





10. What does the woman want to do?  
A. Spend less money. B. Get a job promotion. C. Stop her shopping.  
听第 8 段材料, 回答第 11 至 13 题。
11. What is the man doing?  
A. Attending a lecture. B. Organizing a workshop. C. Holding an interview.
12. Why does the woman volunteer in a charity event?  
A. To follow a common trend. B. To help raise money. C. To experience different roles.
13. What does the woman think of the film-making workshop?  
A. Wonderful. B. Demanding. C. Boring.  
听第 9 段材料, 回答第 14 至 17 题。
14. What is the probable relationship between the speakers?  
A. Interviewer and interviewee. B. Boss and clerk. C. Fellow workers.
15. What attracts the woman to Tech Innovators Inc.?  
A. Its customer service. B. Its domestic market. C. Its advanced technology.
16. How would the woman describe herself?  
A. Ambitious. B. Warm-hearted. C. Successful.
17. What is the woman's valuable quality?  
A. Rich experience. B. Communication skills. C. Team spirit.  
听第 10 段材料, 回答第 18 至 20 题。
18. Who is the speaker talking to?  
A. Famous athletes. B. Sports psychologists. C. Sports club members.
19. Where did Adam work for basketball teams?  
A. In Los Angeles. B. In Paris. C. In Manchester.
20. What can be a challenge to Adam's work?  
A. Lack of support for his work.  
B. Influence of misinformation on athletes.  
C. Competition in the psychology industry.

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, 并在答题卡上将该项涂黑。

A

New York City Exhibitions in 2023

Van Gogh's Cypresses

The Metropolitan Museum of Art (May 22—August 27, 2023)

In this summer presentation, some 40 canvases (油画)—including the world-famous *Starry Night*, and the Met's *Wheat Field with Cypresses*—will show how the tall, curving cypresses (柏树) provided great inspiration for Van Gogh, the Post-Impressionist master.

Georgia O'Keeffe: To See Takes Time

The Museum of Modern Art (April 9—August 12, 2023)

Georgia O'Keeffe's inspiring drawings provide an uncommon glimpse into how she understood the world. These works explore how she worked in both figurative and abstract modes, sometimes processing the ideas that











28. What is the author's attitude towards the economists' predictions? (4分)
- A. Doubtful. B. Positive. C. Puzzled. D. Curious.
29. What does the underlined part "vulnerable to" in Paragraph 3 probably mean? (4分)
- A. Exposed to. B. Fond of. C. At risk from. D. In need of.
30. What may lead to the limited impact of AI? (4分)
- A. AI technology is not advanced enough. B. Businesses are resistant to using AI.  
C. AI tools are ineffective for most tasks. D. AI tools are still not widely used.
31. Where is this text probably taken from? (4分)
- A. A research plan. B. A user report.  
C. A computer textbook. D. A science magazine.

D

Most of us already know exercise can do wonders for our physical and emotional health, and reduce the risk of getting a number of diseases. But new research shows that exercising holds even more heart health benefits for people who suffer from anxiety or depression.

Researchers analyzed more than 50,000 patients in the Massachusetts General Brigham Biobank database. Just over 4,000 of the patients analyzed had suffered a major cardiovascular (心血管的) event, like a heart attack. In conducting the study, researchers compared the rates of major coronary (冠状动脉的) events among patients who reported that they exercised at least 500 metabolic equivalent (代谢当量) minutes per week with those who exercised less.

According to the research, people who completed the recommended amount of physical activity per week (150 minutes) were 17 percent less likely to suffer a major cardiovascular event than those who exercised less. Out of the people who achieved the recommended amount of 150 minutes per week, those with anxiety or depression had a 22 percent risk reduction, compared with a 10 percent risk decrease in those without either condition.

Michael Emery, who is the co-director of the Sports Cardiology Center at Cleveland Clinic in Ohio, explains the reason physical activity is so beneficial. "Exercise is medicine both physically and psychologically, and these factors interact. As a result, when you are more physically healthy your psychological state is stronger, and when you are mentally more healthy your physical state is improved," he says. "This latter connection is both direct, the connection between hormonal stress levels and the physical state; and indirect, better healthy habits such as eating."

Emery stresses how being physically active is important, even if you don't reach the target of 150 minutes' exercise of medium intensity level each week. He says taking the stairs, walking an extra bit from the car, or developing a community to help support your physical fitness needs is a great start.

32. How did researchers conduct the study? (4分)
- A. By conducting interviews with patients.  
B. By building a database for over 50,000 patients.  
C. By measuring patients' metabolic equivalent minutes.  
D. By analyzing exercise impact on major coronary events.
33. What is the relationship between physical and psychological states? (4分)
- A. Psychological state determines physical health.  
B. Physical and psychological states influence each other.  
C. Physical health has no impact on psychological well-being.  
D. Physical and psychological states are independent of each other.

34. What does Michael Emery suggest starting by?  
A. Walking instead of driving a car.  
B. Exercising for 150 minutes a day.  
C. Doing high intensity exercise every week.  
D. Taking small steps and building support.
35. What is the main idea of the passage?  
A. Physical activities take on a variety of forms.  
B. Physical exercise has little impact on cardiovascular events.  
C. Exercise benefits heart health more for anxious or depressed people.  
D. Cardiovascular events are closely related to anxiety or depression.

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能填入空白处的最佳选项。选项中有两项为多余选项。

Creating a vegetable garden is fun and rewarding. Find the best place in your yard to plant vegetables and with time and care, your dinner table will filled with healthy, ripe vegetables. 36

Decide what to grow. What vegetables do you like? Think about which vegetables you'd like to eat each season that also grow in your climate. 37 Most vegetables grow well in a variety of different climates, but it's a good idea to learn what grows best in your region's garden zone before deciding what to plant.

Select a garden area. Vegetables need strong, full sunlight, so choose the sunniest part of your yard. Besides, choose a spot with rich soil. Then, figure out how much space the garden should take up, and where to place vegetable plants. 38 Figure out how much space you will need for the plants.

Dig holes and plant the seeds or seedlings. Dig holes and put a little fertilizer into each hole, then drop the seeds or place the seedlings into them. Cover the holes with topsoil and a layer of covering materials, if required.

39 For the first few weeks, while the vegetables take root, you need to keep the topsoil slightly wet. Use the misting function on your rubber to lightly spray (喷洒) the garden every day.

Care for the vegetables according to their needs. 40 Continue weeding the garden frequently as the vegetables grow throughout the summer.

When it's time to harvest, pick only the ripest ones first and allow the others more time to grow. Now, it's time to enjoy the delicious vegetables with your family.

- A. Water the garden.  
B. Get the topsoil ready.  
C. Then plan your vegetable garden accordingly.  
D. Here are a few useful tips for a complete beginner.  
E. Different vegetable plants require different amounts of space.  
F. This way, you will have produce all summer instead of all at once.  
G. Give the vegetable plants the amount of water and fertilizer they require.

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 和 D 四个选项中, 选出可以填入空白处的最佳选项, 并在答题卡上将该项涂黑。

Mae Beale, an 82-year-old retiree, just earned a Bachelor of Science degree in Business Management from University of Maryland Global Campus (UMGC).

Beale decided to 41 to school in her late 70s, and she 42 her diploma on May 18, the day after her 82nd birthday.

In her younger years, Beale worked as a 43 at different health care agencies in Washington, DC. While



working at the Department of Health and Human Services' Centers for Medicare and Medicaid, she helped plan several large events and everybody was 44 with it, which inspired a 45 change.

In 1994, at the age of 54, Beale started her 46 event-planning business and meanwhile started working toward her associate degree in Business Management at Howard Community College.

After 47 the associate degree program, she decided to 48 a bachelor's degree, one class at a time.

"I wanted to make certain I had the time to 49 to whichever class I was taking," she said. "I was like the tortoise (乌龟). Slow and 50 wins the race."

Despite being 51 than most of her classmates, Beale was a star student. She graduated with 52 and made the dean's list several times during her time at UMGC.

And she 53 others to pursue higher education with an 54 mind. "Expose yourself to as many 55 as you can because you never know what life will present."

- |                    |                |               |                  |
|--------------------|----------------|---------------|------------------|
| 41. A. walk        | B. drive       | C. return     | D. travel        |
| 42. A. received    | B. dropped     | C. refused    | D. wanted        |
| 43. A. writer      | B. nurse       | C. teacher    | D. reporter      |
| 44. A. familiar    | B. careful     | C. confused   | D. impressed     |
| 45. A. career      | B. major       | C. rule       | D. policy        |
| 46. A. own         | B. old         | C. daily      | D. usual         |
| 47. A. starting    | B. quitting    | C. completing | D. joining       |
| 48. A. provide     | B. pursue      | C. accept     | D. introduce     |
| 49. A. lead        | B. devote      | C. refer      | D. speak         |
| 50. A. steady      | B. confident   | C. gentle     | D. thoughtful    |
| 51. A. better      | B. higher      | C. stronger   | D. older         |
| 52. A. debts       | B. honors      | C. experience | D. confidence    |
| 53. A. persuaded   | B. helped      | C. encouraged | D. allowed       |
| 54. A. imaginative | B. interesting | C. equal      | D. open          |
| 55. A. questions   | B. languages   | C. ideas      | D. possibilities |

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

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。

No matter your background, effective communication is an important life skill that everyone needs. Whether it's 56 backyard BBQ, family dinner, or departmental meeting, without strong communication skills, it's difficult to get your point across effectively. And when communication 57 (fall) short, it's usually not pretty!

Whether you're a new mom just back from maternity leave (产假) or an 58 (experience) corporate employee with 15 years of service, your communication 59 (skill) could likely use some brushing up. Wherever you are in your life or career, it's important to stop occasionally 60 (evaluate) whether your communication methods have been holding you back.

Keep in mind 61 communication changes as society and technology evolves. The way we communicate now is 62 (definite) not the same as it was ten years ago — texting, WeChat, QQ, and the like change the face of communication. Plus, your communication methods change, 63 (depend) on the environment you're in. If you're your own boss like me, you'll likely need to switch it up a little now that you're representing your own brand instead of working 64 someone else.

No matter your situation or goals, as our lives and situations change, we must constantly develop and adapt. The more conscious you are of your communication, the more it 65 (improve)!

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, 你校最近将邀请专家就“如何提高时间管理效率”进行专题讲座。你的英国留学生朋友 Sam 对时间管理一直很感兴趣。请写一封邮件, 邀请他参加。内容包括:

1. 讲座内容;
2. 时间地点;
3. 发出邀请。

注意: 1. 写作词数应为 80 左右;  
2. 请按如下格式在答题卡的相应位置作答。

Dear Sam,

Best regards,

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。

I'll never forget the day Mom made me go to a birthday party. I was in Mrs. Black's third grade class in Wichita Falls, Texas, and I brought home a birthday invitation. "I'm not going," I said. "She's a new girl named Ruth, and Berniece and Pat aren't going, either. She asked the whole class, all 36 of us."

As Mom studied the handmade invitation, she looked strangely sad. Then she announced, "Well, you are going! I'll pick up a present tomorrow." I couldn't believe it. Mom had never made me go to a party! I was sure that I'd just die if I had to go. However, Mom remained unaffected, regardless of how much I begged.

When Saturday arrived, Mom rushed me out of bed and made me wrap the pretty pink mirror brush-and-comb set she'd bought for \$2.98. She drove me over in her yellow and white car.

Ruth answered the door and signed me to follow her up the steepest (最陡峭的), scariest staircase I'd ever seen. Stepping through the door brought me great relief. The hardwood floors shone in the sunlit room. White snow-like mats (垫子) covered the backs and arms of the well-used furniture.

The biggest cake I ever saw sat on one table. It was decorated with nine pink candles, a carelessly printed Happy Birthday Ruth and what I think were supposed to be rosebuds. Thirty six candle-filled paper cups were near the cake, each one with a name on it.

This won't be too awful, once everyone gets here, I decided.

"Where's your mom?" I asked Ruth.

Looking down at the floor, she said, "Well, she's sort of sick."

"Oh. Where's your dad?"

"He's gone."

Then there was a silence, except for a few rough coughs from behind a closed door.

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。

Some 15 minutes passed... then 10 more.

We two started with the cake, enjoying each bite.



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