

B

My parents bought a house in Verona, New Jersey, in 1946 when I was 5. My sister, Merry, was born two years later. Our house was set far back from the road. It felt safe and adventurous with a big back yard and suburban wildlife. The main attraction for me, by far, was the massive tree in the front yard, which rose higher than I could see. We called it Old Oak. An arborist (树艺师) who checked Old Oak for my parents after the snowstorm of 1947 had pronounced it 300 years old.

Playing beneath Old Oak, my best friend, Justine, and I made toy horses. From Old Oak's lowest branch, my dad hung a wooden board on a chain for a swing. The back-and-forth motion of the swing and rhythmic clicking of the chain comforted me. I'd lie under the green umbrella, admiring Old Oak's height — my protector. Time passed. I was swinging less under the tree and more on the dance floor. Long after my father sold the house, Merry and I visited Old Oak when attending Verona High reunions.

Justine called last October. A new owner had bought the property and taken down the tree. I found the real estate (房产) photo. In front of the house lay two huge lengths of trunk. I'd have to act fast to get a piece for Merry and me. The agent involved in the sale said that he would try to talk with the new owner. However, that attempt failed. Then I turned to John Zelenka, an artful arborist, for help. Fortunately, he sent photos of the remaining trunk pieces, contacted the owner, and suggested slices for my woodworking hobbyist son in New Hampshire.

On a cold April morning, my husband and I met Zelenka to examine the pieces he'd cut after transporting the trunk. I couldn't call Merry fast enough. She was excited. Trees give us such gifts from flowers to shade. My relationship with Old Oak has taken on a new form.

4. What do we know about Old Oak?

- A. It witnessed the author's birth.
- B. It failed to survive a snowstorm.
- C. It was located at the side of a road.
- D. It was a tall, centuries-old tree.

5. Why did Justine call the author last October?

- A. To report an incident about Old Oak.
- B. To inquire about the author's property.
- C. To recall their days spent under Old Oak.
- D. To invite her to attend Verona High reunions.

6. What can we infer about the author from the last two paragraphs?

- A. She was unable to contact Merry.
- B. She felt grateful and comforted.
- C. She decided to start a whole new life.
- D. She made wooden works out of the pieces.

7. What's the writing purpose of the text?

- A. To detail the process of reusing a fallen tree.
- B. To explore how trees symbolize family traditions.
- C. To emphasize the importance of protecting ancient trees.
- D. To share a heartfelt personal experience with a beloved tree.

C

If a stranger knocked on your door asking for using your phone, would you help? How about lending them five dollars for the bus, if they said they'd return and pay you back?

Nowadays, many people find it hard to trust strangers. A recent study found that our ability to trust strangers may be more than just a social or psychological characteristic - it could be rooted in our DNA. This is important, as it turns out that trusting people might actually live longer and healthier lives compared to more skeptical (怀疑的) people.

Two main theories have appeared to explain why some people are more trusting than others. One suggests trust is a stable characteristic shaped by early life experiences. The other thinks it's influenced by a person's ongoing evaluation of the social environment. We can easily imagine that the answer to the question "Would you say that most people can be trusted?" would depend on whether you'd been robbed the day before or if you'd had your missing wallet returned.

This is where the recent research comes in. A professor of Lund University, Edgerton and his coworkers have been doing research about trust. In their most recent study, involving 33, 882 Danish blood donors, they found a single gene (基因) - PLPP4, strongly associated with the personality of trusting others, and that the PLPP4 gene explained 6% of the difference in social trust within the study population. If you take two people who have similar education and life experiences, this gene alone could account for 6% of the difference in how much they trust others.

They believe that the PLPP4 gene may somehow soften our "fight-or-flight" survival response. If our fight-or-flight system is less strong when we meet new people, it makes sense that trusting others could have huge health benefits. Indeed, if trusting others acts as something against stress, it may lower the risk of cardiovascular (心血管的) disease.

As people continue to uncover the mysteries of trust, one thing is clear: understanding its genetic roots may hold the key to developing healthier communities in the world.

8. What might affect people's trust levels according to the two main theories?

- | | |
|------------------------|--------------------------|
| A. Childhood habits. | B. Personal abilities. |
| C. Social experiences. | D. Communication skills. |

9. What does the recent study focus on?

- | | |
|--|---|
| A. The mental cause of trust. | B. The ways to develop survival ability. |
| C. The characteristics of different genes. | D. The connection between trust and a gene. |

10. What does the passage say about trusting others?

- | | |
|--|--|
| A. It could bring health benefits. | B. It reduces the strong stress in work. |
| C. It helps to develop the world faster. | D. It causes quicker survival response. |

11. What might be the best title for the passage?

- | | |
|--|--|
| A. A Gene Influences How Trusting You Are | B. Experiences Make You Grow Dependable |
| C. A Link Between Biology and Social Science | D. Theories That Explain Why You Are Trusted |

D

Imagine the richest people in the world. Instead of private jets or diamond rings, they show off something else: their completely empty schedule. This is the new reality. In an age flooded with smartphones and endless information, a new kind of luxury (奢侈) is emerging — the luxury of uninterrupted, freely available time.

In the past, people displayed success through expensive watches, and designer clothes. This was known as “conspicuous consumption (消费)” — a way of saying, “Look what I can afford.”

Now, a new status symbol is taking over. It’s not about what you own, but what you can ignore. Being able to turn off all phone notifications (通知), or spending a whole afternoon lost in a novel. This group is being called the “Time Millionaires.” Their real wealth is not money, but an abundance of (大量) time that belongs entirely to them.

The root of this change is the “Attention Economy.” Every social media app you use for free isn’t really free. You and your attention are the product being sold. Companies design addictive (令人上瘾的) features, using endless videos and notifications to fight for every second of your focus. As a result, most of our time and attention are cut into tiny pieces. We always feel “busy,” yet often feel we haven’t accomplished anything meaningful. It’s as if our time no longer belongs to us. In this environment, those who take back control of their time stand out. They usually manage it in one of two ways:

1. They are financially wealthy enough to use money to solve problems that consume time.
2. They are highly intentional about their lives, actively choosing a “Digital Minimalist” lifestyle and bravely saying “no” to digital distractions (分心之物).

This leads to a crucial question: Is this creating a new form of social inequality? On one side are the “Time Rich.” They have high-quality time to invest in deep thinking, learning new skills, and building relationships. This leads to better mental health. On the other side are the “Time Poor.” They might be stuck in jobs that require constant availability, or trapped in a cycle of algorithm-fed (算法推送的) entertainment. Their time is filled, but they may feel empty and anxious inside.

At the heart is a debate: is it fair? Some argue that embracing digital minimalism (极简主义) is a positive choice available to everyone. It’s not about money, but self-discipline. Turning off unnecessary notifications or setting “phone-free” hours costs nothing. This perspective encourages personal responsibility. Others hold that the ability to disconnect is itself a privilege (特权). Consider a single parent working two jobs — can they afford to “ignore” a work message? For them, being “offline” could mean losing income or connections. Promoting digital minimalism as a one-size-fits-all solution might ignore these harsh (残酷) realities.

The concept of the “Time Millionaire” reflects one of the deepest conflicts of our time. While technology promises efficiency, we often feel poorer than ever in time. It asks each of us: Are you the master of your time, or its slave?

12. What can be inferred from the passage about the “Digital Minimalist” lifestyle?

- A. It requires completely giving up all digital devices.
- B. It is expensive to maintain this lifestyle.
- C. It involves conscious choices to limit digital distractions.
- D. It is only adopted by those who are financially wealthy.

13. The word “conspicuous” in paragraph 2 most likely means _____.

- A. hidden and private
- B. wasteful and meaningless
- C. obvious and noticeable
- D. practical and important

14. Which of the following best summarizes the main idea of the passage?

- A. The dangers of social media addiction and algorithms.
- B. The conflict between time ownership and attention economy.
- C. A guide to achieving wealth through time management.
- D. The importance of digital minimalism for mental health.

15. What is the author’s attitude toward the argument that digital minimalism is a one-size-fits-all solution?

- A. Strongly supportive
- B. completely neutral (中立的)
- C. Doubtful and critical
- D. Unclear and confused

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项多余选项。

In the age of rich information, we might assume (假定) we are exposed to a wider range of ideas than ever before. Unfortunately, the opposite is often true. We are increasingly likely to be trapped in “information cocoons (茧房)”. _____16_____.

These cocoons are mainly built by algorithms (算法). Social media platforms and search engines are designed to show us content in line with our past clicks, likes, and searches. _____17_____ Over time, we are fed a steady diet of information that strengthens our existing beliefs, blocking us from challenging or opposing viewpoints.

The consequences of this are serious for both individuals and society. _____18_____ It limits our critical thinking and our ability to understand perspectives different from our own. On a societal level, when different groups operate within entirely separate information ecosystems, finding common ground becomes nearly impossible. _____19_____

Breaking free from an information cocoon requires conscious effort. _____20_____ Actively seeking out news sources with different perspectives, engaging in respectful conversations with people who hold different opinions, and being mindful of the algorithms that shape our online experience are all crucial steps toward a more balanced and well-rounded understanding of the world.

- A. Experts suggest that we should completely give up social media.
- B. The first step is to recognize that such a cocoon exists around us.
- C. For the individual, it can lead to a more narrow-minded worldview.
- D. It is a comfortable space where our opinions are constantly ignored.
- E. Therefore, political debates become more divided and less productive.
- F. This personalized selection creates a unique digital world for each user.
- G. This term describes being cut off from other ideas because you only get personalized information.

第三部分 完形填空 (共 15 小题; 每题 1 分, 满分 15 分)

I was the quiet kid. Social interactions felt like a minefield (地雷区). In my final year of high school, a simple yet profound idea struck me: what if I rehearsed (刻意练习) kindness?

The next day, I started my ____21____. My first target was a lonely-looking classmate, Mark. I had ____22____ a compliment (称赞) about his detailed notes. With a deep breath, I walked over and delivered my ____23____ line. It felt awkward, and my smile was ____24____. Mark looked surprised, then doubtful, offering a quiet “thanks” before turning away. My face burned with ____25____. It seemed my plan had failed.

But I ____26____. The next day, I genuinely thanked our bus driver for his punctuality (守时). This time, it felt less like a performance. He beamed, and that smile felt ____27____. Slowly, I shifted focus from my own awkwardness to all the ____28____ I could make. I started listening, not just waiting for my turn to speak.

Weeks later, Mark approached me. “I was having a rough day that time you complimented me,” he confessed (承认). “It felt a bit ____29____, but it also made me realize I wasn’t ____30____. Thanks for that.” His honesty was a gift.

That conversation was a ____31____. I had been so focused on practicing kindness perfectly that I forgot its true ____32____: connection. It didn’t have to be smooth; it just had to be ____33____. My rehearsals had been the training wheels I needed to learn how to ____34____. I’m still introverted (内向的), but now I know that a little awkwardness is a small price to pay for the ____35____ of a genuine human bridge.

- | | | | |
|-------------------|-----------------|------------------|-----------------|
| 21. A. experiment | B. contribution | C. account | D. tension |
| 22. A. neglected | B. prepared | C. shot | D. recorded |
| 23. A. opening | B. closing | C. regular | D. final |
| 24. A. sincere | B. forced | C. secure | D. anxious |
| 25. A. pride | B. excitement | C. embarrassment | D. satisfaction |
| 26. A. gave up | B. sped up | C. pressed on | D. turned back |
| 27. A. artificial | B. catching | C. passive | D. professional |
| 28. A. reflection | B. distance | C. difference | D. judgement |
| 29. A. natural | B. rehearsed | C. powerful | D. effortless |
| 30. A. unseen | B. amazing | C. confident | D. shallow |
| 31. A. measure | B. response | C. key | D. routine |
| 32. A. cost | B. nature | C. technique | D. method |
| 33. A. perfect | B. secret | C. intentional | D. fluent |
| 34. A. respond | B. respect | C. follow | D. correct |
| 35. A. cost | B. safety | C. reward | D. balance |

第 II 卷 (非选择题, 共 50 分)

第五部分 语法填空 (共 10 空; 每空 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入 1 个适当的单词或括号内单词的正确形式。

A new global report 36 (warn) that extreme heat, 37 is being driven by climate change, now kills one person every minute worldwide. The Lancet countdown study found that heat-related deaths have risen 38 over 20% since the 1990s — the most alarming rise 39 scientists have ever recorded.

Scientists say 40 (rise) temperatures are worsening health risks through deadly heatwaves, air pollution, wildfires, and food shortages. 41 this, governments still 42 (spend) nearly US \$1 trillion developing energy industry based on fossil fuels (化石燃料) last year.

The report's authors say most of these 43 (death) are preventable if countries act quickly 44 (cut) carbon footprints and invest in clean energy. "Every delay costs lives," said lead author Dr. Marina Romanello. The message is clear: climate change isn't just an environmental issue but one 45 consequences have already worsened into a global health emergency.

第六部分 单词拼写 (共 10 空; 每空 1 分, 满分 10 分) (请用必修一所学词汇填写)

46. Many health professionals are c_____ about the long-term effects of extreme dieting on young people's overall health. (根据首字母单词拼写)

47. When planning a trip, we must take into a_____ the weather and travel costs. (根据首字母单词拼写)

48. She f_____ that it would take about two hours to drive to the countryside. (根据首字母单词拼写)

49. The speech competition encouraged students to come up with o_____ ideas of their own rather than copying speeches from others. (根据首字母单词拼写)

50. I'll d_____ call you as soon as I get home — you can count on that. (根据首字母单词拼写)

51. Her _____ (慷慨) in helping others won everyone's respect. (根据汉语提示单词拼写)

52. When asked for his opinion on the new plan, his response was overwhelming _____ (否定的). (根据汉语提示单词拼写)

53. The police carried out a _____ (彻底的) investigation before releasing the report. (根据汉语提示单词拼写)

54. Please contact me _____ (立刻) if there's any change in the schedule. (根据汉语提示单词拼写)

55. Good _____ (营养) is essential for a healthy body and mind. (根据汉语提示单词拼写)

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第二部分 阅读（共两节，满分 50 分）

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

Welcome to Shanghai Disneyland. To ensure a safe and enjoyable experience for all our Park-guests, please keep in mind the following:

Safety:

*According to relevant laws, and by government directive, all guests and their belongings (随身物品) are required to go through security screening before entering the Park.

Photography, Videotaping and/ or Recording:

We offer Disney PhotoPass (处处拍) Service at PhotoPass locations in the Shanghai Disneyland. Disney PhotoPass photographers can help to take your fun photos when you meet with Disney characters and enjoy your time in the Park.

*You may choose and buy the photos at PhotoPass shops, official website of PhotoPass or on the PhotoPass App.

*You may visit www.magicalphotos.cn/privacy-policy to learn about the details of Disney PhotoPass Service.

The following items cannot be brought into the Park:

*Explosive items (e. g. firecrackers), knives of any kind, weapons of any kind,

*Alcoholic drinking.

*Cans or glass containers(except baby food jars).

*Bags, boxes, containers or luggage larger than 56cmx36cmx23cm.

*Wheeled luggage of any size.

*Instant noodles that require hot water, self-heating food, and durian fruit.

Company Rights:

In consideration of extreme weather including but not limited to typhoon, high temperature, air pollution, or special events in the Park, we may from time to time, change the operating hours of the Park or any Park attraction.

For more details, please **click** www.shanghaidisneyresort.com/en/guest-services.

1. According to the rules, what food can be taken into the park?

A. Alcoholic drinking.

B. Baby food jars.

C. Self-heating food.

D. Durian fruit.

2. What can we learn from the passage?

A. Luggage of any size can be taken into the Park.

B. Any guest entering the Park should go through safety check.

C. You may buy the photos taken by Disney PhotoPass at the exit of the Park.

D. The Disney company can change the operating hours of the Park for no reason.

3. Where can we find this passage?

A. In a newspaper.

B. In a guide book.

C. On a website.

D. In a magazine.

【答案】 1. B 2. B 3. C

【解析】

【导语】 本文是一篇应用文。文章讲述了上海迪斯尼乐园的一些相关注意事项。

【1 题详解】

细节理解题。根据文章 **The following items cannot be brought into the Park:** 中 “*Alcoholic drinking...

*Cans or glass containers (except baby food jars). *Instant noodles that require hot water, self - heating food, and durian fruit. (* 酒精饮料..... * 罐装或玻璃容器（婴儿食品罐除外）。* 需要热水的方便面、自热食品和榴莲。) ”可知，婴儿食品罐可以带入园区，而酒精饮料、自热食品和榴莲都不可以。故选 B 项。

【2 题详解】

细节理解题。根据文章 **Safety:** 中 “According to relevant laws, and by government directive, all guests and their belongings (随身物品) are required to go through security screening before entering the Park. (根据相关法律和政府指令，所有游客及其随身物品在进入园区前都必须经过安全检查。)”可知，任何进入园区的游客都要经过安全检查。故选 B 项。

【3 题详解】

推理判断题。根据最后一段“For more details, please click www.shanghaidisneyresort.com/en/guest-services. (如需更多详细信息, 请点击 www.shanghaidisneyresort.com/en/guest-services。)”可知, 这篇文章很可能来自网站。故选 C 项。

B

My parents bought a house in Verona, New Jersey, in 1946 when I was 5. My sister, Merry, was born two years later. Our house was set far back from the road. It felt safe and adventurous with a big back yard and suburban wildlife. The main attraction for me, by far, was the massive tree in the front yard, which rose higher than I could see. We called it Old Oak. An arborist (树艺师) who checked Old Oak for my parents after the snowstorm of 1947 had pronounced it 300 years old.

Playing beneath Old Oak, my best friend, Justine, and I made toy horses. From Old Oak's lowest branch, my dad hung a wooden board on a chain for a swing. The back-and-forth motion of the swing and rhythmic clicking of the chain comforted me. I'd lie under the green umbrella, admiring Old Oak's height — my protector. Time passed. I was swinging less under the tree and more on the dance floor. Long after my father sold the house, Merry and I visited Old Oak when attending Verona High reunions.

Justine called last October. A new owner had bought the property and taken down the tree. I found the real estate (房产) photo. In front of the house lay two huge lengths of trunk. I'd have to act fast to get a piece for Merry and me. The agent involved in the sale said that he would try to talk with the new owner. However, that attempt failed. Then I turned to John Zelenka, an artful arborist, for help. Fortunately, he sent photos of the remaining trunk pieces, contacted the owner, and suggested slices for my woodworking hobbyist son in New Hampshire.

On a cold April morning, my husband and I met Zelenka to examine the pieces he'd cut after transporting the trunk. I couldn't call Merry fast enough. She was excited. Trees give us such gifts from flowers to shade. My relationship with Old Oak has taken on a new form.

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D. To invite her to attend Verona High reunions.

6. What can we infer about the author from the last two paragraphs?

A. She was unable to contact Merry.

B. She felt grateful and comforted.

C. She decided to start a whole new life.

D. She made wooden works out of the pieces.

7. What's the writing purpose of the text?

A. To detail the process of reusing a fallen tree.

B. To explore how trees symbolize family traditions.

C. To emphasize the importance of protecting ancient trees.

D. To share a heartfelt personal experience with a beloved tree.

【答案】 4. D 5. A 6. B 7. D

【解析】

【导语】 本文是一篇记叙文。主要介绍的是作者与童年老宅前的巨大橡树 Old Oak 之间的深厚情感以及它被砍倒后的感人故事。

【4 题详解】

细节理解题。根据第一段中的“*We called it Old Oak. An arborist (树艺师) who checked Old Oak for my parents after the snowstorm of 1947 had pronounced it 300 years old.*(我们叫它老橡树。一位树艺师在 1947 年的暴风雪过后替我父母检查了老橡树, 说它已经有 300 年的历史了)”和第二段中的“*I'd lie under the green umbrella, admiring Old Oak's height — my protector.* (我会躺在绿色的伞下, 欣赏高大的老橡树——我的保护者)”可知, 这棵老橡树非常高大, 而且树龄已有几百年。故选 D。

【5 题详解】

细节理解题。根据第三段中的“*A new owner had bought the property and taken down the tree.*(一位新主人买下了这块地, 把树砍了下来。)”可知, Justine 给作者打电话是为了告诉她有人买下了这处房产并把那棵树砍了。故选 A。

【6 题详解】

推理判断题。根据第三段中的“*Fortunately, he sent photos of the remaining trunk pieces, contacted the owner, and suggested slices for my woodworking hobbyist son in New Hampshire.*(幸运的是, 他给我寄来了剩下的树

干碎片的照片，联系了主人，并向我在新罕布什尔州的木工爱好者儿子推荐了一些碎片)”以及最后一段中的“My relationship with Old Oak has taken on a new form.(我与老橡树的关系已经以一种新的形式延续。)”可推知，作者与老橡树的关系以新的方式继续，这让她感到安心。故选 B。

【7 题详解】

推理判断题。根据首段中的“The main attraction for me, by far, was the massive tree in the front yard, which rose higher than I could see. We called it Old Oak. An arborist (树艺师) who checked Old Oak for my parents after the snowstorm of 1947 had pronounced it 300 years old.(迄今为止，最吸引我的是前院那棵巨大的树，它高耸入云，我们称之为老橡树。1947 年暴风雪后，一位为我父母检查老橡树的树艺师宣布它已有 300 年的历史。)”可知，作者从小就被老橡树吸引，结合下文介绍的从作者童年的回忆到得知它被砍伐后的反应，再到最终找到一种方式保存它的部分作为纪念可知，全文围绕作者与 Old Oak 的情感纽带展开，核心是个人与树的情感联结，所以本文的目的是分享一段与心爱树木有关的真挚个人经历。故选 D。

C

If a stranger knocked on your door asking for using your phone, would you help? How about lending them five dollars for the bus, if they said they'd return and pay you back?

Nowadays, many people find it hard to trust strangers. A recent study found that our ability to trust strangers may be more than just a social or psychological characteristic - it could be rooted in our DNA. This is important, as it turns out that trusting people might actually live longer and healthier lives compared to more skeptical (怀疑的) people.

Two main theories have appeared to explain why some people are more trusting than others. One suggests trust is a stable characteristic shaped by early life experiences. The other thinks it's influenced by a person's ongoing evaluation of the social environment. We can easily imagine that the answer to the question “Would you say that most people can be trusted?” would depend on whether you'd been robbed the day before or if you'd had your missing wallet returned.

This is where the recent research comes in. A professor of Lund University, Edgerton and his coworkers have been doing research about trust. In their most recent study, involving 33, 882 Danish blood donors, they found a single gene (基因) - PLPP4, strongly associated with the personality of trusting others, and that the PLP4 gene explained 6% of the difference in social trust within the study population. If you take two people who have similar education and life experiences, this gene alone could account for 6% of the difference in how much they trust others.

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As people continue to uncover the mysteries of trust, one thing is clear: understanding its genetic roots may hold the key to developing healthier communities in the world.

8. What might affect people's trust levels according to the two main theories?

- A. Childhood habits. B. Personal abilities.
C. Social experiences. D. Communication skills.

9. What does the recent study focus on?

- A. The mental cause of trust. B. The ways to develop survival ability.
C. The characteristics of different genes. D. The connection between trust and a gene.

10. What does the passage say about trusting others?

- A. It could bring health benefits. B. It reduces the strong stress in work.
C. It helps to develop the world faster. D. It causes quicker survival response.

11. What might be the best title for the passage?

- A. A Gene Influences How Trusting You Are B. Experiences Make You Grow Dependable
C. A Link Between Biology and Social Science D. Theories That Explain Why You Are Trusted

【答案】8. C 9. D 10. A 11. A

【解析】

【导语】本文是一篇说明文。研究发现，我们信任陌生人可能不仅仅是一种社会或心理特征，它可能根植于我们的 DNA。

【8 题详解】

细节理解题。根据第三段“The other thinks it's influenced by a person's ongoing evaluation of the social environment. We can easily imagine that the answer to the question “Would you say that most people can be trusted?” would depend on whether you'd been robbed the day before or if you'd had your missing wallet returned.(另一种观点认为，这是受到一个人对社会环境的持续评估的影响。我们可以很容易地想象，对于“你认为友果，专注昆震提招培训。17751295132

大多数人都是可以信任的吗？”这取决于你前一天是否被抢劫过，或者你丢失的钱包是否被找回来了。)”可知，人们的社会经历会影响他们对他人的信任程度。故选 C。

【9 题详解】

细节理解题。根据第二段 “A recent study found that our ability to trust strangers may be more than just a social or psychological characteristic - it could be rooted in our DNA. (最近的一项研究发现，我们信任陌生人的能力可能不仅仅是一种社会或心理特征——它可能根植于我们的 DNA。)” 和第四段 “In their most recent study, involving 33, 882 Danish blood donors, they found a single gene (基因) - PLPP4, strongly associated with the personality of trusting others, and that the PLP4 gene explained 6% of the difference in social trust within the study population. (在他们最近的一项研究中，涉及 33882 名丹麦献血者，他们发现了一个单一的基因 - PLPP4，与信任他人的性格密切相关，PLP4 基因解释了研究人群中 6% 的社会信任差异。)” 可推断，近来的一个研究的重点是信任与基因的关系。故选 D。

【10 题详解】

细节理解题。根据第二段 “This is important, as it turns out that trusting people might actually live longer and healthier lives compared to more skeptical (怀疑的) people. (这一点很重要，因为事实证明，与多疑的人相比，信任的人实际上可能活得更长、更健康。)” 及第五段 “If our fight-or-flight system is less strong when we meet new people, it makes sense that trusting others could have huge health benefits. Indeed, if trusting others acts as something against stress, it may lower the risk of cardiovascular (心血管的) disease. (如果当我们遇到新朋友时，我们的战斗或逃跑系统不那么强大，那么信任他人可能会对健康有巨大的好处。事实上，如果信任他人能起到对抗压力的作用，它可能会降低患心血管疾病的风险。)” 可知，信任别人会使人健康、降低心血管疾病的风险。故选 A。

【11 题详解】

主旨大意题。通读全文，尤其是第二段 “A recent study found that our ability to trust strangers may be more than just a social or psychological characteristic - it could be rooted in our DNA. (最近的一项研究发现，我们信任陌生人的能力可能不仅仅是一种社会或心理特征——它可能根植于我们的 DNA。)” 可知，本文主要介绍研究发现，我们信任陌生人可能不仅仅是一种社会或心理特征，它可能根植于我们的 DNA。A 项 “基因影响你的信任程度。” 适合作为本文标题。故选 A。

D

Imagine the richest people in the world. Instead of private jets or diamond rings, they show off something else: their completely empty schedule. This is the new reality. In an age flooded with smartphones and endless information, a new kind of luxury (奢侈) is emerging — the luxury of uninterrupted, freely available time.

In the past, people displayed success through expensive watches, and designer clothes. This was known as “conspicuous consumption (消费)” — a way of saying, “Look what I can afford.”

Now, a new status symbol is taking over. It’s not about what you own, but what you can ignore. Being able to turn off all phone notifications (通知), or spending a whole afternoon lost in a novel. This group is being called the “Time Millionaires.” Their real wealth is not money, but an abundance of (大量) time that belongs entirely to them.

The root of this change is the “Attention Economy.” Every social media app you use for free isn’t really free. You and your attention are the product being sold. Companies design addictive (令人上瘾的) features, using endless videos and notifications to fight for every second of your focus. As a result, most of our time and attention are cut into tiny pieces. We always feel “busy,” yet often feel we haven’t accomplished anything meaningful. It’s as if our time no longer belongs to us. In this environment, those who take back control of their time stand out. They usually manage it in one of two ways:

1. They are financially wealthy enough to use money to solve problems that consume time.
2. They are highly intentional about their lives, actively choosing a “Digital Minimalist” lifestyle and bravely saying “no” to digital distractions (分心之物).

This leads to a crucial question: Is this creating a new form of social inequality? On one side are the “Time Rich.” They have high-quality time to invest in deep thinking, learning new skills, and building relationships. This leads to better mental health. On the other side are the “Time Poor.” They might be stuck in jobs that require constant availability, or trapped in a cycle of algorithm-fed (算法推送的) entertainment. Their time is filled, but they may feel empty and anxious inside.

At the heart is a debate: is it fair? Some argue that embracing digital minimalism (极简主义) is a positive choice available to everyone. It’s not about money, but self-discipline. Turning off unnecessary notifications or setting “phone-free” hours costs nothing. This perspective encourages personal responsibility. Others hold that the ability to disconnect is itself a privilege (特权). Consider a single parent working two jobs — can they afford to

“ignore” a work message? For them, being “offline” could mean losing income or connections. Promoting digital minimalism as a one-size-fits-all solution might ignore these harsh (残酷) realities.

The concept of the “Time Millionaire” reflects one of the deepest conflicts of our time. While technology promises efficiency, we often feel poorer than ever in time. It asks each of us: Are you the master of your time, or its slave?

12. What can be inferred from the passage about the “Digital Minimalist” lifestyle?

- A. It requires completely giving up all digital devices.
- B. It is expensive to maintain this lifestyle.
- C. It involves conscious choices to limit digital distractions.
- D. It is only adopted by those who are financially wealthy.

13. The word “conspicuous” in paragraph 2 most likely means _____.

- A. hidden and private
- B. wasteful and meaningless
- C. obvious and noticeable
- D. practical and important

14. Which of the following best summarizes the main idea of the passage?

- A. The dangers of social media addiction and algorithms.
- B. The conflict between time ownership and attention economy.
- C. A guide to achieving wealth through time management.
- D. The importance of digital minimalism for mental health.

15. What is the author’s attitude toward the argument that digital minimalism is a one-size-fits-all solution?

- A. Strongly supportive
- B. completely neutral (中立的)
- C. Doubtful and critical
- D. Unclear and confused

【答案】12. C 13. C 14. B 15. C

【解析】

【导语】本文是一篇议论文。文章讨论了在信息爆炸的时代，拥有自由支配的时间成为新的奢侈，并探讨了“时间富翁”与“时间穷人”之间的社会不平等现象，以及数字极简主义是否适用于所有人的争议。

【12 题详解】

推理判断题。根据第四段中的 “They are highly intentional about their lives, actively choosing a “Digital Minimalist” lifestyle and bravely saying “no” to digital distractions (分心之物).(他们对生活有高度的自主性，积极选择‘数字极简主义’生活方式，并勇敢地对数字干扰说‘不’。)”可知，“数字极简主义”生活方式的核心是“主动选择限制数字干扰”。故选 C。

【13 题详解】

词句猜测题。根据第二段中的 “In the past, people displayed success through expensive watches, and designer clothes. This was known as “conspicuous consumption (消费)” — a way of saying, “Look what I can afford.”(过去，人们通过昂贵的手表和名牌服装来展示成功。这被称为 conspicuous ‘消费’——一种传递‘我买得起我想要的东西’的方式。)”可知，表明“我买得起我想要的东西”的消费应该是“明显的、引人注目的”消费。所以 “conspicuous” 意为“明显的、引人注目的”。故选 C 项。

【14 题详解】

主旨大意题。根据第一段中的 “In an age flooded with smartphones and endless information, a new kind of luxury (奢侈) is emerging — the luxury of uninterrupted, freely available time. In an age flooded with smartphones and endless information, a new kind of luxury is emerging — the luxury of uninterrupted, freely available time.(在智能手机和海量信息充斥的时代，一种新型奢侈品正在兴起——那就是不受干扰、可自由支配的时间。)” ，第四段中的 “The root of this change is the “Attention Economy.”(这一变化的根源在于“注意力经济”。)” 以及 “As a result, most of our time and attention are cut into tiny pieces.(结果就是，我们的大部分时间和注意力被切割成碎片。)” ，以及后文围绕“时间百万富翁如何夺回时间控制权”“数字极简主义引发的公平争议”等内容可知，全文核心围绕“人们对时间的掌控权”与“注意力经济”之间的矛盾展开。故选 B 项。

【15 题详解】

推理判断题。根据倒数第二段中的 “Others hold that the ability to disconnect is itself a privilege (特权). Consider a single parent working two jobs — can they afford to “ignore” a work message? For them, being “offline” could mean losing income or connections. Promoting digital minimalism as a one-size-fits-all solution might ignore these harsh (残酷) realities.(另一些人认为，断开连接的能力本身就是一种特权。想想一个打两份工的单亲父母——他们能‘忽略’工作信息吗？对他们来说，‘离线’可能意味着失去收入或工作机会。将数字极简主义推广为一种万能解决方案可能忽略了这些残酷的现实。)”可知，作者引用这些观点，暗示数字极简主义并非适用于所有人，对其作为“万能解决方案”的说法持怀疑和批判态度。故选 C 项。

第二节（共5小题；每小题2.5分，满分12.5分）

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项多余选项。

In the age of rich information, we might assume (假定) we are exposed to a wider range of ideas than ever before. Unfortunately, the opposite is often true. We are increasingly likely to be trapped in “information cocoons (茧房)”. _____ 16 _____.

These cocoons are mainly built by algorithms (算法). Social media platforms and search engines are designed to show us content in line with our past clicks, likes, and searches. _____ 17 _____ Over time, we are fed a steady diet of information that strengthens our existing beliefs, blocking us from challenging or opposing viewpoints.

The consequences of this are serious for both individuals and society. _____ 18 _____ It limits our critical thinking and our ability to understand perspectives different from our own. On a societal level, when different groups operate within entirely separate information ecosystems, finding common ground becomes nearly impossible. _____ 19 _____

Breaking free from an information cocoon requires conscious effort. _____ 20 _____ Actively seeking out news sources with different perspectives, engaging in respectful conversations with people who hold different opinions, and being mindful of the algorithms that shape our online experience are all crucial steps toward a more balanced and well-rounded understanding of the world.

- A. Experts suggest that we should completely give up social media.
- B. The first step is to recognize that such a cocoon exists around us.
- C. For the individual, it can lead to a more narrow-minded worldview.
- D. It is a comfortable space where our opinions are constantly ignored.
- E. Therefore, political debates become more divided and less productive.
- F. This personalized selection creates a unique digital world for each user.
- G. This term describes being cut off from other ideas because you only get personalized information.

【答案】16 G 17. F 18. C 19. E 20. B

【解析】

【导语】本文是一篇说明文。文章探讨了信息时代中“信息茧房”现象的形成（算法导致）、危害（个体思维局限与社会分裂）及应对措施（主动寻求多元观点）。

【16题详解】

由上文 “We are increasingly likely to be trapped in ‘information cocoons’.(我们越来越有可能陷入‘信息茧房’之中。)”可知，本空要说跟信息茧房相关的话题，G选项 “This term describes being cut off from other ideas because you only get personalized information.(这一术语指的是，由于你只接收个性化信息，从而与其他思想观点隔绝的状态。)”对“信息茧房”这一概念进行解释说明，符合题意，该选项中的 “This term”指代上文的 “information cocoons”。故选G。

【17题详解】

由上文 “These cocoons are mainly built by algorithms. Social media platforms and search engines are designed to show us content in line with our past clicks, likes, and searches.(这些信息茧房主要由算法构建而成的。社交媒体平台和搜索引擎的设计初衷，是向我们推送与过往点击、点赞和搜索记录相符的内容。)”及下文 “Over time, we are fed a steady diet of information that strengthens our existing beliefs, blocking us from challenging or opposing viewpoints.(久而久之，我们持续接收到的信息都在不断强化自己已有的信念，使我们无法接触到具有挑战性或相反的观点。)”可知，本空要说算法如何构建个性化的世界。F选项 “This personalized selection creates a unique digital world for each user.(这种个性化筛选为每位用户打造了一个独特的数字世界。)”承上启下，符合题意，该选项中的 “This personalized selection”指代上文的 “content in line with our past clicks, likes, and searches”。故选F。

【18题详解】

由上文 “The consequences of this are serious for both individuals and society.(这一现象的后果对个人和社会而言都十分严重。)”及下文 “On a societal level(在社会层面)”可知，本空要说在个人层面造成的后果，C选项 “For the individual, it can lead to a more narrow-minded worldview.(对个人来说，它可能导致视野狭隘的世界观。)”承接上文，符合题意，该选项中的 “lead to”与上文的 “The consequences”相呼应。故选C。

【19题详解】

由上文 “On a societal level, when different groups operate within entirely separate information ecosystems, finding common ground becomes nearly impossible.(在社会层面，当不同群体处于完全割裂的信息生态系统中时，寻求共识便几乎成为不可能之事。)”可知，本空要说明社会分裂的后果，E选项 “Therefore, political

debates become more divided and less productive.(因此, 政治辩论变得愈发分裂, 也愈发缺乏实际成效。)”承接上文, 构成因果关系, 符合句意, 且该选项中的“divided”与上文的“separate”相呼应。故选 E。

【20 题详解】

由上文“Breaking free from an information cocoon requires conscious effort.(摆脱信息茧房需要有意识的努力。)”及下文“Actively seeking out news sources with different perspectives, engaging in respectful conversations with people who hold different opinions, and being mindful of the algorithms that shape our online experience are all crucial steps toward a more balanced and well-rounded understanding of the world.(主动寻找持有不同视角的新闻来源, 与持不同意见的人进行尊重的交流, 同时留意那些塑造我们网络体验的算法——这些都是朝着更全面、更均衡地理解世界迈出的关键一步。)”可知, 本空要说摆脱信息茧房的具体行动, B 选项“The first step is to recognize that such a cocoon exists around us.(第一步是认识到我们身边存在这样的茧房。)”承上启下, 符合题意。该选项中的“The first step”与上文的“requires conscious effort”相呼应。故选 B。

第三部分 完形填空 (共 15 小题; 每题 1 分, 满分 15 分)

阅读下面短文, 从短文后各题所给的 A、B、C 和 D 四个选项中, 选出可以填入空白处的最佳选项。

I was the quiet kid. Social interactions felt like a minefield (地雷区). In my final year of high school, a simple yet profound idea struck me: what if I rehearsed (刻意练习) kindness?

The next day, I started my 21. My first target was a lonely-looking classmate, Mark. I had 22 a compliment (称赞) about his detailed notes. With a deep breath, I walked over and delivered my 23 line. It felt awkward, and my smile was 24. Mark looked surprised, then doubtful, offering a quiet “thanks” before turning away. My face burned with 25. It seemed my plan had failed.

But I 26. The next day, I genuinely thanked our bus driver for his punctuality (守时). This time, it felt less like a performance. He beamed, and that smile felt 27. Slowly, I shifted focus from my own awkwardness to all the 28 I could make. I started listening, not just waiting for my turn to speak.

Weeks later, Mark approached me. “I was having a rough day that time you complimented me,” he confessed (承认). “It felt a bit 29, but it also made me realize I wasn’t 30. Thanks for that.” His honesty was a gift.

That conversation was a 31. I had been so focused on practicing kindness perfectly that I forgot its true 32: connection. It didn’t have to be smooth; it just had to be 33. My rehearsals had been the training wheels I needed to learn how to 34. I’m still introverted (内向的), but now I know that a little awkwardness is a small price to pay for the 35 of a genuine human bridge.

- | | | | |
|-------------------|-----------------|------------------|-----------------|
| 21. A. experiment | B. contribution | C. account | D. tension |
| 22. A. neglected | B. prepared | C. shot | D. recorded |
| 23. A. opening | B. closing | C. regular | D. final |
| 24. A. sincere | B. forced | C. secure | D. anxious |
| 25. A. pride | B. excitement | C. embarrassment | D. satisfaction |
| 26. A. gave up | B. sped up | C. pressed on | D. turned back |
| 27. A. artificial | B. catching | C. passive | D. professional |
| 28. A. reflection | B. distance | C. difference | D. judgement |
| 29. A. natural | B. rehearsed | C. powerful | D. effortless |
| 30. A. unseen | B. amazing | C. confident | D. shallow |
| 31. A. measure | B. response | C. key | D. routine |
| 32. A. cost | B. nature | C. technique | D. method |
| 33. A. perfect | B. secret | C. intentional | D. fluent |
| 34. A. respond | B. respect | C. follow | D. correct |
| 35. A. cost | B. safety | C. reward | D. balance |

【答案】21. A 22. B 23. A 24. B 25. C 26. C 27. B 28. C 29. B 30. A
31. C 32. B 33. C 34. A 35. C

【解析】

【导语】本文是一篇记叙文。文章讲述了一个内向的高中生通过刻意练习善意行为, 从最初的尴尬到最终领悟善意真谛的心路历程。

【21 题详解】

考查名词词义辨析。句意: 第二天, 我开始了我的实验。A. experiment 实验; B. contribution 贡献; C. account 账户; D. tension 紧张。根据前文“a simple yet profound idea struck me: what if I rehearsed (刻意练习) kindness?”可知, 作者决定尝试“刻意练习善意”这一想法, 这是一次探索性的行动, “experiment”符

合“尝试新行为”的语境。故选 A 项。

【22 题详解】

考查动词词义辨析。句意：我已经准备好了一句关于他详细笔记的称赞。A. neglected 忽视；B. prepared 准备；C. shot 射击；D. recorded 记录。根据后文“With a deep breath, I walked over”可知，作者为这次称赞做了“准备”。故选 B 项。

【23 题详解】

考查形容词词义辨析。句意：深吸一口气，我走过去，说出了我的开场台词。A. opening 开场的；B. closing 结束的；C. regular 常规的；D. final 最终的。根据前文“started my __1__”可知，这是作者第一次尝试练习善意，因此是“开场的”台词。故选 A 项。

【24 题详解】

考查形容词词义辨析。句意：感觉很尴尬，我的微笑是勉强的。A. sincere 真诚的；B. forced 勉强的；C. secure 安全的；D. anxious 焦虑的。根据前文“It felt awkward”可知，作者的微笑并非发自内心，而是“勉强的”。故选 B 项。

【25 题详解】

考查名词词义辨析。句意：我的脸因尴尬而发烫。A. pride 骄傲；B. excitement 兴奋；C. embarrassment 尴尬；D. satisfaction 满足。根据前文“Mark looked surprised, then doubtful, offering a quiet “thanks” before turning away.”可知，作者的称赞未得到积极回应，反而被冷淡对待，因此感到“尴尬”。故选 C 项。

【26 题详解】

考查动词短语辨析。句意：但我继续坚持了。A. gave up 放弃；B. sped up 加速；C. pressed on 坚持；D. turned back 返回。根据后文“The next day, I genuinely thanked our bus driver for his punctuality (守时).”可知，作者没有因第一次失败而停止，而是“坚持”练习。故选 C 项。

【27 题详解】

考查形容词词义辨析。句意：他笑容满面，那个微笑让人感到舒心。A. artificial 人工的；B. catching 有感染力的；C. passive 被动的；D. professional 专业的。根据前文“genuinely thanked”和“He beamed”可知，司机的微笑是“有感染力的，令人舒心”。故选 B 项。

【28 题详解】

考查名词词义辨析。句意：慢慢地，我将注意力从自己的尴尬转移到我能产生的所有影响上。A. reflection 反映；B. distance 距离；C. difference 不同；D. judgement 判断。根据前文“He beamed, and that smile felt __7__.”可知，看到司机的笑容，作者开始关注自己的行为对他人的积极影响，“make a difference”是固定搭配，意为“产生影响”，符合语境。故选 C 项。

【29 题详解】

考查形容词词义辨析。句意：“那时候你称赞我的时候，我正过得很艰难，”他承认道，“虽然感觉有点刻意，但也让我意识到我并不是被忽视的。谢谢你。” A. natural 自然的；B. rehearsed 刻意的；C. powerful 有力的；D. effortless 轻松的。根据前文作者“rehearsed kindness”可知，马克感受到了当时作者的称赞有些“刻意”，与作者最初的行为呼应。故选 B 项。

【30 题详解】

考查形容词词义辨析。句意：“那时候你称赞我的时候，我正过得很艰难，”他承认道，“虽然感觉有点刻意，但也让我意识到我并不是被忽视的。谢谢你。” A. unseen 被忽视的；B. amazing 令人惊奇的；C. confident 自信的；D. shallow 浅的。根据前文 Mark 是“lonely-looking classmate”，作者的称赞让他感到被关注，因此意识到自己没有“被忽视”（unseen）。故选 A 项。

【31 题详解】

考查名词词义辨析。句意：那次对话是一个关键。A. measure 措施；B. response 回应；C. key 关键；D. routine 常规。根据后文“I had been so focused on practicing kindness perfectly that I forgot its true __12__”可知，这次对话让作者意识到自己之前的误区，是理解善意本质的“关键”（key）。故选 C 项。

【32 题详解】

考查名词词义辨析。句意：我一直专注于完美地练习善意，却忘记了它真正的本质：联结。A. cost 代价；B. nature 本质；C. technique 技巧；D. method 方法。根据后文“connection”及后文“It didn’t have to be smooth”可知，这是善意的核心“本质”。故选 B 项。

【33 题详解】

考查形容词词义辨析。句意：它不必完美流畅，但必须是有意的。A. perfect 完美的；B. secret 秘密的；C. intentional 有意的；D. fluent 流畅的。根据前文“didn’t have to be smooth”可知，作者认为善意不必完美，但必须是“有意的”，强调主动性。故选 C 项。

【34 题详解】

考查动词词义辨析。句意：我的刻意练习就像是辅助轮，帮我学会了如何回应他人。 A. respond 回应； B. respect 尊重； C. follow 跟随； D. correct 纠正。根据前文 “With a deep breath, I walked over and delivered my 13 line.” 以及 “The next day, I genuinely thanked our bus driver for his punctuality (守时).” 等行为可知，这些都是与他人互动的“回应”。故选 A 项。

【35 题详解】

考查名词词义辨析。句意：我仍然性格内向，但现在我知道，为了搭建一座真正的人际桥梁所带来的回报，一点尴尬不算什么。 A. cost 成本； B. safety 安全； C. reward 回报； D. balance 平衡。根据前文 “a small price to pay” 可知，这里指“获得”（真正的人际桥梁）的“回报”（reward），即尴尬是值得的。故选 C 项。

第四部分 小说阅读（共 5 小题；每题 1 分，满分 5 分）

56. Why does Bryce's grandfather first become interested in Juli Baker?

- A. Because she reminds him of his late wife and her courage.
- B. Because she often visits their house to talk about trees.
- C. Because he reads about her tree protest in the newspaper.
- D. Because his daughter tells him that Juli is Bryce's best friend.

57. When Bryce describes his grandfather's stare as “firm” and “steady,” what does this choice of words show about Granddad Duncan's attitude toward Bryce?

- A. He is cold and angry, unwilling to listen to Bryce's side.
- B. He is confused and unsure what to say to his grandson.
- C. He is impatient and ready to end the conversation quickly.
- D. He is calm but silently judging Bryce's behavior and values.

58. In “The Sycamore Tree,” Juli says her father looks like he has “transcended the yard” while painting. What does the word “transcend” mean?

- A. ignoring it out of boredom.
- B. rising above it to reach something higher.
- C. measuring it carefully for exact size.
- D. creating it exactly as it once appeared.

59. Which statement best expresses Bryce's internal conflict after the men start cutting the sycamore?

- A. He wants the tree gone but fears Juli will blame him.
- B. He plans to call police but drops the thought quickly.
- C. He hates the tree yet feels sad and pities Juli.
- D. He blames his granddad for siding with the workers.

60. What does the sycamore tree most clearly symbolize for Juli?

- A. The stubborn strength of the natural world.
- B. Freedom, beauty, and a higher way of seeing life.
- C. Her wish to become an artist like her father.
- D. The need to escape from her family's troubles.

第 II 卷（非选择题，共 50 分）

第五部分 语法填空（共 10 空；每空 1.5 分，满分 15 分）

阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。

A new global report 36 (warn) that extreme heat, 37 is being driven by climate change, now kills one person every minute worldwide. The Lancet countdown study found that heat-related deaths have risen 38 over 20% since the 1990s — the most alarming rise 39 scientists have ever recorded.

Scientists say 40 (rise) temperatures are worsening health risks through deadly heatwaves, air pollution, wildfires, and food shortages. 41 this, governments still 42 (spend) nearly US \$1 trillion developing energy industry based on fossil fuels (化石燃料) last year.

The report's authors say most of these 43 (death) are preventable if countries act quickly 44 (cut) carbon footprints and invest in clean energy. “Every delay costs lives,” said lead author Dr. Marina Romanello. The message is clear: climate change isn't just an environmental issue but one 45 consequences have already worsened into a global health emergency.

【答案】36. warns

37. which 38. by

39. that 40. rising

41. Despite

42. spent 43. deaths

44. to cut 45. whose

【解析】

【导语】本文是一篇说明文。文章主要揭示了气候变化引发的极端高温已成为全球健康危机，并呼吁各国立即采取减排行动。

【36 题详解】

考查时态和主谓一致。句意：一份新的全球报告警告称，受气候变化推动的极端高温，如今在全球范围内每分钟就导致一人死亡。空处为谓语动词，根据从句谓语 is being driven 及 kills 可知，句子描述客观事实，应用一般现在时，主语 A new global report 为单数，应用第三人称单数形式 warns。故填 warns。

【37 题详解】

考查定语从句。句意：一份新的全球报告警告称，受气候变化推动的极端高温，如今在全球范围内每分钟就导致一人死亡。空处引导非限制性定语从句，先行词为 extreme heat，指物，在从句中作主语，应用关系代词 which 来引导。故填 which。

【38 题详解】

考查介词。句意：《柳叶刀》倒计时研究发现，自 20 世纪 90 年代以来，与高温相关的死亡人数已上升超过 20%。rise by 为固定搭配，意为“上升了……”。故填 by。

【39 题详解】

考查定语从句。句意：这是科学家们有记录以来最令人担忧的增幅。空处引导定语从句，先行词为 the most alarming rise，指物，在从句中作宾语，且先行词被最高级修饰，应用关系代词 that 来引导。故填 that。

【40 题详解】

考查非谓语动词。句意：科学家表示，不断升高的气温正通过致命的热浪、空气污染、野火和粮食短缺，加剧健康风险。句子谓语为 say，空处为非谓语动词作定语，修饰名词 temperatures，此处表“正在上升的气温”，应用现在分词形式 rising。故填 rising。

【41 题详解】

考查介词。句意：尽管如此，各国政府去年仍投入近 1 万亿美元发展以化石燃料为基础的能源产业。根据空后代词“this”，且前后是让步转折关系可知，应用介词 despite “尽管”，句首单词首字母需大写。故填 Despite。

【42 题详解】

考查时态。句意：尽管如此，各国政府去年仍投入近 1 万亿美元发展以化石燃料为基础的能源产业。空处为谓语动词，根据时间状语 last year 可知，此处为过去发生的动作，应用一般过去式 spent。故填 spent。

【43 题详解】

考查名词。句意：该报告的作者称，若各国迅速采取行动减少碳足迹并投资清洁能源，这些死亡案例中的大多数都是可以预防的。根据空前 these 可知，空处为名词 death 的复数形式 deaths，most of these deaths 作宾语从句的主语。故填 deaths。

【44 题详解】

考查非谓语动词。句意：该报告的作者称，若各国迅速采取行动减少碳足迹并投资清洁能源，这些死亡案例中的大多数都是可以预防的。句子谓语为 act，空处为非谓语动词作目的状语，应用动词不定式。故填 to cut。

【45 题详解】

考查定语从句。句意：核心信息十分明确：气候变化不仅仅是一个环境问题，其后果已升级为一场全球健康危机。空处引导定语从句，先行词为 one，指物，在从句中作 consequences 的定语，应用关系代词 whose 来引导。故填 whose。

第六部分 单词拼写（共 10 空；每空 1 分，满分 10 分）（请用必修一所学词汇填写）

46. Many health professionals are c_____ about the long-term effects of extreme dieting on young people's overall health. (根据首字母单词拼写)

【答案】concerned

【解析】

【详解】考查形容词。句意：许多健康专业人士极端节食对年轻人整体健康的长期影响感到担忧。根据句意及首字母提示可知，此处为形容词 concerned “担忧的”，且 be concerned about 为固定搭配，意为“对……感到担忧”，符合句意要求。故填 concerned。

47. When planning a trip, we must take into a_____ the weather and travel costs. (根据首字母单词拼写)

【答案】account

【解析】

【详解】考查名词。句意：规划旅行时，我们必须考虑天气和旅行费用。根据句意“考虑到”和首字母以友果，专注昆震提招培训。17751295132

及 take into 可知, 空处应使用名词 account, 构成动词短语 take into account, 表示“考虑”, 符合题意。故填 account。

48. She f _____ that it would take about two hours to drive to the countryside. (根据首字母单词拼写)

【答案】figured##igured

【解析】

【详解】考查时态。句意: 她估计开车到乡村大约需要两个小时。根据句意及首字母提示可知, 此处为动词 figure “估算, 认为”作谓语, 根据从句谓语 would take 可知, 应用一般过去时。故填 figured。

49. The speech competition encouraged students to come up with o _____ ideas of their own rather than copying speeches from others. (根据首字母单词拼写)

【答案】original##riginal

【解析】

【详解】考查形容词。句意: 演讲比赛鼓励学生提出自己的原创想法, 而不是抄袭别人的演讲。根据单词首字母以及句意可知应用形容词 original, 修饰名词 ideas。故填 original。

50. I'll d _____ call you as soon as I get home — you can count on that. (根据首字母单词拼写)

【答案】definitely##efinitely

【解析】

【详解】考查副词。句意: 我到家就一定给你打电话——这你放心。根据句意“一定”和首字母可知, 此处为副词 definitely, 作状语, 修饰动词。故填 definitely。

51. Her _____ (慷慨) in helping others won everyone's respect. (根据汉语提示单词拼写)

【答案】generosity

【解析】

【详解】考查名词。句意: 她慷慨助人赢得了大家的尊敬。her 后跟名词作主语, “慷慨”的名词是 generosity, 不可数。故填 generosity。

52. When asked for his opinion on the new plan, his response was overwhelming _____ (否定的). (根据汉语提示单词拼写)

【答案】negative

【解析】

【详解】考查形容词。句意: 当被问及对新计划的看法时, 他的回应是全然否定的。根据汉语提示“否定的”可知, 此处应使用形容词 negative, 作表语。故填 negative。

53. The police carried out a _____ (彻底的) investigation before releasing the report. (根据汉语提示单词拼写)

【答案】thorough

【解析】

【详解】考查形容词。句意: 警方在发布报告前进行了彻底的调查。空格处用形容词作定语, 修饰名词 investigation, “彻底的”的形容词是 thorough。故填 thorough。

54. Please contact me _____ (立刻) if there's any change in the schedule. (根据汉语提示单词拼写)

【答案】immediately

【解析】

【详解】考查副词。句意: 如果有任何日程变化, 请立即联系我。根据汉语提示“立刻”可知, 此处可用副词 immediately, 作状语修饰动词 contact。故填 immediately。

55. Good _____ (营养) is essential for a healthy body and mind. (根据汉语提示单词拼写)

【答案】nutrition

【解析】

【详解】考查名词。句意: 良好的营养对身心健康至关重要。根据汉语提示“营养”可知, 此处为名词 nutrition, 作主语。故填 nutrition。

第七部分 写作 (共两节, 满分 25 分)

第一节 应用文写作 (满分 15 分)

56. 假如你是某高中生李华, 你的朋友 James 来信说, 进入高中以来, 学习和心理压力日益加大, 请你用英文给他写一封回信:

1. 表示理解并给予安慰;
2. 提出建议并说明理由。(建议不少于 2 条);

注意:

1. 词数在 80 左右;

2. 必须涵盖要点;
3. 信的开头和结尾已给出, 不计入总词汇。

Dear James,

I am awfully sorry to hear that

Your sincerely,
Li Hua

【答案】 Dear James,

I am awfully sorry to hear that since entering high school, the pressure of study and psychology has been increasing. Here are some suggestions for you to relieve stress.

To begin with, keep a balance between study and rest. You should take regular exercise to keep fit and energetic. Besides, it's highly recommended to have brief conversations with close friends, from whom you can get confidence and comfort. Most importantly, you should make a good study schedule and stick to it, which can make you devote yourself to studies and realize your potential.

I hope my suggestions will be of help and I'm sure you will have a happy high school life!

Your sincerely,
Li Hua.

【解析】

【导语】 本篇书面表达属于应用文。要求考生给进入高中以来, 学习和心理压力日益加大朋友 James 写封回信, 对他的情况表示理解并给予安慰, 同时给他提出建议。

【详解】 1. 词汇积累

建议: suggestion → advice

此外: besides → additionally

应该: should → be supposed to

有帮助: be of help → be helpful

2. 句式拓展

简单句变复合句

原句: Here are some suggestions for you to relieve stress.

拓展句: Here are some suggestions for you, which will help you relieve stress.

【点睛】 **【高分句型 1】** Besides, it's highly recommended to have brief conversations with close friends, from whom you can get confidence and comfort. (运用了 it 作形式主语, 不定式短语作真正主语以及“介词+whom”引导的非限制性定语从句)

【高分句型 2】 Most importantly, you should make a good study schedule and stick to it, which can make you devote yourself to studies and realize your potential. (运用了 which 引导的非限制性定语从句)

第二节 微写作 (满分 10 分)

57. 随着社会的变化, 许多家庭的亲子关系面临新的挑战。家长希望孩子懂事、听话, 而孩子渴望被理解和尊重。双方的期待差异常常导致冲突。请你就“亲子关系”这一话题写一篇短文, 内容包括:

1. 概括上述亲子问题;
2. 你的建议 (如加强沟通、建立信任、互相理解等)。

注意:

1. 词数约 100 左右;
2. 适当增加细节, 使行文连贯。

【答案】 With the rapid social development, parent-child relationship is facing new challenges. Parents usually expect their children to be obedient and sensible, while children are eager for understanding and respect.

This difference in expectations often leads to misunderstandings and conflicts, making the gap between them wider.

To improve this situation, effective communication is essential. Parents should spend more time listening to their children's thoughts instead of just giving orders. Meanwhile, children ought to be more patient to express their feelings. Building mutual trust and understanding can help both sides stand in each other's shoes, thus creating a harmonious parent-child relationship.

【解析】

【导语】本篇书面表达是一篇开放性作文，要求考生就“亲子关系”这一话题写一篇短文。

【详解】1.词汇积累

面临：face→confront

导致：lead to→contribute to

而不是：instead of→rather than

帮助：help→assist

2.句式拓展

简单句变复合句

原句：With the rapid social development, parent-child relationship is facing new challenges.

拓展句：As the society is developing rapidly, parent-child relationship is facing new challenges.

【点睛】[高分句型 1]

To improve this situation, effective communication is essential. (运用了动词不定式目的状语)

[高分句型 2]

Building mutual trust and understanding can help both sides stand in each other's shoes, thus creating a harmonious parent-child relationship. (运用了现在分词短语作结果状语)