2023北京西城高二(下)期末

语 英

本试卷共 16 页, 共 140 分。考试时长 120 分钟。考生务必将答案写在答题 卡上, 在试 卷上作答无效。

第I卷 (共80分)

I. 听力理解(共三节,30分)

第一节: (共4 小题; 每小题2 分, 共8 分)

听下面四段对话,每段对话后有一道小题,从每题所给的A、B、C 三个选 项中选出最 佳选项。每段对话你将听一遍。

- 1. What will the weather be like on Saturday?
- A. Rainy. B. Sunny. C. Cloudy.
- 2. How will the man exercise?
- A. Walk. B. Play football. C. Jog.
- 3. What will the speakers do on Sunday afternoon?
- A. Make a new pizza.
- B. Do some gardening.
- C. Attend a book-launch event.
- 4. What are the speakers talking about?
- A. A kind of food. B. A close relative. C. A new restaurant.
- 第二节:(共6小题;每小题2分,共12分)

JW. gaokzy.cc 听下面三段对话,每段对话后有两道小题,从每题所给的A、B、C 三个选 项中选出最佳 选项。每段对话你将听两遍。

听第5段材料,回答第5至第6小题。

- 5. What will the woman buy for her daughter?
- A. A hat. B. A school bag. C. A set of dishes.
- 6. Which floor will the woman go to first?
- A. The second floor. B. The third floor. C. The sixth floor.

听第6段材料,回答第7至第8小题。

- 7. Where are the speakers?
- A. In the mountains. B. At the airport. C. On a plane.
- 8. How does the man feel about his trip?

A. Sad. B. Nervous. C. Interested.

听第7段材料,回答第9至第10小题。

- 9. What is the man?
- A. A travel agent. B. A TV host. C. A marketing manager.
- 10. What are the speakers mainly talking about?
- A. The woman's volunteer experiences.
- B. The woman's career plans.
- C. The woman's travel stories.

第三节: (共5 小题; 每小题2 分, 共10 分)

听下面一段独白,根据题目要求在相应的横线上写下第 11 题至第 15 题的 关键信息。每小题仅填写一个词。这段独白你将听两遍。

How to Improve Communication with Your Parents			
11,0			
Make time to have 11	Talk to your parents about your everyday life.		
conversations.	• 12 them to share how their day went or what they are working on.		
	• Call them at least three times a week or video chat frequently.		
Be open and 13.	• If an issue is important to you, bring it up.		
	Avoid getting trapped in the blame game.		
	• Allow time for them to respond and share how they feel.		
Use some techniques to	● Take a <u>14</u> .		
facilitate difficult	• Listen to your parents' needs or wants.		
conversations.	• Express your <u>15</u> .		

II. 完形填空(共10 小题;每小题1 分,共10 分)

阅读下面短文,掌握其大意,从每题所给的 A、B、C、D 四个选项中,选 出可以填入空 白处的最佳选项。

The Belfast community was busy helping a deaf woman find her beloved dog "Ruthie" the past couple of days.

Ruthie went <u>16</u> several days ago when she jumped out of the car wearing her retractable leash (伸缩皮带). Marina Delune, her <u>17</u>, posted on her community website that she needed help looking for her lost dog. She thought only a few people would <u>18</u>. So she was surprised when help started to pour in. "The response that I got was literally overwhelming," Marina said. "It was extraordinary. I couldn't even <u>19</u> all the responses."

A doctor named Kimberly Mitchell headed to Marina's house to help her out. When she pulled into the driveway, she sensed that Ruthie was just nearby. Despite the cold rain, Kimberly 20 the

yard. Later on she expanded her 21_ to the neighbors' yards, but 22_ came up empty-handed.

It was dark by the time she rounded the corner of a neighbor's house and saw a small hole in the bottom of their deck. Kimberly used her cell phone flashlight to look around in the darkness. "Right there under the deck, I 23 her little face. She was looking right at me."

It turned out Ruthie's leash was stuck. The house's owner, Collin Brewster Cunning, crawled under the deck and 24 her. The reunion of Ruthie and Marina was nothing but emotional. Marina cried and held on to Ruthie and her two rescuers. "We were in a three-way 25 with Ruthie in the middle. It was absolutely amazing," Kimberly said.

16. A. racing	B. missing	C. crying	D. hunting
17. A. doctor	B. neighbor	C. owner	D. driver
18. A. return	B. respond	C. research	D. remember
19. A. keep up with	B. put up with	C. come up with	D. end up with
20. A. crossed	B. checked	C. cleaned	D. visited
21. A. plan	B. service	C. program	D. search
22. A. once	B. even	C. still	D. only
23. A. saw	B. hid	C. covered	D. studied
24. A. found	B. caught	C. freed	D. located
25. A. tie	B. contest	C. deal	D. hug
	III 阅读:	甲解 (10分)

III. 阅读埋解(共两节, 40 分)

第一节(共15小题;每小题2分,共30分)

,任答, 阅读下列短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项,并在答题卡上 将该项涂黑。

A

Uses of Banana Peels (皮) You Probably Ignored

Soothes the itchy (发痒的) insect bites

With the good weather approaching, various bugs, insects and mosquitoes multiply. If you want to relieve the sting or bite of these insects naturally, banana peel can help you. Rub the red, inflamed bites with the inside of the banana peel. The banana polysaccharides (多糖) infiltrate the skin and reduce the swell.

Spring then summer is coming, and there's one little annoying thing: the flies. To catch them, you can make a trap made of natural ingredients. All you will need is a large yogurt cup, banana peels, a hammer and a nail. Make holes at the bottom of the yogurt cup with the hammer and nail, place the banana peels inside, turn it over, and place it near the food that you are trying to protect.

Flies will get into the sweet smell in the holes, but there is no way out of the yogurt cup.

Cheap and simple teeth whitening

You don't have to spend a huge amount of your salary on aesthetic dentistry to make your teeth whiter. Simply rub your freshly-brushed teeth with the inside of the banana peel every day for about 2 minutes. Salicylic acid in bananas gently bleaches teeth, effectively eliminating dirt which causes MMM. discoloration.

Water purification

This effect was the most surprising for us. The Sao Paulo Research Foundation, led by Gustavo R. Castro, tested the suitability of banana peels for the treatment of wastewater from industrial plants. It turned out that the banana peel adsorbs heavy metals such as lead and copper from the water.

Erases the ink stain (污点)

If ink gets on your skin, it is difficult to clean it off. Only with water and soap is it almost impossible to make your hands clean. But the good news is that the banana peel is good for that—rub the patches on the inside of the peel and see how they disappear.

- 26. According to the passage, in which of the following situations can banana peels be of some help?
- A. You are disturbed by mosquitoes flying nearby.
- B. You are bitten by a bee in the garden.
- C. You are suffering from a toothache.
- D. Your coat is stained with oil.
- 27. Which of the following is the best heading for paragraph 2?
- A. Facial mask
- B. Pain Reliever
- C. Natural fly trap
- D. Reduces wrinkles
- 28. How can banana peels help purify water?
 - A. By protecting the water from insects.
- B. By reducing some chemical elements.
- C. By adding some nutrition to the water.
- D. By removing the smell of the wastewater.

South Africa's viniculture industry employs around 270,000 people, producing some of the world's most sought-after wines. But not all jobs are best left to humans. In some cases, it's better to get your ducks in a row, and then put them to work.

Outside Cape Town on the banks of the Eerste river, Vergenoegd Löw, the Wine Estate, has repurposed a centuries-old practice by gathering a group of ducks to keep its vineyards free of pests. "I call our ducks the soldiers of our vineyards," says managing director Corius Visser. "They will eat aphids, they will eat smalls, they will eat small worms—they keep (it) completely pest-free."

The species, the Indian runner duck, is flightless, with a peculiarly upright stance and highly developed sense of smell. The duck troops are employed on a 14-day circuit through the vineyards, eating and fertilizing the ground as they go.

The ducks' "annual leave" takes place during the harvest (they'd eat the grapes). During this time they search for food on open farm pasture, swim in a nearby lake and undergo selective breeding, says Visser.

Duck eggs are consumed in the vineyard restaurant, but never the ducks themselves—"that would be like eating a colleague," Gavin Moyes, the estate's tasting room manager, said in a 2020 interview.

Inspired by ducks used to remove pests from rice paddies in Asia, the winery calls on the services of some 1,600 ducks as part of its effort to make wine production more sustainable. "The world is moving away from more conventional farming to (being) a bit more organic," Visser explains. "For Vergenoegd, it's a big goal ... to have less influence on the Earth, the soil and the environment."

As a pioneering winemaker with industry influence—vines have been grown on the estate since the late 17th century—Vergenoegd Löw is hoping to convince others to adopt its approach. Visser says the vineyard plans to sell 750 ducks to other vineyards and replenish numbers by breeding the birds.

"I think the industry itself has the potential to engage more in experimental ways," he adds. That requires money, and increasing the price point of South African wines could help fund Vergenoegd Löw and other vineyards' green initiatives.

"If we can achieve that, we can then put back some of that (income) into our people, into our land, and become more sustainable," Visser says.

- 29. What's the function of the ducks in the vineyards?
- A. To keep the vineyards free of pests.
- B. To guard the vineyards from thieves.
- C. To make the vineyards more attractive.
- D. To provide eggs and meat for the vineyard restaurant.
- 30. According to the passage, the ducks in the vineyards _____.
- A. help harvest the grapes
- B. have a sharp sense of taste
- C. fly around the vineyard freely
- D. leave the vineyard at a certain time
- 31. Based on what Visser said, which of the following might happen?

- A. More vineyards will have duck "soldiers".
- B. The price point of South African wines will fall.
- C. The vineyards will depend more on conventional farming.
- D. The winery will come up with more ways to experiment on ducks.
- 32. Which of the following words can best describe the vineyard's approach of using ducks? WWW.
- A. Efficient. B. Advanced. C. Challenging. D. Green.

This week I watched an international news program and saw what looked like most of the planet—the Americas, Africa, Europe, Asia—painted in bright oranges and reds. Fahrenheit (华氏温 度的) temperatures in three-digit numbers seemed to burn all over on the world map.

Heat records have burst around the globe. This very weekend, crops are burning,

roads are bending and seas are rising, while lakes recede, or even disappear. Ice sheets melt in rising heat, and wildfires attack forests. People are dying in this heat. Lives of all kinds are threatened, in cities, fields, seas, deserts and forests. Wildlife, farm animals, insects and human beings are in pain.

The UN's World Meteorological Organization (WMO) says there is more deadly heat in our future because of climate change caused by our species on this planet. Even with advances in wind, solar and other alternative energy sources, and international promises and agreements, the world still derives about 80% of its energy from fossil fuels, like oil, gas and coal, which release the carbon dioxide that's warmed the climate to the current temperatures of this hot summer. The WMO's chief, Petteri Taalas, said this week, "In the future these kinds of heatwaves are going to be normal."

The most alarming word in his forecast might be: "normal." I'm of a generation that thought of summer as a sunny time for children. I think of long days spent outdoors without worry, playing games or just wandering. John Updike wrote in his poem, "June":

> The sun is rich And gladly pays In golden hours, Silver days,

And long green weeks That never end. School's out. The time Is ours to spend. There's Little League, Hopscotch, the creek,

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And, after supper,

Hide-and-seek.

The live-long light

Is like a dream...

But now that bright, "live-long light," of which Updike wrote, might look threatening in a summer like this.

The extremely hot weeks that we see this year cause one to wonder if our failures to care for the planet given to us will make our children look forward to summer, or fear another season of heat.

- 33. What does the underlined word "derive" in Paragraph 3 probably mean?
- A. Get. B. Reduce. C. Waste. D. Save.
- 34. According to WMO, _____.
- A. alternative energy is the solution to climate change
- B. the heatwaves are caused by the advanced technology
- C. agreements need to be signed to deal with climate change
- D. use of traditional energy is responsible for the heatwaves
- 35. Why does the author mention John Updike's poem?
- A. To describe the beauty of summer.
- B. To indicate the end of happy summers.
- C. To compare different feelings about summer.
- D. To suggest ways for children to spend summer.
- 36. Which might be the best title for the passage?
- A. What leads to a hot summer
- B. Children are afraid of summer
- C. Burning summers are the future
- D. How we can survive a hot summer

D

Cornell University researchers have developed a silent-speech recognition interface that uses acoustic-sensing (声学传感) and artificial intelligence to continuously recognize up to 31 unvocalized commands, based on lip and mouth movements. The low-power, wearable eyewear—called EchoSpeech—requires just a few minutes of user training data before it will recognize commands and can be run on a smartphone.

Ruidong Zhang, doctoral student of information science, is the lead author of "EchoSpeech—Continuous Silent Speech Recognition on Minimally-obtrusive Eyewear Powered by Acoustic Sensing," which will be presented at the Association for Computing Machinery Conference on Human Factors in Computing Systems (CHI) this month in Hamburg, Germany.

"For people who cannot vocalize sound, this silent speech technology could be an excellent

input for a voice synthesizer. It could give patients their voices back," Zhang said of the technology's potential use with further development. In its present form, EchoSpeech could be used to communicate with others via smartphone in places where speech is inconvenient or inappropriate, like a noisy restaurant or quiet library. The silent speech eyewear can also be paired with a stylus (触 控笔) and used with design software like CAD, all but erasing the need for a keyboard and a mouse.

Outfitted with a pair of microphones and speakers smaller than pencil erasers, the EchoSpeech become a wearable AI-powered sonar (声呐) system, sending and receiving soundwaves across the face and sensing mouth movements. A deep learning algorithm (算法) then analyzes these echo profiles in real time, with about 95% accuracy.

"We're moving sonar onto the body," said Cheng Zhang, assistant professor of information science and director of Cornell's Smart Computer Interfaces for Future Interactions (SciFi) Lab. "We're very excited about this system," he said, "because it really pushes the field forward on performance and privacy. It's small, low-power and privacy-sensitive, which are all important features for using new, wearable technologies in the real world."

Most technology in silent-speech recognition is limited to a select set of predetermined commands and requires the user to face or wear a camera, which is neither practical nor achievable, Cheng Zhang said. There also are major privacy concerns involving wearable cameras—for both the user and those with whom the user interacts, he said.

Acoustic-sensing technology like EchoSpeech removes the need for wearable video cameras. And because audio data is much smaller than image or video data, it requires less bandwidth to process and can be relayed to a smartphone via Bluetooth in real time, said François Guimbretière, professor in information science. "And because the data is processed locally on your smartphone instead of uploaded to the cloud," he said, "privacy-sensitive information never leaves your control."

- 37. What do we know about EchoSpeech?
- A. It recognizes different body movements.
- B. It has the potential to help generate voices.
- C. It doesn't need to be instructed about its user.
- D. It needs to be used with a keyboard and a mouse.
- 38. What is Paragraph 4 mainly about?
- A. What EchoSpeech looks like.
- B. How the algorithm is made accurate.
- C. What the mechanism of EchoSpeech is.
- D. How the algorithm analyzes echo profiles.
- 39. How is EchoSpeech different from other silent-speech recognition systems?

- A. It better protects users' privacy.
- B. It is fitted with a smaller video camera.
- C. It is based on predetermined commands.
- D. It sends images and videos via Bluetooth.
- WWW.9aokzy.cor 40. Regarding the features of EchoSpeech, François Guimbretière is
- A. doubtful B. critical C. sympathetic D. unconcerned
- 第二节(共5小题;每小题2分,共10分)

根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项,并在答题卡上将 该项涂黑。选项中有两项为多余选项。

Want to make people laugh? 41 Here are a few tips to keep in mind if your goal is to tickle some funny bones.

Consider your audience. Your audience, whether it's your parents in your living room or a paying crowd at an auditorium, must be able to connect with any situation you describe in your jokes. If they can't relate to the joke, or if they don't completely understand it, then it's simply not funny to them. 42 If you have to explain a joke to someone, the person might eventually understand it, but he or she probably won't think it's funny. This is the reason that many jokes don't translate well into another language. They rely on an understanding of a particular culture. You can translate the words but, without an appreciation for the background, many translated jokes aren't very funny.

There's a reason that people say, "Stop me if you've heard this one" before telling a joke. If your audience already knows (or can guess) the end of a joke before you tell it, then it's not going to make them laugh. People laugh at the end of a joke because they've been told a story and led toward its ending, (unconsciously) thinking about what will happen next or how it will end. 44 Surprise is part of the reason that you want to learn to tell jokes without laughing. If you laugh, then your listeners expect you to say something funny. If you tell a joke without laughing or smiling, then they're more surprised when you get to the funny part.

Check your timing. Another important part of humor is timing, or delivering the punch line at the best possible moment. 45 The reason is that this builds tension. The listener knows the end is coming and is waiting for it. When you finally tell the punch line, the listener feels a sense of relief and is more and inclined to laugh.

- B. Choose your jokes. C. Then you've got to know what's funny.
- D. Make sure your jokes are often told within limited time.

- E. It's often useful to pause before telling the last line of a joke. www.gaokzx.com F. When we hear something that wasn't what we were expecting, we find it funny. G. People love jokes that, based on their experience, make them say, "That's so true!" 第Ⅱ卷 (共60分) I. 选词填空(共7小题;每小题2分,共14分) 用方框中单词的适当形式完成下列句子,每个单词只能用一次。 adjustment, faith, capable, judge, impress, logic, comfort 46. The film's special effects are particularly ___ 47. I have been a (n) reader of your magazine for many years. 48. The materials are soft and _____to wear. 49. It took a few seconds for her eyes to to the darkness. 50. Animals in the zoo have lost the _____ to catch food for themselves. 51. Computer programming needs someone with a (n) ____ mind. 52. Don't let your ___ be coloured by personal feelings. II. 语法填空(共14 小题;每小题1 分,共14 分) 在未给提示词的空白处填写 1 个适当的单词,在给出提示词的空白处用括号内所给词的正确 形式填空。 Α 53. The plan is designed to motivate employees to work more ____. (efficient) 54. Their flight ____(delay) due to bad weather yesterday afternoon. 55. (surround) by trees, the house was invisible from the road. 56. When Anna got downstairs, she realized that she ____(leave) her car keys in her office. 57. Every time the dancer ____(stand) on the stage, she is at her best. 58. Considering the actual needs of the students, the school canteen is open to students weekends.
- 59. Given the fast pace of the job market now, 21st century employees are faced with challenges their parents never experienced.
- 60. I ____(try) to qualify for the swimming team for three years, but I still can't quite make the cut.

В

My family and I went on a holiday last year to visit some distant <u>61</u> (relative) I had never met before. They lived in <u>62</u> flat in New York in the city center. It was <u>63</u> (excite) to visit them and they were very friendly and welcoming! They took us sightseeing and we went to a lot of places.

The one problem I had was sleeping at night. They live on the ground floor of their building 64 I could hear all the sounds of the city. During the night, lorries came 65 (collect) rubbish and

they kept me awake. They 66 (visit) us in London next year and I can't wait to show them around.

III.书面表达(共两节,32分)

第一节(共4小题;第67、68题各2分,第69题3分,第70题5分,共12分)

回读下面短文,根据题目要求用英文回答问题。请在答题卡指定区域作答。
With the ideal time for harvesting fresh tea leaves approach:
e tea-picking season of the tea-picking season with a spirited ceremony held at Jingmai Mountain in Yunnan province.

This annual event, which takes place towards the end of March, is a tradition among local minorities. Having been around for centuries, it is a perfect opportunity to show respect for the tea forest before harvesting the gifts of nature. Jingmai Mountain, renowned for its thick forests of ancient tea trees, has been an essential part of the locals' lives for centuries. People there maintain an ancient method of tea cultivation featuring a unique multi-layered (层) ecosystem, which is regarded as the key to maintaining harmony between humans and nature.

The village has been located halfway up the mountain, close to the tea forest in the middle of the mountain, while farmland is in lower areas with abundant water sources, which can avoid disturbance to tea forests during planting.

The ancient tea forests are now refreshing as the younger generations are introducing new ideas aimed at better developing the tea industry in this area. Xian Gong, 39, started a farmers' cooperative in 2010 in Jingmai village. Over time, she expanded the initiative by developing it into a company integrating the cooperative, a tea factory, a hostel and a shop under one roof. Today, the tea gardens cover an area of more than 600 hectares and generate an annual output of more than 200 tons, helping nearly 500 households increase their incomes.

A growing number of villagers are embracing new business opportunities by establishing cooperatives, tea factories and homestays. Many have adapted to the latest trends, such as selling tea through live streaming and sharing details of their daily lives and work on social media platforms.

The recent boom in the modern tea industry has motivated the residents to take better care of their ancient tea forests. In addition to their efforts to resist using chemicals and avoid planting other crops in the tea forests, the local government has applied over 20 rules and regulations for the protection of precious ancient tea forests. They hold a strong belief that the tea mountain is the most valuable gift left by their ancestors and it is their due responsibility to protect and make good use of

- 67. Why do the locals celebrate the beginning of the tea-picking season?
- 68. What is the key feature of the ancient method of tea cultivation?
- 69. Please decide which part is false in the following statement, and then underline it and explain

why.

It is only due to the efforts made by the local residents that the ancient tea forests have been protected.

70. Give another example which mirrors human-nature harmony.

第二节(20分)

英语课上,同学们在分享未来想从事的职业,请按照下列要求,写一个发言稿,介绍你的想法。内容如下:

- 1、你希望未来从事什么职业?
- 2、为什么你选择该职业?

注意:词数100左右。

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参考答案

第1卷(80分)

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I. 听力理解(共三节,30分)

第一、二节(共10小题;每小题2分,共20分)

1. B 2. A 3. C 4. A 5. B

6. C 7. C 8. A 9. B 10. A

第三节(共5小题;每小题2分,共10分)

- 11. meaningful 12. Encourage 13. honest 14. break 15. opinion
- Ⅱ. 完形填空(共10小题;每小题1分,共10分)

16. B 17. C 18. B 19. A 20. B

21. D 22. C 23. A 24. C 25. D III. 阅读理解(共 20 小题;每小题2 分,共 40 分)

26. B 27. C 28. B 29. A 30. D 31. A 32. D 33. A 34. D 35. B 36. C 37. B 38. C 39. A 40. C 41. C 42. G

43. A 44. F 45. E

第Ⅱ卷 (60分)

I. 选词填空(共7小题;每小题2分,共14分)

46. impressive 47. faithful 48. comfortable 49. adjust

50. capability 51. logical 52. judgement

II. 语法填空(共14 小题;每小题1 分,共14 分)

53. efficiently 54. was delayed 55. Surrounded 56. had left

57. stands 58. on 59. that 60. have been trying

61. relatives 62. a 63. exciting 64. so

65. to collect 66. are going to

III. 书面表达 (共2节,32分)



听力录音材料

WWW.9aokzx.com 第一节:听下面四段对话。每段对话后有一道小题,从每题所给的A、B、C三个选项中选出最佳选项 每段对话你将听一遍。

Text 1

M: I'm going camping near the lake on Saturday. Do you want to come?

W: Isn't it going to rain on Saturday?

M: I heard it will rain on Friday, be sunny on Saturday and cloudy on Sunday.

W: OK. I'll go with you then. When will you come back?

M: We'll be back on Sunday evening.

Text 2

M: My trousers are a bit tight. It seems that I need more exercise. W: Maybe you could take up jogging or try playing football.

M: I can't stand intense physical exercise.

W: Then why not walk to work?

M: Good idea. I will think about it.

Text 3

M: Hey Molly, there's a book-launch event at the Corner Bookstore this Sunday. I was thinking of checking it out.

W: That sounds really interesting. But I promised to help my dad with the gardening that morning. When does the event begin?

M: At 2:00 PM.

W: Perfect! I can go with you.

WWW.gaokzx.co M: Afterwards we can go to the Summer Pizza House nearby. I heard they just came out with a new pizza.

W: Great! See you then.

Text 4

M: You should try this. My aunt made it.

W: Hmm... delicious. What is it?

M: It's called couscous. It's made from wheat. There's some meat on top of it.

第二节: 听下面3 段对话。每段对话后有两道小题,从每题所给的A、B、C 三个选项中选 出最佳选项。每 段对话你将听两遍。

Text 5

M: Good afternoon, Madam. Welcome to Everest Stores. Can I help you with anything?

W: Oh, yes. I have a few things to buy.

M: What do you need?

W: I need to buy a hat for my sister, a schoolbag for my daughter and a set of dishes.

M: OK, Madam. All women's clothing is on the second floor, our school supplies

section is on the third floor and the dinnerware section is on the sixth floor.

W: Thank you so much.

M: If you decide to buy dishes, we can take them down to the first floor checkout for you.

W: That's very helpful. I will go look at the dishes first.

M: No problem, Madam. Hope you enjoy Everest Stores.

M: Oh no! I wanted to look out of the window to see all the places we flew over. Why didn't you wake me up?

W: You looked very tired so I didn't disturb you

M: I was asleep for

M: I was asleep for over three hours. What can you see out of the window now?

W: It looks like desert below, but I think we are near Los Angeles. We went over the Rockies a short time ago. The mountains were absolutely beautiful.

M: I can't believe I missed that. I really wanted to see the mountains.

W: Sorry Graham. You can sit next to the window when we fly back to New York.

M: Thanks.

W: I think we are starting to land.

M: We aren't so high now. I'll remember not to sleep on my return flight.

Text 7

M: Good afternoon. Today we have Elizabeth Holmes in the studio. She worked as a volunteer in a small village in Africa for two years. Elizabeth, what persuaded you to leave your secure job in a travel agency and go to Africa?

W: Well, I'd been feeling restless for ages. I wanted to see the real world, not just beautiful views. Then, one day, I saw a poster—it was all about volunteers working in Africa.

W: I had a degree in economics, so I trained local farmers in the marketing of their produce.

M: How did you get on with the local people?

W: Very well. People were very polite and always invited.

M: Has the experience in A.C.

W: Oh yes, in many ways. I used to spend all my time working, but now I make sure I have more time for gardening—my favourite hobby.

M: Well, I'd like to thank Elizabeth again for coming today.

第三节: 听下面一段独白,根据题目要求在相应的横线上写下第 11 题至第 15 题的关键信 息。每小题仅填 写一个词。这段独白你将听两遍。

Text 8

It is important to work on achieving healthy communication with your parents to maintain a strong relationship. Here are some tips to improve communication with them.

First, make time to have meaningful conversations with your parents. Take the time to sit down and have a few minutes of conversation with them every day. Talk to your parents about your everyday life. Encourage them to share how their day went or what they are working on. Regular communication about the less important things will make the difficult conversations much easier. If you live some distance away, make it a goal to call them at least three times a week or video chat frequently. Keep in mind that text messages can often be misinterpreted by the receiver because there is no tone or facial expression to provide context.

Second, be open and honest with your parents. If an issue is important to you, bring it up to your parents. Avoid getting trapped in the blame game. Use "I" statements that talk about how you feel, and avoid "you" statements that point fingers at other people. Allow time for them to respond and share how they feel.

Third, use some techniques to facilitate difficult conversations with your parents. If a certain conversation is taking a turn for the worse, take a break. When you are ready to continue with the conversation, listen to your parents' needs or wants. The next step is to express your opinion, and ask them to try and understand you as well.



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