

海淀区高二年级练习

英 语

2023. 01

学校 _____ 班级 _____ 姓名 _____

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1. 本试卷共 8 页，共四部分，56 道小题。满分 100 分，考试时间 90 分钟。
2. 在试卷和答题纸上准确填写学校名称、班级名称、姓名。
3. 答案一律填涂或书写在答题纸上，在试卷上作答无效。
4. 在答题纸上，选择题用 2B 铅笔作答，其余题用黑色字迹签字笔作答。
5. 考试结束，请将本试卷和答题纸一并交回。

第一部分：听力理解（共三节，18分）

第一节（共 4 小题；每小题 1 分，共 4 分）

听下面 4 段材料。每段材料后有一道小题，从每题所给的 A、B、C 三个选项中选出最佳选项。听完每段材料后，你将有 10 秒钟的时间来回答有关小题和阅读下一小题。每段材料你将听一遍。

1. Who will go to Thailand for the first time?
A. The woman. B. The woman's parents. C. The man.
2. When will the woman have the meeting?
A. On Tuesday. B. On Wednesday. C. On Thursday.
3. What gift does the woman give the man?
A. A tie. B. A shirt. C. A suit.
4. Which club will the two speakers most probably go to?
A. The art history club. B. The cooking club. C. The fashion design club.

第二节（共 8 小题；每小题 1 分，共 8 分）

听下面 4 段材料。每段材料后有几道小题，从每题所给的 A、B、C 三个选项中选出最佳选项。听每段材料前，你将有 5 秒钟的时间阅读每道题。听完后，每小题将给出 5 秒钟的作答时间。每段材料你将听两遍。

听第 5 段材料，回答第 5 至 6 小题。

5. What does the woman invite the man to do this weekend?
A. Go fishing. B. Climb mountains. C. Visit the community center.
6. When will the woman pick up the man?
A. At five. B. At six. C. At seven.

听第 6 段材料，回答第 7 至 8 小题。

7. How often does the man check his phone?
A. Every day. B. Every one or two hours. C. Every five minutes.
8. How does the woman get information?
A. Over her phone. B. On a personal computer. C. By talking to a young generation.

听第 7 段材料，回答第 9 至 10 小题。

9. What does the woman think of senior high students?
A. Quiet. B. Imaginative. C. Interesting.
10. Where does the conversation most probably take place?
A. On a talk show. B. In a lecture. C. At a meeting.

听第 8 段材料，回答第 11 至 12 小题。

11. Which of the following does the speaker suggest during Minor Cold?
A. Slow jogging. B. Bicycling fast. C. Running the stairs.
12. What's the speaker's main purpose in giving the talk?
A. To recommend ways to keep warm.
B. To make an introduction of Minor Cold.
C. To explain how Chinese New Year is celebrated.

第三节（共 4 小题；每小题 1.5 分，共 6 分）

听第 9 段材料，完成第 13 至 16 小题，每小题仅填写一个词。听材料前，你将有 20 秒钟的
时间阅读试题，听完后你将有 60 秒钟的作答时间。这段材料你将听两遍。

Ways to Be a Successful Online Learner	
Build a practical study plan	<ul style="list-style-type: none">Write a detailed to-do list every daySet time <u>13</u>
Create a good learning environment	<ul style="list-style-type: none">Make the space <u>14</u> from your bed or sofaMake sure you have a strong internet connection
Take <u>15</u> study breaks	<ul style="list-style-type: none">Go outside for a walk with friends<u>16</u> looking at a screen

第二部分：知识运用（共两节，20分）

第一节（共 10 小题；每小题 1 分，共 10 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
答题纸上将该项涂黑。

In the tenth grade, my peers gave me a nickname that stuck until graduation: "Dictionary." It all
started the day my teacher announced a national spelling bee competition.

Determined to win, I opened my dictionary to learn how to spell every word in English. In a
desperate 17 to memorize the most words possible, I began reading day and night.

During the competition, I misspelled one word. The pain over this defeat was so great that—to this
day—I 18 the word: "graffiti." However, not succeeding in something I invested so much effort in
only 19 my determination to study harder.

Later, my school was participating in a French dictation competition hosted by a nonprofit
organization that gives kids in poverty 20 to an education.

French isn't my first language, so I 21 the books even harder. I spent all my free time studying.
In the competition, I scored the highest in my school! I felt so proud. That joy was 22 because I

knew my victory was also helping children learn to read and write.

In the final, I took the fifth place. Although it wasn't what I had dreamed of, it was quite 23 !

Besides the award, I acquired the 24 that I'd use for the rest of my life, such as persistence and critical thinking. And I found that whether we are generating 25 for ourselves or for others, we never know what can be the catalyst (催化剂) of a brilliant future. Sometimes, that catalyst can be as 26 as a book.

- | | | | |
|-----------------|-----------------|----------------|-------------|
| 17. A. search | B. sadness | C. cry | D. attempt |
| 18. A. repeat | B. learn | C. prefer | D. remember |
| 19. A. showed | B. strengthened | C. shook | D. tested |
| 20. A. access | B. freedom | C. attention | D. devotion |
| 21. A. took | B. pulled | C. hit | D. pressed |
| 22. A. doubled | B. spread | C. transformed | D. obtained |
| 23. A. obvious | B. average | C. close | D. familiar |
| 24. A. rules | B. abilities | C. methods | D. ideas |
| 25. A. interest | B. reaction | C. change | D. power |
| 26. A. simple | B. huge | C. famous | D. useful |

第二节 (共 10 小题; 每小题 1 分, 共 10 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 个适当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

A

Amy's school needed to collect money for more computers. Since many of her classmates' families were from different 27 (country), Amy suggested holding a unique dinner night where every student could bring in his home dish. She knew parents and students 28 (be) glad to pay money to try different foods! For this dinner, Amy brought in chicken with potatoes while her Chinese friend Li Hua brought in fried eggs with tomatoes. It was 29 great success.

B

"Who questions much, shall learn much, and remember much," said Francis Bacon. Now it seems obvious 30 we acquire knowledge and understanding. However, in the 17th century, many people tended to ignore the facts and were unwilling to challenge what they 31 (believe). But our understanding of the world around us is constantly growing and changing. So Galileo Galilei said, "All truths are easy to understand once they 32 (discover); the point is to discover them."

C

Perfectionism, as a classic response to life, is riskier than it once was. A growing emphasis 33 employees' well-being is one reason why perfectionism is out of favour. Perfectionists may also hurt team spirit, because they are regarded as being less 34 (social) skilled and less likeable than non-perfectionists. However, some jobs actively require perfectionism. Fortunately, discouraging perfectionism does not mean 35 (lower) high standards. Perfectionists are deeply annoying but they are nowhere near as bad as people 36 don't have any standards.

第三部分：阅读理解（共30分）

第一节（共10小题；每小题2分，共20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，并在答题纸上将该项涂黑。

A



The bald eagle was once a dying species in the United States. This is because the bird wasn't always held with respect. At the National Book Festival, author Jack E. Davis detailed the bald eagle's "great conservation success story".

The bald eagle has faced extinction twice. The first occurred in the late 19th century. "It was then that a bald eagle seen was one to be shot," he said. He explained that the bird had been regarded as a dangerous animal, and considered a threat. But such threat tended to be overstated. Throughout the early 20th century, thousands of bald eagles were shot down. Things began to change for the bird in 1940, when the government passed its legal protection—the Bald Eagle Protection Act.

However, only five years later, the bird faced its second near extinction when DDT, an environmentally harmful insecticide (杀虫剂), was introduced at the end of World War II. In 1963, the bald eagle hit its lowest number—totaling less than 500 nesting pairs across the U.S. "At that time, only about one-third of the nation's water was safe for swimming and fishing," Davis said. "That was eagle habitat, but also our habitat." "We stepped up." He mentioned that this situation led a nonprofit organization, Fish and Wildlife, to launch "hugely successful" eagle protection projects.

By 2007, the bald eagle was removed from the list as the species regained its health, reaching nearly 11,000 nesting pairs nationwide, and today's number is somewhere around 500,000.

For those looking to assist in the ongoing comeback of the bald eagle and other endangered animals, Davis said, almost every state has a center that accepts donations and welcomes visitors and volunteers.

37. What made the bald eagle almost extinct for the first time?

- A. The illegal hunting.
- B. The loose control of guns.
- C. The attack from other animals.
- D. The misunderstanding of their threat.

38. What caused Fish and Wildlife to start eagle protection projects?

- A. The outbreak of World War II.
- B. The overuse of DDT nationwide.
- C. The disappearance of eagle habitat.
- D. The worsening of eagles' living condition.

39. What's the main purpose of the passage?

- A. To tell a story of a dying species.
- B. To advertise the book of Jack E. Davis.
- C. To raise the awareness of protecting wildlife.
- D. To introduce the ways of protecting bald eagles.

B

My dad loves his wine. One day while making a sandwich, I noticed the date on one of his wine bottles. I then took it out of the pantry (食品贮藏室) and rushed toward my father.

“Dad, Dad!” I shouted. “This wine is way past its ‘best before’ date.”

“Son, hold on,” he said.

“No, you can’t drink this any more!”

“Wait, let me tell you ...”

“Would you like me to throw it away for you?” I asked.

“Ha, ha, no. Let me explain something,” my father said cheerfully.

“But ...” I didn’t want my father getting sick.

“Son, some wines get better over time. The longer you wait to drink it, the better it will be. Although this may seem strange, it is true.”

When I was young, I didn’t have any understanding of what this meant. But now, looking back, this would have been very helpful to remember as I went through my teenager years.

We are all so keen to reach the next step quickly that we will do anything to get there. This has a negative effect on our society. In a job situation, we want promotion so much that we will step on others. When trying to go to the right college, we will do anything to get in. When we rush through our homework, we may not study enough for the test, and end up failing. All these common situations have one thing in common: they could all be solved if we just took our time.

When we don’t fully prepare ourselves for the next level, we become a society of people who aren’t ready, but want the rewards of reaching the next level. This cheats others who have prepared and deserve the job. We need to be ready for whatever comes, ready for the unexpected. Just as wine gets better over time, so will the things in our paths.

40. How did the father react to the out-of-date wine?

- A. He insisted on keeping it.
- B. He drank it up immediately.
- C. He checked if it was drinkable.
- D. He asked his son to throw it away.

41. Which of the following might the father approve of?

- A. Graduating from college ahead of time.
- B. Getting the best job as quickly as possible.
- C. Preparing ourselves for a promotion patiently.
- D. Doing schoolwork despite missing the deadline.

42. What can we conclude from the passage?

- A. Good things come to those who wait.
- B. Positive thinking results in success.
- C. He who laughs last, laughs best.
- D. Time and tide wait for no man.

C

Alarming reports that the Antarctic ice sheet is becoming smaller misrepresent the facts. The ice sheet holds about 26.5 million gigatons (十亿吨) of water. If it were to melt (融化) completely, sea levels would rise 190 feet. Such a change is an issue for the far future, if it comes at all.

Much more modest ice loss is normal in Antarctica. Each year, some 2,200 gigatons of the ice is discharged (消融), while snowfall adds almost the same amount. The difference between the discharge

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。选项中有两项为多余选项。

The Benefits of Making Fun of Yourself

Being able to laugh at yourself isn't always easy. However, making light of your weaknesses and life challenges can have a number of benefits. While it might sound surprising, being able to make fun of yourself can be good for your self-esteem (自尊). 47

Making fun of yourself is a form of self-critical humor, which can involve being too modest, or even laughing at yourself humorously. 48 However, research suggests they tend to be more self-confident. When this type of humor is used to maintain a positive attitude in difficult situations, it can help enhance well-being and self-esteem.

49 Making fun of yourself may help make you more likable and build stronger relationships with others. Interestingly, research suggests that both men and women think that being able to make fun of yourself is an attractive trait, despite differences in their ways of using humor.

Laughter has been shown to have a number of stress-fighting benefits. 50 When you view situations as threats, stress levels increase. Shifting to a mindset that allows you to see these situations as challenges can transform this into what is known as "good stress" that helps you feel more empowered.

Making fun of yourself can have some benefits, but it's important not to take things too far. If making fun of yourself starts negatively impacting your mental health or well-being, it's time to take a step back. 51 If you embrace your weakness and imperfections to a reasonable degree, you will feel happier and improve your relationships and overall well-being.

- A. Find a balance that works for you.
- B. Laughing at yourself helps accept yourself.
- C. People are more drawn to others who can laugh at themselves.
- D. Being able to laugh at yourself can relieve stress by changing your view.
- E. Making fun of yourself in difficult situations can reduce your stress greatly.
- F. People with such a sense of humor are sometimes regarded as having low self-esteem.
- G. It might even improve your relationships and help you face challenges more effectively.

第四部分：书面表达（共两节，32分）

第一节（共4小题；第52、53小题各2分，第54小题3分，第55小题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。

Computers, smartphones, and audio players are an essential part of students' everyday lives. That means that whenever students are doing homework, they are going to be faced with the problem of using their devices for purposes other than learning. Instead of concentrating on one task, they are performing multiple tasks.

According to the research by Larry Rosen, published in the journal *Computers in Human Science*, students spend up to 45% of their homework time on various tasks unrelated to their studies. Students often get distracted (分神) by their phones or use their laptops for unauthorized (未经许可的) activities.

Often, students think that they are able to multitask effectively, without sacrificing their studies. However, the research shows that it is true in only 5% of all cases.

But why do teenagers multitask? The answer is simple: multitasking makes us feel good. As the research indicates, the entertainment gained from secondary activities during studies makes learners feel better emotionally. Watching TV or talking to your friends by email is pleasant and helps students fight boredom while doing homework or listening to a lecture they find boring. Another reason why students multitask is that they simply do not see the negative impact it has on their coursework. Teenagers often overrate their abilities. The seemingly tiny distractions, however, result in a constant need to switch focus and sort out information, injuring the brain by overuse and making the process inefficient.

However, the effects of multitasking are not entirely negative. The research conducted by HKU indicates that people who routinely multitask are able to use their senses in conjunction (结合) more easily. Other research also shows that multitasking has a positive effect on the ability to pass judgment and solve problems quickly and efficiently.

52. What problem do students have when doing homework?

53. How does multitasking influence students' study?

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

➤ ***Students choose to multitask even though they are aware that they might get distracted.***

55. What measure(s) can you take to avoid your multitasking? Why? (In about 40 words)

第二节 (20分)

假设你是红星中学高二学生李华。学校下个月将举办英文短剧大赛。作为班长,你打算邀请外教 Mr. Jenson 帮助指导你班的英文短剧表演。请你用英文给他写一封电子邮件,内容包括:

1. 指导的具体内容;
2. 排练安排和其他注意事项。

注意: 1. 词数 100 左右;

2. 开头和结尾已给出, 不计入总词数。

提示词:

rehearse— to practise or make people practise something such as a play or concert in order to prepare for a public performance

rehearsal— a time when all the people in a play, concert etc. practise before a public performance

Dear Mr. Jenson,

Yours sincerely,

Li Hua

(请务必将作文写在答题纸指定区域内)

海淀区高二年级第一学期期末调研
英 语

2023.01

第一部分：听力理解（共三节，18分）

第一节（共4小题；每小题1分，共4分）

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

第二节（共8小题；每小题1分，共8分）

5. A 6. B 7. C 8. B 9. C 10. A 11. A 12. B

第三节（共4小题；每小题1.5分，共6分）

13. limit(s) 14. separate 15. regular 16. Avoid

第二部分：知识运用（共两节，20分）

第一节（共10小题；每小题1分，共10分）

17. D 18. D 19. B 20. A 21. C 22. A 23. C 24. B 25. C 26. A

第二节（共10小题；每小题1分，共10分）

27. countries 28. would be / were 29. a 30. how 31. (had) believed
32. are discovered 33. on/upon 34. socially 35. lowering 36. who/that

第三部分：阅读理解（共30分）

第一节（共10小题；每小题2分，共20分）

37. D 38. D 39. C 40. A 41. C 42. A 43. B 44. D 45. B 46. C

第二节（共5小题；每小题2分，共10分）

47. G 48. F 49. C 50. D 51. A

第四部分：书面表达（共两节，32分）

第一节（共4小题；第52、53小题各2分，第54小题3分，第55小题5分，共12分）

52. The problem is using their devices for purposes other than learning./

They are faced with the problem of using their devices for purposes other than learning./

They use their devices for purposes other than learning.

53. Students often get distracted by using their phones or their laptops for unauthorized activities and even sacrifice their studies while multitasking. (2分)

Students often get distracted. (1分)

Their studies are sacrificed. (1分)

54. ***Students choose to multitask even though they are aware that they might get distracted.***

According to the passage, students choose to multitask because they are unaware that they might get distracted./

Another reason the students multitask is that they simply do not see the negative impact it has on their coursework./

According to the passage, many students are not aware that they might get distracted by multitasking./
According to the passage, they often overrate their abilities, unaware that they might get distracted by multitasking.

55. I would set my academic goal, which helps me find appropriate ways to focus on my study. Additionally, I would keep away from the devices causing multitasking. With them out of reach, I would not be distracted by the unnecessary information. /

I always switch off my phone while doing homework to avoid multitasking. Without access to the phone, I won't check the updates on social media from time to time. Besides, without the ocean of information from the phone, I can concentrate on my work well.

第二节 (20分)

Dear Mr. Jenson,

Hope this letter finds you well. With the English Drama Competition coming next month, I am writing to invite you to give us instructions on our play.

Firstly, could you proofread and polish our script? Your insights are highly appreciated as always. Moreover, we will be honored if you could help improve our pronunciation and acting during the rehearsal.

We plan to rehearse twice a week in the dancing studio. Just a little friendly reminder, masks are required in the studio for precaution. Our first meeting will be at 6 p.m. next Monday. Will you be available then?

We would appreciate it if you could come.

Yours sincerely,

Li Hua

附：听力录音材料

第一节 (共4小题；每小题1分，共4分)

听下面4段对话。每段对话后有一道小题，从每题所给的A、B、C三个选项中选出最佳选项。听完每段对话后，你将有10秒钟的时间来回答有关小题和阅读下一小题。每段对话你将听一遍。

Text 1

M: Mary, what are you doing during the holidays?

W: I'm going to Thailand with my parents.

M: That's great! Have you visited Thailand before?

W: I've been there a few times with my friends. But it will be the first time for my parents.

Text 2

W: Hello, I need to reserve the No.8 meeting room on Wednesday afternoon.

M: Sure. But there are only two periods of time available. One is on Tuesday afternoon, and the other is on Thursday morning.

W: Okay. Help me book for Thursday, please.

Text 3

W: Hi, Tammy, I need to talk to you for a moment.

M: Anna, hi! It's good to see you.

W: I got you something. I hope you like it.

M: Wow! I love it! It matches my shirt and suit! How did you know I need a tie?

W: I'm glad you like it.

Text 4

M: What are you going to do after school? Shall we go to the club together?

W: Good idea. I'm interested in the art history club.

M: Well, I went to that club yesterday. How about going to the cooking club or the fashion design club?

W: The cooking club sounds good.

第二节 (共 8 小题; 每小题1分, 共8分)

听下面4段材料。每段材料后有几道小题, 从每题所给的A、B、C 三个选项中选出最佳选项。听每段材料前, 你将有5秒钟的时间阅读每小题。听完后, 每小题将给出5秒钟的作答时间。每段材料你将听两遍。

Text 5

W: Hello?

M: Hey Ryan, what's up?

W: Are you up for going fishing this weekend?

M: What? There's a lot of background noise—I can barely hear you.

W: Sorry about that—I'm at the train station. I was wondering if you wanted to go fishing this weekend. I'm heading up to Mountain Lake with five friends early tomorrow morning.

M: Okay!

W: Sweet! We'll pick you up at six tomorrow morning, is that OK?

M: Yup. Do you need directions to my place?

W: Uh, you still living on Willow Street, near the community center?

M: Yeah, that's right. The yellow house, Number 7.

Text 6

W: Jen, how often do you use your phone?

M: Oh, I would say I'm very addicted to my phone because I keep on checking it every five minutes.

W: Seriously?

M: I can't stay without it for one or two hours. What about you?

W: We are quite opposites. Actually, I go days without actually checking my phone sometimes.

M: That sounds so crazy to me.

W: Well, I get all my information on the Internet on a personal computer. So I actually forget about my phone.

M: I think if I had a personal computer then I would also forget my phone.

W: But your young generation, it's all in your hand, right?

Text 7

M: Today we are having Mary here. We'd like to know something about her career. Welcome.

W: It's my pleasure.

M: What is your favorite age group of students?

W: Probably around the senior high school age, from about 16 to 18. I think they're the most interesting.

M: What makes them so interesting?

W: Well, they're very different from adults and children. It's kind of almost there but not quite.

M: Yeah. That sort of bridging, bridging age group. What about things like behavior and attitude?

W: I just imagine that age group to be quite challenging.

M: Why do you think so?

W: I mean, they are full of energy and, you know, personalities are forming.

M: Do you enjoy teaching them?

W: Yes, for me, it's like the perfect age group to teach.

Text 8

The Minor Cold is one of the coldest periods of the winter. During Minor Cold, the ground and rivers are frozen in most areas of China. The cold air from the north moves southward continuously. People start storing New Year goods, like New Year pictures, paper-cuts for window decoration, fireworks and lanterns. Besides, it is important to keep warm during this period. Beef in hot pot, and baked sweet potato are recommended foods for Minor Cold. According to traditional Chinese medicine theories, people need to eat food that contains more energy to prevent cold from harming their organs. Doing exercise during the cold winter makes you strong physically. **Medium-intensity** exercise such as slow jogging, rope skipping and ice skating is highly recommended. However, you should avoid doing any intense physical activities like bicycling fast and running the stairs, as they are bad for health during the extreme weather.

第三节（共 4 小题；每小题 2 分，共 8 分）

听下面一段材料，完成第13至16四道小题，每小题仅填写一个词。听材料前，你将有20秒钟的时间阅读试题，听完后你将有60秒钟的作答时间。这段材料你将听两遍。

Text 9

Hello, everyone. I am Sam Smith. Studying online can sometimes be challenging for learners. But here are some ways to be a successful online learner.

Firstly, build a practical study plan, and you'll be more likely to stick with your tasks. To get them done faster and more efficiently, write a detailed to-do list every day. Plus, set time limits in order to force yourself to study for a specific period of time.

Secondly, create a good learning environment. When choosing a place to learn, make the space separate from your bed or sofa. A clear distinction between where you study and where you take breaks can help you focus. Meanwhile, make sure you have a strong internet connection to access your coursework.

Thirdly, take regular study breaks. Resting your brain after learning is critical to high performance. If possible, go outside for a walk with friends. Most importantly, avoid looking at a screen during these breaks.

关于我们

北京高考在线创办于 2014 年，隶属于北京太星网络科技有限公司，是北京地区极具影响力的中学升学服务平台。主营业务涵盖：北京新高考、高中生涯规划、志愿填报、强基计划、综合评价招生和学科竞赛等。

北京高考在线旗下拥有网站门户、微信公众平台等全媒体矩阵生态平台。平台活跃用户 40W+，网站年度流量数千万量级。用户群体立足于北京，辐射全国 31 省市。

北京高考在线平台一直秉承 “精益求精、专业严谨” 的建设理念，不断探索 “K12 教育+互联网+大数据” 的运营模式，尝试基于大数据理论为广大中学和家长提供新鲜的高考资讯、专业的高考政策解读、科学的升学规划等，为广大高校、中学和教科研单位提供 “衔接和桥梁纽带” 作用。

平台自创办以来，为众多重点大学发现和推荐优秀生源，和北京近百所中学达成合作关系，累计举办线上线下升学公益讲座数百场，帮助数十万考生顺利通过考入理想大学，在家长、考生、中学和社会各界具有广泛的口碑影响力

未来，北京高考在线平台将立足于北京新高考改革，基于对北京高考政策研究及北京高校资源优势，更好的服务全国高中家长和学生。



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