

# 辽宁省实验中学 2024-2025 学年度上学期期中阶段测试

## 高一年级英语科试卷

考试时间：120 分钟 试题满分：150 分

### 第一部分 听力（共两节，满分 30 分）

#### 第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. How does the woman study?

A. By recording lectures.

B. By having extra classes.

C. By organizing notes after class.

2. What does the man do to help the woman?

A. Look for her glasses. B. Fill in the form for her. C. Read out the form for her.

3. What are the speakers mainly talking about?

A. Performing in a play. B. Making Friday plans. C. Buying tickets for a show.

4. Where will the speakers go?

A. A shop. B. A cinema. C. A restaurant.

5. What does the woman ask the man to do?

A. Wake up Mr. Jones. B. Inform other neighbors. C. Call the fire station.

#### 第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What exercise does the man often do at home?

A. Bodyweight exercises. B. Yoga. C. Jogging.

7. What does the woman decide to do?

A. Give up using the app.

B. Try some free courses on the app.

C. Buy a VIP membership of the app.

**听第 7 段材料，回答第 8 至 9 题。**

8. Why did Tina fail to contact Mike through a video call yesterday?

A. His phone was broken.

B. His phone was powered off.

C. His phone couldn't receive a video call.

9. What does the woman think of the man's new phone?

A. Cheap. B. Outdated. C. Fancy.

**听第 8 段材料，回答第 10 至 13 题。**

10. What is the probable relationship between the speakers?

A. Strangers. B. Doctor and patient. C. Co-workers.

11. How much do the weight loss pills cost?

A.\$100. B.\$110. C.\$150.

12. What does the woman need to do according to herself?

A. Try a new diet. B. Put on some weight. C. Build muscle.

13. How does the woman sound?

A. Annoyed. B. Interested. C. Grateful.

**听第 9 段材料，回答第 14 至 17 题。**

14. How does the man feel about attending overseas camps?

A. Expensive. B. Helpful. C. Challenging.

15. Where does the woman probably come from?

A. Canada. B. England. C. China.

16. What camp will the woman choose for her kids?

A. A sports camp. B. An art camp. C. A wilderness camp.

17. Who will the kids live with in camps?

A. Their parents. B. The camp workers. C. The natives.

**听第 10 段材料，回答第 18 至 20 题。**

18. What is the speaker mainly talking about?

A. A special statue. B. A new kind of fish. C. A beautiful river.

19. Why did the Malay Prince name the island "Lion City"?

A. He thought he saw a lion then.

B. He learned it from a legend.

C. He liked lions very much.

20. What is the speaker probably?

A. An agent. B. A reporter. C. A tour guide.

## 第二部分 阅读（共两节，满分 50 分）

### 第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

#### A

#### What Would You Want Most on a Desert Island?

This month's survey shows people worldwide have a natural understanding of what they would need most if left alone on a desert island: Another person. And one they know well. Respondents in all 16 countries surveyed said their spouse (配偶) or partner would be their first choice to have with them. Perhaps this makes sense: An MP3 player can't help you find drinking water, your dog can't help you start a fire and who knows if George Clooney or Penelope Cruz has taken courses in wilderness survival training? Let's just hope the SOS sign you two build gets spotted sooner rather than later!

<p>“My husband, of course! George Clooney wouldn't think I'm as pretty as my husband does!” Roseane, 42, Brazil</p>	<p>“My MP3 player. I would not want my loved ones including my pet, to be left alone like this.” Lin Xi, 28, China</p>	<p>“My partner should be there to listen to me complain about the fact that we are left alone on an island- probably due to some errors he made.” Julia, 25, Jordan</p>
<p><b>Spouse/ Partner</b></p> <p>82% of the South African women surveyed would most want their husband partner with them, while just 45% of the Indian women surveyed agreed.</p>	<p><b>Clooney/ Cruz</b></p> <p>27% of Russian men surveyed would want a celebrity along. Only 2% of the Mexican men agreed. Less than 18% of women worldwide chose this option.</p>	
<p><b>MP3 Player</b></p> <p>This was second choice overall,</p>	<p><b>Dog</b></p> <p>In France, 28% of respondents older than</p>	

<p>particularly among Malaysian men, with 32% saying dog, they'd most want an MP3 player with their favorite songs. Just 5% each of Australian and American men agreed.</p>	<p>45 would most want to be left alone with their dog, while not a single Russian or Malaysian in that age group surveyed would most want Fido along.</p>
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1. Which of the following is TRUE about George Clooney?

- A. He has been trained in wilderness survival.
- B. He may not be able to help you survive.
- C. He does not think Roseane is beautiful.
- D. He is the choice of most South African women.

2. From the survey we know \_\_\_\_\_.

- A. Lin Xi from China has no love for his family members
- B. Julia from Jordan has a violent temper when she is not satisfied with her partner
- C. MP3 player on average is of secondary importance in the choice of the respondents
- D. most Frenchmen would like to take a dog for company when they go for an adventure

3. The survey results are analyzed in terms of the respondents' \_\_\_\_\_.

- A. race, nationality and sex
- B. marriage, age and race
- C. age, sex and marriage
- D. sex, age and nationality

【答案】 1. B    2. C    3. D

【解析】

【导语】这是一篇应用文的调查报告类文章。调查了关于“如果你独自一人留在一个孤岛上，你最需要什么？”的话题？你们想知道结果是什么吗？

【1 题】

推理判断题。根据方框中的信息“Perhaps this makes sense: An MP3 player can't help you find drinking water, your dog can't help you start a fire and who knows if George Clooney or Penelope Cruz has taken courses in wilderness survival training? (也许这是有道理的：MP3 播放器不能帮你找到饮用水，你的狗不能帮你生火，谁知道乔治·克鲁尼或佩内洛普·克鲁兹是否参加过野外生存训练课程?)”可推知，关于乔治·克鲁尼，他可能无法帮助你生存。故选 B 项。

【2 题】

细节理解题。根据 MP3 Player 中“This was second choice overall, particularly among Malaysian men, with

32% saying dog, they'd most want an MP3 player with their favorite songs.”（总的来说，这是第二选择，尤其是在马来西亚男性中，32%的人说，他们最想要的是一个能播放他们喜欢的歌曲的 MP3 播放器。）可知，从调查中我们知道在受访者的选择中，MP3 播放器平均来说是受访者选择的重要次选。故选 C 项。

### 【3 题】

推理判断题。根据四个大标题 “Spouse/ Partner”，“Clooney/ Cruz”，“MP3 Player” 和 “Dog” 下的段落中的关键词，“the South African women/ the Indian women/ Russian men/ the Mexican men/ older than 45” 以及上面三个受访者的身份都可以看出是从性别、国籍、年龄这三个方面来调查的。故选 D 项。

## B

As I sat on my sofa, I recalled the joy I had experienced back in my glory days, winning National Championships and representing the United States at the World Championships. I thought of all of the friends I had made in the sport.

It had been a decade since I entered a competition. Strangely, tears began to roll down my cheeks. Then, for the first time in many years, I wept openly. I tried to calm myself and walked to the bathroom to wash my face. It was there that I took a good, long, hard look at myself in the mirror.

I was no longer that marathon runner. I was a middle-aged man to sit behind the desk in my office for the day and had grown content in my life and appeared comfortable with the increase in the size of my waistline.

When I took a serious look at myself, I knew it was time to change. I lacked discipline (自制力) and had no readily identifiable goals. Strange quiet came over me. I was going to transform my life. It was time to reinvent myself, to become all that I could imagine. I asked myself one more question, “What are you willing to do to make this dream a reality?” The answer was a very simple one, “Whatever it takes!”

The first few days, I was filled with enthusiasm and it was easy to stay on track. I prepared myself mentally for the difficult days. As the days went by, my newly discovered discipline developed into more discipline. I vowed (发誓) to remain true to my restricted diet of 1,200 calories per day. I was running for an hour every morning and lifting weights for another hour three or four days per week. Weight began to reduce. I lost about three pounds every week. This was feeling good. I was gaining momentum and strength as each day passed. There was no doubt in my mind that I would get down to my desired weight.

4. What can we learn about the author from paragraph 3?

- |                                      |   |
|--------------------------------------|---|
| A. He used to be a lawyer.           | B. He was totally out of shape.           |
| C. He was no longer fit to work out. | D. He had something wrong with his waist. |

5 What was the author actually doing in the bathroom?

- |                                      |   |
|--------------------------------------|---|
| A. He was reflecting upon himself.   | B. He was doing thorough cleaning.            |
| C. He was wiping tears off his face. | D. He was dressing up in front of the mirror. |

6. Which can replace the underlined word “momentum” in the last paragraph?

- A. weight                      B. motivation                      C. experience                      D. knowledge

7. How does the author mainly develop the text?

- A. By telling a funny story.                      B. By employing dialogues.  
C. By describing mental activities.                      D. By showing possible results.

【答案】 4. B      5. A      6. B      7. C

【解析】

【导语】 本文是一篇记叙文。主要讲述了作者减肥的心路历程。

【4 题】

细节理解题。根据文章第三段 “I was no longer that marathon runner. I was a middle-aged man to sit behind the desk in my office for the day and had grown content in my life and appeared comfortable with the increase in the size of my waistline. (我不再是那个马拉松运动员了。我是一个坐在办公室桌子后面一天的中年男人，对我的生活越来越满意，对我腰围的增加也显得很舒服)” 可知，作者的身材完全走样了。故选 B。

【5 题】

推理判断题。根据文章第四段 “When I took a serious look at myself, I knew it was time to change. I lacked discipline and had no readily identifiable goals. Strange quiet came over me. I was going to transform my life. It was time to reinvent myself, to become all that I could imagine. I asked myself one more question, “What are you willing to do to make this dream a reality?” The answer was a very simple one, “Whatever it takes!” (当我认真审视自己时，我知道是时候改变了。我缺乏自律，也没有明确的目标。奇怪的寂静笼罩着我。我要改变我的生活。是时候重塑自我，成为我所能想象的一切。我又问了自己一个问题：“为了实现这个梦想，你愿意做些什么？” 答案很简单：“不惜一切代价！” )” 可知，他在浴室里沉思。故选 A。

【6 题】

词义猜测题。根据上句 “This was feeling good (这感觉很好)” 和划线处后 “strength (力量)” 可知，划线处和空后的 strength 并列，表示随着时间一天天过去，作者的动力和力量都在增强。故选 B。

【7 题】

推理判断题。根据文章第四段 “When I took a serious look at myself, I knew it was time to change. I lacked discipline and had no readily identifiable goals. Strange quiet came over me. I was going to transform my life. It was time to reinvent myself, to become all that I could imagine. I asked myself one more question, “What are you willing to do to make this dream a reality?” The answer was a very simple one, “Whatever it takes!” (

当我认真审视自己时，我知道是时候改变了。我缺乏自律，也没有明确的目标。奇怪的寂静笼罩着我。我要改变我的生活。是时候重塑自我，成为我所能想象的一切。我又问了自己一个问题：“为了实现这个梦想，你愿意做些什么？”答案很简单：“不惜一切代价！”）”及最后一段“The first few days, I was filled with enthusiasm and it was easy to stay on track. (最初的几天，我充满了热情，很容易就能坚持下去)”可知，作者主要通过描写心理活动来展开文章。故选 C。

### C

As summer gives way to autumn, many of us long for warmth and sunlight. It is common for some of us to feel upset when the days get shorter. People call this phenomenon autumn sadness.

While autumn sadness is a common seasonal feeling we have as sunlight comes in shorter supply, for some people, it takes on a more serious form known as seasonal affective disorder, or SAD.

SAD, a form of depression (抑郁症), mostly starts in late autumn or early winter and goes away in spring and summer. People who have SAD typically oversleep, overeat, and lose interest in activities they once enjoyed. Generally, almost all people suffering from SAD feel sad, helpless, and even desperate.

The exact cause of SAD is not yet completely understood, but several factors have been linked to its development. Johns Hopkins University suggests that reduced exposure (接触) to natural light during the autumn and winter months may disrupt the body's internal clock and the hormones (荷尔蒙) produced, such as melatonin (褪黑素) and serotonin (血清素), which are related to sleep and emotions, respectively. This disruption can lead to depression.

Addressing SAD often requires medical help. Light therapy is a common and effective treatment. Patients are advised to expose themselves to sunlight or man-made light that imitates natural sunlight. Light therapy can help regulate patients' hormones and get their lives back on track.

Moreover, living a healthier life, such as maintaining a regular sleep schedule, taking part in regular physical activity, and having a balanced diet, can help manage SAD. But it's also important that people seek help from a medical professional to determine the most suitable treatment plan for their specific needs.

It is worth noticing that, according to the National Institute of Mental Health of the US, in most cases, SAD begins in young adulthood. So, while embracing (接受) knowledge in books and classes, don't forget to embrace the sunlight outdoors and get energy from nature!

8. What do we know about SAD?

- A. It usually starts in early autumn.
- B. It can lead to long-term depression.
- C. Its main symptoms include feeling sad.
- D. It is most commonly found in older people.

9. According to Johns Hopkins University, what is a possible cause of SAD?

A. An unbalanced diet.

B. A lack of sunlight.

C. An irregular sleep schedule.

D. A lack of physical exercise.



10 What do paragraphs 5 and 6 mainly talk about?

- A. How people can deal with SAD.
- B. What people with SAD have in common.
- C. Who people with SAD can turn to for help.
- D. Why medical help is needed for people with SAD.

11. What can be inferred from the last paragraph?

- A. Young adults are the only group affected by SAD.
- B. Embracing nature's sunlight is enough to prevent SAD.
- C. It's important for young adults to take outdoor activities.
- D. It's never too late to embrace the beauty that nature offers.

【答案】8. C    9. B    10. A    11. C

【解析】

【导语】这是一篇说明文。本文主要介绍了季节性情绪失调（SAD）这一心理现象，包括其症状、可能的成因、治疗方法以及预防建议。

【8题】

细节理解题。根据第三段“People who have SAD typically oversleep, overeat, and lose interest in activities they once enjoyed. Generally, almost all people suffering from SAD feel sad, helpless, and even desperate.(患有 SAD 的人通常会睡过头，吃得过饱，对曾经喜欢的活动失去兴趣。一般来说，几乎所有患有 SAD 的人都会感到悲伤、无助，甚至绝望)”可知，SAD 的主要症状包括悲伤，故选 C。

【9题】

细节理解题。根据第四段“Johns Hopkins University suggests that reduced exposure (接触) to natural light during the autumn and winter months may disrupt the body's internal clock and the hormones (荷尔蒙) produced, such as melatonin (褪黑素) and serotonin (血清素), which are related to sleep and emotions, respectively. This disruption can lead to depression.(约翰霍普金斯大学认为，秋冬季节减少自然光照射可能会扰乱人体的生物钟和产生的激素，如褪黑激素和血清素，这两种激素分别与睡眠和情绪有关。这种混乱会导致抑郁)”可知，约翰斯·霍普金斯大学认为 SAD 的一个可能原因是缺乏阳光，故选 B。

【10题】

主旨大意题。根据第五段“Addressing SAD often requires medical help. Light therapy is a common and effective treatment.(解决 SAD 通常需要医疗帮助。光疗是一种常见而有效的治疗方法)”以及第六段“Moreover, living a healthier life, such as maintaining a regular sleep schedule, taking part in regular physical activity, and having a balanced diet, can help manage SAD.(此外，过健康的生活，如保持有规律的睡眠时间，

参加有规律的体育活动，均衡的饮食，可以帮助控制 SAD)”可知，第五段和第六段主要讲的是人们如何应对 SAD，故选 A。

### 【11 题】

推理判断题。根据最后一段 “It is worth noticing that, according to the National Institute of Mental Health of the US, in most cases, SAD begins in young adulthood. So, while embracing (接受) knowledge in books and classes, don't forget to embrace the sunlight outdoors and get energy from nature!(值得注意的是，根据美国国家心理健康研究所的数据，在大多数情况下，SAD 始于成年初期。所以，在书本和课堂上接受知识的同时，别忘了拥抱户外的阳光，从大自然中获取能量！)”可推断出，对年轻人来说，参加户外活动很重要，故选 C。

### D

At first, they sounded distant, as if they were around a phone in a prison. But as we chatted, they slowly started to sound more like themselves. They told me personal stories I'd never heard. I learned about the first time my dad got drunk. Mum talked about getting in trouble for staying out late. They gave me life advice and told me things about their childhoods, as well as my own. It was amazing. For a moment I forgot I wasn't really talking to my parents at all, but to their digital copies.

This Mum and Dad live inside an app on my phone as voice assistants created by the company HereAfter AI. The company's goal is to let the living communicate with the dead. Technology like this, which lets you “talk” to people who have died, has been a mainstay of science fiction for decades. But now it's becoming a reality, thanks to advances in AI and voice technology. I wanted to test out what it might be like.

My real, flesh-and-blood parents are still alive and well; their virtual versions (虚拟版) were made just to help me understand the technology. But their digital copies offer a glimpse at a world where it's possible to have conversations with loved ones long after they're gone. From what I could know over a dozen conversations with my virtual parents, this really will make it easier to keep the people we loved close. It's not hard to see the attraction. People might turn to digital copies for comfort, or to mark special occasions like anniversaries.

But for some, this tech may be alarming or frightening. When I talked to friends about this article, some of them just went away. There's a common, deeply held belief that we shouldn't mess with death.

But I'm only human, and that worry ends up being washed away by the even scarier possibility of losing the people I love. If technology might help me hang onto them, is it so wrong to try?

12. Why did the writer chat with his virtual parents?

- A. To remember his late parents.
- B. To learn more about his parents.
- C. To see how the technology works.
- D. To find ways to improve the technology.

13. What can we learn about the technology mentioned?

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