

北京一六一中学 2025 — 2026 学年度第二学期热身阶段测试高三英语试卷

英语

学校_____ 班级_____ 姓名_____ 考号_____

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。

I'd just arrived at school, ready for another school day. I was reading a book in the classroom when there was an 1. "Today at 1:10 there will be auditions(面试) for a musical." My friends all jumped up in excitement and asked me, "Will you be going, Amy?" "Sure." I said. I had no 2 in drama. but I'd try out because my friends were doing it.

At 1:10, there was a 3 outside the drama room. Everyone looked energetic. I hadn't expected I'd be standing there that morning. But now that I was doing it, I 4 felt nervous. What if I wasn't any good?

I entered the room and the teachers made me say some lines from the musical. They then 5 my singing skills and asked what role I wanted to play. The teachers were smiling and praising me. I felt like I had a 6, so I said, "A big role." They said they'd look into it. I started getting really nervous. What if I didn't get a main role?

Soon, the cast list was 7. My friends checked and came back shouting. "Amy, you got the main role!" Sure enough, my name was at the top. I just stared at it and started to 8. I was so happy.

After two months we were all prepared and ready to go on stage. It was fun. And when people started 9 that gave me a boost of confidence. It stayed with me and made me feel 10. I realized that by trying something new, I can have fun even if it means stepping out of my comfort zone.

- | | | | |
|--------------------|---------------|---------------|-----------------|
| 1. A. assignment | B. initiative | C. interview | D. announcement |
| 2. A. hesitancy | B. worry | C. interest | D. regret |
| 3. A. line | B. show | C. play | D. game |
| 4. A. continuously | B. suddenly | C. originally | D. generally |
| 5. A. advertised | B. challenged | C. tested | D. polished |
| 6. A. chance | B. credit | C. dream | D. demand |
| 7. A. traded | B. claimed | C. posted | D. questioned |

8. A. roll in B. well up C. stand out D. go off
9. A. whispering B. arguing C. stretching D. clapping
10. A. braver B. fairer C. cleverer D. funnier

第二节（共 15 小题；每小题 1 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

Slowing down can contribute significantly to personal growth. Taking the time 11 (rest) allows us to develop a deeper sense of 12 (self-aware). When we slow down, we create space to reflect on our thoughts and emotions, 13 helps us identify important areas of our lives and 14 (give) us the opportunity 15 (make) right choices. To practise this, we need to establish clear 16 (boundary) in our personal and professional life.

B

On April 5, 2024, John Tinniswood 17 (name) the world's 18 (old) living man. And when 19 (ask) about his new title, he shared the secret: moderation(适度). Tinniswood, 20 doesn't smoke and rarely drinks, credited moderation 21 helping him stay healthy during his long life. "If you eat too much or do too much of anything, you're going to suffer eventually," he said.

C

One day, I saw a boy 22 (walk) along George Street with an armful of books. I thought 23 myself, "Why would he carry all his books?" Just then, some kids ran at him, 24 (knock) his books out of his arms. His glasses went flying and landed in the grass. My heart went out to him, and I 25 (jog) over to him. As I handed him the glasses, he looked at me and said, "Thanks!"

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

The Language Exchange Programme allows students in pairs to communicate in two different languages they wish to share and learn each week. Students record short entries after each partner meeting noting the language skills practised and the topics discussed. Each pair of students meets three times throughout the term with a teacher who decides if the exchange is effective. Students who successfully complete the programme will receive one credit each.

Requirements for completion:

- One welcoming session on the second Friday of the term.

- 18 weekly one-hour pair meetings
- Weekly progress reports for all pair meetings
- At least three pair-teacher meetings
- One five-minute final video

Sign up!

The sign-up and registration process is as follows:

- Students sign up and indicate the languages they can share and languages they are interested in learning.

- Based on the information entered by each student, potential pairs are identified.
- Proficiency(熟练) levels are confirmed through coursework or placement tests.
- Once a pair has been determined to be suitable, the students will be contacted individually with a special permission number to register for the programme.

Reminders:

Signing up for the programme does not automatically mean that you will be able to register and participate. Pairs are matched by languages of interest and proficiency levels. Since there are many factors involved in the pairing process, not all students who sign up will be matched with a partner and be able to register for the programme.

26. In the programme, students will _____ .
- | | |
|----------------------------|-----------------------------------|
| A. meet teachers each week | B. practise their language skills |
| C. chair daily meetings | D. evaluate the exchange |
27. To complete the programme, students are required to _____ .
- | | |
|---------------------------------|--------------------------|
| A. develop placement tests | B. welcome new students |
| C. participate in pair meetings | D. work on weekly videos |
28. What do students need to do during the registration?
- | | |
|-----------------------------|--|
| A. Choose their partners. | B. Select their own coursework. |
| C. Make individual contact. | D. Indicate their languages of interest. |

B

When I was a little girl, I liked drawing, freely and joyously making marks on the walls at home. In primary school, I learned to write using chalks. Writing seemed to be another form of drawing. I shaped individual letters into repeating lines, which were abstract forms, delightful but meaningless patterns.

In secondary school, art was my favourite subject. Since I loved it so much I thought I was good at it. For the art O-level exam I had to present an oil painting. I found it difficult, but still hoped to pass. I failed, with a low grade. I'd been over-confident. Now I'd been declared talentless.

But other channels of creativity stayed open: I went on writing poems and stories. Still, I went to exhibitions often. I continued my habitual drawing, which I now characterized as childish doodling(乱画画). In my 30s, I made painter friends and learned new ways of looking at art. However, I couldn't let myself have a go at actually doing it. Though these new friends were

abstract painters using oil paints, or were printmakers or sculptors, I took oil painting as the taboo(禁忌) high form I wasn't allowed to practice.

One night, in my early 40s, I dreamed that a big woman in red approached me, handed me a bag of paints, and told me to start painting. The dream felt so authoritative that it shook me. It was a form of energy, giving me back something I'd lost. Accordingly, I started by experimenting with water colors. Finally, I bought some oil paints.

Although I have enjoyed breaking my decades-long taboo about working with oil paints, I have discovered I now prefer chalks and ink. I let my line drawings turn into cartoons I send to friends. It feels free and easy. Un-anxious. This time around, I can accept my limitations but keep going.

Becoming a successful painter calls for being resolute. I realized I was always afraid of wanting much. That dream reminded me that those fears and desires could encourage me to take risks and make experiments.

29. How did the author feel about the result of the art exam?
A. Discouraged. B. Worried. C. Scared. D. Wronged.
30. In her 30s, the author _____ .
A. sought for a painting career B. avoided oil painting practice
C. fancied abstract painting D. exhibited child paintings
31. Which word would best describe the author's dream?
A. Confusing. B. Disturbing. C. Empowering. D. Entertaining.
32. What can we learn from this passage?
A. Actions speak louder than words.
B. Hard work is the mother of success.
C. Dreams are the reflections of realities.
D. Creative activities involve being confident.

C

The notion that we live in someone else's video game is irresistible to many. Searching the term "simulation hypothesis" (模拟假说) returns numerous results that debate whether the universe is a computer simulation—a concept that some scientists actually take seriously. Unfortunately, this is not a scientific question. We will probably never know whether it's true. We can, instead, use this idea to advance scientific knowledge.

The 18th-century philosopher Kant argued that the universe ultimately consists of things-in-themselves that are unknowable. While he held the notion that objective reality exists, he said our mind plays a necessary role in structuring and shaping our perceptions. Modern sciences have revealed that our perceptual experience of the world is the result of many stages of processing by sensory systems and cognitive(认知的) functions in the brain. No one knows exactly what happens within this black box. If empirical(实证的) experience fails to reveal reality, reasoning won't reveal reality either since it relies on concepts and words that are contingent on our social, cultural and psychological histories. Again, a black box.

similarity of basic human needs and our shared mechanisms for learning and problem solving. Our social instincts (本能) include the intense desire to belong. The approval of others is rewarding, while their disapproval is strongly disliked. These social emotions prepare our brains to shape our behaviour according to the norms and values of our family and our community. More generally, social instincts motivate us to learn how to behave in a socially complex world.

The mechanism involves a repurposed reward system originally used to develop habits important for self-care. Our brains use the system to acquire behavioural patterns regarding safe routes home, efficient food gathering and dangers to avoid. Good habits save time, energy and sometimes your life. Good social habits do something similar in a social context. We learn to tell the truth, even when lying is self-serving; we help a grandparent even when it is inconvenient. We acquire what we call a sense of right and wrong.

Social benefits are accompanied by social demands: we must get along, but not put up with too much. Hence self-discipline is advantageous. In humans, a greatly enlarged brain boosts self-control, just as it boosts problem-solving skills in the social as well as the physical world. These abilities are strengthened by our capacity for language, which allows social practices to develop in extremely unobvious ways.

37. What can be inferred about the forming of the Inuit's moral code?
- A. Unwritten rules were the target. B. Living conditions were the drive.
C. Social tradition was the basis. D. Honesty was the key.
38. What can we learn from this passage?
- A. Inconveniences are the cause of telling lies.
B. Language capacity is limited by self-control.
C. Basic human needs lead to universal norms.
D. Written laws have great influence on virtues.
39. Which would be the best title for this passage?
- A. The Roots of Morality B. The Values of Self-discipline
C. Brains: Walls Against Chaos D. Virtues: Bridges Across Cultures

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, 并在答题纸上将该项涂黑。选项中有两项为多余选项。

If you want to develop maximum credibility(可信性), is it better to be a hedgehog(刺猬) or a fox? According to Isaiah Berlin, the hedgehog knows one thing very well, and the fox knows a lot of things. Is there a clear advantage of one style over the other? Hedgehog thinkers tend to answer yes. 40 And they are usually very credible in doing so. According to Jim Hart, the "hedgehog concept" is one of the factors that lead companies to greatness. They focus on one thing and do it really well. They figure out what they are good at. 41 The hedgehog concept makes perfect sense for companies.

42 Philip Tate has studied the track records of those folks on the Sunday talk shows who make predictions about what will happen. He has found that hedgehogs are not only wrong more often

than foxes, but that they are less likely to recognise or admit that they are wrong when events do not match their predictions.

The advantage that foxes have is that they are more likely to seek out new information from a broader range of sources, and are comfortable with uncertainty and new information. 43 They try to include it in their viewpoint rather than to exclude it from their thinking. They also have a clearer estimation of what they know and don't know.

So, which is better? The question can be answered in a foxy hedgehog style. 44 The choice between being a hedgehog or a fox is a false trade-off. The most effective way to go through life is to try to be that rare mixture known as foxy hedgehog.

- A. In other words, there are clear advantages for each.
- B. They are more likely to remember people's mistakes.
- C. Hence, they have the advantage of clarity and confidence.
- D. But there can be a downside to concentration on one big thing.
- E. However, hedgehogs remain open to others' reactions and inputs.
- F. When something is contradictory to their view, they don't treat it as exceptional.
- G. They come down squarely on one side or the other and fully support their position.

第三部分：书面表达（共两节，32分）

第一节（共4小题；第45、46题各2分，第47题3分，第48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。

In undergraduate and graduate school, I had always thought I'd be fulfilled when I finished a course, published an article, or completed a certification. However, it was just my false belief that achieving a specific goal would bring lasting satisfaction. While setting and reaching goals did provide me with a temporary sense of accomplishment, the anticipated happiness wore off quickly, leaving me discouraged. Dr. Tal Ben-Shahar, a positive psychology expert, coined the term Arrival Fallacy to describe this false belief.

Since our brains are wired to adapt quickly to new circumstances, what once seemed like the ultimate achievement quickly becomes the new normal, and we set our sights on the next milestone, unknowingly maintaining a cycle of discontent. This happens in many areas of our daily life, such as personal relationships, fitness goals, and career advancements. The anticipated joy of arrival never quite delivers as expected.

The Arrival Fallacy can lead to negative consequences in several ways. When we believe happiness is always in the future, we might find ourselves always trapped in a state of discontent, which can cause constant stress. Also, if reaching a goal doesn't bring lasting happiness, we may begin to wonder, "What's the point?" This can lead to loss of motivation. When we achieve a long-sought goal and still don't feel content, we may wrongly assume something is wrong with us rather than recognizing the fault in the expectation itself. This can result in negative self-perception.

The Arrival Fallacy is the deeply rooted yet misleading belief. By recognizing and addressing it, we can free ourselves from cycles of disappointment and help us lead more fulfilling lives with less unnecessary suffering.

45. (2分) What is Arrival Fallacy?

46. (2 分) What negative consequences does Arrival Fallacy lead to?

47. (3 分) Please decide which part is false in the following statement, then underline it and explain why.

► *Our brains are wired to adapt quickly to new circumstances, so we choose to set our sights on the next milestone, unknowingly maintaining a cycle of satisfaction.*

48. (5 分) Use an example to show how you can overcome Arrival Fallacy in your life. (In about 40 words)

第二节 (20 分)

假设你是红星中学高三学生李华。近期你班组织了“Read Together”阅读分享活动，你的外国朋友 Jim 对此很感兴趣。请你用英文给他写一封电子邮件，内容包括：

1. 活动内容
2. 你的体会

注意：

词数 100 左右

开头和结尾已给出，不计入总词数

Dear Jim,

Yours, Li Hua

北京一六一中学 2025 — 2026 学年度第二学期热身阶段测试高三英语标准答案和评分标准

第一部分：知识运用（共三节，30 分）

1.D 2.C 3.A 4.B 5.C

6.A 7.C 8.B 9.D 10.A

11.to rest 12.self-awareness 13.which 14.gives 15.to make

16.boundaries 17.was named 18.oldest 19.asked 20.who

21.for 22.walking 23.to 24.knocking 25.jogged

第二部分：阅读理解（共两节，38 分）

26.B 27.C 28.D 29.A 30.B

31.C 32.D 33.D 34.A 35.C

36.B 37.B 38.C 39.A 40.G

41.C 42.D 43.F 44.A

第三部分：书面表达（共两节，32 分）

45.A false belief that achieving a specific goal will bring lasting satisfaction. 46.It leads to constant stress, loss of motivation and negative self-perception. 47.The false part is "maintaining a cycle of satisfaction." because the passage says it is a cycle of discontent.