



第一部分：知识运用（共两节，30分）

第一节 完形填空(共10小题；每小题1.5分，共15分)

阅读下面短文，掌握其大意，从每题所给的A、B、C、D四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

On Oct. 11, hundreds of runners competed in a cross-country race in Minnesota. Melanie Bailey should have finished the course earlier than she did. Her \_\_\_1\_\_\_ came because she was carrying a competitor across the finish line.

As reported by a local newspaper, Bailey was more than two-thirds of the way through her race when a runner in front of her began crying in pain. She \_\_\_2\_\_\_ to help her fellow runner, Danielle Lenoue. Bailey took her arm to see if she could walk forward with \_\_\_3\_\_\_. She couldn't. Bailey then \_\_\_4\_\_\_ to let Lenoue climb onto her back and carried her all the way to the finish line, then another 300 feet to where Lenoue could get medical attention.

Once there, Lenoue was \_\_\_5\_\_\_ and later taken to a hospital, where she learned that she had serious injuries in one of her knees. She would have struggled with extreme \_\_\_6\_\_\_ to make it to that aid checkpoint without Bailey's help.

As for Bailey, she is more \_\_\_7\_\_\_ about why her act is considered a big deal. "She was just crying. I couldn't \_\_\_8\_\_\_ her," Bailey told the reporter. "I feel like I was just doing the right thing."

Although the two young women were strangers before the \_\_\_9\_\_\_, they've since become friends. Neither won the race, but the \_\_\_10\_\_\_ of human kindness won the day.

- |                   |               |                  |                |
|-------------------|---------------|------------------|----------------|
| 1. A. trouble     | B. chance     | C. delay         | D. excuse      |
| 2. A. agreed      | B. returned   | C. promised      | D. stopped     |
| 3. A. courage     | B. assistance | C. patience      | D. advice      |
| 4. A. went away   | B. stood up   | C. stepped aside | D. bent down   |
| 5. A. interrupted | B. assessed   | C. identified    | D. appreciated |
| 6. A. pain        | B. tiredness  | C. determination | D. cold        |
| 7. A. worried     | B. ashamed    | C. confused      | D. discouraged |
| 8. A. pass        | B. cure       | C. leave         | D. understand  |
| 9. A. ride        | B. test       | C. show          | D. meet        |
| 10. A. secret     | B. display    | C. benefit       | D. exchange    |

第二节 语法填空(共10小题；每小题1.5分，共15分)

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写1个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

A

Why do humans prefer some smells over others? One theory, increasingly \_\_\_\_\_ (support) by experts, suggests that smell preferences are learned. It's easy to explain how we determine \_\_\_\_\_ 12 \_\_\_\_\_ smells are dangerous or not: we learn. This has been adopted to ensure easier detection of gas leaks. Gas naturally has no recognizable smell. However, a strong smell \_\_\_\_\_ 13 \_\_\_\_\_ (add) so that we can raise the alarm when we detect the smell associated with danger.

B

When Mark was driving to the martial arts gym \_\_\_\_\_ 14 \_\_\_\_\_ he trains and volunteers, he saw what looked like a police pursuit. Soon Mark realized the officer did not have control of the situation. Jumping out of his car, Mark identified himself and spelled out his intention \_\_\_\_\_ 15 \_\_\_\_\_ (make) it two-on-one in the officer's favor. Then, with the officer \_\_\_\_\_ 16 \_\_\_\_\_ (struggle) to control the man's upper body, Mark put his weight on the man's legs. But the suspect managed to roll to his right, onto his stomach. Mark immediately \_\_\_\_\_ 17 \_\_\_\_\_ (apply) a martial move to control his shoulder and upper body. A few seconds later, the suspect gave out. The officer secured a handcuff and the threat was over.

C

Many people \_\_\_\_\_ 18 \_\_\_\_\_ (participate) into lots of virtual meetings these years. Some research shows this adjustment might not impact workplace productivity to any great degree. A new study, though, suggests otherwise.

In the study, 602 participants were randomly paired and asked to come up with novel uses for a product. They were also randomly selected to work together either \_\_\_\_\_ 19 \_\_\_\_\_ person or virtually. The pairs were then ranked by assessing their total number of ideas, as well as those concepts' degree of novelty, and asked to submit their best idea. Among the groups, virtual pairs came up with significantly fewer ideas, suggesting that something about face-to-face interaction generates \_\_\_\_\_ (create) ideas.

第二部分：阅读理解（共两节，38分）



第一节(共14小题；每小题2分，共28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，并在答题卡上将该项涂黑。

A

There are a variety of clubs which provide social and cultural activities for students wishing to meet others with similar interests from the same or from different national backgrounds.

<b>Charles Peguy Centre</b>	<b>Royal Overseas League</b>
<p>CPC is a French youth centre, providing advice, support and information to young Europeans aged between 18-25. Facilities include an information and advice service regarding education, work placement and general welfare rights. Moreover, the centre holds a database of jobs and accommodation in London. Members may use a fax machine, a copier and computers to surf online or check e-mails for free.</p> <p>Hours: Monday 14:00-17:00 Tuesday-Friday 10:00-17:00</p> <p>Membership: £35 per year</p>	<p>Open 365 days per year, ROI is a club with facilities in London and Edinburgh with restaurants, bars and accommodation. There are branches around the world and 57 reciprocal clubs worldwide. Quarterly magazines, literary lectures, annual music and art competitions, and summer and winter programme of events are provided for members.</p> <p>Membership fees: aged 17-20, £47 per year aged 21-25, £70 per year</p> <p>For further information, please contact the membership secretary.</p>
<b>YMCA London Central</b>	<b>Kensington Committee for Overseas Students</b>
<p>YMCA is a social club. Most members are young English professionals, but overseas visitors are welcome. Facilities include photography, art, drama, pottery, language courses at different levels, badminton, fitness testing, cycling, yoga and other activities.</p> <p>Hours: weekdays 07:00-22:30 weekends 10:00-21:00</p> <p>Membership fees: £125 per year</p> <p>Hotline: 05667932</p>	<p>KCOS is a society for young people from all countries. Each month there are some 40 parties, discos, visits to theatres, concerts, walks and other gatherings where members will be able to meet lots of people. A new programme is sent each month directly to members. The club arranges a weekly club night in a Covent Garden bar. To find out more, telephone the club or write (freepost) to the office.</p> <p>Hours: 10:30-17:30</p> <p>Tel: 05663801</p>

21. The passage is mainly for \_\_\_\_\_.
- A. young English professionals  
B. local students from different backgrounds  
C. European students in London  
D. the youth wishing to meet different people
22. According to the passage, which club can provide the places to live in?
- A. CPC.            B. ROI.            C. YMCA            D. KCOS.
23. If you want more information about language study, you can \_\_\_\_\_.
- A. make a phone call  
B. go to the office in person  
C. send a fax or an e-mail  
D. turn to the membership secretary



## B

### Walking Water Science Experiment for Kids

Let's get set up for walking water with a few quick and easy steps the kids can definitely be a part of! We used test tubes for three sets of primary colors. You can use less as long as you have enough to go around with all the colors mixing. First, add red, yellow, and blue food coloring (one color per test tube) in order. Give each test tube a little stir to evenly distribute the color. Try to put the same amount of food coloring in each container. Cut thin strips of white paper towel to fit in the test tubes.



Place them into the test tubes. There will be two ends in each tube. Wait and watch what happens. At this point, you can set up a stopwatch to make notes of how long it takes for the colors to meet and mix.

Before you insert the strips, you have the perfect opportunity to make some predictions about what will happen. Have your kids come up with a prediction for their experiment? Will the water walk? You can start the conversation with "What do you think will happen when we put the towels into the water?"

The whole process starts pretty quickly, but it does take a while for the colors to begin to mix with each other. Extend the science activity: pull out the watercolors and do some color mixing art while you wait. Make sure to check on your walking water science experiment every once in a while to see the changes that are constantly taking place. The kids will be amazed at how the water seems to fight against gravity! As the paper towels absorb the colored water, the water travels up the towel strip. It meets up with the other colored water that has traveled up the neighboring strip. Where the primary colors interact, they turn into the secondary colors. Both colors will continue to travel as long as the towel fibers absorb the water.

The experiment is colorful and simple to do! Plus, it is interesting for multiple ages. Older kids should be able to set it up all by themselves and can also use our science journal page to record their results.

24. What materials are needed for the experiment?
- A. Test tubes, food coloring and paper towel.
  - B. Drinking water, test tubes and a notebook.
  - C. Food coloring, water cups and a paper cutter.
  - D. Mixed colors, towel strips and food containers.
25. In the experiment, you're expected to \_\_\_\_\_.
- A. add three colors into each container



- B. set up a stopwatch from the beginning
- C. put colorful towel strips in the test tubes
- D. stir each test tube to make the color even

26. Water in the test tubes can walk because \_\_\_\_\_.

- A. food coloring has the power to take in water
- B. towel fibers absorb water and allow it to travel
- C. water flows naturally under the influence of gravity
- D. colors interact with each other and thus travel easily



C



Millions of migratory (迁徙的) birds occupy seasonally favorable breeding grounds in the Arctic, but scientists know little about the formation, maintenance and future of the migration routes of Arctic birds and the genetic determinants of migratory distance. In a new study, a multinational team of researchers under the leadership of Dr. ZHAN Xiangjiang from the Institute of Zoology of the Chinese Academy of Sciences integrated two state-of-the-art techniques—satellite tracking and

whole genome sequencing (基因排序)—and established a continental-scale migration system of peregrine falcons in Eurasian Arctic.

The researchers tracked 56 peregrine falcons from six Eurasian Arctic breeding populations and sequenced 35 genomes from four of these populations to study the migration of this species. They found that the birds used five migration routes across Eurasia, probably established between the last Ice Age 22,000 years ago and the middle-Holocene 6,000 years ago. “Peregrine falcons initiated their autumn migration mainly in September, and arrived at their wintering areas mainly in October,” said Professor Mike Bruford, an ecologist at Cardiff University. “Peregrine falcons that depart from different breeding grounds use different routes, and winter at widely distributed sites across four distinct regions. Individual birds that were tracked for more than one year exhibited strong path repeatability during migration, complete loyalty to wintering locations and limited breeding dispersal (扩散).”

The researchers quantified the migration strategies and found that migration distance is the most significant differentiation. They used whole genome sequencing and found a gene—ADCY8, which is known to be involved in long-term memory in other animals in previous research— associated with differences in migratory distance. They found ADCY8 had a variant at high frequency in long-distance migrant populations of peregrine falcons, indicating this variant is being favorably selected because it may increase powers of long-term memory thought to be essential for long-distance migration.

“Previous studies have identified several candidate genomic regions that may regulate migration—but our work is the strongest demonstration of a specific gene associated with migratory behavior yet identified,” Professor Bruford said. The researchers further looked at models of likely future migration behavior to predict the impact of global warming. If the climate warms at the same rate as it has in recent decades, they predict peregrine populations in western Eurasia have the highest probability of population decline and may stop migrating altogether.

“Our work is the first to begin to understand the way ecological factors may interact in migratory birds,” said Dr. ZHAN Xiangjiang. “We hope it will serve as a cornerstone to help conserve migratory species in the world.”

27. What can we learn from the first two paragraphs?

- A. Five birds’ historical migration routes were rebuilt.
- B. Peregrine falcons stick to the areas where they winter.
- C. Peregrine falcons leave for Arctic regions in September.
- D. Two novel research methods of migration were invented.

28. What can we infer about ADCY8?

- A. It is a newly-discovered gene in the new study.
- B. It serves as a fundamental part of long-distance migration.
- C. It could be strengthened by the power of long-term memory.
- D. It turned out to be more favored by birds than the other animals.

29. What is special about the new study?

- A. It has discovered a new genomic region of birds.
- B. It has predicted the rate at which the climate warms.
- C. It analyses the reasons for the decrease of peregrine falcons.
- D. It encourages attention to environmental effects on migratory birds.

30. Which would be the best title for this passage?

- A. Researchers Help Conserve Migratory Species
- B. Biologists Find Evidence of Migration Gene in Birds
- C. How Long-term Memory Helps Long-distance Migration
- D. How Ecological Factors Affect Birds’ Migratory Distances

### D

Search “toxic parents”, and you’ll find more than 38,000 posts, largely urging young adults to cut ties with their families. The idea is to safeguard one’s mental health from abusive parents. However, as a psychoanalyst, I’ve seen that trend in recent years become a way to manage conflicts in the family, and I have seen the severe impacts estrangement (疏远) has on both sides of the divide. This is a self-help trend that creates much harm.

Research by Karl Pillemer, a professor at Cornell University, indicates that 1 in 4 American adults have become estranged from their families. I believe that’s an undercount, because others have stopped short of completely cutting off contact but



have effectively broken the ties.

“Canceling” your parent can be seen as an extension of a cultural trend aimed at correcting imbalances in power and systemic inequality. Certainly the family is one system in which power has never been balanced. In 1933, the psychoanalyst Sándor Ferenczi warned that even the simple indication that someone has more power than we do could potentially be damaging.

Today’s social justice values respond to this reality, calling on us to criticize oppressive and harmful figures and to gain power for those who have been powerless. But when adult children use the most effective tool they have—themselves—to gain a sense of security and ban their parents from their lives, the roles are simply switched, and the pain only deepens.

Often, what I see in my practice are cases of family conflict mismanaged, power dynamics turned upside down rather than negotiated. I see the terrible effect of that trend: situations with no winners, only isolated (孤独的) humans who long to be known and feel safe in the presence of the other.

The catch is that after estrangement, adult children are not suddenly less dependent. In fact, they feel abandoned and betrayed, because in the unconscious, it doesn’t matter who is doing the leaving; the feeling that remains is “being left”. They carry the ghosts of their childhood, tackling the emotional reality that those who raised us can never truly be left behind, no matter how hard we try.

What I have found is that most of these families need repair, not permanent break-up. How else can one learn how to negotiate needs, to create boundaries and to trust? How else can we love others, and ourselves, if not through accepting the limitations that come with being human? Good relationships are the result not of a perfect level of harmony but rather of successful adjustments.

To pursue dialogue instead of estrangement will be hard and painful work. It can’t be a single project of “self-help”, because at the end of the day, real intimacy (亲密关系) is achieved by working through the injuries of the past together. In most cases of family conflict, repair is possible and preferable to estrangement—and it’s worth the work.

31. Why do young people cut ties with the family?

- A. To gain an independent life.
- B. To restore harmony in the family.
- C. To protect their psychological well-being.
- D. To follow a tendency towards social justice.

32. What does the underlined word “catch” in Paragraph 6 mean?

- A. Response.
- B. Problem.
- C. Operation.
- D. Emphasis.

33. To manage family conflict, the author agrees that young adults should \_\_\_\_\_.

- A. break down boundaries
- B. gain power within the family



- C. live up to their parents' expectations
- D. accept imperfection of family members

4. What's the author's purpose of writing the passage?

- A. To advocate a self-help trend.
- B. To justify a common social value.
- C. To argue against a current practice.
- D. To discuss a means of communication.

## 第二节 (共 5 小题; 每小题 2 分, 共 10 分)

根据短文内容, 从短文后的七个选项中选出能填入空白处的最佳选项, 并在答题卡上将该项涂黑。选项中有两项为多余选项。

How many times have you wondered about how much better things might have been if the younger you had made different decisions? Or, have you breathed a sigh of relief when you recognize that one of your lucky choices ended up much better off than you might have been, if things had gone a different way?

35 It is the birthplace of emotions such as regret, gratitude, and, guilt. Picturing an alternative outcome to what has actually happened in one's life holds an irresistible appeal, even when it leads to unhappiness. It is therefore not surprising that it has become a hot topic of research in social psychology.

Counterfactual thinking often plays out in real-time on national television after a natural disaster. 36 The victims are usually shaken and highly emotional, and they have often lost everything that they owned. And yet, we commonly hear them use words such as "lucky" or "grateful" to describe their feelings.

37 If the person had really been lucky, wouldn't they still have a house and have been spared from all of the grief they must now endure? Some psychologists have argued that one of the benefits of counterfactual thinking is that it can be an effective tool for making us more resilient (迅速复苏的). 38 That paves the way for positive emotions that might help them through a very dark time in their lives.

Counterfactual thinking is simply part of who we are. 39 Many psychologists believe that it exists to help us crystallize (变明确) the goals that are most important to us and to improve our ability to wisely choose future courses of action.

- A. At first glance, this response does not make much sense.
- B. This type of mental "what-ifism" is called counterfactual thinking.
- C. Even though it sometimes makes us sad, it can also do us some good.
- D. The imagination of a life has been the inspiration for dozens of movies.
- E. News reporters frequently interview survivors who have barely escaped with their lives.
- F. The more important the event is, the more intense our counterfactual thinking about it will be.
- G. The mind of the counterfactual thinker can easily imagine circumstances that would have been even worse.





第三部分：书面表达 (共两节，32分)

第一节(共4小题;第40、41题各2分,第42题3分,第43题5分,共12分)

阅读下面短文,根据题目要求用英文回答问题。

We all like to think that we are rational (理性的) thinkers, but poor decisions and choices are evident all around us: staying in bad relationships or boring jobs, taking up smoking, eating too much junk food; the list goes on. So why can't we make better decisions? One reason appears to be what psychologists call "decision fatigue": the idea that we all have a limited store of energy for making decisions and practising self-control. For example, if you are ground down by everyday struggles, you have less mental energy for good decisions.

However, studies point to the fact that deciding things early in the day is likely to lead to better outcomes. Most of us will have had the experience of going to bed with a seemingly unsolvable problem, only to wake up with a flash of inspiration the next morning. So decisions made when we feel least tired are more likely to be the right ones.

Another worthwhile strategy is to pretend that you are advising an imaginary friend, rather than relating decisions to your own life. This creates a distance between you and the issues in question, and can help you to think logically rather than emotionally.

People often advise making lists of advantages and disadvantages, and then prioritizing the items in each list. This can certainly be helpful, but we need to be careful not to over-think every decision. We may overestimate the value of information, and sometimes it is better simply to go with our gut instinct (直觉).

Perhaps the most important thing we can do to minimize the possibility of regret is to make sure that our decisions are in line with our life values; in other words, to have a life vision and be true to it. Instead of asking ourselves questions such as "Which option is safer?" or "Which option is best financially?", it is far better to ask "How will I feel about this when I'm 70?"

40. What does "decision fatigue" mean?

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41. Why do people tend to make good decisions early in the day?

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42. Decide which part of the following statement is wrong. Underline it and explain why.

*> Sometimes it is a good idea to go with our gut instinct to make decisions, because weighing advantages and disadvantages takes great efforts.*

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43. In addition to the strategies in the passage, please suggest another way to make good decisions. (In about 40 words)

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**第二节(20分)**

假如你是红星中学高三学生李华。你班下周末将组织一次以“北京城里看中国”为主题的文化研学活动，为期一天。请你用英文写一封信邀请你校国际部交换生 Jim 来参加，内容包括：

1. 活动目的；
2. 活动安排。

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,

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Yours,  
Li Hua





**第一部分：知识运用**

**第1节 完形填空**

1-5 CDBDB 6-10 ACCDB

**第二节 语法填空**

11. supported 12. whether/if 13. is added 14. where 15. to make

16. struggling 17. applied 18. have participated 19. in 20. more creative

**第二部分：阅读理解**

21-23 DBA 24-26 ADB 27-30 BBDB 31-34 CBDC 35-39 BEAGC

**第三部分：书面表达**

**第一节**

40. The idea that we all have a limited store of energy for making decisions and practising self-control.

41. Because that's when people feel least tired.

42. Sometimes it is a good idea to go with our gut instinct to make decisions, because weighing advantages and disadvantages takes great efforts.

According to the passage over-thinking may overestimate the value of information, so sometimes it is a good idea to go with our gut instinct to make decisions.

43. One possible version:

Another way to make good decisions is to consult trusted individuals, such as parents or teachers, who have valuable experience and wisdom. Seeking their guidance can provide a different perspective, valuable insights, and help in making more informed and balanced decisions.

**第二节**

**Possible version:**

How is everything going recently? Our class is going to organize a one-day cultural tour themed "Reading China in Beijing" next weekend in order to explore the traditional Chinese culture, so I am very excited to invite you in.

It is scheduled on the 7<sup>th</sup> Sept. Our first stop will be the Chinese Traditional Culture Museum. Rebuilt in 2022, the museum provides rare chances for visitors to appreciate highly skilled traditional arts and crafts up close, such as delicate woodcarvings and porcelain. After that, we will have a city walk around the Beijing Hutongs, where we can be immersed into the real tradition of Chinese culture.

I am sure this cultural tour will not let you down. If you have any questions, don't hesitate to ask me.

Yours,  
Li Hua