

单元素养测评卷(一)



Unit 1

(时间:120分钟 分值:150分)

第一部分 听力(共两节,满分30分)

第一节(共5小题;每小题1.5分,满分7.5分)

听下面5段对话。每段对话后有一个小题,从题中所给的A、B、C三个选项中选出最佳选项。听完每段对话后,你都有10秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- ()1. What is the woman looking for?
A. Frozen food. B. Sausage.
C. Oil.
- ()2. What is the relationship between the speakers?
A. Husband and wife. B. Colleagues.
C. Boss and employee.
- ()3. How much does the man actually need to pay?
A. 46 dollars. B. 54 dollars.
C. 100 dollars.
- ()4. What did the man do?
A. He moved to a new place. B. He sold some souvenirs.
C. He took a good trip.
- ()5. What does the man think of the art exhibition?
A. Quite amazing. B. Rather boring.
C. Poorly organized.

第二节(共15小题;每小题1.5分,满分22.5分)

听下面5段对话或独白。每段对话或独白后有几个小题,从题中所给的A、B、C三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题5秒钟;听完后,各小题将给出5秒钟的作答时间。每段对话或独白读两遍。

听第6段材料,回答第6、7题。

- ()6. What is the woman's final destination?
A. New York. B. San Francisco.
C. Los Angeles.
- ()7. What do we know about the woman?
A. She may refuse the man's suggestion.
B. She needn't pay extra charge.
C. She missed her flight to New York.

听第7段材料,回答第8至10题。

- ()8. What do both Mary and Paul have for breakfast?
A. Ham and oranges. B. Bread and butter.
C. Bread and eggs.
- ()9. Where does Paul probably come from?
A. Britain. B. China. C. America.
- ()10. Where does the woman often have lunch?
A. In a dining hall. B. In her office.
C. In her kitchen.

听第8段材料,回答第11至13题。

- ()11. Why does the man make the phone call?
A. To change a meeting time.
B. To talk with Brian Hibberd.
C. To leave a message.
- ()12. What is Brian Hibberd doing?
A. Making a phone call. B. Going on a holiday.
C. Attending a meeting.
- ()13. At what time will the man meet Brian Hibberd this Wednesday?
A. At 3:00 pm. B. At 4:15 pm.
C. At 4:50 pm.

听第9段材料,回答第14至17题。

- ()14. Who does James buy a gift for?
A. His father. B. His sister.
C. His roommate.
- ()15. What does James think of choosing a gift?
A. Interesting. B. Difficult. C. Easy.
- ()16. What is the most important for a gift according to Linda?
A. Being impressive. B. Being decorative.
C. Being practical.
- ()17. How can James choose the colour in Linda's opinion?
A. By referring to the receiver's last backpack.
B. By choosing the most popular colour.
C. By asking the receiver's advice.

听第10段材料,回答第18至20题。

- ()18. Why should the dirt be loose?
A. To fill the pot. B. To let the roots spread.
C. To let more sun in.
- ()19. How does the speaker measure the water?
A. By counting up. B. By using her finger.
C. By checking the pot.

()20. What is the talk about?

- A. Protecting a tree. B. Growing a plant.
C. Preserving some apples.

第二部分 阅读(共两节,满分50分)

第一节(共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

A [2024·福建泉州四校高二期末]

Volunteer by supporting a local animal rescue centre in Costa Rica!

If you like animals and are also interested in preserving the environment, you will be perfect for this programme. You will be helping out and supporting a local animal shelter. Not only does this shelter take in homeless animals, but also wild animals which are in bad condition.

In addition to the caretaking of the animals, volunteers help us welcome visitors at the entrance and answer any questions that visitors may have about the shelter or its animals. As volunteers spend more days in the shelter, knowledge about wildlife management will grow.

Requirements

* You need to be at least 15 years old on the programme start date at the high school level or above.

* Speaking English is a basic requirement.

* No restrictions on nationality. Helping hands both in Costa Rica and beyond are welcome.

* Your helping hand will be required from 9:00 to 15:00 on Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday.

Programme fees

Duration	Programme fees
1 week (minimum stay)	\$ 350
2 weeks	\$ 700
3 weeks	\$ 1,050
4 weeks	\$ 1,400
5 weeks	\$ 1,750
50 weeks (maximum stay)	\$ 17,500

* Booking payments (15%): The booking payment is simply to reserve your volunteer placement. Payment is made by PayPal. You can also pay using a credit card.

* Final payments (85%): Your final payment will be agreed with Volunteer Now Costa Rica during the application process.

- () 21. What can a volunteer do in the rescue centre?
- A. Communicate with visitors.
B. Get trained to place animals.
C. Give lectures about animals.
D. Search for homeless animals.
- () 22. Who can volunteer in the programme?
- A. A French-speaking adult.
B. A primary schoolchild.
C. A college student from America.
D. A local person free on Fridays.
- () 23. How much should a volunteer pay at least to make a reservation?
- A. \$ 52.5. B. \$ 105.
C. \$ 297.5. D. \$ 350.

B [2024·广东江门新会第一中学高二期末]

At the Winter Olympic Games in Sochi, Russia, halfway in the women's slalom (障碍滑雪) race, 18-year-old Mikaela Shiffrin took a commanding lead over the greatest women's slalom skiers in the world. On her final run, she burst from the start at breakneck speed, snaking around the poles in crazy rhythm.

Skiing has always been a significant part of Mikaela's life. Her mum raced and coached skiing and her dad raced skiing all through college. The Shiffrins taught Mikaela and her brother, Taylor, to ski at a very young age. At the age of two and a half, Mikaela made her first ski run on plastic skis. From ages 8 to 11, she worked hard, practising hundreds of training runs on small hills repeatedly to develop the correct techniques of slalom skiing.

When Mikaela was 11, she attended the Burke Mountain Academy, a Vermont boarding school for skiers. She took classes, studied, and practised her skiing crazily. According to Kirk Dwyer, Burke Mountain Academy headmaster, "It was the degree of Mikaela's effort to be the best that distinguished her from others. Her commitment to conditioning, having proper sleep, eating correctly, doing the drills, and watching video was unusual for an 11- to 13-year-old. Mikaela practised more than anyone and believed in herself then and now."

By the time she was 17, she had already won her first World Cup race.

Working hard is a full-time job for Mikaela. Even her off-season is work time. In the summer, when Mikaela is off the ski

slopes and in the gym, her daily training consists of six to seven hours of weight lifting, swimming, and biking to improve her core strength and flexibility. She does all of this so that she can dash down slopes at speeds topping 50 miles per hour while cutting back and forth around gates with astonishing precision.

"If you have passion for your targets, whatever they are," she says, "the sky is the limit. Give it your all!"

- () 24. What can we learn from Paragraph 2?
- A. Mikaela came from a skiing family.
B. Mikaela's mother taught her to ski first.
C. Mikaela trained harder than her brother.
D. Mikaela's father coached skiing in college.
- () 25. Why were headmaster Kirk Dwyer's words cited?
- A. To stress Mikaela was a crazy teenager.
B. To show Mikaela's distinct personality.
C. To praise the good students in his school.
D. To highlight Mikaela's great devotion to training.
- () 26. Which of the following words can best describe Mikaela?
- A. Talented and wise.
B. Creative and determined.
C. Flexible and brave.
D. Determined and self-disciplined.
- () 27. What does Mikaela Shiffrin's story convey?
- A. Practice makes perfect.
B. Not to advance is to go back.
C. He who laughs last laughs best.
D. Actions speak louder than words.

C

Why are some people more motivated to handle difficult things? And is there a way to make doing difficult things easy? To answer the question, we need to look at this: dopamine(多巴胺). Dopamine gives us the motivation to get up and do stuff.

In fact, your brain develops priorities in large part based on how much dopamine it's expecting to get. If an activity releases too little dopamine, you won't have much motivation to do it. But if an activity releases a lot of dopamine, you'll be motivated to repeat it, over and over. So which behaviour releases dopamine? Any activity where you anticipate there's a potential reward releases it.

And in today's digital society, we are flooding our brains with unnaturally high amounts of dopamine on a daily basis, even if we don't know it. Some examples of high dopamine behaviour include: scrolling through social media websites, playing video games, etc.

And you might think, "So what? It won't harm me in any way." But you'd be wrong. Whenever an imbalance occurs, our body adapts to it and those high levels of dopamine become your new routine. Thus you develop a dopamine tolerance. This can be harmful because the things that don't give you as much dopamine don't interest you any longer. That's why people prefer playing video games or browsing the Internet, compared with studying or working.

But it is possible to make doing difficult things feel easier. Separate yourself from the unnaturally high amounts of dopamine, or at least expose yourself to it far less frequently. Only then will low dopamine activities become exciting again. That's why you might want to limit your phone and computer usage.

We are all dopamine addicts. And that's a good thing because dopamine motivates us to achieve our goals. But it's up to you to decide where you are going to get your dopamine. Are you going to get it from things that don't benefit you or from working on your long-term goals? The choice is yours.

- () 28. When is dopamine released?
- A. When we get up and do stuff.
B. When we take pleasure in the behaviour.
C. When possible benefits can be obtained.
D. When difficult things come into being.
- () 29. What can we learn from the passage?
- A. Dopamine does great harm to our body.
B. It's hard for our body to keep the balance.
C. Dopamine tolerance keeps us away from games.
D. Video games produce more dopamine than study.
- () 30. What is the purpose of the fifth paragraph?
- A. To offer solutions to dopamine tolerance.
B. To introduce the effects of dopamine.
C. To explain why dopamine is harmful.
D. To stress the importance of dopamine.
- () 31. What is the author's attitude towards dopamine?
- A. Doubtful. B. Objective.
C. Supportive. D. Disapproving.

D [2024·山东潍坊高二期末]

When discussions are getting heated, divisions on opinions potentially lead to some awkward moments. This causes many of us to struggle with how to convince people to change their minds and how to argue our side effectively. Unfortunately, we've already become quite divided.

One study showed that when people receive information against their belief, their brains aren't as active as when they receive information that confirms their belief. Humans have a well-documented bias (偏见) called "confirmation bias", which is a tendency to seek out information that confirms our existing views and to avoid information that disconfirms them.

Throwing data at people isn't at all effective in changing minds and especially hearts. Instead, people just find it super annoying. Luckily, research has provided some guidance about best practices, and, not surprisingly, they all suggest what our parents have been telling us for decades: you catch more flies with honey than with vinegar. In fact, it turns out that instead of citing why you are right and someone else is wrong in a heated conversation, one of the most effective strategies you can use for changing someone's mind is to find areas where you agree.

Another thing we can do is to be open to other perspectives. We can start by acknowledging our own confirmation bias and making a conscious effort to override it. We can also try to take other people's perspectives. And better yet—ask them for it. Ask them why they feel the way they do and what would change their minds. Be open to admitting that you could be wrong and make it easy for others to admit their own mistakes.

Finally, make new friends—friends that are different from you. Make your bias a disconfirmation bias; in other words, when you have an opinion on something, don't just read information that confirms it. Instead, make an effort to find information that could potentially prove you wrong. If you were right all along, this exercise will only make your arguments stronger. If you were wrong, your mind will have been opened up to new ideas. Either way, this kind of open-mindedness will give you a brand-new perspective on life, and you might even make some unlikely new friends in the process.

() 32. Which can illustrate "confirmation bias"?

- A. We tend to welcome different ideas.
- B. We accept messages from others.
- C. We argue against points of disagreement.
- D. We prefer information in line with our views.

() 33. What does the underlined word "honey" in Paragraph 3 refer to?

- A. Following advice.
- B. Sharing common ground.
- C. Admitting mistakes.
- D. Blocking different ideas.

() 34. How can we benefit from our bias according to the last paragraph?

- A. By letting go of our own opinion.
- B. By making arguments more reliable.
- C. By opening up minds to new friends.
- D. By securing information opposite to ours.

() 35. What is the best title of the text?

- A. How to negotiate with others
- B. Why it's so hard to change hearts and minds
- C. How to shift minds in polarized communication
- D. Why open-mindedness is effective in conversations

第二节(共5小题;每小题2.5分,满分12.5分)

[2024·湖北武汉新洲区高二期末]

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Guilty pleasures?

You might have heard of the expression "a guilty pleasure"—maybe it's the chocolate bar you buy on the way home from work, or the new clothes that you don't really need. It comes from the idea that when we treat ourselves, it can sometimes leave us feeling guilty. Perhaps we don't feel we deserved it, or we don't think it was a responsible way to spend our money. But should we feel like this? 36. _____

Perhaps not. Psychologists have suggested that buying things for yourself can make you feel better as it provides an opportunity to take control of your situation. 37. _____ It may be that as well as lifting your mood, when you buy a treat, you might just be looking after yourself.

Of course, there are also examples of people turning to destructive behaviour when faced with stressful circumstances. People might spend money that they don't have at all or turn to some dangerous addictions. 38. _____ Self-indulgence can be reckless and have negative consequences, while self-nurturing is taking responsible decisions to satisfy our needs and take care of ourselves in ways that don't have a significant impact.

39. _____ Many universities publish guides with advice for coping with exam stress. It's essential to reflect the difference between self-indulgence and self-nurturing. 40. _____ They also suggest doing things that you enjoy much and are good at so that you can feel a sense of accomplishment and avoiding things that may make you feel worse afterwards.

So perhaps, as long as we make responsible decisions, we shouldn't feel guilty about our guilty pleasures.

- A. Do we need to have a guilty or clear conscience?
- B. Do we really have to feel guilty about treating ourselves?
- C. One stress that people may need to deal with is exam stress.
- D. Psychologists recommend rewarding yourself for your efforts.
- E. So we should keep a balance between self-indulgence and self-nurturing.
- F. It can give you social contact and a confidence boost by changing your image.
- G. Psychologist Leon Seltzer considers the difference between self-indulgence and self-nurturing.

第三部分 语言运用(共两节,满分30分)

第一节(共15小题;每小题1分,满分15分)

[2024·河南新未来高二期末联考]

阅读下面短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

Four years ago, an accident happened to Leykin. The accident 41 the loss of both of his legs. But with the loss of his legs, Leykin gained a new passion for 42. "I really 43 to get that wind back in my hair, because I really liked going fast," he said 44.

Leykin was never a big runner. Before his 45, he said he wasn't really that 46. But that all 47 when he was at a rehabilitation (康复) centre after the 48. While there, someone from Achilles International, an organization that helps people with all kinds of disabilities, 49 him to handcycling.

He made 50 to training. He handcycled at least 13.1 miles a couple times a week in marathon preparation and spent a lot of time in the 51. He was on a mission to conquer (征服) the handcycling world.

Within a few months, he 52 the TD Five Boro Bike Tour, a 40-mile ride through New York City. After that, he said it seemed like a(n) 53 progression to do his first marathon in 2021. He finished that race in 2 hours and 11 minutes, 54 12th out of 38.

"There will be ups and downs ... but the trend is what's important. 55 the good," he said peacefully. "And also, take your big problems and divide them into small solutions. And then suddenly, your many big problems turn into many, many, many small wins."

- () 41. A. brought back B. held back
C. resulted in D. passed down
() 42. A. racing B. jogging
C. hiking D. jumping

- ()43. A. chose B. continued
C. promised D. wanted
- ()44. A. firmly B. hurriedly
C. nervously D. casually
- ()45. A. encounter B. accident
C. experiment D. adventure
- ()46. A. athletic B. busy
C. confident D. optimistic
- ()47. A. flashed B. changed
C. disappeared D. survived
- ()48. A. observation B. inspection
C. operation D. investigation
- ()49. A. introduced B. returned
C. linked D. sent
- ()50. A. contributions B. commitment
C. progress D. sacrifice
- ()51. A. lab B. library
C. gym D. hospital
- ()52. A. organized B. registered
C. booked D. completed
- ()53. A. unbelievable B. great
C. precious D. natural
- ()54. A. expecting B. striking
C. ranking D. reaching
- ()55. A. Work out B. Deal with
C. Call for D. Focus on

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2024·福建师范大学附属中学高二期末]

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

The Nanjing Hongshan Forest Zoo, once struggling to sustain its 56. _____ (survive), has undergone a remarkable turnaround. It has become a popular destination 57. _____ visitors can glimpse diverse animals and appreciate the beauty and significance of life.

The man behind 58. _____ U-turn is Shen Zhijun, an animal welfare advocate. Last August, Shen took to the Internet 59. _____ (publicize) his decade-long reform efforts—an overall campaign transforming the conventional zoo into a conservation-focused sanctuary (保护区). During his 30-minute speech 60. _____ (title) “A Zoo’s Pursuit”, Shen showcased the successful changes that he had performed.

After witnessing the helpless and hopeless 61. _____ (expression) of the animals, Shen’s team set about making changes. Initially, they removed animal shows, which 62. _____ (tradition) serve as the financial backbone of zoos. Subsequently, they transformed the park’s landscape, cleverly using the 63. _____ (exist) mountainous terrain of Hongshan to reproduce the natural habitats of animals in the wild. Plus, they introduced “multi-level villas” where animals belonging to the same ecological zone but not occupying the base of the food chain can 64. _____ (house) together, based on their ecological and geographical distribution.

This zoo has emerged 65. _____ the most animal-friendly zoo in China. Striking a balance between respecting animals’ dignity and providing visitors with enjoyable experiences is a challenging task, but Shen’s team has successfully achieved it.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假定你是李华,你班本周 Class Report 的主题是 A man of perseverance(毅力)。请你写一篇发言稿。内容包括:

1. 人物事迹简介;
2. 给你的启示。

注意:1. 写作词数应为 80 个左右;
2. 可以适当增加细节,以使行文连贯。

第二节(满分 25 分) [2024·河北唐山百师联盟高二期末]

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。

It was the first week of Lily’s middle school. The bell’s ringing brought her out of her daydreaming. She nervously gathered her books, preparing to reach another classroom for the next new class.

Lily followed the other kids and rushed into the hallway. Others walked in groups, chatted, and laughed, using the break to socialize. Lily, instead, walked alone along the wall of the hallway, with her head down. She was a shy girl, afraid to speak

in front of other kids, and didn’t think others would like her.

Lily finally sat in Mr Johnson’s Language Arts class nervously. “Welcome to Language Arts,” said Mr Johnson. He told jokes as he talked about English. Lily forgot to daydream and laughed along with the rest of the class. “We’ll have some fun with language,” he said. “Just wait and see.”

Fun was far beyond what Lily desired. She just wanted to be like other kids—running with friends in the hallway, laughing and joking between classes. Reminded of her pimply (长粉刺的) face, she felt hopeless and disappointed.

“Take out a piece of paper,” the teacher continued, when pointing at words on the blackboard. “Write for the next thirty minutes on this topic.” Lily began writing crazily as idea after idea fought for recognition in her head. The final result was a short story about a beautiful beach house. As she wrote, she could smell the salty air, hear the crashing waves and feel the pull of the sand beneath her feet. For just a moment, she forgot where she was. She was lost in the story.

“OK, pass your papers forward,” said the teacher. “Let’s see what we have.” For the rest of the class time, the teacher read each individual work aloud. Lily originally thought it would be awkward. However, she was gradually attracted by the excitement in the teacher’s voice. “He’s actually enjoying this,” she thought. When the class would be soon over, there were still fifteen students’ papers not read, including Lily’s paper. Then, Mr Johnson announced his decision, asking these students to read their work themselves in front of the class next class.

注意:续写词数应为 150 个左右。

Paragraph 1:

A week later, the bell rang and the Language Arts class began again. _____

Paragraph 2:

After Lily finished her reading, the clapping from her classmates continued for a long time. _____
