



练习册

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全品

学练考

高中英语¹

必修第一册 BS

细分课时

分层设计

落实基础

突出重点

详答案本

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01

培养核心素养，聚焦主题语境

导学案

LEARN

Unit 1 LIFE CHOICES

主题素养积累

What career will it be in your future?

长大后你会成为什么样的人？或者说你想从事什么样的职业？本文作者自身的经历或许能为你未来的人生规划和职业选择指点迷津。



What are you going to be when you grow up? This question **is meant to make** the students think about what type of career they would like to pursue (追求). Their answer guides us in the advice we provide.

As a young teenager, I made the decision that I wanted to be a doctor of medicine. I was unable to **put my finger on** exactly when or how this came about, but by the time I was a senior in high school, I was sure of it.

coaching.

I discovered I really liked working with young people in an educational setting. **As I mentioned above**, I am an academic adviser. I also work as a learning specialist. I enroll the students in classes and then give them the tools they need to **be successful in** the course. It's a perfect combination in which I take pride.

Once again, what are you going to be when you grow up? My experience has led me to believe that the answer to this question requires a process of trial and error (反复试验). Every new endeavor (努力) you pursue, success you experience, failure you endure (忍受), place you visit, person you meet, class you take, etc., will assist you in narrowing it down to what career will be an excellent fit for you.

【主题词句背诵】

1. be meant to do sth 应该/意在在某事
2. put one's finger on 弄清; 正确指出

02

夯实语言基础，搭建知识框架

词汇点睛

1. differ *vi.* 不同, 不一样, 有区别
(教材 P6) differs in many ways
在许多方面不同

- | | |
|-----------------------------|------------|
| (1) differ in... | 在……上不同 |
| differ from... | 与……不同 |
| (2) different <i>adj.</i> | 不同的 |
| be different from... in... | 与……在……方面不同 |
| (3) difference <i>n.</i> | 不同(点) |
| make a difference (to...) | (对……)有影响 |
| (4) differently <i>adv.</i> | 不同地 |

【活学活用】

(1) 单句填空

① It is not clear why dogs seem to have the ability to recognize _____ (differ) facial expressions in humans.

句型透视

(教材 P7) **One can't show high ideals without simple living; one can't have lofty aspirations without a peaceful state of mind.** 非淡泊无以明志, 非宁静无以致远。

句型公式

双重否定结构: not... without...

【句法分析】

not... without... 是一种双重否定结构, 表示的是肯定含义, 意为“没有……不……, 只有……才……”, 其中否定词 not 也可以替换为 never, hardly 等表示否定意义的词。

【活学活用】

完成句子

① 人没有食物不能生存, 植物没有阳光不能生长。

(读后续写之哲理句)

课内基础巩固

I 单词拼写

1. It's difficult to make a comparison with her _____ (以前的) books—they are completely different.
2. Everything was new for me as I first walked across the _____ (校园).
3. Most students, especially the **senior** high school students, are under great _____ (压力) of study.
4. The young man we are looking for is _____ (充满活力的) and now lives in an **apartment**.
5. The new **chapter** of this book has been finished by the writer two days ahead of _____ (日程表).

7. Instead of _____ (recover) at home, she was out having fun with someone else.
8. Several difficulties _____ (arise) when we began to work on the new design.
9. Things in the world **differ** _____ each other in a thousand ways.
10. From my point of view, raising animals was only **secondary** _____ other forms of farming.

II 短语填空

1. _____ (总而言之), online learning becomes more and more popular nowadays.
2. Growing up means it is necessary to _____

课后素养提升

V 阅读理解

Dr Bhuvana, a special educator and therapist, once taught at the Kendriya Vidyalaya Sangathan. During her classes, she observed that some students did not absorb the content as well as others or lacked understanding of specific topics. At times, they nodded their head but they did not **actually** grasp the meaning. She realized she needed to make a change instead of just sticking to the traditional teaching methods. Parents were impressed by the improvements in their slow pupils and suggested Dr Bhuvana start a special school for such children.

Dr Bhuvana came to the rescue of students with developmental disorders. In 1998, she opened Bridges Learning Vidyalaya to teach students with autism (自闭症) and other

admitted into Class 4. Dr Bhuvana chalked out a practical customized curriculum for him, which helped him develop an interest in studies. Now he is pursuing his MBA in a well-known university.”

Dr Bhuvana says, “Parents always feel they need someone like me for their children, and I feel glad that I can help them. On some occasions, the **pressure** at **various** levels makes me feel upset and burdened. But when a child learns well and hugs me in return, it gives me satisfaction and **confidence**. I draw energy from children's love and my passion for teaching.”

- () 1. What **inspired** Dr Bhuvana to improve her teaching methods?
- A. The great potential of her poorly performing students.

VI 应用文写作

假定你是学生会主席李华。有一个英国交换生团队在你校进行为期一个月的学习交流活。请你准备一篇发言稿, 代表学校在欢迎会上致辞。内容包括:

1. 对交换生的到来表示欢迎;
2. 对他们的生活学习提出建议;
3. 对交流活动表达祝愿。

注意: 1. 词数 80 个左右, 开头和结尾已给出, 不计入总词数;

2. 可以适当增加细节, 以使行文连贯。

Boys and girls,

I'm Li Hua, president of the Student

VII 读后续写

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 16-year-old daughter, Lin, had always been a cheerful girl, full of **laughter**. Her transition (转变) to **senior** high school was originally met with great enthusiasm (热情). She would come home every day, sharing with us her new experiences, her friends and the fun news of high school life. But as weeks went by, she became quieter and something seemed to be troubling her deeply.

My husband and I realized something was

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Period One Topic Talk

课内基础巩固

❶ 单词拼写

- It's difficult to make a comparison with her _____ (以前的) books—they are completely different.
- Everything was new for me as I first walked across the _____ (校园).
- Most students, especially the **senior** high school students, are under great _____ (压力) of study.
- The young man we are looking for is _____ (充满活力的) and now lives in an **apartment**.
- The new **chapter** of this book has been finished by the writer two days ahead of _____ (日程表).
- We talked together, we spent our _____ (闲暇) time together, and except for school and work, we were never apart.

❷ 单句填空

- If you think your present job is very _____ (stress), it may be time to think about changing it.
- John has a high _____ (expect) of his wonderful life in the **senior** high school.
- Finding a solution to this problem is one of the greatest _____ (challenge) faced by scientists today.
- To prevent a soft tissue _____ (injure), make sure that you wear proper clothes and equipment when exercising.
- _____ (unfortunate), he was hit by a small car on his way to school at 9 **am**.
- We hope we will develop _____ (confident) in speaking English and making friends.

- Instead of _____ (recover) at home, she was out having fun with someone else.
- Several difficulties _____ (arise) when we began to work on the new design.
- Things in the world **differ** _____ each other in a thousand ways.
- From my point of view, raising animals was only **secondary** _____ other forms of farming.

❸ 短语填空

- _____ (总而言之), online learning becomes more and more popular nowadays.
- Growing up means it is necessary to _____ (做决定) independently and wisely.
- The job doesn't pay very well, but _____ (从好的方面来说), the hours are very convenient.
- On the evening of the Spring Festival, all of us would _____ (闲坐), enjoying the food and being together again.
- You will hear _____ (各种各样的) slogans any time you turn on the TV. Think about your favourite one.
- The desks were no longer placed _____ (一排一排地), but pushed together to make a circle.

❹ 句型训练

- Plants _____ and animals are no exception. (双重否定句)
植物没有太阳不能活,动物也不例外。
- _____ was that his answer should have caused so strong a reaction. (主语从句)

令他吃惊的是,他的回答竟然引起了如此强烈的反应。

3. People _____ will have the opportunity to take a virtual tour of

several destinations before deciding where to go. (定语从句)

想去度假的人将有机会在决定去哪里之前虚拟游览几个目的地。

课后素养提升

Ⅶ 阅读理解

Dr Bhuvana, a special educator and therapist, once taught at the Kendriya Vidyalaya Sangathan. During her classes, she observed that some students did not absorb the content as well as others or lacked understanding of specific topics. At times, they nodded their head but they did not actually grasp the meaning. She realized she needed to make a change instead of just sticking to the traditional teaching methods. Parents were impressed by the improvements in their slow pupils and suggested Dr Bhuvana start a special school for such children.

Dr Bhuvana came to the rescue of students with developmental disorders. In 1998, she opened Bridges Learning Vidyalaya to teach students with autism (自闭症) and other developmental disorders. There every child's IQ is tested using Malin's Intelligence Scale and classified into mild, moderate and severe groups. The school adopts unique teaching methods to impart (传授) knowledge and helps kids understand topics from a child's perspective. The school has also trained teachers to teach the subjects in a friendly manner.

Over the past 25 years, the school has educated over 6,000 slow students, many of whom are now doctors, managers and engineers working in big companies or have important careers. Uthamanathan, the father of Suryanarayan, a student at the school, says, "My child was unwilling to go to a traditional school. His grades were low, and he failed to score beyond single-digit marks. We worried about his future. Fortunately, I learned about Dr Bhuvana's school and Suryanarayan was

admitted into Class 4. Dr Bhuvana chalked out a practical customized curriculum for him, which helped him develop an interest in studies. Now he is pursuing his MBA in a well-known university."

Dr Bhuvana says, "Parents always feel they need someone like me for their children, and I feel glad that I can help them. On some occasions, the pressure at various levels makes me feel upset and burdened. But when a child learns well and hugs me in return, it gives me satisfaction and confidence. I draw energy from children's love and my passion for teaching."

- () 1. What inspired Dr Bhuvana to improve her teaching methods?
- A. The great potential of her poorly performing students.
- B. The constructive suggestions from some educators.
- C. The lack of parental guidance on students' studies.
- D. The sharply different performances of her students.
- () 2. What is a key characteristic of Bridges Learning Vidyalaya?
- A. Its aiming to train qualified teachers.
- B. Its objecting to testing a student's IQ.
- C. Its teaching students according to their ability.
- D. Its providing therapies for students with mental disorders.
- () 3. What can be known through the example of Suryanarayan?
- A. Choosing a suitable career is essential for everyone.
- B. Good grades usually come from parents' encouragement.

- C. Parents are always overly worried about their children's future.
- D. Proper teaching methods can have an important effect on students.

()4. Which of the following can best describe Dr Bhuvana?

- A. Energetic and cautious.
- B. Creative and caring.
- C. Faithful and cooperative.
- D. Innocent and simple-minded.

Ⅶ 阅读七选五

Lots of people think that the best way to become successful is to pick up lots of new habits and skills. While this can help, sometimes the best thing you can do is **give up** the things that hold you back from success. 1. _____

Remove perfectionism.

Perfection is impossible. 2. _____ Instead of worrying about mistakes that you have made or physical flaws that bother you, simply focus on trying to better yourself with small steps. No one is perfect, but anyone can make the decision to be a better person.

Remove Excuses.

3. _____ Successful people understand that they **are** fully **responsible for** their present situation. They see this as a good thing as it means that they hold the **power** to significantly improve their fate. When you make up your excuses, you are lying to yourself, which will hold you back from achieving your **goals**.

Remove fear.

Lots of people make themselves smaller without realizing it. They keep quiet during discussions when they want to say something. They avoid taking risks and they always think about the worst cases. 4. _____ My suggestion is to **remove** it from your life and be brave instead. Speak up, voice your thoughts and actively chase your dreams and **goals**.

Remove the desire for overnight success.

Some people believe that the majority of

successful people became successful overnight, or that they became successful by chance. They are only waiting for their luck without taking action to make their dreams come true.

5. _____ While luck can certainly play its part, you can't rely on luck to become successful.

- A. In reality success takes efforts.
- B. For example, **give up** some bad skills.
- C. Trying to achieve it is a waste of your time.
- D. It's no use trying to blame others for your life.
- E. These people lack courage and can't gain success in life.
- F. This attitude will stop them from achieving their full potential.
- G. Instead of adding more things to your life, try getting rid of some negative things.

Ⅷ 语法填空

Sally is a good student, who does well in all her 1. _____ (subject). You must wonder how she can study so well. Let me tell you something about her good study habits.

First, Sally spends two hours 2. _____ (finish) her homework after school every day, and she always studies by 3. _____ (she) from seven to nine on schedule. Sally is a very determined (意志坚定的) girl, so she can 4. _____ (stop) by nothing from doing that. Second, if Sally wants to start studying, she will put everything 5. _____ has nothing to do with her study aside, like the cellphone. And 6. _____ (actual) there are only books left on her desk. Third, Sally never leaves her problems until the next day. When she meets some difficult questions that she has trouble working out, she will turn 7. _____ others for help. She can't wait 8. _____ (solve) them at once.

What do you think of Sally's study habits? You can have 9. _____ try. Sally 10. _____ (make) great progress since she entered high school. Therefore, I hope you will also make a lot of progress in your study with the help of these hints.

Period Two Lesson 1 Lifestyles (Reading)

课内基础巩固

❶ 单词拼写

1. We can take photos using a _____ (数码的) camera and input the photos into a computer.
2. These apartments are of high _____ (质量), so they are a little more expensive than those ones.
3. Gymnastics helps improve your flexibility and your body's _____ (范围) of movement.
4. Keeping up with a healthy _____ (生活方式) is necessary to manage the challenges of a stressful modern world.
5. I find it really hard to _____ (拖) myself out and exercise regularly.
6. All in all, shopping is no longer just a _____ (必需品); it has become a form of entertainment.

❷ 单句填空

1. Second-hand smoke causes _____ (variety) problems, so smoking in public places should be forbidden.
2. Social media provides a _____ (convenience) way to stay connected with friends, share moments, and engage with a wider community.
3. The team will _____ (definite) lose the game if Paul doesn't play.
4. Polar bears—like all wild animals—should be photographed from a safe _____ (distant).
5. To ensure the safety of your computer, the software should _____ (update) in time.

6. He seems to be dynamic in appearance, but _____ (actual) he is unhealthy.
7. She does some _____ (volunteer) work in her free time, caring for the elderly.
8. Last night, I _____ (chat) with one of my best friends on the Internet for hours.

❸ 短语填空

1. _____ (不时地), unexpected challenges arise that test our problem-solving skills.
2. With the aim of _____ (获得成功) in this company, you need to work hard.
3. Apply for the job if you are interested, either _____ (亲自) or on the phone.
4. Students _____ (易于) lower their heads when they feel sorry for some mistakes.
5. _____ (根据) the schedule, the meeting will be held at 10:00 am tomorrow in the conference room.

❹ 句型训练

1. I spend more time learning English every day _____. (目的状语从句)
我每天花更多的时间学英语,为的是今年我能取得更大的进步。
2. I brought my laptop to the library, only to _____. (非谓语)
我带了笔记本电脑去图书馆,结果却发现门上锁了。

3. We _____ will be held again. (强调谓语)

我们确实希望这个有意义的活动还会再次举办。

课后素养提升

Ⅴ 完形填空

I grew up around books. I remember opening my parents' 1 book *Finnegans Wake* by James Joyce and thinking: they might have never opened the 2 from the sign of the dust (灰尘), and with so many obscure words in it. Why did they 3 it? In spite of this, I could sense the magic of buying it, and I carried that sense of 4 into my life.

In the past, I had hundreds of books in the house. They 5 my bookshelves, and the books got in the way sometimes. They gathered around the chair where I 6 to watch TV. They 7 the space on my ottoman (软垫搁脚凳) where my feet were 8 to go. I thought I needed more 9 for my books. Since my work is to write about books, I have some forms of 10. But there's more to it than that. That is, I always had the 11 of holding a book, reading a book, and buying a book.

Though many books I 12 may haven't been read, nothing can stop me from buying them. 13, with many books around me, there will always be an opportunity (机会) for me to pick up a book 14, and it takes me back to 15 times.

- ()1. A. half-opened B. dust-covered
 C. children-centred D. picture-filled
- ()2. A. book B. door
 C. window D. bag
- ()3. A. choose B. revise
 C. improve D. design

- ()4. A. safety B. direction
 C. magic D. humour
- ()5. A. protected B. broke
 C. shook D. lined
- ()6. A. waited B. jumped
 C. stood D. sat
- ()7. A. kept on B. cleaned up
 C. took up D. focused on
- ()8. A. addicted B. supposed
 C. attracted D. locked
- ()9. A. agreement B. aims
 C. bookcases D. money
- ()10. A. excuses B. promises
 C. rules D. answers
- ()11. A. anger B. pleasure
 C. luck D. patience
- ()12. A. sold B. advised
 C. borrowed D. collected
- ()13. A. Actually B. Quietly
 C. Quickly D. Hardly
- ()14. A. in time B. by chance
 C. on purpose D. at first
- ()15. A. unsuccessful B. sorry
 C. good D. difficult

Ⅵ 阅读七选五

Two years is extremely easy to waste. 1. _____ You can try a sport you've always wanted to start, and become great at it. You can start a morning routine (习惯), which can affect your feelings and stress at a deep level. You can meditate (冥想) for a few minutes per day, and become more self-aware of the way you react to problems. 2. _____

班级
姓名
题号
答题区
完形
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
七选五
1
2
3
4
5

The following tips may help you make full use of your two years.

Set a **goal** for what you've wanted to do.

3. _____ You are still able to do extreme sports, play a musical instrument or become a photographer if you wish to. Don't let age or past experiences decide who you are. Don't let fears control you. Don't let the social standards limit you. Age is just a number.

4. _____ The easiest way to reach **goals** is through daily small actions. For example, taking exercise every day, practising the piano three times a week, or taking a camera for photos wherever you go. With two years, small actions can make huge differences.

Be in control. It's just a choice of replacing TV shows by books or walking the stairs and biking to the office. 5. _____ It's not about the end **goal**; it's about daily actions towards it. Monitor how you spend your time. Take back the control of your health, emotions and time.

Look at yourself in the mirror in two years and you'll think that was quick. Remember that every day counts!

- A. Stick to them and you can do wonders.
- B. However, **goals** without actions are just wishes.
- C. You're never too old for your childhood dreams.
- D. But a lot of things can be achieved in two years.
- E. That's why morning routines bring such great changes.
- F. You can also start a business and make it a big success.

G. Success is not an event but a process and a way of thinking.

Ⅶ 语法填空

Teenagers are often misunderstood. They are at a stage in their lives 1. _____ they are trying to figure out who they are and what their place is in the world. It can be a 2. _____ (challenge) time for them, but it is also an exciting time of growth and self-discovery.

One of the biggest misunderstandings about teenagers 3. _____ (be) that they are lazy and unmotivated. While it may be true that some teenagers struggle 4. _____ motivation, many others are passionate and driven. They have big dreams and aspirations and are willing to work hard to achieve them. Whether they are excelling in school 5. _____ pursuing their interests outside of the classroom, teenagers have the potential 6. _____ (achieve) great things when they 7. _____ (give) the opportunity and support. Another common misunderstanding is that teenagers are rebellious (叛逆的) and difficult. While it is true that they are more likely to question authority, this is not necessarily a bad thing. It is a sign that they are developing 8. _____ sense of identity and learning to think for themselves. Teenagers need guidance and boundaries, but they also need the freedom to express 9. _____ (they) and make their own decisions.

In order to better understand and support teenagers, it is important to recognize their 10. _____ (individual) and potential.

Period Three Lesson 2 Understanding and Coping with Stress

课内基础巩固

❶ 单词拼写

1. My grandfather told his grandchildren the stories of his life in the _____ (军队).
2. I would like to apply for a _____ (职位) as a **volunteer** with reasons as follows.
3. Smiling has **actually** been shown to relieve _____ (紧张) and **stress**.
4. He was an _____ (专家) at finding his way, even in strange surroundings.
5. Last week, our school _____ (组织) an English Spelling Competition.
6. It is important to have a healthy balanced diet since **teens** are still growing and their bodies need a lot of nutrition to _____ (运转) well.

❷ 单句填空

1. _____ (frank) speaking, I don't have enough money to pay the bill.
2. He made it _____ (absolute) clear that he wouldn't join us in hiking that weekend.
3. The **chapter** of the book is written for _____ (profession) chefs who want to improve cooking skills.
4. Work can also help develop our skills, **thus** _____ (provide) room for personal growth.
5. Our history has proved that their predictions were _____ (entire) wrong.
6. His car broke down and he _____ (seek) help from passers-by.
7. When we're tired or _____ (stress) out, home is always a shelter for us to have a rest.
8. _____ some **extent**, English serves as a very important bridge between different cultures.

9. The company has **removed** the manager _____ his present job because of his poor performance.
10. Though the housing price has been **reduced** _____ 10%, we still can't afford it.

❸ 短语填空

1. _____ (坦率地说), you have little chance of winning. After all, their team has better players.
2. The club has 60 girls and 20 boys. _____ (换言之), there are three times as many girls as boys.
3. He _____ (遭受) great **injury** in his back so he had to give up his training.
4. Behind many successful men there is, _____ (通常), a woman who makes this success possible.
5. _____ (因为) the absence of many students, we have to put off the meeting.

❹ 句型训练

1. After reaching your destination, you will have a day _____ . (非谓语)
到达目的地后,你将有一天时间来探索这座令人叹为观止的古城。
2. It turned out that the careless boy wore a coat _____ . (非谓语)
原来那个粗心的男孩穿了一件属于他哥哥的外套。
3. _____ , you may be surprised to find that different cultures actually have a lot in common after all. (条件状语从句)
如果你仔细研究节日,你可能会惊讶地发现,不同的文化实际上竟有很多共同之处。

Ⅶ 阅读理解

A

On July 15, 2017, Maryam Mirzakhani, a Stanford professor of mathematics and the first female winner of the Fields Medal in mathematics, died at the age of 40.

The news was especially hard-hitting for a generation of younger academics who have always held Maryam to be a role model whose example is helping redefine (重新定义) women's status in science and especially in mathematics. What was fun was that Maryam always tried to avoid the media's spotlight. Despite being the first woman to gain such high status in the world of mathematics—winning what's often called the “Nobel Prize of Maths”—her modesty (谦逊) and simplicity stood out to those who knew her.

Maryam originally wanted to be a writer, a passion of hers that never faded away even during her postgraduate studies. However, she found an even greater joy in how rewarding it felt to solve mathematical problems. As a student, she was the first female member of Iran's national team to participate in the International Mathematical Olympiad (IMO), and she won two gold medals in two years, which is still a record.

She received her bachelor's degree in Iran and later studied at Harvard. In 2014, Maryam was recognized with the Fields Medal, the highest-ranking award in mathematics. Her work focused on curved surfaces like spheres (球体). Her achievements have applications in other scientific fields including engineering and material science. Unfortunately, at that time she was already fighting against the breast cancer.

Maryam's legend (传奇) may continue to grow after her early death. Still only 20 percent of full-time maths teachers at US universities

are women. The example of a woman who rose to the top of this still very male field may help inspire maths' next generation.

In the same way people think of Marie Curie or Jane Goodall as scientific pioneers, Maryam Mirzakhani will go down in history as a pioneer as well as a mathematical genius.

- () 1. What made Maryam famous worldwide?
- Everlasting love for writing.
 - Hiding behind the media's spotlight.
 - Fighting for women's equal social status.
 - Being the first female winner of the Fields Medal in mathematics.
- () 2. What is the main idea of Paragraph 3?
- Maryam's early experiences.
 - Maryam's life achievements.
 - Maryam's individuality.
 - Maryam's life dream.
- () 3. What can we learn about Maryam from the text?
- She stopped working when she was fighting against cancer.
 - She was a role model who encouraged the younger generation in mathematics.
 - She applied mathematics to material science.
 - She got her bachelor's degree at Harvard.
- () 4. Which of the following can best describe Maryam Mirzakhani?
- Able and modest.
 - Tough and energetic.
 - Talented and outgoing.
 - Determined and generous.

B

Let's get one thing straight: Studying sometimes is boring, right? But it is extremely necessary. After all, working through difficult materials is a necessary part of the learning process—which leads to the obvious question:

If I have to do it, is there at least a way to make it fun?

During Carol S. Dweck's research for her book *Mindset (思维模式): The New Psychology of Success*, she found that students deal with learning in one of the two ways: they either look at difficult courses with a fixed mindset or with a growth mindset. Those with fixed mindsets believe that intelligence and talent are set in stone. For example, if they find a certain maths problem difficult, they'd think, "I guess I'm just not a maths person." In contrast, students with growth mindsets are certain that they could change and grow in every area of their lives. If they come across a difficult problem, they will think, "I can get better at this... But I have to tough it out."

Dweck found that most students start out pretty interested in a subject. Yet over the semester, something happens. Students with the fixed mindset may stay interested only when they do well right away. Those who find it difficult are likely to show a big drop in their interest and enjoyment. If it isn't a testimony (证明) to their intelligence, they can't enjoy it. In contrast, students with the growth mindset are able to continue to show the same high level of enjoyment even when they find the work very difficult. Difficulty and interest go hand in hand.

If you want to succeed and enjoy your study, don't think of your classes as a series of tests that show just how intelligent or unintelligent you are. Instead, think of them more as ongoing opportunities to learn and grow.

- () 5. Which of the following might students with fixed mindsets believe?
- A. They are not interested in maths.
B. Their abilities are not valued.
C. Their mindset determines their ability.
D. Failure is caused by their intelligence.
- () 6. What does the underlined phrase "tough it out" mean in Paragraph 2?

- A. Stick to it.
B. Get away from it.
C. Give in to it.
D. Refer to it.

- () 7. What can we learn from Paragraph 3?
- A. Students who are able to deal with difficult problems do better in their studies.
B. Students who find it hard to fix problems lose their interest in their studies.
C. Students' mindsets play a huge role in how interested they are in their studies.
D. Students' interests have a big effect on how well they perform in their studies.
- () 8. What may the author advise learners to do to make study fun?
- A. Choosing an active and positive mindset.
B. Regarding learning as a test of intelligence.
C. Paying little attention to the task's difficulty.
D. Looking for a strong inspiration to succeed.

Ⅶ 续写语段填空

1. _____ (在高中结束时), Emily looked back on the journey she had taken. She realized that her 2. _____ (缺乏自信) had held her back from exploring her true potential. But by pushing herself outside of her comfort zone and 3. _____ (抓住新的机会), she 4. _____ (已经成长为一个坚强且自信的人) with the help of Ms Johnson. Emily's story serves as a reminder that confidence can be regained through perseverance and stepping out of one's comfort zone. 5. _____ (在老师们的支持下) and belief in ourselves, we can overcome self-doubt and discover our hidden talents.

班级

姓名

题号

答案区

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Period Four Lesson 3 Your Life Is What You Make It (Reading)

课内基础巩固

❶ 单词拼写

- Besides e-mailing me, you can also _____ (联系) me through phone or social media.
- The _____ (慈善机构) aims to provide money for people in need and help them overcome difficulties.
- It's a senior secondary school uniform whose logo _____ (以……为特色) a bull.
- Both Twain and Lin understood that humour isn't just about _____ (笑声), but is a way of life and a tool.
- To make sure your appliance is actually off, remove the plug from its _____ (电力) supply.

❷ 单句填空

- We decided to found a non-profit _____ (organise) whose goal is to protect the environment.
- Leslie Nielsen's devotion to acting is wonderfully _____ (inspire).
- We had intended _____ (go) hiking on that rainy afternoon, but were stopped by our parents.
- The stories of world-famous people are _____ (attract) to me, helping me learn a lot from them.
- Although it is challenging, it is a good chance for us to solve this problem _____ (independent).
- I would appreciate it if you could take my _____ (apply) into account.
- They showed thanks for the _____ (contribute) which was offered by people all over the province.
- I decided to use some of my pocket money to

buy some daily _____ (supply) for them.

- The only access to that apartment is along that _____ (mud) road.
- You should clean the _____ (dust) windows of the living room before you move in.

❸ 短语填空

- We are proud that Lily will _____ (从……毕业) Harvard University this July.
- I am writing to _____ (申请) the position as a volunteer for our English Festival.
- We are the master of our own life and we _____ (对……负责) ourselves.
- At that moment, _____ (各种各样的) thoughts were running through my head.
- I treasure this as a good chance to broaden my mind _____ (以及) improve my spoken English.
- She decided to _____ (放弃) her previous job and pursue a career as a professional artist.

❹ 句型训练

- _____ is bad for our health, especially for our eyes. (非谓语)
在屏幕前待太久对我们的健康有害,特别是对我们的眼睛有害。
- The doctors asked Paul many questions, _____ .
(伴随状语)
医生问了保罗许多问题,希望弄清楚他怎么了。
- To be frank, _____ have a clear understanding of this. (部分否定)
坦率地说,并非所有的学生对此都有清醒的认识。

Ⅴ 完形填空

Thaan Singh is a Delhi police officer. He had a poverty-stricken childhood, which was 1 by growing on the streets and selling corn. Despite his daily struggles, Singh never 2 the importance of studies. He was so 3 that he cleared the examination for the Delhi Police successfully, 4 his dream of being a policeman.

Singh returned to where he had been raised. When he 5 the streets, Singh noticed many children 6 on streets, collecting plastic bottles, and wasting their childhood. Singh realized the 7 to help and give them a good environment to study. This 8 led Singh to establish a school named Thaan Singh Ki Pathshala. He taught those children for free after work and developed good behaviour among them through education.

Starting with 4 children, today Singh teaches more than 80. And thanks to **various** 9 from society, the school runs smoothly. Singh managed to 10 the students' basic needs, like books, pencils, and lunches. 11, many people join him in helping. Some local drivers offer to give the children 12 home. Last year, 17 students were able to 13 the government-run schools, 10 of whom scored the highest in their class.

Due to Singh's 14, many children's lives have been reshaped. Just as Singh said, "I feel honoured to make a 15 by getting them educated, so they can break the chain of poverty and aim big."

- ()1. A. recorded B. followed
C. planned D. marked

- ()2. A. **stressed** B. forgot
C. imagined D. considered
- ()3. A. curious B. experienced
C. confused D. hard-working
- ()4. A. achieving B. ending
C. **seeking** D. sharing
- ()5. A. cleaned B. explored
C. policed D. painted
- ()6. A. watching over B. passing out
C. hanging out D. pulling over
- ()7. A. **necessity** B. creativity
C. possibility D. emergency
- ()8. A. **challenge** B. appreciation
C. realization D. comparison
- ()9. A. activities B. donations
C. requests D. technologies
- ()10. A. express B. understand
C. meet D. lose
- ()11. A. **Besides** B. However
C. **Thus** D. Otherwise
- ()12. A. tickets B. bread
C. hands D. rides
- ()13. A. leave B. attend
C. rebuild D. **remove**
- ()14. A. experiments B. interests
C. orders D. efforts
- ()15. A. choice B. difference
C. rule D. lesson

Ⅵ 阅读七选五

How to choose extracurricular activities

From sports to clubs to outside **organisations**, there are many activities to take part in outside the classroom. 1. _____ Fortunately, it becomes quite easy once you figure out what you enjoy doing in general. With a little more careful thought, you can also

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choose an activity that interests you.

Think about your interests and know your advantages. Before you start considering specific (具体的) activities, take a step back. Think about what excites you and find your passions (热情). 2. _____ Now that you have a better idea of what you like to do in general, decide on those that you are good at. Ask yourself what skills they show. Then find activities that require the same ones. Make sure that you will enjoy yourself by choosing an activity that lets you shine.

3. _____ In addition to your interests and advantages, know what you would like to improve about yourself. Use activities as a way to make yourself better. Find out new challenges, without the added stress of having to earn good grades at them. You can use activities to develop general skills that you may not have.

Find out what activities are available (可用的) and look into each one. 4. _____ If the website seems incomplete, talk with your teacher or parents. Also look for calendar details, such as start-and-end dates, plus event schedules, to make sure it won't get in the way of anything else going on in your life. Once you have a list of activities that match your interests, do a little research. 5. _____

- A. Think about skills you want to develop.
- B. This can make choosing one a little difficult.
- C. Use your freshman year to explore your choices.
- D. In this way, you will have a better idea of what to expect.
- E. Also make sure that their culture is a good match for your own personality.

- F. Use those to decide on activities that will keep you interested for a long time.
- G. Search your school's website for a complete list of all the activities it provides.

Ⅶ 语法填空

Family meals are important in living with a family. A recent survey 1. _____ (show) that most children and their family share a meal at least four times a week. 2. _____ my point of view, this is a positive sign, because dining together is able to benefit family members.

Firstly, 3. _____ (have) a meal together can help a family stick together, which helps strengthen each family member's sense of belonging and reduce family 4. _____ (tension). Family members can relax together during this time, and enjoy each other's company. Routine communication also helps family members show each other's appreciation which can not only 5. _____ (stress) on Thanksgiving Day.

Secondly, family meals also play 6. _____ important part in a child's growth. For example, parents are able to observe their children's psychology (心理) 7. _____ (base) on their deeds and expressions. And studies show that children eating with their families are more likely 8. _____ (get) high grades in the end than those who do not eat family meals. And such kids are 9. _____ (definite) to be more social and make more friends. Finally, through family meals, parents can also ensure that their children are eating different foods to have strong bodies. It's because children 10. _____ eat together with their families can be taught not to be particular about meals.

Period Five Grammar

课内基础巩固

语法专练——动词不定式

❶ 用所给动词的适当形式填空

1. We'll do what we can _____ (help) the **editor** polish the article before publication.
2. For more than once, our head teacher asks us _____ (develop) the habit of having a healthy **lifestyle**.
3. Though he often made his little sister cry, today he was made _____ (cry) by her.
4. **All in all**, actively communicating is the best way _____ (keep) a good relationship with people around you.
5. She should be the first student _____ (arrive) at the finish line, which was beyond our **expectations**.

❷ 翻译句子

1. I think it's **challenging** but necessary for you _____.
我认为你学习一门第二语言是有挑战性的,但是很有必要。
2. She was _____ an event promoting popular science in her community.
她是唯一一个在她的社区组织推广大众科学活动的人。
3. As a **volunteer**, the girl often visits sick kids in the hospital _____.
作为一名志愿者,这个女孩经常去医院看望生病的孩子,来使他们振作起来。
4. He feels it his duty _____.

_____.
他认为帮助那些处于困境中的人是他的责任。

词法专练——(v.-ed & v.-ing)形容词

❸ 用括号中所给词的正确形式填空

1. Upon hearing the news, she **definitely** wore a _____ (disappoint) look on her face.
2. All the people fixed their eyes on me, which made me feel very _____ (embarrass).
3. In the city, you can enjoy an _____ (amaze) view from the Sky Tower, which is the city's tallest tower.
4. The tight schedule left me _____ (stress) out and wanting to go to bed early.
5. Listening to the **expert's** _____ (inspire) speech, we were determined to make great efforts.

❹ 句型训练

1. _____ that his name escaped me for the moment.
令人尴尬的是,我一时想不起他的名字了。
2. As a **native** Spanish speaker, I am _____ learning more about different cultures and languages.
作为一个母语为西班牙语的人,我有兴趣了解更多不同的文化和语言。
3. _____ have told me that he cares about me very much.
他担忧的眼神已经告诉我他很关心我。

课后素养提升

❶ 阅读理解

A

To develop one's taste in English, the most effective way is to read a wide variety of

English books. Yet one may be at a loss to choose the right books, especially as a beginner. As a **native** Spanish, I would like to share some of my experience.

My first English novel was Jane Austen's *Pride and Prejudice*, recommended by many English teachers and professors as an ideal book for English learners. But my experience was somewhat disastrous. I had great difficulty in understanding the novel, let alone enjoying it. It was not the vocabulary that troubled me, but rather the way Austen makes sentences, and her way of thinking, which seemed too hard for me at that time. My enthusiasm was much **recovered** after reading Hemingway's novel *A Farewell to Arms*. No long and complicated sentences. And I particularly liked his brief and straightforward (易懂的) style. So my first suggestion is, as a beginner, you'd better choose contemporary novels instead of classical ones.

However, if you limit yourself to novels, you will miss a lot of treasures. English essays can at once inform you, entertain you, and improve your taste in English. The best example is Bertrand Russell's work. His simple language enables his philosophy within the reach of ordinary people. Here comes my second suggestion—essays are necessary.

Never follow others' suggestions and opinions blindly, however famous or influential the person might be. We should be open to **various** ideas, but always think and determine for ourselves. As a **saying** goes, one man's meat is another man's poison. With that in mind, we are bound to find out our favourite writers through reading and develop our fine taste in English.

- () 1. What made the first English novel that the author read hard to understand?
- A. Complicated conversations.
B. Sentences and Austen's thinking style.
C. The old-fashioned vocabulary.
D. Not knowing the social background.
- () 2. Which word can best describe the author's first English novel reading experience?

- A. Terrible.
B. **Challenging**.
C. Enjoyable.
D. Inspirational.

- () 3. What advice does the author give in the last paragraph?
- A. Choose books that **challenge** us most.
B. Read books that are instructive.
C. Don't be affected by others' ideas.
D. Compare books before buying.
- () 4. What is the author's purpose of writing the passage?
- A. Give comments on literature works.
B. Tell beginners how to choose English books.
C. Encourage people to read more English books.
D. Recommend first-class books to English learners.

B

Dr Degenaar came into the lecture room on the first Friday morning of the term and asked us to write down our own understanding of the "soul". Here was the "teacher" asking us what we thought—it was really an exciting experience. He was not telling us what he thought but asking us how we saw something. The following discussion was interesting. That was my first experience of real learning in a classroom.

Almost 50 years have passed since that experience. Of the other lecturers who "taught" me during that year, I remember they "taught" me the history of Greek philosophy (哲学), but I remember little of that history and nothing of those lecturers. And most of what I remember about Greek philosophy is what I learned in Dr Degenaar's class, for my own interest.

I took further courses with Dr Degenaar in the following years. Like the first class, there was little "lecturing" at us, but far more involvement (参与) of us all in a process of

common discovery in which we learned a lot about each other and the key points of the day. The excitement of discovery stays with me. Then it took me almost another 20 years to get a deeper understanding of what had happened in that lecture hall: experiential learning.

Traditionally, learners have been seen as “empty containers” waiting to be “filled” with learning given to them by the teacher. The learner is, therefore, dependent on the teacher for what to think and how to think. Compliance (遵从) is rewarded and so independent and original thinking is not developed.

In comparison, in experiential learning, the learner is encouraged to think for himself/herself, not to repeat the thought patterns of the teacher. The learning happens not because of what a “teacher” or a “lecturer” says but because of what the learner does. In this sense, I think this is the best way to learn and everyone should try it and learn from it.

- () 5. Which word best describes the author’s first Greek philosophy class given by Dr Degenaar?
- A. Boring.
B. Amazing.
C. Confusing.
D. Depressing.
- () 6. Why does the author compare Dr Degenaar and the other lecturers?
- A. To praise Dr Degenaar’s attitude to his job.
B. To stress Dr Degenaar’s great influence on him.
C. To point out Dr Degenaar’s popularity among students.
D. To show the author’s deep interest in Greek philosophy.
- () 7. How does experiential learning differ from traditional learning?
- A. It has no specific learning places.
B. It applies knowledge to medical care.

- C. It encourages independent thinking.
D. It focuses more on the result of learning.

- () 8. What is the text mainly about?
- A. A respected teacher.
B. A favourite university lesson.
C. The factors of experiential learning.
D. An effective learning method.

Ⅶ 语法填空

It’s been nearly seven years since a group of volunteers grew flowers at What Cheer Flower Farm in Rhode Island, with a simple goal: get flowers into the hands of anyone in need. Best of all, each one of the tens of thousands of flowers that What Cheer grows and 1. _____ (deliver) is completely free of charge.

What Cheer was founded by two gardeners 2. _____ often gave away flowers from their own gardens and wanted the idea to grow. What Cheer 3. _____ (regular) brings joy to people at local hospitals, wishing them a quick 4. _____ (recover). “Seeing the 5. _____ (satisfy) smiles on people’s faces who weren’t expecting it is great,” says Stephen Hogan Jr. from the farm.

What Cheer’s flower beds lie in an industrial neighbourhood that once 6. _____ (house) a knife factory. In May, the non-profit farm was awarded 7. _____ \$ 500,000 prize from the Environmental Protection Agency for its continued efforts 8. _____ (bring) life to the once polluted land.

“Not only do we give this space back to the neighbourhood,” says Achen, “but we are also an eco-friendly spot with the ability to help local insect and bird 9. _____ (population), and that’ll only make people’s lives better.” What Cheer indeed can cheer people 10. _____ ! What’s good about a flower is that it doesn’t need anything else. Your only job when someone gives you flowers is to enjoy them.

班级

姓名

题号
答案区

阅读理解

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