

# 重庆市第八中学2023届高考适应性月考卷(七)

英 语

## 注意事项:

1. 答题前, 考生务必用黑色碳素笔将自己的姓名、准考证号、考场号、座位号在答题卡上填写清楚。
2. 每小题选出答案后, 用2B铅笔把答题卡上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。在试题卷上作答无效。
3. 考试结束后, 请将本试卷和答题卡一并交回。满分150分, 考试用时120分钟。

## 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. Which T-shirt does the man choose?

- A. The one with boats on.                      B. The one with words on.                      C. The one with shapes on.

2. What is the woman doing?

- A. Reporting a theft.                              B. Cleaning her house.                              C. Promoting a computer.

3. What are the speakers mainly talking about?

- A. Which orders are urgent.  
B. How many orders they've packed.  
C. Whether to leave work right now.

4. What does the woman mean?

- A. She can't swim well.  
B: Rock climbing can be dangerous.  
C. The man shouldn't go on an outing.

5. What is the woman's mother now?

- A. A waitress.                                      B. A teacher.                                      C. A shop assistant.

### 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。

听下面一段对话, 回答第6和第7两个小题。

6. When did the man get hurt?

- A. When he was running.                      B. When he was cooking.                      C. When he was climbing a tree.

7. Where does the conversation most probably take place?

- A. In a park.                                      B. In a hospital.                                      C. At home.



## 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和D四个选项中, 选出最佳选项。

#### A

When someone mentions Valentine's Day citybreaks, there are certain places that automatically come to mind: Paris. Rome. Venice. However, there's a whole wide world out there, so here are a few impressive locations which may not have crossed your mind.

##### **Bled**

Located in the Julian Alps, this town is a romantic jewel. There're loads to explore here, walk around the lake, book a horseback tour, or explore the town and castle to experience the history and culture. The natural beauty of the area is astonishing with Lake Bled as the perfect backdrop for photos of the precious memories you make in this beautiful part of the world.

##### **Bellagio**

You'll find this village in the Italian Lakes, the perfect alternative to the busier towns of Como and Lecco. Wander along the beaches, explore the gardens, or simply relax with a romantic meal by the shoreside, admiring the mountains.

##### **Opatija**

Looking for an alternative to the Amalfi Coast? Relax in this stunning sea-side town and drink coffee like the locals with a Bijela kava as you watch the world go by. Go on a private walking tour with a local expert guide to discover why it's called the Pearl of the Adriatic.

##### **Buenos Aires**

Known as the Paris of South America, Buenos Aires has it all. Fantastic food, an energetic nightlife, and top-end hotels. Why not get a feel of the Argentinian culture, while sharing some quality time with your partner with a tango lesson? If you prefer to leave it to the professionals, there's always a tango show instead.

21. What do we know about Bled?

- A. It offers horseback tours.
- B. It is a seaside town.
- C. It has many coffee shops.
- D. It features beautiful jewels.

22. Which of the following best suits people who are interested in Argentinian culture?

- A. Bled.
- B. Bellagio.
- C. Opatija.
- D. Buenos Aires.

23. Where is this text probably taken from?

- A. A history book.
- B. A travel magazine.
- C. A sports newspaper.
- D. An academic article.

#### B

Paul O'Sullivan walked around his apartment in the US city of Baltimore one evening in 2014, feeling bored. Just for fun, he decided to try to find out how many other people on Facebook shared his name. Moments later, dozens of Paul O'Sullivans filled his screen and he sent friend requests to them all.

As Baltimore Paul looked through the profiles of the Paul O'Sullivans who accepted his invitation, he noticed something four of them had in common: They were all musicians. Baltimore Paul had an idea. He

asked the other three musical Pauls if they'd like to form a band called The Paul O'Sullivans. They all agreed.

Starting a band across multiple time zones proved to be nettlesome. Fortunately, Manchester Paul, a 59-year-old former professional musician knew how to fix that. They would create a kind of musical assembly line including online sessions.

The Band released its first original song, "Namesake," in March 2016. But just months after the song's release, Baltimore Paul began experiencing health issues that forced him to take time off from making music. The other Pauls also decided to take a break from the band. But they didn't press pause on their friendship. Instead, they made sure Baltimore Paul never felt alone, even with the long distances between them. They shared family pictures and chatted online.

Finally, after a four-year break, Baltimore Paul was well enough to start making music again. The first thing the band did was create a music video for "Namesake," which has now been watched on YouTube more than 50,000 times.

"It has been a lovely journey that has lasted seven years so far. A four-stop international tour—one concert in each of our hometowns—would be great," says Baltimore Paul.

"What are the odds," he says, that a random Facebook request would lead not only to new music but to lasting friendships as well? "Some things are just meant to be."

24. What inspired Baltimore Paul to form a band?

- A. His enthusiasm for music.
- B. His dream of having an international tour.
- C. Four Paul O' Sullivans all being musicians.
- D. Friendship among the four Paul O' Sullivans.

25. What does the underlined word "nettlesome" in Paragraph 3 mean?

- A. Easy.
- B. Disappointing.
- C. Troublesome.
- D. Interesting.

26. What can be learned from Paragraph 4?

- A. It never rains but it pours.
- B. It's never too late to mend.
- C. One is never too old to learn.
- D. A friend in need is a friend indeed.

27. What's the purpose of the text?

- A. To teach how to start a band.
- B. To introduce a band united by a name.
- C. To show how to make friends online.
- D. To introduce a popular online service.

### C

Everyone needs it, but no one wants to ask for it. "Help" has become a sort of dirty word, implying weakness and neediness, that we can't handle our problems on our own. However, whether it is for your physical, mental or academic health, getting words of advice or encouragement from an outside-source can make all the difference.

During a time of such uncertainty, the frequency of people requesting help for anxiety and depression has increased. The current situation has made people realize that asking for help from professionals is the best way to get their problems off their chests and their minds on the road to wellness.

Still, requesting help carries a societal weight. The British Psychology Society found that two types of stigmas (耻辱) exist: public stigma and self stigma. A "public stigma" is external, a collection of beliefs from around us, which holds a heavy weight on our ideas on seeking help. A "self stigma" is internal, assigning ourselves labels based on our state of mental health, claiming we are worthless and undeserving of help. "Public" and "self" stigmas go hand in hand, and when we hear the stigmas being voiced by those around us, we tend to apply them to ourselves because of

social influences.

To be our better selves, we have to break the stigma around “help” and accept the fact that some problems are too tough to overcome on our own. If we fail to recognize the relevant necessity of getting ourselves’ assistance in times of need. Despite what society may tell us, it’s not odd or wrong to get help—it’s probably one of the most insightful and courageous things we can do for ourselves.

Each one of us should be able to openly admit that we need help. Sometimes we need support, and that isn’t bad—it’s healthy, and remarkably brave.

28. Why is “help” considered a dirty word?
- A. It has bad impacts on our health.
  - B. It makes us confused by an outside source.
  - C. It prevents us from handling our problems.
  - D. It implies our inability to solve problems alone.
29. What can we know about two types of stigmas according to Paragraph 3?
- A. We can’t ignore the two stigmas.
  - B. Public stigma weighs over self stigma.
  - C. We are easily affected by public stigma.
  - D. The two stigmas are based on mental health.
30. What is the benefit of breaking the stigma around “help” ?
- A. Improving ourselves.
  - B. Becoming more confident.
  - C. Overcoming problems by ourselves.
  - D. Facing problems bravely.
31. What can be a suitable title for the text?
- A. Help:A Dirty Word
  - B. Help:Feel Free to Seek It
  - C. Help:A Way to Better Us
  - D. Help:Keep a Distance from It

## D

Are you a good judge of character? Can you make an accurate judgement of someone’s personality based only on your first impression of them? Interestingly, the answer lies as much in them as it does in you.

One of the first people to try to identify good judges of character was US psychologist Henry F Adams in 1927. His research led him to conclude that people fell into two groups—good judges of themselves and good judges of others. Adams’s research has been widely criticized since then, but he wasn’t entirely wrong about there being two clearly different types.

More on that in a moment, but first we need to define what a good judge of character is. Is it someone who can read personality or someone who can read emotion? Those are two different skills. Emotions such as anger or joy or sadness can generate easily identifiable physical signs. Most of us would probably be able to accurately identify these signs, even in a stranger. As such, most of us are probably good judges of emotion.

In order to be a good judge of personality, however, there needs to be an interaction with the other person, and that person needs to be a “good target”. “Good targets” are people who reveal relevant and useful signals to their personality. So this means “the good judge” will only manifest when reading “good targets”. This is according to Rogers and Biesanz in their 2019 journal entitled “Reassessing the good judge of personality” “We found consistent, clear and strong evidence that the good judge does exist”, Rogers and Biesanz concluded. But their key finding is that the good judge does not have magical gifts of perception—they are simply able to “detect and use the information provided by the good target”.

So, are first impressions really accurate? Well, if you’re a good judge talking to a “good target”, then it seems the answer is “yes”. And now we know that good judges probably do exist, more research can be done into how they read personality, what kind of people they are—and whether their skills can be taught.

32. What can we learn about Adams from Paragraph 2?
- A. He is a good judge of character.

- B. He divided psychologists into two groups.
- C. His research result has been widely accepted.
- D. His research on good judges was partially right.
33. What does the author think of emotion reading?
- A. Annoying. B. Joyful.
- C. Simple. D. Strange.
34. Which of the following would Rogers and Biesanz agree with?
- A. A good target is necessary for personality judgement.
- B. A good target needs to get his personality reassessed.
- C. A good judge can provide useful signals to our personality.
- D. A good judge uses the information given by a good target simply.
35. What will the author most probably talk about next?
- A. The skills of good judges.
- B. The features of good judges.
- C. The ways to read personality.
- D. The accuracy of first impressions.

第二节 (共5小题;每小题2.5分,满分12.5分)

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

#### Four Tips to Improve Your English Vocabulary

Learning vocabulary is a big part of learning a language. The more English words you learn, the better you can communicate your needs, ideas, thoughts and feelings to others in English. 36 Here are four tips for better vocabulary learning.

● **Write down new words.**

It's a really good idea to write down useful new vocabulary. 37 Plus, lots of people learn better when they see things written on paper, rather than just hearing them.

● **Revise new vocabulary regularly.**

So, you've got an English notebook full of useful vocabulary to remember. But did you know that if you don't look again at the new words and phrases, you only remember on average 20-25 per cent of them? 38

So make five minutes each day to revise your English vocabulary. The more you look backwards, the faster you go forwards!

● **Learn from context.**

"Context" means the text that comes before and after a particular word. 39 It helps you guess the meaning of words you don't know, it shows you how a word is used in a sentence, and it helps you remember the word for longer.

This means learning vocabulary by reading and listening is more effective than trying to study word lists. It also means that it's better to make a note of how a word is used in a sentence, rather than just the word on its own.

● 40

Researchers have found that you need to see or hear a word on average ten times to remember it. But you learn it much faster when you're actively using a word.

So, besides getting as much exposure to English as you can, take every opportunity to communicate in English with other people.

- A. Use it or lose it!
- B. See or hear a word more times.
- C. New words are usually hard to remember.
- D. That's a shocking waste of time and effort!
- E. It also refers to the situation in which a word is used.
- F. The act of writing the words helps you remember them better.
- G. So what can you do to build your English vocabulary quickly and effectively?

### 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。

On March 25, 2010, Kate and David Oggs heard what every parent feared: Their newborn wasn't going to 41\_\_\_\_. Their twins—a girl and a boy—were born two minutes apart. Doctors had tried to save the boy for 20 minutes but saw no 42\_\_\_\_. His heartbeat was nearly gone and the baby had just 43\_\_\_\_ to live.

“I saw him breathing weakly, which, however, the doctor said was no use, but that was 44\_\_\_\_ a sign of life. I wanted him to 45\_\_\_\_, and I wasn't going to give up easily,” Kate said. She 46\_\_\_\_ the boy, named Jame from his hospital blanket first. Then she asked David to take his shirt off and 47\_\_\_\_ them in bed. The first-time parents hoped the skin-to-skin 48 would get his condition better. Kate said, “We explained he had loving parents and a twin that he had to look out for and how hard we had tried to 49\_\_\_\_ him.” Then it was not long before something 50\_\_\_\_ happened. Jamie moved and then he started breathing evenly. Finally, he 51 for his father's finger. The couple's almost 52. \_\_\_\_ boy had made it.

“We're the 53\_\_\_\_ people in the world,” David told Today eight years later. The Oggs only recently told the kids the story of their 54 “Emily bust into tears,” Kate said. “She kept 55\_\_\_\_ Jamie. This whole experience makes us value them more.”

- |                    |               |              |               |
|--------------------|---------------|--------------|---------------|
| 41. A. make up     | B. make sense | C. make out  | D. make it    |
| 42. A. improvement | B. problem    | C. advantage | D. difficulty |
| 43. A. moments     | B. months     | C. years     | D. decades    |
| 44. A. even        | B. mostly     | C. still     | D. only       |
| 45. A. appreciate  | B. leave      | C. live      | D. stop       |
| 46. A. accepted    | B. moved      | C. unwrapped | D. abandoned  |
| 47. A. watch       | B. join       | C. attend.   | D. cure       |
| 48. A. treatment   | B. comfort    | C. effort    | D. contact    |
| 49. A. bear        | B. have       | C. educate   | D. raise      |
| 50. A. amazing     | B. abnormal   | C. admirable | D. wrong      |
| 51. A. competed    | B. asked      | C. reached   | D. waited     |
| 52. A. forgotten   | B. lost       | C. perfect   | D. desperate  |
| 53. A. ablest      | B. poorest    | C. saddest   | D. luckiest   |
| 54. A. birth       | B. growth     | C. journey   | D. love       |
| 55. A. praising    | B. worrying   | C. cheering  | D. hugging    |

#### 第二节(共10小题; 每小题1.5分, 满分15分)

公众号: 网课来了 阅读下面材料, 在空白处填入1个适当的单词或括号内单词的正确形式。

Paris is the city of dreams. I paved my path to Paris through an exchange program last year. On arrival in Paris, constantly I 56\_\_\_\_ (remind) of the official processes I had to complete.

Then the real work began. Once classes were underway, I found myself 57 (volunteer) to do oral presentations

and assignments first, rather than last. This method proved to be very helpful.

Once I finished class for the week, I had 58 list of museums to visit, neighborhoods to explore, and cafes to sit in. Read books about Paris. Talk to \_\_\_59\_\_\_ (local) and other foreigners living there. But the one thing that reading a book or talking to someone cannot do is \_\_\_60\_\_\_ (provide) you with the experience of wandering Paris on foot. I discovered some of my favorite places in Paris \_\_\_wandering.

After spending five months wandering through the charming neighborhoods, I fell in love with the very atmosphere \_\_\_62\_\_\_ came out from every open door, and with every spoken word.

On my last day in Paris, I \_\_\_63\_\_\_ (confident) street. I guess no matter \_\_\_64\_\_\_ hard I tried, I was always going to be an outsider, a tourist.

Everyone's experience of Paris \_\_\_65\_\_\_ (be) different. I know mine is unique and special.

#### 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, 你的美国好友Chris得知太极拳被列入联合国教科文组织的ICH名单, 发邮件向你询问太极拳的有关情况。请你回复邮件, 内容包括:

1. 简要介绍太极拳及练习太极拳的好处;
2. 推荐Chris学太极拳。

注意:

1. 写作词数应为80左右;
2. 开头和结尾已给出, 不计入总词数。

Dear Chris, Glad to hear from you!

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Looking forward to your reply!

Yours,  
Li Hua

##### 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。

Not too long ago, I was at the grocery store (杂货店), and an elderly man in front of me was using a Supplemental Nutrition Assistance Program (SNAP) card — what we used to call food stamps. The card reader — kept rejecting his payment. He had apparently gone over his limit for the month. He was confused about how it had happened and more than a little distressed about the situation. While I was trying to decide if the man would.. be offended or grateful if I offered to step in and pay the difference (支付差额), the young man checking him out (who looked to still be in high school) said, “Sir, this happens all the time. It's not a problem. I bet we can figure out a solution together.”

The line behind us was growing long, but the young man didn't show an ounce of impatience or anger. He confirmed that the man was, indeed, over his limit for the month and found the amount of the overage. Turned out, he wasn't over by much, so the checker helped the customer determine which two or three items that he could make do without until his account was replenished (重新装满). “You'll definitely want to keep the milk and the butter and the eggs and the bread,” I remember him saying as he looked through the already bagged groceries. Then the clerk, who had clearly done this before, pulled out a jar of salsa, a bottle of juice and some crackers that he and his customer agreed could wait until the beginning of the new month. The young man assured his older customer, once again, that this was a common occurrence and not a problem at all. The man left with his dignity intact (完好无损) and, no doubt, with a renewed sense of loyalty to that grocery-store chain.

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。

When it was my turn, I told the young man that he had done an extraordinary job. \_\_\_\_\_

When I got home, I sent an e-mail to the manager of the store. \_\_\_\_\_

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