



北京专版

全品高考

# 第三轮专题

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英语 全图版 作业手册

???

*Reading is to the mind what exercise is to the body.  
Learning without thought is labour lost, thought without learning is perdition.  
Learn whatever it may be, whatever you can, and wherever you will!*

*What's the main point the writer is trying to make in the last paragraph?  
Which of the following statements is best supported by the text?*

*There is no royal road to learning.  
Industry is the parent of success.  
A man becomes learned by asking questions.*

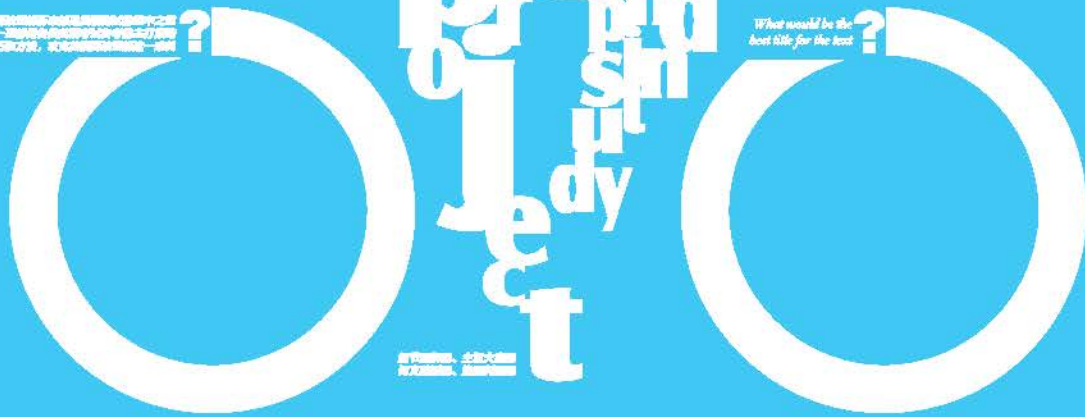
*The best title / headline for this passage might be ?  
Which of the following best expresses the main idea ?*

*Which of the following best expresses the main idea ?*

*It is never too old to learn. It is never too old to learn.*

*What would be the best title for the text ?*

*What would be the best title for the text ?*



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责任编辑：张明

——《普通高中英语课程标准（2017年版）》（必修）——  
——《普通高中英语课程标准（2017年版）》（选修）——

延边教育出版社

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A [2024·北京海淀高三二模]

文体:记叙文 主题:人与自我 词数:302

Movement is our first language; I believe we're born to dance. I've always had a special liking for dance and my job.

I got great 1 working in the therapeutic (治疗的) world; it felt more like a calling. I enjoyed every moment; my purpose and mission 2 me. My highlights are when I've witnessed once dull and hopeless eyes light up when the person felt seen, heard, and accepted.

Then, ill health struck. As my health declined progressively, I had to stop doing what I loved. 3, all I had was being able to facilitate the occasional workshop when opportunity and energy aligned (一致). Chronic fatigue syndrome (慢性疲劳综合征) is a merciless beast.

In 2020, the unimaginable happened. In addition to soul-destroying feeling of being 4, I began experiencing frequent vocal challenges of varying degrees. I could no longer accept facilitation invitations because my 5 was now unreliable. I grieved, feeling like I was being swallowed by a damp, dark fog.

After an extended period of being in self-pity, I 6 my thinking. I have internal value. My value or identity is not 7 by what I can or cannot do. Regarding my health journey, in time, I 8 this: it is what it is. For this season, this is my path.

So, I started dancing again. Life is full of surprises, pleasant, unpleasant, and neutral, yet what matters is how we 9 to those surprises. Despite ongoing voice loss and health challenges, I found new ways to make a difference.

You and I may not be able to choose the 10 life plays for us; however, we do get to choose how we will dance to it. May we dance with strength, courage, and grace.

- ( )1. A. fame                      B. surprise                      C. pleasure                      D. inspiration
- ( )2. A. fuelled                      B. attracted                      C. instructed                      D. calmed
- ( )3. A. Simply                      B. Particularly                      C. Eventually                      D. Apparently
- ( )4. A. tired                      B. annoyed                      C. disappointed                      D. injured
- ( )5. A. mind                      B. sight                      C. sense                      D. voice
- ( )6. A. discovered                      B. adjusted                      C. abandoned                      D. controlled
- ( )7. A. ignored                      B. selected                      C. defined                      D. assisted
- ( )8. A. accepted                      B. recalled                      C. questioned                      D. expected
- ( )9. A. refer                      B. appeal                      C. turn                      D. respond
- ( )10. A. role                      B. music                      C. joke                      D. game

文体:记叙文 主题:人与自我 词数:265

Steven took his 7-year-old son Alex and 4-year-old daughter Mia out on his boat for fishing and fun. But in the blink of an eye, things took a terrifying 1 when a strong current suddenly swept through, causing Mia to 2 her hold on the boat.

While Mia wore a life jacket, Alex did not. But as the current pulled his sister away, Alex wasn't going to leave her alone. He, too, let go of the 3 and swam towards his sister.

Realizing the danger, Steven 4 jumped into the water and tried to help his kids. But the strong current made it difficult even for him. So he told Alex to swim to shore while he tried to rescue Mia.

"I told them both I loved them because I wasn't sure what was going to happen," Steven recalled. "I tried to 5 Mia as long as I could. But finally I wore myself out, and she drifted away (漂走) from me."

Alex followed his dad's 6 and headed for the shore. But it was no easy task. "The current was going the opposite way," he explained.

This little boy spent an hour 7 his way back to land. He swam more than a mile. Once he finally made it to the shore, the boy ran to the first house he could find and begged for 8. From there, Jacksonville authorities 9 and rescued Steven and his daughter.

Alex, the brave and 10 little boy saved his sister and dad. If not for him, it would have been a different story.

- ( )1. A. hit                      B. turn                      C. pause                      D. risk
- ( )2. A. release                      B. find                      C. escape                      D. regain
- ( )3. A. fish                      B. jacket                      C. boat                      D. current
- ( )4. A. unusually                      B. suddenly                      C. instantly                      D. unexpectedly
- ( )5. A. relate to                      B. wait for                      C. count on                      D. stick with
- ( )6. A. explanation                      B. footsteps                      C. example                      D. instructions
- ( )7. A. clearing                      B. fighting                      C. picking                      D. changing
- ( )8. A. security                      B. understanding                      C. permission                      D. help
- ( )9. A. cut in                      B. looked out                      C. took over                      D. came around
- ( )10. A. tough                      B. humble                      C. hard-working                      D. confident

Passage 1 [2024·北京海淀高三二模]

A

Nathen 1. \_\_\_\_\_ (cycle) along a remote road when he came across an abandoned kitten. Moved by her sad eyes and pitiful meowing, Nathen decided to adopt her and named her Milo. Together, they experienced kindness, 2. \_\_\_\_\_ (visit) charities, and rescued animals, forming an unbreakable bond. Milo especially liked going to the railway station near their home during rush hour, 3. \_\_\_\_\_ commuting (通勤) was challenging for most people. Often 4. \_\_\_\_\_ (find) sitting on a ticket gate, Milo greeted commuters and brought smiles to all she encountered, making the spring morning a little brighter.

B

Research suggests a connection between deforestation, 5. \_\_\_\_\_ (result) in poorer air quality, and increased rates of depression and anxiety. It has been revealed that countries with more forested land tend to see 6. \_\_\_\_\_ (few) cases of mental health disorders. In the 1980s, “forest bathing” was introduced as a therapeutic practice centred around trees to enhance the psychological benefits of outdoor experiences. Up till now, this practice 7. \_\_\_\_\_ (use) for treating patients.

C

Many of our actions are initiated by emotion. Challenging situations will arise in our lives and 8. \_\_\_\_\_ we handle these situations is a mark of how mature and independent we are. Keeping our emotions 9. \_\_\_\_\_ dominating our lives is essential because stable emotion brings a sense of contentment and calm. Luckily, there are many 10. \_\_\_\_\_ (help) techniques to control our emotions, such as meditation, yoga, and breathing exercises.

Passage 2 [2024·北京东城高三二模]

A

Have you ever heard of the Ring of Fire? It might sound like something straight out of science fiction, 1. \_\_\_\_\_ it is a real place. The Ring of Fire is the name used by scientists to describe an area 2. \_\_\_\_\_ frequent volcanic eruptions and earthquakes take place. In fact, most of the world’s volcanoes are located there. The Ring of Fire is an arc-shaped region that 3. \_\_\_\_\_ (run) along the coast of North and South America, along the eastern edge of Asia, across Alaska’s Aleutian Islands, and along the coast of New Zealand.

B

At the moment, AI tools provide results that are not always correct or appropriate. That’s 4. \_\_\_\_\_ companies are looking for people to help train AI programs. These people are called prompt engineers, who 5. \_\_\_\_\_ (pay) six-figure salaries. Anna Bernstein, a prompt engineer, writes prompts and feeds them 6. \_\_\_\_\_ AI tools. This helps the AI generate text with accurate information. She thinks prompt engineering is now one of the hottest tech jobs and she loves her job.

C

When Lauren Schroeder, a high school student, 7. \_\_\_\_\_ (show) up in a community food drive last year, she saw what people there got—just a lot of 8. \_\_\_\_\_ (can) goods. She decided to become the change she wanted to see. Schroeder grew 7,000 pounds of produce and gave it all away to food banks. Her work drew the attention of Future Farmers of America, which gave her some money for 9. \_\_\_\_\_ (supply) and seeds. Her goal is 10. \_\_\_\_\_ (donate) 20,000 pounds of vegetables by the time she graduates.

Passage 1 [2024·北京西城高三一模]

A

I'll never forget my first visit to China. Mum encouraged me to try different kinds of food, and I did! I loved everything. But just when I thought I could deal with all Chinese food, I came across stinky tofu. A horrible grey thing that looked and smelt like a burnt sports shoe. "You needn't try it 1. \_\_\_\_\_ you don't want to," Mum said. But I 2. \_\_\_\_\_ (gather) all my courage to take a bite and was amazed to find it wasn't so bad. It reminded me of blue cheese, a similarly strong smelling type of food you either love or hate. Maybe I 3. \_\_\_\_\_ (fall) in love with stinky tofu someday.

B

The 5-Second Rule suggests food is OK to eat if you pick it up 4. \_\_\_\_\_ five seconds or less. Believe it or not, scientists have tested the rule. We're sorry to report it's not necessarily true. Bacteria can attach 5. \_\_\_\_\_ (it) to your food instantly, regardless of how quickly it 6. \_\_\_\_\_ (pick) up. Food left there for five seconds or less will probably collect less bacteria than food sitting there for a longer time, but fast may not be fast enough. Floors, even clean-looking ones, harbour bacteria. Ultimately, if in doubt, abandon the food 7. \_\_\_\_\_ (avoid) potential illness.

C

Your hometown could affect your navigational (导航的) skills. New research indicates that individuals 8. \_\_\_\_\_ (raise) in cities with structured street patterns may encounter difficulties in navigation compared to those from rural areas with more organic layouts. This conclusion was drawn from a study 9. \_\_\_\_\_ (involve) players of a mobile game about the sea, 10. \_\_\_\_\_ tests 3-D navigation skills. However, there's hope for city residents: an urban version of the game showed slight improvements for them.

Passage 2 [2024·北京朝阳高三一模]

A

Zhao Chuang is a science artist working in Beijing, 1. \_\_\_\_\_ job bridges science and art by painting and sculpturing ancient extinct species. Zhao reproduces each element described in papers on the history of life in an artistic way, and the 2. \_\_\_\_\_ (blank) in scientific research are filled by his logic and imagination. His painting of a prehistoric flying animal became the cover of important scientific journal *Nature* in 2006, a highlight in his career 3. \_\_\_\_\_ a science artist.

B

Harbin, 4. \_\_\_\_\_ (know) for its ice and snow festivals, became very popular last winter. An increasing number of tourists rushed to the "Ice City of China" to experience the best of ice and snow culture. Besides the frosty delights, the city still has much more 5. \_\_\_\_\_ (offer) all year around, including its traditional European-style architecture, unique cuisine and cultural events. The city's individual attractions make 6. \_\_\_\_\_ a must-see spot no matter the weather.

C

The Terracotta Army (兵马俑) was found in 1974 near Xi'an. It is formed of more than 8,000 sculptures, which 7. \_\_\_\_\_ (bury) alongside the Emperor Qinshihuang more than 2,200 years ago. Now, researchers have recreated the shoes of one soldier and analysis of them 8. \_\_\_\_\_ (suggest) that shoes worn by the terracotta sculptures were surprisingly flexible and slip resistant. If the recreated shoes 9. \_\_\_\_\_ (true) reflect the real ones, they can help build a better picture of 10. \_\_\_\_\_ Qin Dynasty soldiers wore and how this might have aided them in battles.



A [2024·北京朝阳高三期中,A]

文体:应用文 主题:人与社会 词数:286

A hearing aid is a small electronic **device** you wear in or behind your ear to make sounds louder. A hearing aid has three basic parts: a microphone, an **amplifier** and a speaker. The hearing aid receives sound through a microphone, which changes the sound waves to electrical signals and sends them to an amplifier. The amplifier increases the power of the signals and sends them to the ear through a speaker. There are three styles of hearing aids.

Behind-the-ear (BTE) aids are used by people of all ages. “Mini” BTE is a new kind. These small and open-fit aids fit behind the ear completely, with a narrow tube into the ear **canal**, enabling the canal to remain open. Thus, some people prefer it because their own voice does not sound “plugged up”.

In-the-ear (ITE) aids fit completely inside the outer ear. Some ITE aids may have added **features**, such as a telecoil that allows users to receive sound through the **circuitry** of the hearing aid, rather than through its microphone.

Canal aids fit into the ear canal and are available in two styles. In-the-canal (ITC) aids are made to fit the size and shape of the ear canal. Completely-in-canal (CIC) aids are hidden in the ear canal.

The hearing aid that will work best for you depends on your hearing needs and lifestyle. Price is also a key consideration. However, just because one hearing aid is more expensive than another does not necessarily mean that it will better suit your needs. Other features to consider include parts or services covered by the guarantee, estimated costs for repair, and the hearing aid company’s **reputation** for quality and service.

For more information, contact [nidcdinfo@nidcd.nih.gov](mailto:nidcdinfo@nidcd.nih.gov).

- ( ) 1. What helps strengthen the power of electrical signals in a hearing aid?
- A. The microphone. B. The amplifier.  
C. The speaker. D. The telecoil.
- ( ) 2. If preferring a hearing aid that keeps the ear canal open, you can choose \_\_\_\_\_.
- A. “Mini” BTE B. In-the-ear aids  
C. In-the-canal aids D. Completely-in-canal aids
- ( ) 3. To buy a suitable hearing aid, you should \_\_\_\_\_.
- A. increase your estimated costs B. find the one with more features  
C. give in to the after-sale services D. consider your needs and lifestyle

### 重点词句回顾

#### A. 词汇积累

- device *n.* 设备
- amplifier *n.* 扩音器; 放大器
- canal *n.* (人或动物体内的)管,道
- feature *n.* 特征; 特色 *vt.* 以……为特色
- circuitry *n.* 电路系统; 电路
- reputation *n.* 名望; 声誉

#### B. 长难句分析

The hearing aid receives sound through a microphone, which changes the sound waves to electrical signals and sends them to an amplifier.

【分析】这是一个主从复合句。which 引导非限制性定语从句,修饰先行词 microphone。

【译文】助听器通过麦克风接收声音,麦克风将声波转换成电子信号并将其发送到扩音器。

Connected to each other like never before, young people today are becoming agents of change, increasingly **contributing to innovative** solutions that improve people's lives and the planet's health.

The United Nations Institute for Training and Research is therefore delighted to launch the Young Leaders Online Training Programme, a four-week e-Learning course, to provide participants with the knowledge and skills to fully unfold their potential as global leaders.

#### ◆CONTENT

##### ◇Online Learning Modules

Module 1: The United Nations (3—9 June 2024)

Module 2: Conference Diplomacy (外交) (10—16 June 2024)

Module 3: Sustainable Development Goals (17—23 June 2024)

Module 4: International Communication (24—30 June 2024)

Each module will be comprised of about 30 pages of literature, **external** links, videos, and other relevant material, **corresponding to** a total workload of 40—45 hours during the four weeks.

##### ◇Live Components

Each e-Learning module will go with a series of live meetings with UN experts. These will have varying lengths and **formats**, including e-workshops, mock (模拟的) interviews, etc.

#### ◆COMPLETION REQUIREMENTS

Participants **are qualified for** a course certificate upon successful completion of the components below:

◇Reading the four modules' content. You may wish to study the material through the interactive programme Articulate Storyline or simply download the PDF version of the content. They are identical in content and are meant to give participants flexibility in the way to study.

◇Participation in the discussion board forums (论坛). You are supposed to answer questions on every module in short texts. Your posts will be evaluated according to both quantity and quality.

◇Passing the multiple-choice assessments. Each module features an assessment quiz at its end. It contains 10 questions, and passing the module requires at least 8 out of 10 questions correctly answered.

( ) 4. **What is the main aim of the course?**

- A. To improve the lives of young people.
- B. To connect the youth around the world.
- C. To collect innovative ideas from young people.
- D. To build up the youth's global leadership ability.



( )5. What will participants do in each module?

A. Read great works of literature.

B. Spend 40—45 hours on learning.

C. Make videos for the United Nations.

D. Have online meetings with UN experts.

( )6. To get a course certificate, a participant needs to \_\_\_\_\_.

A. take part in the discussions

B. post questions on each module

C. copy the PDF version of the content

D. answer all the test questions correctly

### 重点词句回顾

#### A. 词汇积累

1. contribute to 贡献;导致
2. innovative *adj.* 创新的
3. external *adj.* 外面的;外部的
4. correspond to 符合
5. format *n.* 版式;格式
6. be qualified for 胜任

#### B. 长难句分析

Connected to each other like never before, young people

today are becoming agents of change, increasingly contributing to innovative solutions that improve people's lives and the planet's health.

【分析】这是一个主从复合句。connected to...是过去分词短语作状语;that 引导定语从句,修饰先行词 solutions; increasingly contributing to...是现在分词短语作状语。

【译文】今天的年轻人以前所未有的方式相互联系,正在成为变革的推动者,越来越多地为改善人们生活和地球健康的创新解决方案做出贡献。

C [2024·北京海淀高三期中,C]

文体:说明文 主题:人与自我 词数:395

Demanding days seem designed to test our self-control. We all need to rely on willpower to avoid short-term **temptations** and **override** unwanted thoughts or impulses (冲动). The **prevailing** psychological theory proposed that willpower **resembled** a kind of battery. With each exercise of self-control, you exhausted this resource. Without a chance to recharge, that resource ran low, making it harder to maintain self-control. This process was known as “ego depletion”.

In 2010, however, psychologist Veronika Job published a study that questioned the foundations of “ego depletion” theory, with some interesting evidence that ego depletion depended on people's **underlying** beliefs. In the study, Job divided participants into two categories: those with a “limited” view of willpower and those with a “non-limited” view of willpower, based on a prior questionnaire. She then gave the participants some standard laboratory tests examining mental focus, which was considered to depend on the reserves of willpower. The study found that people with a limited mindset tended to perform exactly as ego depletion theory would predict but the non-limited individuals did not, which indicated that people's beliefs about willpower could be self-fulfilling prophecies (预言). Those who believed willpower was easily depleted saw their self-control decrease, while those who believed in “mental stamina (耐力)” experienced no ego depletion.

Subsequent debates about the reliability of the laboratory tests of ego depletion emerged, but Job's work demonstrated that mindsets significantly impacted real-life outcomes. Her follow-up study revealed that after completing demanding tasks, most participants recovered to some degree

overnight, but those with non-limited mindsets actually experienced an increase in their productivity the following day, as if energized by the extra pressure.

If you already have a non-limited mindset about willpower, these findings might be a cause for self-satisfaction. For those with limited mindsets, hope is not lost. Learning about this science can help shift beliefs. Sharing this knowledge with others can further **consolidate** this shift. Moreover, recollecting times of engaging in taxing yet enjoyable tasks naturally shifts people's beliefs towards non-limited mindsets, as they see proof of their own mental stamina. To provide yourself with further evidence, you can conduct small self-control tests. As you realize your willpower's growth, you'll find resisting temptations and distractions easier.

While immediate miracles aren't guaranteed, perseverance will lead to a changed mindset and increased self-control, propelling actions towards personal goals.

( ) 7. “Ego depletion” theory shows that willpower \_\_\_\_\_.

- A. helps control our impulses  
B. reduces after exercising self-control  
C. is a test of your character  
D. is like a chargeable battery

( ) 8. What can we learn from Job's two studies?

- A. Extra pressure boosts mental focus.  
B. Demanding tasks reduce mental focus.  
C. Reserves of willpower depend on mental focus.  
D. The change of mental focus relies on one's mindset.

( ) 9. Which of the following can build non-limited mindsets?

- A. Picturing your ideal university.  
B. Doing homework in front of a TV.  
C. Sharing science knowledge with friends.  
D. Recalling mastering a challenging piano piece.

### 重点词句回顾

#### A. 词汇积累

- temptation *n.* 诱惑
- override *vt.* 不顾; 无视
- prevailing *adj.* 普遍的; 流行的
- resemble *vt.* 类似; 与……相似
- underlying *adj.* 表面下的; 隐藏的, 潜在的
- consolidate *vt.* 加强; 巩固

#### B. 长难句分析

The study found that people with a limited mindset tended to perform exactly as ego depletion theory would predict but the

non-limited individuals did not, which indicated that people's beliefs about willpower could be self-fulfilling prophecies (预言).

**【分析】** 这是一个主从复合句。第一个 *that* 引导宾语从句, 作动词 *found* 的宾语; *as* 引导方式状语从句; *which* 引导非限制性定语从句, 从句中 *that* 引导宾语从句, 作动词 *indicated* 的宾语。

**【译文】** 研究发现, 心态受限的人倾向于完全按照自我损耗理论所预测的那样行事, 而心态不受限的人则没有, 这表明人们对意志力的信念可能是自我实现的预言。

A [2024·北京西城高三期末]

文体:说明文 主题:人与自我 词数:281

When was the last time you looked at something or felt something and said, “Wow”? Recent studies found that a lot of people are in emotional **distress**. So how can you rediscover the joys in your day-to-day life and **recapture** that sense of childhood wonder? Here’s how you can find them.

1. \_\_\_\_\_ Throughout the day, stop what you are doing to listen to music, play with a toy or doodle on a piece of paper. **Stretching** your brain in different ways and daydreaming can **stimulate** your imagination.

Get creative. Whether it is playing a musical instrument, **sketching**, painting, modeling with clay, dancing, or writing in a journal, creative **pursuits** are a great place to find joy. 2. \_\_\_\_\_ Turn off your phone and enjoy the silence. Technology can be a good thing and provide us with many opportunities, but it can also numb (使迟钝) us to the wows around us and be an ongoing distraction. Turn your phone off for one hour, a whole day or even an entire weekend. You could also try turning off the television, music or radio for a few minutes to give yourself some total silence. 3. \_\_\_\_\_ Listen. Really listen. When was the last time you remembered everything someone said to you? 4. \_\_\_\_\_ Having a new-found curiosity and consideration for the other person might lead you to some surprising discoveries and take you outside of yourself.

Get out of your comfort zone. Finding opportunities where you can push yourself out of your comfort zone will also give you a better chance of finding a wow experience. 5. \_\_\_\_\_ Even attempting a 5K when you are not quite ready for a marathon can really help.

- A. Take a play break.
- B. Change your routine.
- C. This doesn’t have to mean a big, life-changing activity.
- D. This can help take you back to a childlike state, in a world of wonder.
- E. When talking to other people, try to be present with whoever you are with.
- F. Take a minute to notice and really pay attention to where you are, what you’re doing and what’s going on around you.
- G. What’s more, when you find flow in a creative activity, you might find inspiration for other areas of your life.

### 重点词句回顾

#### A. 词汇积累

1. distress *n.* (精神上的)痛苦;苦恼
2. recapture *vt.* 再体验;重新捕获
3. stretch *vt.* 伸展;延伸
4. stimulate *vt.* 激发;刺激
5. sketch *v.* 画速写
6. pursuit *n.* 消遣;追求

#### B. 长难句分析

Finding opportunities where you can push yourself out of your comfort zone will also give you a better chance of finding a wow experience.

【分析】本句是复合句。where 引导定语从句,修饰先行词 opportunities。

【译文】寻找机会,让自己走出自己的舒适区,也会让你有更好的机会发现一段令人惊叹的经历。

Most of us are actually terrible at giving gifts. About \$ 70 billion worth of presents are returned every year in the US. 1. \_\_\_\_\_ Here are three ways to improve your gift-giving game around the holidays.

Stop trying to make your gifts so **delightful**. 2. \_\_\_\_\_ We want something from giving: those looks of delight. Those **exclamations**. This is why items like **hyper-specific** kitchen **gadgets** and **fancy** vintage clocks all seem like fantastic gifts. But it turns out, **recipients** often want things that are far more practical—things they can actually use.

3. \_\_\_\_\_ Just give people what they ask for. A study looked at Amazon wish lists to determine if people were more appreciative of gifts from the list versus gifts that were total surprises. It turned out that people who got gifts that weren't on their list considered them as less thoughtful and less personal. 4. \_\_\_\_\_

How can we create a gift-giving plan that is as emotional as we desire? Humans love to feel connected. And one way we do that is by sharing interests with others. So if you want to learn how to give better gifts, put yourself in the recipient's shoes and try to think of something you both share. Maybe it's the love for a sport, drinking wine, or some other hobbies. 5. \_\_\_\_\_ And because you pick something you share, they will feel more connected to you and appreciate your gift more.

- A. So how do we get less terrible?  
 B. Surprise is overrated—we're happier to get what we ask for.  
 C. So what's the most practical gift you can give that people might actually be grateful for?  
 D. The long-term pleasure of the receiver may not be observed and therefore is discounted.  
 E. Once you've found a shared interest, go and find a useful gift related to this interest.  
 F. What recipients care about is how much value they're going to get from the gift over a longer time period.  
 G. Research has shown that givers are consumed by the moment of unwrapping a gift even more than the gift itself.

### 重点词句回顾

#### A. 词汇积累

1. **delightful** *adj.* 令人高兴的;使人愉快的
2. **exclamation** *n.* 惊呼;惊叹
3. **hyper-specific** *adj.* 非常特殊的
4. **gadget** *n.* 小器械;小装置
5. **fancy** *adj.* 漂亮的;华丽的
6. **recipient** *n.* 接受者;获得者

#### B. 长难句分析

It turned out that people who got gifts that weren't on their list considered them as less thoughtful and less personal.

【分析】本句是一个主从复合句。it是形式主语,第一个that引导的从句是真正的主语;第二个that引导定语从句,修饰先行词gifts。

【译文】事实证明,那些收到不在他们礼物清单上的礼物的人认为这些礼物没有那么体贴,也没有那么个人化。

A [2024·北京海淀高三期中]

文体:说明文 主题:人与社会 词数:328

If you feel like you may be a people-pleaser, you're not alone. In today's highly-connected world, we have a growing obsession (痴迷) with being liked and needing to please others. People seek to please others for various reasons, including avoiding conflicts, securing feelings of being needed, and reducing fears of abandonment. And they are forced to use agreeableness as self-defense.

People-pleasing behaviour can lead to mental and physical health problems such as fear of rejection, frustration, anger, addictions, headaches, stomach problems, and high blood pressure. It can also result in weak boundaries, problems with decision-making and dependency. Therefore, it's important to recognize and overcome your own people-pleasing behaviours. Here are some simple exercises that you can start working on today.

Learn to love your own company. Trust that people will not abandon you, even if you don't drop everything for them. Believing you are lovable for who you are, not what you do, means knowing that people will still be there for you even if you do not always search for ways to please them. Practice this by going to a movie or restaurant alone.

Value the plans made with yourself. They are as important as plans you make with other people. Otherwise, you are sending a message to your brain that a plan you make with yourself does not hold as much value. Don't break long-or short-term plans you make with yourself, whether it's going to the gym or studying for an exam.

Say "no" when necessary. If you're a people-pleaser, you may find it hard to say "no" because you feel it comes across as cruel or uncaring. But it absolutely does not have to. Be clear, be direct, and use "I" statements. Try statements like: "I would really love to be able to help you, but unfortunately, I'm already committed at that time."

By consistently integrating these strategies into your life, you'll break your people-pleasing habits and develop more healthy, interdependent relationships.

1. What is a people-pleaser like?

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2. Besides mental and physical problems, what other problems may a people-pleaser suffer from?

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3. Please decide which part is false in the following statement, then underline it and explain why.

> *If you don't want to be a people-pleaser, you should love being with others, value the plans made with yourself, and decline others' requests when necessary.*

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4. What do you think of the behaviour of pleasing others? (In about 40 words)

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Smartphones have become a big part of people's lives. When we temporarily can't find them, it causes a feeling of anxiety or panic. Some psychologists have called it "nomophobia". Thankfully, I rode through the withdrawal of my smartphone and it was short-lived.

When I got my first smartphone over a decade ago, I loved it. It gave me instant access to my music, a world of information and thousands of photos and videos. But over time, I became increasingly ambivalent about its role in my life. I would repeatedly refresh my e-mail, shop online for stuff I didn't need and constantly scroll through the latest news. I'd often complain to my husband and to my seven-year-old son, Louis, that I felt trapped by it.

Then, one day last summer, while I was playing with Louis, I was once again distracted by dings and pings. He finally reminded me of my complaints, but rephrased them as a plea: "Mummy, just give it up already!"

I decided to try. Instead of going cold turkey—no cellphone at all—I bought a flip phone. With no touch screen, texting is time-consuming. Once, while trying to catch up on texts with a friend, I finally got frustrated and called her. I realized I hadn't spoken to her since her big move. It made a difference to hear both the excitement in her voice as she described seeing the Northern Lights and her sadness in being away from a sick parent.

Nowadays, people may prefer text-based communication to using the phone because they fear that the call will be awkward. But, just as I learned, when we were forced to connect voice to voice, we would find ourselves more bonded to that person.

Wuyou Sui, an expert researching digital health, describes nomophobia as a reliance that's been placed upon us. "Whenever something is designed to make a choice easier, it's called a behavioural nudge," he explains, adding that the more central to our lives the smartphone's functions are, the more prisoned we become.

Ultimately, though, that sense of dependence is false. As I've found, you can do all the things you need to do in other ways. It's not always convenient, but I know I'm much calmer on a regular basis without my smartphone.

1. What does "nomophobia" refer to?

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2. Why did the author decide to give up her smartphone?

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3. Please decide which part is false in the following statement, then underline it and explain why.

> *According to the author, we will find it awkward to talk with a friend on the phone.*

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4. Apart from the ways mentioned in the passage, what can you do to avoid "nomophobia"? (In about 40 words)

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A [2024·北京海淀高三一模]

假设你是红星中学高三学生李华。六月十四日是世界献血者日(World Blood Donor Day),你在京学习的英国好友 Jim 决定当天去献血,并询问你的意愿。请你用英文给他回复一封电子邮件,内容包括:

1. 你的答复及理由;
2. 提醒注意事项。

注意:1. 词数 100 左右;  
2. 开头和结尾已给出,不计入总词数。

9 April 2024

Dear Jim,

Yours,  
Li Hua

B [2024·北京西城高三期末]

假设你是红星中学高三学生李华。你的英国好友 Jim 给你发邮件分享了他的新年计划,并询问你在新的一年里除学业之外有何打算。请你用英文给他回复,内容包括:

1. 你最想做的事;
2. 说明其原因。

注意:1. 词数 100 左右;  
2. 开头和结尾已给出,不计入总词数。

Dear Jim,

Yours,  
Li Hua

A [2024·北京朝阳高三二模]

假如你是红星中学高三学生李华。你们学校即将举办以“成长”为主题的系列实践活动。请你用英文给国际部交换生 Jim 写一封信,邀请他一起参加。内容包括:

1. 介绍你打算参加的活动;
2. 询问对方意向。

注意:1. 词数 100 左右;  
2. 开头和结尾已给出,不计入总词数。

Dear Jim,

Yours,  
Li Hua

B [2024·北京昌平高三二模]

假如你是红星中学高三学生李华。近期你的社区将举办一次以“未来社区(Future Community)”为主题的设计展,你的作品也在展览之列,请你发邮件邀请你的英国朋友 Jim 参观展览,内容包括:

1. 活动的基本信息(时间、地点、展览内容等);
2. 你的作品介绍。

注意:1. 词数 100 左右;  
2. 开头和结尾已给出,不计入总词数。

Dear Jim,

Yours,  
Li Hua