文章主题，适合作为最佳标题。故选 B 项。

第二节 (共 5 小题;每小题 2 分，共 10 分)

【答案】35. E　36. F　37. G　38. B　39. A

【导语】这是一篇说明文。文章围绕纸质书与电子书孰优孰劣展开，作者认为纸质书不会被淘汰，其导航、检索、批注功能不输电子书，还能锻炼身体，满载阅读记忆，意义非凡。

【35 题详解】

根据上文“I love the way we now judge printed books using the language of the digital world. E-books may come with a “suite of navigational (导航) tools”.(我喜欢我们如今用数字世界的语言来评判纸质书籍的方式。电子书通常会配备一系列导航工具)”以及后文“You can use them to flip the pages forward and backward. And they are just at the end of your arm.(你可以用它们来向前或向后翻页。而且它们就位于你的手臂末端)”可知，前文提到电子书有“一套导航工具”，后文则描述用手指前后翻页。E 选项“但最好的导航设备实际上是你的食指和拇指。”用“but”形成转折，指出纸质书最好的导航工具就是食指和拇指，完美衔接上下文，将电子书的科技工具和纸质书的天然操作形成对比。故选 E。

【36 题详解】

根据上文“Fans of digital books may point out that e-readers have a handy “search” tool. Old-fashioned books also have a search function, in which you turn back to the opening chapter to remind yourself of the structure of a book.(电子书的爱好者可能会指出，电子阅读器拥有便捷的“搜索”功能。而传统的纸质书籍也有搜索功能，通过这个功能你可以翻回到开头的章节，以帮助自己记住书籍的结构)”可知，前文对比电子书的搜索功能，说纸质书也有自己的搜索方式，即翻回开头章节。F 选项“他们甚至有一个“引导系统”，它使用一种称为书签的设备。”进一步补充，纸质书还有名为“书签”的“指引系统”，是对纸质书检索、定位功能的补充说明，和前文的“search function”相呼应。故选 F。

【37 题详解】

根据上文“Fans of the e-book point out that a digital text is easy to annotate (注解). Some devices even feature a little image of a pencil to guide the reader through the process. Traditional-book users have a similar system called “a pencil”.(电子书的爱好者指出，电子文本便于做注释。有些设备甚至配有小小的铅笔图案，以帮助读者完成注释过程。而传统书籍的使用者也有类似的功能，称为“铅笔”)”可知，前文提到纸质书用户也有“铅笔”这个注解工具，G 选项“有了它，喜欢的段落可以加下划线，个人评论可以写在页边空白处。”中的“it”指代前文的“a pencil”，具体说明用铅笔可以在喜欢的段落下划线、在页边写个人评语，紧接着后文又提到这些有注解的书可以留给他人看，逻辑链条完整。故选 G。

【38 题详解】

根据后文“Admittedly, e-books are lighter than printed ones, but one must question whether this is really an advantage. In secondary school, my physique was transformed by the daily need to carry science textbooks. For me and my fellow students, placing these weighty books in our backpacks drew our shoulders back and our chests forward in a way to shape our body posture.(诚然，电子书比纸质书轻便，但人们不得不思考这是否真的是一

种优势。在中学时期，由于每天都要携带科学课本，我的体型也因此发生了变化。对于我们这些学生来说，将这些沉重的课本放进书包，会让我们的肩膀向后缩，胸部向前挺，从而形成一种特定的体态)”可知，后文核心内容是，作者认为背厚重的纸质课本改变了体质、塑造了体态，是一种身体锻炼。B 选项“携带纸质书本身就是一种锻炼”，作为段落主旨句，总领全段，引出下文的具体论述。故选 B。

【39 题详解】

根据上文“Besides, a large, well-stocked bookshelf is more meaningful than a digital device.(此外，一个宽敞且物品摆放得当的书架比一台电子设备更有意义)”以及后文“There are books that introduced you to other books, like friends at a party, and books that nursed you through difficult times.(有些书就像在聚会上结识的朋友一样，引领你走进更多的书籍世界；而有些书则会在你遭遇困难时陪伴着你度过难关)”可知，前文说满满一书架的书比电子设备更有意义，后文又阐述这些书见证了自己的阅读经历、陪伴度过艰难时光。A 选项“它是你作为读者的人生地图”，其中“it”指代前文的“bookshelf”，高度概括了书架承载的个人阅读记忆与人生轨迹的意义。故选 A。

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. It’s the idea that seemingly bad events in life may carry hidden blessings.

41. He got a far better well-paid job offer from a renowned company’s manager in a café.

42. Concentrating only on positive thoughts helps us handle challenging or tough emotions. Explanation: According to the passage, if we only focus on positive thoughts, we stop ourselves from dealing with challenging or tough emotions and just pretend everything is fine instead of understanding real feelings.

43. I missed the train for a tutorial and was upset, but I studied on the platform and mastered the key points. When I retook the train, I even helped a classmate with the knowledge.（答案不唯一）

【导语】本文是一篇议论文，介绍了“破伞理论”的核心内涵，以 David 的经历为例佐证该理论，阐述其能引导人们积极看待问题、放眼大局的作用，同时也指出该理论的弊端——一味关注积极想法会阻碍人们面对负面情绪。

【40 题详解】

考查细节理解。根据第一段中“Many seemingly bad events in our lives might actually carry hidden blessings. This idea is what we call the broken umbrella theory.(我们生活中许多看似不好的事情，实际上可能都隐藏着祝福。这个想法就是我们所说的破伞理论)”可知，破伞理论是指生活中看似不好的事情可能隐藏着祝福。故答案为 It’s the idea that seemingly bad events in life may carry hidden blessings.

【41 题详解】

考查细节理解。根据第二段中“To his astonishment, the stranger happened to be a manager at a renowned company. Deeply impressed by David’s enthusiasm and solid work experience, the manager offered him a well-paid position on the spot — one far better than the interview he had planned to attend.(令他惊讶的是，这个陌生人恰好是一家知名公司的经理。经理对 David 的热情和丰富的工作经验印象深刻，当场就给他提供了一个高薪职位——这个职位比他原本打算参加的面试要好得多)”可知，David 在咖啡馆意外得到了来自一家知名公司经理的更好的高薪工作机会。故答案为 He got a far better well-paid job offer from a renowned

company's manager in a café.

【42 题详解】

考查细节理解。根据最后一段中"Be mindful that if we only focus on positive thoughts, we're actually stopping ourselves from dealing with challenging or tough emotions. We end up just pretending everything is okay, instead of truly understanding how we really feel.(请注意，如果我们只关注积极的想法，我们实际上是在阻止自己处理具有挑战性或艰难的情绪。我们最终只是假装一切都好，而不是真正理解我们的真实感受)"可知，只关注积极的想法"有助于我们处理具有挑战性或艰难的情绪"是错误的，因为如果我们只关注积极的想法，我们实际上是在阻止自己处理具有挑战性或艰难的情绪。故答案为 Concentrating only on positive thoughts helps us handle challenging or tough emotions. Explanation: According to the passage, if we only focus on positive thoughts, we stop ourselves from dealing with challenging or tough emotions and just pretend everything is fine instead of understanding real feelings.

【43 题详解】

考查开放表达。可以先描述一件坏事，如错过去上辅导课的火车，心里特别沮丧，却在站台边抓紧学习，把重点内容都掌握了。等我改乘下一班火车时，还帮一位同学讲解了这些知识点。故答案为 I missed the train for a tutorial and was upset, but I studied on the platform and mastered the key points. When I retook the train, I even helped a classmate with the knowledge.

第二节 (20 分)

44. 【答案】One possible version:

Dear Jim,

Thanks for your email. I've also noticed that more students are using AI to finish their homework, and I think it's a double-edged sword.

On the one hand, AI can help us understand difficult concepts quickly or check our answers. But on the other hand, if we rely on it too much, we might lose the chance to think critically and solve problems on our own. Homework isn't just about getting the right answer — it's about practicing skills and building knowledge step by step. If we let AI do the work, we're cheating ourselves in the long run.

So, I believe AI should be a helper, not a replacement.

Yours,

Li Hua

【导语】本篇书面表达属于应用文。要求考生以红星中学高三学生李华的身份，给外国好友 Jim 回邮件，针对身边同学用 AI 完成作业的现象表达看法并说明理由。

【详解】1. 词汇积累

理解：understand → grasp

依靠：rely on → depend on

机会：chance → opportunity

替代物：replacement → substitute

2. 句式拓展

同义句替换

原句：So, I believe AI should be a helper, not a replacement.

拓展句：So, I hold the belief that AI should be a helper, not a replacement.