





听第7段材料,回答第8至10题。

8. When does the conversation take place?  
A. On Monday. B. On Wednesday. C. On Friday.
9. What will the woman do this Saturday morning?  
A. Attend a meeting. B. Fix the internet service. C. Stay at home.
10. How much will the woman pay for the service?  
A. \$500. B. \$580. C. \$1160.

听第8段材料,回答第11至13题。

11. What happened to the man on his way home?  
A. His car was knocked over. B. He argued with the police. C. He went a long way round.
12. What did the speakers plan to do at 6 pm?  
A. Attend a meeting. B. Have dinner with Cathy. C. Repair the man's phone.
13. What will the speakers do next?  
A. Go to the hospital. B. Check the news online. C. Have dinner together.

听第9段材料,回答第14至17题。

14. Where does the man wait?  
A. London. B. Bangkok. C. Heathrow Airport.
15. What will the economy class of the first flight do at 4:30?  
A. Check in. B. Take off. C. Do repairs.
16. What will the man buy?  
A. A return ticket. B. A single ticket. C. Two round tickets.
17. How will the man pay?  
A. In cash. B. By check. C. By credit card.

听第10段材料,回答第18至20题。

18. What does the speaker suggest doing to begin a hobby?  
A. What you enjoyed before. B. What worries you most. C. What your friends like.
19. What do experts recommend?  
A. Taking enough exercise. B. Having a lot of hobbies. C. Starting a hobby early.
20. What did a Swedish study find?  
A. Old people can't balance well. B. DIY is a good way to socialize. C. Gardening can benefit old people.

第二部分 阅读理解(共两节,满分40分)

第一节 (共15小题;每小题2分,满分30分)

阅读下列短文,从每题所给的A、B、C和D四个选项中,选出最佳选项。

A

Big News of 2021

Hundreds of new species are identified

In January, a monkey found on an extinct volcano in Myanmar, in southeast Asia, was among 503 new species identified by London's Natural History Museum. Named the Popa langur after the Mount Popa, on which it was found, it was classified as critically endangered with only about 260 of the monkeys in the wild. Scientists also discovered 122 new fossil species, including a creature from Australia that lived 25 million years ago.

【英语(第2页)】

### Rome's Colosseum is to get a new floor

In May, Italy's government announced plans to fit a new floor in the Colosseum in Rome. The new floor will allow visitors to stand where people battled nearly 2,000 years ago in AD 80 during the time of the Roman Empire. It's expected to cost about £ 16 million and will be ready by 2023.

### World Heritage sites reviewed

In July, UNESCO's World Heritage Committee held meetings to update its World Heritage List, which protects places that are of "outstanding value to humanity". Salonga National Park in Congo, Africa, an area of rainforest classed as "in danger" since 1999, was removed from the "in danger" list. Buen Retiro Park in Madrid, Spain, and Iran's Trans-Iranian Railway were added to the list.

### Spacecraft sets off on collision course

On November 24, the US space agency NASA launched a spacecraft on a test mission. The spacecraft, called DART, is to fly into a small asteroid (小行星) called Dimorphos, and change its course. NASA hopes that DART could one day protect Earth in the unlikely event that an asteroid heads toward the planet. People can watch the event as it happens thanks to DART's onboard camera.

21. What is true about the Popa language?
- A. It used to commonly exist on Mount Popa.
  - B. It has already died out because of a volcano.
  - C. As many as 122 new fossils were found about it.
  - D. It was named after a mountain where it was found.
22. What changes happened to the World Heritage List in 2021?
- A. It removed the Buen Retiro Park from its protection list.
  - B. It put Trans-Iranian Railway in Iran on its protection list.
  - C. It labeled Salonga National Park rainforest as "in danger".
  - D. It announced its plan to fit a new floor in the Colosseum.
23. What's the purpose of DART?
- A. To carry out a test.
  - B. To protect the environment.
  - C. To broadcast an event.
  - D. To remove some old floors.

### B

As I worked overtime for the down payment for a new home, I had RSI, a professional disaster for secretaries who spend their days at the keyboard. I had to rely on disability insurance for my income, and I feared losing the home I had worked so hard to buy.

Feeling the sharp pain at night with an RSI, I spent long night hours reading phone books for organizations that would provide food, and even mortgage (抵押) assistance. I applied for aid over the phone to restore my life and keep my home.

One of my calls led me to meet a developer of a voice-recognition program. Soon, I was reading my many lists of resources into a Word document, providing a way to create something in writing. One day, a friend suggested I should share my lists with other people with disability or out of work. It was so well-received that I decided to write a book on how to "survive" disability.

The book was published, and after the surgeries, I decided I needed some formal education to get a job and keep the new home.

Impressed with my book, my advisor suggested that I write another book—this one about the struggles students have. As I had with my first book, I set to write for students with disabilities.



I graduated with high marks, and my second book was later offered as a resource to students with disabilities. After I finished graduate school with a master's degree, I started my career as a consultant, serving people with disabilities. With a steady income from my new career, my beloved home was safe, and I survived disability.

My career fulfills my love of creating, growing my own ideas, and offering entertainment to my readers. Despite my disease, my determination to keep the home I loved opened doors that I would never have dreamed of.

24. Why did the author search through phone books?

- A. To look for any help he could get.
- B. To take advantage of his insurance.
- C. To work hard to pay for his new home.
- D. To find proper treatment for his illness.

25. What inspired the author to write a book for disabled students?

- A. His ability to use a voice-recognition program.
- B. The pressure to pay his mortgage assistance.
- C. The encouragement and urge of his advisor.
- D. The advice of one of his consultant colleagues.

26. What may be the motivation for the author's struggle?

- A. His desire of working for the disabled.
- B. His dream of becoming a consultant.
- C. His interest in a voice-recognition program.
- D. His aim of keeping the house he'd bought.

27. What conclusion can we draw from the author's experience?

- A. Our health is often ignored until we lose it.
- B. The way to being a writer is full of hardship.
- C. High school students need to learn to survive.
- D. Desperate times may mean hidden treasures.

C

Sometime in 2021, I learned how to relax my muscles purposefully. This will help me improve how I deal with an annoying 2022, I learned. For me, this immediately reduces stress and anxiety, creating a refreshed feeling nearly anywhere and at any time. And it gets more effective when I do it more.

The benefits of muscle relaxation have been studied for decades, and research has found that the practice may **mitigate** a wide range of physical and mental conditions.

One of the most widely used methods is progressive muscle relaxation, which was developed early last century by Edmund Jacobson. His method is a two-step process. First, learn to recognize when a particular muscle feels best. Then, focusing on that muscle in the bent state, do the opposite of bending; relax.

When you start with muscle relaxation, find 10 or 15 minutes in the day when you're unlikely to be disturbed. Look for a quiet spot, and close your eyes. Take a few deep breaths. Now clench(紧握) your hands and focus your mind on what that feels like. After a few seconds, do the opposite and gently unclench your fist. Set off the tension. Feel your hand loosening, becoming heavy, and falling into relaxation.

After repeating this a few times, you can move on to other parts through your whole body. At first, it may be just a sense of calm, but the more you do it, the deeper into relaxation you'll fall.

I find myself consciously relaxing everywhere, anytime—in line at the supermarket or while on hold with my insurance company. And now that I'm done singing the praises of relaxation, I suppose I'll go off to relax right now.



34. What can we learn about the organized thought from the last paragraph?

- A. It can be shown through writing.
- B. It makes videos easy to remember.
- C. It isn't required for PowerPoint.
- D. It makes editing easy to carry out.

35. Which of the following is the best title for the text?

- A. Literary Writing Never Loses Its Appeal to People
- B. Remote Work Promotes the Importance of Writing
- C. Practical Writing Stands out During the Pandemic
- D. Different Kinds of Writing Share the Same Future

第二节 (共 5 小题; 每小题 2 分, 满分 10 分)

根据短文内容, 从短文后各题选项选出能填入空白处的最佳选项。选项中有两项为多余选项。

As we're made stressful due to the COVID-19 and its variants, mental health experts suggest a few ways for us to manage stress.

**Practice the "STOP" skill.**

This is a good strategy to control your emotion, shared by Dr. Sabrina, a psychologist and professor in New York City.

"Stop stands for: stop; take a step back; observe; proceed mindfully," she explains. " 36 Otherwise, you may find that you act blindly and lose your judgment over simple things."

**Get outside during daylight hours.**

37 You can simply sit and watch the sunrise or walk around your neighborhood. Whatever you do, just make an effort to make it a daily habit.

**Connect with others if you're feeling lonely.**

The pandemic has completely changed the way we socialize. 38 Chances are that you aren't alone in feeling lonely, and sharing how you are feeling may empower others to do the same. Not only will you brighten your own day, you'll also brighten someone else's.

39

Too often we are stressed by the little things. We need to take a deep breath and ask ourselves if what is troubling us really matters in the big picture. If not, let it go.

**Try a way to let out stress.**

Stress is a result of careful thoughts. 40 The key here is to put pen to paper and start writing. Doing so allows us to begin to separate our stress from being a part of us, and thereby putting some distance between us and our stress.

Lastly, sorting down our thoughts can also help us clear our head and begin to shift into solution mode.

- A. Remember the big picture.
- B. Don't let your emotion take over.
- C. Millions of people are stuck home feeling lonely.
- D. A helpful tool to deal with stress is to let it out and release it.
- E. Parents should support their children by listening to their children's anxieties.
- F. It may be cold, but getting outside is still important for your mental health.
- G. Keep a certain distance away when you socialize, and you'll avoid being infected.





### 第三部分 语言知识运用(共两节,满分45分)

#### 第一节 (共20小题;每小题1.5分,满分30分)

阅读下面短文,从短文后各题所给的A、B、C和D四个选项中,选出可以填入空白处的最佳选项。

My partner and I decided to organise gifts for the residents of a local nursing home. After I posted our 41 on a social networking website, my friends and colleagues sent me presents. We also 42 chocolates, Christmas puddings, etc. A lady who does a lot of work for the 43 gave us a huge supply of things to 44 the gifts. This way they looked cheerful and 45.

I posted on a local online group as we don't have a car. James sent me a message 46 to drive us. Another lady sent a message saying she had some small gifts to 47 so she came by with some more presents. This 48 us that there was enough for the 70 + 49!

So on the 22nd of December we were ready. We 50 for the nursing home with 74 gifts plus a few extras! After signing in, masking and having our temperature 51 we were in and ready to spread the Christmas 52.

I was a little nervous 53 as it was my first time in a nursing home. A sense of 54 arose when I saw my partner had no 55 talking to people. But once the nursing manager began taking us round and I saw the 56 faces, I was so happy to be there and it gave me so much joy. We went to everyone's rooms and gave them a small gift 57. It was a wonderful experience and I highly 58 that people do something like this as it will bring you 59 and happiness.

As the Easter bunny might be 60, I'm already planning a visit for Easter.

- |                     |                  |                    |                  |
|---------------------|------------------|--------------------|------------------|
| 41. A. review       | B. advice        | C. comment         | D. intention     |
| 42. A. ignored      | B. covered       | C. purchased       | D. guaranteed    |
| 43. A. community    | B. experience    | C. development     | D. account       |
| 44. A. polish       | B. preserve      | C. stick           | D. wrap          |
| 45. A. natural      | B. appealing     | C. current         | D. concrete      |
| 46. A. distributing | B. lasting       | C. offering        | D. ordering      |
| 47. A. get over     | B. drop over     | C. turn out        | D. rule out      |
| 48. A. excused      | B. reminded      | C. confused        | D. ensured       |
| 49. A. residents    | B. employees     | C. representatives | D. servants      |
| 50. A. worked       | B. inched        | C. headed          | D. struggled     |
| 51. A. registered   | B. copied        | C. fixed           | D. checked       |
| 52. A. knowledge    | B. cheer         | C. application     | D. toast         |
| 53. A. funnily      | B. sensitively   | C. briefly         | D. consequently  |
| 54. A. awkwardness  | B. delight       | C. belonging       | D. humor         |
| 55. A. clue         | B. concentration | C. luck            | D. trouble       |
| 56. A. shiny        | B. disappointing | C. sweaty          | D. cloudy        |
| 57. A. gradually    | B. differently   | C. individually    | D. similarly     |
| 58. A. communicate  | B. recommend     | C. declare         | D. dismiss       |
| 59. A. fulfillment  | B. appointment   | C. arrangement     | D. encouragement |
| 60. A. recognizing  | B. approaching   | C. returning       | D. passing       |

#### 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。

An art fair 61 (feature) urban culture and popular art will be launched in May in Chengdu, Sichuan province. This is seen as an effort to meet 62 artistic demand of the younger generation.

【英语(第7页)】

U3 Art Fair, as it 63 (call), will be held in Chengdu's central park with works from more than 150 galleries and popular culture 64 (brand).

"The art fair is expected to attract as many young people as possible, just like a big art party 65 (mix) with popular culture," said Zhang Yiwan, an 66 (organize) of the art event. Urban art concerning pop culture 67 (grow) in popularity in China since 2018. It's also a trend 68 the international art field. Urban artists are always working with street arts, pop arts and designed toys.

Although Beijing and Shanghai are regarded as centers of China's urban art, the art fair will be launched in Chengdu. 69 pace of life is much more slower than the former two cities. Young people here are willing to spend on subcultures.

"Urban culture is a kind of life-style of the younger generation. 70 (hopeful) the art fair can suit their lifestyle," Zhang added.

#### 第四部分 写作(共两节,满分35分)

##### 第一节 短文改错(共10小题;每小题1分,满分10分)

假定英语课上老师要求同桌之间交换修改作文,请你修改你同桌写的以下作文。文中共有10处语言错误,每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加:在缺词处加一个漏字符号(/),并在其下面写出该加的词。

删除:把多余的词用斜线(\)划掉

修改:在错的词下划一横线,并在该词下面写出修改后的词。

注意:1. 每处错误及其修改均仅限一词;

2. 只允许修改10处,多者(从第11处起)不计分。

As a child I witnessed a bird choke on litter and die. Since then, I have seen the impact of human behavior for nature. They inspired and educated me, result in my journey as an activist. I hold a strong belief that it's important to consider that we've done to nature, because we should act responsible. I've written some articles from perspective of different animal and contributed regularly to teen magazines. I'll write a book to raise the aware of animal rights and help people to see the influence we have on them. It was also my hope that more teenagers will to be involved in protecting our environment.

##### 第二节 书面表达(满分25分)

假定你是李华,你的英国笔友 Thomas 给你发电子邮件,诉说自己疫情之后结束网课,返校上课效率低下。请你给他回封邮件,内容包括:

1. 你的安慰;
2. 分析原因;
3. 你的建议。

注意:1. 词数100左右;

2. 可以适当增加细节,以使行文连贯;

3. 开头及结尾已为你写好,不计入总词数。

Dear Thomas,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Yours,  
Li Hua



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