

乌鲁木齐地区 2024 年高三年级第一次质量监测

英语试卷（问卷）

（卷面分值：150 分；考试时间：120 分钟）

注意事项：

- 1.答题前，考生务必将自己的姓名、准考证号码填写在答题卡上。
- 2.选择题必须使用 2B 铅笔填涂；非选择题必须使用 0.5 毫米黑色字迹的签字笔书写，字体工整、笔迹清楚。
- 3.请按照题号顺序在答题卡各题目的答题区域内作答，超出答题区域书写的答案无效；在草稿纸、试卷上答题无效。
- 4.保持卡面清洁，不要折叠，不要弄破、弄皱，不准使用涂改液、修正带、刮纸刀。

第一部分 听力（共两节，20 小题，每小题 1.5 分，满分 30 分）

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

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。

例: How much is the shirt?

- A. £19.15. B. £9.18. C. £9.15.

答案是 C。

1. Which picture does the man like most?

- A. The one of boats. B. The one of animals. C. The one of the buildings.

2. What is the man going to do first?

- A. Buy a book. B. Change buses. C. Watch a movie.

3. Why does the woman call the man?

- A. To ask for help. B. To give advice. C. To make an appointment.

4. How many students are there in the man's class?

- A. 12. B. 18. C. 30.

5. What's Mary probably doing according to the woman?

- A. Attending a meeting. B. Doing some training. C. Going on holiday.

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、7 题。

6. What are the speakers mainly talking about?

- A. An interview. B. A meeting. C. A lecture.

7. How did the man feel about the woman sitting next to him?

- A. Curious. B. Grateful. C. Angry.

听第 7 段材料，回答第 8、9 题。

8. Where are the two speakers probably?

- A. By a river. B. On a farm. C. At home.

9. What does the man say about the path through the woods?

- A. It was old. B. It was wet. C. It was long.

听第 8 段材料，回答第 10 至 12 题。

10. What does the woman say about the cafeteria in her old school?

- A. It is crowded. B. It is noisy. C. It is small.

11. Which part of the old school is short of modern equipment?

- A. The school hall. B. The library. C. The classrooms.

12. What is the man going to talk about next?

- A. His experience in the old school.
B. His feelings about the new school.
C. His advice on rebuilding the school.

听第 9 段材料，回答第 13 至 16 题。

13. What is the probable relationship between the speakers?

- A. Strangers. B. Wife and husband. C. Mother and son.

14. When will the woman watch the play?

- A. On April 6th. B. On April 7th. C. On April 8th.

15. How much will the woman pay for the children's tickets?

- A. £10. B. £20. C. £30.

16. What does the man suggest the woman do?

- A. Visit the Children's Club. B. Pay for the tickets now. C. Arrive at the theatre early.

听第 10 段材料，回答第 17 至 20 题。

17. What did the speaker do right after graduation?

- A. He became a lawyer.
B. He opened a chocolate shop.
C. He traveled to South America.

18. What was the hardest for the speaker when making chocolate?

- A. Cooling it. B. Heating it. C. Storing it.

19. What was the key to the speaker's success?

- A. His habit of keeping a journal.
B. His courage to test recipes out.
C. His determination to make top chocolate.

20. What will the speaker probably do first?

- A. Play a video. B. Hand out chocolate. C. Visit the factory.

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

Esports (electronic sports) are organized competitions where players—often referred to as “athletes”—face off against each other in video games. They are not just games in a sense. Actually, they are a sport that can improve the players’ thinking ability, hand-eye coordination, willpower and team spirit.

The esports industry has experienced significant growth in recent years around the world, though it’s still in the nascent stage, which means it has huge growth potential going forward.

In the 1990s, Games like the beat’em up *Street Fighter II* and the first-person shooter *Doom* added variety to the increasingly popular competitive gaming scene. In the 2010s, MOBA games like *League of Legends* and *Dota 2* became mainstream in the world of esports. In 2022, esports were announced to be officially included in the Asian Games. There are now over 40 esports games with players competing around the world at huge events.

Esports made their first appearance as a medal event at the Asian Games from Sept 23 to Oct 8, 2023. Seven games were included: *FIFA Online 4*, *PUBG Mobile Asian Games Version*, *Arena of Valor Asian Games Version*, *Dota 2*, *League of Legends*, *Dream Three Kingdoms 2*, *Street and Fighter V*.

Previously, eight esports games were scheduled at the Hangzhou Asian Games. However, virtual card game *Hearthstone* (《炉石传说》) was removed in March. This followed the breakdown of negotiations between *Hearthstone* producer, Blizzard Entertainment, and NetEase, their local partner company in China, over their rights partnership.

21. What is the current state of esports?

- A. They face tough challenges.
- B. They come ahead of other sports.
- C. They have great future prospect.
- D. They are no more than video games.

22. When was *League of Legends* included in the Asian Games?

- A. In the 1990s.
- B. In the 2010s.
- C. In 2022.
- D. In 2023.

23. Why was *Hearthstone* ruled out of the Asian Games?

- A. Its version was outdated.
- B. Its schedule was up in the air.
- C. Its gaming scenes were full of violence.
- D. Its two parties failed to reach an agreement.

B

I fell in love with rhinos when I worked in a zoo in the 80s, and spent much of the next 20 years as the keeper of the largest captive (圈养的) group of rare black rhinos.

There’s a popular misconception that rhinos are aggressive and stupid, but I found them sensitive and affectionate animals. Weighing over a ton, black rhinos are unexpectedly agile (敏捷的) and have an unpredictable nature—but, given reassurance, they tend to believe people. In the past few decades, their numbers have dropped dramatically. In recent years, I’ve helped look after rhinos being moved to the reserve so they can form new populations in countries that have few left. Last year, I helped on a project to fly five black rhinos from a private reserve in South Africa to the Serengeti National Park. Once there, the animals had to be kept captive for a few weeks to adapt to the new environment, in which time they lived in “bomas”—wooden enclosures with “bedrooms”, designed to create a calm space.

A couple of weeks before their planned release, the sky filled with smoke. Watching the flames rushing through

the bush toward the bomas, I froze. Terrified that it would catch fire, my instinct was to release the rhinos, but they hadn't yet been fitted with transmitters (发信器). If I let them out into a bushfire and they were injured, we'd have great difficulty tracking them down. So I dashed back to the bomas and called the rhinos to the bedrooms. Sensing the fear in my voices, they moved without hesitation and remained astonishingly calm. It was crucial the rhinos didn't panic—they can easily hurt each other if they do.

That we and the rhinos had escaped safe and sound was a miracle. The teamwork of everybody there played a large part, and the rhinos were very much a part of that team. The relationships we'd built with them had proved crucial—had they or we panicked, all our work would have been in vain.

24. What does the author think of the rhinos?

- A. They are trusting animals.
- B. They are highly organized.
- C. Their habitats are under threat.
- D. Their adaptability needs improving.

25. Why were bomas set up?

- A. To assist rhinos to settle in.
- B. To boost tourism in the reserve.
- C. To avoid rhinos' aggressive behavior.
- D. To stop rhinos from fleeing.

26. How did the author rescue the rhinos?

- A. By setting them free.
- B. By tracking them down.
- C. By driving them into bomas.
- D. By fitting them with the transmitters.

27. What contributed most to the safety of the rhinos?

- A. The keepers' timely alarm.
- B. The inborn nature of rhinos.
- C. The faith in the keepers' heart.
- D. The teamwork between the keepers and the rhinos.

C

The Greek philosopher Heraclitus once said that you can't step into the same river twice, for you aren't the same person at each visit and the water is ever flowing. It is a powerful way to show the reality that everything is always changing. Yet so many people have unpleasant relationships with change. We resist it or attempt to control it, the result of which is almost always some combination of stress, anxiety, and burnout. It doesn't have to be that way.

No doubt, change can, and often does, hurt; but with the right mindset, it can also be a force for growth. A concept called allostasis can help. Developed in the late 1980s by neuroscientist Peter Sterling and biologist Joseph Eyer, allostasis is based on the idea that rather than being rigid, our healthy baseline is a moving target. Allostasis is defined as "stability through change"—the way to stay stable through the process of change is by changing.

From neuroscience to pain science and psychology, allostasis has become the dominant model for understanding change in the scientific community. The brain is at its best when it is constantly rewiring itself and making new connections. Overcoming pain is not about resistance or trying to get back to where you were but about balancing acceptance with problem-solving and moving forward to normal.

The time to start practicing is now. Over the past few years, the river of change has been flowing, and it shows no signs of letting up. Our ability to work with these changes is directly related to our life satisfaction. Given all this, simply creating a stable expectancy around change goes a long way. So does realizing that the allostasis mindset doesn't ask us to do nothing. Rather, it asks us to partake in change by focusing on what we can control and trying to let go of what we can't. When I catch myself resisting change, in my head I say the following: "This is what is

happening right now. I'm doing the best that I can. What, if any, skillful actions can I take?" Do this repeatedly and finally you start to get better at it.

To thrive in our lifetime — and not just survive —we need to transform our relationship with change, leaving behind rigidity and resistance. We are always shaping and being shaped by change, often at the very same time.

28. What's the common practice toward change?

- A. To welcome it.
- B. To reject it.
- C. To overlook it.
- D. To adapt to it.

29. Which of the following can best interpret "allostasis"?

- A. One size fits all.
- B. Time works great changes.
- C. Respond to change by changing.
- D. It's never too late to change.

30. What does the underlined phrase "letting up" in paragraph 4 probably mean?

- A. Stopping.
- B. Dashing down.
- C. Going up.
- D. Widening.

31. What might the author agree with?

- A. Repetition makes up for rigidity.
- B. It matters to focus on what we can't.
- C. Changes promote life satisfaction.
- D. It makes sense to embrace changes.

D

There's a song in your head. You keep hearing it repeatedly. You can't make it stop, and it's driving you crazy! Has this happened to you? Maybe you have suffered from an earworm, which is a memory of a song.

Earworms are common. A study showed that 90 percent of people experience them. Why do we get earworms? According to neurologist Oliver Sacks, music affects us whether we pay attention to it or not. We're surrounded by music all the time in our everyday lives. Sacks wonders if there is a higher incidence of earworms today because of all this music in our environment.

Research on the primary auditory cortex (听觉皮层) supports Sack's ideas. The auditory cortex is the part of the brain that processes sound. It's a short-term storage system for small amounts of auditory information. Some of this auditory information is forgotten, and some of it goes into long-term memory. However, songs appear to stay in the auditory cortex for a long time.

James Kellaris, a professor of marketing at the University of Cincinnati, thinks that only certain types of songs become earworms. These songs are repetitive, simple, and incongruous—something unexpected such as uneven rhythm. Your brain pays a lot of attention to a song like this, Kellaris says. Because it is repetitive and unusual, it stays longer in the auditory cortex. At that point, Kellaris believes, it becomes an annoying earworm.

Advertisers often use jingles—short songs that are easy to remember to promote sales. Advertisers want jingles to stick in people's minds to keep them thinking about their products. It seems that advertisers have learned what Kellaris has found out in his research.

Is there any way to get rid of an earworm? Here are some tips Kellaris collected: replace the earworm song with another song, try to distract yourself by doing an intense activity such as exercising, or tell someone about your earworm. What if none of these strategies work? Then perhaps you should just sit back and try to enjoy the music in your head!

32. How does the author lead to the topic?

- A. By giving a definition.
- B. By describing a phenomenon.
- C. By drawing a conclusion.
- D. By clarifying a question.

33. What does the author want to explain by mentioning “auditory cortex”?

- A. The mechanism of earworms.
- B. The lasting effect of memory.
- C. The necessity of the research.
- D. The significance of music.

34. In which paragraph does the author explain the features of the earworm music?

- A. Paragraph 2.
- B. Paragraph 3.
- C. Paragraph 4.
- D. Paragraph 5.

35. What can be the best title for the text?

- A. Earworms —the Songs in Your Head
- B. Jingles—the Typical Earworms
- C. How Do Earworms Change Our Life?
- D. How Do We Live with Earworms?

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。

LIKE-MINDED MATES

It's fun to spend time with people who have similar interests to you. Friendships based on mutual passions enable you to indulge（沉溺）in the things you enjoy doing while sharing your creativity and experiences with others. Here are some of the benefits you might discover.

• Sense of belonging

___36___. And having a place where you can explore and develop your creative self is fulfilling and energizing. Groups enable you to gain support, seek advice, and find inspiration. They can be a welcome break and somewhere to relax after a busy day.

• Chance to escape and recharge

Taking part in activities that differ from those in your daily life is a good way to refocus and recharge. Time away from school is uplifting. ___37___. Engaging in creative pursuits with others also helps you to be more mindful, meaning you're more present in the moment and less likely to be thinking about the past or worrying about the future.

• ___38___

Talking through projects can help you to discover and develop new ideas. ___39___. You might uncover an innovative technique, a way to streamline your work. Creative groups enable you to experiment with things you might not have considered, exposing you to new modes of expression.

• Motivation

Learning and growing with friends allows you to make more of your potential. Sharing a journey can give you a push forward if you become stuck. And the enthusiasm of others is a great motivator. ___40___, everyone in the group can support each other, working towards your various goals.

- A. Ideas and inspirations
- B. Opportunities to make new friends
- C. It gives a healthy balance of work and play
- D. By sharing what you'd like to achieve with others

- E. You may feel isolated joining a new group at first
- F. Meeting people with the same interests obtains a feeling of being a part
- G. And watching others is a great way to view what you do from a fresh perspective

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。

Peter walked home from school. Salty tears ran down his cheeks. He didn't know what to do. Grandma saw him and asked why. Peter replied, "I have to give a(n) 41 about a family tradition. I know we have lots of beliefs and customs. Can you 42 me of one?"

Grandma smiled and nodded her head. She went to a closet and 43 to reach the top shelf. Pulling out a small box and 44 the dust, she handed it to Peter. Peter opened the box. He 45 a wooden hoop with string woven and twisted around. It was in the shape of a circle, like a spider web. Peter wiped away his 46 and smiled.

"This is a dream catcher," said Grandma. "Our people have made these for many years. 47 are symbols of unity and strength. Hang it over your bed and it will 48 your bad dreams in the web, and your good dreams will fall through the center. Maybe it will give you 49 to do your presentation."

"Can I take this one to school?" asked Peter. "No," said Grandma. "This dream catcher is 50. It means a lot to me."

Peter felt 51 because he wanted to share it with his class. "We could make you one," said Grandma. They worked together and 52 a dream catcher. The next morning he told Grandma his plan—to show his class how to make one. "Great! Let's 53 after your presentation. We will have a 54 party," said Grandma.

Peter did as he had planned. Peter didn't feel 55 or scared at all. He felt proud in his culture and felt pride in himself, too.

- | | | | |
|---------------------|---------------|-----------------|-----------------|
| 41. A. presentation | B. gift | C. example | D. instruction |
| 42. A. warn | B. remind | C. accuse | D. persuade |
| 43. A. bent | B. crawled | C. stretched | D. leaned |
| 44. A. sorting out | B. taking out | C. burning away | D. blowing away |
| 45. A. spotted | B. marked | C. decorated | D. matched |
| 46. A. worry | B. tears | C. dust | D. sweat |
| 47. A. Spiders | B. Strings | C. Twists | D. Circles |
| 48. A. copy | B. catch | C. chase | D. abandon |
| 49. A. convenience | B. comfort | C. courage | D. patience |
| 50. A. precious | B. expensive | C. genuine | D. popular |
| 51. A. confused | B. anxious | C. disappointed | D. embarrassed |
| 52. A. made | B. kept | C. folded | D. transformed |
| 53. A. pray | B. celebrate | C. promise | D. leave |
| 54. A. fashionable | B. temporary | C. mysterious | D. traditional |

55. A. bored

B. surprised

C. nervous

D. hesitant

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。

According to UNESCO, deep in the sea 56 (lie) a great number of valuable relics—around 3 million boats, many cities and thousands of human relics. Today, these relics of human heritage are suffering serious damage from commercial and industrial exploitation (开发), making 57 (they) protection even more urgent.

58 (protect) and inherit (传承) our hard-to-notice yet still important underwater cultural heritage, the National Base of Underwater Archaeology for the South China Sea 59 (launch) by China's National Cultural Heritage Administration in Feb, 2023.

The base is planned to cover 60 area of 74 mu and a total construction area of 31,085 square meters. It is expected to perform various 61 (function), including underwater cultural heritage surveys and protection measures, cultural heritage repair and archaeologist training, according to the administration.

Li Qun, vice-minister of culture and tourism, told Xinhua 62 the South China Sea is the 63 (large) in scale and richest in underwater cultural heritage among China's waters and is an important area of the Maritime Silk Road.

Building the base is an important step toward strengthening the country's underwater cultural heritage protection work and is 64 great importance in passing on traditional Chinese culture and 65 (safeguard) China's sovereignty (主权), security and maritime rights, Li added.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

上周你参加了学校组织的主题为“以劳动感恩父母”的活动。请你给校英文报写一篇稿件，分享你的经历，内容包括：

- (1) 劳动过程；
- (2) 你的感受。

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。

Show Gratitude to Parents through Labor

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。

“Don't forget to study for the European history test on Friday,” Mrs. Beville announced to her students before the class was over.

Julie shut her book and sighed to herself: “Why couldn't the test be on poetry?” Julie loved poetry and its rhythmic expression of feelings and ideas. Yes, poetry she could understand. But history? “What if I fail? I've never been good at memorizing anything for a test,” she thought.

That night, Julie sorted out her notes. She flipped open her textbook to the end of the first chapter, where she found a list of practice questions for the test. “Need some help?” asked her older brother, Joey, who poked his head into her bedroom to see what she was doing. Julie handed him her textbook and said: “Quiz me.” Joey took the book and read the first question. “In what year did England defeat the Spanish Armada?” Julie frowned and pursed her lips. Her left eye ticced (抽筋). “Dates are the worst! Ask another one.”

Joey’s eyes traveled to the bottom of the page. “Who took the throne following the death of Queen Mary I?” “Oh! It’s on the tip of my tongue. It’s —it’s—I don’t know!” Julie shook her head. “Looks like you didn’t study,” Joey said. Julie grabbed her book back and glared at Joey. What did he know about her study habits? She could read a chapter a thousand times, but no matter what, getting her brain to hold on to information was like getting a rock to absorb sand.

The following day, she decided to use library time to study. She found a table in a quiet corner. With her textbook open in front of her, she tried to make sense of all the facts and dates. But it was useless. She dropped her head to the book and buried her face in the pages. “Impossible!”

“Psst, Julie!” Julie heard someone calling her and looked up. Maria from her class was seated at a nearby table.
注意:

- (1) 续写词数应为 150 个左右;
- (2) 请按如下格式在答题卡的相应位置作答。

“Want to study together?” Maria asked, nodding to an empty chair.

On the day of the test, Julie and Maria both felt nervous.