



练习册

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全品

学练考

高中英语

选择性必修第四册 WY

细分课时

分层设计

落实基础

突出重点

详答案本

01

培养核心素养，聚焦主题语境

导学案

LEARN

Unit 1 Looking forwards

主题素养积累

You've got to find what you love (节选)

I am honoured to be with you today at your commencement (毕业典礼) from one of the finest universities in the world. I never graduated from college. **Truth be told**, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. The first story is about connecting the dots (串联点点滴滴).

At the age of seventeen, I went to college. **But I naively (无知地) chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition.** After six months, I couldn't see the value in it. **I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out.** And here I was spending all of the money my parents had saved their entire life. So I decided to **drop out** and trusted that it would all work out OK.

It wasn't all romantic. I didn't have a dorm

whatever. This approach has never let me down, and it **has made all the difference in my life.**

...

【主题词句背诵】

1. be honoured to do... 很荣幸做……
2. truth be told 老实说
3. figure out 弄清楚
4. drop out 退学
5. follow one's curiosity and intuition 跟随某人的好奇心和直觉
6. turn out to be priceless 被证明是无价的
7. make all the difference in one's life 让某人的生活大不相同
8. But I naively (无知地) chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition.
但我无知地选择了一所几乎和斯坦福大学一样昂贵的大学,而我工薪阶层的父母把所有积蓄都花在了我的大学学费上。

02

夯实语言基础，搭建知识框架

词汇点睛

1. in the face of 面对(问题、困难、危险等)
(教材 P2) **In the face of** such questions, how should we approach the future?

面对这些疑问,我们应该如何迎接未来呢?

(1) be faced with	面对
face up to	勇于正视; 敢于面对
(2) lose face	丢脸, 失面子
make faces/a face	做鬼脸
look sb in the face	直视某人
pull a long face	耷拉着脸, 板着脸
face to face	面对面地

【活学活用】

完成句子/一句多译

① [2024·北京卷] In the story, success in becoming an independent scientist was ultimately

句型透视

1. (教材 P3) Having set himself this goal, he wrote novels and short stories based on his personal experiences of the First World War, the Spanish Civil War, bullfighting and deep-sea fishing, amongst others.

在立下这一目标后,他根据自己在第一次世界大战、西班牙内战、斗牛表演和深海捕鱼等的亲身经历,创作了长篇和短篇小说。

句型公式

having done sth 作状语

【句式点拨】

此句中, having done sth 为分词作状语,属于分词的完成式结构作状语。having done 的使用条件是分词所表示的动作先于谓语动作发生,且分词的逻辑主语为句子的主语。

课内基础巩固

I 单词拼写

- The _____ (实习生) carefully dotted the i's and crossed the t's in her report to ensure accuracy.
- The foreign _____ (记者) was fascinated by the Spanish tradition of bullfighting and covered several events during his stay in the country.
- The famous writer released his latest _____ (侦探) novel and made a hit soon.
- The ultimate goal of the training programme was to teach the students to

mysteries of the underwater world.

- _____ this respect, the student showed exceptional talent, which was beyond the expectations of his tutors.

II 短语填空

- If you are pessimistic, you will feel life boring and meaningless. Optimism, _____ (相比之下), can make you happy, healthy and successful.
- While they think their prospects are bright, the roads forward have _____ (曲折, 一波三折).
- We must take effective measures _____ (面临, 面对) current difficulties.

课后素养提升

V 阅读理解

[2024·安徽皖西高二期末]

What will you do when you feel like a failure? Feeling like a failure is part of the human experiences. Treat yourself with kindness and understand that failure does not define you, but it is a stepping stone on your journey. When you're ready, take action and challenge yourself.

As some friends were deeply lost in the world of yoga and mindfulness, I've personally struggled with the feeling of failure, not on the yoga mat, but on the road to my entrepreneurship (创业). It all began several years ago when I threw myself into the

Today, looking back on my journey, I realize that moments of feeling like a failure were essential to my success. They taught me humility, perseverance and the value of hard work. They shaped me into a successful entrepreneur I am today—someone who doesn't fear failure but embraces it as a necessary part of the path to success. As we approach the end of the year of graduation, remember that success is not about avoiding failure, but about how we rise after we fall. Let's support each other on this journey called life. Stay positive, stay inspired and stay true to ourselves.

- () 1. What is the function of Paragraph 1?
A. To give the definition of failure.

I 写作

第一节 应用文写作

[2024·重庆长寿区高二期末]

为了鼓励学生能积极乐观地面对生活和学习中的问题，学校的英语俱乐部正以“Be a good problem solver”为题开展征文活动，请你给该专栏投稿。要点如下：

- 讲述一个你在生活或学习中曾经遇到过的困难；
- 你是如何解决这个困难的；
- 希望大家都能成为一个好的问题解决者。

注意：1. 词数 80 个左右；

第二节 读后续写

[2024·河北廊坊高二期末]

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。

With a wave of the wooden stick in my hand, the buffaloes (水牛) moved forward. I guided them along the road's edge, through the heart of the village. We walked past homes and villagers bending over to tend to their crops. We eyed the green fields, where the buffaloes could eat grass. This was the life in a small village. We had little, but I had a big dream.

Up ahead laughter drew my attention. A

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Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写

- The _____ (实习生) carefully dotted the i's and crossed the t's in her report to ensure accuracy.
- The foreign _____ (记者) was fascinated by the Spanish tradition of bullfighting and covered several events during his stay in the country.
- The famous writer released his latest _____ (侦探) novel and made a hit soon.
- The ultimate goal of the training programme was to teach the students to think _____ (往回, 朝反方向) and solve problems in an unconventional way.

❷ 单句填空

- He's a very _____ (ambition) young man and we are convinced that he can make it some day in the future.
- The old man is still healthy and _____ (energy) in his eighties because he has kept regular hours since boyhood.
- As I calmed down and my breathing became even, the day's events began to _____ (fold) in my mind.
- The museum houses a vast collection of _____ (history) items that provide insight into the lives of people from ancient civilizations.
- _____ (ultimate), his ambition to explore the depths of the ocean led him to pursue a career in marine biology, where he dedicated his life to uncovering the

mysteries of the underwater world.

- _____ this respect, the student showed exceptional talent, which was beyond the expectations of his tutors.

❸ 短语填空

- If you are pessimistic, you will feel life boring and meaningless. Optimism, _____ (相比之下), can make you happy, healthy and successful.
- While they think their prospects are bright, the roads forward have _____ (曲折, 一波三折).
- We must take effective measures _____ (面临, 面对) current difficulties.
- _____ (在绝望中), she submitted to an operation on her right knee to relieve the pain.
- The selection process is quite fair and _____ (基于, 以……为基础) strict tests of competence and experience.
- We can then _____ (采取行动) to improve our mental balance, which in turn can help us better cope with the challenges life throws at us.
- Today we're going to _____ (关注, 注意) the question of homeless people.
- As a teacher, he is determined to _____ his life _____ (将……奉献给……) his career.

❹ 句型训练

- My job _____ until they could be adopted into a good home. (care)

我的工作就是照顾这些孩子,直到他们被好的家庭收养。

2. _____, he is familiar with all aspects of it. (非谓语)
在这个城市居住了很多年,他了解这座城市的方方面面。
3. The whole thing _____
_____ I didn't really have a chance to

thank him properly. (结果状语从句)

这一切发生得太快,以至于我都没有一个真正的机会好好感谢他。

4. With shaky legs and trembling hands, I began my journey across the ropes, _____
_____ a world away. (独立主格结构)
我双腿摇晃,双手颤抖,开始了横渡绳索的旅程,(脚下的)地面似乎远在天边。

课后素养提升

Ⅶ 阅读理解

[2024·安徽皖西高二期末]

What will you do when you feel like a failure? Feeling like a failure is part of the human experiences. Treat yourself with kindness and understand that failure does not define you, but it is a stepping stone on your journey. When you're ready, take action and challenge yourself.

As some friends were deeply lost in the world of yoga and mindfulness, I've personally struggled with the feeling of failure, not on the yoga mat, but on the road to my entrepreneurship (创业). It all began several years ago when I threw myself into the business, driven by my passion and a dream.

In the early days, optimism flowed freely, but financial struggles and sleepless nights soon followed. I questioned my decision and felt like the biggest failure. However, every difficulty became a stepping stone towards growth. I learned more from my failures than from my successes, adapting and growing stronger with each obstacle. I reached out to instructors, friends and family, sought advice and slowly saw a ray of hope. One defining moment came when I gained my first long-term coaching partnership. It was a breakthrough, and my hard work paid off. Over the years, I faced many more failures, but I refused to let them define me.

Today, looking back on my journey, I realize that moments of feeling like a failure were essential to my success. They taught me humility, perseverance and the value of hard work. They shaped me into a successful entrepreneur I am today—someone who doesn't fear failure but embraces it as a necessary part of the path to success. As we approach the end of the year of graduation, remember that success is not about avoiding failure, but about how we rise after we fall. Let's support each other on this journey called life. Stay positive, stay inspired and stay true to ourselves.

- () 1. What is the function of Paragraph 1?
A. To give the definition of failure.
B. To list some examples of failure.
C. To introduce the topic of the passage.
D. To stress the importance of experience.
- () 2. What made the author start a business?
A. Internal motivation.
B. Advice from a coach.
C. Family financial crisis.
D. Encouragement from friends.
- () 3. What can be concluded from the author's entrepreneurial experience?
A. To teach is to learn.
B. A word spoken is past recalling.
C. Constant dropping wears away a stone.
D. Don't count your chickens before they are hatched.

- () 4. What does the author want to do in the last paragraph?
- A. Inspire us with his lessons.
B. Persuade us to major in business.
C. Recall the key moments of his entrepreneurship.
D. Advocate avoiding obstacles on the way to success.

Ⅶ 阅读七选五

[2024·湖南邵阳高二期末]

Every New Year, thousands decide they're going to change their lives. Fewer than 10 percent actually stick with their plans, and that figure is being generous. 1. _____.

Not aiming high enough.

While it's easy to think setting easy goals will keep you motivated, it may harm your long-term motivation. If you make goals that are too achievable, you'll get bored and lose interest. 2. _____. If you're used to staying within your comfort zone, you'll be missing out on the satisfaction of achieving a life-changing goal. When you push yourself, you'll be able to build unshakable confidence as you achieve goal after goal.

3. _____.

This is a fear many of us deal with. Instead of taking action, we start worrying about "what if". "What if it doesn't work out? What if my dream isn't truly my dream? What if I don't succeed?" If you have trouble creating a vision, then you're at the risk of being aimless through life. 4. _____. You can start the process of discovering your life purpose by asking yourself, "What would my ideal life look like?"

Letting fear control your mind and actions.

Fear can prevent you from achieving your dreams. You'll miss out on opportunities in life if you don't learn how to manage your fears. 5. _____. One way to manage fear is to look for the root cause of your fear. With deep introspection (反省), you can uncover the exact moment when those fears are holding you back from growing. This will give you a window of opportunity to communicate with

your inner being and find release.

- A. Lacking self-confidence
B. Being uncertain about the future
C. Fortunately, fear can be overcome
D. Below you'll find some common reasons why you're losing motivation
E. Many of us are motivated not by a desire to achieve, but by fear of failure
F. Ideally, you want to strike a balance between pushing yourself and creating realistic goals
G. However, when you find your purpose and passion, you'll be driven to struggle for excellence

Ⅷ 语法填空

[2024·重庆主城四区高二期末]

At the age of 10, I was once asked to deliver a speech 1. _____ (title) "A real test in my life" before the whole class! Just imagine how 2. _____ (terrible) shy I was when I thought so many eyes were fixed upon me. I had only one 3. _____ (choose), though. First, I was to draft the speech and that was just a piece of cake for me, because I was 4. _____ good writer. But the hard part lay in my oral presentation. To read from the paper was not allowed. I had to recite in front of such a big audience!

A real trial began when I stood on the platform with my legs 5. _____ (tremble) and my mind blank. I didn't know how much time 6. _____ (pass) by. My listeners were still waiting patiently 7. _____ any signs of rushing me. Gradually I found myself back, giving my speech with 8. _____ (difficult). Finally I finished. After what seemed to be a hundred years, I found my audience applauding. I made 9. _____! From then on, my fear of talking before an audience disappeared. Actually I now turn out to be a great speaker. Looking back, I know the greatest difficulty on our way to success is our inner fear. Overcome it, 10. _____ we will be able to achieve our goals.

班级

姓名

题号

答案区

阅读理解

1

2

3

4

七选五

1

2

3

4

5

Period Two Using language

课内基础巩固

❶ 单句填空

1. He offered to drive us to the airport, but we _____ (prefer) not to trouble him, thus **rejecting** his help **out of hand**.
2. On Monday mornings, it usually _____ (take) me an hour to drive to work although the actual distance is only 20 miles.
3. Next week, I _____ (start) my internship at the marketing firm, where I can have the opportunity to learn about different strategies and contribute to ongoing projects.
4. The newly-elected president _____ (weigh) his words for his first public speech currently.
5. Jane can't attend the training provided for **trainees** at 3 o'clock this afternoon because she _____ (have) an important meeting then.
6. Susan had quit her well-paid job and _____ (work) as a volunteer in the neighbourhood when I visited her last year.
7. When they arrived on the spot **ultimately**, they found the police _____ (solve) the problem.
8. Recently the government _____ (establish) ecological protection zones as well as a sightseeing zone.

❷ 语法 + 写作

1. No sooner _____ than everybody cheered, "Happy New Year".
她刚打开纸袋, 大家就欢呼起来, "新年快乐".
2. So far, I _____ in **participation** from students in the school's volunteer programme.

到目前为止, 我已经看到学生在校志愿者项目中的参与显著增加。

3. Over the last few months, the air pollution level _____ as a result of effective measures taken. (decrease)
在过去的几个月里, 这个区域因为采取了有效措施, 空气污染水平一直在下降。
4. Last night, I _____ a **detective** novel when suddenly there was a power cut. (set)
昨天晚上我正要开始读侦探小说, 这时突然停电了。
5. I _____ now, focusing on the impact of climate change on coastal communities.
我现在正在撰写我的研究论文, 重点研究气候变化对沿海社区的影响。

❸ 语篇语法填空

Mind reading is hard, but not 1. _____ (possible). Modern technology can reach inside someone's head and pull out their intentions.

Decoding (破解) thoughts usually requires placing sensors directly on or in someone's brain. Using brain implants, researchers so far 2. _____ (pick) up electrical signals in the brain linked to certain words or letters. This has allowed brain implants to transform thoughts 3. _____ text or speech on a computer. Brain implants have even enabled scientists 4. _____ (turn) the neural firings associated with a song in someone's head into real music.

In a recent study, scientists decoded full stories from people's brains 5. _____ (use) MRI scans. This did not require any brain implants. But building the thought decoder 6. _____ (definite) required many

hours of brain scans for each person. What's more, the system only worked on the persons 7. _____ were willing to have their minds read.

Devices that might let someone secretly read your mind from across the room 8. _____ (be) still a long, long way off. Still, it's clear

that mind-reading tech is getting more and more 9. _____ (advance). As it does, scientists are thinking hard about what it would mean to live in 10. _____ world where not even the inside of your head is completely private.

课后素养提升

Ⅳ 完形填空

[2024·浙江温州十校高二期末]

Ethan was passionate about playing the guitar. Every day after school, he would rush home, 1 his guitar, and lose himself in the melodies. One day, an opportunity 2 Ethan's door. The village was hosting a talent show, and Ethan decided to participate. 3, doubts started to creep into his mind. The fear of failure began to 4 him.

But Ethan's grandfather shared his story. He had a dream of becoming a 5 but filled with self-doubt, so he decided to seek guidance from a wise old artist. The artist listened to his worries and offered him a 6 to paint a picture on a large canvas in front of a crowd. 7 by the challenge, he hesitated. The wise artist smiled, "Paint from your heart and 8 your soul into every stroke. The beauty lies not in 9, but in the authenticity (真实性) of your creation."

Encouraged by these words, he painted with passion, letting his emotions guide his brush. The crowd watched in awe as a beautiful masterpiece 10 on the canvas. Finishing the story, Ethan's grandfather said, "That day, I realized that success is not 11 by how perfect we are or how we 12 others."

Inspired by his grandfather's story, Ethan practised 13 and poured his heart into every 14. When the day arrived, the audience was captivated by his performance. At that moment, he realized that his self-doubts had held him back, but now he was 15.

- () 1. A. buy B. grab
C. pull D. touch
- () 2. A. beat out B. kicked out
C. knocked on D. crashed into
- () 3. A. Therefore B. Moreover
C. Meanwhile D. However
- () 4. A. consume B. conquer
C. excite D. delight
- () 5. A. teacher B. painter
C. correspondent D. singer
- () 6. A. chance B. guide
C. challenge D. task
- () 7. A. Affected B. Confused
C. Impressed D. Overwhelmed
- () 8. A. throw B. pour
C. invest D. send
- () 9. A. excellence B. accuracy
C. perfection D. ambition
- () 10. A. emerged B. served
C. rose D. concentrated
- () 11. A. illustrated B. shown
C. stated D. defined
- () 12. A. communicate with
B. engage in
C. relate to
D. compare to
- () 13. A. carefully B. tirelessly
C. contentedly D. happily
- () 14. A. note B. rhythm
C. tempo D. tune
- () 15. A. confident B. free
C. proficient D. skilled

Ⅶ 阅读七选五

The importance of being independent

The ability to be independent is something not everyone possesses. 1. _____ And learning to support yourself is fundamental for any success you ever hope to achieve. At the end of the day, you only have yourself to fall back on, so it's very important to be able to handle things on your own.

People rely on others far more than it is necessary. People put their happiness in the hands of a significant person, thinking this will bring them satisfaction. 2. _____

Should you always be dependent on someone else? Of course not. 3. _____ Therefore, you need to learn how to make decisions on your own. People are unable to be independent for a variety of reasons, with fear being the biggest: the fear of being alone, the fear of rejection and the fear of the future.

However, there is no reason to base your life decisions on relationships with people. All relationships end at some point or another. 4. _____ The only thing you can do is to alter your understanding of relationships. Instead of expecting them to make you happy by being in your life and providing enjoyment, appreciate the time spent and enjoyment since you know it will be gone.

5. _____ Don't ask for advice, do what you want and learn from your own mistakes. Many people are afraid to think for themselves because that involves taking responsibility for their own lives. This is just one way people become dependent. We are born alone and we die alone, so we each have to take responsibility for our lives at every step along the way.

- A. There is nothing you can do to change or affect that.
- B. This is a serious error too many people make these days.
- C. Make decisions by and for yourself,

whatever they may be.

- D. You can control your own life by making your own choices.
- E. However, you need to be independent in order to survive in the world.
- F. In any moment of decision, the best thing you can do is wait for the right time.
- G. Not only are you limiting yourself, you are also likely to become a burden to this person.

Ⅷ 语法填空

It's part of life to have challenging experiences that get you down. At times like this, you might try to change your mindset, 1. _____ (remind) yourself that it won't last forever. Changing how you think about 2. _____ (emotion) events in this way can change how you feel about them. 3. _____ sometimes this is easier said than done.

Imagine you lost a dream opportunity and you may wonder whether you'll ever get another chance like that again. It can be difficult to break out of your mindset when you're having negative experiences. 4. _____ (fortunate), getting a good friend's perspective can help.

Here 5. _____ (come) the question: Is getting a friend's perspective when rethinking a negative event more powerful than rethinking it 6. _____ your own? According to some research 7. _____ (conduct) lately, we can choose the former. How you think and feel can 8. _____ (shape) by getting a friend's perspective, both in the moment and over time. The next time you can't get rid of your negative thought patterns, remember that 9. _____ (human) are fundamentally social creatures. It's okay to turn to the people around you and your friends, from 10. _____ you can get new perspectives and some help.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写

1. The change in management led to a _____ (复杂的) restructuring of the company's operations, requiring a careful reassessment of strategies and procedures.
2. Faced with a _____ (困境) between pursuing a stable job that offered security and following her passion for art, she ultimately decided to enrol in an art school.
3. The poet expressed in this poem his deep and enduring _____ (钟爱) for his motherland.
4. Faced with numerous a _____, the team carefully weighed each option before making a decision that would impact their project's success.

❷ 单句填空

1. The museum is offering a free _____ (admit) day this Saturday, allowing everyone to explore the exhibits without any cost.
2. There is no doubt that active _____ (participate) in group discussions can greatly enhance the learning experience for all students involved.
3. Advertising agencies would create a basic type of advertisement known as a _____ (commerce) advertisement.
4. As a _____ (thought) correspondent, she always takes the time to consider her words carefully before sending her replies, ensuring that her messages are both respectful and insightful.
5. As we all know, the dove is often used to _____ (symbol) peace and hope in various cultures around the world.

6. Given these urgent _____ (circumstance), we decided to postpone the event until further notice to ensure the safety of all participants.
7. This historical building attracted a lot of attention thanks to its _____ (mix) of Chinese and Western elements.
8. When a smiling person locks eyes with another person, that person _____ (unknowing) mimics a smile as well.

❸ 短语填空

1. Sometimes, big problems may _____ (由……引起) tiny carelessness.
2. The local authority wanted to _____ (使……延期) holding the important conference due to a tight schedule.
3. Under no cases should we _____ (错过) the opportunity even if in the face of challenges.
4. Among the various forms of traditional entertainment, bullfighting is often regarded as one of the most controversial and captivating spectacles _____ (有史以来).
5. You have to _____ (权衡) in your mind whether you should keep up.
6. The party may not _____ the proposal _____ (彻底否决), but I don't forecast any agreement.
7. A few days ago, after reviewing the job offer, I _____ (犹豫) about accepting it, considering the long commute and demanding hours.
8. The trainee _____ (下定决心) to pursue a career in graphic design after completing her first project, which she found both challenging and rewarding.

Ⅳ 句型训练

1. When _____ and you are in low spirits, I feel sad and want to offer my suggestions.

(状语从句的省略)

当得知你上周考试不及格和情绪低落时,我感到很难过,想提出我的建议。

2. She was really proud of her every child, and _____ but a symbol of growth and love from her children. (主语从句)

她为每一个孩子都感到非常自豪,而她所收到的不仅仅是一束花,更是孩子们成长和爱的象征。

3. Dad cut leftover board into strips and nailed them in a circle on a wood base, _____ the rough edges smooth.

(非谓语作状语)

爸爸把剩余的木板切成条状,然后钉成一个圆圈固定在木底座上,向我展示如何把粗糙的边缘磨平。

4. _____, the trainee soldier perseveres with his training, determined to become the best he can be.

无论是晴天还是雨天,这位见习士兵都坚持训练,决心成为最好的自己。

课后素养提升

Ⅴ 阅读理解

[2024·河北保定高二期末]

Juleus Ghunta is a published children's author and award-winning poet. But growing up, he could barely read. Ghunta's family lived in a rural part of Western Jamaica. His mother often had to make tough choices about how to use their limited resources, including a decision to send his oldest sister to school, and to keep Ghunta at home.

When Ghunta finally went to school, he couldn't catch up on his reading skills. Not only had he been kept home from school as a child, but he had not been exposed to books. By the time he entered the sixth grade, he could spell his name, but he still couldn't make out words, spell, or read with understanding.

When Ghunta was about 12, a young teacher decided to start a special reading programme for struggling students. Ghunta was the first student to sign up. The teacher was incredibly kind to him. She did not ask anything of Ghunta, except that he worked hard and believed in himself.

Under her guidance, Ghunta's reading skills finally started to improve. He started to

feel more confident. "She had left me with the gift of literacy," he said, "and with the value as a human being." His life took a new direction. He graduated from elementary school with a number of academic awards, including one for "most improved in reading". He went on to college. Today he is the author of two children's books about overcoming difficult experiences in childhood. He's now working on his first full-length collection of poetry.

"I would love her to see the significant impact that she has made on my life, and the ways in which I have carried this memory of her—the hope and the light—with me and how it continues to be a source of joy."

() 1. What do we know about Ghunta's family?

- A. The family lived a poor life.
- B. Their house sat in the urban area.
- C. His mother had no choice of resources.
- D. The family was supported by his parents.

() 2. Which word best describes Ghunta before meeting the young teacher?

- A. Lazy.
- B. Impatient.
- C. Unconfident.
- D. Careless.

()3. What can be inferred about the teacher's impact on Ghunta's life beyond literacy?

- A. She encouraged him to pursue a career in education.
- B. She helped him get a sense of self-worth and hope.
- C. She introduced him to the world of professional writing.
- D. She provided him with financial support for his education.

()4. What can be the best title for the text?

- A. Poor students finding help
- B. A college shaping someone
- C. The pain brought by the poor life
- D. Life led in a new direction

VI 完形填空

[2024·广东佛山高二期末]

I started stuttering (结巴) at 10 when my father died. I lost confidence when speaking, especially in unfamiliar situations. Science seemed a(n) 1 for me as I assumed that research is done alone and requires little interaction with others. 2, I soon learned it's hardly a job for someone afraid to talk.

Throughout the course of my doctoral studies, I practised every talk I had to 3 over and over until I was sure I would not have to think about the contents when presenting. During group meetings, where my familiar workmates already knew about my 4, I learned to speak up. But in front of a 5 audience, such as a departmental seminar, I kept quiet. If I had questions during a talk, I would wait to ask the speaker 6 or just keep it to myself.

This all 7 when I moved to a new institution and was asked to start a seminar series. And suddenly I was inviting potential speakers and planning their 8. I soon realized I could not just sit back and 9 as before, but I was worried that my stutter might

trip me up in front of my fellow workers. Anyway, I managed to push that 10 aside and accept the responsibility.

The first few talks were quite 11. As I got more practice week after week, I discovered the 12 went far beyond being a good host.

I still 13 sometimes, and I carefully choose my words to 14 my stutter. But I know that facing my 15 has helped me become a better researcher.

- ()1. A. daydream B. mystery
 C. shelter D. adventure
- ()2. A. Therefore B. Moreover
 C. Otherwise D. However
- ()3. A. deliver B. write
 C. organize D. host
- ()4. A. dilemma B. career
 C. habit D. problem
- ()5. A. larger B. cleverer
 C. less attentive D. more enthusiastic
- ()6. A. ultimately B. privately
 C. eagerly D. politely
- ()7. A. happened B. changed
 C. worked D. failed
- ()8. A. visits B. routes
 C. research D. deadlines
- ()9. A. laugh B. imagine
 C. listen D. relax
- ()10. A. speech B. relationship
 C. seminar D. concern
- ()11. A. boring B. amusing
 C. thoughtful D. stressful
- ()12. A. benefits B. responses
 C. requirements D. expectations
- ()13. A. avoid B. pursue
 C. hesitate D. wonder
- ()14. A. cure B. hide
 C. describe D. understand
- ()15. A. words B. fears
 C. job D. choice

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Period Four Writing

① 阅读理解

A

Eduardo reached into his backpack, searching for his cellphone. He was scared of having to spend the spring break at Aunt Letty's farm. Although he had protested, his parents decided that spending time on the farm would be a great experience for him. They grew up on a farm and believed that responsibility, hard work, and respect for the land were valuable lessons.

"So have you ever ridden a horse?" Aunt Letty asked, trying to turn his attention away from his phone. "Hmm, no," he answered. "Well, we've got a nice calm horse I think you'll like. Hercules sounds like a beast, but he's basically a gentle giant—big, but kind-hearted!" she said, smiling. Eduardo glanced at his aunt, annoyed that he was expected to work. He tried to text a friend but there was no cellphone reception.

The next few days were busy. The crow of the roosters woke them up, and they had breakfast before dawn. Then they went out to the barn to get the feed while the animals waited to be fed. The afternoons were filled with transporting hay, the clean-up, and caring for the animals. At dusk, when the farm was finally quiet, Aunt Letty stretched her arms out and inhaled (吸气), "Just take a deep breath of that sweet country air!" Eduardo, exhausted from his chores, was unable to appreciate his work.

On the third day, without warning, Aunt Letty announced, "It's time to meet Hercules." She led Eduardo into the stables. Aunt Letty was right. Hercules was remarkable!

Aunt Letty held her hand open for Eduardo

to take. Reluctantly, he let her guide his hand towards Hercules and allowed the magnificent creature to sniff his palm. Softly, Hercules rubbed his nose and mouth against him.

"It feels like velvet (天鹅绒)!" Eduardo beamed. An hour later, Eduardo was scratching Hercules on his neck and offering him carrots.

That night, as they headed towards the house, Eduardo was inspired. His arms spreading wide, he inhaled and said, "Take a breath of that sweet country air!"

- () 1. Why did Eduardo's parents send him to the farm?
- A. To get him close to nature.
B. To better his views on life.
C. To change his attitude to Aunt Letty.
D. To keep him from using a mobile phone.
- () 2. What can we infer about Eduardo from the last four paragraphs?
- A. He discovered the horse was wild.
B. He realized hard work would pay off.
C. He found Aunt Letty demanding but inspiring.
D. He came to appreciate the life on the farm.
- () 3. How did the writer organize this passage?
- A. In space order.
B. In time order.
C. From general to specific.
D. From specific to general.
- () 4. What can be a suitable title for the text?
- A. Aunt Letty's farm
B. A remarkable horse
C. Sweet country air
D. Busy country life

B

Most people suffer from “just-me-ism”. What is that? Well, say you leave the tap running while brushing your teeth, or you drop a piece of litter and can’t be bothered to pick it up. You know all those things are wrong, but so what? “What difference can it possibly make?” you say to yourself. “There are millions of people in the world and I’m just me.” But just think of all the millions of people saying to themselves, “It doesn’t matter, and it’s just me.” Millions of gallons of water would be wasted; millions of pieces of litter would be dropped. And all of this would be very harmful.

To inspire young people to take action for the environment, animals and their community, Roots & Shoots was established in the early 1990s by Dr Jane Goodall, a well-known environmental scientist. Besides her research, she has been whole-heartedly committed to environmental protection.

The organization is called Roots & Shoots because roots move slowly under the ground to make a firm foundation, and shoots seem small and weak, but they can break open brick walls to reach the light. The roots and shoots are you, your friends and young people all around the world. Hundreds and thousands of roots and shoots can solve the problems, change the world and make it a better place to live in.

Do you think you help to make the world a better place when you make a sad person smile, when you make a dog wag its tail, and when you water a thirsty plant? One cheered-up person, one happy dog, one flowering plant, and you. That’s what Roots & Shoots is all about. Dr Jane Goodall believes that the most important thing is that every individual

matters. You get to choose: Do you want to make the world a better place? Do you want to make Roots & Shoots rooted in everyone’s heart? Do you want to be part of a community for a shared future? You cannot be absent.

- ()5. What is the first paragraph mainly about?
- A. The reasons for “just-me-ism”.
 - B. The negative effects of “just-me-ism”.
 - C. The definition of “just-me-ism”.
 - D. The sufferings of people with “just-me-ism”.
- ()6. How does Roots & Shoots help protect the environment?
- A. By appealing for experts’ devotion.
 - B. By explaining the origin of the organization.
 - C. By enhancing young people’s academic skills.
 - D. By motivating the youth to make a difference.
- ()7. Why does the author give the examples in the last paragraph?
- A. To illustrate the value of each individual.
 - B. To demonstrate the significance of teamwork.
 - C. To make a comment about some acts of kindness.
 - D. To inspire young people to reflect on wrongdoings.
- ()8. What does the author suggest people do?
- A. Join Roots & Shoots.
 - B. Break open walls.
 - C. Resolve world issues.
 - D. Pull their own weight.

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II 写作

第一节 应用文写作

[2024·重庆长寿区高二期末]

为了鼓励学生能积极乐观地面对生活和学习中的问题,学校的英语俱乐部正以“Be a good problem solver”为题开展征文活动,请你给该专栏投稿。要点如下:

1. 讲述一个你在生活或学习中曾经遇到过的困难;
2. 你是如何解决这个困难的;
3. 希望大家都能成为一个好的问题解决者。

注意:1. 词数 80 个左右;
2. 开头已给出,不计入总词数。

Be a good problem solver

It's common for us to have problems in our daily life.

第二节 读后续写

[2024·河北廊坊高二期末]

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。

With a wave of the wooden stick in my hand, the buffaloes (水牛) moved forward. I guided them along the road's edge, through the heart of the village. We walked past homes and villagers bending over to tend to their crops. We eyed the green fields, where the buffaloes could eat grass. This was the life in a small village. We had little, but I had a big dream.

Up ahead laughter drew my attention. A group of students came into view. Their uniforms contrasted sharply with my faded trousers and worn-out shoes. I held my stick tightly, stepped forward and asked, "Could you show me your books?"

The students looked from my face to my stick. They quickly opened their bags and showed me their books. Illustrations of people and places stimulated my imagination.

"Someday, I'll go to school, too," I declared, returning their books. They looked at each other with a taunting (嘲弄的) smile and left me to my buffaloes.

Months passed. Every day I rose to my housework and buffaloes. Until, one day I got my chance. Uncle Peter came to visit. He and my father sat outside, talking.

Finally, Uncle Peter convinced my father that I should go to school. The following week, I went to primary school. Armed with my own books, I set out to learn everything. I read textbooks, asked questions, and even read newspapers and magazines for my father and his friends. By the end of the year, I proved to be one of the best students in the school.

When I was in middle school, I told my classmates I wanted to study literature at University of Karachi, a big city over 150 kilometres away. Everyone laughed and made jokes.

I turned to writing prose (散文) and poetry as an outlet for my emotions and creativity. The challenges life set before me didn't discourage me; rather, they became stepping stones towards realizing my dream to be a writer.

注意:续写词数应为 150 个左右。

Paragraph 1:

The day of going to university was approaching, but my father couldn't afford my further education. _____

Paragraph 2:

Now, when I reflect on the laughter and doubtful looks from others, their opinions hold no weight. _____

▶ 单元小测

Unit 1

❶ 单句填空

1. Dealing with the **dilemma** of choosing between two equally appealing options can be challenging, especially when external _____ (circumstance) make the decision even more **complex**.
2. The _____ (mix) of love, friendship, and respect in their relationship created a deep and lasting **affection** between them.
3. Her **ambition** to become a diplomat fueled her dedication to learning foreign languages, and her _____ (fluent) in multiple tongues became a valuable asset in her career.
4. The **detective** _____ (sincere) promised to solve the mystery as soon as possible.
5. After a long day of _____ (commerce) negotiations, the team sought **refreshments** at a nearby café to unwind and recharge.
6. In the handwritten note there were signatures from members of the soccer team and a lovely hand-drawn smiley face, _____ (symbolize) optimism and victory.
7. _____ (ultimate), this new technology might even make it possible to prevent **numerous** diseases from ever developing by correcting abnormal genes early on.
8. The boy's **ambition** is to gain _____ (admit) to his dream university after so many years of efforts.
9. Never doubt that a small group of _____ (thought), committed citizens can change the world; indeed, it is the only thing that ever has.

10. As _____ **alternative**, some farmers have switched to organic farming, and many customers have turned to organic food when they shop at the local grocery.

❷ 短语填空

1. If it rains cats and dogs, we will have to _____ (推迟) the match until the following day.
2. *Finding Nemo* _____ (以……为背景) the Great Barrier Reef and it is directed by Andrew Stanton.
3. As an experienced engineer, she _____ (胜任的) handling **complex** projects, but new challenges and unexpected issues that require creative solutions often **arise**.
4. After overcoming her fears, she decided to _____ (把生活过得充实), trying new experiences and embracing every moment with enthusiasm.
5. The community centre can _____ (充当) a gathering place for local residents to share ideas and participate in various activities.

❸ 句型训练

1. Krystal felt confused _____, and William explained that he had purchased the car for her. (省略)
当 Krystal 第一次看到这辆车时她感到很困惑, William 解释说他是为她买的这辆车。
2. _____ a small herd of people coming up the road towards me. There was a man in a suit, a woman with a beach towel, and a few others. (主语从句)
我看到一小群人沿着马路向我走来。有一个穿着西装的男人, 一个拿着沙滩巾的女人, 还有其他几个人。
3. She dreamed of having a van to transport goods for others _____ another source of income.
她梦想有一辆面包车为他人运送货物, 这样她就可以有另一个收入来源。

Ⅳ 阅读理解

[2024·湖南衡阳高二期末]

Smartphones enable our desire for ease and convenience. But sometimes—whether it's running a marathon, climbing a mountain, or assembling furniture—we willingly choose difficulty over ease. Michael Inzlicht, a psychologist at the University of Toronto, calls this the effort paradox. While we often avoid hard work, other times we value it, viewing things as more rewarding if we have to work for them.

This phenomenon extends beyond extreme pursuits like mountain climbing or marathon running. Many individuals seek out challenging activities such as puzzles or crosswords because the effort itself is enjoyable. This appreciation of effort is deep-rooted in our brains, as dopamine (多巴胺) encourages us to value tasks that demand perseverance and dedication. “Sometimes effort is the only way that you can test yourself,” says Inzlicht.

In a study by a psychiatrist at Stanford University School of Medicine, mice learned to poke (捅, 推) their noses into a hole to obtain juice. When the number of pokes it took to receive juice was raised, or mild electric shocks were given, more dopamine was released in the striatum, a brain region important for motivation and experiencing reward. It also found that people rewarded for choosing a more difficult task opt for the difficult version the next time, even if it no longer comes with a reward. This appreciation of hard work transfers to unrelated tasks, from school and sports to work and parenting.

Still, putting down our phones and seeking exertion may be difficult at first. Anna Lembke, a psychiatrist at Stanford University School of Medicine, suggests building it into our schedule and doing it with friends or for a greater good, like running a race for charity or biking to save gas.

“Sometimes the same effort can become

boring and frustrating, so keep it fresh: find a new park to walk through or save a favourite show or podcast for the gym. We can strive for a healthier balance between seeking pleasure and embracing challenges,” Lembke says. “We are born to strive, but it's up to us to channel that drive in a sustainable and fulfilling way.”

- () 1. Which belongs to the phenomenon of the effort paradox?
- A. Staying in an unsatisfying yet relatively stable job.
B. Throwing ourselves on the sofa after a tiring workday.
C. Eating high-calorie food even though we are overweight.
D. Hiking mountains even though we can take the cable car.
- () 2. What can we learn from Paragraph 3?
- A. The mice are fast learners.
B. Effort is costly but valued.
C. Hard work always pays off.
D. We feel safe in the comfort zone.
- () 3. What does the underlined word “exertion” mean in Paragraph 4?
- A. Convenience. B. Pleasure.
C. Effort. D. Assistance.
- () 4. What does Lembke suggest in the last paragraph?
- A. Avoiding ease and convenience at all costs.
B. Keeping a balance between your life and work.
C. Never giving up and persevering in the face of difficulties.
D. Finding something stimulating to finish effortful matters.

Ⅴ 阅读七选五

[2024·福建漳州高二期末]

Nowadays we are living in the age of anxiety. 1. _____ When you have faith in yourself, you are best placed to handle the challenges life presents. Strong self-belief is your greatest advantage in life. So how do you build self-belief and overcome self-doubt?

Build your team

Choose your companions carefully. 2. _____ You need people who “get you”, and see your true potential. When the going gets tough, you may need to lean on their belief in you and borrow it until your own has recovered and bounced back! Above all, do not get isolated (孤独的). We need to connect with others and feel a sense of belonging and community.

Move

One of the simplest ways to change your internal state from feeling doubtful to one of enthusiasm and self-belief is to move your body. 3. _____ You can often find a solution to a problem and a fresh new perspective from getting out of your mind and into physical activity.

Meditate

The philosopher Blaise Pascal said, “All of humanity’s problems originate from man’s inability to sit quietly in a room alone.” You could argue that his words are more relevant in today’s times than then! 4. _____ Otherwise, you could be constantly “on” and your nervous system could be flooded with stress, making it hard for your system to come back to balance.

Stop the criticism

5. _____ There is no one who can do more damage to your self-belief than—you! Show compassion to your “mistakes” and perceived failings. See that no one creates success without learning along the way. Also, let go of what you may be blaming yourself for, either in your professional life or personal.

- A. Forgive others, or you may stay stuck in blame.
- B. They will be feeding your self-belief or starving it.
- C. But we have the power to control what happens around.
- D. You can be a great partner or a great enemy for yourself.

- E. But your attitude and your self-belief are your cure for anxiety.
- F. As little as 10 minutes of swift walking increases your energy and positive mood.
- G. You need a break from the 24-hour newsfeeds and alarms from your smartphones.

Ⅶ 语法填空

We’ve all heard the advice “to get out of your comfort zone” by taking on a new challenge. A recent study goes a step further: make discomfort a direct goal. That’s more likely to motivate you than if you focus on 1. _____ you hope to learn.

In the first of five experiments, the researchers assigned several hundred students training at Second City Chicago 2. _____ (participate) in a small-group improvisation (即兴) exercise, and then instructed half of the group that their goal during the session was “to feel awkward and 3. _____ (comfortable)”. The rest, those in the control group, 4. _____ (tell) to “feel yourself developing new skills”. Members of the first group kept at the exercise longer than the others did and took 5. _____ (great) risks. Experiments involving other dimensions of personal 6. _____ (grow)—engaging in expressive writing, learning about gun violence, and hearing about opposing political beliefs—7. _____ (produce) similar results.

Reframing anxiety as excitement has been proven a way to improve singing in front of strangers, and 8. _____ (think) of stress as a means to boost achievement has also been confirmed.

“When people reinterpret negative experiences as functional, they are more willing to engage 9. _____ tasks that call forth those experiences,” the researchers explain. “Instead of seeing discomfort as unrelated to the goal 10. _____ a signal to stop, they will start perceiving it as a sign of progress towards their goal.”