



2024 北京西城高一（上）期末

英 语

2024.1

本试卷共 16 页，共 140 分。考试时长 120 分钟。

考生务必在答题卡指定区域作答，在试卷上作答无效。考试结束后，将本试卷和答题卡一并交回。

第I卷 (共 75 分)

I. 听力理解 (共三节, 22.5 分)

第一节: (共 4 小题; 每小题 1.5 分, 共 6 分)

听下面四段对话, 每段对话后有一道小题, 从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话你将听一遍。

1. What does the man enjoy doing in his spare time?

A. Drawing and painting.

B. Playing the piano.

C. Going to concerts.

2. Who may help with the computer problems?

A. Jason. B. Alice. C. Henry.

3. How long does it take to get to the shopping center by bus?

A. 15 minutes. B. 20 minutes. C. 30 minutes.

4. What does the man like best about Dr. Miller?

A. His class is interesting.

B. He helps students set goals.

C. He is understanding and friendly.

第二节: (共 6 小题; 每小题 1.5 分, 共 9 分)

听下面三段对话, 每段对话后有两道小题, 从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话你将听两遍。

听第 5 段材料, 回答第 5 至第 6 小题。

5. When will the birthday party be held?

A. On Saturday. B. On Sunday. C. On Monday.

6. What will the man do to prepare for the party?

A. Find the restaurant. B. Buy decorations. C. Invite friends.

听第 6 段材料, 回答第 7 至第 8 小题。



7.What's the man's purpose in exercising every week?

A.To lose weight. B. To build muscle. C. To recover from an injury.

8.What is the woman's job?

A.A coach. B. A receptionist.C. A saleswoman.

听第 7 段材料，回答第 9 至第 10 小题。

9.Why does the man feel stressed?

A.The classmates are hard-working.

B.The teachers are demanding.

C.The courses are difficult.

10.What does the woman advise the man to do?

A.Learn from his classmates.

B.Spend more time in learning.

C.Find suitable learning methods.

第三节：（共 5 小题；每小题 1.5 分，共 7.5 分）

听下面一段独白，根据题目要求在相应的横线上写下第 11 题至第 15 题的关键信息。每小题仅填写一个词。这段独白你将听两遍。

| Tips on how to increase general knowledge | |
|---|--|
| Get into a ___ 11 ___ of reading | <ul style="list-style-type: none"> ■Get a membership at the ___ 12 ___ public library ■Buy an e-reader to download reasonably priced books and articles |
| Socialize with more people | <ul style="list-style-type: none"> ■Join a book ___ 13 ___ or a social group ■Meet up with your friends for coffee or tea and ___ 14 ___ anything new you've learned |
| Use technology well | <ul style="list-style-type: none"> ■Watch television: try watching news and ___ 15 ___ programs ■Use search engines |

II.完形填空（共 15 小题；每小题 1.5 分，共 22.5 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，选出可以填入空白处的最佳选项。

One spring morning, my husband was in the yard cutting down an overgrown tree.

He then ___ 16 ___ it across the front yard and put it on a pile of wood.

I was inside the house tending to some things, when suddenly he came into the house, looking ___ 17 ___ and said, "I'm not sure if I should tell you this."

"What?" I said, totally expecting the very worst.

"Just come with me," he said. I ___ 18 ___ him out to the yard. He pointed. "There," he said.



In front of us were four baby birds in the tree branches, having fallen out of their nest (巢) during the terrible ride, __19__ amazingly all still alive.

I immediately picked them up and made a “nest” in the front of my T-shirt. My husband just looked at me and said, “You won’t be able to keep them __20__. You have never nursed a bird back to health before.”

Luckily, we were able to find the nest in the center of the tree. I placed the baby birds inside the nest. They had no feathers (羽毛), so these tiny birds had no protection __21__ the sun. I thought they wouldn’t make it through the day. As we stood far enough away from the nest, I wondered if their mother would ever find and __22__ them as her own.

I couldn’t believe it! Within a few minutes, a Blue Jay flew in and was jumping around the nest. She then flew up to the nest and __23__ herself on her babies, spreading her wings to __24__ them. And soon, the father joined the __25__ and continued his task of bringing food to the family while she warmed and kept the baby birds safe.

On one rainy day, I remember seeing her wings were spread especially wide across the nest. It was a __26__ sight, to see how a bird with a tiny brain, the size of the tip of my little finger, still had the will to so deeply __27__ her babies.

Then one day, all four baby birds jumped out of the nest and were gone. The parents had done their job and now the youngsters were __28__ to go make nests of their own.

I ended up __29__ that nest. Whenever I look at it, it reminds me to never give up no matter how bad things look, and be inspired by the inner __30__ of the Blue Jay parents to provide for their family.

- | | | | |
|---------------------|----------------|---------------|--------------|
| 16. A. dragged | B. planted | C. kicked | D. threw |
| 17. A. disappointed | B. cheerful | C. serious | D. angry |
| 18. A. led | B. forced | C. invited | D. followed |
| 19. A. when | B. so | C. but | D. or |
| 20. A. awake | B. alive | C. active | D. alone |
| 21. A. against | B. of | C. above | D. for |
| 22. A. pick | B. study | C. guide | D. recognize |
| 23. A. warmed | B. calmed | C. settled | D. helped |
| 24. A. hide | B. cover | C. separate | D. remove |
| 25. A. reunion | B. celebration | C. chance | D. event |
| 26. A. lively | B. touching | C. funny | D. common |
| 27. A. depend on | B. look into | C. believe in | D. care for |
| 28. A. ready | B. afraid | C. curious | D. unwilling |
| 29. A. discovering | B. decorating | C. saving | D. making |



30. A. beauty B. joy C. peace D. strength

III. 阅读理解（共 15 小题；每小题 2 分，共 30 分）

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。

A

Get To Know This Sweet and Spiky Fruit

What Are Rambutans?

The rambutan is a tropical fruit native to Malaysia, now grown throughout South East Asia as well as Puerto Rico, Mexico, and Central America. A cousin of the more well-known lychee, both fruits are members of the soapberry family. Rambutans have brownish-pink shells (壳) that are covered in hair-like bristles—in fact, the name rambutan comes from “rambut”, the Malay word for “hair”. The inner white fruit of the rambutan is juicy and sweet. Some say that the rambutan tastes like a sweet green grape.

How to Eat Rambutans

Rambutans are most often enjoyed fresh but also sometimes cooked, used to make rambutan jam. Because of their hard shells, they transport well and are ideal for packed lunches and picnics. They are easily added to cold dishes like fruit salads.

Rambutan Nutrition and Benefits

Rambutans are rich in vitamin C which helps strengthen the immune system and support brain health. Therefore, rambutans make a healthy sweet snack any time of day. Rambutans are low in calories and also rich in fiber (纤维).

Where to Buy Rambutans

Fresh rambutans from abroad can be found in supermarkets nationwide. You can also find rambutans in Chinese and South East Asian markets, both fresh and canned. Though they can be found year round, look for fresh rambutans when they are most plentiful in August and September. When choosing rambutans, pick those that are dark reddish-brown in color. Very pale, light colored rambutans may not be ready to eat.

_____ 33 _____

While you don't have to immediately put rambutans in a fridge, they will last longer if you do so. To avoid loss of freshness, wrap rambutans in paper and then in a breathable plastic bag.

31. Which are rambutans?



A.



B.



C.



D.



32. Why is the rambutan considered a healthy snack?

- A. The inner white fruit is juicy and sweet.
- B. It can be enjoyed fresh or cooked.
- C. It has a lot of vitamin C.
- D. It has zero calories.

33. Which is the best heading for the last paragraph?

- A. When to Save Rambutans
- B. Where to Keep Rambutans
- C. Why to Wrap Rambutans
- D. How to Store Rambutans

B

Rudolph plays football for Florida State University. When he was visiting a middle school in Florida one Tuesday, he noticed sixth-grader Leo eating his lunch alone. Rudolph grabbed a couple pieces of pizza and joined Leo at his table.

Leo has autism, a condition that can make it hard to make friends and communicate with other people. His mother always worries about him. Two days later, she saw a picture of Rudolph and Leo eating together and it made her so happy that she cried. Then, she shared the picture on the Internet, along with a message about how thankful she was. The story became popular very quickly.

“We just had a great conversation. He started off telling me his name is Leo, telling me how much he loves Florida State. We went from there,” said Rudolph. “It was really easy. He had a nice smile on his face. Just a really warm person.”

Leo’s mother said that middle school can be hard, and she worries about how other kids will treat her son. “Sometimes I’m thankful for his autism. That may sound like a terrible thing to say, but in some ways I think—I hope—it shields him,” she said. “He doesn’t seem to notice when people look at him when he flaps (拍打) his hands,” she said. “He doesn’t seem to notice that he doesn’t get invited to birthday parties. And he doesn’t seem to mind if he eats lunch alone.”

The mother said the photo of Rudolph and Leo’s lunch date helped teach people about autism. “The picture speaks more than a thousand words. You can see how far away the rest of the students are, but you can see how engaged Rudolph is with Leo,” she added.

“I just wanted to go say hi to the kid, because I saw him eating alone. I didn’t even know anybody took a photo of it.” Rudolph said he was glad that the story was helping others.

Leo is excited that Rudolph signed his lunch box, and is enjoying all of the attention. “It’s been awesome. Everyone was so proud of me,” Leo said.

Leo and his mother have been invited to dinner with the football team and possibly to a game.

34. Rudolph chose to eat with Leo because he _____.

- A. knew Leo suffered from autism
- B. wanted to make friends with Leo



C.promised to sign Leo’s lunch box

D.saw no one sitting at the table with Leo

35.Leo’s mother shared the picture on the Internet to _____.

A.show her thankfulness

B.teach people about autism

C.help her son to become famous

D.make the other students feel ashamed

36.What did Leo’s mother mean by saying the sentence underlined in Paragraph 4?

A.Autism protects Leo from being treated badly at school.

B.Autism causes Leo to receive positive public attention.

C.Autism makes Leo not realize his social challenges.

D.Autism helps Leo escape from social activities.

37.What can we learn from this passage?

A.One good turn deserves another.

B.A loss may turn out to be a gain.

C.A little kindness goes a long way.

D.Chance favors the prepared mind.

C

Guardian Angels are people who travel on the New York subways and protect other passengers from criminals (罪犯). They are volunteers: they don’t get paid anything to do this job. The Guardian Angels would never have appeared without a young man named Curtis Sliwa.

Forty-three years ago, if you’d wanted to travel home late at night on the New York subway, you wouldn’t have felt very safe. Luckily, on February 13, 1979, at 3:00 a.m., the first safety patrol (巡逻)—called The Team—went into action. Curtis Sliwa and his friend Don Chin began to clean up crime on one of New York’s toughest subway lines, the Number 4 train. However, this was not a job for two, but a job for 13, so thirteen brave people walked into the last car of the Number 4 subway line in New York City—the “Mugger’s Express”. If they saw a danger of violence (暴力), they stopped it, using non-violent means. The group became known as the “Magnificent 13”.

The Magnificent 13 soon went from thirteen members to hundreds and they changed their name to the Guardian Angels Safety Patrol (GASP). At first, GASP faced opposition from the police, but they had the strong support of the public. Today, the Guardian Angels can be found all over the US. If you travel by subway, you will see them wearing red hats and white T-shirts. Although Guardian Angels are not armed, if they’re present, a criminal will think twice before committing a crime.

The Guardian Angels also train young people to join them in their fight against crime. They



believe that if they train groups of volunteers to patrol dangerous areas in New York, the city will be safer for everybody. “If we had more volunteers, we would be able to reduce the problems many cities face: violence, crime, and drugs.”

They have also started after-school training programs inside high schools and community centers. If young people visit the Guardian Angels Headquarters (总部), volunteers will talk to them about their work and will then guide them through the Times Square area. It’s fun. It’s safe and meaningful!

38. What is Paragraph 2 mainly about?

- A. The changes brought by the Magnificent 13.
- B. The birth of the Guardian Angels Safety Patrol.
- C. The subway lines that the Guardian Angels patrolled.
- D. The reason why Curtis Sliwa wanted to stop subway crime.

39. What can we learn from the passage?

- A. The police influenced the public’s opinions about GASP.
- B. Volunteers play an active role in reducing crime in New York.
- C. The Magnificent 13 put an end to crime on the Mugger’s Express.
- D. The Guardian Angels sometimes turn to violence to keep passengers safe.

40. What can young people do at the Guardian Angels Headquarters?

- A. Talk to the leader of GASP.
- B. Take part in training programs.
- C. Carry out safety patrols with guides.
- D. Get educated about the Guardian Angels’ work.

41. What is the author’s purpose in writing the passage?

- A. To publicize a social service group.
- B. To call attention to public safety concerns.
- C. To introduce Curtis Sliwa’s great contributions.
- D. To present new ways to reduce crime in society.

D

Bed rotting—the practice of spending long periods of time just staying under the covers with snacks, screens and other creature comforts—is gaining popularity on social media. Some Generation Z trend followers are now viewing it as a form of self-care, but doctors warn too much could be “sign of depression”. Are these extended breaks really wise for one’s mental health—or could they be a cause for concern?

Dr. Ryan Sultan, a professor at Columbia University in New York, who treats many young people, called the bed rotting trend attractive. “In our culture today, with too much to do, too many



expectations and too much productivity, many young individuals (个人) are feeling burned out and often aren't getting enough sleep. It's easy to see why taking time off to lie around is attractive," Sultan said. "In many ways, this is beneficial. It's a chance to get away from real-life problems and clear your head before returning to life in a better state of mind," he added.

For the downside, however, he said a long-term need or desire for bed rotting could do harm to one's physical health. Spending too many daytime hours in bed—awake or not—could destroy sleep schedules. Our brains are fine-tuned for sleep in darkness and alertness in light. Lying in bed half-asleep during the day will worsen sleep schedules—once that happens, it is a challenge to fix. It could also lead to blood pressure problems and obesity (肥胖).

Long-term need or desire for bed rotting could also be a warning sign of depression, according to a mental health expert. Dr. Marc Siegel, professor of medicine at NYU Langone Medical Center and a Fox News medical contributor, agreed that while some downtime can be useful in terms of de-stressing and rejuvenation (更新), too much bed rotting is a bad health practice. In addition to increasing the risk of depression, it contributes to decreased motivation (动力) as well.

Instead of bed rotting, Siegel recommends regular exercise as a better form of de-stressing. While the occasional lazy day can be beneficial, too much could have the opposite effect. If it happens every day, that's a fairly sensitive test for depression. Those who lack the motivation to get out of bed could also try calling or texting a family member for support, socializing with close friends, finding a small task to complete, or reaching out to a medical professional for help.

42. According to Dr. Ryan Sultan, why do young people like bed rotting?

- A. They are fond of what is popular on social media.
- B. They are unwilling to socialize with friends.
- C. Bed rotting is a way to escape stress.
- D. Bed rotting helps fix sleep schedules.

43. What does the word "fine-tuned" underlined in Paragraph 3 probably mean?

- A. Quickly-activated. B. Well-trained.
- C. Badly-needed. D. Ill-equipped.

44. What can we learn from the passage?

- A. Being lazy from time to time can be good for individuals.
- B. Sleeping in light can increase the risk of depression.
- C. Bed rotting can allow people to avoid expectations.
- D. Feeling down leads to decreased motivation.

45. What is the passage mainly talking about?

- A. Different opinions on how to become motivated.



- B. Main causes of the long-term need for bed rotting.
- C. Practical suggestions for young people to deal with stress.
- D. Possible problems from lying in bed for extended periods of time.

第II卷 (共 65 分)

I. 选词填空 (共 7 小题; 每小题 2 分, 共 14 分)

用方框中单词的适当形式完成下列句子, 每个单词只能用一次。

disappoint origin regular patient
formal explore various

- 46. People change their mind for a _____ of reasons.
- 47. Our school _____ invites university professors to give lectures on science.
- 48. To his _____, the basketball team lost the championship game.
- 49. On _____ occasions, you can wear anything you want, like T-shirts and jeans.
- 50. Their _____ idea was to fix their old computer, but they decided to buy a new one instead.
- 51. As a doctor, when working with _____, my efforts are centered on helping them overcome illness.
- 52. After _____ the old part of the town in the morning, we made our way to the modern part after lunch.

II. 语法填空 (共 10 小题; 每小题 1 分, 共 10 分)

在未给提示词的空白处填写 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。

- 53. The UN first _____ (celebrate) Chinese Language Day on Nov. 12, 2010.
- 54. It is hard to defeat a person _____ never gives up.
- 55. On cold winter days, _____ (give) your immune system a helping hand, you can drink some ginger tea.
- 56. The audience was _____ (amaze) at the actor's wonderful performance.
- 57. Every evening, Jack's grandma _____ (enjoy) hearing him read news aloud for her.
- 58. On the way to work, my father helped a young man _____ car had broken down.
- 59. When the Internet first appeared, few people believed that it _____ (become) popular.
- 60. Mike was encouraged by a coach _____ (learn) ice skating at a young age.
- 61. A new hospital _____ (build) near my home now. It will open next year.
- 62. There are some apps _____ can help to connect people with similar interests.

III. 完成句子 (共 5 小题; 第 63、64 题每题 2 分, 第 65、66、67 题每题 3 分, 共 13 分)

根据括号中所给提示完成下列句子。

63. 我花了一个月的时间适应新环境。(adapt to)

_____ 64. 由于大



雪，昨天的足球赛取消了。(due to)

65.我会努

力工作，因为我不想让他失望。(let down)

66.我的建

议是更多地与朋友面对面交流。(My advice is...)

67.新图书

馆将使生活在这个社区的人们受益。(benefit)

IV.阅读表达(共4小题;每小题2分,共8分)

阅读下面的短文和问题,根据短文内容,在相应题号后的横线上写下相关信息,完成对该问题的回答。答语要意思清楚,结构正确,书写工整。

I have a special rule for travel: never carry a map. I prefer to ask for directions. Sometimes I get lost, but I usually don't mind. I can practice a new language, meet new people, and learn new customs. And I find out about different "styles" of giving directions every time I ask, "How can I get to the post office?"

Foreign tourists are often confused in Japan because most streets don't have names. In Japan, people use landmarks in their directions instead of street names. For example, the Japanese will say to travelers, "Go straight down to the corner. Turn left at the big hotel and go past a fruit market. The post office is across from the bus stop."

In the countryside of the American Midwest, there are not usually many landmarks. There are no mountains, so the land is very flat; in many places there are no towns, or buildings within miles. Instead of landmarks, people will tell you directions and distances. In Kansas or Iowa, for instance, people will say, "Go north two miles. Turn east, and then go another mile."

People in Los Angeles, California, have no idea of distance on the map: they measure distance in Los Angeles in time, not miles. "How far away is the post office?" you ask. "Oh," they answer, "it's about five minutes from here." You say, "Yes, but how many miles away is it?" They don't know.

People in Greece sometimes do not even try to give directions because tourists seldom understand the Greek language. Instead, a Greek person will often say, "Follow me." Then he'll lead you through the streets of the city to the post office.

Sometimes a person doesn't know the answer to your question. What happens in this situation? A New Yorker might say, "Sorry, I have no idea." But in Yucatan, Mexico, no one answers, "I don't know." People in Yucatan believe that "I don't know" is impolite. They usually give an answer, often a wrong one. A tourist can get very, very lost in Yucatan!

One thing will help you everywhere—in Japan, the United States, Greece, Mexico, or any other



place. You might not understand a person's words, but you can probably understand the person's body language: He or she will usually turn and then point in the correct direction. Go in that direction, and you may find the post office.

68. Why doesn't the writer mind getting lost? (不多于 14 个单词)

69. Please list three examples of landmarks mentioned in Paragraph 2. (不多于 10 个单词)

70. How do people in Los Angeles measure distance? (不多于 2 个单词)

71. What is the passage mainly talking about? (单词数不限)

V. 书面表达 (20 分)

假设你是红星中学高一学生李华。你的英国笔友 Jim 在邮件中提到对你的高中生活很感兴趣。请你给他回一封邮件，分享你高中生活中一件难忘的事。内容包括：

1. 事情经过；

2. 你的感受。

注意：1. 词数不少于 60；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

Yours,

Li Hua



参考答案

第 I 卷 (75 分)

I. 听力理解 (共三节, 22.5 分)

第一、二节 (共 10 小题; 每小题 1.5 分, 共 15 分)

1. B 2. A 3. C 4. C 5. B
6. C 7. B 8. A 9. A 10. C

第三节 (共 5 小题; 每小题 1.5 分, 共 7.5 分)

11. habit 12. local 13. club 14. discuss 15. educational

II. 完形填空 (共 15 小题; 每小题 1.5 分, 共 22.5 分)

16. A 17. C 18. D 19. C 20. B
21. A 22. D 23. C 24. B 25. A
26. B 27. D 28. A 29. C 30. D

III. 阅读理解 (共 15 小题; 每小题 2 分, 共 30 分)

31. B 32. C 33. D 34. D 35. A
36. C 37. C 38. B 39. B 40. D
41. A 42. C 43. B 44. A 45. D

第 II 卷 (65 分)

I. 选词填空 (共 7 小题; 每小题 2 分, 共 14 分)

46. variety 47. regularly 48. disappointment 49. informal
50. original 51. patients 52. exploring

II. 语法填空 (共 10 小题; 每小题 1 分, 共 10 分)

53. celebrated 54. who/that 55. to give 56. amazed
57. enjoys 58. whose 59. would become 60. to learn
61. is being built 62. which/that

III. 完成句子 (共 5 小题; 第 63、64 题每题 2 分, 第 65、66、67 题每题 3 分, 共 13 分)

63. It took/has taken me one month to adapt to the new environment.
64. Due to the heavy snow, yesterday's football match was/has been cancelled.
65. I will work hard because I don't want to let him down.
66. My advice is to have more face-to-face communication with friends.
67. The new library will benefit the people who live in this community.

/The people who live in this community will benefit from the new library.

IV. 阅读表达 (共 4 小题; 每小题 2 分, 共 8 分)

68. Because he can practice a new language, meet new people, and learn new customs.
69. The big hotel, a fruit market, and the bus stop.
70. In time.
71. People in different places give directions in different ways.

V. 书面表达 (20 分)



One possible version:

Dear Jim,

How is everything going? Glad to know you are interested in my high school life. I want to share with you an unforgettable event.

It was the annual school talent show held last week. When I first heard the news, I wanted to give it a try, but then I hesitated. Though I love singing, I had never sung in public. Finally, to challenge myself, I signed up. In the following weeks, I practiced almost every day. On the day of the show, I was very nervous, but the moment I stepped onto the stage and began my performance, all my fears disappeared. As the last note faded, the audience's applause and cheers arose. At that time, I felt a great sense of achievement.

The best part of the experience was learning to step outside my comfort zone and embrace new challenges.

It always feels great to share with you these unforgettable moments in my life. Drop me a line when you are free.

Yours,

Li Hua



北京市西城区 2023—2024 学年度第一学期期末测试

高一英语听力录音材料

2024.1

第一节：听下面四段对话。每段对话后有一道小题，从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话你将听一遍。

M: Lily, what do you enjoy doing in your spare time?
W: I enjoy drawing and painting. What about you?
M: I often play the piano in my spare time.
W: I have no talent for music. But I sometimes go to concerts with my parents.

W: Henry, I'm having problems with my computer. For some reason it won't turn on.
M: Have you checked if your computer has a power supply, Alice?
W: Yes. So, what should I do now?
M: You can call Jason, the new computer engineer. See if he can help.

W: Does Bus No.20 go to the shopping center?
M: Yes, it'll take us there. The timetable says there's a bus every 15 minutes.
W: How long is the bus ride?
M: It only takes half an hour.

W: Jack, have you ever taken a class from Dr. Miller?
M: Of course. I took his class last year. We did a lot of interesting experiments in class. Are you going to take his class this term?
W: Yes. He is said to be really good at helping students set clear goals for themselves.
M: I agree, but what I really liked about him is that he was understanding and friendly.

第二节：听下面三段对话。每段对话后有两道小题，从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话你将听两遍。

听下面一段对话，回答第 5 至第 6 小题。

W: Jenny's birthday party is coming. How about holding a surprise party for her?
M: Sure. Next Monday is her birthday, but we have to attend the night class.
W: Oh, I almost forgot! What about celebrating her birthday this weekend?
M: That's a good idea. We still have plenty of time to prepare for it.
W: Jenny will visit her grandma this Saturday, so let's have the party on Sunday.
M: Sounds good. Anything I need to do?
W: Yes. Could you buy some decorations? And I will find the restaurant for the party.
M: I'd like to make some decorations myself. I can also send the invitations to our friends.
W: Great! Thanks for your help.

听下面一段对话，回答第 7 至第 8 小题。

W: Good evening, Mr. White. It has been almost half a year since you last showed up.
M: I haven't exercised for a long time. Now, I am thinking about signing up for the weekly personal training course.



W: Do you have any training goals, such as losing 10 kilograms in 6 months?
M: I don't need to lose weight. I want to gain muscle mass.
W: I see. How many training classes can you take per week?
M: Perhaps two to three. I hope it won't be too challenging in the first few weeks, as I have just recovered from a foot injury.
W: That's good to know. When do you want to begin training with me?
M: How about this Saturday evening?
W: No problem. Let's do some basic tests here. I will design the training plan based on your present body condition.

听下面一段对话，回答第 9 至第 10 小题。

W: Hey, Mike. You look so upset.
M: I can't adapt to the new school life and feel so stressed. What should I do?
W: Don't worry. It is quite common to feel the pressure in high school. What you are learning is probably pretty difficult.
M: Well, I don't think the subjects are challenging. At least, that's what many people say.
W: Then, what is causing the stress? Are teachers too strict with you?
M: Not really. My new teachers are very nice. I think the stress may have something to do with my classmates.
W: Your classmates? I remember you said they are friendly.
M: Yes. We chat a lot after class. And you know what? Some of them are real go-getters. They are learning all the time.
W: Everyone has his or her own learning style. Find an effective learning method that works for you and you'll also get ahead.
M: Maybe you are right. I'll try my best.

第三节：听下面一段独白，根据题目要求在相应的横线上写下第 11 题至第 15 题的关键信息。每小题仅填写一个词。这段独白你将听两遍。

Hello, everyone. I'm Sam Smith. Do you want to increase your general knowledge about current affairs, fashion, health, or the arts and sciences? Today, I'd like to give you some tips on how to do it.

First, get into a habit of reading. Get a membership at the local public library. In this way you can gain access to thousands of books. You can also buy an e-reader to download reasonably priced books and articles from some websites. This will give you instant satisfaction and more knowledge.

Second, socialize with more people. You may join a book club or a social group to increase the number of your experiences with people who are interested in doing the same thing. Or, meet up with your friends for coffee or tea and discuss anything new you've learned.

Third, use technology well. You can watch television to expand your general knowledge. Try watching news and educational programs. Of course, you can use search engines. Regularly use them to discover the latest news, trends, and topics of interests.

Hope my tips can help enlarge your general knowledge.

第三节到此结束。听力理解部分到此结束。

请确认你的答案答在了答题卡上。