

(时间: 120 分钟 满分: 150 分)

第一节(共 5 小题; 每小题 1.5 分, 满分 7.5 分)

1. Which room is the Human Resource Office? _____

- C. Room 119.

2. Why will the man go to see the White House first? _____

- B. The historical museums are closed.

C. It's the most famous historical building there.

3. What does the man think of the newspaper? _____

- ### C. Meaningful.

4. What will the man do today? _____

- B. Clean his room.

C. Go boating.

5. What are the speakers mainly talking about?

- ### B. The U. S. presidents.

C. Max's homework.

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. Why does the man feel sad? _____

A. He didn't get the role.

B. He gained some weight.

C. He missed the director's call.

7. What does the woman advise the man to do? _____

A. Find a new job.

B. Buy some new clothes.

C. Make some changes about his diet.

听第 7 段材料，回答第 8 至 10 题。

8. What is Peter? _____

A. A pupil.

B. A teacher.

C. An accountant.

9. What fails to help Peter fall asleep? _____

A. Sleeping pills.

B. Counting sheep.

C. Lying in bed early.

10. What will Peter do next? _____

A. Stay up.

B. Play computer games.

C. Go to bed.

听第 8 段材料，回答第 11 至 13 题。

11. How did the woman book the movie tickets? _____

A. Through the Internet.

B. On the phone.

C. At the ticket office.

12. When was the appointment originally scheduled? _____

A. At 11 : 30.

B. At 12 : 00.

C. At 2 : 00.

13. Where will the speakers go first? _____

- A. To the cinema.
- B. To the restaurant.
- C. To the bookstore.

听第 9 段材料，回答第 14 至 17 题。

14. What interests the woman most about the job? _____

- A. The training.
- B. The high pay.
- C. The work experience.

15. What did the woman major in? _____

- A. Writing.
- B. Journalism.
- C. German.

16. How many languages can the woman speak? _____

- A. Three.
- B. Four.
- C. Five.

17. What does the woman do to relax herself ? _____

- A. She goes swimming.
- B. She climbs mountains.
- C. She listens to light music.

听第 10 段材料，回答第 18 至 20 题。

18. Which of the following can't be used to describe Fuller? _____

- A. An inventor.
- B. A thinker.
- C. An actor.

19. What did Fuller spend most of his life doing? _____

- A. Searching for new ideas.
- B. Thinking about good life.
- C. Publishing books.

20. In which year was Fuller born? _____

- A. In 1886.
- B. In 1896.

C. In 1906.

答案：1—5 BCABC 6—10 ACABC

11—15 ABCAB 16—20 BCCAB

听力原文：

Text 1

W: Where is the Human Resource Office, please?

M: It's on the first floor, next to Room 118, that is Room 120.

W: I've got it. Thanks!

Text 2

W: I think we can go to see some museums today.

M: Of course, we can. But I feel like seeing the White House first. It's the most famous historical building here.

Text 3

W: Is there anything exciting in the newspaper?

M: No. These are the same old stories.

W: In that case, I don't want to waste my time reading it.

Text 4

M: My mother won't let me go out until I clean my room up. So I'm afraid I can't go boating with you today.

W: But we've promised our friends, remember?

M: I know, but tidying the room up needs at least one hour. I'm sorry.

Text 5

W: Max, what is your history report about?

M: It's about the U. S. presidents. I have to write a short essay about each of them. It's due tomorrow.

W: That needs a lot of work. Are you sure you'll be able to finish the report by then?

Text 6

W: Hey, you look a little down.

M: The director just told me I didn't suit the role I wanted. He said I was too heavy for the role.

W: Don't let it get you down.

M: I know I have put on some weight because none of my clothes fit me well any longer.

W: Maybe it's because you are working in a restaurant.

M: No, I don't think so. The actual reason is that I like to eat junk food such as hamburgers and French fries.

W: Why don't you eat some rice or noodles instead?

M: I'm considering of that.

Text 7

W: It's time for bed, Peter.

M: I'm not tired and I don't want to go to sleep, Mom.

W: It's quite late, and you have to get up early for school tomorrow.

M: I'm afraid I can't fall asleep even if I lie in bed now.

W: Why don't you try counting sheep?

M: I've tried that, but it really doesn't work for me.

W: That's beside the point. You still need to go to bed.

M: Why can't I just stay up until I feel sleepy?

W: If I let you do that, you're probably going to be up all night, playing computer games.

M: I promise I'll go to sleep soon.

W: No, you shall sleep now. Good night.

M: OK. Good night, Mom.

Text 8

M: Sally, could you make a call to the cinema?

W: For what?

M: To make sure if there are some tickets left for the movie.

W: We needn't do that. I have already booked the tickets online for the 2 o'clock movie.

M: Really? Why didn't you tell me earlier? !

W: I want to give you a surprise. Now I am thinking of picking them up from the ticket office after we have lunch at the restaurant.

M: Great. But something more, the Smiths want to move our appointment forward by half an hour.

W: That means we should be there at 11: 30 and we have to start now.

M: That's right. Is there something more we need to do?

W: Oh, yes. Please stop by the bookstore on the way. I want to buy an interesting book there.

M: No problem.

Text 9

M: Good morning. Come in and sit down. Now, I wonder if you could tell us why you are interested in this job.

W: Well, it's my dream to become a writer. And you offer higher pay than my previous job. What attracts me most is that your magazine provides training.

M: Thank you for the answer. What qualities do you have for this job?

W: I learned journalism in college. I'm good at writing and expressing myself. I have my own ideas and opinions on the things that I am faced with and I'm imaginative. And most importantly, I have great enthusiasm for the job. Besides, I can speak three foreign languages: German, French and Chinese, except our native language.

M: Now, I'd like to listen to your ideas about yourself. Do you have any hobbies?

W: Yes, I like swimming very much. I also spend some time climbing mountains. I turn to some light music when I want to relax.

M: Well, that just about finishes this interview for the moment. If you want to wait in the library for about ten minutes, we'll let you know whether we need you or not.

Text 10

W: Richard Buckminster Fuller was an American. Fuller had many titles. He was a building designer, an engineer, an inventor, a thinker and a poet. Fuller, as is known, was one of the most unusual thinkers of the twentieth century. He published more than 30 books and he developed numerous inventions, mainly architectural designs. His aim in life was to make the human race a success in the universe. Fuller spent most of his life searching for new ideas. He also searched for unusual connections between the existing ideas. He described himself like this: "A complete, future-thinking design-science explorer." Fuller believed deeply in technology. Through technology, he said, people can do anything they want to do. Richard Buckminster Fuller died in 1983 at the age of 87. During his long life, he discussed his idea about technology and human survival.

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、D 四个选项中选出最佳选项。

A

Community partners need you!

●Swissvale Farmers Market

We're looking for students to help us set up and take down our tent and spend the morning under the tent with us. Activities include some heavy lifting (optional), engaging with community members, picking up litter, handling small sales and lots of breaks!

Time: September 10, 8 : 30 a. m.—1 : 15 p. m.

●Food Pantry Distribution

The CHS Food Pantry needs volunteers to assist during preparation and distribution each week. This involves sorting food, stocking shelves, preparing the outdoor market and assisting families. Customer service skills are important as volunteers may be assisting families directly. Understanding different socio-economic and cultural backgrounds is helpful.

Time: September 1—December 22, Wednesdays Thursdays: 1 : 30 p. m.—6 : 00 p. m.

●Garbage Olympics

Join us for the Garbage Olympics! A Pittsburgh wide competition between neighborhoods to see who can get the most litter and garbage off our beloved city streets!

This year, we are competing against each other as well as the entire city! Teams A, B and C will race to see who can get the most garbage collected!

We'll have all the supplies ready, and will explain the rules to everyone before the event starts.

Time: September 17, 8 : 00 a. m.—11 : 00 a. m.

●Tutoring assistant

The Carnegie Library of Pittsburgh is actively seeking tutoring assistants for the 2023-2024 school year. As a tutoring assistant, you will offer a positive attitude and coaching to help children to stay on track during the in-person tutoring session. Additionally, you will help provide academic assistance in the form of reading, writing, grammar, pronunciation and math to school-aged children. Volunteers should be able to commit to eight weeks in the fall and may sign on for an additional eight weeks in the spring.

Time: September 28—November 16, Wednesday from 4 : 30 p. m.—6 : 30 p. m.

语篇解读: 本文是篇广告类应用文。主要介绍了几项利民的社区活动，吸引社区人员报名参加。

21. You need to be _____ if you decide to engage in community events listed above. _____

- | | |
|------------------|---------------|
| A. knowledgeable | B. helpful |
| C. professional | D. well-built |

解析: B 推理判断题。根据四项活动中分别提到的“ We're looking for students to help us set

up and take down our tent(我们正在寻找学生来帮助我们搭建和拆除我们的帐篷)” “The CHS Food Pantry needs volunteers to assist during preparation and distribution each week.(CHS 食品储藏室每周都需要志愿者在准备和分发期间提供协助。)” “A Pittsburgh wide competition between neighborhoods to see who can get the most litter and garbage off our beloved city streets! (匹兹堡社区之间展开了一场大范围的比赛，看谁能从我们心爱的城市街道上拿走最多的垃圾！)” 和 “As a tutoring assistant, you will offer a positive attitude and coaching to help children....Additionally, you will help...(作为一名教师助理，你将提供积极的态度和指导来帮助孩子……此外，你会帮助……)” 可知，如果你决定参加这些社区活动，就需要对社区活动起到帮助、协助作用。故选 B。

22. As an environmentalist, which one are you most likely to choose? _____

- A. Tutoring assistant
- B. Garbage Olympics
- C. Swissvale Farmers Market
- D. Food Pantry Distribution

解析：B 细节理解题。根据活动“**Garbage Olympics**”中描述的“A Pittsburgh wide competition between neighborhoods to see who can get the most litter and garbage off our beloved city streets! (匹兹堡社区之间展开了一场大范围的比赛，看谁能从我们心爱的城市街道上拿走最多的垃圾！)”可知，这项活动主要是帮助城市街道清理垃圾，保护城市环境，因此，环保主义者最有可能参加这项活动。故选 B。

23. What do tutoring assistants need to do? _____

- A. Help children with their studies.
- B. Work on weekends for 16 weeks.
- C. Join children in physical exercise.
- D. Seek academic help for children.

解析：A 细节理解题。根据最后一段中“As a tutoring assistant, you will offer a positive attitude and coaching to help children to stay on track during the in-person tutoring session.Additionally, you will help provide academic assistance in the form of reading, writing, grammar, pronunciation and math to school-aged children.(作为一名教师助理，你将提供积极的态度和指导，以帮助孩子在面对面的辅导过程中保持在正轨上；此外，你还将为学龄儿童提供阅读、写作、语法、发音和数学方面的学术帮助。)”

可知，教师助理需要帮助孩子们学习，提供学业上的帮助。故选 A。

B

(2024·江苏苏州高三期末)

Anxiety has followed me around like a lost dog looking for a bone for years now. I feel it the most strongly when I'm worried about my health or my daughter's health. I feel an unusual sensation and all of a sudden: panic! My worries are not limited to health concerns though, and they go in the direction of anxiety about the future of the world, worries about my finances, and fears that I'm not good enough.

Let me go back a few decades, back to when anxiety wasn't part of my life. When I was a child, I loved art. I drew and I colored because that's what I enjoyed. I went to college to become an art teacher. When I finished school in May of 2001, I had a part-time design job, and after the event of September 11th, 2001, I knew I needed to travel, to get out of the safe life I was living in my hometown. That's when my creative practices fell by the wayside.

Luckily, after the birth of my daughter in 2014, the desire to create came back. At first, I was using a tiny corner of a bedroom in our rental house to paint. Eventually we bought a house, and I had the space to spread out, ready to paint whenever the urge struck. That's when I started noticing something important: Painting stilled me in a way that nothing else did. It eased my fears and anxieties in a way other practice (deep breathing, etc) did not, at least not as consistently. When anxious thoughts start, I know what to do. I head into my studio, grab some materials, and start creating. Soon enough, the worries are gone and instead my mind is quiet.

I think the reason why painting is so helpful for my anxiety is that, in order for me to be anxious, I have to be worrying about the future and what it holds. When I'm doing an activity that requires my full concentration, I have to be in the moment. It doesn't matter if you're artistic. The only thing that matters is finding a way to be here, in the now, instead of in the unknowable future.

语篇解读: 本文是一篇记叙文。主要讲述了作者曾经缺乏安全感，很焦虑。直到作者重新开始绘画，慢慢找回了平静。

24. Which word can best describe the writer in paragraph 1? _____

- | | |
|-----------------|---------------|
| A. Cautious. | B. Insecure. |
| C. Considerate. | D. Impatient. |

解析: B 推理判断题。根据第一段 “Anxiety has followed me around like a lost dog looking for a bone for years now. I feel it the most strongly when I'm worried about my health or my daughter's health. I feel an unusual sensation and all of a sudden panic! My worries are not limited to

health concerns though...(多年来, 焦虑就像一只迷路的狗在找骨头一样跟着我。当我担心我的健康或我女儿的健康时, 我感觉最强烈。我有一种不寻常的感觉, 然后突然恐慌起来! 不过, 我的担忧并不局限于健康问题……)”可推知, 作者没有安全感。故选 B。

25. When did the writer give up on art temporarily? _____

- A. After her daughter was born.
- B. When she studied in college.
- C. When she was still a little child.
- D. After some big event happened.

解析: D 细节理解题。根据第二段中 “...after the event of September 11th, 2001, I knew I needed to travel, to get out of the safe life I was living in my hometown. That's when my creative practices fell by the wayside.(……在 2001 年 9 月 11 日的事件之后, 我知道我需要旅行, 离开我在家乡的安全生活。就在那时, 我的创作实践戛然而止。)”可知, 作者在一些重大事件发生之后暂时放弃了艺术。故选 D。

26. How does painting relieve the writer's anxiety? _____

- A. Painting makes her stay in a place.
- B. Colors of painting calm her down.
- C. Painting is a very creative activity.
- D. Painting makes less room for worries.

解析: D 细节理解题。根据第三段中 “When anxious thoughts start, I know what to do. I head into my studio, grab some materials, and start creating. Soon enough, the worries are gone and instead my mind is quiet.(当焦虑的想法开始时, 我知道该怎么做。我走进我的工作室, 抓起一些材料, 开始创作。很快, 烦恼消失了, 取而代之的是我的头脑很安静。)”可知, 绘画让担忧的空闲少了, 从而缓解了作者的焦虑。故选 D。

27. What can we learn from the story? _____

- A. What is important is to seize the moment.
- B. Anxiety may sometimes be beneficial to life.
- C. It is necessary to learn some art in childhood.
- D. Painting is the best way to ease people's mind.

解析: A 细节理解题。根据最后一段中 “The only thing that matters is finding a way to be here, in the now, instead of in the unknowable

future.(唯一重要的是找到一种方法, 活在当下, 而不是不可知的未来。)”可知, 故事告诉我们重要的是要抓住当下。故选 A。

C

Is future you? It might seem like a strange philosophical question. But the answer to how you think about your future self could make the difference between decisions you ultimately find satisfying and ones you might eventually regret.

The brain patterns that emerge on an MRI(核磁共振成像) when people think about their future selves most like the brain patterns that arise when they think about strangers. This finding suggests that, in the mind's eye, our future selves look like other people. If you see future you as a different person, why should you save money, eat healthier or exercise more regularly to benefit that stranger?

However, if you see the interests of your distant self as more like those of your present self, you are considerably more likely to do things today that benefit you tomorrow. A paper in the journal *PLOS One* revealed that college students who experienced a greater sense of connection and similarity to their future selves were more likely to achieve academic success. Relationships with our future selves also matter for general psychological well-being. In a project led by Joseph Reiff, which includes 5,000 adults aged 20 to 75, he found that those who perceived a great overlap(重叠) in qualities between their current and future selves ended up being more satisfied with their lives 10 years after filling out the initial survey.

So how can we better befriend our future selves and feel more connected to their fates? The psychological mindset with what we call “vividness interventions” works. We have found, for instance, that showing people images of their older, grayer selves increases intentions to save for the long term. Besides, you might try writing a letter to-and then from-your future self. As demonstrated by Yuta Chishima and Anne Wilson in their 2020 study in the journal *Self and Identity*, when high-school students engaged in this type of “send-and-reply” exercise, they experienced elevated(升高的) levels of feelings of similarity with their future selves.

Letter-writing and visualization exercises are just a couple of ways we can connect with our future selves and beyond, but the larger lesson here is clear: If we can treat our distant selves as if they are people we love, care about and want to support, we can start making choices for them that improve our lives—both today and tomorrow.

语篇解读: 本文是一篇说明文。主要介绍了与自己未来建立联系的好处, 以及如何与未来的自己建立联系, 并为未来做出有益的选择。

28. What's the function of paragraph 2? _____

A. Generating further discussion.

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