

2025 北京海淀高三二模

英 语

总分 100 分。考试时长 90 分钟。

考生务必将答案答在答题卡上，在试卷上作答无效。

考试结束后，将本试卷和答题卡一并交回。

第一部分 知识运用（共两节，30 分）

第一节（共 10 小题；每小题 1.5 分，共 15 分）

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

In my village in Kazakhstan, opportunities for personal development were limited. Many young people, including myself, felt the 1 of unfulfilled potential and a lack of means to explore our interests. Motivated by my passion for football and the desire to inspire others, I tried to use my love for the sport to 2 the youth in my community.

With the support of my local football club, I organized free training sessions for children aged 8 to 14. The first few practices were challenging; I faced 3 from parents who questioned whether a young athlete could make a meaningful impact. 4, my determination fueled my efforts, and I focused on creating an inclusive environment.

As the weeks passed, I witnessed transformation. The children who once hesitated to participate began to 5 with excitement and enthusiasm. I not only taught them football techniques but also 6 important life skills such as teamwork, discipline, and perseverance. Our training sessions became a safe space for self-expression and personal development.

At a local tournament, families and friends came out to cheer for the young athletes. As our team 7 through the matches, I felt an immense sense of pride — not just for our victories, but for the 8 we had formed. The joy on the players' faces as they scored goals and celebrated together was a testament to the impact we had made.

Through this experience, I saw how investing time and effort in the youth of my community could foster a culture of support and 9. The impact was not limited to the field; it extended to their life. Young athletes began to see themselves as 10 individuals with the potential to achieve their dreams. Later, I pursued a degree in community development to address broader issues, making a difference in larger contexts.

- | | | | |
|-----------------|--------------|-----------------|-----------------|
| 1. A. need | B. weight | C. freedom | D. hope |
| 2. A. accept | B. fund | C. empower | D. challenge |
| 3. A. doubt | B. requests | C. expectations | D. indifference |
| 4. A. Otherwise | B. Meanwhile | C. However | D. Therefore |
| 5. A. show up | B. check in | C. stand out | D. carry on |
| 6. A. proved | B. combined | C. acquired | D. emphasized |
| 7. A. suffered | B. advanced | C. searched | D. cooperated |

- | | | | |
|------------------|---------------|---------------|--------------|
| 8. A. bonds | B. habits | C. agreements | D. memories |
| 9. A. dependence | B. innovation | C. motivation | D. tolerance |
| 10. A. qualified | B. adaptable | C. diverse | D. capable |

第二节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

A

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

A foreign tourist shared his travel experience with visa-free entry in China on social media. “Before my trip _____ 11 _____ China in April, I was quite nervous because I had no idea _____ 12 _____ difficulties I would encounter at the border control department. However, after explaining to airport staff that I intended to enter China with the 240-hour visa-free transit policy, everything went quite smoothly afterward,” he said. During his trip, he _____ 13 _____ (visit) major southeastern costal cities of China, among which Shanghai and Hangzhou left a deep impression on him.

B

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

The rising obesity rate has aroused more wide-spread concern. Experts link obesity to excessive carbohydrates and cooking oil. Now young Chinese are embracing lighter foods. Many prefer green juice or protein-topped salads _____ 14 _____ (manage) weight. Some people, _____ 15 _____ live a green and cost-effective lifestyle, prefer homemade meals over pricey light foods. Weight loss success _____ 16 _____ (story) highlight balanced diets over extreme measures. Many adopt gradual, mindful eating habits, such as seasonal and local food, for long-term health.

C

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

Take a look at the contact list on your phone — you likely have numerous names but regularly connect with only a few. Many of these _____ 17 _____ (forget) contacts are old friends that _____ 18 _____ (fade) from your life for no particular reason for some time. However, research _____ 19 _____ (consistent) shows that social relationships are vital for mental and physical well-being. Reaching out to an old friend may seem challenging, but it can rekindle meaningful connections and bring joy. Instead of _____ 20 _____ (let) friendships slip away, a simple message can bridge the gap and enhance both parties' happiness.

第二部分 阅读理解（共两节，38分）

第一节（共 14 小题；每小题 2 分，共 28 分）

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

A

In a recent survey, over half of first-year college students wished they had worked harder in high school. Taking challenging classes in high school, such as honors and college-level courses, builds new skills and prepares you for college. They are exactly what admissions officers like to see on applications.

Experience a Different Approach

Here's a brief overview of some of the classes that may be available to you:

- Honors classes usually cover similar material as regular classes, but at a faster pace or more deeply than regular classes.
- College Board's AP Program offers college-level classes that help students develop and apply skills, such as reading critically, solving problems analytically, and writing clearly. More than 30 classes are available.
- The IB program offers college-level classes that stress developing your thinking skills and an awareness of global issues.
- College courses may be available for you to take while still in high school, either at your school or on a college campus.

Find Your Passion

Courses like these can introduce you to topics and ideas not covered in the regular classroom. You may even discover the subject that will become your college major or the focus of your career.

Prepare for College

Showing that you're willing to push yourself by taking demanding classes in high school can help when you're applying to college. The level of courses you take now is one of the first things colleges look at.

In addition, college courses, IB classes and exams, and AP Exams may lead to college credits, advanced placement, or both in college. This means you may be able to skip some basic college courses and move directly into interesting, advanced classes. This also may allow you to free up enough time to pursue a double major or study abroad.

21. Which of the following highlights global consciousness?

- A. Honors classes. B. AP Program. C. IB programs. D. College courses.

22. Which could be the benefit of taking challenging classes?

- A. Graduating with honors. B. Boosting academic possibilities.
C. Broadening career prospect. D. Ensuring admission to colleges.

23. The passage is intended for _____.

- A. first-year undergraduates B. career advisors C. summer school organizers D. high school students

B

When I arrived at the Sign Language Center in Manhattan for my first American Sign Language (ASL) class, a man took one look at my hesitant posture and held up some fingers. One? Two? I put up one finger, and he directed me to the Level 1 class. It was disorienting: Class time was strictly "voices off" to encourage immersive learning and to show respect to the deaf teachers. Without the power of speech, all my classmates and I could do was smile and nod at one another as we took in the new vocabulary.

Learning ASL in the early weeks was a culture shock and a bruise to my ego. As a writer, I pride myself on a certain facility with language. I was taught that there's a perfect combination of words that can most precisely communicate any thought. With ASL, I expected to feel similarly, and thought fluency would come once I collected a critical mass of signs. The first thing you learn in ASL class is the alphabet. As my classmates and I asked and answered questions using words we didn't have the signs for, those early weeks were filled with laborious spelling. It was embarrassing: Seeing a dozen politely smiling faces watching me as I slowly spelled, misspelled and

restarted spelling words— often multiple times— was its own kind of torture.

Over time, I picked up on new conventions, like waving a hand or stomping on the ground to get someone’s attention. My fingers stalled as they reached for new shapes, and I struggled to differentiate very similar looking signs. Eventually I realized that when you’re communicating in sign language, diction (措词) is not as important as the way you embody what you’re communicating. I once asked a teacher how to sign the word “desperate”. “ASL doesn’t have a direct translation of every English word,” he told me. “If you want to sign ‘desperate’, you might just sign the word ‘want’, but with the appropriate facial and body posturing to show your desperation. It doesn’t make sense to sign ‘frustrated’ if your face doesn’t look at all frustrated,” he added — it’s like speaking in a deadpan monotone while claiming you’re angry.

I’ve been attending ASL classes for almost two years. Initially, my reason was trivial: a childhood fascination with “secret languages”. While ASL may not wholly share a vocabulary with English, that doesn’t mean it lacks precision. Its precision, I’ve learned, lies in the common language of the body.

24. How did the author feel in the first ASL class?

- A. Frustrated. B. Confused. C. Anxious. D. Hesitant.

25. What made the author embarrassed when learning the alphabet?

- A. Putting on smiling facial expressions. B. Being made fun of in front of the class.
C. Waving a hand to get someone’s attention. D. Misspelling and respelling words repeatedly.

26. According to the passage, what can we learn about ASL?

- A. It’s a universal language system across cultures. B. It conveys more emotions than verbal language.
C. It requires a combination of signs and emotions. D. It has a direct translation of signs for every word.

27. What has the author learned from her learning experience?

- A. The body is what gives language life. B. Diction is what gives language flavour.
C. Fluency comes from the mastery of signs. D. ASL prioritizes precision over communication.

C

If you’ve ever hung around scientists, you’ve most likely heard one of them say “the best explanation is the simplest one.” But is it? From the behavior of ants to the occurrence of tornadoes, the natural world is often quite complex. Why should we assume the simplest explanation is closest to the truth?

This idea is known as Occam’s (or Ockham’s) razor. It’s also referred to as “rule of economy”. And it bears a family relationship to the “principle of least astonishment,” which holds that if an explanation is too surprising, it’s probably not right. The name comes from William of Ockham, a 14th-century scholastic philosopher. He formulated the principle that “entities (实体) should not be multiplied beyond necessity.” The philosophical claim is a form of ontological minimalism: we should not invoke entities unless we have evidence that they exist. In other words: don’t make stuff up.

In 1687, Isaac Newton expanded on the notion with his concept of a *vera causa* — a true cause, stating that we should admit only causes that were both true and sufficient to explain natural phenomena. He added that Nature did nothing in vain and Nature was pleased with simplicity. Although Newton was a great scientist, this claim seems odd. Who is to say what “pleases Nature”? Doesn’t this guidance assume we know what we are in fact trying to figure out?

Consider the world of Physics filled with explanations that are surprising, unexpected and hard to get your

head around. Newton explained light as being made of particles, whereas other scientists explained it as a wave. Quantum mechanics, however, tells us light is both a wave and a particle. Newton's account was simpler, but modern physics tells us the more complex model is closer to the truth.

When we turn to biology, things get even more complicated. Imagine two smokers, both of whom went through a pack a day for 30 years. One gets cancer; the other doesn't. The simplest explanation? For decades the tobacco industry's answer was that smoking doesn't cause cancer. Simple but false. In fact, disease is complex, and we don't yet understand all the factors involved in cancer.

Occam's razor is not a fact or even a theory. It's a metaphysical (形而上学的) principle: an idea held independently of empirical (实证的) evidence. In human affairs, things are more often than not complex. Human motivations are typically multiple. People can be good and bad at the same time, selfish and selfless, depending on circumstances. The shelves of ethicists are filled with books pondering why good people do bad things, and their answers are rarely short and sweet.

Our explanations should match the world as best as we can make them. Science is about allowing things to unfold naturally, and sometimes this means accepting that the truth is not simple, even if it would make our lives easier if it were.

28. Occam's razor indicates that _____.

- A. simpler explanations should be preferred
- B. reasonable explanations can't be surprising
- C. explanations should be consistent with purposes
- D. sufficient causes can explain natural phenomena

29. What can we learn from this passage?

- A. Newton offered solid empirical support to Occam's razor.
- B. The tobacco industry's response is in line with Occam's razor.
- C. Quantum mechanics confirms Newton's particle theory of light.
- D. Ethicists argue human complexity results in multiple motivations.

30. It's implied in the passage that we need to _____.

- | | |
|------------------------------------|--|
| A. follow the laws of nature | B. interpret the world as it is |
| C. balance accuracy and simplicity | D. highlight the existence of entities |

D

In 1922 British geologist Robert Sherlock put forth what is now considered to be the central argument for recognizing the Anthropocene (人类世) as a new geological era: the scale and character of human activities have become so great as to compete with natural forces. About one hundred years later, geologists have broadly accepted Sherlock's core idea, and the Anthropocene Working Group has proposed Crawford Lake in Canada as the official site for marking the Anthropocene.

The proposal attracted a great deal of press, much of it focused on a misguided controversy over how narrowly to define the Anthropocene. Amid this debate, observers may have been left to wonder why defining this chapter in Earth's history should matter to ordinary people at all.

Sherlock was not a lone wolf. He built on the work of others. One was an American scholar George Marsh, who had called attention to deforestation and the role of humans as "disturbing agents". In addition to revisiting

deforestation, Sherlock described the changed courses of rivers through dams and canals; and the huge quantities of stuff people move while mining the raw materials of modern civilization. Human impacts were becoming so manifest, Sherlock argued, that the distinction between “natural” and “artificial” was becoming difficult to sustain. We needed a new term to study the effects of human activities on Earth. Scientists of later generations followed his footsteps. And in 2000 Eugene F. Stormer and Paul J. Crutzen formally proposed the word “Anthropocene” in a paper.

But science is conservative in nature — the burden of proof is always on those making a novel claim — and the social and economic consequences of recognizing the adverse effects of burning fossil fuels have led to enormous resistance beyond scientific community.

The definition of the Anthropocene matters for at least two reasons. First, it is a way for scientists to declare that the shifts going on around us are no small issue. Anthropogenic climate change is a profound change in the conditions of life on Earth. In countless ways, the past may no longer be a reliable guide to the future. We must rethink core assumptions about how we build our economies and our infrastructures, how we travel, and even how we eat.

Second, the definition of the Anthropocene extends the conversation beyond climate change. What geologists can now see in rocks — from the subtle to the gross — points to the widespread and lasting impact of human activities on Earth.

It is common for people to say that as climate change proceeds, we can “just adapt”. Some wealthy people even think that, if necessary, they will move to higher ground or lower latitudes. No doubt some people will become climate refugees, either voluntarily or under force. But the definition of the Anthropocene reminds us that the challenge we face is geological in scale. It affects the whole Earth. It reminds us that as this new era unfolds, there won’t be anywhere to hide.

31. What can we learn about the Anthropocene?

- A. It is driven by dramatic climate change.
 - B. It is approved as a definite geological era.
 - C. It highlights the impact of human activities.
 - D. It marks the unique features of Crawford Lake.

32. What can be inferred from the passage?

- A. A shift in mindset of responsibility is in great need.
 - B. Geological changes in rocks remain to be uncovered.
 - C. The proof of new claims makes science conservative.
 - D. The press focuses on the significance of the Anthropocene.

33. What does the word “manifest” underlined in Paragraph 3 most probably mean?

34. Which would be the best title for the passage?

- A. Does the Anthropocene Matter?
 - B. What Does the Anthropocene Tell Us?
 - C. Can Humans Adapt to the Anthropocene?
 - D. How Can Humans Reduce Anthropogenic Impact?

第二节 (共 5 小题; 每小题 2 分, 共 10 分)

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

Stuffed animals, or plush toys, are a cherished part of childhood for many. Yet their appeal extends far beyond

the early years. Whether it's a soft lion or a cuddly bunny, these comforting companions have a unique place in the hearts of millions. 35

One of the primary reasons stuffed animals are so beloved is the comfort they provide. For children, these soft, huggable toys often serve as a source of emotional security. The act of cuddling a stuffed animal can provide reassurance and a sense of calm. 36 The tactile sensation of soft fabric and the comforting weight of a plush toy can act like a physical comfort object, similar to a security blanket.

Besides, stuffed animals often become loyal companions, offering emotional support. 37 The attachment they develop to their stuffed animals is not just a passing phase. It often carries lasting emotional significance well into adulthood.

38 Children might "care" for their toys in ways they see adults caring for them, developing empathy and nurturing skills. This kind of play helps children understand complex emotions like love, concern, and responsibility. This allows them to build emotional intelligence from an early age.

Beyond emotional comfort, stuffed animals have been used as tools in therapy. In child psychology, therapists often incorporate stuffed animals to help children express their emotions, fears, and wishes in a non-threatening way. When a child has difficulty verbalizing complex feelings, a stuffed animal can serve as a "voice" for those emotions. 39 Many find comfort in hugging or holding a plush toy as a way to alleviate stress, anxiety, or even physical pain. A growing body of research suggests hugging a stuffed animal can reduce stress hormones, and trigger the release of oxytocin, which promotes feelings of well-being and relaxation.

- A. Why do they hold such a special place in seeking comfort?
- B. Many children treat them as real friends or family members.
- C. But what makes stuffed animals more than just simple toys?
- D. Stuffed animals are also often used as a form of role-playing.
- E. It can help children feel safe, especially during times of stress.
- F. Cuddling stuffed animals in therapy can keep adults in high spirits.
- G. Adults too can benefit from the therapeutic aspects of stuffed animals.

第三部分 书面表达（共两节，32分）

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

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

"Your order is on its way!" Is there any notification that brings more joy than this? But there could be more behind your motivations for hitting "buy now". A survey found over a quarter of respondents reported "doom spending"—splashing cash on unnecessary purchases despite economic concerns to cope with stress.

Doom spending can put you at risk of financial stress, cause tension in relationships, evoke feelings of shame, and drain your bank balance of funds that could be spent otherwise. But why is it so hard to resist the urge to spend?

The reason we feel happy and satisfied when swiping our credit cards is the dopamine rush it offers. Interestingly, the dopamine doesn't turn up in the acquisition of something. It occurs in the impulse or the motivation to go forth and hunt. In other words, it's the try-on of the perfect shoes or the test drive of the new car rather than the actual buying. So when feeling the urge to buy, pause, note the item and wait at least 24 hours before acting, allowing time for dopamine's effect to flow through the body. You may find that after the effect wears off,

you don't have the urge to buy.

For some people, shopping serves as a coping mechanism — a way to find comfort and build self-esteem or self-confidence. They often turn to that product again and again, hoping it will make them feel a little bit better. However, this inability to properly self-soothe can result in a “treat yourself” mentality after a bad day. If you feel the need for a treat or some self-care, put your credit card away and reach for something more wholesome and long-lasting like meditation, spending time in nature, or connecting with friends. These alternatives not only provide longer-lasting benefits but also help fill your emotional well-being.

But being mindful with money doesn't have to mean avoiding spending on little things that bring you joy. Little splurges and “treat yourself” moments can be a great way to bring happiness if they are controlled. Having allocated funds for “splurge” purchases, and keeping a list on how much to spend from these can create a more mindful approach to spending, rather than one that's impulsive and stress-motivated.

40. According to the passage, what is “doom spending”?

41. What are the alternatives to comfort yourself instead of spending money?

42. Please decide which part of the following statement is false, then underline it and explain why.

➤ **Dopamine is released when people actually buy something, which makes them feel happy and satisfied.**

43. What benefit(s) can you get from being mindful with money? (*In about 40 words*)

第二节 (20 分)

44. 假设你是红星中学高三学生李华。你们年级将于 6 月 18 日开展以“传承”为主题的毕业季活动。请你用英文给你们班的交换生 Jim 写一封邮件，邀请他参加，内容包括：

1. 活动内容；
2. 其他相关事项。

注意: 1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

Yours,

Li Hua

参考答案

第一部分 知识运用（共两节，30分）

第一节（共10小题；每小题1.5分，共15分）

【答案】1. B 2. C 3. A 4. C 5. A 6. D 7. B 8. A 9. C 10. D

【导语】本文是一篇记叙文。文章通过作者的亲身经历，展示了如何通过体育活动帮助年轻人实现个人发展和潜力。

【1题详解】

考查名词词义辨析。句意：许多年轻人——包括我自己——都感受到潜力难以发挥和缺乏途径探索我们兴趣带来的压力。A. need 需要；B. weight 重量，重担，影响力，压力；C. freedom 自由；D. hope 希望。根据下文的“unfulfilled potential and a lack of means to explore our interests”可知，此处表示“未实现潜力和无法探索自己兴趣的沉重感、压力”。故选B项。

【2题详解】

考查动词词义辨析。句意：出于对足球的热爱和激励他人的愿望，我尝试用我对这项运动的热爱来赋能社区的青少年。A. accept 接受；B. fund 资助；C. empower 授权，赋予力量，使能够；D. challenge 挑战。根据上文的“the desire to inspire others”可知，此处表示激励年轻人，赋予年轻人力，通过足球激发社区青少年的潜力。故选C项。

【3题详解】

考查名词词义辨析。句意：我面临来自父母的怀疑，他们质疑一个年轻运动员能否产生有意义的影响。A. doubt 怀疑，不相信；B. requests 请求；C. expectations 期望；D. indifference 漠不关心，冷淡。根据下文“who questioned whether a young athlete could make a meaningful impact”可知，作者面临来自父母们的怀疑，不相信。故选A项。

【4题详解】

考查副词词义辨析。句意：然而，我的决心激励着我努力前行，我专注于营造一个包容的环境。A. Otherwise 否则；B. Meanwhile 同时；C. However 然而；D. Therefore 因此。上文“I faced ____ 3 ____ from parents who questioned whether a young athlete could make a meaningful impact.”和下文“my determination fueled my efforts”之间为转折关系，表示虽然“面临怀疑”但“坚持努力”。故选C项。

【5题详解】

考查动词短语辨析。句意：那些曾经犹豫参与的孩子们开始现身训练场，带着兴奋与热情。A. show up 出现，露面；B. check in 办理入住手续；C. stand out 突出；D. carry on 继续。根据上文的“As the weeks passed, I witnessed transformation.”、“The children who once hesitated to participate”以及下文“I not only taught them football techniques...”可知，孩子们来参加作者的训练课，“show up with excitement and enthusiasm”表示孩子们来到训练场，开始积极参与，其他选项（check in, stand out, carry on）无法体现从犹豫到主动参与的转变。故选A项。

【6题详解】

查动词词义辨析。句意：我不仅教他们足球技巧，还强调了团队合作、纪律和毅力等重要的生活技能。A. proved 证明；B. combined 结合；C. acquired 获得；D. emphasized 强调，重视。根据下文的“important life skills such as teamwork, discipline, and perseverance”可知，此处表示作者不仅教授足球技巧，还“重视”生活技能。故选 D 项。

【7题详解】

考查动词词义辨析。句意：当我们的队伍晋级时，我感受到巨大的自豪——不仅为胜利，更为我们建立的纽带。A. suffered 遭受；B. advanced 促进，前进；C. searched 搜索；D. cooperated 合作。根据下文的“through the matches, I felt an immense sense of pride — not just for our victories”可知，此处表示描述团队在比赛中晋级，稳步前进，advanced “推进，前进” 符合语境。故选 B 项。

【8题详解】

考查名词词义辨析。句意：随着我们的队伍在比赛中不断晋级，我感到了一种巨大的自豪感——不仅为我们的胜利，也为我们在之间建立的纽带。A. bonds 联系，纽带；B. habits 习惯；C. agreements 协议；D. memories 记忆。根据下文的“The joy on the players' faces as they scored goals and celebrated together was a testament to the impact we had made.” 以及 “foster a culture of support” 可知，此处表示团队合作形成的“纽带”(bonds)，强调情感连接，其他选项(habits, agreements, memories) 无法体现凝聚力。故选 A 项。

【9题详解】

考查名词词义辨析。句意：通过这次经历，我看到了投入时间和精力培养我社区年轻人可以培育一种支持和激励的文化。A. dependence 依赖；B. innovation 创新；C. motivation 动力，积极性；D. tolerance 容忍，忍耐力。根据上文的“foster a culture of support” 以及下文“Young athletes began to see themselves as ____ 10 ____ individuals with the potential to achieve their dreams.” 可知，作者的努力让年轻人激励了年轻人，让他们有了实现自己梦想的动力与积极性，用名词“motivation”与第一段的“inspire others”呼应。故选 C 项。

【10题详解】

考查形容词词义辨析。句意：年轻运动员开始把自己视为有能力的个体，有实现梦想的潜力。A. qualified 有资格的，具备……的学历（或资历）的；B. adaptable 能适应的；C. diverse 不同的，多种多样的；D. capable 有能力的。根据下文的“with the potential to achieve their dreams” 可知，此处指他们认为自己是有能力实现梦想的人，故选 D 项。

第二节（共 10 小题；每小题 1.5 分，共 15 分）

【答案】11. to 12. what

13. visited

【导语】这是一篇记叙文。文章讲述了一位外国游客在社交媒体上分享了他在中国免签入境的旅行经历。

【11题详解】

考查介词。句意：在我四月份去中国旅行之前，我相当紧张，因为我不知道在边境管控部门我会遇到什么样的困难。trip to...是固定搭配，意为“去……的旅行”。故填 to。

【12题详解】

考查同位语从句。句意：在我四月份去中国旅行之前，我相当紧张，因为我不知道在边境管控部门我会遇到什么样的困难。空处引导同位语从句，空处作定语，修饰名词 difficulties，需用连接代词 what 引导。故填 what。

【13题详解】

考查时态。句意：在他的旅行期间，他参观了中国东南部的一些主要沿海城市，其中上海和杭州给他留下了深刻的印象。根据 During his trip 可知，此处描述过去发生的事情，应用一般过去时，谓语动词 visit 应用过去式形式。故填 visited。

【答案】14. to manage

15. who 16. stories

【导语】本文是一篇说明文。文章通过分析肥胖率上升这一社会现象，探讨了年轻一代在饮食习惯上的变化及其对健康的影响。

【14题详解】

考查非谓语动词。句意：许多人更喜欢喝绿色果汁或食用富含蛋白质的沙拉来控制体重。空格处作目的状语，应用不定式形式。故填 to manage。

【15题详解】

考查定语从句。句意：一些人，他们过着环保且经济实惠的生活方式，更愿意选择自制餐食，而不是价格昂贵的轻食。空格处引导非限制性定语从句，先行词是 some people，指人，关系词在从句中作主语，应用关系代词 who 引导。故填 who。

【16题详解】

考查名词复数。句意：减肥成功案例强调平衡饮食胜于极端的节食方式。空格处是句子的主语，谓语动词 highlight 是复数形式，所以 story 应用复数。故填 stories。

【答案】17. forgotten

18. have faded

19. consistently

20. letting

【导语】本文是一篇说明文。文章通过分析人们在社交关系中的常见现象，强调了重新联系老朋友的重要性。

【17题详解】

考查非谓语动词。句意：这些被遗忘的联系人大多是老朋友，他们不知为何在一段时间内从你的生活中逐渐淡出。根据空格后的名词 contacts 可知，空格处应该用非谓语动词作定语，修饰后面的名词，动词 forget 与名词 contacts 之间是逻辑被动关系，所以应该用过去分词 forgotten 作定语。故填 forgotten。

【18题详解】

考查时态和主谓一致。句意：这些被遗忘的联系人大多是老朋友，他们不知为何在一段时间内从你的生活中逐渐淡出。空格处是定语从句的谓语动词，根据时间状语是 for some time，应该用现在完成时；从句的谓语动词 fade 与从句主语 that 指代的先行词 friends 在数上保持一致，应该用复数形式。故填 have faded。

【19题详解】

考查副词。句意：然而，最新研究持续印证：社交关系对心理和身体健康至关重要。空格处修饰下文的动词 shows，作状语，应该用副词 consistently。故填 consistently。

【20题详解】

考查非谓语动词。句意：与其放任友情流逝，一条简单的信息就能弥合时光裂隙，双向提升幸福指数。根据空格前的介词 of 可知，空格处应该用动名词 letting 作宾语。故填 letting。

第二部分 阅读理解（共两节，38分）

第一节（共14小题；每小题2分，共28分）

【答案】21. C 22. B 23. D

【导语】本文是一篇应用文。文章介绍了高中的荣誉课程、大学先修课程（AP）、国际文凭项目（IB）以及高中可修的大学课程等具有挑战性的课程的信息。

【21题详解】

细节理解题。根据 **Experience a Different Approach** 部分 “The IB program offers college-level classes that stress developing your thinking skills and an awareness of global issues. (IB 项目提供大学水平的课程，强调培养你的思维能力和对全球问题的意识。)” 可知，IB 课程强调全球意识。故选 C。

【22题详解】

细节理解题。根据最后一段 “In addition, college courses, IB classes and exams, and AP Exams may lead to college credits, advanced placement, or both in college. This means you may be able to skip some basic college courses and move directly into interesting, advanced classes. This also may allow you to free up enough time to pursue a double major or study abroad. (此外，大学课程、IB 课程和考试以及 AP 考试可能会带来大学学分、提前录取或两者兼而有之。这意味着你可以跳过一些大学的基础课程，直接进入有趣的高级课程。这也可能让你有足够的时间去攻读双学位或出国留学。)” 可知，选择具有挑战性的课程可以提升学术可能性，例如获得大学学分、提前录取、跳过基础课程、进入高级课程、攻读双学位或出国留学等。故选 B。

【23题详解】

推理判断题。根据第一段 “Taking challenging classes in high school, such as honors and college-level courses, builds new skills and prepares you for college. (在高中选择具有挑战性的课程，如荣誉课程和大学水平的课程，可以培养新的技能，为大学做好准备。)” 以及 **Experience a Different Approach** 部分 “Here's a brief overview of some of the classes that may be available to you. (以下是对你可能选择的课程的一个简要概述。)” 可知，文章主要介绍了高中生选择具有挑战性的课程的好处，并列举了一些可能选择的课程，所以这篇文章是写给高中生的。故选 D。

【答案】24. B 25. D 26. C 27. A

【导语】本文是一篇记叙文。文章讲述了作者在纽约曼哈顿的手语中心学习美国手语的经历，以及在这个过程中对语言和沟通方式的新认识。

【24题详解】

细节理解题。根据第一段中的 “It was disorienting: Class time was strictly ‘voices off’ to encourage immersive learning and to show respect to the deaf teachers. Without the power of speech, all my classmates and I could do

was smile and nod at one another as we took in the new vocabulary.(这让人感到困惑：课堂时间严格要求“禁止说话”，以鼓励沉浸式学习并尊重聋人教师。没有说话的能力，我的同学们和我所能做的只是微笑和点头，同时吸收新词汇)”可知，作者在第一堂课上感到困惑。故选B项。

【25题详解】

细节理解题。根据第二段中的“It was embarrassing: Seeing a dozen politely smiling faces watching me as I slowly spelled, misspelled and restarted spelling words—often multiple times—was its own kind of torture.(这很尴尬：看到十几张礼貌地微笑的脸看着我，我慢慢地拼写、拼错并重新拼写单词——通常多次——这本身就是一种折磨)”可知，作者在学习字母表时，因为反复拼错和重新拼写单词而感到尴尬。故选D项。

【26题详解】

细节理解题。根据第三段中的“Eventually I realized that when you’re communicating in sign language, diction (措词) is not as important as the way you embody what you’re communicating. I once asked a teacher how to sign the word ‘desperate’. ‘ASL doesn’t have a direct translation of every English word,’ he told me. ‘If you want to sign ‘desperate’, you might just sign the word ‘want’, but with the appropriate facial and body posturing to show your desperation. It doesn’t make sense to sign ‘frustrated’ if your face doesn’t look at all frustrated,’ he added—it’s like speaking in a deadpan monotone while claiming you’re angry.(最终我意识到，当你用手语交流时，措词不如你如何体现你所传达的内容重要。我曾问一位老师如何用手语表达‘绝望’。‘ASL 并没有每个英语单词的直接翻译，’他告诉我。‘如果你想用手语表达‘绝望’，你可能只需要用手语表达‘想要’，但要通过适当的面部和身体姿势来表达你的绝望。如果你的脸上一点也没有表现出沮丧，那么用手语表达‘沮丧’是没有意义的，’他补充说——这就像用单调的语调说话，却声称你很生气)”可知，ASL 需要结合手势和情感来传达信息。故选C项。

【27题详解】

细节理解题。根据最后一段中的“While ASL may not wholly share a vocabulary with English, that doesn’t mean it lacks precision. Its precision, I’ve learned, lies in the common language of the body.(尽管 ASL 可能并不完全与英语共享词汇，但这并不意味着它缺乏精确性。我学到的是，它的精确性在于肢体语言)”可知，作者从学习经历中学到的是，肢体语言在手语中很重要，即身体是赋予语言生命的。故选A项。

【答案】28. A 29. B 30. B

【导语】这是一篇说明文。主要说明了“奥卡姆剃刀”认为最简单的解释最接近真相，但牛顿的理论及物理中光的解释、生物学中吸烟与癌症的关系表明，自然和人类事务都很复杂。奥卡姆剃刀是形而上学原则，科学应让事物自然展现，真相往往并非简单，不应一味追求简单的解释。

【28题详解】

推理判断题。根据第一段“If you’ve ever hung around scientists, you’ve most likely heard one of them say “the best explanation is the simplest one.”(如果你曾经和科学家在一起，你很可能会听到他们中的一个人说：“最好的解释是最简单的。”)”以及第二段“He formulated the principle that “entities (实体) should not be multiplied beyond necessity.”(他提出了这样一个原则：“如无必要，勿增实体”)”可知，奥卡姆剃刀理论表明，更简单的解释更可取。故选A。

【29题详解】

细节理解题。根据倒数第三段 “When we turn to biology, things get even more complicated. Imagine two smokers, both of whom went through a pack a day for 30 years. One gets cancer; the other doesn’t. The simplest explanation? For decades the tobacco industry’s answer was that smoking doesn’t cause cancer. Simple but false. In fact, disease is complex, and we don’t yet understand all the factors involved in cancer.(当我们转向生物学时，事情变得更加复杂。想象一下，有两个吸烟者，他们每天吸一包烟，持续了 30 年。一个得了癌症；另一个没有。最简单的解释是什么？几十年来，烟草行业的答案是吸烟不会致癌。简单但错误。事实上，疾病是复杂的，我们还不了解与癌症有关的所有因素)” 可知，烟草业用“吸烟不致癌”这一简单但错误的解释，虽违背事实，但其逻辑符合奥卡姆剃刀的表面原则（优先简单解释）。故选 B。

【30 题详解】

推理判断题。根据最后一段 “Our explanations should match the world as best as we can make them. Science is about allowing things to unfold naturally, and sometimes this means accepting that the truth is not simple, even if it would make our lives easier if it were.(我们的解释应该尽可能符合现实。科学是关于让事物自然展开的，有时这意味着接受事实并不简单，即使事实简单会让我们的生活更容易)” 可知，我们需要如实地解读世界。故选 B。

【答案】31. C 32. A 33. D 34. A

【导语】这是一篇说明文。文章围绕“人类世”这一概念展开，讨论了其定义，科学意义以及社会影响。

【31 题详解】

细节理解题。根据第一段 “In 1922 British geologist Robert Sherlock put forth what is now considered to be the central argument for recognizing the Anthropocene (人类世) as a new geological era: the scale and character of human activities have become so great as to compete with natural forces.(1922 年，英国地质学家罗伯特 · 施洛克提出了人类世是一个新的地质时代的核心论点：人类活动的规模和性质已经变得如此之大，以至于可以与自然力量相竞争)” 可知，人类世强调人类活动的影响。故选 C。

【32 题详解】

推理判断题。根据倒数第三段 “We must rethink core assumptions about how we build our economies and our infrastructures, how we travel, and even how we eat.(我们必须重新思考我们如何建设经济和基础设施，如何旅行，甚至如何饮食等核心假设)” 以及最后一段 “It reminds us that as this new era unfolds, there won’t be anywhere to hide.(它提醒我们，随着这个新时代的展开，我们将无处可藏)” 可知，我们需要转变责任心，承担更多的责任。故选 A。

【33 题详解】

词句猜测题。根据划线词后文 “the distinction between “natural” and “artificial” was becoming difficult to sustain(“自然” 和 “人工” 之间的区别越来越难以维持)” 可知，人类的影响变得如此明显，以至于“自然” 和 “人为” 之间的区别难以维持。故划线词意思是“显著的，引人注目的”。故选 D。

【34 题详解】

主旨大意题。通读全文可知，文章围绕“人类世”这一概念展开，讨论了其定义，科学意义以及社会影响。结合倒数第三段中 “The definition of the Anthropocene matters for at least two reasons.(人类世的定义之所以重要，至少有两个原因)” 定义人类世很重要，它彰显人类活动影响，还提醒我们需转变观念，因为人类

面临的挑战规模巨大，无处可躲。因此，A 选项“人类世重要吗？”最符合文章标题。故选 A。

第二节（共 5 小题；每小题 2 分，共 10 分）

【答案】35. C 36. E 37. B 38. D 39. G

【导语】这是一篇说明文。主要说明了毛绒玩具不仅是童年的珍贵部分，对各年龄段都有独特意义。它能提供情感安慰，成为忠诚伙伴，还可用于角色扮演培养情商。毛绒玩具可作为治疗工具，无论是孩子还是成人，都能通过它缓解压力，释放促进幸福感的催产素。

【35 题详解】

根据上文“Stuffed animals, or plush toys, are a cherished part of childhood for many. Yet their appeal extends far beyond the early years. Whether it's a soft lion or a cuddly bunny, these comforting companions have a unique place in the hearts of millions.(对许多人来说，毛绒玩具是童年珍贵的一部分。然而，它们的吸引力远远超出了最初的几年。无论是柔软的狮子还是可爱的兔子，这些令人安慰的伴侣在数百万人的心中都占有独特的地位)”可知，上文提到毛绒玩具深受喜爱，下一段开始阐述毛绒玩具受欢迎的原因，本句起到承上启下的作用，引出下文对毛绒玩具特殊之处的讨论，故 C 选项“但是是什么让毛绒动物不仅仅是简单的玩具呢？”符合语境，故选 C。

【36 题详解】

根据上文“One of the primary reasons stuffed animals are so beloved is the comfort they provide. For children, these soft, huggable toys often serve as a source of emotional security. The act of cuddling a stuffed animal can provide reassurance and a sense of calm.(毛绒玩具如此受人喜爱的主要原因之一是它们提供的安慰。对于孩子们来说，这些柔软、可爱的玩具通常是情感安全感的来源。抱着毛绒玩具的行为可以提供安慰和平静的感觉)”可知，前文说毛绒玩具有给孩子带来情感上的安全感，拥抱毛绒玩具能带来安慰和平静，故本句进一步说明毛绒玩具让孩子有安全感，故 E 选项“它可以帮助孩子们感到安全，尤其是在有压力的时候”符合语境，故选 E。

【37 题详解】

根据上文“Besides, stuffed animals often become loyal companions, offering emotional support.(此外，毛绒玩具有经常成为忠实的伙伴，提供情感支持)”以及后文“The attachment they develop to their stuffed animals is not just a passing phase. It often carries lasting emotional significance well into adulthood.(他们对毛绒玩具的依恋并不是暂时的。它通常会在成年后带来持久的情感意义)”可知，上文说毛绒玩具是忠诚的伙伴，能提供情感支持，后文说孩子对毛绒玩具的依恋不是短暂的阶段，推测本句说明孩子对毛绒玩具的特殊情感，故 B 选项“许多孩子把他们当作真正的朋友或家人”符合语境，故选 B。

【38 题详解】

根据后文“Children might “care” for their toys in ways they see adults caring for them, developing empathy and nurturing skills. This kind of play helps children understand complex emotions like love, concern, and responsibility. This allows them to build emotional intelligence from an early age.(孩子们可能会以他们看到的成年人照顾他们的方式“照顾”他们的玩具，培养同理心和养育技能。这种游戏可以帮助孩子理解复杂的情感，比如爱、关心和责任。这使得他们在很小的时候就能建立情商)”可知，后文说孩子会像大人照顾自己一样“照顾”玩具，培养同理心和养育技能，本句为主旨句，引出下文孩子通过玩毛绒玩具进行角色扮

演的内容，故 D 选项“填充动物玩具也经常被用作角色扮演的一种形式”符合语境，故选 D。

【39 题详解】

根据前文“Beyond emotional comfort, stuffed animals have been used as tools in therapy. In child psychology, therapists often incorporate stuffed animals to help children express their emotions, fears, and wishes in a non-threatening way. (除了情感上的安慰，毛绒动物还被用作治疗工具。在儿童心理学中，治疗师经常使用毛绒动物玩具来帮助孩子们以一种不具威胁性的方式表达他们的情绪、恐惧和愿望)”可知，第五段从儿童治疗转向成年人受益，G 选项“成年人也能从毛绒玩具的治疗方面获益”衔接后文研究结论，后文“Many find comfort in hugging or holding a plush toy as a way to alleviate stress, anxiety, or even physical pain. A growing body of research suggests hugging a stuffed animal can reduce stress hormones, and trigger the release of oxytocin, which promotes feelings of well-being and relaxation.(许多人认为拥抱或抱着毛绒玩具是缓解压力、焦虑甚至身体疼痛的一种方式。越来越多的研究表明，拥抱毛绒玩具可以减少压力荷尔蒙，并引发催产素的释放，从而促进幸福感和放松感)”说很多人通过拥抱毛绒玩具缓解压力，说明毛绒玩具对成年人也有治疗作用，故符合语境，故选 G。

第三部分 书面表达（共两节，32 分）

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

【答案】40. It is splashing cash on unnecessary purchases despite economic concerns to cope with stress.

41. Meditation, spending time in nature, or connecting with friends.

42. **Dopamine is released when people actually buy something, which makes them feel happy and satisfied.**
Dopamine is released in the impulse or the motivation to go forth and hunt.

43. Being mindful with money helps reduce financial stress, fosters healthier relationships, and preserves funds for meaningful long-term goals. By managing impulsive spending, one can maintain control and experience greater satisfaction from carefully chosen purchases and healthier emotional well-being.

【导语】这是一篇说明文。文章主要解释了什么是“厄运消费”以及这种消费背后的原因以及如何避免不必要的消费。

【40 题详解】

考查细节理解。根据第一段“A survey found over a quarter of respondents reported “doom spending”— splashing cash on unnecessary purchases despite economic concerns to cope with stress.(一项调查发现，超过四分之一的受访者称自己是“厄运消费”——不顾经济问题，为了应对压力，把钱花在不必要的东西上)”可知，“厄运消费”指的是不顾经济压力，仍在不必要的购买上大笔花钱。故答案为 It is splashing cash on unnecessary purchases despite economic concerns to cope with stress.

【41 题详解】

考查细节理解。根据倒数第二段“If you feel the need for a treat or some self-care, put your credit card away and reach for something more wholesome and long-lasting like meditation, spending time in nature, or connecting with friends.(如果你觉得需要款待或自我照顾，把信用卡收起来，做一些更健康、更持久的事情，比如冥想、花时间在大自然中，或者和朋友联系)”可知，除了花钱，冥想，花时间在大自然中，或者与朋友联系可以得到安慰。故答案为 Meditation, spending time in nature, or connecting with friends.

【42题详解】

考查细节理解。根据第三段“Interestingly, the dopamine doesn't turn up in the acquisition of something. It occurs in the impulse or the motivation to go forth and hunt.(有趣的是，多巴胺不会出现在获得某些东西的过程中。它发生在外出狩猎的冲动或动机中)”可知，错误部分为“when people actually buy something”，因为多巴胺是在外出狩猎的冲动或动机中释放的。故答案为 **Dopamine is released when people actually buy something, which makes them feel happy and satisfied.** Dopamine is released in the impulse or the motivation to go forth and hunt.

【43题详解】

考查开放题。根据“注意金钱能给你带来什么好处？”可回答：注意金钱有助于减轻财务压力，促进更健康的关系，并为有意义的长期目标保留资金；通过管理冲动消费，人们可以保持控制，并从精心选择的购买和更健康的情绪健康中获得更大的满足感。故答案为 Being mindful with money helps reduce financial stress, fosters healthier relationships, and preserves funds for meaningful long-term goals. By managing impulsive spending, one can maintain control and experience greater satisfaction from carefully chosen purchases and healthier emotional well-being.

第二节（20分）

44. 【答案】Dear Jim,

Greetings! I'm writing to invite you to our upcoming graduation event on June 18th with the theme "Heritage".

Aiming to celebrate our shared memories and promote the school spirit, the event features various activities. At the "Story Booth", graduating students will share personal stories and how the school values have shaped who we are. Another highlight is the "My Legacy" fair, where we are welcome to leave behind meaningful items, such as study notes, medals from school traditional events, or heartfelt messages to inspire future students and honor the school spirit.

You can check in at the lecture hall for your graduation souvenir by 9 a.m.. Bring your favourite items for the fair if you like.

As a valued member of our class, your presence would mean a lot to us. Let's celebrate this significant moment together!

Yours,

Li Hua

【导语】本篇书面表达属于应用文。要求考生给班里的交换生 Jim 写一封邮件，邀请他参加以“传承”为主题的毕业季活动。

【详解】1. 词汇积累

活动：event→activity

激励：inspire → encourage

真诚的：heartfelt → sincere

庆祝：celebrate → observe

2. 句式拓展

简单句变复合句

原句： As a valued member of our class, your presence would mean a lot to us.

拓展句： Since you are a valued member of our class, your presence would mean a lot to us.

【点睛】【高分句型 1】 Aiming to celebrate our shared memories and promote the school spirit, the event features various activities. (运用了现在分词作状语)

【高分句型 2】 At the “Story Booth”, graduating students will share personal stories and how the school values have shaped who we are. (运用了 how 引导宾语从句)