2024 北京海淀高三查漏补缺

英　　语

完形填空素材

A Ride for a Life Time

选文来源：Readers_Digest_Dec_2023_Jan_2024

老兵 Bill 在打车时与司机 Letts 提到自己在寻找捐肾的人，没想到善良的 Letts 随后就去医院进行了检查并于 14 个月后成功地为 Bill 捐了肾脏。

Bill Sumiel was having a tough Friday. It was October 2020, and the 71-year-old, who was dealing with kidney failure and had been on dialysis for a few years, found himself at a vascular center 30 miles from home for the second time in 24hours. He was on the transplant list, but no matches had yet appeared, so he continued with his treatment. Without a ride lined up for Friday's do-over, Sumiel took an Uber to and from his appointment.

Timothy Letts, 31, was driving north to visit a friend when his phone pinged with the request for Sumiel's ride home. The trip was out of Letts's way. Still, he took the fare, figuring if the passenger was coming from a medical facility, he likely needed a ride.

"Bill really lit up the car with positive energy," says Letts, who shared with Sumiel that he was a proud veteran. Sumiel, who works in sales at a company that produces piping, mentioned that in the past he'd enjoyed volunteering in his community, even serving as president of the city council. But he was doing less these days, he explained, because the dialysis treatments left him exhausted.

Then Sumiel revealed that he was searching for a kidney donor. Letts joked that he'd be a good donor candidate, given that he didn't drink or smoke. Sumiel agreed, though he didn't think much of it as they kept driving. Letts, however, couldn't stop thinking about it.

After a monthslong screening process—including an interview, sharing medical records, meeting a living donor advocate, and testing—the results were in: Letts was an ideal donor, and he and Sumiel were a perfect match. 14months after they ended up in the same car by chance, Sumiel and Letts had their surgeries. It was a success. Sumiel is especially excited. After all, he says, "Living donors are special people!"

语法填空素材

A

Essie's heart races as she hears Hannah is searching for her after four decades. Hannah's account on social media reveals her troubled past and the profound impact Essie had____11____her life. Now a trauma therapist, Hannah expresses gratitude for Essie's love and ____12____(guide). Reconnecting over the phone, their conversation is full of nostalgia and ____13____(share) memories. Essie's fostering story, spanning nearly 30 years, continues to inspire. In their reunion, the enduring power of love and compassion ____14____(shine), reaffirming the profound impact of human connection across time. (82words)

B

An orangutan (红毛猩猩) in Sumatra surprised scientists when he was seen treating an open wound on his cheek with a poultice __14__ (make) from a medicinal (药用的) plant. It's the first scientific record of a wild animal healing a wound using a plant with known medicinal properties. The findings were published this week in *Scientific Reports*.

Humans might even have discovered some ways of curing illnesses __15__ watching animals. Probably our ancestors __16__ (look) at other animals and learning about medicines. When social animals communicate, that information __17__ (stick) and can last over generations. (103w)

C

Academic stress from curriculum-based __17__ (pressure) like studying for exams or completing homework is at an all-time high for students. Luckily, here are 2 tips to help ease the pressure . First, budget your time. With a clear view of your schedule, you will feel more in control and __18__ (empower) to approach your tasks calmly and confidently. Second, seek help. If you find that academic stress __19__ (consume) your life, talk to a teacher, or another trusted adult. __20__ a certain amount of anxiety is normal, no one should worry alone, because prolonged academic stress can lead to anxiety and depression. (100w)

第二部分 阅读理解

A篇 素材

Wildlife trips for 2024

Whether seeking out snow leopards or birds of paradise, there's an extraordinary wildlife experience for every nature-loving traveller...

SPOT THE GAMBIA'S EXOTIC BIRDS WITH MEGAN MCCUBBIN

If you think The Gambia is all about winter beach holidays, think again. This tiny West African country is one of the continent's most underrated wildlife destinations, with more than 600 species of bird having been recorded here. It's also both easy to get to and affordable. On a new *BirdingTrip* with The Gambia Experience, you can join TV presenter and photographer Megan McCubbin, who has been visiting this country with her stepfather, Chris Packham, since she was a child. She'll be guiding three- and four-night trips alongside *Wanderlust* World Guide Award 2023 winner Malick Suso. Given Malick won the Wildlife & Safari category and knows a host of unique birding locations, it's a great opportunity to glimpse a side of The Gambia that few bother see. **The Gambia Experience (gambia.co.uk). Dates and prices are to be confirmed soon. Booking now for 2025.**

ENJOY WILD LUXURY IN BOTSWANA'S OKAVANGO DELTA

The Okavango Delta is high on the must-see list of most wildlife lovers, and a trio of new camps being offered by Audley Travel can now be combined on a tailor-made trip for a unique safari. Opening in May, Tawana in the Moremi Game Reserve combines luxurious suites and safari experiences in an area known for its high populations of antelope, lion and leopard. Also in the reserve is African Bush Camps' Atzaro Okavango (*see p28*), which offers a dose of sustainable luxury as guests get to stay in solar-powered suites with their own plunge pools on a private concession. Lastly, Great Plains' Sitatunga Private Island Camp recently opened, having been designed to make the most

of its waterside setting on an island reserve in the delta. **Audley (audleytravel.com). Tailor-made; 12 days with the option to stay at each new camp from £10,500pp (including international flights).**

EXPERIENCE SOUTH AFRICA'S FLOURISHING SAVANNAH

Mother-and-daughter team Sarah and Isabelle Tompkins are working to breathe life back into 27,000 hectares of South Africa's Great Karoo following decades of agricultural mistreatment and political turmoil. Since 1997, their private game reserve has reintroduced the first wild cheetahs, elephants and lions to the region in more than 100 years. Journeys With Purpose's *The Great Karoo: Dare To Rewild* trip lets you shadow the family as they continue to regenerate the land. In addition to game drives, bush walks, cheetah-tracking and fireside chats, you'll join an expert conservationist in the next steps of the reserve's rewilding process: introducing female black rhinos into a community of males. **Journeys With Purpose (journeyswithpurpose.org). 2 Nov; 6 nights from £9,755pp (excluding international flights).**

SPOT SEALS AND SEABIRDS IN THE WILD BRITISH ISLES

The small-group *Wild Isles* trip with Wilderness England embraces the windswept coastlines of Northumberland and southern Scot- land. Beginning with bird and butterfly watching at Hauxley Wildlife Discovery Centre, you'll then travel to the protected Farne Islands, where you can glimpse one of the largest grey seal colonies on the UK's east coast, plus adorable puffins. More highlights include spotting waterfowl amid the saltmarsh and mudflats of historic Lindisfarne, then crossing the Scottish border and hopping a boat to Bass Rock, where some 150,000 northern gannets fill the skies. Continue on to Dunbar – the birthplace of conservationist John Muir – and beyond for more island hopping and rambling. **Wilderness England (wildernessengland.com). 15 Jun; 6 nights from £2,395pp.**

CALL FOR MOOSE IN SWEDEN

The *Arctic Bath Hotel* trip with Windows on the Wild is far more than just a hotel getaway. What it does do is make the most of the setting for this unique stay on the Lule River, high in the northern reaches of Arctic Sweden. Guests join Mikael "Micke" Suorra – also known as the 'moose whisperer' – and a local Sami guide to learn about moose and the art of calling them, before heading deeper into rural Swedish Lapland to seek out the 'king of the forest'. After climbing a hunting tower, Suorra will begin his call, though he might also end up attracting some other large furry friends in the shape of bears. Make sure to bring along binoculars for a closer inspection. Windows on the Wild (windowsonthewild.com). The moose-calling experience

(an additional £180pp) only runs Sep–Oct; 4 nights from £840pp (excluding international flights).

C 篇素材

Want to remember more? Make more mistakes

WSJ 2024.4.19

By Charan Ranganath

Whether we are trying to master a new language or play a musical instrument, the pain of making mistakes is a big obstacle, especially early in the learning curve. But novices become experts only when we push ourselves to the edge of our abilities, and errors are both inevitable and essential for moving forward.

Neuroscientists and computer scientists call this error-driven learning, as mistakes are key for acquiring new information in both humans and machines. These insights have practical applications, including for anyone preparing for a test.

Most students assume it is best to simply study the material and try to commit as much of it to memory as possible. Many standardized tests seemingly reward rote memorization. But what if students trained by testing themselves instead? Intuitively, it seems like studying is a safer bet; why risk producing wrong answers when you can just memorize the right one? Yet it turns out making errors early on can be more helpful for retaining information over time.

Curious about the power of tests as a learning tool, cognitive psychologists Henry “Roddy” Roediger and Jeff Karpicke had hundreds of students memorize excerpts from a test-preparation book for the Test of English as a Foreign Language (TOEFL). One group memorized these passages by rereading them about 14 times; another group read the passages several times and then completed three tests in which they had to recall as much of what they studied as possible. As Roediger and Karpicke reported in Psychological Science in 2006, the students who repeatedly studied the material initially performed better, but when these students were tested again a week later, the differences were stark. The students who repeatedly studied remembered around 40% of what they had learned, on average, while those who tested themselves recalled over 60%.

The testing effect has since been confirmed in many studies under a range of conditions. Its value remains undisputed, but scientists are still debating why it has such a powerful effect on memory.

The simplest explanation is that testing exposes our weaknesses. In general, we tend to be overconfident about our ability to retain information we have just learned. The initially untested students in Roediger and Karpicke's experiment thought they knew more because they had never been challenged. The tested ones had the humbling experience of struggling and

sometimes failing to recall new information, of making more errors, which spurred them to work harder to hold on to whatever they had.

Yet the effect can't simply be explained by the hubris of students who are unaware of their weaknesses. Scientists are increasingly convinced that the simple act of mentally retrieving material makes people less prone to forgetting.

This would explain why retrieval attempts are useful even when they lead to wrong

answers. Let's say you want to learn Swahili, but before you've had a chance to study, you're asked, “What's the definition of usingizi?" You'll have to guess, which seems silly. Generating wrong answers should be ineffective or even counterproductive. Yet, it turns out that giving your brain a chance to struggle first will help you learn and keep more information over time.

This is in line with a theory on memory proposed by cognitive psychologists Mark Carrier and Hal Pashler in the1990s. They noted that the neural network models of artificial intelligence learn through trial and error: We train algorithms by constantly correcting mistakes. Carrier and Pashler suggested this constructive feedback loop might work the same way for humans. That is, we may be similarly more likely to encode the right information if we make a wrong guess first.

To understand how error-driven learning might work in the brain, my Dynamic Memory Lab at the University of California, Davis, used neural network models to simulate what happens in the hippocampus -- a critical brain area for rapid learning-when people repeatedly attempt to memorize the same information. Our results, published in PLOS Computational Biology in 2021,
clarified that the human brain can learn and retain far more through trial and error than from rote memorization.

This is because when we stress test our memories, we expose the weaknesses of existing neuronal connections in a way that ultimately strengthens what's useful and prunes away what's not. Rather than relearning the same material over and over- rereading the same textbook, say-it is more efficient to pinpoint the exact areas where our memory fails us, and then to update our memory with the right information. Of course, this works only if we understand where we went wrong, so we can correct for it. The point is to struggle, not to flail aimlessly.

Many of us are already exploiting this feature of memory when we actively learn by doing rather than passively by memorizing. Athletes who run plays in a scrimmage and politicians who hone their message in mock debates intuitively use the power of error-driven learning. It's why driving around a new neighborhood and making a few wrong turns is a far better way to understand an area than traveling the same streets as a passenger or studying it all on a map. It's why taking practice tests for the SATs is often more helpful than spending hours memorizing countless words.

These benefits can be maximized not only by optimizing how we learn but also when we learn. Our lab simulations showed that when we space out our attempts to learn things, we force our brain to struggle and therefore revise our memories of what we've learned- a phenomenon known as the “spacing effect.” These findings will soon be published in the journal Psychological Review.

In college, I often crammed weeks of material into a single night of studying before an exam. It was effective in the short run, but most of what I learned slipped away soon after a semester ended. This is because the hippocampus generates memories by tying our experiences to a particular context, such as our desk at night or a cafe in the morning. It isn't too hard to recall information we studied the night before because our mental context hasn't changed much since then. But as time passes and our contexts change, it becomes harder to retrieve the information we learned when we were jacked up on caffeine one night at 3 a.m.

Instead of studying for six hours straight, it is far more effective to return to the same information in shorter sessions over several days. This is because relearning the same material in different settings forces our hippocampus to continually update these memories until they have no discernible context, so they are easier to retrieve any place or time.

Error-driven learning can explain how everyday memories can change over the
years. When we revisit our memories for any reason, we update them so that they no longer take us back to a specific moment, which makes them more accessible. This helps clarify why well-honed anecdotes come to mind easily, but don't make us feel as though we are reexperiencing that moment each time we retell the story. In contrast, a rarely

experienced taste or fragrance or song can trigger the memory of an otherwise buried moment of childhood, which transports us back in time.

We learn and retain far more when we push ourselves to the edges of our knowledge. So, perhaps instead of rewarding mastery, we need to celebrate the struggle-the real work of learning.

D 篇素材

https://stanfordeconreview.com/2023/04/22/commentary-what-is-a-digital-nomad-introducing-the-new-nomadic-workforce/

COMMENTARY: What is a Digital Nomad? Introducing the New Nomadic Workforce

April 22, 2023

Karthick Arunachalam

Alma Andino Frydman, Stanford University

Those of us who often scroll through TikTok or Instagram must have at least once stumbled across a video of a tan, smiling girl sitting on a white sand beach, sipping a well-decorated chilled drink as she works remotely from her laptop. This lifestyle seems fictional and too good to be true, yet more and more content creators of this kind have emerged in the last two years. You may have read things like "I work a corporate job from paradise, and YOU CAN DO IT TOO!" or "Destinations that will practically PAY YOU to travel as a digital nomad." Maybe you too have asked yourself whether that life is actually possible and what it entails. But who exactly are these digital nomads? What does a day in their lives look like?

The COVID-19 pandemic drastically transformed how people work. Before the pandemic, only 5% of American workdays were WFH ("working from home"); as the pandemic engulfed the world, this number rose to a staggering 50%. For many, the pandemic forced a natural divergence from the "9 to 5" work structure. Many workers realized they were just as, if not more, productive working at their own pace, and for many, there was no going back to the office.

Some companies soon began to implement WFA ("work from anywhere") policies, and the results have consistently demonstrated workers' preference for location independence—not being tied to one work location. When Airbnb announced that their employees could live and work anywhere, their careers page experienced a surge in viewership: 800,000 visits in a single week. In February 2021, Spotify announced its own WFA model. Fast forward to today and attrition rates are down 15% compared to the same quarter in 2019. In contrast, when the reverse was implemented, as Apple announced its return to an in-office work scheme, approximately 56% of its employees stated they were planning on leaving as a result. It is clear that location independence is a significant priority for remote workers.

A particular group of workers capitalized on their newfound location independence to work while they traveled the world. First described in Tsugio Makimoto and David Manners' book Digital Nomad, digital nomads are location-independent professionals who rely on personal technologies to travel while working remotely. They can travel domestically or internationally while the internet allows them to stay connected to jobs, colleagues, and clients. Digital nomads are often knowledge workers, whose responsibilities primarily consist of manipulating and transmitting ideas within professions such as software engineering, digital marketing, and accounting. This means that digital nomads generally earn high salaries but spend their incomes in cheaper countries via traveling.

Facilitated by advancements in information and communication technologies (ICTs), this laptop-bound group of workers gained a reputation for building careers from Bali and the Caribbean. It was the pandemic, however, that

caused the trend to skyrocket. In 2022, a staggering 16.9 million Americans described themselves as digital nomads, a 131% increase from 2019. As the shift to remote work started to appear somewhat permanent, many countries began issuing "digital nomad visas." Nations like Colombia, Costa Rica, and Portugal are among the 46 countries promising tax-free living as long as workers can provide proof of income. This list is only growing as more and more workers leave office jobs for greener, sandier pastures.

While the explosion of digital nomadism has been recognized by the private sector and foreign governments, academic research on these workers remains sparse. I, Alma Andino, the author of this commentary, spent the summer of 2022 conducting an economic study on the rise of digital nomadism in Mexico. I stayed in "coworking hostels"—hostels with built-in offices in these Westernized bubbles—in an effort to understand who these workers were and the way they made decisions about their lives and careers. After 50 interviews, here is what I found:

Digital nomads are young, adventurous, and very detached; almost all were single and childless, and generally from affluent and highly educated backgrounds. Instead of buying houses and apartments, nomads bounce between beaches and party towns, as well as new cities, seeking adventures while working from high-end hostels. Their lack of geographic or relational stability means that they often lose touch with their national identity, home country politics, or religious affiliation. They travel to Mexico because it is convenient for their time zone and cheap for their foreign-earned income.

It is no surprise that young, independent, adventurous, high-earning professionals would flock to a place like Mexico if presented with the opportunity. What was striking about my findings, however, was the commitment digital nomads made to this lifestyle; when asked how much of a raise they would need to consider a hybrid return to the office (meaning they could no longer travel full time), 70% of subjects said they would quit. For these digital nomads, the freedom to live anywhere to pursue a lifestyle they desire is worth more than any raise. Why, you may ask?

Many digital nomads I spoke with value the new perspectives, experiences, and connections they gain abroad above the alternative wage raise. Traveling offers nomadic workers diverse learning opportunities and a global network inaccessible from a traditional office environment.

Many nomads, however, explained the inherent loneliness of working in transient communities. Though their work-life balance improved, digital nomads had to navigate constant distractions in working from a paradisiacal place.

While their situation may seem ideal, digital nomads may unintentionally harm the communities to which they travel by fueling gentrification. Knowledge workers tend to be high-earning, white-collar workers in their home countries, and thus their arrival represents an influx of Western income with which locals are unable to compete. Since digital nomads seek integration into local culture, they do not remain in tourist enclaves like resorts. As such, they directly compete with locals in trendy neighborhoods.

The migration of digital nomads to these areas is so substantial and rapid that pushback is already being felt. In June 2022, the LA Times published an article about remote workers moving to Mexico City and the backlash they have faced from their neighbors in these areas. To further the conversation, future research should investigate the markers of gentrification in these neighborhoods, the growing resentment toward digital nomads among local populations, and the migratory patterns of locals leaving urban centers that are now unaffordable.

So, is being a digital nomad too good to be true? It is clear these workers are lonelier, and staying motivated is perhaps more challenging, but many remote workers are still pulling off building careers from tropical beaches and vibrant new cities. Nevertheless, the effects digital nomads will have on local economies must be studied closely, considering the migration of capital that accompanies them. One thing is for certain, though: Work has undoubtedly

changed forever, and for digital nomads, the world is irreversibly their office. (1136 words)

阅读理解第二节素材

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

How Gratitude Makes You Happier

Choosing to be thankful may well be an easy and accessible way to boost your happiness. We usually think of happiness as a subjective sense of well-being, a feeling of joy and satisfaction. But more than just an emotion or fleeting (短暂的) feeling, happiness also includes a deep sense of meaning, worth and purpose in life. __35__

Research has shown gratitude has far-reaching effects on our physical health. When people are thankful, they're more likely to exercise, eat better, and take care of their health. Much evidence points to lower stress, reduced pain and improved immune systems as a result of being thankful. __36__

Gratitude has a strong positive impact on psychological well-being as well. It increases self-esteem, enhances positive emotions and makes us more optimistic. __37__ Keller explains more specifically how rewarding it is for our body. "Experiencing gratitude activates neurotransmitters like dopamine, which we associate with pleasure, and serotonin, which regulates our mood. It also causes the brain to release oxytocin, a hormone which induces feelings like trust and generosity which promotes social bonding, and feeling connected."

__38__ One way is to learn from the Scandinavians, who, the UN's World Happiness Report suggests, are the happiest people in the world. It's worth pausing to think about why.

Scandinavians themselves are determining their levels of happiness. They are appreciative of a functioning society where they have economic security and social institutions support everyone. Yet, there is something else. They value "moderation", a just enoughness. __39__ They remain grateful for a healthy work-life balance. As a result of this satisfaction and contentment, they feel their lives have value. So, take some time to be thankful. It can impact your happiness and enhance many aspects of your life.

A. Scandinavians may spend a lot of the winter in darkness.

B. Gratitude supports happiness in ways related to all of these.

C. They don't chase happiness or work overtime for months at a time.

D. Gratitude is the feeling of being grateful and wanting to express your thanks.

E. Just like a muscle, thankfulness is something we need to exercise more often.

F. When we feel deep happiness, our bodies are producing all sorts of wonderful chemicals.

G. Even better blood pressure and positive effects on the heart have been linked to gratitude.

第三部分 书面表达

第一节素材

Active workstations may improve **cognitive performance**

Extended sedentary behavior, whether at work or home, increases a person's risk of preventable chronic diseases. A recent study suggests that active workstations incorporating a walking pad, bike, stepper and/or standing desk are successful strategies for reducing sedentary time and improving mental cognition at work without reducing job performance.

“Being sedentary is **the new smoking** when it comes to our cardiovascular health, and office workers may spend a large part of their eight-hour workday sitting at a computer screen and keyboard. Our findings suggest that it is feasible to blend movement with office work that previously would have been done during long periods of sitting. Active workstations may offer a way to potentially improve cognitive performance and overall health, simply by moving at work," says Francisco Lopez-Jimenez, M.D., a preventive cardiologist at Mayo Clinic and senior author of the study.

The research involved 44 participants in a randomized clinical trial where four office settings were evaluated over four consecutive days. The settings included a stationary or sitting station on the first day, followed by three active workstations (standing, walking or using a stepper) in a randomized order. Researchers analyzed participants' neurocognitive function based on 11 assessments that evaluated reasoning, short-term memory and concentration. Fine motor skills were assessed through an online typing speed test and other tests.

When participants used the active workstations, their brain function either improved or stayed the same, and their typing speed slowed down only a bit. However, the accuracy of their typing was not affected. The study revealed improved reasoning scores when standing, stepping and walking as compared with sitting.

"These findings indicate that there are more ways to do that work while remaining productive and mentally sharp. We would do well to consider an active workstation in the prescription for prevention and treatment of conditions like obesity, cardiovascular disease and diabetes," says Dr. Lopez-Jimenez. (310 words)

1. According to the latest study, what can an active workstation do?
2. How did the researchers conduct the trial involving 44 participants?
3. *The trial shows that to some degree moving at work improved participants' brain function <u>except that they made a few mistakes while typing.</u>*
4. What other way(s) can you suggest to improve our cognitive performance/ brain function in our daily life? And explain how.

第二节（20 分）

假设你是红星中学高三学生李华。日前，你的英国笔友 Jim 来信与你交流思想，话题是“如果你未来的人生是一本书，你会起一个什么书名”。请你用英文回信，内容包括：

1. 拟定书名；

2. 解释理由。

参考答案

11. on　　12. guidance　　13. shared　　14. shines

14. made　15. by　16. were looking　17. sticks

17. pressures　18. empowered　19. has consumed　20. while

35．B　　36．E　　37．F　　38．G　　39．C

第三部分 书面表达

1.Reduce sedentary time and improve mental cognition at work without reducing job performance.

2.

They evaluated and analyzed the participants' neurocognitive function in 4 different settings.

By evaluating and analyzing participants' neurocognitive function in 4 different settings.

3.

According to the passage, moving at work slowed down their typing speed only a bit but didn't affect the accuracy of their typing.

Possible Version 1

Dear Jim,

I appreciate your thought-exchanging question about the future life as a book. If I were to choose a title, it would be Unwritten Paths.

I believe "Unwritten Paths" expresses the basic and most important characteristic of my journey ahead. Life is full of uncertainties and surprises, and I want to embrace the unknown with curiosity and courage. This title reflects my desire to explore new opportunities, take risks, and carve out my unique path in the world. It signifies the adventure of seizing moments of growth, and writing my own story.

I hope "Unwritten Paths" resonates with you as much as it does with me. Let's start our respective journeys with excitement and determination!

Yours,

Li Hua

Possible Version 2

Dear Jim,

I've been thinking about the question posed in your last email. Yesterday, I had an epiphany when I was reading and here is my response.

If my life were a book, I would it name it *My Way*, as a promise and reminder to myself that I'll listen to my inner voice, stay true to myself, and never forget why I started.

You know, I've always wanted to be a computational biologist, using computer science technology to unravel the myths of life. By doing so, I wish to facilitate medical development and benefit the mankind. As it involves years of hard work and dedication, bearing my initial goal on mind is vital. It will guide me through life by pushing me forward, regardless of how bleak the future may seem.

What would you name your life? I can't wait to hear your answer.

Yours,

Li Hua