**（2023年红桥区高考二模D篇）**

Why are so many people unhappy in their jobs? There are two primary reasons. First, some people are convinced that earning a living is wasting time that they could spend enjoying themselves or uncovering their true talents.

If this is the case with you, recall your last long vacation. Was it two weeks of complete enjoyment? More likely it was a week and a half of fun in the sun, with another half a week of "Boy, I can't wait to get back to work. " If you didn't feel such vacation blues, then imagine taking a leave of absence. You could use it to work on a novel, attend classes or just sit around watching TV. At the end of three months, in all likelihood, your self-respect would be at an all-time low. While all work and no play are not good, all play and no work are disastrous. We need to feel we are accomplishing something. We also need some form of order in our lives.

The second and perhaps more common reason for people not to like their work is that they feel trapped. Once you've been at a company for five years and get married, have a mortgage (抵押贷款) and a child, you often feel you have very little choice about jumping ship if things aren't turning out as you'd planned. A steady paycheck can be the biggest restrict of all. People hate having to do something because they have no other choice.

If you find yourself hating your job, your option takes the form of an up-to-date resume (简历). You might also take a weekly glance through the help-wanted section, and make some visits to industry functions where low-key networking can take place. You're not giving up on your current job. Rather, you are providing yourself with an option. If things get unbearable at work, you could jump ship.

At the core of adopting a positive attitude to your workplace is, above all, assuming responsibility for your own situation. Most people feel controlled by their environment, but they really aren't. They have to learn to manage that environment so they can get from it what they need. (.ABCDB.)

1. Why do some people believe that working is wasting time?

A. They think it can't make them happy and display their natural abilities.

B. They think it prevents them from accompanying their families.

C. It can't guarantee they can get the payoff satisfying their needs.

D. It makes them have no time to do their private things at will.

2. The second main reason for people's unhappiness in their jobs is that they feel \_\_\_\_\_\_.

A. they have been working in a company for too long

B. they have no other way out but to keep working

C. they have to work to pay off their debts

D. they are not permitted to change a job

3. With an up-to-date resume ready as an option, you may feel better at your job because \_\_\_\_\_\_.

A. you have made a decision on your own

B. you have done wonders in your current job

C. you have chance to choose between two alternatives

D. you have chance to glance through the help-wanted section

4. It can be inferred that the author \_\_\_\_\_\_.

A. thinks holding an "up-to-date resume" is the best way to remove the unhappiness in one's job

B. can hardly tolerate one's complete enjoyment of life

C. believes that one cannot change his/her environment

D. will support the idea that one should make a balance between working and enjoying life

5. What is the author's attitude towards "self-respect"?

A. Cautious.

B. Negative.

C. Supportive.

D. Unconcerned.

**完型填空**

**（2023年滨海新区三模）**

If this time last year you had told me that an exercise bike would save me, I'd have 1 you were wrong. I'd have protested that I'm not athletic at all. My coordination is lacking and my 2 is like tortoise.

In Grade 7, my physical education teacher watched me, eyebrow 3 , as I tried my best to follow the gymnastic training. "You're doing pretty well in my class, "he said, " for someone with no 4 for sports at all. "

In high school, I wasn't 5 for a single team. I was bookish and slow, and that 6 of being better suited to quiet reading and leisurely walks 7 with me for a long time.

I discovered jogging in my late 20s, and I enjoyed the feeling of quiet accomplishment - without the fear of 8 teammates. I tried yoga and always prioritized 9 pursuits over physical ones.

It was, 10 , my gradually worsening mental condition that finally forced me to rethink about exercising. This winter, under pandemic, I found myself 11 under the weight of exhaustion. I knew 12 had to change. I needed an outlet to release the 13 of months of online conferencing and on- and- off solo parenting at home. Jogging in the morning wasn't enough to 14 it.

I 15 an exercise bike and hoped to have positive results. Since early March, I' ve hardly 16 a day on my bike. I'm not the fastest, but I stick to it. I'm finally learning that movement isn't 17 about athleticism (运动才能). More than anything, it's the feeling of accomplishment when you insist on something 18 outside of your comfort zone.

Athletes find glory in sports. For the rest of us, the 19 is more personal: better sleep, improved mood and boosted confidence. It was never about talent. That's what I wish my physical education teacher had told me. If only he'd said, "You're doing really well in my class. Look at your 20 . "(.DBCAC BCBAD CBACD BDACA.)

1. A. realized B. denied C. hoped D. insisted

2. A. height B. speed C. potential D. intelligence

3. A. laid B. extended C. raised D. waved

4. A. talent B. interest C. power D. respect

5. A. applicable B. reliable C. suitable D. available

6. A. plan B. image C. draft D. standard

7. A. left B. abandoned C. remained D. held

8. A. turning down B. letting down C. taking down D. breaking down

9. A. mental B. academic C. financial D. social

10. A. otherwise B. therefore C. instead D. however

11. A. failing B. quitting C. suffering D. fighting

12. A. nothing B. something C. anything D. everything

13. A. tension B. confusion C. satisfaction D. fascination

14. A. track B. throw C. ease D. leak

15. A. dealt with B. ran into C. figured out D. settled on

16. A. called B. missed C. dropped D. delayed

17. A. consequently B. deliberately C. naturally D. necessarily

18. A. difficult B. funny C. impressive D. disappointing

19. A. demand B. offer C. reward D. honor

20. A. persistence B. patience C. confidence D. courage