



全短平快

主编 肖德好

题型组合集训



第一部分 题型组合限时快练

第一周

精练 1	阅读理解(2篇) + 阅读七选五 + 语法填空	002
精练 2	完形填空 + 阅读理解(2篇)	005
精练 3	阅读理解(2篇) + 语法填空 + 应用文写作(建议信)	008
精练 4	完形填空 + 阅读理解(2篇)	011
精练 5	阅读理解 + 阅读七选五 + 语法填空 + 读后续写	014

第二周

精练 6	阅读理解(2篇) + 阅读七选五 + 语法填空	017
精练 7	完形填空 + 阅读理解(2篇)	020
精练 8	阅读理解(2篇) + 语法填空 + 应用文写作(告知信)	023
精练 9	完形填空 + 阅读理解(2篇)	026
精练 10	阅读理解 + 阅读七选五 + 语法填空 + 读后续写	029

第三周

精练 11	阅读理解(2篇) + 阅读七选五 + 语法填空	032
精练 12	完形填空 + 阅读理解(2篇)	035
精练 13	阅读理解(2篇) + 语法填空 + 应用文写作(邀请信)	038
精练 14	完形填空 + 阅读理解(2篇)	041
精练 15	阅读理解 + 阅读七选五 + 语法填空 + 读后续写	044

第四周

精练 16	阅读理解(2篇) + 阅读七选五 + 语法填空	047
精练 17	完形填空 + 阅读理解(2篇)	050
精练 18	阅读理解(2篇) + 语法填空 + 应用文写作(短文投稿)	053
精练 19	完形填空 + 阅读理解(2篇)	056
精练 20	阅读理解 + 阅读七选五 + 语法填空 + 读后续写	059

第五周

精练 21	阅读理解(2篇) + 阅读七选五 + 语法填空	062
精练 22	完形填空 + 阅读理解(2篇)	065
精练 23	阅读理解(2篇) + 语法填空	068
精练 24	完形填空 + 阅读理解(2篇)	070
精练 25	阅读理解 + 阅读七选五 + 语法填空 + 读后续写	073

第六周

精练 26	阅读理解(2篇) + 阅读七选五 + 语法填空	076
精练 27	完形填空 + 阅读理解(2篇)	079
精练 28	阅读理解(2篇) + 语法填空	082
精练 29	完形填空 + 阅读理解(2篇)	084
精练 30	阅读理解 + 阅读七选五 + 语法填空 + 读后续写	087

阅读题材线索

· 对应该训练的阅读理解题材 ·

① 广告信息 ② 记人叙事
① 文化教育 ② 科技发展
① 社会生活 ② 文化教育
① 社会生活 ② 科普科研
自然生态

① 广告信息 ② 文化教育
① 社会生活 ② 社会生活
① 科普科研 ② 科普科研
① 文化教育 ② 科普科研
社会生活

① 自然生态 ② 文化教育
① 社会生活 ② 科普科研
① 文化教育 ② 社会生活
① 科普科研 ② 自然生态
记人叙事

① 社会生活 ② 科普科研
① 记人叙事 ② 文化教育
① 社会生活 ② 社会生活
① 自然生态 ② 科普科研
社会生活

① 广告信息 ② 记人叙事
① 记人叙事 ② 社会生活
① 科普科研 ② 自然生态
① 科普科研 ② 自然生态
社会生活

① 广告信息 ② 记人叙事
① 社会生活 ② 科普科研
① 记人叙事 ② 科普科研
① 科技发展 ② 文化教育
科普科研

阅读题材线索

· 对应该训练的阅读理解题材 ·

① 广告信息 ② 记人叙事
③ 科普科研 ④ 社会生活

① 广告信息 ② 记人叙事
③ 社会生活 ④ 社会生活

① 广告信息 ② 记人叙事
③ 科普科研 ④ 自然生态

① 广告信息 ② 记人叙事
③ 自然生态 ④ 科普科研

① 广告信息 ② 记人叙事
③ 自然生态 ④ 社会生活

第二部分 试卷板块限时抢分

第七周

- 精练 31 阅读理解 50 分提速练 090
精练 32 语言运用 30 分精准练 094
精练 33 写作 40 分规范增分练(告知信) 095

第八周

- 精练 34 阅读理解 50 分提速练 097
精练 35 语言运用 30 分精准练 101
精练 36 写作 40 分规范增分练(图表作文) 102

第九周

- 精练 37 阅读理解 50 分提速练 104
精练 38 语言运用 30 分精准练 108
精练 39 写作 40 分规范增分练(邀请信) 109

第十周

- 精练 40 阅读理解 50 分提速练 111
精练 41 语言运用 30 分精准练 115
精练 42 写作 40 分规范增分练(短文投稿) 116

第十一周

- 精练 43 阅读理解 50 分提速练 118
精练 44 语言运用 30 分精准练 122
精练 45 写作 40 分规范增分练(短文投稿) 123

参考答案 / 125

特色专项

另附分册

第一部分：特色题型增分练→训练 1 至 14

- 阅读 C,D+ 阅读七选五+ 语法填空
- 阅读七选五+ 语法填空+ 完形填空

第二部分：应用文写作精准练→训练 1 至 10

第三部分：读后续写精准练→训练 1 至 10

第四部分：考前词汇回归练 常考易错拼写 348 词→训练 1 至 14

· 高考选题特点及新变化 ·

1. 聚焦立德树人，强化育人功能

(1) 凸显文明互鉴，
培养中国情怀和国际视野

选材亮点

【第一组】

- ① AI在教育行业的应用、限制与发展（精练4 阅读理解B）
- ② 李时珍撰写的《本草纲目》（精练11 语法填空）
- ③ Luisa Yu的环球旅行故事（精练12 完形填空）
- ④ 兵马俑的鞋子和衣服（精练14 语法填空）
- ⑤ 聊天机器人（精练19 阅读理解B）

(2) 注重以文化人，
培育正确的世界观、
人生观和价值观

选材亮点

【第二组】

- ① 传递善意的故事（精练4 完形填空）
- ② 邓宁-克鲁格效应（精练4 阅读理解A）
- ③ 废弃土地上种植花卉（精练7 完形填空）
- ④ 史蒂夫医生比赛中救助参赛选手（精练17 完形填空）
- ⑤ 救助受伤的小猫（精练19 完形填空）

(3) 提倡五育并举，
引导学生德智体美劳
全面发展

选材亮点

【第三组】

- ① 重新找回音乐激情（精练2 完形填空）
- ② 艺术家Van Den（精练9 阅读理解A）
- ③ 在健身房里虚拟锻炼（精练18 阅读理解A）
- ④ Lauren的菜园项目（精练22 完形填空）
- ⑤ 劳动经历及实践（精练33 应用文写作）

2. 强化思维品质考查，提升语言运用能力

(1) 考查关键能力，
促进思维品质发展

选材亮点

【第四组】

- ① 中国文化节（精练3 应用文写作）
- ② 避免文化被算法趋同（精练12 阅读理解B）
- ③ “过渡客体”对孩子的重要性（精练34 阅读理解C）
- ④ 广告主管实现做小说家的梦想（精练38 完形填空）
- ⑤ 数字时代的重要技能（精练43 阅读理解D）

(2) 深化基础性，
强调综合性，提升语言运用能力

选材亮点

【第五组】

- ① 传统中国画（精练1 语法填空）
- ② 屋顶农业（精练8 语法填空）
- ③ 我的阅读故事（精练18 应用文写作）
- ④ 班级竞选（精练20 读后续写）
- ⑤ 静默行走（精练31 阅读七选五）

① 阅读理解

A [2024·湖北省高三一模]

体裁	主题语境	难度	词数
应用文	人与社会	☆☆	249

Discovery Pass

With a NSW TrainLink Discovery Pass, you can

- get **unlimited** booked travel to more than 365 destinations on the NSW TrainLink Regional train and coach network;

- choose a pass that suits your travel plans: 14 days, one month, three months or six months;

- choose a class of travel that suits your style: Economy or First Class (Premium).

Please note that you cannot book a child ticket online with a Discovery Pass. You will instead need to call 132232 or visit a sales agent.

Before purchasing a pass, please read the relevant terms and rules. A NSW TrainLink Discovery Pass is **non-refundable** and it cannot be assigned to another person.

Prices

Pass type	14 days	1 month	3 months	6 months
Adult Economy	\$ 232	\$ 275	\$ 298	\$ 420
Adult Premium	\$ 300	\$ 350	\$ 400	\$ 550
Child Economy	\$ 121	\$ 143	\$ 154	\$ 220
Child Premium	\$ 154	\$ 176	\$ 220	\$ 275

How to purchase a pass and book trips

Step 1: Purchase a Discovery Pass

Choose a time limit and class of travel that suits your needs.

Step 2: Book your trips

After you purchase a Discovery Pass, you have up to one month to book your first trip. The time limit on your pass will start from the **departure** date of your first booked trip. All trips must be booked and taken before the expiry(到期) date indicated on the pass. You must book each trip before you travel.

Find out more about ways to book your ticket? Visit our website:

<https://transportnsw.info/tickets-opal/regional-tickets-fares/ways-to-book-your-ticket>

() 1. What can you do using a NSW TrainLink Discovery Pass?

- A. Book a ticket online for your child.
- B. Get booked travel to unlimited destinations.
- C. Choose a weekly, monthly or yearly pass.
- D. Choose a class of travel that suits you.

() 2. How much should a mother with a child pay for a three-month NSW TrainLink Discovery Pass for Economy Class?

- A. \$ 353.
- B. \$ 418.
- C. \$ 452.
- D. \$ 620.

() 3. Which agrees with the terms of a NSW TrainLink Discovery Pass?

- A. Giving the pass to another person.
- B. Refunding the pass to NSW Trains.
- C. Booking trips before you travel.
- D. Booking your first trip two months after purchase.

B [2024·山东省济南市高三一模]

体裁	主题语境	难度	词数
记叙文	人与自然	☆☆☆	320

When Param Jaggi was five years old, he had a passion to take things apart to see what was inside. He started with toys and even broke a computer, which made his parents not too pleased. As he got older, he shifted from breaking things to building things, which greatly comforted his parents. In middle school, he started working on projects in his kitchen laboratory, and his first project was making biofuels.

Although Jaggi's parents **initially** thought his experiments were just a boyhood fancy, he remained determined to make a difference to the environment. Eventually, his parents came around and started supporting his dreams. Jaggi's interest continued as

he grew up, but he focused more on solving real problems, especially those related to the environment.

At 17, Jaggi went beyond his school projects and co-founded Ecoviate, a company that uses technology to solve everyday energy and environmental problems. He planned to transform people's idea that going green is expensive, by making available a series of **affordable** products that are easy to use. Through Ecoviate, he designed products that could contribute to a greener future. One of his **notable** inventions was the "CO₂ube", a device that could be attached to vehicle tailpipes to reduce carbon emissions, and it's available to many people at low prices. He also created a smartwatch that changed body heat into energy, which can be used to power up the watch as well as mobile phones.

Young Jaggi, now a third-grade college student studying engineering and economics, has become a famous eco-innovator and his company is developing **promisingly**. However, Jaggi's vision to save the environment goes beyond creating products. He plans to launch an online platform through Ecoviate, which will encourage young students interested in science and technology to get actively involved in innovation and invention. Students can **submit** a science project online, and talk about the help that they need to make the project a reality.

- () 4. What can we learn about Jaggi?
- A. He was curious by nature.
B. He dreamed to be an engineer.
C. He always annoyed his parents.
D. He was addicted to playing toys.
- () 5. Which of the following can best replace the underlined part "came around" in Paragraph 2?
- A. Won out.
B. Changed their minds.
C. Walked around.
D. Paid a visit.
- () 6. What drove Jaggi to develop affordable and user-friendly products?
- A. His love for greener devices.
B. His pursuit of academic career.
C. His desire to make a difference.
D. His hope to boost green industry.

- () 7. Why does Jaggi plan to launch an online platform?
- A. To promote smart products.
B. To empower young inventors.
C. To provide eco-themed courses.
D. To offer environmentalists funds.

II 阅读七选五 [2024·江西省鹰潭市高三一模]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆	242

Making the decision to invest in healthy lifestyle changes is more than just **flipping a switch**. 1. _____. Psychologists have found that it takes an average of 66 days for a new habit to become **automatic**, but the truth is that building and maintaining lifestyle changes is highly dependent on each individual. However, there are some easy strategies that can help you develop a lifestyle change plan that works for you.

Focus on the whole picture. Lifestyle changes are like a puzzle. There are many pieces that must add up to the whole picture. Building habits in only one area of the puzzle will leave your overall picture lacking **dimensions**. 2. _____, so it is important to understand how they all interact when you set up your lifestyle change plan.

Set realistic and achievable goals. 3. _____. Focus on setting goals that are realistic. Instead of expecting to run a marathon in six months, shoot for running a 5-kilometre race, and then work up to the marathon. Setting realistic goals that you can achieve and then building on them will help you maintain momentum (动力) and stay motivated.

4. _____. Building habits takes time. Be patient with yourself and understand that the fastest way forward isn't always the smartest way forward. The goal in creating lifestyle changes isn't to get to the finish line as quickly as possible. The goal is to build habits that are sustainable in your everyday life.

5. _____.
A. Track your progress and adjust your goals accordingly
B. Adopt new habits slowly and build on success
C. Therefore, focus on building one habit at a time
D. The goals you set for yourself are essential for overall success in changing your lifestyle

- E. Making sustainable lifestyle changes is a process that takes time, dedication, and patience
- F. So, give yourself time to start small and build on success so that the end result is rock solid
- G. Your physical, mental, and emotional health all work together to make or break lifestyle changes

语法填空 [2024·江苏省泰州市高三一模]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	216

The traditional Chinese painting is 1. _____ (fundamental) an abstract art form. Objects in Chinese paintings are a less direct copy of the natural world, 2. _____ comparison to Western paintings. Actually, the Chinese painting aims to demonstrate a 3. _____ (harmony) relation between the natural world and human emotion.

What Chinese painters would like to produce in their paintings is not a **visual** effect of colours and patterns that Western painters tend 4. _____

(achieve). The description of objects in Chinese paintings is by no means accurate because few painters 5. _____ (concern) about their exact size or shape. What they want to seek is a spiritual world in their mind 6. _____ nature provides exactly basic elements. This is how Chinese painters view nature. Remote mountains and running streams 7. _____ (be) the primary materials of their thinking and creating since ancient times. Chinese artists often say that the artists first need to have a thorough and deep understanding of the natural 8. _____ (exist) before drawing.

With a long history of China, generations of Chinese painters express thoughts on the material world through this unique art form and leave a valuable treasure to the Chinese. Nowadays, the Chinese painting, as 9. _____ important part of global culture, has become increasingly attractive across the world, 10. _____ (enjoy) great **popularity at home and abroad.**

重点词句回顾

A. 词汇积累

- unlimited *adj.* 无限的
- non-refundable *adj.* 不能退款的
- departure *n.* 离开; 出发
- initially *adv.* 开始; 最初; 起初
- affordable *adj.* 买得起的; 负担得起的
- notable *adj.* 显著的; 重要的; 值得注意的
- promisingly *adv.* 给人以希望地, 良好地
- submit *vt.* 提交; 呈递(文件、建议等)
- flip a switch 按开关
- automatic *adj.* 自动的
- dimension *n.* 尺寸; 方面; 规模
- visual *adj.* 视觉的
- popularity *n.* 人气; 受欢迎; 流行
- at home and abroad 国内外

B. 熟词生义

- choose a **pass** that suits your travel plans: 14 days, one month, three months or six months (阅读 A)
pass *v.* 通过; 及格 → *n.* 通行证; 车票
- Please **note** that you cannot book a child ticket online with a Discovery Pass. (阅读 A)
note *n.* 笔记; 纸币; 便条 → *v.* 注意, 留意
- Before purchasing a pass, please read the relevant **terms** and rules. (阅读 A)
term *n.* 学期, 期限, 任期 → *n.* 术语, 条款

C. 长难句分析

1. He also created a smartwatch that changed body heat into energy, which can be used to power up the watch as well as mobile phones. (阅读 B)

【分析】本句含有两个定语从句。其中 that 引导定语从句, 修饰先行词 smartwatch; which 引导非限制性定语从句, 修饰先行词 energy。

【译文】他还发明了一款智能手表, 可以将体温转化为能量, 就可以用来为手表和手机充电。

2. However, there are some easy strategies that can help you develop a lifestyle change plan that works for you. (阅读七选五)

【分析】本句含有两个定语从句。其中定语从句 that can help you develop a lifestyle change plan 修饰前面的先行词 some easy strategies; 另一个定语从句 that works for you 修饰前面的先行词 a lifestyle change plan。

【译文】然而, 有一些简单的策略可以帮助你制订一个适合你的生活方式改变计划。

D. 好句背诵

Be patient with yourself and understand that the fastest way forward isn't always the smartest way forward. (阅读七选五)

【译文】对自己要有耐心, 并明白最快的前进方式并不总是最明智的方式。

精练 2 完形填空+阅读理解(2篇)(限时:30分钟)

❶ 完形填空 [2024·江苏省宿迁市高三一模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	246

I grew up in a low-income **household** where music became my refuge (避难所) from my teenage **anxiety**. Despite knowing deep within my heart that music was my 1, I chose to 2 the journey to medical school. Being a doctor meant a lot to me: a life of security, 3 **stability** and social status. However, the stress and the lack of “me” time saw me deeply 4 in a song-less decade.

5, with the assistance of a young producer, I wrote and recorded a six-song demo CD. This was my first experience in a **professional** recording studio, and it was 6! Finally, after all those years of 7 my passion, I wanted to be a songwriter.

I 8 to a professional musician and asked if he would listen to some of my songs 9 the events of my life, of grief and pain, new relationships, and love lost and found. Thirty minutes later, he looked at me with a bright smile and said, “You’re ready to 10 an album (唱片).” His words gave me the 11 I needed.

One year later, *Perfect Love*, my first full-length CD, was officially 12, and is now 13 to users on iTunes, Amazon, and CD Baby.

My life feels 14 and I know I have done what I was meant to do. So you too can 15 it is indeed possible, whatever your life circumstances, to make your dream come true.

- ()1. A. nature B. passion
 C. concern D. weakness
- ()2. A. begin B. break
 C. restart D. continue
- ()3. A. temporary B. political
 C. internal D. financial
- ()4. A. absorbed B. trapped
 C. interested D. experienced
- ()5. A. Definitely B. Suddenly
 C. Fortunately D. Undoubtedly

- ()6. A. moving B. puzzling
 C. exciting D. embarrassing
- ()7. A. pursuing B. keeping
 C. arousing D. killing
- ()8. A. looked up B. reached out
 C. stood up D. hung on
- ()9. A. detailing B. purifying
 C. predicting D. justifying
- ()10. A. sell B. collect
 C. record D. donate
- ()11. A. defence B. criticism
 C. sympathy D. confidence
- ()12. A. released B. delivered
 C. rejected D. sponsored
- ()13. A. attractive B. available
 C. special D. suitable
- ()14. A. pitiful B. balanced
 C. complete D. demanding
- ()15. A. believe B. imagine
 C. recall D. explain

❷ 阅读理解

A [2024·东北三省三校高三三模]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	308

Throughout history, literature has been a mirror of society, capturing its evolution, revolutions, conflicts, and ambition. As readers, we often find comfort, inspiration, or severe realities through the world of words. Yet, in the 21st century, with a sharp rise in **digitalization**, literature’s canvas (画布) has expanded dramatically, leading to both **enthusiasm** and worry among literary **enthusiasts**.

Dr Elizabeth Montgomery, a famous literary critic and professor at the Langford Literary University, set about an extensive study to decipher (破译) the changing landscape of literature in the digital age. “The printed word has a touchable beauty and permanence. Digital platforms, on the other hand, are vast, changing, and developing. This dichotomy (二分法) is interesting but also challenges traditional literary boundaries,” reflected Montgomery.

Montgomery's study lasted over two years, involving a diverse group of 1,200 participants from various age groups and backgrounds. They were divided into three groups: the first experienced literature only through printed books, the second through e-books, and the third through **interactive** digital stories, which combine text, graphics, and user interaction.

Feedback revealed diverse insights. Printed book fans valued the sensory experience—the feel of pages, the smell of a book—claiming that it deepened their connection to the content. E-book readers appreciated the convenience and portability but missed the touchable experience of traditional books. However, the third group, who engaged with interactive digital stories, expressed excitement at being part of the story, though some felt it **weakened** the literary essence.

Further, the study found that interactive stories appealed especially to younger readers, suggesting a potential shift in future literary consumption patterns. Montgomery notes, “While traditionalists might find the digital development of literature disturbing, it's **undeniable** that the boundary between readers and stories is becoming more foggy. The key is to balance innovation with the preservation of literary integrity.”

- () 1. What was the purpose of Dr Elizabeth Montgomery's study?
- A. To promote digital platforms over printed books.
- B. To explore the impact of digitalization on literature.
- C. To present the landscape of the digital literature.
- D. To challenge the traditional literary boundary.
- () 2. What can we learn about the participants who read printed books?
- A. They found it convenient to carry the books around.
- B. They believed the books lacked the literary essence.

- C. They thought they were happy to be involved in the story.
- D. They felt the sensory experience promoted their understanding.
- () 3. What does the study suggest about the future of literature consumption?
- A. Traditional books may be preferred by elder people.
- B. Digital stories will enjoy equal preference of all ages.
- C. Interactive stories may see a rise among younger readers.
- D. E-books will replace printed books and dominate the market.
- () 4. What is Montgomery's attitude to the digital development of literature?
- A. Objective. B. Doubtful.
- C. Excited. D. Unconcerned.

B [2024·江西省九江市高三三模]

体裁	主题语境	难度	词数
新闻报道	人与社会	☆☆☆	319

In the last few months, companies, often backed by governments, have raced to launch or begin building AI for their native languages including Indonesian, Japanese, Chinese, South Korean and multiple Indian languages. But will they ever be able to compete with or offer a solid alternative to Silicon Valley's AI bots like ChatGPT?

Machine learning engineer Yennie Jun started noticing the problem when she was testing ChatGPT-4 in different languages. “I saw that it was slower, and just not as good when using it in South Korean and Chinese which usually have good quality training data to draw on,” she said.

Earlier this month Yennie decided to test GPT-4—the latest AI model from Open AI—with some tricky maths problems. She asked the same maths questions in 16 different languages and found it much better at solving problems in certain languages like English, German and Spanish. In fact, GPT-4 was able to correctly solve the maths problems in English

more than three times as often compared to other languages, such as Armenian or Farsi. It wasn't able to solve any of the tough questions in Burmese or Amharic.

"I think the current state of AI will accelerate **inequality**. Emerging markets just don't have the computing power, data sets or the AI resources to compete with the western world's models," said Nick Adams, a founding partner at Differential Ventures.

However, one promising project launched by India's Ministry of Electronics and Information Technology aims to improve the amount of training data in low-resourced languages by crowdsourcing. The project invites people to "make your own AI language models better by **confirming** data". Participants are played audio from podcasts or shows in different Indian languages and then given digital medals in reward for translating them in their own languages. But there is a mountain to climb. Despite the huge populations of native speakers, only a few thousand people have so far got involved.

- () 5. Why does the author ask the question in Paragraph 1?
- A. To present an argument.
B. To question building AI.
C. To introduce the topic.
D. To showcase expectations.
- () 6. What do the underlined words "draw on" in Paragraph 2 mean?
- A. Turn on. B. Keep on.
C. Focus on. D. Depend on.
- () 7. What's Nick's attitude towards the present situation of AI?
- A. Negative. B. Hopeful.
C. Ambiguous. D. Tolerant.
- () 8. What is the last paragraph mainly about?
- A. An AI language model.
B. An approach to training data.
C. A language to translate.
D. A plan launched by India.

重点词句回顾

A. 词汇积累

- household *n.* 家庭; 一家人 *adj.* 皇家的; 家喻户晓的
- anxiety *n.* 焦虑; 忧虑
- stability *n.* 稳定(性); 稳固(性)
- professional *adj.* 专业的; 职业的
- digitalization *n.* 数字化
- enthusiasm *n.* 热情; 热忱; 热心
enthusiast *n.* 爱好者; 热心者
- interactive *adj.* 互动的, 互相交流的
- weaken *v.* 削弱; 减弱
- undeniable *adj.* 不可否认的; 确凿的
- inequality *n.* 不平等
- confirm *v.* 确认; (尤指提供证据来)证实, 证明

B. 熟词生义

In the last few months, companies, often **backed** by governments, have raced to launch or begin building AI for their native languages... (阅读 B)

back *n.* 背部, 背; 靠背 → *v.* 支持; 帮助

C. 长难句分析

Montgomery notes, "While traditionalists might find the digital development of literature disturbing, it's undeniable that the boundary between readers and stories is becoming more foggy." (阅读 A)

【分析】该句由一个主句 Montgomery notes 和一个直接引语构成。直接引语中 while traditionalists might find the digital development of literature disturbing 是让步状语从句, 主句 it's undeniable that the boundary between readers and stories is becoming more foggy 是 it 作形式主语, that 从句作真正的主语。

【译文】蒙哥马利指出:“尽管传统主义者可能会觉得文学的数字化发展令人不安,但不可否认的是,读者与故事之间的界限正变得越来越模糊。”

D. 好句背诵

1. So you too can believe it is indeed possible, whatever your life circumstances, to make your dream come true. (完形填空)

【译文】因此,无论你的生活处境如何,你也可以相信,实现你的梦想确实是可能的。

2. Yet, in the 21st century, with a sharp rise in digitalization, literature's canvas (画布) has expanded dramatically, leading to both enthusiasm and worry among literary enthusiasts. (阅读 A)

【译文】然而,在 21 世纪,随着数字化的急剧膨胀,文学的画布大大扩展,这引起了文学爱好者的热情和担忧。

精练 3 阅读理解(2篇) + 语法填空 + 应用文写作(建议信) (限时:35分钟)

① 阅读理解

A [2024·江苏省苏锡常镇四市高三一模]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆☆	360

Digital **mindfulness** is the **application** of mindfulness practices in your digital life. According to Jon Kabat-Zinn, a professor at the University of Massachusetts Medicine School, mindfulness is “a means of paying attention in a particular way, on purpose, in the present moment, and non-judgementally”. Here two main key points are emphasized when it comes to mindfulness as a practice in your digital life.

The first point is that you must learn to do things on purpose. For instance, you use your phone as a **habitual** escape from **boredom** or stress, which is thought by many as a quick solution to all those negative feelings. But what if you get only negative responses from your phone—the news or posts are negative? Instead of finding peace, you find more boredom and more stress. The solution that mindfulness provides is purposeful and intentional choices. Therefore, you are **empowered** to choose how to respond to the stimulus (刺激) behind such feelings as boredom, loneliness, and stress and not just treat the symptoms (症状).

The other key is going through the experience non-judgementally. When you feel sad or angry because of a post on social media, all you ever do is go through the experience and let it flow. At its core, mindfulness involves the acceptance of your memories, feelings, and thoughts minus any judgement on yourself or others because of those things. These feelings, memories, and experiences come and go. After they have passed, you are still you and in control. You will become more aware of your inner world. It's this internal monologue (独白) that pushes you to grab your digital technology (phone, Alexa speaker, TV, etc.).

Digital mindfulness is not about avoiding the negative things in life. Through mindfulness practices, you regain the power to learn from these experiences and healthily deal with the negative. Mindfulness will also teach you to be aware of all your emotions, so you learn to deal with the things that you used to avoid. Finally, digital mindfulness brings you peace of mind in an ever-changing and increasingly connected world.

Now, I would rather prefer to think of it as one of many tools that we can use in our daily life.

- () 1. What does the author suggest readers do when they feel stressed in their digital life?
- A. Find something interesting to do.
 - B. Use the phone as a habitual escape.
 - C. Keep away from the negative responses.
 - D. Deal with the root cause of the problem.
- () 2. What can we infer from Paragraph 3?
- A. Negative feelings should be avoided or controlled.
 - B. Mindfulness involves both acceptance and judgement.
 - C. Mindfulness helps us fully experience life as it happens.
 - D. Digital technology is the key to understanding our inner world.
- () 3. Which of the following is a suitable title for the text?
- A. How can you avoid negative feelings?
 - B. How can you define digital mindfulness?
 - C. How can digital mindfulness help you?
 - D. How can digital mindfulness harm you?
- () 4. What will probably be discussed in the next paragraph?
- A. Applications of mindfulness in communication.
 - B. Ways of practising mindfulness in the digital age.
 - C. Development of mindfulness in the medical field.
 - D. Benefits of practising digital mindfulness in daily life.

B [2024·安徽省合肥市高三三模]

体裁	主题语境	难度	词数
新闻报道	人与社会	☆☆☆	340

As young children went back to school across Sweden last month, many of their teachers were putting a new emphasis on printed books, quiet reading time and handwriting practice and devoting less time to tablets, independent online research and keyboarding skills.

The return to more traditional ways of learning is a response to experts' doubt on the country's **over-digitalized** approach to education, which has even introduced tablets into kindergartens. They are worried that it has already led to a decline in basic skills.

The rapid adoption of digital learning tools has also drawn concern from a United Nations' education agency. In a report published last month, the agency issued an urgent call for appropriate use of technology in education. The report urges countries to speed up Internet connections at schools, but at the same time warns that technology in education should be used in a way so that it never replaces in-person, teacher-led instruction and supports the shared objective of quality education for all.

However, online instruction is a hotly debated subject across Europe and other parts of the West. Germany has been famously slow in moving information of all kinds online, including education. Many students can complete their schooling without any kind of required digital instruction, such as coding. Most parents worry their children may not be able to compete in the job market with technologically better-trained young people from other countries. "If we don't manage to make education digital, then we will no longer be a competitive country in 20 years," said Sascha Lobo, one of the parents interviewed last year.

However, not all teachers are convinced that Sweden's back-to-basics push is in the best interest for students. "Technology is just one part of a really

complex network of factors in education," said Catarina Branelius, a third grade teacher in the Swedish capital, Stockholm. "I use tablets in maths, but I don't use tablets for writing text. Students under age 10 need time and practice and exercise in handwriting... before you introduce them to writing on a tablet."

- () 5. What did Sweden stress before this new school year?
- A. Printed books.
B. Handwriting practice.
C. Quiet reading time.
D. Independent online research.
- () 6. Which can best describe the approach suggested by the United Nations' agency?
- A. Textbook-centred.
B. Balanced.
C. Over-digitalized.
D. Traditional.
- () 7. What can be known from Paragraph 4?
- A. Students in Germany do not heavily rely on computers.
B. The German government is pushing for online instruction.
C. German parents are happy with their children's education.
D. Teachers in Germany are ready to make education digital.
- () 8. What is Catarina Branelius' attitude to the new policy?
- A. Favourable. B. Unclear.
C. Doubtful. D. Unconcerned.

II 语法填空 [2024·浙江省金华市高三二模]

体裁	主题语境	难度	词数
新闻报道	人与社会	☆☆☆	219

In celebration of Chinese New Year, a *hanfu* parade 1. _____ (hold) by China Cultural Centre in Valletta, the capital of Malta, on February 17, 2024.

The parade, well 2. _____ (receive) among the locals and tourists, featured 23 volunteer models from diverse cultural backgrounds coming together to show 3. _____ beauty of traditional Chinese costumes.

The parade attracted local residents and visiting tourists with its display of ancient Chinese elegance and grace. Each model wore delicate *hanfu* in different styles, reflecting the 4. _____ (rich) and diversity of China's cultural heritage. From silk garments to elaborate accessories (配饰), the *hanfu* parade represented the essence of centuries-old traditions passed down through 5. _____ (generation).

The event drew enthusiastic participation from both local residents and tourists, 6. _____ wondered at the exquisite **craftsmanship** and cultural significance of *hanfu*. Many 7. _____ (engage) with the models, eager to learn more about the history and 8. _____ (symbol) meaning behind each garment, further **fostering** cross-cultural exchange and understanding.

By including the *hanfu* parade into its Chinese New Year celebrations, the China Cultural Centre in Malta showed its commitment to promoting cultural exchange and 9. _____ (strengthen) the bonds of friendship between Malta and China. The event showed the lasting appeal 10. _____ Chinese traditions and their ability to go beyond borders, uniting people from diverse backgrounds in celebration and appreciation.

应用文写作 [2024·浙江省绍兴市高三三模]

假如你是李华,你的英国朋友 John 来信说他们学校要组织中英文化交流项目,他要负责策划学校举办的中国文化节,但不知道如何将文化节办好,请你给他回信提一些建议,内容包括:

1. 活动项目和意义;
2. 你给对方的鼓励。

注意:写作词数应为 80 个左右。

重点词句回顾

A. 词汇积累

1. mindfulness *n.* 正念减压法
2. application *n.* 应用;应用程序
3. habitual *adj.* 习惯性的;惯常的
4. boredom *n.* 无聊;厌倦;厌烦
5. empower *vt.* 授权;给(某人)……的权力;给予……力量
6. over-digitalized *adj.* 过度数字化的
7. craftsmanship *n.* 技艺;手艺;精工细作
8. foster *v.* 促进;培养;鼓励

B. 熟词生义

In a report published last month, the agency **issued** an urgent call for appropriate use of technology in education. (阅读 B)

issue *n.* 问题;发行;重要议题 → *vt.* 发出;公布

C. 长难句分析

The report urges countries to speed up Internet connections at schools, but at the same time warns that technology in education should be used in a way so that it never replaces in-person, teacher-led instruction and supports the shared objective of quality education for all. (阅读 B)

【分析】本句中 warns 后面的 that 从句是宾语从句,在这个宾语从句中,so that 引导的是目的状语从句。

【译文】报告敦促各国加快学校的互联网连接,但同时警告称,教育中的技术应用应以永不取代面对面、教师主导的教学为前提,并支持人人享有优质教育的共同目标。

D. 好句背诵

Here two main key points are emphasized when it comes to mindfulness as a practice in your digital life. (阅读 A)

【译文】在这里,当谈到正念减压法作为数字生活中的一种练习时,强调了两个要点。

① 阅读理解

A [2024·吉林省吉林市高三二模]

体裁	主题语境	难度	词数
应用文	人与社会	☆☆	281

Beyond its amazing landscapes, Banff National Park also boasts a rich cultural heritage. In this comprehensive guide, we will introduce you to a **collection of** museums of Banff, providing essential information to make your visit a truly **immersive** experience.

● Whyte Museum of the Canadian Rockies

Location: 111 Bear St, Banff, Alberta, Canada

Operating Hours: Open daily from 10:00 am to 5:00 pm

Admission Cost: \$ 12 CAD (\$ 10 USD) for adults, \$ 10 CAD (\$ 8 USD) for students, and free for children under 12 years old and valid for 90 days from purchase.

The museum showcases the art, culture, and history of the Canadian Rockies region. It features a diverse collection of artworks, historical photographs, and artifacts that **highlight** the natural beauty and human stories of the area.

● Canada House Gallery

Location: 201 Bear St, Banff, Alberta, Canada

Operating Hours: Open daily from 10:00 am to 5:00 pm

Admission: Free

It is a well-known art gallery that showcases contemporary and traditional Canadian artworks. The gallery features a diverse collection of paintings, sculptures, and other artistic mediums created by

Canadian artists. Visitors can explore the gallery and appreciate the talent and **creativity** of Canadian art.

● Banff Park Museum

Location: 91 Banff Ave, Banff, Alberta, Canada

Operating Hours: Open daily from 10:00 am to 5:00 pm

Admission Cost: \$ 4.90 CAD (\$ 4 USD) for adults, \$ 4.40 CAD (\$ 3.50 USD) for adults 65 and over, and free for the youth under 17 years old.

The museum is a historic site featuring a collection of over 5,000 specimens (标本) of wildlife, including birds, mammals, insects, and plants. The museum building itself is a charming log cabin, dating back to 1903.

- () 1. How much would a couple pay if they want to explore the Whyte Museum with a senior high student and an 8-year-old son?
- A. \$ 22 CAD.
B. \$ 32 CAD.
C. \$ 34 CAD.
D. \$ 18 CAD.
- () 2. Where can visitors explore the exhibits and learn about the diverse wildlife of the region?
- A. At Canada House Gallery.
B. At the Whyte Museum.
C. At the Banff Park Museum.
D. At the Canadian Rockies region.
- () 3. In which section of a magazine can you find the passage?
- A. Travel. B. Business.
C. Science. D. Entertainment.

B [2024·湖北省新高考协作体高三三模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆	349

My 10-year-old son and two friends attended a 2-hour fantastic basketball camp on Martin Luther King Jr. Day. A few minutes before the session ended, there was a shooting contest. Only a few kids were chosen to compete, and my son was not one of them. The contest winners received prizes and **recognition**, as did a few kids chosen as “all-stars” for effort, skill and participation. Again, my son was not selected.

My son was struggling to deal with his disappointment.

At the camp, he played a basketball game with kids he had never met, guarded them fiercely and took shots easily against them. As his mum, I was thrilled that he spent the day without his iPad. All in all, the day felt wonderful. The last thing I wanted was for these awards to ruin the experience.

I decided to **simplify** it for him. I did the maths and figured out the shooting contest and awards were about 6% of the total camp. The rest of the camp, the parts that he enjoyed, were 94% of the day. Even though the kid loves maths, it was hard for him to see the contest and awards as a small part of his day.

My son once told me about a negative situation that was played out at recess. The way he explained it felt like the disagreement lasted hours, but it turns out it was only the last few minutes of recess.

Now is the time for me as the parent to help my kid think more positively. If my son leaves a half-day camp and most of the day was great—that’s a win. If our family is able to go to Florida over the winter break and enjoy time together, away from the everyday headaches, that’s also a win. We can acknowledge the aspects that disappoint us, as long as we are willing to then focus on the bigger picture.

It starts with me and my husband. Our kids will model the behaviour we show. They need to see us thinking positively and not hyper-focusing on the negative 6%.

- () 4. Why did the author’s son become so disappointed?
- A. He spent the day without his iPad.
B. He missed out on a basketball contest.
C. His mother didn’t turn up in a contest.
D. He didn’t gain awards in a shooting contest.
- () 5. What is the author’s purpose in citing those figures in Paragraph 4?
- A. To help her son to think positively.
B. To arouse her son’s interest in maths.
C. To emphasize the disappointing aspects.
D. To simplify the process of the shooting contest.
- () 6. What will the author do next probably?
- A. Do the maths.
B. Set an example.
C. Start a project.
D. Learn from other parents.
- () 7. What can be concluded from the text according to the author?
- A. Practice makes perfect.
B. Every coin has two sides.
C. The bigger picture matters.
D. Adversity makes a wise man.

C [2024·浙江省五校联盟高三联考]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆☆	335

If your partner gets down on one knee to propose, or you get a call with the job offer, your reaction might be to shout it from the rooftops. But new research suggests that keeping good news a secret before telling someone else could make people feel more **energized**.

“Decades of research on secrecy suggests it is bad for our well-being. However, this work has only examined keeping secrets that have negative effects for our lives. Is secrecy inherently bad for our well-being or do the negative effects of secrecy tend to originate from keeping negative secrets?” asked lead researcher of the latest research Michael Slepian, PhD, a professor of business at Columbia University.

In the experiment, some participants were asked to reflect on the good news they kept secret, while others reflected on good news that was not secret. And then they **rated** how energized the news made them feel and whether they intended to share the news with someone else. The researchers found that the participants who reflected on their positive secrets reported feeling more energized than the participants who thought about their good news that was not secret.

The research nuances our understanding of the science of secrets. Negative secrets tend to deplete us and have also been linked to anxiety and depression. Positive secrets, however, seem to have an energizing effect and make people alive. One factor could be that people often have different motivations for keeping good news to themselves. Those with positive secrets were much more likely to keep quiet for internal reasons, not because they felt any outside pressures.

“People sometimes go to great lengths to plan to reveal a positive secret to make it all the more exciting. This kind of surprise can be **intensely** enjoyable, but surprise is the most fleeting of our emotions,” Slepian said. “Having extra time—days, weeks or even longer—to imagine the joyful surprise on another person’s face allows us more time with this exciting moment, even if only in our own minds.”

- () 8. What did Michael Slepian think of the previous research on secrecy?
- A. One-sided. B. Pointless.
C. Convincing. D. Pioneering.
- () 9. In the experiment, why some participants were more energized?
- A. Because they were optimistic and cheerful.
B. Because they were free from secrets.
C. Because they had undisclosed positive secrets.
D. Because they had shared good news with others.
- () 10. What does the underlined word “deplete” in Paragraph 4 mean?
- A. Spoil. B. Exhaust.
C. Confuse. D. Panic.

- () 11. According to the last paragraph, what did Slepian suggest readers do?
- A. Never reveal a secret casually.
B. Let your imagination run wild.
C. Be creative when surprising others.
D. Delay sharing a positive secret.

D [2024·湖北省高三二模]

体裁	主题语境	难度	词数
议论文	人与社会	☆☆☆☆	356

When it comes to technology, never before have we been both more dependent, and more **cautious**. Society is more connected, but also more lonely; more productive, but also more burnt-out; we have more **privacy** tools, but arguably less privacy. Would it be wrong to say we are becoming disappointed with it?

There’s no doubt that some tech innovation has been universally great. A new antibiotic that killed a previously deadly superbug was invented by an AI tool. Machines that can suck carbon dioxide out of the air could be a huge help in the fight against climate change. But on the other hand, tech-related scandals (丑闻) dominate headlines. Stories about cyberattacks and horrible online abuse are regularly on the news. “Like everything, tech has a dark side. It is a two-edged sword,” says veteran Silicon Valley watcher, Prof Mike Malone.

“Fundamentally, if there was a problem people would, should, stop using it,” Paolo Pescatore, an analyst, says. But he then goes on to talk about the peer pressure to remain plugged in—from colleagues, friends and family, and even from governments wanting to switch to digital services.

Mr Halgas, a young tech boss with big ambition, tells me that the industry has become a more easily affected place for its staff. “Tech workers were very comfortable in our jobs,” he explains. “People used to say, ‘Google isn’t a job; it’s a retirement plan.’ Those days are long gone.” “Tech workers thought they were safe from automation; now we are among the people who might be replaced by code-writing AI tools,” he says.

A recent survey by PR firm Edelman suggested that 52% of people in the UK believed tech innovation was developing too fast, and 70% thought tech bosses should develop new tech slowly.

Realistically, there is practically zero chance of that happening. The money and power that is flooding in, particularly to the AI sector, speaks for itself. “But the outpouring of public debate that also centres around it is healthy,” argues Prof Malone. “We’re not just blindly embracing new tech anymore and that’s a good thing,” he says.

- () 12. What do Mr Halgas’ words indicate?
- A. Tech industry is taking a bad turn.
B. Workers in tech industry are comfortable.
C. Google provides detailed retirement plans.
D. Tech workers may be replaced someday.
- () 13. What can we learn about new tech from the last two paragraphs?
- A. New tech is well received currently.
B. New tech cannot flood into the AI sector.
C. New tech is under sensible discussion now.
D. New tech is criticized for developing too slow.
- () 14. What will the follow-up text focus on?
- A. A bolder attitude to developing new tech.
B. An urgent appeal to welcome new tech.
C. A balanced approach to embracing new tech.
D. A comprehensive plan to advance new tech.
- () 15. What can be a suitable title for the text?
- A. Should the public embrace digital services?
B. Can innovative technology follow up?
C. Is it good to slow tech innovation down?
D. Should we have faith in technology?

㊦ 阅读七选五

[2024·湖北省武汉市高三全真模拟]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	274

Hop on the silent walking trend

Silent walking involves walking outdoors without **distractions** like music or conversations, focusing on the mind-body-nature connection. 1. _____ That’s a slower, lower-impact way to relax and is great for fitness. Here’s everything you need to know about the trend.

Select a natural setting and fully engage your senses. For reaping the mental health benefits, it is recommended to find a quiet and peaceful natural location. 2. _____ Meanwhile, consciously observing the sights, sounds, smells, and physical sensations during the walk can significantly impact cognitive and emotional well-being.

To stimulate the mind, consider exploring different routes than usual. Without your favourite podcast or playlist, you might slip into boredom on your walk. 3. _____ And it might even be good for your brain. Scientists applaud the virtues of boredom for brain health, believing that it boosts creativity and improves social connections. And if you do get bored, rest assured that it shows you’ve disconnected from external distractions. Go with it, and make sure you take a different route each time—it’ll keep you motivated.

Start off with five-minute silent walks and eventually build up to thirty minutes. If you’re usually a headphone wearer, it will feel super weird to walk without your go-to tunes, but give yourself a second to adjust. Chances are, once you’re a few minutes into your silent walk, you’ll feel the magic kick in. 4. _____

Regular reflection and ongoing **documentation** are essential. After completing a silent walk, take time to reflect upon any emerging thoughts, feelings, or insights. 5. _____ Journaling about the experience can also **solidify** connections between thoughts and ideas, providing a valuable tool for self-reflection and growth.

- A. But being bored won’t hurt you.
B. Taking different paths can lead to exciting discoveries.
C. Adjusting the routine gradually can help ease into the experience.
D. You’ll also start noticing the little things around you more clearly.
E. They can deepen understanding and serve as a record of personal growth.
F. Unlike exercise-oriented walking, it isn’t about reaching certain speed or steps.
G. In such an environment, you can immerse yourself in the natural soundscape (音景).

精练 32 语言运用 30 分精准练 (限时:20 分钟)

❶ 完形填空 [2024·辽宁省名校联盟高三四模]

体裁	主题语境	难度	词数
记叙文	人与社会	☆☆☆	242

Karen Collingsworth doesn't just make a great cup of coffee. She also smiles, listens and 1 with all customers with love and kindness. Those customers were 2 to help Karen when the opportunity arose.

When Karen's car was 3 and had to be torn apart, she suffered a powerful blow. Her workmates at the Marshall University Starbucks knew she'd need to 4 her old car before long. Someone 5 the idea of a GoFundMe. With an initial goal of raising \$ 5,000, money began to 6 quickly from students, teachers and staff who'd gotten their daily treat from Karen.

Donors expressed their 7 on the GoFundMe web page. One previous student wrote, "Karen knew my name and my order 8. She always made me smile whenever I came in. So I want to come back and visit!" Another commented, "I hope she knows the impact that her 9 made on so many people." Also, some used phrases like "10 soul" and "**brightened** my day at each visit". Karen has 11 made a lasting impression and influence on so many!

The GoFundMe campaign collected nearly \$ 40,000! While the majority of 12 came from those who knew Karen, some came from 13 moved by the lovely comments. Marshall University's President donated \$ 5,000, clearly 14 of the blessing that Karen is to the institution and its students!

When asked the reason for her 15 Karen simply said, "Whatever you do, do it **heartily**."

- ()1. A. cooperates B. interacts
 C. bargains D. competes
- ()2. A. eager B. able
 C. hesitant D. suitable
- ()3. A. stolen B. updated

- C. broken D. repaired
- ()4. A. sell B. reserve
 C. decorate D. replace
- ()5. A. rejected B. contributed
 C. remembered D. assessed
- ()6. A. run out B. flow back
 C. dry up D. pour in
- ()7. A. worry B. regret
 C. appreciation D. expectation
- ()8. A. by nature B. by heart
 C. by mistake D. by chance
- ()9. A. preference B. intelligence
 C. presence D. acceptance
- ()10. A. sweetest B. simplest
 C. bravest D. freest
- ()11. A. desperately B. initially
 C. definitely D. temporarily
- ()12. A. praise B. donation
 C. advice D. invitation
- ()13. A. strangers B. customers
 C. students D. workmates
- ()14. A. careful B. ignorant
 C. aware D. proud
- ()15. A. innocence B. creativity
 C. sympathy D. popularity

❷ 语法填空

[2024·山东省名校考试联盟高三二模]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	209

The Yinxu Museum opens in Anyang, Henan Province, to display the brilliance of the 3,000-year-old Shang civilization.

Nearly 4,000 unearthed cultural relics are displayed in the museum. More than three quarters of these have never been 1. _____ (public) exhibited before. The 23 vehicles unearthed from Yinxu are the 2. _____ (highlight) in the new galleries. Also on display 3. _____ (be) Shang relics collected from across the rest of present-day China.

The Yinxu Ruins, 4. _____ (list) as a UNESCO World Heritage Site in 2006, hosted a later period Shang capital city. The site also produced rich findings of 3,300-year-old bones, 5. _____ (reveal) the oldest-known established writing system of Chinese characters, 6. _____ is extraordinary and serves as a vital link in the development of the Chinese nation.

Many key breakthroughs 7. _____ (make) in recent years at the Yinxu site and its

surrounding areas. For example, 8. _____ urban road system and the remains of an artificial lake in the royal temple area were found.

These discoveries further displayed a grand picture of a capital city 9. _____ carried forward the project of tracking the origins of the Chinese civilization. Through the exhibits, the public can comprehensively understand the achievements made by the Shang Dynasty in terms 10. _____ politics, economy, agriculture, military affairs, among others.

精练 33 写作 40 分规范增分练 (告知信) (限时:40 分钟)

① 应用文写作

[2024·江西省赣州市高三二模]

假定你是李华,你校有一个劳动实践基地,你和同学们非常喜欢去基地参加劳动实践。请你写一封电子邮件给你的英国笔友 Bob,分享你的一次劳动经历与感受。内容包括:

1. 劳动经历;
2. 劳动感受。

注意:1. 词数 80 个左右;

2. 可适当增加细节,以使行文连贯。

Dear Bob,

How is everything going?

Best regards,

Li Hua

② 读后续写

[2024·湖北省八市 4 月高考调研模拟]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆☆	378

I remember that I was worn out when I got home that afternoon. I'd had to be at the theatre for the audition (试演) at nine that morning, and then I'd been waiting for about three hours before the director finally saw me. I performed my song and almost at once he told me I could go home. "I am very sorry," he said, "but your voice isn't quite right for the part." It had been a similar story at all the auditions that I'd done over the past few weeks.

It had been my dream for years to be in a famous musical like *The Sound of Music* or *Mamma Mia!*, so I'd taken lessons in singing and dancing, and had come to the city to try and get a part in a show. I'd been really pleased when I'd managed to set up no fewer than ten auditions, but so far all of them had gone the same way. As I arrived back that afternoon at the little apartment where I rented a room, I really wondered whether I should bother going to the eleventh the next morning. It was a show I'd loved to be in—but really, what was the point? Someone I knew had told me about a job at a local coffee shop, and had said that if I called in for a quick chat at ten

the next day, I'd almost certainly get the job. It meant missing the audition, but right now, it seemed like a much more sensible thing to do.

I always sing when I need to cheer myself up, and because there was no one else in the apartment, I slipped off my shoes, went and stood in front of the mirror and started singing. Quite quickly I found myself belting out (大声唱) one of my favourite songs, *Bridge Over Troubled Water*. As I finished the song, I suddenly heard applause. I looked around the room thinking that my roommate had perhaps slipped in without me noticing—but there was nobody. Then I went over to the open window of the apartment, and saw an elderly woman standing on the far side of the pavement below, looking up at me.

注意:续写词数应为 150 个左右。

Paragraph 1:

She reached her arms up towards me with a great smile on her face. _____

Paragraph 2:

The next day I went to the eleventh audition.

重点词句回顾

A. 词汇积累

1. a collection of 一批
2. immersive *adj.* 沉浸式虚拟现实的
3. highlight *vt.* 突出;强调;使醒目
4. creativity *n.* 创造力;创造性
5. recognition *n.* 承认;认可
6. simplify *vt.* 简化;使简易
7. energized *adj.* 有活力的
8. rate *v.* 评价;评估
9. intensely *adv.* 强烈地;紧张地
10. cautious *adj.* 小心的;谨慎的
11. privacy *n.* 隐私;私密
12. distraction *n.* 使人分心的事;分散注意力的事
13. documentation *n.* 归档;文件记载;文献记录
14. solidify *v.* 凝固;巩固;(使)变硬
15. brighten *v.* 照亮;(使)更明亮;(使)快活起来
16. heartily *adv.* 尽情地;劲头十足地

B. 熟词生义

It was a show I'd loved to be in—but really, what was the **point**? (读后续写)

point *v.* 指向;瞄准 *n.* 要点;重点 → *n.* 意义

C. 长难句分析

In the experiment, some participants were asked to reflect on the good news they kept secret, while others reflected on good news that was not secret. And then they rated how energized the news made them feel and whether they intended to share the news with someone else. (阅读 C)

【分析】while 连接并列句,表示对比;while 前的 they kept secret 为定语从句,修饰先行词 the good news;while 后的 that was not secret 为定语从句,修饰其前的 good news;how energized the news made them feel 为 how 引导的宾语从句,与后面的宾语从句 whether they intended to share the news with someone else 为并列结构。

【译文】在实验中,一些参与者被要求反思他们保密的好消息,而另一些参与者反思公开的好消息。然后他们评估这个消息让他们感到多么有活力,以及他们是否打算与他人分享这个消息。

D. 好句背诵

We can acknowledge the aspects that disappoint us, as long as we are willing to then focus on the bigger picture. (阅读 B)

【译文】我们可以承认那些让我们失望的方面,只要我们愿意随后专注于大局。