[素养提升练Day-1 20230710]

Ⅰ.阅读理解

**A**

In America, when the eighth graders leave the middle schools, they are often worried about moving to the high schools.It is a hard time for them, but it can be an exciting one as well.To make it easier, students need to get familiar with their schools.

Even though they’ve done this already in the middle school, it’s still important to find where their classrooms are.Most schools take students to the high school for a visit at the end of their eighth grade year.And, most schools also have a freshman speech for parents and students before the first year begins.Sometimes the main office will give away a map of the school.This can help students and parents to find different places in the school.

One way to know your high school more and make new friends is to join a club or play a sport.Schools often offer chances to join different clubs and sports.Fall activities begin in August before the first day of school.If you are not interested in sports, there are clubs for any interest, such as drama, dance, chess, photography, community service, etc.These clubs accept students from different grades.By joining an activity, students can find new friendships, not to mention improving their chances in future college applications (申请).The school office will have a list of activities offered at the school and information on how to join them.

What’s more, to have a great start to a high school year, students can write down some of their worries, and ask for help from teachers and school workers.

B

1．According to the text, most students feel when entering the high school.

A．excited B．nervous

C．lonely D．disappointed

C

2．When do many schools take students to visit their new high school?

A．Before the eighth grade year starts.

B．Right after the high school year starts.

C．At the end of the eighth grade year.

D．At the beginning of the new term in the high school.

D

3．What is the purpose of this text?

A．To tell the new students how to learn in the high school.

B．To introduce new schools.

C．To give the teachers some advice.

D．To give advice to new high school students.

**B**

Starting a new term always feels a little bit like a beginning of a new year.Last year, as a fresher, I felt a little worried at the beginning of each term.That’s why, this year, I want to start the term with a positive (积极的) mind.I have collected some ways that can really help improve my confidence.

It has been found that if we want to succeed, we should break our new plan into smaller tasks.It sounds easy, but how do we start？It is a good idea to write down things you will do every evening.Start with the most important task and then focus on smaller tasks that you are sure you will be able to complete.If you are not a fan of a paper to­do list, there are so many fun apps.Sticking to the plan will stop you from doing everything at the last minute.

It is also very important to stay active.Set a goal of 10，000 steps a day or go for a run with a friend.Honestly, you don’t even need to go to a gym, because there are different kinds of exercises online.You can even stretch (伸展) for 15 minutes every day.Just choose whatever works for you.Exercise can improve our ability to sleep，reduce stress (压力) and make us healthy.

Before starting the term, think of your goals—not only those towards which you are working, but also those that you’ve already managed to achieve.Don’t feel too anxious, notice your progress and always remember to take a rest.Keep in mind that everything takes time.Take a 10­minute rest between lessons, which can be a conversation with a friend, checking the news, or taking a walk.In short, do something for yourself.

A

4．How did the author feel when he started a new term last year?

A．Anxious. B．Curious.

C．Confused. D．Confident.

5．What should we do to start a new term according to the second paragraph?

C

A．Keep a diary.

B．Change plans often.

C．Make a to­do list.

D．Focus on what we like.

D

6．What does the author say about exercise?

A．Online exercises are much better.

B．Taking exercise in a gym is useless.

C．We must spend a lot of time on exercise.

B

D．It is important to choose exercise that is helpful to us.

7．In which part of a newspaper can we read this text?

A．Relationship. B．Lifestyle.

C．News. D．Travel.