

# 高中英语

# 小题才王做<sup>®</sup>

-----必修第一册 RJ-----

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恩波教育研究中心◎主编

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# UNIT 1 TEENAGE LIFE

## 基础知识过关

### Period I Listening and Speaking-Reading and Thinking

#### 小题语境练 限时 30 分钟

#### 一、语境填词(根据首字母或汉语提示,用本单元所学单词填空)

1. Climate change is still very much a subject for \_\_\_\_\_ (争论).
2. The \_\_\_\_\_ (内容) of the course depends on what the students would like to study.
3. These m\_\_\_\_\_ will exercise your arms and shoulders.
4. Grandma grows a lot of tomatoes in her \_\_\_\_\_ (温室).
5. His poems were published under the t\_\_\_\_\_ of *Love and Reason*.
6. I couldn't follow the talk because he kept jumping about from one t\_\_\_\_\_ to another.
7. Each child had participated in \_\_\_\_\_ (课外的) activities at school.
8. \_\_\_\_\_ (显然), we don't want to spend too much money on it.
9. Q\_\_\_\_\_ playing the fool and get some work done!
10. The new bridge has been finished two years ahead of s\_\_\_\_\_.

#### 二、词汇变形(用括号内所给词的适当形式填空)

1. I think it very important for \_\_\_\_\_ (teenage) to discuss their problems with someone.
2. She does some \_\_\_\_\_ (volunteer) work, caring for the elderly.
3. \_\_\_\_\_ (prefer) will be given to graduates of this university.
4. There will be many difficult and \_\_\_\_\_ (challenge) days ahead.
5. All the roads looked the same and he felt thoroughly \_\_\_\_\_ (confuse).
6. \_\_\_\_\_ (fluent) in oral and written English is a major requirement.
7. He became a high school teacher in a remote town after \_\_\_\_\_ (graduate).
8. We chose the hotel on Jack's \_\_\_\_\_ (recommend).
9. She feels a strong sense of \_\_\_\_\_ (responsible) towards her employees.
10. We applied our minds to finding a \_\_\_\_\_ (solve) to our problem.



### 三、选词填空(用方框内所给短语的适当形式完成句子)

volunteer to do	prefer...to...	clean up	be suitable for	graduate from
recommend...to...	sign up for	in advance	be responsible for	solution to

1. They \_\_\_\_\_ reading books \_\_\_\_\_ watching TV.
2. She used to mess up the floor and I had to \_\_\_\_\_ after her.
3. This job \_\_\_\_\_ people who enjoy working independently.
4. The book is well worth reading, and I have \_\_\_\_\_ the book \_\_\_\_\_ all my students.
5. Before visiting him, I called him up \_\_\_\_\_.
6. The two \_\_\_\_\_ this problem are acceptable.
7. I \_\_\_\_\_ a cooking class at the community centre.
8. I \_\_\_\_\_ help clean up the park on Saturday morning, and I felt proud of myself.
9. Four years after \_\_\_\_\_ school, Tom decided to dust off his English books.
10. Because she was under age, her parents \_\_\_\_\_ her.

### 四、句式表达

1. 通过帮助那些孩子,我觉得我能影响他们的未来。(make a difference to)

---

2. 我想知道你有没有时间。(I am wondering...)

---

3. 游泳是保持健康的一种非常好的方式。(动名词作主语)

---

4. 他们建议我好好休息一下。(recommend+that 从句)

---

5. 显而易见,知识在我们的一生中发挥着重要的作用。(It is obvious to sb that...)

---

6. 运动会安排在下周举行。(be scheduled to do)

---

7. 我对选择哪所大学感到困惑。(be confused about)

---

8. 他已经戒烟了。(quit doing)

---



## 一、阅读理解

[山东联考]Josie, who is 17 years old, said, “Why do my parents do the same things they tell me not to do? For example, my mum stops me from shouting through the walls and asks me to go and speak to her face-to-face, but she always shouts through the walls to me. What can I do?”

That is a very good point. Parents can be completely inconsistent(不一致), and usually they don't realize it. You see this a lot in many things like smartphones. Parents always say to their kids, “Oh, you can't use that. That device(设备) is bad for you, so stop using it at the table. It's harmful.” But then they are on theirs continually. So what do you expect teenagers to do?

The whole “Do as I say, not as I do” thing is an annoyance, especially for a teenager who is dying for independence and respect but isn't getting them.

What can teenagers do with it? I would say you should point it out by calmly saying something like “You tell me not to scream through the walls, but you do it to me, so you can understand where I'm coming from. That's not ideal.” They might object to it, but I think most parents who care about being parents would logically say, “That's a reasonable point.”

There are a lot of conflicts(矛盾) going on between teenagers and their parents, but a lot of studies show that the conflicts are resolved a lot more when they turn into a dialogue.

If you can talk at a time when you're both feeling a bit calmer, like just in the kitchen or doing something unimportant, then go in and say, “Can I just mention it? You tell me not to do this, but you do it too.” If you can approach it in a more calm and stress-free manner, most parents will respond positively.

- ( ) 1. How did Josie feel according to her words in Paragraph 1?
- A. Hopeful.                      B. Bored.                      C. Proud.                      D. Confused.
- ( ) 2. What does the underlined word “theirs” in Paragraph 2 refer to?
- A. The parents' smartphones.                      B. The tables in the house.
- C. The devices in the house.                      D. The teenagers' points.
- ( ) 3. What should teenagers do with their parents' inconsistency?
- A. Object to it personally.
- B. Complain of it continually.
- C. Talk with their parents calmly.
- D. Do some studies differently.
- ( ) 4. What is the author's purpose in writing the last paragraph?
- A. To list a fact.
- B. To offer a suggestion.
- C. To show a result.
- D. To ask a new question.



## 二、七选五

[2025 广东东莞七校联考] Change is with us from the day we are born and change is all around us every day. 1 This difference comes from the fact that we don't all experience changes in the same way. So, what can we young people do in face of some changes?

We young people aren't always ready to deal with changes. That's because our young brains are still growing. The back part of our brain is all about survival and keeping us alive. The middle of our brain controls our emotions. 2

Our brain can react to situations in different ways, depending on how we deal with changes or stress. When the brain thinks the body may be in danger, we'll have the fight-or-flight response(反应). 3 The heart then sends blood quickly to different body parts. It prepares the body to fight, flee or freeze.

There are times when we young people feel stressed, when changes get hard to manage, or when it is just too hard for us to collect our thoughts. 4 That may be a parent or carer, grandparent, aunt or uncle, teacher, neighbour or even an older brother or sister. Change can sometimes be hard or make you worry, but you don't have to do it alone.

5 By meeting changes and trying new things, we'll begin to discover what we really love. As we learn more about ourselves, we'll make better decisions about our life and future. This can help us discover our path in life.

- A. Changes are chances for us to grow up.
- B. That response makes the heart beat faster.
- C. And the front of our brain is still developing.
- D. But some can face changes easily, while others can't.
- E. Other people can be affected by the slightest changes.
- F. Brains are very important organs to deal with stress or changes.
- G. In these situations, it's OK to seek or ask for help from an adult we trust.

## 三、完形填空

[湖北武昌实验中学月考] I still remember the first day of high school. As a freshman, I was both excited and 1. I didn't know anyone, and I wasn't sure how I would 2. But little did I know, my high school experience would end up being one of the most transformative times in my life.

One of the biggest challenges I faced in high school was 3 management. I was involved in several extra-curricular 4 including the debate team and student government, and I found it difficult to 5 my schoolwork with my other commitments. However, over time, I learned how to prioritize and manage my time effectively. I discovered that by setting clear goals and creating a 6 I could accomplish everything I wanted to without making a mess of my school life.

Another important lesson I learned in high school was the 7 of hard work. I had always been a good student, but in high school, I was challenged to 8 myself even further and strive for 9 in everything I did. Whether it was a difficult maths problem or a challenging essay, I learned to 10 the



struggle and persevere through difficult tasks. This 11 and way of work would serve me well in college and beyond.

High school was also a time of 12 growth for me. I made new friends, 13 my interests, and discovered who I was as a person. I was 14 to new ideas and perspectives through my classes and extra-curricular activities, and these experiences helped shape my 15 and values.

- |                          |              |               |                 |
|--------------------------|--------------|---------------|-----------------|
| ( ) 1. A. sad            | B. lazy      | C. nervous    | D. calm         |
| ( ) 2. A. get up         | B. give away | C. break down | D. fit in       |
| ( ) 3. A. money          | B. time      | C. emotion    | D. food         |
| ( ) 4. A. subjects       | B. positions | C. activities | D. orders       |
| ( ) 5. A. balance        | B. trade     | C. replace    | D. finish       |
| ( ) 6. A. schedule       | B. task      | C. atmosphere | D. relationship |
| ( ) 7. A. problem        | B. value     | C. future     | D. burden       |
| ( ) 8. A. blame          | B. delay     | C. push       | D. research     |
| ( ) 9. A. curiosity      | B. drawbacks | C. highlights | D. excellence   |
| ( ) 10. A. reject        | B. embrace   | C. avoid      | D. recognize    |
| ( ) 11. A. determination | B. escape    | C. trick      | D. advice       |
| ( ) 12. A. knowledge     | B. power     | C. financial  | D. personal     |
| ( ) 13. A. neglect       | B. explore   | C. narrow     | D. realize      |
| ( ) 14. A. assigned      | B. closed    | C. exposed    | D. put          |
| ( ) 15. A. figure        | B. fortune   | C. puzzle     | D. worldview    |



## Period II Discovering Useful Structures—Assessing Your Progress

### 小题语境练 限时 30 分钟

#### 一、语境填词(根据首字母或汉语提示,用本单元所学单词填空)

1. He piled as much food as he could onto his p\_\_\_\_\_.
2. I set off for a new \_\_\_\_\_ (冒险) in the United States on the first day of the new year.
3. In my y\_\_\_\_\_, I made up my mind to become a teacher in the future.
4. She's very e\_\_\_\_\_ at making cheap but beautiful dresses.
5. I can't believe he is such a dishonest person and has a lot of bad \_\_\_\_\_ (行为).
6. She was possibly the greatest writer of her \_\_\_\_\_ (一代人).
7. The library a\_\_\_\_\_ thousands of students to study on the weekend.
8. It was the main f\_\_\_\_\_ of attention at the meeting.
9. I went through about four years of being \_\_\_\_\_ (上瘾的) to computer games.
10. Many \_\_\_\_\_ (成年人) have some problems with using smartphones.

#### 二、词汇变形(用括号内所给词的适当形式填空)

1. Many teachers would like to be more \_\_\_\_\_ (adventure) and creative.
2. There was a group of \_\_\_\_\_ (young) standing on the street corner.
3. An animal's sense of smell is still very important to its \_\_\_\_\_ (survive).
4. Such \_\_\_\_\_ (behave) is common to all young people.
5. He could not resist(抵得住) the \_\_\_\_\_ (attract) of the sea and became a sailor.
6. We encourage the students to continue their hard work and stay \_\_\_\_\_ (focus).
7. Some people know how to control themselves, and thus avoid \_\_\_\_\_ (addict).
8. We have the \_\_\_\_\_ (expert) to help you run your business.

#### 三、选词填空(用方框内所给短语的适当形式完成句子)

try out for	give a speech	at the same time	be attracted to
focus on	be addicted to	be worried about	behave well

1. It was the first time for her to \_\_\_\_\_ to so many people.
2. This report found that six percent of the 18,000 people surveyed \_\_\_\_\_ browsing the Internet.
3. It's impossible to get everybody together \_\_\_\_\_.
4. Parents are responsible for making sure their children \_\_\_\_\_.
5. He \_\_\_\_\_ the idea of travelling around the world.
6. I \_\_\_\_\_ his safety because he hasn't arrived yet.
7. My teacher recommended I \_\_\_\_\_ the school play, just to get me a bit more socially active.
8. The majority of previous research \_\_\_\_\_ how we learn and remember new information.



## 四、语法训练(写出下列句子中画线部分所属短语类型及其在句中所作成分)

1. I think the book very interesting. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
2. Much interested, he agreed to give it a try. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
3. He told me a funny story. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
4. She speaks English very fluently. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
5. Harvard is one of the most famous universities in the United States.  
(属于\_\_\_\_\_;在句中作\_\_\_\_\_)
6. He is my best friend. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
7. She is full of fear, running out of the dark room. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
8. He is a very careful worker. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
9. The warm girl is my sister. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)
10. We consider him a good teacher. (属于\_\_\_\_\_;在句中作\_\_\_\_\_)

## 五、句式表达

1. 志愿者们扫清了街上的积雪,使人们走在上面更安全。(make it+adj. +to do)

---

2. 为什么不休息几天呢?(why not)

---

3. 这是因为每个人都有自己的兴趣爱好。(This is because...)

---

4. 人们犯错误并不罕见。(it is not unusual for sb to do sth)

---

5. 天气太冷,不适合去游泳。(too...to...)

---

6. 下一次我见到你,我会陪着你。(the next time; company)

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## 一、阅读理解

[2025 河北衡水武强中学期末] High school students perform better on tests if they are in a classroom with a view (视野) of a green space, instead of a windowless room or a room with a view of built-up space, according to research from the University of Illinois Department of Landscape Architecture.

“It is the first to show a relationship between studying with a green view and students’ performance,” said William Sullivan, head of the research team. “It’s a significant finding that if you have a green view outside your window, you’ll do better on tests.” Sullivan hopes the results of their research will lead to policy (政策) changes. “Changes in school design, for example, would be a much better thing than any of the things we spend money on in secondary education today,” Sullivan said.

The research included 94 students at five central Illinois high schools. Students were randomly assigned (随机分配) to one of three kinds of classrooms—windowless, with a window looking out onto built-up space, or with a window looking out onto green space. Each kind of classroom had a similar size and layout. The students took part in one-on-one experiments in which they did 30 minutes of activities that included a proofreading exercise, a speech and a maths exercise. Following the activities, the students were given an attention test which asked them to repeat a series of (一连串) numbers.

The findings: Students did better on both study activities and the attention test if they were in a classroom with a green view, Sullivan said.

The researchers suggest their findings can help planners and policymakers improve students’ well-being and learning. For example, planners can choose sites for new schools that already have trees and other vegetation, or they can plant many trees on the site; architects (建筑师) can design classroom, dining room and hallway windows so they look onto green spaces.

( ) 1. What did the study find out about high school students?

- A. They like to have green plants in their classrooms.
- B. They will get better grades when studying in different classrooms.
- C. Changes in school design will influence their attitudes towards teachers.
- D. A green view through a classroom window can improve their performance.

( ) 2. What does the underlined word “significant” in Paragraph 2 mean?

- A. Traditional.
- B. Important.
- C. Necessary.
- D. Early.

( ) 3. What is Paragraph 3 mainly about?

- A. How the study was carried out.
- B. Why the study was different.
- C. The purpose of the study.
- D. The result of the study.



- ( ) 4. What do the researchers think of the study?
- A. It has drawn public attention to education.
- B. It can play a guiding role in school planning.
- C. It has encouraged students to get close to nature.
- D. It needs more support from high school teachers.

## 二、完形填空

[2025 湖北襄阳六校期中] I used to take part in science competition on behalf of my school. My chemistry teacher was 1 me because our team generally performed well. During one competition, in the important buzzer round (抢答环节), I pressed the buzzer too early, 2 I knew the answer. 3, my answer was incorrect. We 4 that round, and I was left feeling very disappointed. However, hope wasn't lost as another competition was 5 in a few weeks, and I was 6 that we could show improvement.

Once again, we found ourselves in the final buzzer round. Before the host could complete the question, I buzzed in, believing with all my heart that our 7 was correct. Sadly, it was incorrect again. Feeling a wave of 8, I approached my chemistry teacher and 9 with a heavy heart, "I'm sorry for letting you down again. I have failed twice."

She looked at me with kind eyes and replied, "No, you've only failed once." Seeing my 10 expression, she gently explained, "In life, there are no complete failures or successes. Only 11. The only true failure is the 12 to learn from them. Here, you failed to learn."

That significant 13 was the first and last time I didn't learn from an experience. Her words have 14 in my life, teaching me the value of reflection and 15 from every experience.

- ( ) 1. A. proud of                      B. curious about                      C. suitable for                      D. addicted to
- ( ) 2. A. doubting                      B. hoping                      C. commenting                      D. believing
- ( ) 3. A. Unfortunately                      B. Extremely                      C. Actually                      D. Obviously
- ( ) 4. A. won                      B. lost                      C. quit                      D. cheated
- ( ) 5. A. recommended                      B. exchanged                      C. scheduled                      D. applied
- ( ) 6. A. amazed                      B. frightened                      C. confident                      D. cheerful
- ( ) 7. A. path                      B. answer                      C. view                      D. request
- ( ) 8. A. excitement                      B. surprise                      C. happiness                      D. despair
- ( ) 9. A. lectured                      B. contacted                      C. debated                      D. apologized
- ( ) 10. A. confused                      B. anxious                      C. annoyed                      D. shocked
- ( ) 11. A. lessons                      B. solutions                      C. experiments                      D. details
- ( ) 12. A. success                      B. failure                      C. strength                      D. strategy



- (     ) 13. A. injury                      B. goal                      C. moment                      D. content
- (     ) 14. A. made it                      B. made a difference    C. made sense                      D. made progress
- (     ) 15. A. graduation                      B. understanding        C. recognition                      D. growth

### 三、语法填空

[2025 广东东山中学期中] High school plays an important part in the careers and lives of human beings. While at high school, we learn how to prepare for the practical life and get the abilities   1   (manage) the problems of life. Problems are also the best challenges that bring new experiences and knowledge to us.

High school for me has proved to be a learning experience and also   2   challenge. There are many lessons that I learned. I have made a schedule   3   is suitable for me. I learned more about myself, who my friends are, what kind of help   4   (offer) to me, and what my strong and weak points are.   5   (attend) high school helped build my   6   (confident) because my classmates   7   (support) me, and my teachers taught me how to study for tests, and they   8   (actual) helped me overcome my fear of maths. My classmates were so kind. I used to attend study groups for the subjects that I was fond   9  . My classmates would even talk and try to comfort me when I was having personal problems and help me to get   10   over.

High school is in fact what you make of it, but it is also the time of great change for everybody.

- |          |          |          |          |           |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____  |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |



## 阅读拓展提优



限时 40 分钟

## Passage 1

[2025 广东东莞七校联考] Children are more creative when they learn in natural surroundings, according to new research from Curtin University. Primary school students in Australia and England were put to the test to see whether writing poetry in a natural outdoor setting produced more creative outcomes than writing in a classroom, and the answer was yes.

Dr Paul Gardner and Sonja Kuzich from Curtin's School of Education ran comparative trials with 10-year-old students in both countries and the results, recently published in the *Cambridge Journal of Education*, gave a big thumbs-up to the positive influence of natural settings. "We found that students who had direct contact with nature by engaging themselves in a bush or forest setting were much more descriptive and vivid in the language they used than the classroom-based writers who 'imagined' being in nature through photos," Dr Gardner said.

In total, 97 students took part in the study, split across four classrooms, including two based at an English primary school and two from a primary school in Western Australia. In each country one class visited a natural bush or forest before writing a poem based on what they saw, smelt and felt. The other class viewed a pile of images of the same bush or forest setting.

Ms Kuzich said the difference in creative language used between the classes was obvious with twice as many UK forest students using figurative (比喻的) language compared with the students in class. In Australia that figure rose to more than four times when comparing the poetry of the bush-based students with those who remained at school.

The researchers say further studies of larger groups are now recommended to gain greater understanding of the influence of natural spaces and "green learning" in schools. Future research may also be needed to examine if the green learning can be translated into other learning themes or contexts to see if there is a flow-on effect in different environments.

( ) 1. Why were the students placed outdoors in nature?

- A. To get more outdoor exercise.
- B. To experience nature in depth.
- C. To understand poems about nature better.
- D. To prove nature's effect on creativity.

( ) 2. What does Paragraph 3 mainly talk about?

- A. The steps of training the children.
- B. The purpose of performing the test.
- C. New findings about students' writing.
- D. The detailed steps of the experiment.



- ( ) 3. What can we infer about the result of the study?
- A. Students indoors are not good at poetry.  
B. Students in Australia prefer to study poetry.  
C. Students are more creative in a natural environment.  
D. Students in UK have different writing skill preferences.
- ( ) 4. What does the last paragraph imply?
- A. Green learning is becoming a trend.  
B. Further studies are to be carried out.  
C. Green learning has been applied in school.  
D. Future research is of little significance.

读后拓展

一、语篇结构梳理

Green Learning

Introduction

Children are more (1)\_\_\_\_\_ when learning in (2)\_\_\_\_\_ surroundings.

Experiment

97 primary students were (3)\_\_\_\_\_ four classrooms, two in UK and two in Western Australia.

In each country, one class visited a natural bush or forest before writing a poem, while the other class viewed a pile of (4)\_\_\_\_\_ of the same bush or forest setting.

Finding

Forest students were much more (5)\_\_\_\_\_ in the language they used than the classroom-based students.

(6)\_\_\_\_\_ Studies

(7)\_\_\_\_\_ to gain greater understanding

Examine green learning in other themes or (8)\_\_\_\_\_

二、语言知识深挖

1. 词义匹配

(1) comparative

a. describing sth, especially in a detailed, interesting way

(2) setting

b. divide, or make sth divide, into two or more parts

(3) descriptive

c. a set of surroundings; the place at which sth happens

(4) split

d. connected with studying things to find out how similar or different they are

2. 选词填空(使用正确形式)

put...to the test

give a big thumbs-up

a pile of

engage oneself in

have direct contact with

(1) In the corner of the room, there was \_\_\_\_\_ old books that had been there for years.

(2) After tasting the delicious cake, she \_\_\_\_\_ and asked for another slice.

(3) The volunteers are \_\_\_\_\_ various community service activities to help those in need.

(4) The new product's durability \_\_\_\_\_ when it was used in extreme conditions for a month.

20



(5) During the field trip, the students \_\_\_\_\_ the local farmers and learned about their daily lives.

### 3. 长难句分析

We found \_\_\_\_\_ that \_\_\_\_\_ students \_\_\_\_\_ who had direct contact with nature by engaging  
 主句 宾语从句引导词 宾语从句主语 定语从句1  
 themselves in a bush or forest setting \_\_\_\_\_ were much more descriptive and vivid in the language  
 定语从句1 宾语从句系表结构  
 they used \_\_\_\_\_ than the classroom-based writers \_\_\_\_\_ who “imagined” being in nature through photos.  
 定语从句2 比较状语 定语从句3

我们发现,那些置身于丛林或森林环境中与自然有直接接触的学生使用的语言比那些通过照片“想象”自己身处自然的待在教室里的写作者更具描述性,更加生动形象。

分析:本句中,that 引导宾语从句,作 found 的宾语。该宾语从句中,第一个关系代词 who 引导定语从句,修饰先行词 students;language 后的 they used 是省略了关系代词 that 或 which 的定语从句,修饰先行词 language;第二个关系代词 who 也引导定语从句,修饰先行词 writers。

### 及时巩固

填词:The paintings that are created by the artist \_\_\_\_\_ has a unique style are much \_\_\_\_\_ appealing and expressive than the ones that are simply copied from others.

翻译:虚拟现实(Virtual Reality)技术可用于创造身临其境的(immersive)体验,比数字媒体技术更先进。(定语从句)

## Passage 2

[2025 广东名校联盟期中]The rise of digital technology has completely transformed the way students live their lives. From the way they socialize to the way they learn, digital technology has become a necessary part of campus life. Then how has digital technology transformed students' campus life?

On the one hand, the use of social media has made it easier for students to keep in touch with their peers off campus. Platforms like Facebook, Instagram, and WeChat have become popular among students, allowing them to share their daily lives, engage in online conversations, and form virtual communities. Meanwhile, digital technology has also changed the way students communicate with their instructors. With email and online chat platforms, students can easily contact their teachers for clarification on assignments, grades, and course content. This has improved communication between students and faculty, leading to a better learning experience.

On the other hand, digital technology has also revolutionized the way students learn. With online courses and virtual classrooms, students can access a variety of courses from the comfort of their own homes. This has opened up opportunities for students to pursue their passions and interests outside of their majors. Actually, it has made it easier to promote and participate in multiple campus events. Students can easily create online campaigns to promote events, organize events using online calendars, and even stream



events live over the Internet. This has made it possible for more students to get involved and participate in various campus events.

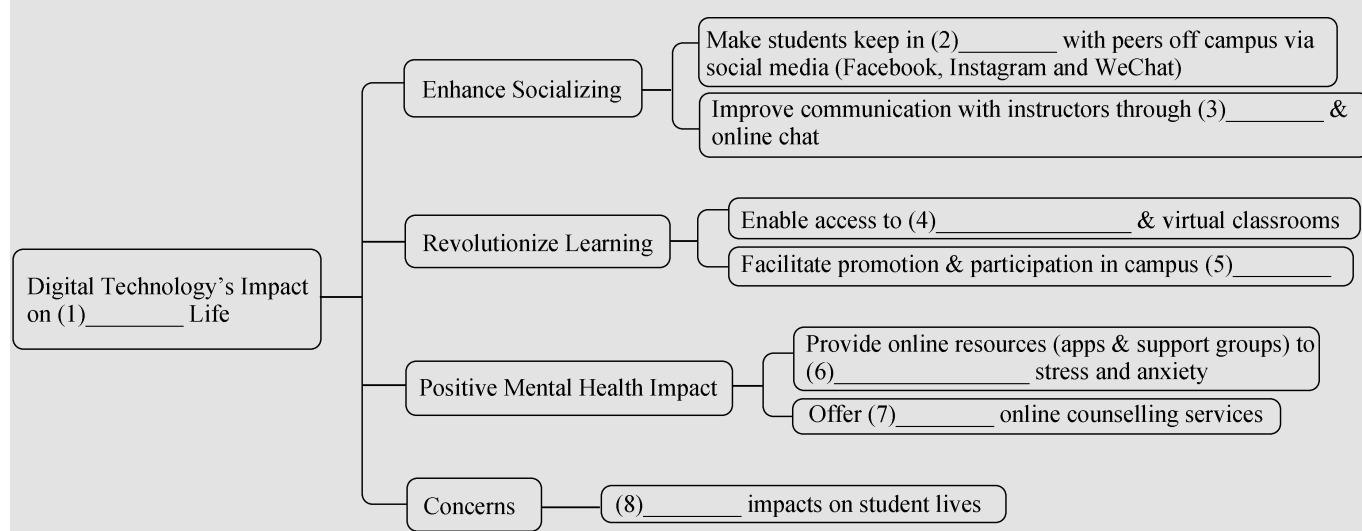
Another benefit which is often ignored is its positive impact on their mental health. With online resources, such as anxiety apps and depression support groups, students can deal with stress and anxiety. They can seek help when in need, as online counselling services are available 24/7.

Digital technology has transformed campus life in numerous ways. While digital technology has brought many benefits, it has also raised concerns about its negative impact on student lives.

- ( ) 1. What phenomenon does the author describe at the beginning of the text?
- A. Types of campus life. B. Change of social life.  
C. Ways of students' learning. D. Popularity of digital technology.
- ( ) 2. What can students do when they use social media according to Paragraph 2?
- A. Build different platforms. B. Contact classmates in class.  
C. Interact with teachers online. D. Form common communities.
- ( ) 3. Why can digital technology promote campus events?
- A. To stress the importance of campus events.  
B. To improve ways students organize events.  
C. To light the passions and confidence of students.  
D. To encourage more contact with school teachers.
- ( ) 4. What will be possibly discussed in the paragraph that follows?
- A. The potential risks of digital technology.  
B. The reasons for the development of digital tools.  
C. How campuses promote diverse digital practices.  
D. How we can avoid being addicted to digital technology.

## 读后拓展

### 一、语篇结构梳理





## 二、语言知识深挖

## 1. 词义匹配

- (1) socialize      a. a person whose job is to teach sb a practical skill or sport
- (2) instructor      b. meet and spend time with people in a friendly way, in order to enjoy yourself
- (3) clarification      c. professional advice about a problem
- (4) assignment      d. a task or piece of work that sb is given to do, usually as part of their job or studies
- (5) counselling      e. an explanation or more details that makes sth clear or easier to understand

## 2. 选词填空(使用正确形式)

live one's life      keep in touch with      on the other hand      lead to      a variety of

- (1) The supermarket offers \_\_\_\_\_ fresh fruit, vegetables and daily necessities for customers.
- (2) On the one hand, travelling broadens our horizons, but \_\_\_\_\_, it can be quite expensive.
- (3) She always \_\_\_\_\_ her old classmates through regular video calls and shared photos.
- (4) His continuous hard work and dedication \_\_\_\_\_ his remarkable success in the competitive field.
- (5) They choose to \_\_\_\_\_ in a small, peaceful village far away from the hustle and bustle of the city.

## 3. 长难句分析

They can seek help when in need, as online counselling services are available 24/7.

主句      时间状语从句      原因状语从句

他们可以在需要的时候寻求帮助,因为在线咨询服务是全天候提供的。

分析: They can seek help 是本句主句。when 引导时间状语从句,该从句中省略了主语 they 和 be 动词 are。as 引导原因状语从句,原因状语从句的引导词还有 because、for、since、now that 等。24/7 意为“一天二十四小时,一星期七天”,用以表示“全天候”。

## 及时巩固

填词: Be careful \_\_\_\_\_ you deal with this chemical, \_\_\_\_\_ it will explode when \_\_\_\_\_ (expose) to sunlight.

翻译: 在对待学生时,老师们应采取灵活、体贴的方式,因为他们是有不同个性的独特年轻个体。(时间状语从句的省略结构; as 引导原因状语从句)



## 单元能力突破



### 单元突破卷 1 限时 45 分钟

#### 一、阅读理解

##### A

[2025 山东百师联考期中] The first day of high school felt like a big adventure, but also a bit terrible. I didn't know how important studying would be, and I didn't have any plans for what I wanted to do later in life.

My friend, Alex, saw that I wasn't really into school. One day, after a boring science class, he talked to me. "You can do better," he said seriously. "You just need to put in some effort." His words made me think.

I started to focus more in class, trying to really understand what the teachers were saying. Alex and I would study together, and he would help me with the difficult parts. Gradually(逐渐地), things that I didn't make sense before started to click.

One day, while we were working on a science problem, I had a moment of understanding. I realized that learning is not just about getting good marks; it's about exploring new ideas and enjoying the challenge of solving problems. It felt great to make things out.

As time went by, my grades got better, and so did my attitude towards school. I started to think about what I wanted to do when I grew up and made plans for college. I understood that high school was a chance to get ready for my dreams.

Now, I'm thankful for that moment when I realized how important learning is and for Alex's help. It showed me that school is a place to discover what you love and to work towards your goals. I look forward to each day, knowing that every bit of learning brings me closer to becoming the person I want to be.

( ) 1. What do we know about the author from Paragraph 1?

- A. He was excited and ready.
- B. He made no plans for future.
- C. He played an adventurous game.
- D. He wanted to challenge himself.

( ) 2. What did Alex do to help the author?

- A. He gave the author extra homework.
- B. He made science classes more interesting.
- C. He encouraged the author to work harder.
- D. He made efforts to change the author's interest.

( ) 3. What made the author see the value of learning?

- A. Getting a high mark.
- B. A talk with a teacher.
- C. Visiting an ideal college.
- D. Solving a science problem.



( ) 4. Which would be the best title for the text?

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| A. The Journey to Loving Learning | B. The Importance of Studying Hard |
| C. Discovering My Future Work     | D. My Best Friend in High School   |

### B

[2025 浙江温州新力量联盟期中] Parents often think that their kids should be good at studies and do well in sports. That's usually the case because parents feel that could help their children go to top colleges. However, Melissa and Mark Wimmer think differently.

Their 14-year-old son, Mike, is a prodigy. He is a member of Mensa, which is the world's top IQ club. He completed his high school, associate's and bachelor's degrees all in three years. That's not all. He also ran two tech companies, and founded a third one that works towards controlling the population of lionfish, an invasive species.

But the parents are proud that they were able to help Mike with his social skills along with his intellectual skills. Melissa told CNBC that people expected "Young Sheldon" before they met her son. *Young Sheldon* is a television show about a child talent who is an indoor man and lacks social skills. "But once they talk to Mike, they understand that he's just a normal 14-year-old that happens to be able to do amazing things," said Melissa.

Mark and Melissa got to know about their child's intelligence when he entered preschool. A child psychologist told them that their son would need a different course to support his fast development. Many parents aren't comfortable with putting their children with 18-year-olds, but Mike's parents saw the value in letting their child go through it. "I wanted him to be social and be able to deal with all the different personalities in the classrooms with older children," said Melissa.

The parents shared that they were able to do this by letting Mike find his own voice and put it to use. "We let him order food when he's 3 or 4 from the waiter or waitress and introduce himself to people. Those kinds of things are done to encourage him to engage with everyone else and be more comfortable talking to others outside of our environment," said Melissa.

Thanks to his parents, Mike has learned to get along with young and old alike.

( ) 1. What does the underlined word "prodigy" in Paragraph 2 refer to?

- |                          |                             |
|--------------------------|-----------------------------|
| A. A gifted person.      | B. A popular student.       |
| C. A wildlife biologist. | D. A promising businessman. |

( ) 2. What can we infer about the child in the show *Young Sheldon*?

- |                                |                                       |
|--------------------------------|---------------------------------------|
| A. He likes to make friends.   | B. He is a well-rounded student.      |
| C. He is a famous child actor. | D. He is poor at dealing with people. |

( ) 3. How did Mark and Melissa discover their child's high intelligence?

- |   |
|---|
| A. Through the suggestion from a child psychologist.  |
| B. Through the information provided by his teachers.  |
| C. By taking part in a special educational programme. |
| D. By watching their child's behaviour in preschool.  |



( ) 4. How did Mike's parents improve his social skills?

- A. By letting him go to school alone.
- B. By placing him in social situations.
- C. By encouraging him to speak in class.
- D. By teaching him some communication rules.

## 二、七选五

[山东德州期中] Some students learn more quickly and easily than others. By studying efficiently (高效地) every day they can score even higher than the others who spend more time. 1

### **Make a study plan and stay organized.**

A well-organized study plan helps you to be clear with what you need and when you need. Create a study timetable and stick to it to achieve your goal. 2 It can also help put your mind at ease.

### **Prepare your own study notes.**

Taking notes is one of the most widespread study skills. Preparing the notes helps to summarize the key information in your own words, so that you can easily remember the ideas. 3 So try to keep your notes short, to the point, well-organized and easily readable.

4

Find a couple of study partners who you work well with and who encourage you to achieve good grades. Group studying helps you to understand the information more deeply. It not only helps you to learn, but also makes studying more enjoyable.

### **Recall your learning.**

5 This is the time when you can realize what topics are in your mind and what others have swept off the mind. Thus, at the end of the rest period, the information you were reading will be much clearer than it was to begin with.

- A. Underline the key points.
- B. Work with study partners.
- C. Never forget to recall what you've learned.
- D. Here are some tips to improve the learning efficiency.
- E. Key words are more easily remembered than long sentences.
- F. It helps you get organized, and makes the most of your time.
- G. Once you get tired, you really can't concentrate on your work.

## 三、语法填空

[2025 浙江衢州六校联盟期中] During the teenage years, many young people can at times be difficult to talk to. They often seem 1 (dislike) being questioned. They may be 2 (willing) to talk about their work in school. This is a normal 3 (develop) at this age, though it can be very hard for parents to understand. It is part of 4 (become) independent. They try to be adult while they are still growing up. Young people are usually more willing to talk if they believe that questions 5 (ask) out of real



interest and not because people are trying to check up on them.

Parents should do their best to talk to their sons and daughters 6 their schoolwork and future plan 7 should not push them to talk if they don't want to. As they try to be adult, 8 (teenager) may experiment with drugs, alcohol or smoking, so parents should 9 (careful) watch for any sign of unusual behaviour 10 may be connected with these and get help if necessary.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

四、应用文写作

[2025 山东百师联考期中]假定你是李华,你刚刚收到美国朋友 Peter 的来信,他说自己最近在学习上遇到一些困难,感到焦虑。请你给他写一封回信,提出一些建议,内容包括:

1. 转变心态;
2. 寻求帮助;
3. 多做运动。

注意:1. 词数 100 左右;  
2. 可以适当增加细节,以使行文连贯。





## 一、阅读理解

## A

[2025 安徽阜南实验中学期中] After entering high school, you may find there are many clubs(俱乐部) at your school. You may think you're too busy to join one. But as a former high school student, I can tell you joining a school club can greatly benefit(有益于) you.

Your old friends may have left you after entering high school. And it means you need to meet new people. Joining a club allows you to talk with others and find those who have similar interests as you. Based on my experience, I have met some of my best friends from club activities which opened up many new doors for me.

Another really nice thing about joining a club is that it looks really good on your applications(申请书). Trying new things is something that looks really good on any application. Being outgoing is considered a very good quality, which shows that you are determined and willing to put yourself out there and best of all try new things. What's more, it can help you develop skills that can serve you during future college interviews.

Besides, joining a club can make students use their free time wisely. Most teens go to schools, then go back home and spend the rest of the day in front of a screen. Teens are also very likely to fall into the wrong crowd, which could lead to some bad results. Clubs are good places to spend time, with good people to fall back on.

The most important reason why you should join a club is the long-term benefits it brings. The classroom isn't the only learning environment in a school. The skills you learn in clubs are necessary ones that can be used in everyday life, which I think is the final goal of joining a club. Things such as meeting and speaking to new people, making the most of time, and being organized are those you will meet every single day of your life, but you can learn all of them in clubs.

So if you haven't joined a school club yet, you know what you should do now.

( ) 1. What can we learn from the second paragraph?

- A. Friends should share common interests.
- B. Joining a club helps one make friends.
- C. Joining a club benefits one's mental health.
- D. Friends may leave each other sooner or later.

( ) 2. What does Paragraph 4 imply(暗示)?

- A. Teens today aren't so interested in joining clubs.
- B. Some classrooms are not big enough for students.
- C. Doing club activities can help teens attend a good university.
- D. Joining a club helps keep students away from doing bad things.



- ( ) 3. In the author's opinion, what's the greatest benefit of joining a club?
- A. Developing new hobbies. B. Meeting different people.  
C. Getting useful life skills. D. Making use of your free time.
- ( ) 4. What's the author's purpose in writing the text?
- A. To give tips on making new friends.  
B. To show ways to set up school clubs.  
C. To teach students to enjoy a better school life.  
D. To encourage high school students to join a club.

### B

[山东济南期末] Maths is a necessary skill that people use throughout their lives. Unfortunately, many children and adults feel stressed and anxious when they have to do maths. They may be experiencing what is called “maths anxiety”. Because of this, many people believe that they are bad at maths and don't like maths.

A recent research has shown that some children as young as 6 years old may feel anxious about maths. A team of researchers asked 154 children in grades 1 and 2 questions like “How do you feel when taking a big test in your maths class?” The children expressed how nervous they felt by pointing to a position on a scale(量表), where there were different faces from a very nervous face on the left to a calm face on the right. After answering these questions, the children took a maths test. These researchers found that almost half of the children who participated in the study said that they were at least somewhat nervous about doing maths. Also, children with higher maths anxiety got worse scores on the maths test.

Scientists have also found that maths anxiety develops in children who experience certain kinds of social situations that influence their thoughts or feelings. This means that the child's emotions, opinions, or behaviours are affected by things that other people say or do. For example, teachers with high maths anxiety were more likely to have students with poorer maths achievements at the end of the school year.

Good news is that researchers have found tools to help people with maths anxiety. These tools are called interventions(干预). For example, researchers did an intervention where they asked children with maths anxiety to write about their maths-related worries. Then they found that children's maths test scores improved. Therefore, it is advised to talk to classmates and teachers about maths anxiety. This is the first step toward helping to reduce the possibly harmful effects of maths anxiety.

- ( ) 1. What does the underlined word “this” refer to in Paragraph 1?
- A. Maths ability. B. Stressful life.  
C. Maths anxiety. D. Painful memory.
- ( ) 2. How did the researchers measure kids' anxiety?
- A. By making a maths project. B. By recording maths scores.  
C. By asking kids questions. D. By showing teaching problems.
- ( ) 3. What can be learned from Paragraph 3?
- A. Anxiety determines maths ability. B. One's maths anxiety can affect others.  
C. Students are born with maths anxiety. D. Children should avoid social situations.



( ) 4. What is suggested for students with maths anxiety?

- A. Talking about it. B. Working harder.  
C. Using maths tools. D. Attending lectures.

## 二、完形填空

[2025 山东菏泽外国语学校月考] My parents gave me a cellphone as my birthday present. They said, “We got you this because you are doing well in school. We expect you to keep getting good 1.” Of course I will! I said excitedly.

As soon as I got to school the next morning I asked everyone for their 2. It was cool that I got so many contacts(联系人). I wouldn't 3 the teachers because I was too busy on my phone. 4, I didn't get caught using it.

A week later we took a test and I failed. To make matters worse, my mum had to 5 the test. It was 6 to show my mum the test. Well eventually I showed her and she was angry but most of all, she was 7. Seeing her like that made me feel 8.

Weeks passed and my dad started to 9 the fact that I had a phone. We would argue every day about why phones are bad for us.

I started to wonder what was 10. A week later I tried going a whole day without a cellphone and it didn't go that 11. That day I had so much 12 because I 13 spent time with my family. From that day, I had a(n) 14 point of view towards cellphones.

I will keep using my phone but I have it under 15 now so that it doesn't interfere with(干扰) my real life.

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|------------------------|---------------------|-------------------|------------------|
| ( ) 1. A. gifts        | B. friends          | C. teachers       | D. grades        |
| ( ) 2. A. wishes       | B. addresses        | C. numbers        | D. names         |
| ( ) 3. A. put up with  | B. pay attention to | C. get along with | D. stand up for  |
| ( ) 4. A. Luckily      | B. Finally          | C. Globally       | D. Equally       |
| ( ) 5. A. return       | B. form             | C. sign           | D. take          |
| ( ) 6. A. strange      | B. unique           | C. curious        | D. hard          |
| ( ) 7. A. ashamed      | B. disappointed     | C. sensitive      | D. positive      |
| ( ) 8. A. tired        | B. determined       | C. terrible       | D. surprised     |
| ( ) 9. A. dislike      | B. recognize        | C. check          | D. misunderstand |
| ( ) 10. A. wrong       | B. classic          | C. busy           | D. free          |
| ( ) 11. A. obviously   | B. badly            | C. quickly        | D. secretly      |
| ( ) 12. A. wisdom      | B. courage          | C. fun            | D. work          |
| ( ) 13. A. actually    | B. anxiously        | C. formally       | D. fluently      |
| ( ) 14. A. interesting | B. confusing        | C. official       | D. different     |
| ( ) 15. A. control     | B. guarantee        | C. consideration  | D. pressure      |

## 三、读后续写

[2025 山东滕州月考] Jenny was the only child in her home. She had a quarrel with her mother that afternoon and she ran out of the house angrily. She couldn't help weeping sorrowfully when she thought of



the scolding from her mother. Having wandered aimlessly in the street for hours, she felt a little hungry and wished for something to eat, but it was not even possible for her, since she had nothing with her. She stood beside a stand for a while, watching the middle-aged seller busy doing his business. However, with no money in hand, she sighed and had to leave.

The seller behind the stand noticed the young girl and asked, “Hey, girl, you want to have the noodles?”

“Oh, yes...but I don’t have money on me...” she replied.

“That’s nothing. I’ll treat you today,” said the man. “Come in.”

The seller brought her a bowl of noodles, whose smell was so attractive. As she was eating, Jenny cried silently.

“What is it?” asked the man kindly.

“Nothing, actually I was just touched by your kindness!” said Jenny as she wiped her tears. “Even a stranger on the street will give me a bowl of noodles, while my mother drove me out of the house. She showed no care for me. She is so merciless compared with a stranger!”

Hearing the words, the seller smiled and said, “Girl, do you really think so? I only gave you a bowl of noodles and you thanked me a lot. But it is your mother who has raised you since you were a baby. Can you number the times she cooked for you? Have you expressed your gratitude to her?”

Jenny sat there, speechless and numb with shock; she remembered her mother’s familiar face and weathered hands. “Why did I not think of that? A bowl of noodles from a stranger made me feel indebted, but I have never thanked my mum for what she has done for me.”

On the way home, Jenny made up her mind to make an apology to her mother for her rudeness as soon as she arrived home.

注意:续写词数应为 150 左右。

### Paragraph 1:

Approaching the doorway, Jenny took a deep breath. \_\_\_\_\_

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### Paragraph 2:

A gentle touch on her hair called her mind back. \_\_\_\_\_

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