

10. What does the woman suggest?

- A. Taking on more staff.
- B. Putting on some music.
- C. Focusing on food quality.

听第8段材料，回答第11至13题。

11. What is the probable relationship between the speakers?

- A. Classmates.
- B. Workmates.
- C. Coach and trainee.

12. Why has the woman gained weight?

- A. She lives an unhealthy life.
- B. She has no time to exercise.
- C. She suffers from work pressure.

13. What will the man do ahead of time?

- A. Jog to warm up.
- B. Buy an exercise bike.
- C. Reserve a tennis court.

听第9段材料，回答第14至17题。

14. What is the conversation mainly about?

- A. Grade points.
- B. Time management.
- C. University majors.

15. Which subject is the woman good at?

- A. Economics.
- B. History.
- C. Psychology.

16. What does the man think of his college teachers?

- A. They are humorous.
- B. They are very strict.
- C. They are hard-working.

17. What caused the man's poor performance?

- A. Hanging out with his friends.
- B. Wasting time checking his phone.
- C. Being addicted to computer games.

听第10段材料，回答第18至20题。

18. What do people usually do in a teahouse?

- A. Work on a laptop.
- B. Associate with others.
- C. Perform Beijing Operas.

19. What does the speaker think of traditional teahouses?

- A. Quiet.
- B. Crowded.
- C. Elegant.

20. What discourages ordinary people from visiting today's teahouses?

- A. High costs.
- B. Poor service.
- C. Old-fashioned decoration.

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

You don't have to be a Grammy-award winner like Beyoncé to sing. Actually, it's a skill you can learn and practice.

Give yourself permission to try

From the beginning, set your expectations in a reasonable place. Everybody can do music—singing with kids or in a chorus. You play the guitar, but you needn't be a performer with a band.

Allow yourself to try without worrying about sounding "good" at first. Singing is a skill that takes practice and time to develop.

Practice stretching your speaking voice to your singing voice

A few exercises help make that transition:

Take a speaking phrase and start to stretch it. Make it a positive one, like "My voice is strong!" for the extra bonus of hearing some encouragement. While repeating the phrase, add some excitement to your speech—that'll help you slide into singing naturally.

There are also many vocal (发声) exercises online.

Find your own singing style

To find what songs and styles suit you best, a music talent has established a singing method (Click [HERE](#) to find out) focusing on creating strategies specific to you.

You can copy sounds but remember you're trying to find your voice. Let Beyoncé be Beyoncé. Let whoever be whoever. That's their identity. It's important to say, "What do I sound like?"

Think about singing as a gateway to others

This process is as much about self-acceptance as it is about building community.

Be it in a band or a chorus, you and a bunch of friends just get together and there's something amazing about making music. It promises a really good and deep community.

For more help, you can email us at moreinfo@lifekit.org.

21. What does the author suggest readers do?

- A. Dream big when starting singing.
- B. Establish a music band with friends.
- C. Copy songs and styles of famous singers.
- D. Mix vocal exercises with self-motivation.

22. According to the text, singing practice can help you _____.

- A. live a positive life
- B. land a place in chorus
- C. create music strategies
- D. strengthen bonds with friends

23. The text is targeted at those who _____.
- A. lack confidence in singing
B. run a band or a music studio
C. want to register for a music course
D. desire to win Grammy Awards

B

“Can we eat this one, Dad?” my four-year-old daughter, Alicia, asks. We’re on one of our Thursday adventures, searching the nearby woods for eatable mushrooms. She’s pointing at a bright-red cap covered with white dots. I pull out my handy mushroom-identification app, which notes that Amanita muscaria, while eatable if prepared properly, is also a known hallucinogen (致幻剂). I have a firm “tell them the truth and be as precise as possible” philosophy and explain what the app says, and that I don’t think our Thursday adventures are ready to get quite that adventurous yet.

Watching your kids learn new skills is extraordinarily rewarding, but I’ve experienced more personal growth than I have at any other point in my life.

Last year, after a winter of practicing skiing on the green tracks for beginners each week, Alicia was french-frying her way down blues and even attempted her first black. That month also witnessed me visiting the mountain more times than in the 15 years combined and **I’ve got myself a partner for life.**

It’s not all easy—but sometimes that’s the point. Alicia practices the violin every day, and although she enjoys it, even 15 minutes of practice can upset her. The trick, I’ve found, is to let her watch me try to get better at something, too. I start taking piano lessons at 41 years old with the idea that if she sees me struggling as I practice and then improve, she’ll understand that things don’t come easy, even for grown-ups. I know there’s going to be a time when I’ll end up on the sideline cheering her on as she finds her own passions. I’m okay with this, and I’m hoping that by then she’ll carry the joy of practice and knowledge through life.

24. What does the father imply by saying “**I’ve got myself a partner for life.**”?

- A. It is rewarding to learn new skills.
B. Skiing has become his lifelong hobby.
C. He will explore more with his daughter.
D. His daughter will accompany him forever.
25. Why does the father start learning to play the piano?

- A. To prove it is never too old to learn.
B. To set a good example for his daughter.
C. To experience the joy of piano practice.
D. To share with his daughter musical knowledge.

26. Which of the following can best describe the father?

- A. Rigid and humorous.
B. Cautious and inspiring.
C. Creative and thoughtful.
D. Ambitious and patient.

27. Which can be a suitable title for the text?

- A. The Thrill of the Skill
B. Practice Makes Perfect
C. Like Father, Like Daughter
D. The Power of Knowledge

C

Plastic fishing nets, the so-called ghost nets, abandoned yearly in the sea—about 1 million tons—are more than just rubbish; they're a killer. Fish, sea birds, and turtles get caught in the netting and die, with more species at risk.

Much shocked at this, Pranveer Singh Rathore, a materials-science engineer and materials R&D manager at Samsung, and his team set themselves the task of giving new life to the deadly nets. Last month, Samsung revealed a new line of Galaxy products made in part from recycled plastic fishing nets for the first time. The company estimates this year alone it can recycle over 50 tons of ocean-bound plastic into the key components that will go into its smartphones, tablets, and computers, thus taking a bite out of the global ghost nets problem.

It's no small task to give waste fishing nets a second act. The nets are typically made of a substance called nylon which tends to dramatically degrade (降解) the longer it sits in the ocean and is exposed to the sun. "This makes it nearly impossible to use abandoned fishing nets directly," Rathore explains. Besides, high-performance smartphone, tablet, or PC has to be waterproof and can survive severe weather. The nylon in the fishing nets falls far short of that level of durability (耐用).

To deal with that problem, Samsung last summer teamed up with two partners: one to collect and transform the nets into tiny nylon pellets (颗粒) while the other to strengthen their toughness and durability. The end result: The partners hit upon an eco-friendly and high-performance plastic material that's being used to build the component parts for its latest line of products. For example, two parts of the Galaxy S22 mobile phone—the key bracket and the inner cover—are made of these fishing-net plastic materials. Samsung aims to use even more upcycled materials in future product lines.

"That's the hope for the globe and our mission," Rathore smiles.

28. What does the underlined word "this" in paragraph 2 refer to?
- A. Rubbish in the sea.
 - B. Recycling the deadly nets.
 - C. Ocean species' extinction.
 - D. Ghost nets' threat to sea life.
29. What is paragraph 3 mainly about?
- A. The low level of durability of nylon.
 - B. The second act of waste fishing nets.
 - C. The great difficulty in reusing ghost nets.
 - D. The positive comment on Samsung's products.
30. What is special about Samsung's new Galaxy products?
- A. They are made from tiny nylon pellets.
 - B. They put an end to the problem of fishing nets.
 - C. They can stand up to water and severe weather.
 - D. They contain materials recycled from ghost nets.

31. What can we learn about Rathore's work?
- A. It makes plastic easier to break down.
 - B. It marks the shift of Samsung's mission.
 - C. It protects the planet from choking on plastic.
 - D. It raises public awareness of ocean exploration.

D

To figure out if we can die of boredom, we first have to understand what boredom is. For help, I called James Danckert, a psychologist who studies boredom at the University of Waterloo in Canada. "A lot of people think about being bored as being lazy. And it's absolutely not that," he says. "Bored people want to be engaged with their world, eager to do something satisfying and exciting. But any attempt to do so is failing."

That means boredom is usually very upsetting. And it can have physical consequences. In one of his experiments, Danckert made people extremely bored by showing them a video of two people hanging clothes to dry. He found that when people got bored, their hearts beat faster and their levels of a hormone called cortisol (皮质醇) went up, compared to when they watched another video that made them sad. These physical changes were signs that boredom was stressing them out. "It's not like having a full-on panic attack," Danckert says. But it's certainly enough to make boredom unpleasant.

Let's come back to if boredom can kill you. Back in the 1980s, scientists asked people who worked for the British government a whole bunch of questions, including how bored they felt in their daily lives. The study tracked the participants over time. When any one of them died, the survey recorded the cause of death. In 2010, two researchers matched up these causes of death with the participants' level of boredom. It turned out that people who said they were more bored were also more likely to have died of heart disease. "We know that **prolonged** exposure to stress is bad for your health," Danckert says. A single boring day can't kill you. But if you're always bored, the stress could add up into something dangerous.

"Oh no," you might be thinking. "School is boring, my friends are boring, everything is boring! What's going to happen to me?" Don't worry, Danckert says: "As you get older, you get less bored," mainly because you gain more independence and have to get busy to achieve your long-term goals. And trust me: that's anything but boring.

32. According to James Danckert, people feel bored because _____.
- A. they are too lazy to do anything
 - B. they can't gain excitement in life
 - C. they are too frightened to have a try
 - D. they can't fully understand boredom
33. What can we learn from paragraph 2?
- A. Doing housework will make people bored.
 - B. People's heart rate increases with boredom.
 - C. Physical changes can lead to extreme boredom.
 - D. Watching something sad is a boring experience.

34. What does the underlined word "prolonged" in paragraph 3 mean?
A. Continued. B. Repeated. C. Sudden. D. Active.
35. What does Danckert recommend to save people from boredom?
A. Depending on friends.
B. Setting long-term goals.
C. Keeping yourself occupied.
D. Trusting people around you.

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。

Rene Campbell has devoted most of her life to shaping her figure into one completely against what society thinks a woman should look like.

"I was always very insecure about my body image, as everyone seemed to know for sure that women needed to look a certain way," she says when reflecting on her motivation to transform herself. 36 For quite some time, she struggled with eating disorders because she was trying to keep her weight really low and appear skinny, like the women on magazine covers. 37 It was then that she became attracted by the way these seemingly confident women held themselves.

However, building her dream body—gaining over 85 pounds, going from a size 8 to 14—has had its challenges, too. "38 When I tell them that I am a female bodybuilder, the first reaction is, 'Muscles for women are just not attractive,'" Campbell says. Though she loves the way she now looks, she is sometimes treated with cruelty.

39 Even though there is a huge market encouraging women to build muscles and tighten their figures, the ideal still stands for smaller waists, and thin legs, the so-called perfect figure. For women to build up strong muscles, it takes a strong heart.

"I gradually learn to ignore others' voices and become committed to the training. It is a very big shift for me, and it has won me plenty of awards. 40 My bodybuilding journey makes me realize that I need to do things for myself." Campbell says.

- A. She was constantly feeling under pressure.
B. Women have to pay a huge price to build a slim figure.
C. It does bring a sense of confidence and mental strength.
D. The body of super-muscular women is considered unwelcome.
E. Luckily, Campbell was chosen to shoot for one of the magazines.
F. People don't understand why women would want to be muscular.
G. Purely by chance, Campbell attended a women's bodybuilding show.

第三部分 语言运用 (共两节, 满分 30 分)

第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

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

I was cleaning out a cupboard the other day when I made an amazing discovery. Inside I 41 the manuscript (手稿) for a novel. It included an outline of the 42 and a pile of typed pages telling a story. It was written, to my 43, by my father who has been dead for more than 50 years. It isn't 44, as novels go, perhaps fifty or sixty typed pages, but without my 45 it has somehow accompanied me through my years of 46, several jobs, a marriage, the birth of my children and grandchildren, retirement and even a relocation across the country where I live.

Yet there it was, resting under a lot of paper to be recycled. I might have 47 my father's legacy (遗产). I was truly 48 by my discovery.

I'm in the middle of reading another book 49 my dad's novel has a place on my bed-side table. I want to have some 50 time for it so I haven't 51 examined it yet. I'm going to spend a whole afternoon to give it the 52 it deserves. As yet I don't know what the story line is about and I don't even know if it is complete but I 53 a highly emotional process of finding out.

I find it fascinating to think that this could happen; that after more than fifty years my father could 54 his only son through the mists of time. It's one of those things that we don't see coming and that make life so 55.

- | | | | |
|---------------------|----------------|-----------------|---------------|
| 41. A. locked | B. found | C. placed | D. hid |
| 42. A. notes | B. reviews | C. chapters | D. references |
| 43. A. regret | B. relief | C. satisfaction | D. amazement |
| 44. A. long | B. fun | C. popular | D. romantic |
| 45. A. support | B. knowledge | C. approval | D. reach |
| 46. A. life | B. writing | C. reflection | D. education |
| 47. A. cleared away | B. passed down | C. counted on | D. handed out |
| 48. A. bothered | B. caught | C. shaken | D. disturbed |
| 49. A. or | B. so | C. but | D. for |
| 50. A. easy | B. quick | C. rough | D. clear |
| 51. A. briefly | B. closely | C. happily | D. calmly |
| 52. A. honor | B. comment | C. reward | D. attention |
| 53. A. design | B. anticipate | C. evaluate | D. record |
| 54. A. touch | B. raise | C. help | D. protect |
| 55. A. peaceful | B. successful | C. interesting | D. smooth |

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。

It was Dragonboat Day. Shiny white tents lined the waterfront, 56 (provide) shade and refreshments for Dragon Boat paddlers (桨手) from all over California, 57 gathered around the Castaic Lake for a festive competition.

Giggling kids raced cheerfully along the lakeside beach, 58 their parents enjoying the shady picnic areas under the trees along the shore. "It's a great day out," said Paul Lin, co-founder for Castaic's own Dragon Eyes team.

Dragonboat racing has been going on for thousands of years in China, 59 (initial) in honor of the Chinese water dragon deity (神) in an effort to call down rain 60 avoid misfortune and disaster.

In the race, a drummer 61 (use) a large traditional wooden drum to keep the paddlers on beat, while a steersman in the back keeps them in their lane.

Lin said a friend got him 62 (involve) in dragonboat racing over a decade ago. In 2018, they 63 (decide) to host their own festival. "There's something really special to be learned from our dragonboat motto: 'One Boat, One Beat,'" he said. "Paddlers come from all walks of life and that kind of 64 (close) with people is nowhere else to be seen."

"We really want to help expand awareness and grow the sport," Lin said. "We're hoping one day it'll become 65 Olympic sport."

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

假定你是李华, 外教 Mark 邀请你本周日陪他去夫子庙游玩, 但你因故不能前往。请你写一封电子邮件, 内容包括:

1. 感谢邀请;
2. 说明原因;
3. 另约时间。

注意:

1. 写作词数应为 80 左右;
2. 请按如下格式在相应位置作答。

<p>Dear Mark,</p> <p>Yours, Li Hua</p>	
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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。

My teenage son, Jordan, always complained about having to be home earlier than all his friends. He would tell me that he was already seventeen, but still had a curfew (宵禁). He believed he was practically an adult. I pointed out that he was not an adult as he was still in high school.

"You don't trust me!" he yelled. Before I continued, he rolled his eyes, slammed the door and walked away. I sighed. How could I make Jordan see that I only wanted to keep him safe?

I decided to go for a walk, hoping the December air would clear my head. I opened the front door and nearly stepped on her: a small black cat, just like a meatball. "Hi, Meatball," I said, bringing her into my arms. I walked back in, touching her neck gently. Meatball seemed happy enough to come in the house, but after an hour or two, she sat by the door, meowing to go back outside.

"Why won't she just stay in with us all the time?" Nathan, my youngest son asked. I explained to him that she was happy here but she liked being able to come and go as she pleased.

"That must be nice," Jordan muttered from the other room, complaining why the cat, not him, could come and go. He even asked me to give Meatball a curfew.

Meatball became a regular.

One night, temperatures were unusually low. Meatball stood at the door, meowing to go outside. I shook my head at her, afraid that she might freeze to death. She stared at me and meowed again. I patted her head, "I know you're not happy, but it's for your own good."

"Mom's not being mean to you," Nathan told the cat. "She's just trying to keep you from turning into a frozen meatball." We both laughed at his joke.

The next morning, I couldn't find Meatball. I asked the kids if anyone had seen her.

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。

Jordan nodded, "I let her out last night."

As I drove to the animal hospital, Jordan sat in the back, holding Meatball inside his coat.

英语参考答案

第一部分 听力 (共两节, 满分 30 分)

1. C 2. B 3. A 4. C 5. A 6. C 7. C 8. B 9. A 10. B
11. B 12. A 13. C 14. A 15. C 16. A 17. C 18. B 19. B 20. A

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)

21. D 22. D 23. A 24. C 25. B 26. B 27. A 28. D 29. C 30. D
31. C 32. B 33. B 34. A 35. C

第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

36. A 37. G 38. F 39. D 40. C

第三部分 语言运用 (共两节, 满分 30 分)

第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

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

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

56. providing 57. who 58. with 59. initially 60. and
61. uses 62. involved 63. decided 64. closeness 65. an

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

Dear Mark,

Thank you for inviting me to go to the Confucius Temple with you this Sunday.

However, I am afraid that I could not manage it, because there will be an important test next Monday. With tons of notes to go through, I can hardly squeeze any time for the trip this weekend. I wonder if it is possible that we reschedule it for another time.

I hope this will not bring you too much inconvenience. Looking forward to your reply.

(80 words)

Yours,

Li Hua

第二节 (满分 25 分)

Jordan nodded, "I let her out last night." My mouth dropped open. "She was outside all night?" I was so furious, "It was freezing and she could die!" Jordan choked back his words, stunned. I grabbed my coat and rushed outside. Jordan followed, fear welling up in his eyes. Several minutes later, the poor thing was found, shaking and curling into a tiny ball. I picked her up, unsure whether she was alive or dead. Jordan was scared, "We need a vet! Now!" (75 words)

As I drove to the animal hospital, Jordan sat in the back, holding Meatball inside his coat. I could hear him talking to the cat, apologizing repeatedly. Luckily, the vet saved Meatball. Seeing her eyes open, Jordan stroked her head, all tears. Then, surprisingly, he turned to me. He apologized for what he had done. "I know you just want to keep me safe," he murmured. I felt a lump in my throat. He rubbed Meatball's back, "Looks like we are both going to observe the curfew. It's for our own good." (75 words)

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