**2025届高三英语高考模拟风向卷（新高考I卷）03**

**英语**

（考试时间：120分钟 试卷满分：150分）

注意事项：

1．答卷前，考生务必将自己的姓名、考生号等填写在答题卡和试卷指定位置上。

2．回答选择题时，选出每小题答案后，用铅笔把答题卡对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案写在答题卡上。写在本试卷上无效。

3．考试结束后，将本试卷和答题卡一并交回。

**第一部分 听力（共两节，满分 30 分）**

**第一节（共5小题；每小题1.5分，满分7.5分）**

听下面5段对话。每段对话后有一个小题，从题中所给的A、B、C三个选项中选出最佳选项。听完每段对话后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1．When did the man see the film?

A．On Wednesday. B．On Thursday. C．On Saturday.

【答案】B

【原文】W: Did you see the film on Wednesday?

M: No, I went on Thursday night. Did you . . . on Wednesday?

W: I was going to, but couldn't make it. I think I will go on Saturday night.

2．What will the man do next?

A．Change some money. B．Take the food home. C．Sit and eat his meal.

【答案】C

【原文】M: I’d like a chicken roll, an order of fries, and a chocolate shake.

W: For here or to go?

M: I’ll eat here. And here’s twenty dollars.

3．Which language is the woman studying now?

A．Russian. B．English. C．Spanish.

【答案】B

【原文】M: Your English is pretty good.

W: Thanks, that’s what I’m studying. I studied Russian for a while but I found it very difficult and gave up. And then I learned a little Spanish when I went on holiday in Spain.

4．Why did the man miss the second part of the game?

A．He was very busy.

B．The power was cut off.

C．His favorite team wasn’t in it.

【答案】B

【原文】W: Did you see the basketball game on TV last night? Your favorite team was in it. The last five minutes were really exciting.

M: I’ve heard about it. But there was a power failure in my area. So I didn’t watch the second part of the game.

5．What are the speakers doing probably?

A．Camping. B．Driving. C．Visiting a zoo.

【答案】A

【原文】W: It’s really peaceful out here. I love it when we spend the night out in a great place like this.

M: Yeah, and we saw so many animals today. It’s definitely better than going to the zoo. It was definitely worth the drive.

**第二节（共15小题;每小题1．5分，满分22．5分）**

听下面 5段对话或独白。每段对话或独白后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题5秒钟；听完后，各小题将给出5秒钟的作答时间，每段对话或独白读两遍。

听第 6 段材料，回答第 6至7题。

6．Who is the newcomer?

A．David Cook. B．Joey Sanders. C．Liam Neeson.

7．What is the newcomer’s position in the company?

A．He is a film director. B．He is a program manager. C．He is a department head.

【答案】6．B 7．C

【原文】W: Hey, Michael. Did you hear about the newcomer?

M: Who?

W: We girls just call him Liam Neeson, because he looks so much like him from the film *Schindler’s List*.

M: Oh, you mean Joey Sanders. He is the new head of the marketing department.

W: Is he? I thought he was in your department, taking David Cook’s place in charge of the M103 Program.

M: As a matter of fact, I’m heading the M103 program now.

听第7段材料，回答第 8至10题。

8．What does the man initially suggest doing?

A．Visiting an exhibition. B．Doing some shopping. C．Going to a gallery.

9．What does the woman think of visiting a gallery?

A．Interesting. B．Boring. C．Tiring.

10．What will the speakers do next?

A．Go to a park. B．Buy new clothes. C．Get some food.

【答案】8．A 9．B 10．C

【原文】M: OK, where are we heading first?

W: Shopping!

M: We’d better go shopping last, because we don’t want to walk around all day with tons of shopping bags.

W: What else is there to do here, then?

M: There’s an interesting exhibition of 19th century clothes at the History Museum.

W: I’d rather buy new clothes than look at old ones.

M: What about going to a gallery? I think there’s a Goya exhibition at one of the big art galleries.

W: Oh, please. I don’t know about you, but I come to London to have fun, not to get bored out of my mind.

M: OK, it’s a beautiful day. There are plenty of parks we can go to.

W: Or maybe we can get something to eat.

M: I got it! We can get sandwiches and then go to Hyde Park.

W: Sounds like a good plan.

听第8段材料，回答第11至14题。

11．Who influenced Elena greatly in her career choice?

A．Her brother. B．Her father. C．Her teacher.

12．Why did Elena quit her first job?

A．She found it boring. B．She was poorly paid. C．She felt stressed.

13．What difficulty did Elena face as an assistant coach?

A．Balancing study and training.

B．Writing technical instructions.

C．Handling doubts over her ability.

14．What does Elena plan to do next?

A．Start a training program. B．Work with a team in England.

C．Look for promising soccer players.

【答案】11．B 12．A 13．C 14．B

【原文】M: Elena, who had a great influence on your career.

W: I would say it’s my father. He began to run soccer schools when I was a teenager, so I played soccer with my brother and his friends. But her life in the game was not my plan. So after graduation, I took a job writing technical instructions. It was my first job.

M: What was that like?

W: It paid well but was not very interesting, so when offered a coaching role, I seized it.

M: Did you have to overcome any challenges to get where you are today?

W: Well, where to start? I enjoyed a successful college life, then I progressed through the college system to become an assistant coach to the national team. I’ve encountered a lot of challenges through the ups and downs of being a coach. It’s particularly hard to face the doubts after losing games.

M: What achievement are you most proud of?

W: I’m most proud of helping my team to win all the last seven matches in Italy and Brazil.

M: What are you planning to do next?

W: I’ll take on another challenge, possibly coaching in England.

听第9段材料，回答第15至17题。

15．Who is the Best Car Design Prize winner?

A．Mr. Zarba. B．Ms. Miller. C．Mr. Giddings.

16．What do we know about the Best Car Design competition?

A．It was very fierce.

B．There were few competitors.

C．The winner will receive much money.

17．Where is the Hyatt Hotel?

A．Across from a bank.

B．Opposite a department store.

C．On the left side of Granville Avenue.

【答案】15．C 16．A 17．B

【原文】W: Brian, have you heard that Mr. Giddings will be awarded the prize for Best Car Design at the Hyatt Hotel next week?

M: Yes, but I thought either Mr. Zarba or Ms. Miller would win. I feel they are more talented than Mr. Giddings.

W: They are excellent designers, too. The competition must have been fierce. Will the winner receive a lot of money?

M: Maybe, I don’t know. By the way, do you know where the Hyatt Hotel is?

W: It’s right across from the Bellagio Department Store on Granville Avenue, on the left side of a bank. The hotel just opened a week ago. I’ve heard they provide excellent food and service. Are you going to attend the ceremony?

M: Right.

W: Then why don’t we go together?

M: Good idea.

听第10段材料，回答第18至20题。

18．How did students learn about the stages of sleep?

A．By telling stories about themselves. B．By actually sleeping in the class. C．By recording their bedtime every night.

19．What did students think of Harms’ behaviour at first?

A．Funny. B．Annoying. C．Unbelievable.

20．Why does Victoria think Harms is the best teacher?

A．He has a unique teaching method.

B．He’s interested in psychology.

C．He’s patient with students.

【答案】18．B 19．C 20．A

【原文】How will your teacher react if you fall asleep in a class? Isaac Harms is a psychology teacher from a high school in Minnesota, the US. He let his students sleep in the class to learn about the four stages of sleep.

“Seriously? We can sleep?” the students asked. Harms felt it funny, because his wife is a kindergarten teacher and kids usually hate bedtime, while his students love it.

After some breathing instructions for relaxation, Harms told a story with a detailed outline. Once the story was complete, students began to wake up. They discussed what they remembered from the story and learned which stage of sleep their bodies entered based on their memories.

For those who entered later stages, Harms kindly allowed them to sleep a few more minutes until they woke up. “I think Harms is the best teacher, ”said Victoria, a student of Harms’ class. “He’s very good at getting the message across to us rather than letting us memorize or learn it for a test. ”

**第二部分 阅读(共两节，满分50分)**

**第一节 (共15小题;每小题2.5分，满分37.5分)**

阅读下列短文，从每题所给的A、B、C、D四个选项中选出最佳选项。

A

Are you expecting a journey with adventure and growth? Choose from the following unique trips and find the perfect journey for exploration and self-discovery.

**Boots and Paddle Adventure**

July 8—July 21

$3, 800 per person

This experience will begin with backpacking in Yellowstone National Park and finish with whitewater rafting on the Alberton Gorge. There will be high-spirited challenges that will require participants to work collectively. These challenges will bring daily laughter, as well as help teens know themselves better.

**River and Rocks Adventure**

June 27—July 6

$3, 200 per person

Teenagers will paddle a scenic stretch of flat water following the rolling desert hills of eastern Utah into the depths of Labyrinth Canyon. The friendly waterways will promote skill-building and teamwork. Red cliffs, desert sunsets, and warm days await a memorable experience.

**Canoe Expedition**

April 16—April 22

$2, 575 per person/$4, 900 a couple

This is a journey for primary caregivers of children and teens. It will assist you refresh yourself in finding a sense of peace that only nature can provide. Imagine that you float down a river and unplugged, looking up at the stars as the crackling fire warms you at night. The empty spaces within you will be full of hope, love, and support.

**Hybrid Adventure**

October 12—October 17

$3, 250 per person

On this women's only retreat, you will paddle the lazy Colorado River, explore hot springs and natural sauna caves, and have one night of shoreline camping. From there, you transition onto land, enjoying a beginner-friendly guided rock climb. This trip is sure to recharge your inner battery to return home with strength.

21．Which trip takes the longest time?

A．Boots and Paddle Adventure. B．River and Rocks Adventure.

C．Canoe Expedition. D．Hybrid Adventure.

22．What can participants do in Canoe Expedition?

A．Care for children. B．Enjoy natural peace.

C．Create empty spaces. D．Identify different stars.

23．What do the four trips have in common?

A．They are intended for teens. B．They offer outdoor camping.

C．They involve water activities. D．They are aimed at skill-building.

【答案】21．A 22．B 23．C

【导语】本文是一篇应用文。文章介绍了激发探索和自我发现的四趟旅程。

21．细节理解题。根据四趟旅程的时间“Boots and Paddle Adventure: July 8-July 21(7月8日至21日); River and Rocks Adventure: June 27—July 6(6月27日至7月6日); Canoe Expedition: April 16—April 22(4月16日至22日); Hybrid Adventure: October 12—October 17(10月12日至17日)”可知，Boots and Paddle Adventure的时间最长，为14天。故选A。

22．细节理解题。根据Canoe Expedition中“It will assist you refresh yourself in finding a sense of peace that only nature can provide.(它会帮助你恢复精神，找到一种只有大自然才能提供的平静感。)”可知，参加者可以在独木舟探险中感受大自然的平静。故选B。

23．细节理解题。根据Boots and Paddle Adventure中“This experience will begin with backpacking in Yellowstone National Park and finish with whitewater rafting on the Alberton Gorge.(这一体验将从在黄石国家公园背包旅行开始，以在阿尔伯顿峡谷激流漂流结束。)”、River and Rocks Adventure中“Teenagers will paddle a scenic stretch of flat water following the rolling desert hills of eastern Utah into the depths of Labyrinth Canyon.(青少年们将沿着犹他州东部连绵起伏的沙漠丘陵，在风景优美的平坦水面上划桨，进入迷宫峡谷的深处。)”、Canoe Expedition中“Imagine that you float down a river and unplugged, looking up at the stars as the crackling fire warms you at night.(想象一下，你漂浮在河上，与世隔绝，仰望星空，篝火的温暖在夜晚包围着你。)”和Hybrid Adventure中“On this women’s only retreat, you will paddle the lazy Colorado River, explore hot springs and natural sauna caves, and have one night of shoreline camping.( 在这次仅限女性的活动中，你将划船在宁静的科罗拉多河上，探索温泉和天然桑拿洞，在河边露营一晚。)”可知，这四次旅行的共同之处是它们都涉及水上活动。故选C。

B

Nick Vujicic was born to Dushka and Boris Vujicic in 1982 in Melbourne, Australia. Although he was an otherwise healthy baby, Nick was born without arms and legs; he had no legs, but two small feet, one of which had two toes. Nick has two siblings, Michelle and Aaron. Initially, a Victoria state law prevented Nick from attending a public school due to his physical disability in spite of a lack of mental diseases. However, Vujicic became one of the first physically disabled students integrated into a public school once those laws changed.

Nick prayed very hard that God would give him arms and legs, and initially told God that, if his prayer remained unanswered, Nick would not praise him indefinitely. However, a key turning point in his faith came when his mother showed him a newspaper article about a man dealing with a severe disability Vujicic realized he wasn’t unique in his struggles and began to embrace his lack of limbs (肢).

Nick gradually figured out how to live a full life without limbs, adjusting many of the daily skills limbed people accomplish without thinking. Nick wrote with two toes on his left foot and a special grip (把手) that slid onto his big toe. He knew how to use a computer and can type up to 45 words per minute using the “heel and toe” method. He had also learned to throw tennis balls, get a glass of water, comb his hair, answer the phone and shave, in addition to participating in golf, swimming, and even sky-diving.

During secondary school, he was elected captain of MacGregor State in Queensland and worked with the student council on fundraising events for local charities and disability campaigns. When he was seventeen, he started to give talks at his prayer group, and later founded his non-profit organization, Life Without Limbs.

24．What does the author imply about Nick in paragraph 1?

A．He was healthy when he was born. B．He suffered mental problems.

C．Revised laws helped him get education. D．No school could accept him initially.

25．Why did Nick accept his physical disability?

A．His mother encouraged him. B．He was inspired by someone.

C．He read about a man’s worse situation. D．He found it no use praying.

26．How did Nick adapt to the daily life?

A．By observing other limbed people. B．By learning to play certain sports.

C．By improving his toes’ flexibility. D．By tying a grip onto his big toe.

27．Which words can best describe Nick?

A．Generous and patient. B．Gifted and ambitious.

C．Caring and determined. D．Brave and wise.

【答案】24．C 25．B 26．C 27．C

【导语】本文是一篇记叙文。主要讲述的是无肢励志演说家Nick Vujicic克服身体限制，以无比决心和勇气拥抱生活、服务社会的故事。

24．推理判断题。根据第一段“Initially, a Victoria state law prevented Nick from attending a public school due to his physical disability in spite of a lack of mental diseases. However, Vujicic became one of the first physically disabled students integrated into a public school once those laws changed.(最初，维多利亚州的一项法律禁止尼克上公立学校，因为他的身体残疾，尽管他没有精神疾病。然而，这些法律改变后，Vujicic成为第一批融入公立学校的身体残疾学生之一)”可知，作者在第一段暗示了修改后的法律帮助尼克接受教育。故选C。

25．细节理解题。根据第二段“However, a key turning point in his faith came when his mother showed him a newspaper article about a man dealing with a severe disability Vujicic realized he wasn’t unique in his struggles and began to embrace his lack of limbs (肢).(然而，当他的母亲给他看了一篇关于一个人与严重残疾作斗争的报纸文章时，他的信仰出现了一个关键的转折点，他意识到自己并不是唯一一个在挣扎中的人，并开始接受自己没有四肢的事实)”可知，尼克接受他身体上的残疾是因为他受到某人的启发。故选B。

26．细节理解题。根据第三段“Nick wrote with two toes on his left foot and a special grip (把手) that slid onto his big toe. He knew how to use a computer and can type up to 45 words per minute using the “heel and toe” method.(尼克写字的时候，左脚上有两个脚趾，大脚趾上有一个特殊的握把。他知道如何使用电脑，并可以使用“脚跟和脚趾”方法每分钟输入多达45个单词)”可知，尼克通过提高脚趾的灵活性适应日常生活。故选C。

27．推理判断题。根据第三段“Nick gradually figured out how to live a full life without limbs, adjusting many of the daily skills limbed people accomplish without thinking.(尼克逐渐学会了如何在没有四肢的情况下过完整的生活，学会了许多有四肢的人不用思考就能掌握的日常技能)”以及最后一段“During secondary school, he was elected captain of MacGregor State in Queensland and worked with the student council on fundraising events for local charities and disability campaigns.(在中学期间，他被选为昆士兰州麦格雷戈州立大学的队长，并与学生会一起为当地慈善机构和残疾人运动筹款)”可知，尼克虽然残疾，但是学会了在没有四肢的情况下好好生活，同时还为当地慈善机构和残疾人运动筹款，说明了他关心他人且意志坚定。故选C。

C

Onco Ballet is a non-profit organization in Orange County dedicated to addressing the mental and physical needs of the cancer community through ballet. Founded by Anna Wassman-Cox, who found healing in dance during her own cancer treatment, Onco Ballet offers free classes at select dance studios and hospitals. Wassman-Cox, a professional dancer, aims to make ballet accessible and enjoyable for everyone, regardless of skill level.

 The classes provide a creative outlet for participants during uncertain times concerning their health. Estee Fratzke, a breast cancer survivor and owner of Fringe Dance Studio, emphasizes how ballet allows individuals to express themselves authentically. Fellow survivor Kerry Hedley appreciates the supportive environment where everyone is accepted for their abilities.

 Beyond fostering community, Onco Ballet offers significant physical benefits. Diana Mendoza, another breast cancer survivor, shares her experience of overcoming physical limitations through dance, affirming, “I can still be a ballerina.” This empowerment is crucial for many who face challenges after cancer treatment.

 Marie Miao, a clinical oncology social worker at Hoag Health Center, notes that Onco Ballet incorporates bilateral movements, which have been shown to reduce stress and anxiety while promoting calmness. The classes also transform the perception of the health center, shifting it from a place of treatment to one of joy and learning.

 Wassman-Cox reflects on her journey at Hoag, stating that returning now brings her joy as she contributes positively to the community. Aimee Murcia agrees, describing the classes as a much-needed mental distraction that also provides a sense of normalcy.

 In a time when many cancer survivors may struggle with depression, Mendoza believes Onco Ballet fosters healing and connection. Being in a room with fellow survivors creates a powerful sense of resilience and courage, reinforcing the idea that they are not alone in their journeys. Together, they celebrate their strength and shared experiences, finding joy in movement and community.

28．How did Anna Wassman-Cox initially come up with the idea to create Onco Ballet?

A．She wanted to meet the needs of the cancer community through ballet.

B．She discovered healing in ballet during her own cancer treatment.

C．She offered free classes at select dance studios and hospitals.

D．She made ballet accessible and enjoyable for everyone.

29．What do the breast cancer survivors think of Onco Ballet?

A．It helps them rebuild their confidence.

B．It reduces their stress and anxiety.

C．It transforms people’s views on the health center.

D．It contributes to their sense of achievement.

30．Why does the author mention Marie Miao in Paragraph 4?

A．Prove Onco Ballet provides a creative outlet for breast cancer survivors.

B．Showcase Onco Ballet offers significant physical benefits to participants.

C．Present Onco Ballet as a much-needed mental distraction for cancer patients.

D．Objectively list the benefits of Onco Ballet from an observer’s perspective.

31．How does the author primarily confirm the benefits of Onco Ballet?

A．Making a comparison. B．Giving research results.

C．Listing several examples. D．Quoting famous sayings.

【答案】28．B 29．A 30．D 31．C

【导语】本文是一篇新闻报道。文章主要介绍了Onco Ballet这一非营利组织如何通过芭蕾舞来满足癌症患者群体的精神和身体需求。

28．细节理解题。根据文章第一段“Founded by Anna Wassman-Cox, who found healing in dance during her own cancer treatment, Onco Ballet offers free classes at select dance studios and hospitals.(该组织由Anna Wassman-Cox创立，她在自己接受癌症治疗期间从舞蹈中找到了治愈的力量。)”可知，她是在自己癌症治疗期间从舞蹈中获得治愈力量，从而产生了创建“肿瘤芭蕾”的想法。故选B。

29．推理判断题。根据文章第二段“Estee Fratzke, a breast cancer survivor and owner of Fringe Dance Studio, emphasizes how ballet allows individuals to express themselves authentically. Fellow survivor Kerry Hedley appreciates the supportive environment where everyone is accepted for their abilities.( Estee Fratzke是一名乳腺癌幸存者，也是“边缘舞蹈工作室”的老板，她强调芭蕾如何让人们能够真实地表达自我。另一位幸存者Kerry Hedley很欣赏这个充满支持的环境，在这里每个人都因其自身能力而被接纳。)”以及第三段“Diana Mendoza, another breast cancer survivor, shares her experience of overcoming physical limitations through dance, affirming, “I can still be a ballerina.”(Diana Mendoza也是一名乳腺癌幸存者，她分享了自己通过舞蹈克服身体局限的经历，并坚定地表示：“我仍然可以成为一名芭蕾舞者。”)”可知，“肿瘤芭蕾” 帮助癌症幸存者们重新建立自信，让他们在面对癌症治疗后的种种挑战时能肯定自己。故选A。

30．推理判断题。根据文章第四段“Marie Miao, a clinical oncology social worker at Hoag Health Center, notes that Onco Ballet incorporates bilateral movements, which have been shown to reduce stress and anxiety while promoting calmness. The classes also transform the perception of the health center, shifting it from a place of treatment to one of joy and learning.( Marie Miao是霍格健康中心的一名临床肿瘤社会工作者，她指出“肿瘤芭蕾”融入了双侧运动，这种运动已被证明能够减轻压力和焦虑，同时促进内心的平静。这些课程还改变了人们对健康中心的看法，使其从一个单纯进行治疗的地方转变为一个充满欢乐和学习氛围的场所。)”可知，本段中的提到Marie Miao这位临床肿瘤社会工作者指出“肿瘤芭蕾”融入了双侧运动，能减轻压力和焦虑、促进平静，还改变了人们对健康中心的看法等内容，作者借Marie Miao专业人士的视角，客观地罗列了“肿瘤芭蕾”在不同方面所带来的益处。故选D。

31．推理判断题。根据文章第二段“Estee Fratzke, a breast cancer survivor and owner of Fringe Dance Studio, emphasizes how ballet allows individuals to express themselves authentically. Fellow survivor Kerry Hedley appreciates the supportive environment where everyone is accepted for their abilities.( Estee Fratzke是一名乳腺癌幸存者，也是“边缘舞蹈工作室”的老板，她强调芭蕾如何让人们能够真实地表达自我。另一位幸存者Kerry Hedley很欣赏这个充满支持的环境，在这里每个人都因其自身能力而被接纳。)”、第三段“Diana Mendoza, another breast cancer survivor, shares her experience of overcoming physical limitations through dance, affirming, “I can still be a ballerina.”(Diana Mendoza也是一名乳腺癌幸存者，她分享了自己通过舞蹈克服身体局限的经历，并坚定地表示：“我仍然可以成为一名芭蕾舞者。”)”以及第四段“Marie Miao, a clinical oncology social worker at Hoag Health Center, notes that Onco Ballet incorporates bilateral movements, which have been shown to reduce stress and anxiety while promoting calmness. The classes also transform the perception of the health center, shifting it from a place of treatment to one of joy and learning.( Marie Miao是霍格健康中心的一名临床肿瘤社会工作者，她指出“肿瘤芭蕾”融入了双侧运动，这种运动已被证明能够减轻压力和焦虑，同时促进内心的平静。这些课程还改变了人们对健康中心的看法，使其从一个单纯进行治疗的地方转变为一个充满欢乐和学习氛围的场所。)”可知，文章采用列举多个例子的方式展现“肿瘤芭蕾”在心理、身体、营造社群氛围等方面带来的益处。故选C。

D

You know the saying “You’re as young as you feel.” Well, there may be some truth to that, according to researchers at Harvard and the Massachusetts Institute of Technology.

Ellen Langer, a Harvard psychologist who studies how the mind influences the body, and his colleagues reviewed the scientific literature for evidence that a person’s perception of their age might influence their health. They published their results in the journal Perspectives on Psychological Science.

In one study that Langer led, 47 women had their hair done. The women who thought their new hairdos made them look younger did look younger to objective observers, who were shown before-and-after pictures. The women who thought they looked younger also showed a drop in blood pressure. Another study involving 4,421 men found that those who became bald at a relatively young age were more likely to get cancer and heart disease than men who did not. Similarly, another study involving 2,017 men found that those who lost their hair early were more likely to develop heart disease. “We believe that the feelings associated with being older than one’s real age account for some of these health outcomes,” the researchers wrote.

The researchers also described studies that found that women who had children later in life were more likely to be healthier and live longer than those who had children early, which they attributed to the fact that these mothers tend to spend more time with younger women. Similarly, people who marry younger partners tend to live longer than those who marry older partners, according to other studies.

Taken together, the research “supports the general mind-body hypothesis (假说) that when a younger mind is prepared, a younger body can accompany it.” While the mechanism remains unclear, the researchers figured that suggestions associated with aging can “make one unconsciously or consciously aware of old age and trigger a series of physiological processes that can have real effects on short-term and long-term health.”

32．The underlined word “perception” in Paragraph 2 means \_\_\_\_\_\_\_\_.

A．appearance B．view C．influence D．creation

33．Which of the following statements is true according to paragraph 3?

A．Blood pressure is highly related to hairdos.

B．Getting cancer or heart disease is the result of baldness.

C．Feeling older than real age may be tied to health problems.

D．The women who love hairdos look younger than those who don’t.

34．It can be inferred from paragraph 4 that \_\_\_\_\_\_\_.

A．often staying with younger people benefits health B．the younger one of a couple lives much longer

C．a younger mother is more likely to live longer D．people who want to live longer need to marry

35．The passage mainly tells us that \_\_\_\_\_\_\_.

A．getting bald too early is not good for health

B．women had better give birth later in their life

C．feeling younger between a couple is very important to their health

D．people’s feeling of their age may have an effect on their own health

【答案】32．B 33．C 34．A 35．D

【导语】本文是一篇说明文。本文主要讨论了心理因素对身体健康的影响。研究人员发现，个人对自己的年龄感知可能会影响他们的健康。

32．词义猜测题。根据文章第二段中“Ellen Langer, a Harvard psychologist who studies how the mind influences the body, and his colleagues reviewed the scientific literature for evidence (研究精神如何影响身体的哈佛心理学家Ellen Langer和他的同事们查阅了科学文献以寻找证据)”及后文对个人对自己的年龄感知如何影响他们的健康的研究可知，Ellen Langer和他的同事们回顾了科学研究文献，寻找证据，证明一个人的年龄感知可能会影响他们的健康。由此划线词指的是人们对自身年龄的感知或者看法，与B选项“view(观点，看法)”。故选B。

33．细节理解题。根据文章第三段中“We believe that the feelings associated with being older than one’s real age account for some of these health outcomes(我们相信，比实际年龄大的感觉是导致这些健康结果的原因之一)”可知，感觉比自己实际年龄大可能会导致健康问题。故选C。

34．推理判断题。根据第四段“The researchers also described studies that found that women who had children later in life were more likely to be healthier and live longer than those who had children early, which they attributed to the fact that these mothers tend to spend more time with younger women. Similarly, people who marry younger partners tend to live longer than those who marry older partners, according to other studies.(研究人员还描述了一些研究，发现晚育的女性比早育的女性更健康、寿命更长，这是因为这些母亲往往会花更多的时间与年轻女性在一起。同样，另一项研究表明，与年轻伴侣结婚的人往往比与年长伴侣结婚的人长寿。)”可知，经常和年轻人呆在一起有利于人们的健康。故选A。

35．主旨大意题。通过第一段中“You know the saying “You’re as young as you feel.” (你和你感觉到的一样年轻)”以及第二段中“a person’s perception of their age might influence their health(一个人对自己年龄的看法可能会影响他们的健康)”以及通读全文可知，整篇文章都在讨论个人的年龄感知如何影响他们的健康，包括感觉自己年轻可能导致的健康好处以及感觉自己年老可能引发的健康问题。因此，D选项“people’s feeling of their age may have an effect on their own health (人们的年龄感知可能影响他们的健康状况)”概括文章的主要内容，符合题意。故选D。

**第二节 (共5小题;每小题2.5分，满分12.5分)**

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

An eco-friendly lunch bag is great because it is a game-changer. 36 It is so convenient that, after buying one, you’ll wonder how you ever survived the workday without a handy supply of food stored under your desk.

Why do I focus on lunch bags? Because it's so beneficial both personally and environmentally. Here is a list of my reasons:

 37 Depending on where you live, you could save $1,000-$3,000 per year. I had a personal financial crisis a few years ago and I was floored by how much money I saved just by packing a lunch every day.

Buying lunch in single-use items is wasteful. If you buy a small meal and a drink, you could go through many single-use items and a pile of napkins with each meal. 38

Now such lunch bags have been invented by rü. This company, whose name is short for “re-use”, is based in Vancouver, British Columbia. 39 And post-consumer plastic waste can be made full use of. Just as impressive as the recycled material is the fact that rü bags are machine washable. Moreover, the bags are lovely to look at and come in a wide range of colors and patterns.

The bags also have an impressive 3-gallon capacity. The roll-down top means they can be easily adjusted for size. 40 Combined with some lightweight sandwich bags, everything can be put in a briefcase or clipped onto a purse at the end of the day.

A．When empty, it can be rolled up easily.

B．So you can buy one that adjusts to your bag.

C．Everyone wants to own a beautiful lunch bag.

D．Bringing lunch to work saves so much money.

E．It creates beautiful lunch bags from recycled material.

F．It saves money, boosts nutrition, reduces plastic waste.

G．Packing lunch saves thousands of single-use products every year.

【答案】36．F 37．D 38．G 39．E 40．A

【导语】本文是一篇说明文。文章介绍了环保午餐袋的好处以及一家公司生产的环保午餐袋的特点。

36．上文“An eco-friendly lunch bag is great because it is a game-changer.”(环保午餐袋很棒，因为它是游戏规则改变者。)提到了，好的午餐袋是规则改变者， F选项“It saves money, boosts nutrition, reduces plastic waste.”(用午餐袋自带午餐能省钱，增进你的营养，还能减少塑料垃圾)解释了它如何改变规则，且其中的“It”代指上文的“An eco-friendly lunch bag”，F项符合上下文连贯，故选F。

37．下文“Depending on where you live, you could save $1,000—$3,000 per year.”(根据您居住的地方，您每年可以节省 1,000 至 3,000 美元。) 提及了，自己带午餐可以省钱的具体数额。D项“Bringing lunch to work saves so much money.”(自带午餐上班可以省很多钱。)中的“saves so much money”与下文“you could save $1,000—$3,000 per year”相呼应，符合上下文连贯，故选D项。

38．上文“Buying lunch in single-use items is wasteful. If you buy a small meal and a drink, you could go through many single-use items and a pile of napkins with each meal.”(用一次性用具购买午餐是很浪费的。如果你买了一小顿饭和一杯饮料，你可能会在每顿饭中使用许多一次性物品和一堆餐巾纸。)可知，本段大意为“每天用一次性用具购买午餐会造成浪费，因为会用掉很多一次性物品”。G选项“Packing lunch saves thousands of single-use products every year.”(打包午餐每年可节省数千件一次性产品。)承接上文，提出解决这一问题的办法，符合上下文连贯，故选G项。

39．上文“Now such lunch bags have been invented by rü. This company, whose name is short for “re-use”, is based in Vancouver, British Columbia.”(现在这样的午餐袋已经由rü发明了。这家公司的名字是“再利用”的缩写，总部位于不列颠哥伦比亚省的温哥华。)介绍了发明午餐袋的公司rü。E项“It creates beautiful lunch bags from recycled material.”(它使用回收材料制作精美的午餐袋。)进一步说明该公司制作午餐袋的材料，其中“It”代指上文的“rü”，符合上下文连贯，故选E项。

40．上文“The roll-down top means they can be easily adjusted for size.”(可滚动的顶部意味着它们可以轻松调整尺寸。)提到了这款午餐袋是可以调整大小的。A选项“When empty, it can be rolled up easily.”(空的时候，很容易卷起来。)进一步说明如何调整大小，符合上下文连贯，故选A项。

**第二部分 语言运用(共两节，满分30分)**

**第一节 (共15小题;每小题1分，满分15分)**

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

When I got my first research project to work as an undergraduate, I was so excited. I had worked in an engineering lab to design and build a part that could deliver power more 41 to phones and other electronic devices. However, my excitement soon 42 when the professor asked me to write a research paper on the project. My body 43 . Writing was the last thing I wanted to do; it’s one reason why I pursued 44 in the first place.

Writing is a(n) 45 course in high school. So, there I sat, 46 to write those horrible essays about literary themes. For hours, I stared at blank pages, trying to turn my scattered (零散的) thoughts into fluent sentences. I was 47 to no end．

Then I began to 48 math and science where there were objective answers. In college, I studied 49 , and later I joined a research lab, thirsting for more 50 experience. I was delighted-until my professor told me to write that research paper.

In a panic, I asked a graduate student in my lab for help. He explained that “writing isn’t a one-and-done thing. It requires 51 your work, often several times”. Suddenly it 52 to me, “Hadn’t I done the same thing when I was doing scientific research?”

From then on, I’ve grown to see writing as a 53 that helps me organize my thoughts. I’ve even started to write popular science 54 . It’s a future I never could have imagined during my early struggles with writing classes. But I came around. All it took was some 55 and error.

41．A．regularly B．fortunately C．definitely D．efficiently

42．A．secured B．faded C．detected D．motivated

43．A．expanded B．transformed C．raised D．tensed

44．A．science B．college C．concept D．literature

45．A．interesting B．mature C．required D．realistic

46．A．involving B．inspiring C．struggling D．comforting

47．A．approved B．blessed C．qualified D．frustrated

48．A．focus on B．carry out C．go through D．look into

49．A．writing B．design C．architecture D．engineering

50．A．dramatic B．hands-on C．domestic D．abstract

51．A．revising B．assessing C．identifying D．appreciating

52．A．confused B．recalled C．occurred D．ashamed

53．A．content B．process C．aspect D．theme

54．A．articles B．lessons C．problems D．games

55．A．secret B．luck C．trial D．display

【答案】

41．D 42．B 43．D 44．A 45．C 46．C 47．D 48．A 49．D 50．B 51．A 52．C 53．B 54．A 55．C

【导语】这是一篇记叙文。文章讲述了作者从不喜欢写作到逐渐接受并热爱写作的心路历程。

41．考查副词词义辨析。句意：我曾在一个工程实验室工作，设计和制造了一个可以更有效地为手机和其他电子设备供电的部件。A. regularly有规律地；B. fortunately幸运地；C. definitely确定地；D. efficiently高效地。根据上文“I had worked in an engineering lab to design and build a part”可知，此处指的是设计和制造一个可以更高效地为手机供电的部件。故选D项。

42．考查动词词义辨析。句意：然而，当我的教授让我写一篇关于这个项目的研究论文时，我的兴奋很快就消退了。A. secured保护；B. faded逐渐消失；C. detected发现；D. motivated激励。根据下文“when the professor asked me to write a research paper on the project”和“Writing was the last thing I wanted to do”可知，写作是作者做不愿意做的事，当得知自己必须写一篇关于这个项目的研究论文时，我的兴奋很快就消退了。故选B项。

43．考查动词词义辨析。句意：我的身体绷紧着。A. expanded扩张；B. transformed使改观；C. raised提高；D. tensed绷紧。根据下文“Writing was the last thing I wanted to do”可知，作者不喜欢写作，所以一听到写论文身体变得紧张，绷紧着。故选D项。

44．考查名词词义辨析。句意：写作是我最不想做的事；这是我最初追求科学的原因之一。A. science科学；B. college大学；C. concept概念；D. literature文学。根据上文“had worked in an engineering lab”可知，作者从事是是工程类的专业，是科学的一部分。故选A项。

45．考查形容词词义辨析。句意：写作在高中是一门必修课。A. interesting有趣的；B. mature成熟的；C. required必修的；D. realistic现实的。根据下文“write those horrible essays”和“For hours, I stared at blank pages”可知，上写作课对作者来说是一种痛苦，作者还不得不坚持去写，可推知，写作是一种被要求的“必修课”。故选C项。

46．考查动词词义辨析。句意：所以，我坐在那里，挣扎着写那些关于文学主题的可怕文章。A. involving涉及；B. inspiring激励；C. struggling挣扎；D. comforting安慰。根据上文“Writing was the last thing I wanted to do”可知，作者讨厌写作，但又不得不写作，所以很挣扎。故选C项。

47．考查形容词词义辨析。句意：我感到无比沮丧。A. approved被正式认可的；B. blessed神圣的；C. qualified有资格的；D. frustrated沮丧的。根据上文“Writing was the last thing I wanted to do”可知，作者讨厌写作，写作过程让作者感到沮丧。故选D项。

48．考查动词短语辨析。句意：然后，我开始专注于有客观答案的数学和科学。A. focus on集中；B. carry out实施；C. go through经历；D. look into调查。根据上文“Writing was the last thing I wanted to do”和下文“there were objective answers”可知，作者不喜欢写作，所以专注于有客观答案的数学和科学。故选A项。

49．考查名词词义辨析。句意：在大学里，我学的是工程学，后来我加入了一个研究实验室，渴望获得更多的实践经验。A. writing写作；B. design设计；C. architecture建筑；D. engineering工程学。根据上文“had worked in an engineering lab”可知，在大学里，作者学的是工程学。故选D项。

50．考查形容词词义辨析。句意：在大学里，我学的是工程学，后来我加入了一个研究实验室，渴望获得更多的实践经验。A. dramatic巨大的；B. hands-on动手的；C. domestic国内的；D. abstract抽象的。根据上文“I joined a research lab”可知，作者加入了一个研究实验室，渴望获得更多的动手实践经验。故选B项。

51．考查动词词义辨析。句意：他解释说：“写作不是一次性的。它需要修改你的作品，通常需要修改几次”。A. revising修正；B. assessing评估；C. identifying确认；D. appreciating感激。根据上文“writing isn’t a one-and-done thing”和下文“often several times”可知，写作是需要多次修订的。故选A项。

52．考查动词词义辨析。句意：我突然想到，“我在做研究的时候不是也做过同样的事情吗？”。A. confused使困惑；B. recalled回想起；C. occurred（想法或主意）被想到，浮现于脑海中；D. ashamed使……感到羞耻。根据上文“Suddenly”和下文“Hadn’t I done the same thing when I was doing scientific research?”可知，这是作者突然想到的。故选C项。

53．考查名词词义辨析。句意：从那时起，我逐渐把写作看作是一个帮助我组织思想的过程。A. content内容；B. process过程；C. aspect方面；D. theme主题。根据下文“helps me organize my thoughts”可知，作者逐渐把写作看作是一个帮助自己组织思想的过程。故选B项。

54．考查名词词义辨析。句意：我甚至开始写科普文章了。A. articles文章；B. lessons课程；C. problems问题；D. games游戏。根据下文“I’ve grown to see writing as a that helps me organize my thoughts. I’ve even started to write popular science”可知，作者开始写科普类的文章了。故选A项。

55．考查名词词义辨析。句意：所需要的只是反复试验。A. secret秘密；B. luck运气 ；C. trial试验；D. display展示。根据上文“It requires your work, often several times”和下文“and error”可知，需要的只是反复试验。trial and error为固定短语，意为“反复试验”。故选C项。

**第二节 (共10小题;每小题1.5分，满分15分)**

阅读下面短文，在空白处填入1个适当的单词或括号内单词的正确形式。

The 2023 Chinese Bridge Calligraphy and Painting Contest lasted for six months, 56 (attract) 1, 084 contestants from 86 countries 57 a total of 1, 146 calligraphy and painting works.

According to experts, the award winning calligraphy works this year mirrored many Chinese classic elements with more 58 (expressive) and creativity, compared to the winners of last year's contest,

“I feel honored to be the judge again and also 59 (delight) to find that the entries for this year have been such a breakthrough. From their progress, you can 60 (definite) see the authors must have spent a lot of time and energy learning traditional Chinese culture, ” commented one of the judges.

At the closing ceremony, Zhang Bo, professor from Beijing Language and Culture University, gave high praise of the achievement of overseas Chinese teaching, 61 played a significant role in cultural exchanges. He said the quality of the entries resulted from the contestants' years of study, as well as 62 guidance and assistance of overseas Chinese teaching behind them.

The experts suggested watching the videos about the contestants on the website. “Through these videos, we can see their daily practice and creation process, 63 we can also feel their understanding and love for Chinese culture from their introductions. The creative process of calligraphy and painting 64 (have) a visual appreciation similar to dance. It is our hope that these videos 65 (share) on social media will encourage more people to develop a love for Chinese culture.”

【答案】

56．attracting 57．with 58．expressiveness 59．delighted 60．definitely 61．which 62．the 63．and 64．has 65．shared

【导语】本文是一篇新闻报道。文章报道了2023届“汉语桥”书法及绘画比赛的盛况和获奖情况，并简要介绍了获奖作品的特点。

56．考查非谓语动词。句意：“2023中国桥书画大赛”历时6个月，吸引了来自86个国家的1084名选手参赛，共计1146件书画作品。分析句子可知，空处应为非谓语动词作结果状语；逻辑主语The 2023 Chinese Bridge Calligraphy and Painting Contest 与attract之间为主动关系，所以空处应用现在分词形式。故填 attracting.

57．考查介词。句意：“2023中国桥书画大赛”历时6个月，吸引了来自86个国家的1084名选手参赛，共计1146件书画作品。根据句意可知，此处表示该比赛吸引了来自86个国家的1084名参赛者，共计1146件书法和绘画作品。a total of…works短语作定语，用 with引导，表示“有，具有”。故填 with。

58．考查名词。句意：据专家介绍，与去年的获奖作品相比，今年的获奖作品反映了许多中国经典元素，更具表现力和创造力。根据下文and creativity可知，and 连接前后两个名词，expressive的名词形式是expressiveness。故填expressiveness。

59．考查形容词。句意：我很荣幸再次担任评委，也很高兴今年的参赛作品取得了突破。分析句子可知，空处和前文的honored并列，应为形容词作表语，修饰主语I，修饰人，用-ed形式。故填 delighted。

60．考查副词。句意：从他们的进步中，你绝对可以看出作者们一定花了很多时间和精力来学习中国传统文化。分析句子可知，空处应为副词作状语，修饰空后的动词see。故填 definitely。

61．考查定语从句。句意：在闭幕式上，北京语言大学张博教授高度赞扬了海外汉语教学的成就，这在文化交流中发挥了重要作用。分析句子可知，空处应为引导非限制性定语从句的关系词，先行词为overseas Chinese teaching，指物，且空处在从句中作主语，用which引导。故填which。

62．考查冠词。句意：他说，参赛作品的质量源于参赛者多年的学习，以及他们背后海外汉语教师的指导和帮助。根据句意可知，此处表示参赛作品的质量是由于参赛者多年的学习，以及海外汉语教学对他们的指导和帮助，空处应表示特指。故填the。

63．考查连词。句意：通过这些视频，我们可以看到他们的日常实践和创作过程，也可以从他们的介绍中感受到他们对中国文化的理解和热爱。根据句意可知，空处前后的两个句子应为并列关系。故填 and。

64．考查动词的时态及主谓一致。句意：书法和绘画的创作过程具有类似于舞蹈的视觉欣赏。分析句子可知，空处应为本句的谓语动词，主语是Tho creative process，为单数；描述客观事实，此处应为一般现在时。故填has。

65．考查非谓语动词。句意：我们希望这些在社交媒体上分享的视频能鼓励更多人爱上中国文化。分析句子可知，空处应为非谓语动词作后置定语，修饰空前的videos, videos与 share之间是被动关系，因此空处应为动词的-ed形式。 故填 shared。

**第三部分 写作(共两节，满分40分)**

**第一节 (满分15分)**

目前，你校有许多学生因为各种原因很少参加体育锻炼。假定你是李华，请你代表学生会向你校英语报写一封倡议书，倡导同学们积极参与体育锻炼。内容包括：

(1)发出倡议的背景；

(2)倡议的具体内容；

(3)发出倡议。

注意:

(1)词数为80左右:

(2)开头和结尾已给出，不计入总词数

Dear schoolmates,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Student Union

【答案】**Dear schoolmates,**

Nowadays, most students don’t do sports for all kinds of reasons. They think that it is a waste of time or they may get injured in the process.

In response, the Student Union is launching an initiative called “Vibrant Campus, Healthy Us” . We encourage everyone to dedicate at least half an hour each day to physical activities, whether it’s running, playing ball games, doing exercises, or skipping ropes. These activities can strengthen our bodies and help relieve stress, enhancing study efficiency.

Let’s take action, nourishing our youth with sweat and embracing the future with good health!

**The Student Union**

【导语】本篇书面表达属于应用文。要求考生代表学生会向学校英语报写一封倡议书，倡导同学们积极参与体育锻炼。

【详解】1.词汇积累

各种各样的：all kinds of → varieties ofvarieties cause

倡议：initiative → proposal

鼓励：encourage → motivate

缓解：relieve → ease

2.句式拓展

简单句变复合句

原句：The Student Union is launching an initiative called “Vibrant Campus, Healthy Us”.

拓展句：The Student Union, which aims to improve students’ physical health, is launching an initiative called “Vibrant Campus, Healthy Us”.

【点睛】【高分句型1】They think that it is a waste of time or they may get injured in the process.（运用了that引导宾语从句的结构）

【高分句型2】Let’s take action, nourishing our youth with sweat and embracing the future with good health!（运用了现在分词短语作状语的结构）

**第二节 (满分25分)**

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

At the age of 30, I resigned to start my own business. I felt like I was on the right path. I was busy making plans happen. For months, I kept myself moving. Even when I wasn’t working, I was thinking about work. There was never enough time, and I was afraid that if I stopped to relax, I might let someone down. But the more I worked, the less I seemed to get done.

When I started to feel really tired, I told myself I just needed to work harder and get more organized. But something was wrong. I was very tired and my body hurt all over. My smart watch kept buzzing (嗡嗡声), telling me my heart was beating too fast. I had tried hard to be healthy — I stopped drinking, changed my diet, and lost weight. I thought things would get better, but they didn’t.

Finally, I went to a doctor. “How’s your stress?” the doctor asked. I didn’t think I was very stressed, but tests showed I had a disease called Graves’ disease, which can get worse because of stress.

The next day, I ran into an old friend, Cindy. We hadn’t seen each other for a while, and Cindy looked at me with concern. “You look tired. I don’t know how you are doing, but you seems to be wearing out.”

“Things have been a bit crazy lately,” I admitted.

“Maybe it’s time to take a break,” Cindy suggested. As we said goodbye, she added, “It was good to see you. You’ve lost weight; make sure you take care of yourself.” She waved and left.

Reflecting on my previous behavior, I realized I had been missing the simple pleasures in life — the little but meaningful things that help me relax and recharge, like bonding with my family, engaging in community activities to help those in need, interacting with friends and visiting my favorite bookstore.

Days later, Cindy called and asked, “There’s a charity event dedicated to helping the left-behind children and elderly people who live alone in our community this weekend. Would you like to go with me and offer your help?”

注意：

1. 续写词数应为150左右；

2. 请按如下格式在答题卡的相应位置作答。

I was hesitant at first, but I decided to give it a try.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

After that memorable day, I decided to make a change to my life.

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【答案】    *I was hesitant at first, but I decided to give it a try.* Accompanied by Cindy, I spent the weekend working as a volunteer there. We organized games to interact with the left-behind children and the experience was heart-warming when I saw their initial shyness gradually transformed into smiles and laughter. We also helped clean the rooms of elderly people in a nursing house, chatted with them, and listened to their stories. The atmosphere was filled with laughter and love. For the first time in months, I forgot about work and gained a sense of authentic pleasure in life.

*After that memorable day, I decided to make a change to my life.* I still work hard on my business, but I also reserve time for those simple pleasures. I sign up for volunteer activities, finding joy in the smiles of those less fortunate. I have heart-to-heart conversations with my family over delicious home-cooked meals and visit bookstores where I lose myself in the wisdom of written words. With this new routine, my health gradually improves and I rediscover the path to true well-being. I am ready to embrace a new chapter, one that includes both ambition and the joy of living.

【导语】本文以人物为线索展开，讲述了作者30岁时辞职创业，全身心投入工作，即便疲惫不堪仍觉得需更努力，结果事与愿违，身体出现各种问题。就医后得知患了因压力可能加重的格雷夫斯病。偶遇老友辛迪，她建议作者休息。作者反思，意识到自己忽略了生活中的简单乐趣。几天后，辛迪邀请作者参加社区帮助留守儿童和孤寡老人的慈善志愿活动，作者起初犹豫，后决定尝试。在活动中，作者感受到久违的快乐。此后，作者改变生活方式，工作之余也享受生活乐趣，健康状况改善，准备迎接既充满抱负又有生活乐趣的新篇章。

【详解】1. 段落续写：

①由第一段首句内容“一开始我很犹豫，但我决定试一试。”可知，第一段可描写作者和辛迪一起做志愿者的经过。

②由第二段首句内容“在那难忘的一天之后，我决定改变我的生活。”可知，第二段可描写作者改变自己的生活方式以及感悟。

2. 续写线索：决定试一试——和辛迪一起做志愿者的经过——获得了生活乐趣——决定改变生活——为快乐预留时间——感悟

3. 词汇激活

行为类

①变成：transformed into/changed into

②获得：gained/obtained

③拥抱：embrace/hug

情绪类

①快乐：joy/delight

②抱负：ambition/aspiration

【点睛】【高分句型1】Accompanied by Cindy, I spent the weekend working as a volunteer there. (运用了非谓语动词中的过去分词作状语)

【高分句型2】I have heart-to-heart conversations with my family over delicious home-cooked meals and visit bookstores where I lose myself in the wisdom of written words. (运用了where引导的定语从句)