

学校: _____ 班级: _____ 姓名: _____ 考号: _____

注意事项:

1. 答题前填写好自己的姓名、班级、考号等信息;
2. 请将答案正确填写在答题卡上;

一、阅读理解 (本大题共计 1 小题, 每题 30 分, 共计 30 分)

1. Male frogs use territorial calls to warn off frogs that are entering their territory. So they do not waste energy by making territorial calls when they detect those frogs near their territory. However, if an unknown frog approaches the land they claim as their own, males will aggressively let out a territorial call.

Warning calls are employed to warn other frogs of some nearby danger and are commonly heard when an attacker comes near. If an attacker attacks a frog, the frog will make a call almost like a scream which is intended to scare the attacker. The scream is almost always made when the attacker succeeds in grasping the frog, but because the attacker may release the frog, which might permit the animal to make its escape.

(4) _____, which is employed when another frog is caught hold of. by This mistake regularly happens during the mating season when male frogs eager for a mate wrongly grasp another male. In other cases, females that have already mated may make this call when different male frogs catch them. Whenever a male catches a female of another species, the female gives the release call to inform the male that he has made a mistake and should let go.

- A. Frog calls further differ between species
- B. The final major call made by frogs is the release call
- C. To the human ear, frog mating calls may all sound similar
- D. Frogs make short sharp loud sounds while they hurry away
- E. Males can recognize the calls their neighbors make from afar
- F. If the strange frog does not leave immediately, it may be attacked
- G. There are some special occasions when frogs belonging to different species mix with one another

【答案】B, F, E, D, G

【解析】BFEDG

(1) B. 推理判断题. 根据后文 So they do not waste energy by making territorial calls when they detect those frogs near their territory. 因此, 当它们在自己的领地附近发现这些青蛙时, 它们不会通过发出 release call 来浪费能量. 可知青蛙的终极叫声是 release call. 故选 B.

(2) F. 推理判断题. 根据前文 However, if an unknown frog approaches the land they claim as their own, males will aggressively let out a territorial call. 但是, 如果一只陌生青蛙靠近它们认为属于自己的领地, 雄蛙就会主动发出 release call. 可知如果这只奇怪的青蛙不立即离开, 它可能会受到攻击; 故选 F.

(3) E. 推理判断题. 根据前文 Warning calls are employed to warn other frogs of some nearby danger and are commonly heard when an attacker comes near. 警告叫声是在听到袭击者接近的时候, 用来警告其他青蛙附近的一些危险的. 可知雄蛙能认出邻居从远

处发出的叫声；故选 E.

(4) D. 推理判断题. 根据后文 which is employed when another frog is caught hold of by mistake 这是当另一只青蛙被误抓时发生的. 可知 青蛙在匆匆离开时会发出短促、尖锐、响亮的声音；故选 D.

(5) G. 推理判断题. 根据后文 Whenever a male catches a female of another species the female gives the release call to inform the male that he has made a mistake and should let go 当一只雄蛙抓住另一个物种的雌性时，雌性就会发出 release call 来通知雄蛙他犯了错误，应该放开自己. 可知一些特殊的情况下，不同种类的青蛙会混淆发生错误；故选 G.

二、七选五（本大题共计 14 小题，每题 10 分，共计 140 分）

2. 根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Ways to Live Your Life with Purpose

No matter who you are or what you do, there is a purpose for life. A sense of purpose is an essential part of a happy life. _____ Here are three tips to follow if you want to do so.

Learn to be self-aware. People tend to overestimate their strong points and ignore their weak points. (2) _____ Be realistic and don't be afraid to face your imperfections. When you know your personality you have better chances to figure out your purpose and stick to it.

(3) _____ That's what really gives you the sense of purpose. What do you love to do most? If you still cannot give an answer to this question, you risk living a useless life. I'm strongly convinced that everybody should have something favorite to pursue in his life. Your enthusiasm makes your life worthwhile and meaningful.

Make use of goal setting. Recognizing your goals isn't enough; you should learn to set right goals. Your goals should always be accurate and realistic. Setting short-term and long-term goals can add meaning to your life. _____ It's exactly your goals that make you get up earlier and work harder.

It is natural that you will find it difficult to follow all the tips at once. Regardless of your purpose, you should do your best to achieve it. A meaningful life will give you the feeling of fulfillment and satisfaction and you'll feel happier every day.

- A. Stay inspired.
- B. Follow your passion.
- C. Therefore, you have to make great efforts to live your life with purpose.
- D. When you see the direction, it's easier to stay motivated and determined.
- E. The real purpose of living lies beyond the responsibilities of your daily life.
- F. You can start with small steps and gradually make all the habits part of your life.
- G. However, if you want to find your life purpose, you should learn your true self first.

【长难句分析】

It's exactly your goals that make you get up earlier and work harder.

翻译：正是你的目标让你起得更早，工作得更努力。

句子分析

句子主干: your goals make you get up earlier and work harder...

其他成分: 本句为强调句, 强调部分为主语 your goals

【答案】C, G, B, D, F

【解析】(1) C 根据前面 A sense of purpose is an essential part of a happy life. 幸福生活的必要组成部分。空处应承接上文, 说明你应该为有目的的生活付出努力, C 选项表达: 因此, 你必须努力使你的生活有目标。符合语境。与前一句构成因果关系。空后一句中的 “do so” 指的就是 C 项中的 “live your life with purpose”。故选 C。

(2) G 根据段首句 Learn to be self-aware 为本段主旨句, 说的是要学会了解自己, 故下文应该围绕该主题展开。空前一句说人们往往会高估自己的强项, 忽视自己的弱项, 然而要想有目的地生活, 就得了解真实的自我。G 项中的 “learn your true self” 与 Learn to be self-aware 相照应。故 G 项符合语境。故选 G。

(3) B 由本段中的关键信息 “have something favorite to pursue” 可以概括出本段的主旨: 追随你热衷的爱好。段落中所提到的喜欢做的事、追求最喜爱的事物都意味着要追随你热衷的爱好, 所以 B 项 “追随你的爱好。” 符合语境。故选 B。

(4) D 根据第四段段首的 Make use of goal setting 可知, 本段与目标设定有关。空格前一句提到 “Setting short-term and long-term goals” 说明要确定目标; 空后一句提到 “your goals that make you get up earlier and work harder” 说明确定目标后你的变化。D 项 “当你看到方向, 保持动力和决心就更容易。” 承上启下, 说明设定目标的意义。故选 D。

(5) F 本段是文章的总结性段落, 前一句 “立刻听从上面提到的所有建议自然是件困难的事情”, 空处应承接前一句, 说明可以分步实施, 故 F 项 “你可以从一小步开始, 逐渐地让所有的习惯成为你生活的一部分。” 符合语境。故选 F。

3. 阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Most foreigners who come to Japan for the first time are often surprised and sometimes complicated by the very systematic and accurate separation and disposal of garbage in the Japanese recycling system. Each city has its own rules, so you have to be careful but, in general, the rules are pretty similar.

The designated garbage bags are classified into colors. Each city has different colors are sold in supermarkets and convenience stores.

Garbage collection dates, collection areas, and collection rules differ depending on the area.

(2) _____ Plan accordingly, and make sure all your trash is in the correct bags and ready to go the night before the collection day.

Using the 3Rs (Reduce, Reuse, Recycle) is highly encouraged. (3) _____ For example, old cardboard gift boxes can be great to store your books, or makeup.

(4) _____ Generally, the larger the item, the higher the fee will be. For example, in Tokyo, it is 400 yen for the disposal of a chair, 1,200 yen for a bed mattress, and 2,000 yen for a sofa. You are also required to apply a sticker to the item to prove you have paid for its removal. You can apply for waste disposal in your local community by phone or at your nearest city office.

The trash collection time varies, but it can be anything from 8:00 am to 10:00 am. Make sure to take out the trash before the scheduled time, or you might miss it and have to wait

another week or so(5) _____. However, it is recommended you take it out on the morning of collection days, as some communities provide boxes for things like cans and bottles, and they may not be taken out the evening before.

- A. If something can be reused, then reuse it.
- B. Your garbage might be someone's treasure.
- C. It will give you a sense of pride for being in Japan.
- D. You can get up very early or take it out the night before.
- E. There is a specific fee for throwing away some oversized garbage.
- F. This article is a guide of rules about garbage disposal in Japan.
- G. There is usually a guide showing on which days the trash is collected.

【答案】F, G, A, E, D

【解析】(1) F 根据前文可知，介绍了日本垃圾处理的内容，此句为总结句，概括上文内容且引出下文。句意：这篇文章是日本有关垃圾处理规则的指南。故选 F。

(2) G 根据前文 “Garbage collection dates, collection areas, and collection rules differ depending on the areas.” 垃圾收集日期、收集区域和收集规则根据区域的不同而不同。讲到垃圾收集的日子，垃圾收集的规则。根据后文并确保所有垃圾都装在正确的袋子中，并准备在收集日的前一天晚上去。G 项：通常有一个指南显示垃圾收集的日期。符合上下文。故选 G。

(3) A 根据后文 “For example, old cardboard gift boxes can be great to store your books, or makeup.” 例如，旧的纸板礼品盒可以很好地存储您的书籍或化妆品。A 项：如果某些东西可以重用，那么就重用它。符合上下文。故选 A。

(4) E 根据后一句 “Generally, the larger the item, the higher the fee.” 通常情况下，垃圾越大，费用越高。E 项：扔掉一些垃圾要收取一定的费用。符合上下文。故选 E。

(5) D 根据前文可知，提到丢垃圾的时间。D 项：你可以起得很早，也可以在晚上出去。符合上下文。故选 D。

4. 根据短文内容，从短文后的选项中选出能填入空白处最佳选项。选项中有两项为多余选项。

Everyone has received an invitation to a party or event they couldn't or didn't want to accept. Declining an invitation can be done without hurting the host's feelings or creating hostility (敌意) between the two of you.

(1) _____ If invited to a wedding or another event for which an RSVP card is included, return the RSVP promptly. If no RSVP is requested, still call or write to the host with your regrets and thank them for including you. _____

Follow up with a handwritten note. Thank the host for the invitation, say you will not be able to make it, and wish them luck with their event. The type of note should match the type of invitation sent. For a wedding or bridal shower (新娘婚前派对), send a formal card or use nice-looking stationery (信纸). (3) _____

Be honest when giving any explanation. If you have another obligation, let him/her know. If you don't have another obligation, and can't comfortably explain why you don't want to go, just politely decline without offering a reason. It will likely backfire when he/she finds out you lied, even if it was to protect his or her feelings.

(5) _____ For an occasion where a gift might be expected, like a birthday party or a

wedding party, send a small and thoughtful gift with a written congratulations after you send your regrets. Don't feel obliged (必须的) to buy a gift for someone you don't know well. It is up to your own judgment as to whether your invitation (使有必要) a gift.

- A. Don't make up a reason for not attending.
- B. It is considered rude to ignore an invitation completely.
- C. Look on the invitation for the preferred method of contacting the host.
- D. Respond in the manner requested as soon as possible.
- E. Send a congratulatory note and a gift, if appropriate.
- F. It's important to stick to your original decision.
- G. Never send a typed response to a personal invitation.

【答案】D, B, G, A, E

【解析】(1) D 根据后文 If invited to a wedding or another event for which an RSVP (回复) card is included, return the RSVP card (如果你被邀请参加婚礼或其他包含“请回复卡”的活动，请立即回复“请回复卡”。可知本段的中心是要及时回复。D 项：以要求的方式尽快答复。符合语境。故选 D。

(2) B 根据前文要求及时回复“请回复卡”，结合空前 If no RSVP is requested, still call or write to the host with your regrets and thank them for inviting you (如果对方不要求回复，还是要打电话或写信给主人，表达“你的遗憾，感谢他们邀请你来。”可知本段主要在讲及时回复的重要性。B 项：完全忽视邀请被认为是粗鲁的。符合语境。故选 B。

(3) G 根据段首 Follow up with a handwritten note (接下来是一张手写的便条。可知本段强调手写回信的重要性。G 项：不要用打印的方式回复私人邀请。符合语境。故选 G。

(4) A 根据段首 Be honest when giving any explanation (解释的时候一定要诚实。可知本段强调诚实。结合后文 It will likely backfire when he/she finds out you lied, even if it was to protect his or her feelings (如果他/她发现你说谎了，结果可能会适得其反，即使你是为了保护他/她的感觉。可知此处会讲不要撒谎。A 项：不要为无法参加而编造原因。符合语境。故选 A。

(5) E 根据后文 For an occasion where a gift might be expected, like a birthday party or a wedding party, send a small and thoughtful gift with a written congratulations after you send your regrets (在需要礼物的场合，如生日聚会或婚礼聚会，在表达你的遗憾后，送一个小的和体贴的礼物，并附上一份书面的祝贺。可知本段主要讲礼物和祝贺信。E 项：如果合适的话，发送一封祝贺信和一份礼物。符合语境。故选 E。

5. 根据下面短文内容，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Improving your lifestyle can seem like an unachievable goal. Changing everything about your life all at once is probably not realistic, but there are lots of small changes you can make to enjoy your life more.

(1) _____. Before you know it, you'll have the lifestyle you've always wanted!

Eat healthily. You may be flooded by all of the appealing diets, but eating healthily is really not all that complicated. Try a variety of fruits, vegetables, and healthy fats. Avoid salty and added sugar, and fatty foods as much as possible. _____. Fruit and vegetables are thought to increase feelings of positivity, while fats and sugars are linked to feelings of depression.

Exercise(3) _____. Try to include at least 150 minutes of walking or 75 minutes of running or dancing into your weekly schedule. In addition to improving your physical health, regular exercise can also decrease symptoms of depression. Staying active is much easier if you find an activity that you enjoy. Try several new sports or exercise classes until you find something you really want to do. Having an exercise friend can also help keep you on track.

(4) _____. If you are overweight, there are a few really easy things you can do to lose a few pounds, which can add up to major health benefits. Try keeping healthy snacks like fruit and vegetables in your house for those times when you get the urge to eat between meals. You should also try to be aware of your motivations ~~(for)~~ eating, like going for a walk.

- A. Take simple steps to lose weight
- B. Stick to a healthy diet for losing weight
- C. Start small by making one or two changes at a time
- D. Your diet can also have an effect on your mental health
- E. Regular exercise is an important component of a healthy lifestyle
- F. If you eat because you're sad, try finding other ways of handling the feeling
- G. Although eating out with your friends costs you much, it is completely for exercise

【答案】C, D, E, A, F

【解析】(1) C 根据前一句 “Changing everything about your life all at once is probably not realistic, but there are lots of small changes you can make to enjoy ~~your~~ your life more.” 变你生活的一切可能并不现实，但是你可以做很多小的改变来享受你的生活。结合选项可知，C 项 “从小处开始，每次进行一两次小的改变。”则是对前一句进一步的补充说明。故 C 选项符合语境。故选 C。

(2) D 根据下文 “Fruit and vegetables are thought to increase feelings of positivity, while fats and sugars are linked to feelings of depression.” 水果和蔬菜被认为可以增加积极情绪，而脂肪和糖类则与抑郁情绪有关。可知，空处应是与饮食和心理健康相关的，即 D 项 “你的饮食也会对你的心理健康产生影响”符合语境。故选 D。

(3) E 根据段首的 Exercise 可知，本段的主题是 “exercise” 故其后空格中的句子也应该和 “exercise” 有关。故 E 项 “有规律的锻炼是健康生活方式的重要组成部分”，符合语境，故选 E。

(4) A 空格处位于段首，属于主题句。根据下文 “there are a few really easy things you can do to lose a few pounds” 你可以做一些非常简单的事情来减肥。所以本段主要讲述的是减肥的几种简单的做法。故 A 项 “采取简单的步骤来减肥”符合语境，故选 A。

(5) F 根据上文 “You should also try to be aware of your motivations ~~(for)~~ eating.” 试着意识到你的饮食动机。可知，空处应是与动机相关的，即 F 项 “如果你是因为伤心而吃东西，试着寻找其他方式来处理这种感觉”符合语境，故选 F。

6. 根据短文内容，从短文后的选项选出能填入空白处的最佳选项。选项中有两项为多余选项。

It may be tempting ~~(有诱惑的)~~ to take the summer off and relax, but looking for a job will give you helpful life skills. Finding a job may be hard, but the search will be worth it. Job hunting out there(1) _____, even if you don't land the job you want.

1. You'll develop your interview skills. The more jobs you apply for, the better you'll get at interviewing. Learning to interview well is a skill. It can help you get into college and even

land a full-time job.

2. (2) _____. You may not get the first job you interview for. Rejection happens in life and it can be hard to handle. The more we face rejection, the easier it becomes to move forward and bounce back.

3. You'll learn something about yourself. If you get a job that wasn't your first choice, you might discover a new skill or interest. If you need to save money, you may learn that commitment is necessary to reach your goals. What if nothing ~~works~~ works out?_____.

4. You'll push the limits of your comfort zone. It's a lot easier to sit at home doing the same things.(4) _____. Experiencing new things can make you more productive and you might even have fun!

(5) _____. You have nothing to lose and a lot to gain. And if you don't get a job volunteer. Volunteering is a great way to gain experience. It looks favorable on resumes for college applications or future jobs.

If you need help writing a res(简历) to apply for a job, search online. A number of websites offer free tips.

- A. Practice makes perfect
- B. You'll find a better world
- C. You'll get better at dealing with rejection
- D. You may decide to start your own business
- E. You'll still gain these skills from the process
- F. If you're thinking about a summer job, apply
- G. But job-hunting can push you out of your comfort zone

【答案】E, C, D, G, F

【解析】(1) E 根据上文 It may be tempting(有诱惑的) to take the summer off and relax, but looking for a job will give you helpful life skills. Finding a job may be hard, but search will be worth it. Jobs are 也许暑假休息放松一下很诱人，但是找一份工作会给你一些有用的生活技能。找工作可能很难，但值得一试。工作机会到处都有。可知，在工作中我们可以学习到一些技能。E 项 你仍然可以从这个过程中获得这些技能”符合语境。

(2) C 根据下文 You may not get the first job you interview for.你很可能不会得到你面试的第一份工作。可知，你的第一份工作面试可能不会成功。C 项 你会更好地处理拒绝”符合语境。

(3) D 根据上文 If you need to save money, you may learn that commitment is necessary to reach your goals. What if nothing works 如果你需要省钱，你可能会学到承诺是实现目标的必要条件。如果没有结果怎么办？可知，不工作还有其他方式。D 项 你可能决定自己创业”符合语境。

(4) G 根据上文 You'll push the limits of your comfort zone. It's a lot easier to sit at home doing the same things 你会挑战你的舒适区。坐在家里做同样的事情要容易得多。可知，你要走出你的舒适区。G 项 但是找工作会把你逼出自己的舒适区’符合语境。

(5) F 根据下文 You have nothing to lose and a lot to gain. And if you don't get a job, volunteer. Volunteering is a great way to gain experience. It looks favorable on résumés for college applications or future jobs. 你没有什么可失去的，也有很多可获得的。如果你找不到工作，去做志愿者。志愿服务是获得经验的好方法。它在大学申请或未来工作的简历上看起来很不错。可知，这个工作可能是暑假工或者寒假工。F 项 如果你想找份

暑期工作，那就去申请吧”符合语境。

7. 阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

A favorite musical tune can fuel positive memories, boost your mood, and create a relaxing setting(1) _____ Here are some ways to dig into the power of music.

Having trouble staying motivated during workout? _____ Research in the November 2019 Psychology of Sport and Exercise found that upbeat music can make a workout seem less challenging and more enjoyable. In the study, people performed high-intensity interval training. The exercisers in the music group reported enjoying their workout more than those in the slow or non-music groups.

(3) _____ But waking up to a pleasant tone instead of a sharp alarm can reduce morning sleepiness and improve efficiency, suggests a study published online Jan. 28, 2020, by PLoS One Set your smart phone alarm to play soft, harmonic sounds or a relaxing tune.

Music helps to relieve stress in a medical procedure. An analysis of 72 trials involving almost 7,000 patients found that patients who listened to music before, during, and after surgery reported less pain. Earlier studies had found that listening to music during dental work lowered people's anxiety levels. Music produces a calming effect by stimulating the brain's pleasure region. The right choice of music also appears to be necessary.

_____ "Music that is predictable can promote feelings of control and calm," she says.

Many studies have shown that students who listen to slow and peaceful sounds have less anxiety. According to Diaz-Falcon, these sounds provide a calming environment and block distractions in your thought process. She says, "Peaceful music is also believed to activate areas in your brain responsible for analytically thinking and creativity, as well as increasing the brain's ability to absorb and store information."

- A. Try some relaxing music.
- B. Turn up some music with a fast beat.
- C. Music has long served as a sleep aid.
- D. Professor Diaz-Falcon says music can increase your energy.
- E. Try listening to such sounds the next time you face a complex task.
- F. People respond best to familiar music, according to Professor Diaz-Falcon.
- G. Used in specific ways, music is also a valuable tool for supporting your health.

【答案】G, B, C, F, E

【解析】(1) G 根据上文 "A favorite musical tune can fuel positive memories, boost your mood, and create a relaxing setting.喜爱的音乐曲调可以激发积极的记忆，提升你的情绪，创造一个放松的环境。"可知，此处是讲述音乐对健康的好处。所以，选项 G "音乐也可以用在特定的方面，它也是一种有益于健康的工具。"承接上文，符合此处语境。故选 G。

(2) B 根据下文 "Here are some ways to dig into the power of music.以下是一些挖掘音乐力量的方法。"以及设空处后 "Research in the November 2019 Psychology of Sport and Exercise found that upbeat music can make a workout seem less challenging and more enjoyable.(2019 年 11 月 Psychology of Sport and Exercise 的一项研究发现，乐观的音乐可以让锻炼看起来不那么有挑战性，更令人愉快。)"可知，选项 B "用快节奏放一些音

乐。”引出下文，符合此处语境。故选 B。

(3) C 此空格位于句首，通读本段可知，此段讲述了音乐与睡眠之间的关系，所以，选项 C “音乐长期以来一直是帮助睡眠的工具。”符合本段大意，故选 C。

(4) F 根据上文 “The right choice of music (音乐的正确选择)” 以及下文的 “Music that is predictable (可预测的音乐)” 可知，选项 F 迪亚兹·法尔肯教授说，人们对熟悉的音乐反应最好。”符合语境，此处人们熟悉的音乐是指 “选择正确的音乐和可预测的音乐”。故选 F。

(5) E 此空格位于句尾。根据上文 “Peaceful music is also believed to activate areas in your brain responsible for analytically thinking and creativity, as well as increasing the brain's ability to absorb and store information. (平静的音乐也被认为能激活你大脑中负责分析思考和创造力的区域，同时提高大脑吸收和储存信息的能力。)” 可知，选项 E “下次面对复杂的任务时，试着听听这样的声音。”符合此处语境。其中的 “sounds (声音)” 是指 “平静的音乐”，故选 E。

8. 根据对话内容，从方框内的选项中选出能填入空白处的最佳选项，其中有两个为多余选项。

We all are familiar with the term procrastination (拖延症). (1) _____ Thus this phenomenon is also called mood repair by some researchers in which we avoid the bad mood associated with our work by spending time on mood boosting activities. Here you'll find four simple ways to help you quit procrastination habit to grow your career.

1. (2) _____

We all need to break down our projects and goals into smaller, more manageable things. Concentrating on one thing at a time can help you complete your task more quickly than you think.

2. Set a realistic deadline.

(3) _____ Tasks are not likely to be concentrated in our minds without a clearly set deadline. The ambiguity (不明确) is also the biggest cause of procrastination.

3. Step away from a task for a while

To maintain the level of efficiency, leave your desk to take a break or go outside for a walk.

(4) _____ Continuously thinking about your task can cause severe anxiety and make you feel overwhelmed. Taking a break will help you overcome your procrastination and work towards completing your task goals.

4. Perfectionism wastes time.

It is human nature that we always try to do our best, but in professional life, we all need to complete the task and move onto the next. As no finished product is perfect, we can only try to make it perfect. But if you keep trying for perfection, you will never finish your task. There is no perfect product, anywhere. You can just complete your task that is really good and accept that some faults are unavoidable. (5) _____

A. Do one thing at a time.

B. Keep away from complex projects.

C. This makes task accomplishment easier.

D. Instead, focus on being better than perfect.

- E. Let your mind relax without thinking about your tasks.
 F. After all, you can always come back to improve on in the future.
 G. It is a thought, an emotional reaction to putting off the task at hand.

【长难句分析】

You can just complete your task that is really good and accept that some faults are unavoidable.

翻译：你可以完成你真正优秀的任务，并接受某些错误是不可避免的。

句子分析

句子主干：You can just complete your task and accept...

其他成分：

1) that is really good that引导的定语从句；

2) that some faults are unavoidable that引导的宾语从句。

【答案】G, A, C, E, F

【解析】(1) G 根据上句 We all are familiar with the term procrastination.

(我们都熟悉拖延症这个术语。)及下句 Thus phenomenon is also called mood repair by some researchers in which we avoid the bad mood associated with our work by spending time on mood boosting activities. (因此，这种现象也被一些研究人员称为情绪修复，即我们通过花时间进行情绪促进活动来避免与工作相关的坏情绪。)可知，空处介绍了拖延症。G 项：这是一种想法，一种拖延手头任务的情绪反应。承上启下，符合语境。

(2) A 根据本段中 Concentrating on one thing at a time can help you complete your task more quickly than you think. (一次专注于一件事可以帮助你完成任务的速度比你想象的更快。)可知，本段表示一次要专注地做一件事。A 项：一次只做一件事情。符合语境，为本段的最佳小标题。

(3) C 根据下句 Tasks are not likely to be concentrated in our minds without a clearly set deadline. (如果没有明确的期限，任务就不太可能集中在我们的头脑中。)可知，空处应说明确定明确的完成任务的期限的好处。C 项：这使得完成任务更容易。引出下文，符合语境。

(4) E 根据上句 To maintain the level of efficiency, leave your desk to take a break or go outside for a walk. (为了保持效率，离开你的办公桌去休息一下或者出去散散步。)及下句 Continuously thinking about your task can cause severe anxiety and make you feel overwhelmed. (不停地思考你的任务会导致严重的焦虑，让你感到不知所措。)可知，空处与放松自己，不要过度焦虑有关。E 项：让你的大脑放松，不要想你的任务。承上启下，符合语境。

(5) F 根据上句 You can just complete your task that is really good and accept that some faults are unavoidable. (你可以完成你真正优秀的任务，并接受某些错误是不可避免的。)可知，犯错没有关系。F 项：毕竟，将来你总能回来改进。承接上文，符合语境。

9. 阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

All of us have to deal with embarrassment at certain points in our lives. While for some it is a long-lasting wound, others learn to laugh it off and move on.

Be willing to accept your mistake and laugh it off. Embarrassment should not be taken as a failure or inability to perform your best under certain circumstances. Everyone has such episodes in life and it depends on how you choose to deal with it. While some take it personally and feel

ashamed and frustrated (沮丧的) for days on end, others just laugh it off and move on.

(2) _____

Many react in an awkward manner when they are embarrassed, which increases their embarrassment. This is a natural response and cannot be avoided in most cases.

Many people make the mistake of explaining too much about the incident, making a fool of themselves in front of others. If you plan to explain your actions, keep it simple.

(4) This attitude can be very harmful to your mental health and can affect your work and personal relationships as well. It is important to train your mind in such a way that you must be able to forget and move on.

At times, mood changes may accompany embarrassment and frustrations.

Occupy your mind with other things.

A. Change your view of embarrassment.

B. But it helps if you can keep your reaction simple.

C. There are some ways to deal with embarrassment.

D. Both attitudes can help if you face up to your mistake.

E. Using humor to deal with embarrassment is the best way to get over it.

F. Minimize bad mood and never think about the incident for more than a day.

G. Some think about the embarrassing incident for several days and get frustrated.

【答案】C, E, B, G, F

【解析】C\E\B\G\F

10.根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

During World War II, Shelley Mydans and her husband Carl were captured. But despite spending two years as prisoners, both Mydanses survived and lived long and productive lives. The Mydanses' story was narrated in *Their Longevity* (长寿) Project, a book that summarizes an 80-year study based on health data collected from 1,500 people. Its authors came to an unlikely conclusion: _____

The Mydanses appeared to turn their experience into a source of motivation. They didn't see their stress as meaningless. _____ And this ability to think about the hard things we go through as ultimately beneficial seems to be important.

(3) _____ They are often regarded as the necessary ingredients for a long and healthy life. But these oversimplifications tend to prioritize action over attitude. While day-to-day habits matter, a person's approach to how he or she reacts to hardship is the more important side of the longevity coin.

Faced with difficult times, lots of people form unhealthy habits that can be hard to kick. _____ Experts say one quality consistently tops the list. In terms of personality characteristics, the strongest predictor of a long life was being high on conscientiousness (认真). Conscientiousness refers to someone who is a little worried, organized and persevering in their pursuits.

Being worried all the time is a problem, but a little worrying is thinking ahead and working through scenarios can help you to be better prepared. Conscientious worriers tend to put their worry to good use. _____ Their worrying is productive, not pointless. They tend to avoid sources of undue risk and adopt healthy habits. All of these tendencies promote a long and healthy life.

- A. Instead, it seemed to fuel them.
- B. Eat right, exercise, and avoid stress.
- C. They commit their time and efforts to things that matter.
- D. They make choices or changes in response to their concerns.
- E. Most people are passionate and engaged after living through wars.
- F. Many people who lived through hard times went on to live long lives.
- G. However, certain qualities seem to safeguard some people from such habits.

【答案】F, A, B, G, D

【解析】(1) F 根据上句 Its authors came to an unlikely conclusion. 它的作者得出了一个不太可能的结论，及整段的内容可知设空处应填的是这个结论是什么。结合选项 F 选项 Many people who lived through hard times went on to live long lives. 许多经历过艰难时期的人活了很长时间。符合语境，故选 F。

(2) A 根据上句 The Mydanses appeared to turn their experience into a source of motivation. They didn't see their stress as meaningless. 似乎把他们的经历变成了动力的源泉。他们并不认为压力是毫无意义的。可知设空处应该是压力是有意义的。结合选项 A 选项 Instead, it seemed to fuel them. 这似乎给他们提供了动力。符合语境，故选 A。

(3) B 根据下句 They are often regarded as the necessary ingredients for a long and healthy life. 它们通常被认为是长寿和健康生活的必要成分。可知 they 指的是事物，结合选项 B 选项 Eat right, exercise, and avoid stress. 正确饮食，锻炼，避免压力。符合语境，故选 B。

(4) G 根据上句 Faced with difficult times, lots of people form unhealthy habits that can be hard to kick. 面对困难时期，许多人会养成难以戒除的不良习惯。及下句 experts say one quality consistently tops the list. 专家说，有一个品质一直是最重要的。可知设空处应与品质有关且与上句构成转折关系。结合选项 G 选项 However, certain qualities seem to safeguard some people from such habits. 然而，某些品质似乎使某些人不敢拥有这些习惯。符合语境，故选 G。

(5) D 根据上句 Conscientious worriers tend to put their worry to good use. 有良心的忧虑者往往善于利用他们的忧虑。及下句 Their worrying is productive, not pointless. 他们的担忧是有成效的，而不是毫无意义的。可知设空处应是他们怎样处理担心。结合选项 D 选项 They make choices or changes in response to their concerns. 他们做出选择或改变来回应他们的担心。符合语境，故选 D。

11. 根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Learning to look after our minds and our bodies can help keep us healthy and happy for much longer. (1) _____ Fortunately, there are millions of little ways that are easy and effective.

(2) _____ Schedule hangouts or phone calls with your loved ones. You can stay updated on each other's lives and rely on one another for support in times of need. Connecting with others is a great way to lift your mood and improve your mental health.

Talk about your feelings. (3) _____ If you have close friends or family members, reach out to them and tell them how you're feeling. If you don't feel comfortable doing that, consider talking to a mental health professional instead. Talking through terrible feelings can help you process them faster than if you keep them inside.

Stepping out into nature can lower your stress levels. When you have a break from work or school, try going for a walk in the nearby parks. On the weekends, hit up a hiking route or a local swimming spot(4) _____

A little self-care can really improve your mood. Pick out something that makes you happy. It could be art, reading, listening to music, or playing(5) with a pet. Carving out some time every day for yourself is a great way to relax and take care of your mental health.

- A. Stay connected with friends and family members.
- B. The more you can get outside, the happier you'll feel.
- C. Try not to bottle up your emotions throughout the day.
- D. While doing it, you'll find negative thoughts magically disappear.
- E. But it isn't always easy, especially with jobs, school and responsibilities.
- F. People around you are always willing to share your happiness and sorrow.
- G. Try to schedule 20 to 30 minutes every day to enjoy your favorite activity.

【答案】E, A, C, B, G

【解析】(1) E 考查上下文推理能力。空格前一句 Learning to look after our minds and our bodies can help keep us healthy and happy for much longer. (学会照顾我们的思想和身体可以帮助我们更长时间地保持健康和快乐。) 可知，说的是“关注身心健康的重要性”，空格后一句 Fortunately, there are millions of little ways that are easy and effective.

(幸运的是，有很多简单有效的方法。) 说的是“有很多可行的方式”，项：But it isn't always easy, especially with jobs, school and responsibilities. (但这并不总是容易的，尤其是工作，学校和责任。) 将两句话衔接起来逻辑最为合理。故选 E。

(2) A 考查上下文推理能力。该句为本段的主题句。本段主要讲了要和自己关系亲密的人保持联系，因此 A 项：Stay connected with friends and family members. (与朋友和家人保持联系。) 为最佳选项。故选 A。

(3) C 考查上下文推理能力。本段主要内容是将自己的感受表达出来。C 项：Try not to bottle up your emotions throughout the day. (不要一整天都压抑自己的情绪。) 指出了错误的处理方式，空格后介绍正确的方式。故选 C。

(4) B 考查上下文推理能力。本段介绍走进自然对压力的缓解作用。本题为本段最后一句，B 项：The more you can get outside, the happier you'll be. (你出去的时间越多，你就会越开心。) 总结了前面介绍的做法的好处。故选 B。

(5) G 考查上下文推理能力。空格前一句 It could be art, reading, listening to music, or playing with a pet. (可以是艺术，阅读，听音乐，或者和宠物玩耍。) 推荐了一些活动，G 项：Try to schedule 20 to 30 minutes every day to enjoy your favorite activity. (试着每天安排 20 到 30 分钟来享受你最喜欢的活动。) 对这些活动的实施给了更进一步和具体的建议。故选 G。

12. 根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

There are many different types of birthday cards to choose from, but it matters a lot to send a card that the receiver will enjoy. It is a great way to know about his or her special day, especially if you cannot be there to help celebrate it in person. Even if you can't afford a present, a card can actually be a gift in itself.

The most common birthday cards are the traditional paper birthday cards. Others are blank (空白的) so the senders can write his or her own message. There are

different kinds of cards, from being very simple to very wonderful and the prices can vary depending on the card choice. .

(3) _____. In this case, you would send the person a birthday card. If you need to send one, in addition to the typical birthday wishes, there should be a note explaining how sorry you are for the delay.

If you need to send birthday cards quickly, you can send e-cards. Not only can they reach the receivers within minutes, but also they are an environmentally friendly choice compared to sending paper cards. (4) _____. Most importantly, most of them are free.

Another type of birthday card to consider giving is one that is made of paper, but is musical. A sound chip is placed inside the card so that when the receiver opens it, the card plays the music. (5) _____. Some can play a variety of songs including those from popular singers. A similar card to the musical birthday card is one where the sender can record his or her own voice message to the receiver.

- A. There are many sites devoted to sending e-cards
- B. Some come already written with wishes in them
- C. Sometimes, people just forget to send birthday cards
- D. You can have the chance to perfect it before sending it out
- E. Some birthday cards play the typical Happy Birthday song
- F. Instead of getting handwritten greetings, they can hear the person's actual voice
- C. There are many types on the market that are suitable for every person you can think of

【答案】GBCAE

【解析】

13. 根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Have you ever heard the phrase "inch wide, mile deep" with respect to picking an area of focus for your education, work, website, business, etc? _____. And you should concentrate on becoming highly skilled in one particular field. Then you'll be able to have a space in your industry and hopefully make a good living. You can do that. It does work to a certain extent. (2) _____

You don't have to use the "inch wide, mile deep" approach if it bothers you to do so. _____. And it's rightly so. There are some big consequences to consider.

I don't use this approach for my work because I don't like the consequences of sticking to one niche (合适的位置) for so long. (4) _____ I'd also feel bored even if I picked something I love. I like variety too much. This life is precious to me. While I love doing deep dives, I don't want to be focused on any one aspect of life or business for so long that I miss out on exploring the other aspects that also interest me.

You could say that my niche is personal growth. But that isn't really a niche at all because anything fits into that huge space: productivity, relationship, work, health, lifestyle, values, social skills, and more. (5) _____

I prefer the mile wide, mile deep approach. It works well, too. There are some consequences to accept, but you may actually like those consequences.

- A. Insist on the same narrow topic.
- B. Many people have mixed feelings about it.
- C. The idea here is that you should narrow your focus.
- D. I'd be bored within a few years no matter what I picked.
- E. But this article is about why you may not want to do that.
- F. It's important to focus on the longterm relationship with others.
- G. Name any topic you can think of and I can link it to personal growth.

【答案】C, E, B, D, G

【解析】(1) C 上文提到了 Have you ever heard the phrase "inch wide, mile deep" with respect to picking an area of focus for your education, work, website, business, etc? “你有听过‘一寸宽，一里深’这句话——关于为你的教育、工作、网站、生意等选择一个重点领域？”下文提到了 And you should concentrate on becoming highly skilled in one particular field 你应该专注于成为一个特定领域的高技能人才。”可推知这里解释“一寸宽，一里深”这个观点，C 项 这里的想法是你应该缩小你的关注点。”符合语境。

(2) E 根据下文 You don't have to use the "inch wide, mile deep" approach if it bothers you to do so 和 I don't use this approach for my work 可推知这里表示这篇文章是关于为什么可能不想进行“一寸宽，一里深”这样的策略。E 项 但这篇文章是关于为什么你可能不想这样做。”符合语境。

(3) B 根据上文 You don't have to use the "inch wide, mile deep" approach if it bothers you to do so 如果它困扰你这么说的话，你不必使用‘一寸宽，一里深’的方法。”和下文 And it's right to do it 它理所当然如此。”可推知这里表示如果不愿专注于一个小领域，你就不必用这个策略，许多人对这个策略感受很矛盾复杂，这也不奇怪。B 项 很多人对此有矛盾复杂的感觉。”符合语境。

(4) D 根据上文 I don't use this approach for my work because I don't like the consequences of sticking to one niche (合适的位置) for so long 我不在工作中使用这种方法，因为我不喜欢长期坚持一个合适的位置的结果。”和下文 I'd also feel bored even if I picked something I like 即使我选择了我喜欢的某些东西，我也会感到无聊。”可推知作者不喜欢长时间专注某一特定领域，坚持几年就会觉得无聊，即便是自己爱好的事情也会觉得无聊。D 项 不管我选什么，几年内我都会感到无聊。”符合语境。

(5) G 根据上文 personal growth and productivity, relationship, work, health, lifestyle, values, social skills, and more 可知这里提到了不同的话题，所以这里表示这些不同的话题与个人成长的联系。G 项 说出任何你能想到的话题，我就能把它和个人成长联系起来。”符合语境。

14. 阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项，选项中有两项为多余选项。

How Mobile Technology has Changed Our Lives Forever

The invention of the mobile phone and mobile technology was incredible.

Here we highlight the most common ones that technology is changing our lives today.

● Mobile technology has changed how we communicate.

The advancement of technology has made communication unbelievably fast and convenient.

In the past, writing a letter or finding a wired telephone was the best way to communicate remotely with someone (2) _____. You can send them a message on social media, text them, video chat, email, or put a call through.

● Mobile technology creates the "Everything" device.

With many businesses mobile technologies have brought about, there are some products that they have made out of date. Now just one device has replaced the portable music player, alarm clock, GPS, calculator, camera, flashlight, calendar and much more.

● Mobile technology leads to present distraction.

In many places, it's a common sight to see just about everyone with a mobile phone within arm's reach. In the first two ways listed above, that can be useful. As mobile technologies have become more and more widespread in today's society, research has begun to connect heavy day-to-day use with a number of side effects, the majority of which are related to mental health.

(5) _____ We should accept that mobile technologies are here to stay and improve our lives for the better in spite of its shortcomings. In my opinion, its advantages far outweigh its disadvantages.

- A. We cannot ignore its disadvantages.

B. All in all, mobile devices greatly benefit our lives.

C. However, instant access is not always a good thing.

D. While these things do still exist, they are no longer absolutely essential.

E. Nowadays, you are blessed with more efficient options at your fingertips.

F. The conventional way of doing shopping has also changed beyond imagination.

G. Since then, advances in mobile technology have shaped our lives in various ways.

【答案】G, E, D, C, B

【解析】(1) G 根据前文 The invention of the mobile phone and mobile technology was incredible.(手机和移动技术的发明令人难以置信。)和后文 Here we highlight the most common ones that technology is changing our lives(在这里，我们强调了科技正在改变我们生活的最常见的一些情况。)可推知移动技术改变了我们的生活。G 项：从那以后，移动技术的进步以各种方式改变了我们的生活。承上启下，符合语境。

(2) E 根据前文 In the past, writing a letter or finding a wired telephone was the best way to communicate remotely with someone(在过去，写信或找一台有线电话是与某人进行远程交流的最佳方式。)可推知设空处说的是现在的情况，与过去对比。E 项：如今，你的指尖就能得到更高效的选择。承接上文，符合语境。

(3) D 根据本段内容：随着移动技术给许多企业带来的好处，也有一些产品已经过时了。现在只有一个设备取代了便携式音乐播放器、闹钟、GPS、计算器、相机、手电筒、日历等等。设空处在本段最后一句，可推知设空处是总结本段的内容。D 项：虽然这些东西仍然存在，但它们不再是绝对必要的。符合语境。

(4) C 根据前文 In many places, it's a common sight to see just about everyone with a mobile phone within arm's reach. In the first two ways listed above, that can be useful.

许多地方，看到几乎每个人都有一部手机是很常见的。在上面列出的前两种方法中，这可能是有用的。) 推知设空处会提出不好的方面。C 项：然而，即时访问并不总是一件好事。承接上文，符合语境。

(5) B 根据设空处所在位置推知是对前文的总结，结合选项可知，B 项：总之，移动设备极大地造福于我们的生活。总结前文，符合语境。

15. 根据短文内容，从短文后的选项中选出能填入空白处的最佳选项，选项中有两项为多余选项。

The relationship between parents and a child is among the most important in a person's life. Of all the people in the world, but parents are the only ones who are always there for us, no matter what happens.

But why is it that some teenagers act like their parents are the biggest enemies? _____ Once the journey to independence begins, the parents are going to be less acceptable than they used to be.

(2) _____ As kids, we learn almost everything about the world from them. But once we reach our teenage years, we begin to feel like we don't need their help any more. And at the same time, everything from the clothes they wear to the way they speak makes us feel embarrassed.

(3) _____ Naturally, they have been around a lot longer and they know many more things. So if our parents are always telling us what to do, there's a good reason for this. They just want to protect us from making the mistakes they have made.

Any parents' wish is for their children to be safe and do well. And while it might seem like all our

parents do is to annoy and criticize us, we should listen to their words.

A After all, our parents are our greatest teachers in life.

B However, it is our parents who brought us into the world.

C But any advice they give us is meant to protect and guide us.

D With this in mind, we should put ourselves in our parents' shoes.

F. This is because teenagers are just trying to find their own identity.

F They reject their parents in an attempt to create their own unique world.

G Indeed, we tend to think that we know better than our parents as we grow older.

【答案】EGBDA

【解析】略

2023-2024 学年人教版全国高中英语同步练习

学校：_____ 班级：_____ 姓名：_____ 考号：_____

注意事项：

1. 答题前填写好自己的姓名、班级、考号等信息；
2. 请将答案正确填写在答题卡上；

一、填空题（本大题共计 1 小题，每题 3 分，共计 3 分）

1. I think it's the best time to travel in spring.

【答案】to travel

【解析】to travel 句意：-野外旅行最好是在什么时候？-我认为它是在春天。分析：

考查固定短语的用法 go on a field 野外旅行。同时运用动词不定式来修饰 time 时间。故填 to travel

二、阅读理解（本大题共计 3 小题，每题 30 分，共计 90 分）

2. (1). What might be a purpose of holding this contest?
2. (2). Who can be qualified to the Translation Contest?
2. (3). How many entries will be finally awarded?
A. To find out the best professional translators.
B. To generate enthusiasm for translation of poetry.
C. To build up an awesome reputation of Shakespeare.
D. To introduce a classic poem written by Shakespeare

【答案】B

【解析】B

【答案】B

【解析】B

【答案】D

【解析】D

【语篇导读】本文是一篇信息类文本。为纪念著名文豪莎士比亚，上海翻译家协会遴选了一首与莎士比亚有关的未经翻译的诗歌，意通过此次竞赛，在今夏点燃爱好者对诗歌翻译的热情。1. 细节理解题。本题考查考生识别和理解具体信息的能力。根据文章首段末句“The contest is intended to fire interest in translating English poems into Chinese this summer.”可知此次竞赛将在今夏点燃爱好者对诗歌翻译的热情。故选 B。2. 细节理解题。本题考查考生识别和理解具体信息的能力。根据文章 Requirements 部分第 4 点“All translations have to be original. Anyone found to have committed plagiarism will be disqualified.”可知参赛译文要求原创，如经查证涉及抄袭、剽窃等侵权行为，将取消评奖资格，相关后果自负。故选 B。3. 细节理解题。本题考查考生识别和理解具体信息的能力。根据文章 Awards 部分“On first prize, 3,000 yuan or gifts of equivalent value; second prize, 1,000 yuan or gifts of equivalent value; and even prizes of excellence, 500 yuan or gifts of equivalent value will be awarded to 10 finalists.”可知主办方将在初选入围的 10 首作品中，评出“最翁之译”奖一首，奖励奖金 3000 元或等值奖品；二等奖 2 首，奖励奖金 1000 元或等值奖品。优秀奖 7 首，奖励奖金 500 元或等值奖品。故选 D。

3. (1) What do we know about people in Indonesia?
3. (2) What do Polish people think of people carrying umbrellas on sunny days?
3. (3) Which statement best describes Marie Horace?
3. (4) What is the next part of the text about?
A. People like lying in the sun.
B. Carrying umbrellas is a habit.
C. Having tanned skin is considered attractive.
D. Having fair skin and long straight hair is considered beautiful.

【答案】D

【解析】(1) D 细节理解题。根据文章第三段 Having tanned skin in Indonesia is not considered beautiful—fair-skinned people with long straight hair follow the basic “rules” of being attractive. 在印尼，晒黑的皮肤并不被认为是美丽的——皮肤白皙、长直发的人都遵循着吸引人的基本“规则”，可知对于印尼人来说，有白皙的皮肤和长长的直发被认为

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/748072104035006141>