

2023 北京牛栏山一中高一 10 月月考

英 语

本试卷共两部分，满分 100 分，考试时长 90 分钟。

考生务必将答案答在答题卡上，在试卷上作答无效。

在答题卡上，选择题用 2B 铅笔作答，其他试题用黑色字迹签字笔作答。

第一部分 知识运用(共三节，30 分)

第一节 语音辨析(共 5 小题;每题 1 分，共 5 分)

如: A. bag B. bad C. apple D. waste 答案选 D

根据下列单词中划线部分的发音，选出与其他三个发音不同的一个。

- | | | | |
|-----------------------|----------------------|---------------------|-----------------------|
| 1. A. <u>dr</u> ag | B. <u>addi</u> ct | C. <u>na</u> tive | D. <u>actu</u> ally |
| 2. A. <u>ch</u> apter | B. <u>che</u> mistry | C. <u>ch</u> at | D. <u>ach</u> ieve |
| 3. A. <u>dig</u> ital | B. <u>tar</u> get | C. <u>eng</u> ine | D. <u>ra</u> nge |
| 4. A. <u>se</u> nior | B. <u>se</u> condary | C. <u>pre</u> ssure | D. <u>def</u> initely |
| 5. A. <u>dyn</u> amic | B. <u>satis</u> fy | C. <u>fl</u> y | D. <u>heal</u> thy |

第二节 完形填空(共 10 小题;每题 1.5 分，共 15 分)

阅读下面的短文，掌握其大意，然后从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。

Steph Clemence had good grades and always intended to go to college, But her poor family couldn't 6 it. Steph had to find a job and tried to figure out what to do with a life that was greatly different from her plan.

The answer came one afternoon when she was cleaning her bookshelf. Inside a box she 7 two pages titled "Mrs. Clark's Book List" from the English teacher in her high school, Dorothy Clark. "She'd spent months creating a list of 153 books," says Steph. "She knew most of us would not go to college, but we could continue to learn. She was 8 about that."

Steph was 9 and determined to improve herself. So it began in 1970. Starting at the top, she read every book in the order they appeared. People around her didn't find much 10 in her journey, as some of the books were hard going. But she felt 11. Each of those books inspired her to learn more about the world.

Now Steph is 70 and she never did get to college. But she has only four books left to read from the list. She expects to 12 them sometime in 2023. "I don't race through a book, as I want to fully 13 it. Each of the books has added something to who I am and how I see the world," she says. "I'm no expert, but I am working for my own 14. I now have the background to see how the world works.

In Steph's eye, Mrs. Clark felt it was her particular 15 to offer young students a road map in a changing world. Thanks to a book list, at least one young woman who couldn't pay for college was the better for it.

- | | | | |
|-----------------|-----------|-------------|------------|
| 6. A. avoid | B. afford | C. change | D. refuse |
| 7. A. collected | B. packed | C. selected | D. noticed |
| 8. A. wrong | B. upset | C. right | D. angry |

- | | | | |
|-----------------|----------------|----------------|----------------|
| 9. A. surprised | B. hopeful | C. calm | D. nervous |
| 10. A. value | B. time | C. support | D. trouble |
| 11. A. exactly | B. badly | C. differently | D. similarly |
| 12. A. copy | B. forget | C. check | D. finish |
| 13. A. describe | B. enjoy | C. share | D. protect |
| 14. A. safety | B. convenience | C. protection | D. improvement |
| 15. A. duty | B. pressure | C. situation | D. requirement |

第三节 语法填空(共 10 小题;每小题 1 分, 共 10 分)

A

阅读下面短文, 根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

Senior secondary school is a new start. Studying is definitely a big part of my life. I tend to set a goal 16 every subject at the beginning of each term. My aim is 17 (do) well in every subject this term. I am always attentive in all classes and think 18 (active), so that I can have more free time to do other things that I am interested in after school.

B

阅读下面短文, 根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

The big day arrived: my first day at senior high! I woke up early and rushed out of the door in my eagerness to get to know my new school. The campus was still quiet when I arrived, so I decided to explore a bit. I was looking at the photos on the noticeboard when I 19 (hear) a voice behind me. "New here?" Turning around, I saw a white-haired man. "Yes," I replied. "I'm wondering 20 life is going to be like here." "Don't worry," he gave me a smile. "You'll soon find out." How true these words were! When my English teacher stepped into the classroom, I was 21 (surprise) to see the same man I had met 22 (early).

C

阅读下面短文, 根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

Do you know anyone who has gone backpacking? Backpackers 23 (know) for travelling with little money, but few begin with as little as Othmane Zolati. In 2015, he began a four-year journey across 24 countries on the African continent, but he started out with just \$80. He often had to work odd jobs (零活) and rely on the kindness of strangers to be able to afford 24 (keep) travelling. But it was worth it. On reaching his final destination, he said "It was one of the best 25 (moment) in my life. It made me know that if you fight for something, you really stick to that goal... then you will reach it".

第二部分 阅读理解(共二节, 40 分)

第一节(共 15 小题;每小题 2 分, 共 30 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, 并在答题卡上将该项涂黑。

A

The following list includes some books that come highly recommended by millions of readers and also a short summary of the highlights of each work.

The Go-Giver, by Bob Burg and John David Mann

I didn't even expect that such a short book could make a huge difference in my way towards life. It simply explains complex laws that direct mankind, and concludes that there is always truth in the opposite.

Dao De Jing, by Lao Zi

Dao De Jing is one of the finest books on philosophy written by Lao Zi, an ancient Chinese philosopher and poet. It is sincere, exciting and makes you think a lot. Read it and get in touch with the clear educative understandings that give you enough tips to pursue your life goal full of passion.

The Science of Getting Rich, by Wallace D. Wattles

I had my own misunderstandings of getting rich till I read this book. The book made a huge difference to my life after I discovered the secrets mentioned. Read it and it teaches you how to become rich, not immediately, but step by step.

The Power of Habit, by Charles Duhigg

I never knew habits played such an important role in shaping our future until I read this book. It says you are what your habits are, and also suggests the proven techniques to create new habits that change our lifestyles and eventually our lives. It is must-read for everyone who wishes to form lifetime habits.

The Road Less Travelled, by Scott Peck

Simply put, buy this book for the path towards understanding in a spiritual way that strengthens your personal growth. This book never gives you easy solutions to the challenges of life; it simply is part of life and leaves you with better understanding to lead a fulfilled life.

Wonder, by R.J. Palacio

Wonder is a book that is destined to be a classic. It's one of those books that draws you in, and you don't want it to end. With a mixture of humor, sadness, and relatable themes, the book has the reader on a roller coaster of emotions. Auggie, the main character, was born with facial abnormalities and dreams of being ordinary, fitting in, and making friends at his new school. Millions of people have fallen in love with Auggie Pullman, an ordinary boy with an extraordinary face—who shows us that kindness brings us together no matter how far apart we are.

26. Which book can help you chase your dream passionately?

- A. Dao De Jing.
- B. The Go-Giver.
- C. The Road Less Travelled.
- D. The Science of Getting Rich.

27. Which of the following ideas may Scott Peck agree with?

- A. Habits can shape our future.
- B. There is always truth in the opposite.
- C. Difficulty is often part of personal growth.
- D. We should find easy solutions to challenges.

28. What does the story of Auggie bring to readers?

- A. The challenge of fitting in with new classmates.
- B. The joy of going on a roller coaster.
- C. The mixture of classic and modern.

D. The power of kindness.

29. What can we know about the books mentioned above?

A. They are all easily written.

B. They are all popular books.

C. All their writers are foreigners.

D. All the books are about life goals.

B

I was never very neat, while my roommate Kate was extremely organized. Each of her objects had its place, but mine always hid somewhere. She even labeled (贴标签) everything. I always looked for everything. Over time, Kate got neater and I got messier. She would push my dirty clothing over, and I would lay my books on her tidy desk. We both got tired of each other.

War broke out one evening. Kate came into the room. Soon, I heard her screaming, "Take your shoes away! Why under my bed!" Deafened, I saw my shoes flying at me. I jumped to my feet and started yelling. She yelled back louder.

The room was filled with anger. We could not have stayed together for a single minute but for a phone call. Kate answered it. From her end of the conversation, I could tell right away her grandma was seriously ill. When she hung up, she quickly crawled (爬) under her covers, sobbing. Obviously, that was something she should not go through alone. All of a sudden, a warm feeling of sympathy rose up in my heart.

Slowly, I collected the pencils, took back the books, made my bed, cleaned the socks and swept the floor, even on her side. I got so into my work that I even didn't notice Kate had sat up. She was watching, her tears dried and her expression one of disbelief. Then, she reached out her hands to grasp mine. I looked up into her eyes. She smiled at me, "Thanks."

Kate and I stayed roommates for the rest of the year. We didn't always agree, but we learned the key to living together: giving in, cleaning up and holding on.

30. The author tidied up the room most probably because _____.

A. she was scared by Kate's anger

B. she hated herself for being so messy

C. she wanted to show her care

D. she was asked by Kate to do so

31. How is Paragraph 1 mainly developed?

A. By analyzing causes.

B. By showing differences.

C. By describing a process.

D. By following time order.

32. What is the story mainly about?

A. The benefit of being organized.

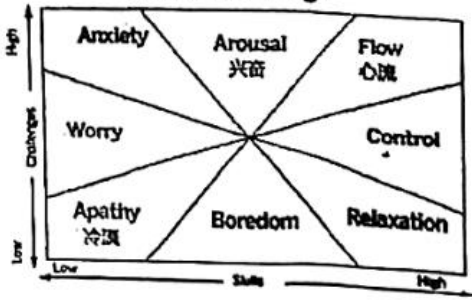
B. The daily routine in a dormitory.

C. The effort into developing friendships.

D. The sharing of learning to be roommates.

C

Different challenge and skill levels for different feelings



During the COVID-19 pandemic (新冠肺炎疫情), many people feel lonely and bored. “There is a loneliness epidemic (流行病),” said John Dattilo from Pennsylvania State University, US.

So he, together with an international team of researchers, studied how to reduce loneliness and increase positive feelings during the pandemic.

According to their new study, reduced loneliness has something to do with doing enjoyable activities that require both attention and skill.

“When people pay all their attention to what they are doing, they enter a state called ‘flow,’” Dattilo explained. “Flow can be achieved by doing activities that we value and that require us to focus fully to use our skills.”

To achieve a state of flow, there must be a balance between the challenge of the task and your skill level. For example, if you’re trying to create a new computer program but your skill level is low, then you’re possible to feel stressed instead of achieving “flow”. But if the task is too easy, then you will feel bored and “flow” will not appear, either.

If you have artistic skills, for example, playing the piano or painting can lead to flow. So can things like skiing, writing and storytelling, depending on who you are.

“When we enter a state of flow, we become attentive and focused, and we experience short enjoyment,” Dattilo said. “When we leave a state of flow, we are often surprised by how much time has passed.”

However, watching television usually doesn’t help people enter flow, according to Dattilo, because there aren’t any challenges.

“People become and continue to be strong on healthy activities and challenge,” said Dattilo. “We hope this research will help people live fuller, happier, healthier lives.”

33. In his study, Dattilo wanted to find out _____.

- A. why people like new challenges
- B. how to reduce loneliness
- C. why people feel lonely
- D. how to be strong

34. How do people feel when they enter the “flow” state?

- A. They are lonely and bored.
- B. They feel stressed and tired.
- C. They are focused and happy.
- D. They feel time passes too quickly.

35. Which activity is possible to help people achieve flow?

- A. Drawing.
- B. Watching TV.
- C. Chatting.
- D. Eating nuts.

36. What is the main purpose of the passage?

- A. To share a healthy lifestyle.
- B. To introduce the state of flow.
- C. To show ways to stay more positive.
- D. To draw people’s attention to loneliness.

D

Would you turn down the chance to become a smart cookie? We've been longing for quick fixes that could increase our intelligence (智力). Today, people's hopes lie in brain training apps as a speedy "digital pill". The more you play, the smarter you will get—or so some apps tell us. But is this digital-shortcut all that it seems to be?

The use of games for serious purposes has become widespread with the development of the Internet and smartphones. Brain training apps are typical, frequently featured by Apple and Google's app stores. Many of such apps say that they are backed by "science". Even if there were agreement around what makes general intelligence, the idea that increasing it would be as simple as practising a few mini-games every day goes against our current discovery about thinking and learning.

Several major studies, surveying users across a wide variety of apps, have found that they have little effect on users' performance. A 2021 study by researchers discovered brain training has no significant effect on cognitive (认知的) functioning in the "real world". The positive effects reported are limited to the very specific mini-games and tasks, such as memorizing lists of words or numbers, or performing mental calculation (心算). So, if your job or your calling in life needs summing quickly or remembering all your friends' phone numbers, these apps will do. But if you are expecting them to improve your ability to write a novel or form a complex (复杂的) spreadsheet, you have to look elsewhere. Yet, despite the fact that they hardly work, brain training apps play a leading role, partly because they are regarded to be scientific and partly because users think they are fun.

As a co-creator of one of the most popular forms of gamification (游戏化) noted, what is especially disappointing about these apps is that they just aren't that fun—at least, not compared with the various thoughtful board games and video games coming out every day. Puzzle video games, such as *Baba Is You* and detective games like *Return of the Obra Dinn*, see players apply their skill at reasoning, memory and concentration in a far more challenging and engaging (吸引人的) way.

If you aren't into games, simply go for a walk or learn how to dance. They are likely to be more effective than a brain training app in sharpening your mind. These activities might not lead to an increased IQ, but they are sure to engage your brain deeply while having fun—something I can by no means say of brain training apps.

37. Which of the following would the author probably agree with?

- A. Brain training apps help to cure diseases.
- B. Creativity can be improved with brain training apps.
- C. Gamification has little to do with increasing intelligence.
- D. Increasing IQ is as simple as practising a few mini-games every day.

38. The underlined word "be backed" in Paragraph 2 refers to _____.

- A. be moved
- B. be opposed
- C. be misunderstood
- D. be supported

39. According to the passage, brain training apps are still popular because _____.

- A. they turn mental exercises into quick games
- B. they are considered both scientific and interesting
- C. they are more effective in shaping our minds than other games
- D. they have significant effects on the cognitive functioning in the "real world"

40. Which would be the best title for the passage?

- A. A Smart Cookie or Not?
- B. There's No App for That

第二节(共 5 小题;每小题 2 分, 共 10 分)

Learn to Be Accountable

How does it feel when you admit that you have done something wrong? Taking responsibility for your actions not only feels good, it teaches you to trust yourself and strengthens friendships.

What does being accountable mean?

It can be easy to blame (责怪) others or make excuses for mistakes, but being accountable means accepting that you are responsible for what you say and do. 41 You could say the bus was late, but being accountable means apologising and accepting that it was your responsibility to get there on time. However, being accountable doesn't mean taking the blame for things you can't change. You're only accountable for things that you can control.

42

According to research, understanding you have control over your own actions makes you feel more positive and hopeful about the future. 43 For example, I remember a time I got the sofa dirty. I was going to lie about it because when my mum saw she got cross. But after I told her the truth, I wasn't in as much trouble as I thought. Being accountable is also an opportunity to fix your mistakes and learn from them, and this helps you to trust yourself more too.

How can you be accountable?

44 One way of doing this is by drawing a circle of control to help you work this out. As well as being responsible for what you can change, try accepting the things you can't. We can't always control what happens to us.

45 We can still choose our attitude. Finally, being accountable means taking responsibility when things go right, too, so remember to celebrate and feel good about yourself when this happens.

- A. What makes you accountable?
- B. How is being accountable good for you?
- C. But we do have a say in how we respond to it.
- D. Start by understanding what is in and out of your control.
- E. Taking responsibility can also make others trust you more.
- F. Imagine arranging to meet a friend and then turning up late.
- G. This can increase your happiness and help you achieve more.

第三部分 语言运用(共二节, 30 分)

第一节 词汇运用(共 10 小题;每小题 1 分, 共 10 分)

A

阅读下面的短文, 根据其大意, 从方框中选择适当的词填空。其中有三项为多余选项。

recovers updated challenging expectations quality differs

Freshman year of high school is a big transition (过渡) for any student. One of the ways in which high school 46 from junior school the most is the higher 47. You'll find that you're expected to keep closer track of your own responsibilities with fewer people checking up on you. At the same time, your classes are likely to become more 48, and you might be learning the ropes of new extracurriculars, too.

B

根据所给汉语及首字母提示，用单词的正确形式完成下面短文。

In the UK and the US, senior high school students take part in v 49 (各种各样的) after-school activities, such as club activities and v 50 (志愿者) work. These activities not only help them gain more skills, but also teach them to care about others. After-school activities also play a part when students apply to college. However, they can take up a lot of time, so students have to learn to organise their busy s 51 (日程安排). To help them do this, some senior high schools offer courses in time management.

C

根据所给汉语及首字母提示，用单词的正确形式完成下面短文。

Online study rooms are common among students when it comes to preparing for exams or r 52 (复习) course materials. 24/7 study rooms are available for students, no matter what country he or she lives in. It's c 53 (方便的) for you to join the community with like-minded students all around the world who are serious with study.

D

阅读下面的短文，根据其大意，从方框中选择适当的短语填空。

drag sb away get ahead from time to time all in all

The online study room is a perfect place to keep you focused and productive, helping you 54 in study. By sharing your progress, you could also meet new friends 55.

第二节 书面表达(20分)

56. 假设你是红星中学高一学生李华。你的英国笔友 Jim 在邮件中提到，他们校刊正在对“如何成为优秀高中生”的话题进行讨论，他发来邮件向你寻求建议。请你用英文给他回复，提出 2-3 条建议，以及相关理由。

注意：1. 词数 100 左右；2. 开头和结尾已给出，不计入总词数。

Dear Jim,

I'm glad to hear from you.

Yours,
Li Hua

参考答案

第一部分 知识运用(共三节, 30分)

第一节 语音辨析(共5小题;每题1分, 共5分)

【答案】1. C 2. B 3. B 4. A 5. D

【详解】1. 考查语音辨析。A. drag 拖, 拉, 划线处发音为/æ/; B. addict 对……上瘾, 划线处发音为/æ/; C. native 本地人, 划线处发音为/eɪ/; D. actually 实际上, 划线处发音为/æ/。可知 C 选项发音为/eɪ/, 和其他选项不同。故选 C。

2. 考查语音辨析。A. chapter 章节, 划线处发音为/tʃ/; B. chemistry 化学, 划线处发音为/k/; C. chat 聊天, 划线处发音为/tʃ/; D. achieve 实现, 划线处发音为/tʃ/。可知 B 选项发音为/k/, 和其他选项不同。故选 B。

3. 考查语音辨析。A. digital 数码的, 划线处发音为/dʒ/; B. target 目标, 划线处发音为/g/; C. engine 引擎, 划线处发音为/dʒ/; D. range 范围, 划线处发音为/dʒ/。可知 B 选项发音为/g/, 和其他选项不同。故选 B。

4. 考查语音辨析。A. senior 高级的, 划线处发音为/i:/; B. secondary 次要的, 划线处发音为/e/; C. pressure 压力, 划线处发音为/e/; D. definitely 肯定地, 划线处发音为/e/。可知 A 选项发音为/i:/, 和其他选项不同。故选 A。

5. 考查语音辨析。A. dynamic 充满活力的, 划线处发音为/aɪ/; B. satisfy 使满意, 划线处发音为/aɪ/; C. fly 飞, 划线处发音为/aɪ/; D. ealthy 健康的, 划线处发音为/i/。可知 D 选项发音为/i/, 和其他选项不同。故选 D。

第二节 完形填空(共10小题;每题1.5分, 共15分)

【答案】6. B 7. D 8. C 9. B 10. A 11. C 12. D 13. B 14. D 15. A

【导语】本文是一篇记叙文。文章主要叙述了斯蒂芬·克莱门斯受到家境的影响无法继续读书学习, 但是老师多萝西·克拉克列的书目让她燃起了继续读书学习的热情。

【6题详解】

考查动词词义辨析。句意: 但她贫穷的家庭负担不起。A. avoid 避免; B. afford 付得起; C. change 改变; D. refuse 拒绝。根据空前“her poor family”及下文“Steph had to find a job and tried to figure out what to do with a life that was greatly different from her plan.”可知, 斯蒂芬付不起学费, 所以辍学了。故选 B。

【7题详解】

考查动词词义辨析。句意: 她注意到在一个盒子里有两页纸, 标题是她高中英语老师多萝西·克拉克写的“克拉克夫人的书单”。A. collected 收集; B. packed 包装; C. selected 选择; D. noticed 注意到。根据上文“The answer came one afternoon when she was cleaning her bookshelf.”可知, 斯蒂芬清理书架时注意到在一个盒子里有两页纸。故选 D。

【8题详解】

考查形容词词义辨析。句意: 她说得对。A. wrong 错误的; B. upset 沮丧的; C. right 正确的; D. angry 生气的。根据上文“She knew most of us would not go to college, but we could continue to learn.”可知, 斯蒂芬认为老师的观点是正确的。故选 C。

【9题详解】

考查形容词词义辨析。句意：斯蒂芬满怀希望，决心提升自己。A. surprised 惊讶的；B. hopeful 怀有希望的；C. calm 镇静的；D. nervous 紧张的。根据“and determined to improve herself.”可知，斯蒂芬满怀希望提升自己。故选 B。

【10题详解】

考查名词词义辨析。句意：她周围的人并没有发现她的旅程有什么价值，因为有些书很难读。A. value 价值；B. time 时间；C. support 支持；D. trouble 麻烦。根据下文“as some of the books were hard going.”可知，因为有些书很难读，所以斯蒂芬周围的人并没有发现她的旅程有什么价值。故选 A。

【11题详解】

考查副词词义辨析。句意：但她的感觉不一样。A. exactly 确切地；B. badly 严重地；C. differently 不同地；D. similarly 相似地。根据“Each of those books inspired her to learn more about the world.”可知，斯蒂芬通过看书使她更多地了解这个世界，所以感觉不一样。故选 C。

【12题详解】

考查动词词义辨析。句意：她预计在 2023 年的某个时候完成这些任务。A. copy 复制；B. forget 忘记；C. check 检查；D. finish 完成。根据上文“But she has only four books left to read from the list.”可知，斯蒂芬预计在 2023 年的某个时候完成全部的读书任务。故选 D。

【13题详解】

考查动词词义辨析。句意：我不会匆匆读完一本书，因为我想充分享受它。A. describe 描绘；B. enjoy 享受；C. share 分享；D. protect 保护。根据上文“I don't race through a book,”可知，斯蒂芬想充分享受每一本书。故选 B。

【14题详解】

考查名词词义辨析。句意：我不是专家，但我正在努力提升自己。A. safety 安全；B. convenience 方便；C. protection 保护；D. improvement 改善。根据上文“Steph was 4 and determined to improve herself.”可知，斯蒂芬在努力提升自己。故选 D。

【15题详解】

考查名词词义辨析。句意：在斯蒂芬看来，克拉克夫人觉得自己有责任为年轻学生在这个变化的世界中提供一份路线图。A. duty 责任；B. pressure 压力；C. situation 状况；D. requirement 要求。根据空后“offer young students a road map in a changing world.”可知，克拉克夫人觉得自己有责任为年轻学生提供一份路线图。故选 A。

第三节 语法填空(共 10 小题;每小题 1 分, 共 10 分)

【答案】16. for

17. to do 18. actively

【导语】这是一篇说明文。作者介绍了自己的高中生活本学期的学习目标。

【16题详解】

考查介词。句意：我倾向于在每学期开始时为每门课设定一个目标。根据句意可知，此处应用介词 for，表

示“为了”。故填 for。

【17题详解】

考查非谓语动词。句意：这学期我的目标是每门课都考好。根据前文 My aim is 可知，此处应用动词不定式作表语，表示将来的动作。故填 to do。

【18题详解】

考查副词。句意：我在所有的课堂上都很专注，思维活跃，这样我就可以在放学后有更多的空闲时间做我感兴趣的其他事情。修饰动词 think 用副词。故填 actively。

【答案】 19. heard

20. what 21. surprised

22. earlier

【导语】这是一篇记叙文。文章叙述了作者第一天上高中时的心情和所见，描述了一位新生第一天上学对陌生环境的向往、激动、恐慌等心理。

【19题详解】

考查时态。句意：我正在看布告栏上的照片，这时我听到身后有一个声音。本题考查固定句型“was/were doing when...”，该句型意为“正在做某事时，发生了……”，时间状语从句中用一般过去时。故填 heard。

【20题详解】

考查宾语从句。句意：我想知道这里的生活会是什么样子。分析句子结构可知，空处为宾语从句的引导词。宾语从句中缺 like 的宾语，表示“生活将会是什么样的”，所以用 what 引导宾语从句。故填 what。

【21题详解】

考查形容词。句意：当我的英语老师走进教室时，我惊讶地看到了我早些时候遇到的那个人。空处需要形容词作表语。主语为 I，所以空处用形容词 surprised “感到惊讶的”。故填 surprised。

【22题详解】

考查副词的比较级。句意：当我的英语老师走进教室时，我惊讶地看到了我早些时候遇到的那个人。此处表示“早些时候见过了”，与现在对比，故用副词的比较级。故填 earlier。

【答案】 23. are known

24. to keep

25. moments

【导语】这是一篇说明文。文章主要介绍了背包客，背包客以身无分文而闻名，但很少有人像奥斯曼·佐拉蒂一样身无分文。介绍了奥斯曼·佐拉蒂的背包客经历。

【23题详解】

考查固定短语。句意：背包客以身无分文而闻名，但很少有人像奥斯曼·佐拉蒂一样身无分文。表示“以……而闻名”短语为 be known for，此处陈述事实用一般现在时，主语为 Backpackers，谓语用复数。故填 are known。

【24题详解】

考查非谓语动词。句意：他经常不得不打零工，依靠陌生人的善意来维持旅行。表示“有能力做某事”

短语为 afford to do sth.。故填 to keep。

【25 题详解】

考查名词的数。句意：这是我一生中最美好的时刻之一。moment 为可数名词，此处为 one of+最高级+可数名词复数。故填 moments。

第二部分 阅读理解(共二节，40 分)

第一节(共 15 小题;每小题 2 分，共 30 分)

【答案】 26. A 27. C 28. D 29. B

【导语】 这是一篇应用文。主要介绍了一些成千上万的读者推荐的非常受欢迎的书籍。

【26 题详解】

细节理解题。根据文中 Dao De Jing, by Lao Zi 中的最后一句话 “Read it and get in touch with the clear educative understandings that give you enough tips to pursue your life goal full of passion.(读一读，你就会明白其中清晰的教育理念，它会给你足够的建议，让你充满激情地追求自己的人生目标)” 可知，《道德经》能帮助你激情地追逐梦想。故选 A。

【27 题详解】

细节理解题。根据 The Road Less Travelled 中的最后两句话 “This book never gives you easy solutions to the challenges of life; it simply is part of life and leaves you with better understanding to lead a fulfilled life.(这本书不会给你简单的解决生活中的挑战的方法。它只是生活的一部分，让你更好地理解，过上充实的生活)” 可知，Scott Peck 认为生活中的挑战是生活中的一部分，它能让你更好地理解，过上充实的生活。故选 C。

【28 题详解】

细节理解题。根据 Wonder 的最后一句话 “Millions of people have fallen in love with Auggie Pullman, an ordinary boy with an extraordinary face—who shows us that kindness brings us together no matter how far apart we are.(数百万人爱上了奥吉·普尔曼，一个有着非凡面孔的普通男孩，他向我们表明，无论我们相距多远，善良都会让我们走到一起)” 可知，Auggie 的故事告诉读者们善良能够让人们相聚到一起，让读者们体会到了善良的力量。故选 D。

【29 题详解】

推理判断题。根据文章第一段 “The following list includes some books that come highly recommended by millions of readers and also a short summary of the highlights of each work.(下面的清单包括了数百万读者强烈推荐的几本书，以及每本书的亮点的简短总结)” 可推知，这些书有那么多的读者推荐，所以很受欢迎。故选 B。

【答案】 30. C 31. B 32. D

【导语】 这是一篇记叙文。文章主要讲述了作者通过和室友的相处，学会了共同生活的关键。

【30 题详解】

推理判断题。根据第三段中 “Obviously, that was something she should not go through alone. All of a sudden, a warm feeling of sympathy rose up in my heart. (显然，这种事她不应该独自承受。突然，一种温暖的同情之情在我心中升起。)” 等内容可知，作者后来整理房间是因为她想表达她对室友的关心。故选 C 项。

【31 题详解】

推理判断题。根据第一段中 “I was never very neat, while my roommate Kate was extremely organized. Each of her objects had its place, but mine always hid somewhere. She even labeled (贴标签) everything. I always looked for everything. (我从来都不太整洁, 而我的室友凯特却非常有条理。她的每件东西都有自己的位置, 但我的东西总是藏在某个地方。她甚至把每样东西都贴上标签。我总是寻找所有东西。)” 可知, 第一段主要是通过展示两个人差异发展的。故选 B 项。

【32 题详解】

主旨大意题。通读全文, 根据最后一段 “Kate and I stayed roommates for the rest of the year. We didn't always agree, but we learned the key to living together: giving in, cleaning up and holding on. (那一年剩下的时间里, 凯特和我一直是室友。我们并不总是意见一致, 但我们学会了共同生活的关键: 让步、清理和坚持。)” 可知, 本文主要讲述了作者通过和室友的相处, 学会了共同生活的关键, 即 “学会做室友”。故选 D 项。

【答案】33. B 34. C 35. A 36. B

【导语】本文是一篇说明文。主要介绍了 Dattilo 与一个国际研究团队一起进行了如何减少疫情期间人们的孤独情绪的研究, 他们认为, 做令人愉快的有挑战性的事情使人们进入心流状态能使人们减少孤独。

【33 题详解】

细节理解题。根据第二段 “So he, together with an international team of researchers, studied how to reduce loneliness and increase positive feelings during the pandemic. (因此, 他与一个国际研究团队一起, 研究了如何在疫情期间减少孤独, 增加积极情绪)” 可知, Dattilo 所进行的研究是如何减少孤独的研究。故选 B 项。

【34 题详解】

细节理解题。根据倒数第三段第一句 ““When we enter a state of flow, we become focused, and we experience momentary enjoyment,” Dattilo said. (达蒂洛说: “当我们进入心流状态时, 我们会变得专注, 并体验到短暂的快乐。”)” 可知, 进入心流的状态会让人变得专注并感到快乐。故选 C 项。

【35 题详解】

细节理解题。根据第六段内容 “If you have artistic skills, for example, playing the piano or painting can lead to flow. So can things like skiing, writing and storytelling, depending on who you are. (如果你有艺术技能, 例如, 弹钢琴或绘画可以导致心流。滑雪、写作和讲故事也可以, 这取决于你是谁)” 以及倒数第二段内容

“However, watching television usually doesn't help people enter flow, according to Dattilo, because there aren't any challenges. (然而, 根据达蒂洛的说法, 看电视通常不会帮助人们进入心流状态, 因为没有任何挑战)” 可知, 艺术类的弹钢琴, 绘画以及滑冰, 写作, 讲故事等可以达到心流状态, 而看电视没有挑战性, 不会帮助人达到心流状态。故选 A。

【36 题详解】

推理判断题。根据第四段 ““When people pay all their attention to what they are doing, they enter a state called ‘flow’,” Dattilo explained. “Flow can be achieved by doing activities that we value and that require us to focus fully to use our skills.” (Dattilo 解释说: “当人们把所有的注意力都放在他们正在做的事情上时, 他们就进入了一种叫做‘心流’的状态。心流可以通过做我们重视的活动来实现, 这些活动需要我们完全专注于使用我们的

技能。””结合文章主要介绍了 Dattilo 与一个国际研究团队一起进行了如何减少疫情期间人们的孤独情绪的研究，他们认为，做令人愉快的有挑战性的事情使人们进入心流状态能使人们减少孤独。可推知，这篇文章的主要目的是介绍心流状态。故选 B。

【答案】37. C 38. D 39. B 40. B

【导语】这是一篇议论文。文章提出观点称许多人认为借助一些游戏程序能够提高智力，但作者不这样认为，他通过呈现一些研究结果等信息佐证他的观点。

【37 题详解】

推理判断题。根据第二段最后一句“Even if there were agreement around what makes general intelligence, the idea that increasing it would be as simple as practising a few mini-games every day goes against our current discovery about thinking and learning. (即使人们对一般智力的形成达成了一致，但增加一般智力只需每天练习几个小游戏就可以了，这一想法与我们目前关于思考和学习的发现背道而驰)”可知，作者认为称每天练习小游戏能够提升智力与他们的发现是背道而驰的，由此可推测，作者不赞同通过游戏化能够增加智力这一说法。故选 C。

【38 题详解】

词句猜测题。根据划线词上文“Brain training apps are typical, frequently featured by Apple and Google’s app stores.(大脑训练应用是典型的，经常被苹果和谷歌的应用商店推荐)”以及后文“by “science””可知，苹果和谷歌的应用商店推荐大脑训练应用，是因为这些应用宣称自己有科学的支持，故划线词意思是“被支持”。故选 D。

【39 题详解】

细节理解题。根据第三段最后一句“Yet, despite the fact that they hardly work, brain training apps play a leading role, partly because they are regarded to be scientific and partly because users think they are fun. (然而，尽管大脑训练应用程序几乎不起作用，但它们发挥着主导作用，部分原因是因为它们被认为是科学的，另一部分原因在于用户认为它们很有趣)”可知，这些程序流行的原因是用户认为它们有趣且科学。故选 B。

【40 题详解】

主旨大意题。根据第一段“We’ve been longing for quick fixes that could increase our intelligence (智力). Today, people’s hopes lie in brain training apps as a speedy “digital pill”. (我们一直渴望快速解决问题，以提高我们的智力。今天，人们的希望寄托于作为一种快速的“数字药丸”的大脑训练应用程序们上)”可推测，本文探讨的核心在于这些“数字药丸”；根据用于引出下文的第一段最后一句“But is this digital-shortcut all that it seems to be? (但是，这条数字捷径看起来就是这样吗?)”可知，作者对这些“数字药丸”有没有效果表示存疑；而最后一段“If you aren’t into games, simply go for a walk or learn how to dance. They are likely to be more effective than a brain training app in sharpening your mind. (如果你不喜欢游戏，那就去散步或学习跳舞。它们可能比大脑训练应用程序更有效地磨砺你的头脑)”指出作者最终得出结论，没有 APP 类的“数字药丸”对提升智力有效。因此 B 项“没有提高智力的 App”是本文的最佳标题。故选 B。

第二节(共 5 小题;每小题 2 分, 共 10 分)

【答案】41. F 42. B 43. E 44. D 45. C

【导语】这是一篇说明文。作者通过自己的一些事例讨论做一个负责的人这个话题，其带来的好处以及怎样才能做一个负责的人。

【41 题详解】

上文 “It can be easy to blame (责怪) others or make excuses for mistakes, but being accountable means accepting that you are responsible for what you say and do. (责备他人或为错误找借口是很容易的，但承担责任意味着承认自己对自己的言行负责。)” 指出做一个承担责任，有责任的人意味着承认自己对自己的言行负责。下文 “You could say the bus was late, but being accountable means apologising and accepting that it was your responsibility to get there on time. (你可以说公共汽车晚点了，但要负起责任就意味着要道歉并接受准时到达是你的责任。)” 则举例说明，把迟到不归咎于汽车而是归咎于自己是一个有责任的人应该做的。选项 F “Imagine arranging to meet a friend and then turning up late. (想象一下，安排与朋友见面，然后迟到。)” 也和下文一样通过 “迟到” 这个例子解释说明负责人意味着什么，与前后文联系密切。故选 F 项。

【42 题详解】

下文 “According to research, understanding you have control over your own actions makes you feel more positive and hopeful about the future. (根据研究，了解到自己可以掌控自己的行为，会让你对未来感到更加积极和充满希望。)” 以及 “Being accountable is also an opportunity to fix your mistakes and learn from them, and this helps you to trust yourself more too. (负责任也是一个纠正错误并从中吸取教训的机会，这也有助于你更加信任自己。)” 指出掌控自己的行为，即对自己的行为负责有好处，能让自己更加积极，充满希望，也有助于你更加信任自己。这说明这一段正好回答了选项 B “How is being accountable good for you? (做一个负责的人对你有什么好处?)” 提出的问题，因此选项 B 提出的这一问题可以作为第二段的小标题。故选 B 项。

【43 题详解】

下文 “But after I told her the truth, I wasn't in as much trouble as I thought. (但在我告诉她真相后，我并没有像我想象的那样陷入麻烦。)” 举例说明因为自己主动承担责任反而没有被妈妈责罚，这是负责任带给作者的好处。选项 E “Taking responsibility can also make others trust you more. (承担责任也能让别人更加信任你。)” 指出负责带来的第二个好处，然后下文通过举例进一步解释这个好处，前后过渡自然。故选 E 项。

【44 题详解】

上文这一段的小标题 “How can you be accountable?(如何成为负责的人?)” 表明这一段旨在给读者提出建议，具体说明如何才能成为负责的人。下文 “One way of doing this is by drawing a circle of control to help you work this out. (方法之一是画一个控制圈来帮助你解决这个问题。)” 指出了如何成为负责的人一个方法。选项 D “Start by understanding what is in and out of your control. (首先要了解什么是你能控制的，什么是你无法控制的。)” 提出建议，告诉读者该怎么做才能成为负责的人，这既回答了小标题提出的问题，也作为介绍，引出了下文。故选 D 项。

【45 题详解】

上文 “We can't always control what happens to us. (我们不能总是控制发生在我们身上的事情。)” 指出有一些事情我们不能控制。下文 “We can still choose our attitude. (我们仍然可以选择自己的态度。)” 选项 C “But we do have a say in how we respond to it. (但我们确实对如何应对它有发言权。)” 则通过 but “但

是”提出转折，转而指出我们可以做的是什么事，这与上文转折，与下文递进，符合语境。故选C项。

第三部分 语言运用(共二节，30分)

第一节 词汇运用(共10小题;每小题1分，共10分)

【答案】46. differs

47. expectations

48. challenging

【导语】这是一篇说明文。文章主要讲述高一年级对于学生来说是个很大的过渡期，和初中时期有着很多的不同。

【46题详解】

考查动词。句意：高中与初中的最大区别之一是期望值更高。分析句子结构可知，空处为定语从句的谓语动词。根据“from junior school”可知，此处是指高中与初中最大的区别，differ from“和...不同”。句子描述一般事实，所以用一般现在时态，主语为第三人称单数。故填differs。

【47题详解】

考查名词。句意：高中与初中的最大区别之一是期望值更高。根据空前的higher可知，空处需要名词。根据下文“You'll find that you're expected”可知，在高中会受到更高的期望。表示“期望”时，该名词常用复数形式。故填expectations。

【48题详解】

考查形容词。句意：与此同时，你的课程可能会变得更具挑战性，你可能也在学习新的课外活动。空处需要形容词作表语。此处指高中的课程比初中更具有挑战性。challenging意为“有挑战性的”，符合语境。故填challenging。

【答案】49. various

50. volunteer

51. schedules

【导语】这是一篇说明文。在英国和美国，高中生参加各种课外活动，如社团活动和志愿者工作。这些活动不仅帮助他们获得更多的技能，还教会他们关心他人。课外活动也在学生申请大学时发挥作用。然而，他们会占用很多时间，所以学生们必须学会安排他们繁忙的日程。为了帮助他们做到这一点，一些高中开设了时间管理课程。

【49题详解】

考查形容词。句意：在英国和美国，高中生参加各种课外活动，如社团活动和志愿者工作。根据单词首字母以及汉语提示“各种各样的”可知应填形容词various，作定语修饰名词activities。故填various。

【50题详解】

考查名词。句意：在英国和美国，高中生参加各种课外活动，如社团活动和志愿者工作。根据单词首字母以及汉语提示“志愿者”可知应填名词volunteer，作定语。故填volunteer。

【51题详解】

考查名词。句意：然而，他们会占用很多时间，所以学生们必须学会安排他们繁忙的日程。根据单词首字

母以及汉语提示“日程安排”可知应填名词 schedule，根据上文 their 可知数量大于一应用复数形式。故填 schedules。

【答案】52. reviewing

53. convenient

【导语】这是一篇说明文。在备考或复习课程材料方面，在线学习室在学生中很常见。无论学生生活在哪个国家，都可以使用全天候自习室。你可以方便地加入世界各地认真学习的志同道合的学生的社区。

【52题详解】

考查动词。句意：在备考或复习课程材料方面，在线学习室在学生中很常见。根据单词首字母以及提示“复习”可知应填动词 review，且上文为句型 when it comes to doing sth.。故填 reviewing。

【53题详解】

考查形容词。句意：你可以方便地加入世界各地认真学习的志同道合的学生的社区。根据单词首字母以及提示“方便的”可知应填形容词 convenient，作表语。故填 convenient。

【答案】54. get ahead

55. from time to time

【导语】这是一篇说明文。主要说明了在线自习室是一个完美的地方，让你保持专注和高效，帮助你在学习上取得进步。通过分享你的进步，你也可以不时地结识新朋友。

【54题详解】

考查动词短语。句意：在线自习室是一个完美的地方，让你保持专注和高效，帮助你在学习上取得进步。根据上文“The online study room is a perfect place to keep you focused and productive”以及句意“取得进步”可知应用短语 get ahead，且上文为短语 help sb. do sth.。故填 get ahead。

【55题详解】

考查固定短语。句意：通过分享你的进步，你也可以不时地结识新朋友。根据上文“you could also meet new friends”以及句意“不时”可知应填动词 from time to time，故填 from time to time。

第二节 书面表达(20分)

56. 【答案】Dear Jim,

I'm glad to hear from you. In your last email, you mentioned that your school is currently discussing the topic of "How to become an outstanding high school student". You have asked me for some advice, so I'm writing to share my thoughts.

Firstly, I think it's important to maintain a positive attitude. Keep a positive mindset, and you'll be able to navigate through the tough times with ease. Secondly, I would recommend taking advantage of all the resources available at school. Lastly, make time for extracurricular activities.

I hope my advice is helpful to you, and I wish you the best in your studies and future endeavors.

Yours,

Li Hua

【导语】本篇书面表达属于应用文。假设你是红星中学高一学生李华。你的英国笔友 Jim 在邮件中提到，他们校刊正在对“如何成为优秀高中生”的话题进行讨论，他发来邮件向你寻求建议。请你用英文给他回

复，提出 2-3 条建议，以及相关理由。

【详解】1.词汇积累

建议：advice→suggestion

利用：take advantage of→make use of

有用的：helpful→useful

重要的：important→vital

2.句式拓展

同义句转换

原句：You have asked me for some advice, so I'm writing to share my thoughts.

拓展句：Since you have asked me for some advice, I'm writing to share my thoughts.

【点睛】[高分句型 1] In your last email, you mentioned that your school is currently discussing the topic of "How to become an outstanding high school student". (运用了 that 引导宾语从句)

[高分句型 2] Keep a positive mindset, and you'll be able to navigate through the tough times with ease. (运用了“祈使句+and+简单句”)

关于我们

北京高考在线创办于 2014 年，隶属于北京太星网络科技有限公司，是北京地区极具影响力的中学升学服务平台。主营业务涵盖：北京新高考、高中生涯规划、志愿填报、强基计划、综合评价招生和学科竞赛等。

北京高考在线旗下拥有网站门户、微信公众平台等全媒体矩阵生态平台。平台活跃用户 50W+，网站年度流量数千万量级。用户群体立足于北京，辐射全国 31 省市。

北京高考在线平台一直秉承“精益求精、专业严谨”的建设理念，不断探索“K12 教育+互联网+大数据”的运营模式，尝试基于大数据理论为广大中学和家长提供新鲜的高考资讯、专业的高考政策解读、科学的升学规划等，为广大高校、中学和教科研单位提供“衔接和桥梁纽带”作用。

平台自创办以来，为众多重点大学发现和推荐优秀生源，和北京近百所中学达成合作关系，累计举办线上线下升学公益讲座数千场，帮助数十万考生顺利通过考入理想大学，在家长、考生、中学和社会各界具有广泛的口碑影响力

未来，北京高考在线平台将立足于北京新高考改革，基于对北京高考政策研究及北京高校资源优势，更好的服务全国高中家长和学生。

推荐大家关注北京高考在线网站官方微信公众号：**京考一点通**，我们会持续为大家整理分享最新的高中升学资讯、政策解读、热门试题答案、招生通知等内容！

