

英语试卷

注意事项：

1. 答题前，考生务必用黑色碳素笔将自己的姓名、准考证号、考场号、座位号在答题卡上填写清楚。
2. 每小题选出答案后，用 2B 铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。在试题卷上作答无效。
3. 考试结束后，请将本试卷和答题卡一并交回。满分 150 分，考试用时 120 分钟。

第一部分 听力（共两节，满分 30 分）

注意，听力部分答题时请先将答案标在试卷上，听力部分结束前你将有两分钟的时间将答案转涂到答题卡上。

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 三个选项选出最佳选项，并标在试卷的相应位置。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 man travel to work?
A. By bicycle. B. By bus. C. By car.
2. Who is the man talking with?
A. His friend. B. A salesperson. C. His mother.
3. Where are the speakers probably?
A. At an office.
B. At a bus stop.
C. At a shopping center.
4. What will the woman probably do next?
A. Do some chores.
B. Go out with her friend.
C. See a movie with her brother.
5. What are the speakers mainly talking about?
A. Ways of cooking. B. Cleaning techniques. C. Household chores.

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，并标在试卷的相应位置。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。

听下面一段对话，回答第 6 和第 7 两个小题。

6. Why does the man mainly want to leave the city?

A. It's too busy.

B. It's too noisy.

C. It's too inconvenient.

7. How might the woman feel about living in the city?

A. Grateful.

B. Stressed.

C. Bored.

听下面一段对话，回答第 8 和第 9 两个小题。

8. What happened to the man?

A. He lost his way.

B. He missed the train.

C. He got his luggage stolen.

9. How does the woman help the man?

A. By giving him a receipt.

B. By giving him directions.

C. By carrying his luggage.

听下面一段对话，回答第 10 至第 12 三个小题。

10. What problem does Roger have with exams?

A. He isn't clever.

B. He doesn't work hard.

C. He isn't confident.

11. How does the man decide to help Roger?

A. By helping him to stay calm.

B. By finding an expert for him.

C. By giving him some advice about his future.

12. What do we know about the woman?

A. She is easy to be tired.

B. She often feels nervous.

C. She finds exercise is a good way to relax.

听下面一段对话，回答第 13 至第 16 四个小题。

13. What is the man's attitude to recycling in general?

A. Optimistic.

B. Doubtful.

C. Curious.

14. What still needs to be recycled according to the woman?

A. Batteries.

B. Plastic.

C. Paper.

15. What does the man say about exporting trash?

A. It is worthy.

B. It is wrong.

C. It is expensive.

16. Who gets the waste collected most frequently?

A. The man.

B. The woman.

C. The woman's old neighbor.

听下面一段独白，回答第 17 至第 20 四个小题。

17. What does the speaker think of the wedding in Italy?
A. It is typical. B. It is boring. C. It is impressive.
18. Where did the bridegroom meet the bride?
A. In Italy. B. In France. C. In England.
19. What often happens at American weddings according to the speaker?
A. Long speeches are given.
B. A big dinner is served before the wedding.
C. Everything about wedding is made at home.
20. Why did the family cut up the bridegroom's tie?
A. To sell it for money. B. To play a joke on him. C. To make him different.

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

The traditional Chinese solar calendar divides the year into 24 solar terms. Start of Autumn, the 13th solar term of the year, begins this year on Aug. 8 and ends on Aug. 22. Start of Autumn reflects the end of summer and the beginning of autumn. The following are 4 things you should know about Start of Autumn.

“Autumn Tiger”

Although Start of Autumn indicates the beginning of autumn, hot weather will not come to an end. The period of hot days after Start of Autumn, usually lasting for 30 days, is called “Autumn Tiger” or “Indian Summer.” Because of decreasing rainfall, it is even much hotter during this period than during Major Heat.

Fleshing out in autumn

On the first day of the Start of Autumn, usually people will weigh themselves and compare their weight to what it was at the Start of Summer. If one has lost weight during the summer, then at the beginning of autumn, he or she needs to flesh out by eating many different kinds of delicious food, especially meat.

Gathering crops

Start of Autumn is a big solar term for farmers. It is time to gather crops. There is a saying: If it rains on the day of the Start of Autumn, a good harvest is expected.”

Eating peaches

In Hangzhou, people eat peaches on the Start of Autumn day. The peach stones are kept until New Year's Eve and thrown into the stove, burned into ash. People believed that in this way, plagues (瘟疫) could be prevented for the whole year.

25. What does the author's friend think of him?
A. Sensitive. B. Indifferent. C. Considerate. D. Overcautious.
26. What do we know about the poverty mentality?
A. It can help us save something for later. B. It can help us get the best out of life.
C. It can decrease our awareness of lack. D. It can give rise to more fear for lack.
27. What can be a suitable title for the text?
A. Facing the Fear of Not Enough B. Getting the Best out of Life
C. Saving Money for A Rainy Day D. Being Prepared for the Worst

C

For decades, researchers and medical professionals considered sleep loss a by-product or symptom of another, more “primary” condition, such as depression or anxiety. In other words, first comes the anxiety, and then sleep loss follows. Today we know that this order can be reversed. In fact, sleep loss and anxiety, depression or other mental health conditions may feed into one another, creating a downward spiral (恶性循环) that is exceedingly difficult to break.

In a study where healthy volunteers were deprived of one night of sleep, they discovered that the activity of the prefrontal cortex (前额皮质) dropped dramatically, as measured using fMRI. Moreover, the neural activity linking the amygdala (杏仁体) and the prefrontal cortex, both the region and the circuit meant to keep our emotional reactions under control, became significantly weaker when one-night sleep is disrupted.

This damage can be so strong that it blurs (使难以区分) the lines around what people consider emotional. For example, when participants were exposed to neutral and emotional pictures (images of commuters on a train versus photographs of children crying), fMRI revealed that the amygdala responded differently to these pictures when people were well rested. But after losing a night of sleep, a person's amygdala responded strongly to both kinds of images. In other words, the threshold (阈值) for what the brain considers emotional became significantly lower when the amygdala could not work together with the prefrontal cortex. Such damaged emotional control makes us more vulnerable to anxiety and poor mood, so that even silly love songs can trigger sobs. Research also suggested changes in that brain circuit also relate to increases in blood pressure and cardiovascular disease.

Stepping back, it becomes clear that mental and emotional health rely on a delicate balance. We need to be mindful of that even a single sleepless night can therefore do damage. Inevitably, we all miss out on sleep from time to time. But our societies should critically examine structures — such as work norms and school cultures — that prevent people from getting enough rest.

28. What is a misunderstanding about sleep loss according to Paragraph 1?
- A. Anxiety interacts with sleep loss. B. Sleep loss leads to depression.
C. Anxiety comes before sleep loss. D. Sleep loss is hard to deal with.
29. What may happen to a person whose sleep is disrupted?
- A. Suffering low blood pressure. B. Failing to distinguish emotions.
C. Showing bad emotional control. D. Having less emotional reactions.
30. What does the underlined word “Inevitably” mean?
- A. Difficult to avoid. B. Possible to forget.
C. Unwilling to accept. D. Unable to resolve.
31. What is the author’s purpose in writing the last paragraph?
- A. To make analyses. B. To offer a solution.
C. To give a definition. D. To make comments.

D

Dressed in long robes, a crowd of young people wanders around royal gardens, with their flowing sleeves and heavily embroidered (绣花的) skirts gently swaying in the breeze. They are not actors on a movie set, but *hanfu* enthusiasts at a themed event in Beijing.

Benefiting from the growing popularity of social media and a craze for traditional culture, *hanfu*, a traditional style of clothing once worn by the Han people, has enjoyed a new life thanks to a new wave of young Chinese fans.

A 1980s-born rocket scientist Liu is also a cofounder of a *hanfu* community in Beijing called Hua Yan Hui. The community was founded in 2011 following a *hanfu* revival (复兴) movement that emerged from the desire to express national identity and growing cultural confidence. Since then, Liu has been volunteering to support the group.

At first, people who wore *hanfu* in public were occasionally greeted with mockery, while more passersby asked about their clothing style. “More young people are taking to wearing adapted *hanfu* as they believe the best way to preserve tradition is to adapt it to modern life,” says Liu.

Yang Kunning was born in the 1990s and works in public relations. She is fond of sharing her love for *hanfu* online. She opened an account on the video-sharing platform Bilibili and posted videos featuring herself wearing the traditional attire. Thousands of comments and likes pour into her channel as viewers find her videos attractive and creative — blending traditional culture with modern dance movements. “Social media has made *hanfu* culture popular in China and abroad,” says Yang. “Traditional culture has no national or ethnic boundaries.”

Companies and factories also smell the massive potential in *hanfu*-related industries. Caoxian County, Heze City, East China’s Shandong Province, is one of the major *hanfu*

- A. That makes it difficult to recognize humans
- B. Unfortunately, it's not just us humans that enjoy it
- C. They're even able to penetrate jeans if they are worn tightly
- D. So changing what we eat could reduce the risk of mosquito bites
- E. You can use plug-in insecticides to kill or repel mosquitos in the room
- F. This is why editor Katie Mortram recommends taking a shower before bed
- G. A compound found in deodorants has been shown to stop mosquitos landing on the skin

第三部分 语言运用 (共两节, 满分 30 分)

第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

阅读下面短文, 从短文后各题所给的 A、B、C、D 四个选项中, 选出可以填入空白处的最佳选项。

Ever since I was a child I have struggled with self-doubt. It's a feeling that you aren't good enough, that you can't 41 anything. Yet try as I might to 42 these thoughts, I could hardly escape them.

I was a dreamer. I would tell anyone my big hopes and dreams, only to be met with mockery and 43. People around me would bombard (抨击) me with phrases like "you need to be 44", and "you aren't capable of achieving that". 45, over time, these phrases 46 my little sense of self-confidence. Whenever I tried to pursue a goal or a dream, I mentally 47 myself before I ever even began. 48 like: "you aren't meant to be successful" and "why do I even bother" raced to the forefront of my mind.

Until one day, I woke up and found I was so 49 of talking down to myself. I decided I was going to 50 with my self-esteem and I was going to win this war. I started by focusing on gaining little victories. I showed up on time to work every day and doubled my 51. I began to take pride in my possessions and in keeping things 52. Every day I would write down a list of positive qualities I had. I would also write down everything I had accomplished that day 53 goals I had set. As time went on, I was getting in increasingly better shape through my 54 to exercise. I was performing better at my job, and most importantly I felt more 55.

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|---------------------|---------------|----------------|---------------|
| 41. A. assume | B. accomplish | C. appreciate | D. assign |
| 42. A. prove | B. believe | C. avoid | D. share |
| 43. A. criticism | B. approval | C. admiration | D. ignorance |
| 44. A. honest | B. positive | C. creative | D. realistic |
| 45. A. Surprisingly | B. Naturally | C. Fortunately | D. Typically |
| 46. A. tested out | B. built up | C. took back | D. wore out |
| 47. A. punished | B. defeated | C. blamed | D. distracted |

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|------------------------|-----------------------|-----------------------|-------------------|
| 48. A. Thoughts | B. Complaints | C. Questions | D. Comments |
| 49. A. tired | B. afraid | C. fond | D. proud |
| 50. A. live | B. combine | C. battle | D. check |
| 51. A. output | B. salary | C. tolerance | D. wisdom |
| 52. A. useful | B. straight | C. simple | D. orderly |
| 53. A. in exchange for | B. in connection with | C. in accordance with | D. in contrast to |
| 54. A. objection | B. access | C. devotion | D. exposure |
| 55. A. grateful | B. natural | C. normal | D. confident |

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入 1 个适当的单词或括号内单词的正确形式。

When you were at school, were you ever told to stop daydreaming and concentrate? It was easy for your mind to wander if you had better things 56 (think) about. Staying focused can still be a challenge in adult life, but understanding 57 to do it and knowing what is distracting you, can help.

Scientists have looked at what makes us procrastinate and found many ways to help us stay in the zone. One of the most obvious things is removing noise. Research by *Science Focus* magazine found silence is best for 58 (concentrate), or a gentle background hum (哼唱) and coffee shop noise is ideal! It also found turning off notifications (通知) on your phone, or switching it off altogether, 59 (remove) a major distraction. In this way, we can focus on 60 task at hand.

Another possible cure 61 a short attention span is brain training. An article says that “Making a task more visually demanding...takes up more processing power and leaves the brain nothing left to process distractions.” So, keeping your mind busy might be the answer.

There are more 62 (practice) tips for keeping your mind focused. These include 63 (make) a list or timetable of the tasks you have to do, avoiding a workspace where you 64 (attract) to do other things, or chewing some gum! It’s possible what happens in your mouth occupies parts of the brain 65 might otherwise get distracted.

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

假如你是李华, 你将作为学生代表给全体高一新生致欢迎辞, 内容包括:

1. 学习上的建议;
2. 生活上的建议。

注意: 1. 写作词数应为 80 左右;

2. 请按如下格式在答题卡的相应位置作答。

Dear Freshmen,

I’m Li Hua from Class 1, Grade 3. _____

I sincerely hope you will have three wonderful years in our school!