

2020 北京海淀初三（上）期中

英 语

2020. 11

准考证号 _____ 学校 _____ 姓名 _____

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|---|--|
| 注 | 1. 本调研卷共 10 页, 满分 100 分, 考试时间 120 分钟。 |
| 意 | 2. 在调研卷和答题纸上准确填写学校名称、姓名和准考证号。 |
| 事 | 3. 调研卷答案——律填涂或书写在答题纸上, 在调研卷上作答无效。 |
| 项 | 4. 在答题纸上, 选择题用 2B 铅笔作答, 其他题用黑色字迹签字笔作答。 |

听说部分（共 34 分）

一、听后选择（共 12 分, 每小题 1.5 分）

听下面 4 段对话或独白。每段对话或独白后有两个小题, 从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话或独白你将听两遍。

请听——段对话, 完成第 1 至第 2 小题。

1. What does the boy want to do?

- A. To take the subway. B. To buy some books. C. To find a shared bike.

2. Where is the nearest subway station?

- A. At the first crossing. B. At the second crossing. C. At the third crossing.

请听一段对话, 完成第 3 至第 4 小题。

3. What festival are the speakers talking about?

- A. The Spring Festival. B. The Dragon Boat Festival. C. The Mid-Autumn Festival.

4. What is the best part of the festival for the boy?

- A. Watching the race. B. Eating zongzi. C. Eating mooncakes.

请听一段对话, 完成第 5 至第 6 小题。

5. Why does Chris look worried?

- A. Because he can't write the numbers well.

- B. Because he finds it not easy to write Chinese characters.
C. Because he doesn't have enough time to practice Chinese.

6. What does the woman advise the man to do?

- A. To practice more. B. To write more numbers. C. To start with difficult character.

请听一段独白，回答第 7 至第 8 小题。

7. What do we know about kites from the passage?

- A. It's hard to make a kite.
B. Kites are made of bamboo.
C. The first kite was made in China.

8. What is the passage mainly about?

- A. The history of kites and how to make kites.
B. Different kinds of kites and how to fly kites.
C. The inventor of kites and what kites are made of.

二、听后回答（共 10 分，每小题 2 分）

听对话，根据对话内容笔头回答问题。每段对话你将听两遍。

请听一段对话，完成第 9 小题。

9. What's the weather like today?

请听一段对话，完成第 10 小题。

10. Who did the boy go travelling with?

请听一段对话，完成第 11 小题。

11. When are the speakers going to the cinema?

请听一段对话，完成第 12 小题。

12. How far is the bank?

请听一段对话，完成第 13 小题。

13. Where does Grace come from?

三、听后记录并转述（写）（共 12 分）

第一节：记录关键信息（共6分，每小题1分）

请听一段独白，根据所听到的内容和提示信息，将所缺的关键信息填写在答题卡的相应位置上。这段独白你将听两遍。

How To Protect Eyes From Computer Screen	
Do routine eye examination	◆ do an eye examination <u>14</u> a year
Sit far enough	◆ at least an <u>15</u> 's length away from the screen
<u>16</u> the screen lighting	◆ <u>17</u> the brightness settings in a bright room ◆ lower the settings if not
Take <u>18</u> regularly	◆ rest for <u>19</u> minutes every two hours

第二节：转述（写）（共6分）

请再听一遍独白，转述（写）你所听到的主要内容。

20. I've got some advice from Chris on how to protect eyes from computer screen. As we know, we are reading, writing and doing all kinds of work on computers.

知识运用（共20分）

四、单项填空（共6分，每小题1分）

从下列各题所给的A、B、C、D四个选项中，选择可以填入空白处的最佳选项。

21. ————— you please tell us the way to the nearest park?

—No problem. Follow me, please.

A. Could B. Should C. Must D. Need

22. ————— is the train ride from Beijing to Tianjin?

—For half an hour.

A. How many B. How much C. How long D. How often

23. My sister _____ a model plane with my father in the yard now.

A. is making B. will make C. makes D. made

24. He used to be quite shy, but he _____ a lot since he joined the acting club.

A. was changing B. has changed C. changed D. will change

25. My father's birthday party _____ last weekend.

A. holds B. will hold C. is held D. was held

26. ——Do you know?

——Next Sunday morning.

A. when will he visit us

B. when did he visit us

C. when he will visit us

D. when he visited us

五、语法填空 (共 6 分, 每小题 1 分)

阅读下面的短文, 根据短文内容填空。在未给提示词的空白处仅填写一个适当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

Full Moon, Full Feelings

Chinese people have been celebrating Mid-Autumn Festival and enjoying mooncakes for centuries. Mooncakes are in the shape of a full moon 27 the Mid-Autumn night. They carry people's wishes to the families they love and miss.

There 28 (be) many traditional folk stories about this festival. However, most people think that the story of Chang'e is the most touching. Chang'e was Hou Yi's 29 (beauty) wife. After Hou Yi shot down the nine suns, a goddess gave him magic medicine to thank him. Whoever took this could live forever, and Hou Yi planned to take it with Chang'e. However, a bad man, Pang Meng, tried to steal the medicine 30 Hou Yi was not home. Chang'e refused to give it to him and took it all. She became very light and flew up to the moon. Hou Yi was so sad that he 31 (call) out her name to the moon every night. One night, he found that the moon was so bright and round that he could see his wife there. He quickly laid out 32 (she) favorite fruits and desserts in the garden. How he wished that Chang'e could come back!

After this, people started the tradition of admiring the moon and sharing mooncakes with their families.

六、完形填空 (共 8 分, 每小题 1 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。



A shiny coin sat in the grass. Cam saw it. Mac saw it. Cam picked it up. "A California quarter," he said, "Now I have quarters from all fifty states." Mac 33 the coin from Cam. "Twenty-five cents," he said, "Now I have enough to buy ice cream today." Cam grabbed (抓) the coin from Mac. "Ice cream?" he shouted, "I've collected every 34 from Alabama to Utah. I just need California!" Mac snatched (夺) the coin from Cam. "California?" he screamed, "Twenty-five cents buys a strawberry ice cream. I've never tasted strawberry." "Wait," said Cam. "We are fifty-fifty 35" Mac agreed. "Remember the cupcake last week? We cut it in half." "Fifty-fifty!" they both cheered. "Problem solved," said Mac. "We divide the quarter in half."

"We can't cut a quarter in half," said Cam. "You're right," said Mac. "Besides," said Cam, "I need this quarter for my collection. ""I just need twenty-five cents," said Mac. "How about finding twenty-five more cents for you?" 36 Cam. "And I keep the quarter. ""Fifty-fifty!" they cheered again. The boys 37 the park all afternoon, but they found no coins. Cam and Mac sat down next to the wishing fountain. Ring-a-ting. The ice-cream truck turned into the park.

"You keep it," said Cam. He tossed (抛) the coin to Mac. "For your ice cream. ""No, it's yours," Mac tossed it back to Cam. "For your collection. "At last, they both cried out, "Let's toss for it. ""Heads!" "Tails!"

Mac tossed the coin 38 in the air. The boys watched the quarter falling—PLOP—down into the wishing fountain.

"Ice cream forever," screamed Mac. "So many coins," yelled Cam. "Wait a minute," said Mac. "Read the 39. Wishing Fountain. Each coin is a wish somebody made. We can't take away their wishes. ""But you know what we can do?" said Cam. "Make a wish!" said Mac. They wished to 40 best friends forever. "Fifty-fifty!" they both cheered.

33. A. took B. kept C. returned D. borrowed

34. A. country B. state C. town D. village

35. A. boys B. friends C. students D. workers

36. A. explained B. wondered C. volunteered D. suggested

37. A. dropped B. visited C. watched D. searched

38. A. high B. late C. fairly D. properly

39. A. paper B. news C. sign D. story

40. A. tell B. ask C. stay D. visit


阅读理解 (共 36 分)




七、阅读下列短文, 根据短文内容, 从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。(共 26 分, 每小题 2 分)

A

The World's Fastest Trains

Discover the high speed automobiles on tracks, the fastest forms of public transport in the world.

	<p>Shanghai Maglev (磁悬浮列车) Shanghai(China) Having been put into use since 2004, this train transports passengers to and from Pudong International Airport every 15 to 20 minutes. The journey covers a distance of 19 miles in an impressive eight minutes or less.</p>
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 <p>224 mph</p>	<p>Shinkansen H5 & E5 224mph Tohoku to Hokkaido (Japan)</p> <p>Japan's super fast trains are some of the most regular. The bullet trains (子弹头列车), speedier types of the country's first high-speed system, were first put into use in 1964, and they still go between Japan's cities in record time nowadays.</p>
 <p>220 mph</p>	<p>Italo and Frecciarissa Milan to Florence/Rome(Italy)</p> <p>If the impressive top speed isn't enough, this train is built using almost entirely renewable units. Journeys from Milan to either Florence or Rome are finished in less than three hours.</p>
 <p>217 mph</p>	<p>Jingzhang Intercity Beijing and Zhangjiakou(China)</p> <p>China can be proud of having the world's fastest driverless train, with one of the top speeds among trains around the world. This train was built to improve transport as China hosts the 2022 Winter Olympic Games.</p>

41. When was Shanghai Maglev put into use?

- A. In 1964. B. In 1980. C. In 2004. D. In 2018.

42. What is the speed of Shinkansen H5 & E5?

- A. 267 mph. B. 224 mph. C. 220 mph. D. 217 mph.

43. What train is built using almost entirely renewable units?

- A. Shanghai Maglev. B. Shinkansen H5 & E5.
C. Jingzhang Intercity. D. Italo and Frecciarissa.

44. During the 2022 Winter Olympic Games in Beijing, we can experience

- A. the super-fast maglev B. the regular bullet train
C. the shuttle with renewable units D. the fastest driverless train

B

No Time



Fifteen-year-old Chris waved her hand in dance pose with joy to show off her new painting to her mom. Her mom spoke quickly, "Sh. honey, I am busy with an important talk. I will see it later. "

She frowned (皱眉) and turned to her dad. "Dad, see what I have done," Chris said aloud in a thrilling voice. Her dad turned around while putting on his coat, and showed his thumbs up! Immediately, blowing her two cheeks, Chris complained, "Dad, you haven't seen it yet. "

He smiled at her saying, "No time, baby. Will see it later. "

Her brother was only two years elder than her. He was always busy in his own dream land! She didn't feel like wasting her time trying to show him the painting.

Chris stood there for a few seconds, and then stormed off to her own bedroom. She threw the paper on the table, banged the door and dropped herself on her bed. Looking up to the ceiling, she wove her anger net. "Why is everybody so busy?" As if every single person on this earth is busy in their own work and no one has time to share a single moment with her! Her own family members were also no exception.

When her mom called her for dinner, she came late on purpose. She kept silent, and didn't look at anyone. Her mom was surprised to see the unusual behavior. Softly she asked, "Honey, are you OK? Did I do something wrong?" Chris was so angry that she ran away to her room.

Next day, when Chris came back home, being tired of continuous work, she straight away went to her bedroom. When she turned on the light, she surprisingly found her oil painting was beautifully framed and put up on the wall. Just below the painting, it was written "We are so proud of you Chri, our little angel!"

Chris was so happy that she hugged her mom tightly. Her mom said, "Honey! I am so sorry, dear! We would never say 'no time' for anything in future, whether big or small. Go it?" She kissed her mom on the cheek and said, "Yes, mama, got it. You are my sweet mom!"

45. How did Chris feel when both her parents had no time watching her painting?

- A. Angry. B. Relaxed. C. Scared. D. Excited.

46. What did Chris see when she turned on the light the next day?

- A. A little angel in the room. B. Her painting on the wall.
C. A small gift in the box. D. Some paper on the floor.

47. Chris's story mainly tells us that

- A. teenagers are hard to get along with
B. people are too busy to care about themselves
C. teenagers and parents can't understand each other
D. people shouldn't say "no time" to their beloved ones

C

To achieve greater success, we must build good habits. James Clear gives advice on how to create better habits in his book, Atomic Habits.

According to James Clear, the process of building a habit can be divided into four steps : cue (提示), desire, response, and reward. The cue causes a desire, the desire produces a response and the response provides a reward. For example, a phone buzzes when a message comes in, the buzz will arouse you desire to know what's in the message, the desire attracts you to give response by grabbing the phone and then reading the message, and then you know what's in the message, which is the reward. Over time, the brain connects the cue with the reward, so you reach for the phone once it buzzes, and now the habit is formed.

James Clear also presents four fundamental laws to build good habits.

First, make it obvious. Habits are automatic because our brains pick up cues and take action without thinking. To start a new habit, you can make your cues more obvious. To become more aware of them, you can write down your habits on a habit scorecard. Your plan of good habits can be marked with specific time or location.

Second, make it attractive. Desires differ from person to person but they encourage the development of every habit. We take action only when we expect it to produce a reward. The more useful the action is, the more we'll repeat it, until it becomes a habit that we do automatically. Thus, to form good habits, we need to make them more attractive by connecting these habits with rewards and positive feelings.

Third, make it easy. The response is the action you perform. If an action requires more effort than you are willing to put in, you won't take it. It also depends on your ability. A habit can be formed only when you are able to do it. The best way to build a habit is to practice it, and the best way to start practicing is to make it easy.

Finally, make it satisfying. Give yourself a reward when you complete your habit. Rewards can not only satisfy your desire but also tell you which actions are worth keeping. Feelings of satisfaction can help your brain tell useful actions from useless ones.

The key to creating good habits is to understand these fundamental laws. Every goal is sure to fail if it goes against human nature.

48. Of the following steps, which one is the "response"?

- A. You grab the phone. B. You hear the phone buzz.
C. You want to know the message. D. You know what is in the message.

49. According to the passage, James Clear believes that

- A. to build a good habit, you can make it challenging
B. the key to creating good habits is to make them easy
C. desires are necessary for the development of good habits
D. the more rewards you are given, the faster you'll form a habit

50. Which of the following would be the best title of the passage?

- A. The Ways of Building Good Habits
- B. The Influence of Good Habits on Life
- C. The Reasons of Building Good Habits
- D. The Difficulties of Forming Good Habits

D



Many students often choose to listen to music while doing their homework or studying for exams. But is listening to music a smart choice for students who want to improve their learning?

Indeed, music makes life better in so many ways. It elevates (振奋) mood, reduces stress and eases pain. Music is heart-healthy, because it can reduce blood pressure and heart rate. It also connects us with others and deepens social relationships. Music can even enhance our enjoyment of challenging activities.

But the effect of music on cognitive tasks appears not to be "one-size-fits-all". A new study by Manuel Gonzalez of Baruch College and John Aiello of Rutgers University suggests that for some students, listening to music while learning is a wise strategy, but for others, it is not.

Whether or not listening to music will benefit your mental work depends on your personality—specifically, on your need for external stimulation (外部刺激). People with a high requirement for external stimulation tend to get bored easily. They often do worse when listening to music while engaging in a mental task, while people with a low need for external stimulation, on the other hand, tend to improve their mental performance with music.

Moreover, before students decide to put on their earphones, though, they should carefully consider their musical selection. Complexity (复杂性) of the music seems to promote excitement, and it is suggested that a moderate level of excitement produces ideal performance. When there is too little or too much excitement, performance drops. Thus, the benefits of music for those with a low need for external stimulation could decrease or even disappear with the added complexity of music.

Similarly, the rise in the complexity of a cognitive task might also reduce or wipe out the benefit of music. With a highly challenging cognitive task, even those with a low need for external stimulation may fail to show such an effect with music.

The study brings to our notice that only with the right personality, music and task, can the presence of music significantly improve cognitive functioning. So next time when you want to switch on the music before you study, please think twice.

51. Why is music good for heart health according to the passage?

- A. Because it can make links among people.
- B. Because it can reduce stress and ease pain.
- C. Because it can improve workout staying power.
- D. Because it can reduce blood pressure and heart rate.

52. The underlined word "cognitive" in Paragraph 3 is similar to "_____".

- A. mental
- B. active
- C. difficult
- D. important

53. The author writes this passage to tell students about _____.

- A. the effectiveness of listening to music while studying
- B. the disadvantages of listening to music while studying
- C. the factors about how music affects their mental performance
- D. the methods of how to choose right music to improve their learning

八、阅读短文, 根据短文内容回答问题。(共 10 分, 每小题 2 分)

Throughout history, most masks are made to change identity. Medical masks, on the other hand, are meant to protect. Here is a brief history of their evolution.



17th century

Doctors wore a uniform that included a headdress with a long, pointed beak filled with aromatics (芳香料) to stop bad smell and fight against contagion (传染) carried by bad air. The historical mask is on show in a museum in Berlin.

19th century

In an article in Scientific American in 1878, A. J. Jessup, a New York physician, recommended cotton masks to limit contagion during epidemics (widespread of a disease). However, his idea did not catch on.

Early 20th century

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Researchers published the first study encouraging the use of medical masks in 1897, but they were uncommon at the turn of the century.

In 1905, Chicago physician Alice Hamilton published an article in the Journal of the American Medical Association. "A student in a large medical college in Chicago told me that when the doctor talked to others during an operation, he could see a spray of saliva (唾液) coming from the mouth of the doctor," Alice Hamilton wrote, "so masks should be worn by doctors and nurses in every operation."

During the 1918 global flu, medical workers usually wore masks to protect themselves, and many cities required masks in public. In Seattle, streetcars required all riders to have masks.

In the 1920s, masks became standard in operating rooms. Over the next century, medical researchers went on with experiment on designs and materials of masks.

Post-World War II

Because of the heavy air pollution, Britons had to wear "smog masks". As developed countries cleaned up their pollution, smog and smog masks moved to developing countries. Mask models such as N95 and KN90 became highly popular.

As we can see, masks have been helping mankind for centuries. Wearing medical masks is widely believed to be an easy but effective method to protect oneself from different kinds of harmful things

54. Is the historical mask on show in a museum in Berlin?

55. What kind of masks did A. J. Jessup recommend?

56. When did masks become standard in operating rooms?

57. Why did Britons have to wear "smog masks"?

58. What is the passage mainly about?

书面表达 (共 10 分)

九、文段表达 (10 分)

59. 从下面两个题目中任选一题, 根据中文和英文提示, 完成一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词仅供选用。请不要写出你的校名和姓名。

题目①

假如你是李华, 今天因为某种原因不能上外教 Mr. Green 的口语课。请你写一个请假条, 给出合理的请假理由, 并说明你将如何补上落下的内容。

提示词: fall learning sheets (学习单), learn...by myself

提示问题：

- Why will you miss the spoken English class?
- How will you make up for it?

Dear Mr. Green,

I'm sorry that I can't attend the spoken English class today. _____

Yours,

Li Hua

题目②

成长不是——帆风顺的。在人生的道路上, 任何人都会遇到困难和挫折, 就看你能否战胜它。战胜了, 你就是生活的强者。

某英文网站正在开展以"成长"为主题的征文活动。假如你是李华, 请用英语写——篇短文投稿, 谈谈你的成长故事。

内容包括：你曾经遇到的困难, 克服困难的过程, 以及你的收获。

提示词：be afraid of, communicate, more confident

提示问题：

- What difficulty did you use to have in your school life?
- How did you deal with it?
- What have you learned from that?

School life is colorful, but not always easy. _____

2020 北京海淀初三（上）期中英语

参考答案

一、听后选择

1. C 2. B 3. B 4. A 5. B 6. A 7. C 8. A

二、听后回答

9. (It's) warm and sunny.

10. (He went travelling) (with) his parents.

11. (They are going to the cinema) this Sunday.

12. About 10 minutes' walk.

13. (She/ Grace comes/ is from) Britain/ the UK/ England.

三、听后转述（写）

14. once 15. arm 16. Change 17. increase 18. breaks 19. 15/fifteen

四、单项填空

21. A 22. C 23. A 24. B 25. D 26. C

五、语法填空

27. on 28. are 29. beautiful 30. when 31. called 32. her

六、完形填空

33. A 34. B 35. B 36. D 37. D 38. A 39. C 40. C

七、阅读理解

41. C 42. B 43. D 44. D 45. A 46. B 47. D

48. A 49. C 50. A 51. D 52. A 53. C

八、阅读短文，根据短文内容回答问题。

54. Yes.

55. Cotton masks

56. In the 1920s.

57. Because of the (heavy) air pollution.

58. The history of (medical) masks and their importance. / A brief history of the evolution of masks.

九、文段表达

参考范文:

题目 1

Dear Mr. Green,

I'm sorry that I can't attend the spoken English class today. I was not feeling well this morning, so I had to see a doctor. Then the doctor ordered me to stay in bed for two days.

When I get back to school, I'll try my best to make up the lessons. I'll teach myself with the help of my classmates.

Thank you, and have a good day!

Yours, Li Hua

题目 2

School life is colorful, but not always easy. I used to have some trouble making friends with others. I was so quiet and found communicating with others really difficult. As a result, I often felt lonely.

But things have changed since my head teacher Ms. Zhang had a long talk with me. She encouraged me to be open and offer my hand to others. I tried and it really worked. Now I have made a few friends and become more confident.

I don't find making friends that difficult now. I will not be a closed book any more.

附: 听力原文

一、听后选择

听下面 4 段对话或独白。每段对话或独白后有两个小题, 从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话或独白你将听两遍。

请听一段对话, 完成第 1 至第 2 小题。

M: Excuse me, could you tell me where I can find a shared bike? W: There are always some near the subway station.

M: How can I get to the nearest subway station?

W: Go along the street, and it's at the second crossing. It's in front of a book store. M: Thank you.

W: You're welcome.

请听一段对话, 完成第 3 至第 4 小题。

W: Wow, look at that boat, Matt. How fast it's going!

M: Yeah, and the other boats are catching up. I enjoy the race. It's so exciting! W: Yes, I enjoy it, too. And I watch it almost every year.

M: I think it's the best part of the festival. How about you, Jenny? W: Well, I must say I like zongzi best. They are really tasty.

M: Ha-ha, I like them, too.

请听一段对话，完成第 5 至第 6 小题。

W: Hi, Chris, you look worried. What's wrong?

M: I am learning Chinese and I find it really hard to write Chinese characters.

W: Well, why don't you get started with the characters 1 to 10? They are quite simple to write.

M: Yes, I did that and I think I could write them very well. But Chinese characters are not always that easy.

W: Learning to write Chinese can be difficult, but don't give up. With enough practice, you can be a good learner.

请听一段独白，完成第 7 至第 8 小题。

Kites have a long history. The first kite may date back to the 5th century BC. It was made of bamboo and silk in China. Nobody knows exactly how or when a kite was first flown. It's said that when a Chinese farmer tied a string to his hat to keep it from being blown away, the first kite was born.

Kites are fun to make and fly outside on a nice, slightly windy day. Making a simple kite is an easy project you can complete in one afternoon. You can start by making the frame for the kite. Then, measure and cut the sail for the kite in the shape of a diamond. Finish the kite by adding the

string. Then, you can enjoy watching your own kite flying in the sky.

二、听后回答

听对话，根据对话内容笔头回答问题。每段对话你将听两遍。

请听一段对话，完成第 9 小题。

M: What's the weather like today, Mom?

W: It's warm and sunny. There aren't any clouds in the sky. M: That's nice.

W: It's a good day for your school trip.

请听一段对话，完成第 10 小题。

W: What did you do last summer vacation? M: I went travelling with my parents.

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W: Where did you go this summer?

M: I didn't go anywhere. I just stayed in Beijing.

请听一段对话，完成第 11 小题。

M: What're they talking about?

W: A new movie called My People, My Homeland. It came out last month. M: Really? I want to watch it, too.

W: Let's go to the cinema this Sunday.

请听一段对话，完成第 12 小题。

M: Excuse me, is there a bank near here?

W: Yes. There is one between the post office and the hotel. M: How far is it from here?

W: About 10 minutes' walk.

请听一段对话，完成第 13 小题。

W: Hi, Lin Tao! You've got some new classmates this semester, right? M: Yes. Bob comes from the USA, and Grace is an English girl.

W: How many foreign students are there in your class now?

M: There are 8 foreign students in total.

三、听后记录并转写

第一节：记录关键信息

请听一段独白，根据所听到的内容和提示信息，将所缺的关键信息填写在答题卡的相应位置上。这段独白你将听两遍。

Hello, everyone. I'm Chris. As you know, we are reading, writing and doing all kinds of work on computers. Here are some tips to protect your eyes from computer screen. First of all, one of the most important eye health tips is to do routine eye examinations. It's necessary for you to do an eye examination once a year. Secondly, you should sit far enough away from the screen. It is usually considered at least an arm's length away from the screen. Besides, you must change your screen lighting. If you're working in a bright room, you can increase your brightness settings. If not, lower the settings. Finally, you have to take breaks regularly. It is a must to rest for 15 minutes every two hours. Eyes are important for every person. I hope these tips can help you.

第二节：转写

请再听一遍独白，转述（写）你所听到的主要内容。

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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 40W+，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百场，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。



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