



曲一线科学备考
让每一位学生分享高品质教育



Reading
Comprehension

100+30篇

► 解题策略技巧点拨

► 真题同源独家原创

► 新模快递全真考场

高考英语七选五阅读

■ 语篇解读

■ 答案解析

■ 温馨提示

■ 难句分析



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高考英语七选五阅读

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英语学习名家谈

上下文逻辑关系的理解是阅读理解能力的一项语言微技能，在语言学习中非常重要，但利用原有的多项选择题难以对其进行深度考查，因此，增加了“阅读填空”题，要求考生根据上下文内容，从所提供的若干句子中选取符合上下文逻辑关系的句子。这一方面拓宽了阅读理解考查的深度、广度，另一方面也丰富了高考英语科的考查形式。

——教育部考试中心命题处 刘庆思研究员

（选自《课程·教材·教法》）

张厚灿老师是北派，主张全部用选择题，我是南派，主张主、客观题型都用。英国、法国不主张搞选择题，美国人搞，他们出的一些测试理论也难以绝对化，看来还要折中。我主张在平常的英语训练中多用主观题型，听、说、读、写都不要太多地搞选择题。但也要保留一点，鼓励学生猜。因为在语言学习中，guessing也是一种learning strategy。国际阅读协会主席Goodman说过：Reading comprehension is a guessing game.因为要理解就要参考上下文，有个概率的问题。有概率就有猜测，是好的。不要认为鼓励猜测是坏事。几百万人的考试没有信度不行，但我们往往用信度破坏效度。

——广东外语外贸大学博士生导师 桂诗春教授

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第一部分 ◆ 命题研究

一、高考英语七选五阅读命题规律

一 七选五阅读题型分析

七选五补全短文阅读题是高考改革不断深入的产物。文章长度一般为300词左右,文中有五处空白,分别在各个段落的段首、段中或段尾。文后有七个选项,均为完整句子,要求考生根据文章结构、内容从短文后的七个选项中选出五个最佳选项,将其放回到原文的应有位置,重新恢复文章的全貌。设空部分往往是段落的中心句,主题句或者总结句或者与篇章的展开有着重要关系的过渡性语句。

该题型是课标全国卷首先推出的,后被越来越多的考区选用,2013年使用这种题型的将有:辽宁,黑龙江,吉林,海南,河南,新疆,山西,宁夏,云南,河北,内蒙古,北京,甘肃,青海,西藏和贵州等16个省区,这也从另一个侧面说明了这种题型的科学性。

从《考试说明》对该题型命题目的的表述“主要考查考生对文章的整体内容和结构以及上下文逻辑意义的理解和掌握”可以得出以下判断:该题备选项可分为主旨概括句(文章整体内容)、过渡性句子(文章结构)和注释性句子(上下文逻辑意义)三类。其多余的两个干扰项也往往从这三个方面进行设置,例如主旨概括句或过于宽泛或以偏概全或偏离主题,过渡性句子不能反映文章的行文结构,注释性句子与上下文脱节等。

这一考查题型对考生的阅读能力提出了更高层次的要求,不仅要有一定的阅读速度,还要对所读文章的主旨要义、具体信息有所了解,尤其重要的是要掌握作者的写作意图,区分出论点和论据,并且能够把握全文文脉和作者的谋篇思路,只有这样,才能准确地确定正确答案。

二 七选五阅读命题特点

1. 内容选择:补全短文阅读题的文章选材具有两个特点:

一是文章内容贴近考生、贴近生活,具有新颖性且时代感较强,体现考纲的指导思想,即“重视‘新材料、新情境’的创设与运用,测试考生的综合语言运用能力”。如:

sleep debt 睡眠负债

Sleep debt is the cumulative effect of not getting enough sleep. A large sleep debt may lead to mental and/or physical fatigue. There are presumed to be two kinds of sleep debt, caused by partial sleep deprivation or total sleep deprivation. 睡眠负债的来源有两种:部分睡眠不足和整体睡眠不足。

智力背景



2008—2012“七选五阅读”话题统计

	课标全国卷	北京卷	辽宁卷
2012	青少年的压力	心意相通	交友
2011	孩子们了解金钱	公共演讲和批判性思考	克服健忘症
2010	如何沉着有效回答提问	缪扎克音乐	一个杰出的推销员
2009	如何帮孩子养成良好的学习习惯	X	良好的学习环境
2008	如何做好笔记	X	X

二是文章内容逻辑性强,结构严谨,层次分明,便于学生在阅读的基础上进行综合理解,并对于一些信息进行概括或充分表达。

2. 文章长度:文章长度一般在200~300词之间,但近年总词数有上升趋势。

2008—2012“七选五阅读”文章词数统计

	课标全国卷	北京卷	辽宁卷
2012	254 + 69	253 + 122	294 + 59
2011	257 + 74	301 + 134	238 + 78
2010	226 + 58	313 + 64	212 + 76
2009	203 + 92	X	224 + 75
2008	189 + 72	X	X

3. 文体的选择:文章体裁以说明文和议论文为主,两种文体的结构都比较清晰,过程完整,适合考查对主题句、过渡句等的概括和总结。单纯以时间或事件为线索的记叙文不宜于考查逻辑思维能力,因而在高考中出现的几率较小。

2008—2012“七选五阅读”体裁统计

	课标全国卷	北京卷	辽宁卷
2012	说明文	说明文	说明文
2011	说明文	议论文	说明文

2010	说明文	说明文	夹叙夹议
2009	说明文	X	说明文
2008	说明文	X	X

4. 设题方式:文章的首句一般不会设空(有小标题的题除外)。设空处多为段落主题句、段落总结句、承上启下句、关键论点支撑句或全篇概括归纳句等。干扰项与正确选项区分度不明显,而且会出现由于一处误选导致多处错答的后果,因

此试题难度比常规阅读理解略大。

总而言之,七选五补全短文阅读题符合《英语课程标准》的要求,旨在“提高学生用英语获取信息、处理信息、分析问题和解决问题的能力”,注重考查学生的逻辑思维能力。阅读本质就是一种理解、吸收、鉴赏和评价文章的思维过程,该题型不但要求考生具备词汇、句子、语段、语篇等方面的知识,而且要有辨证、综合、分析、归纳方面的逻辑思维能力,是阅读的深层理解,也是阅读的核心和关键。

二、高考英语七选五阅读解题技巧

一 解题步骤

1. 通读全文,对文章进行快速浏览,寻找主题句,抓住文章结构及文章的写作内容。

在阅读过程中,要注意文章的开始与结束段落,尤其是文章的首段及末段末句,因为“开门见山”与“结尾总结”的写作方式为常见的写作方式,首段的末句一般是全文的主题所在,说明本文将探讨哪些内容,并简要指出文章的写作思路,有时甚至会以提纲的形式进行呈现。首段的末句对于快速掌握文章的主题具有重要意义,如果它是文章的主题句,就可以使读者迅速明确文章情节将如何展开,并对文章的写作主题有了整体了解。如果末句不是主题句,则需要继续寻找。这时,可以考虑文章的写作方式是否为“结尾总结”式,如两者均可排除,则需在文章中其他段落寻找主题句,但要注意首段与末段的提示作用。

2. 详读段落,在短时间内,找出每段写作内容的关键词。明确各段的主题句或主旨大意。

文章正文部分通常分为若干小段落。各段落会根据整体文章写作主题展开,对文章主题进行不同方面的描述。找出各个小段落中的关键词,明确其描述内容,为整体试题的解决做好铺垫。阅读各个空的前后句,标记关键词。

在阅读文章的开始部分,明确文章的基本话题以后,要阅读五个空各自的前后句,并将前后句中的解题线索,即关键词标记下来。关键词包括句中的核心名词或名词词组(如带有形容词的名词词组)、专有名词、时间数字、代词、连词等。

重点阅读各个空附近的句子,圈定线索词,然后从选项中寻找相关的特征词,以确定答案。做题时可以采用代入排除法。如果一题做不出或拿不准,可先放过,继续往下读,先做容易的、能做出的题,直到读完完整篇文章。至此,文章的要点和主

旨、各个段落之间的逻辑关系应基本清楚了。

3. 定位选项,明确各备选选项的含义,抓住其关键词,根据文章整体结构与具体内容,将选项填入文中,填写时尤为注意各选项中出现的句子衔接手段及句中的衔接标志词。

在定位选项时,要特别注意空格上下段的写作内容,以及空格上段尾句和下段首句的结构和意义。将所选的选项放入空格处,看看是否与上下文构成语义及逻辑上的直接关系,是否符合该处语境,能否是承接前后的写作线索,使文章无论内容还是衔接上都能做到通顺。

一篇文章作为一个整体,是有其写作的线索与思路的,在选项定位中,要尤其注意文章的写作线索,文章的写作思路的连贯,使文章的每个段落、每个句子甚至每个短语均融为一体。如果将选项带入文章后,发现文章写作线索中断或是前后矛盾,应更换其他选项。

4. 通读复检,将所选答案代入文中,再次通读全文,重点考查逻辑关系和关联结构。

在完成选项定位后,应通读全文,检查文章内容是否完整,语义是否连贯合理、各段落内容是否紧扣主题,语篇结构是否通顺连贯、具有一致性、合乎逻辑,写作思路是否清晰明了,格式以及用语是否恰当贴切,从而判断选择的答案是否正确。同时,还应注意对相近选项的对比分析,个别干扰项由于与某个正确选项的内容相近,具有很强的干扰性,这时就需要认真分析,仔细甄别,排除干扰,从而得出正确选项。

5. 确定排除,研究多余选项,确定排除理由,最终确定答案。

尽管答案都已经确定,但是为了避免失误,对多余的选项

智力背景



soft-sided luggage 软面行李箱

Soft-sided luggage refers to an employee whose talent and multi-tasking abilities allow him or her to take on assignment after assignment. They, like soft-sided luggage, seemingly expand to handle the workload. “软面行李箱”指才能出众、能同时处理多项任务的员工,他们通常会接手一个又一个任务,就像“软面行李箱”一样可以拓展出空间来装更多的东西。

进行进一步研究,确定它们和文章的主题和前后句意没有关联性之后,才能确定最终的结果。

二 解题技巧

七选五补全短文阅读题要求考生从整体上把握文章的逻辑结构和内容上的联系,理解句子之间、段落之间的关系,对诸如连贯性、一致性等语段特征有较强的意识并能熟练掌握,并具备分析理解长难句的能力。可以说,此题型是对语言能力和阅读理解能力的综合测试,考生有必要对这类题型多加练习,提高自己的应试能力。具体来说,可掌握以下几种解题技巧:

技巧一:从细节逻辑上判断——因果关系

在做题时最重要的是要读懂空格前后的句子,在读懂意思的基础上,判断它们之间的关系来进一步确认答案。因果关系主要指前后的句子有着原因和结果之间的关系,这种关系往往说明了前因后果或者前果后因等情况。表示因果关系的有:as a result 结果……,thus/therefore 因此,so (such)...that 如此……以至于等。

例题(2012 北京卷)

Last year, researchers from the University of Michigan reported that empathy, the ability to understand other people, among college students had dropped sharply over the past 10 years. 1 Today, people spend more time alone and are less likely to join groups and clubs.

B. That could be because so many people have replaced face time with screen time, the researchers said.

答案解析

1. B 这个设空处位于段落之中,前面的句子中“empathy, the ability to understand other people, among college students had dropped sharply over the past 10 years”大学生之间理解他人的“心意相通”能力在过去的10年里下降了,这是一个结果,那么结合因果关系的原则,后面可能是解释造成这种现象的原因是什么,因此七个选项中,只有B项是对前面的解释,其中有一个关键的核心词就是because,非常鲜明地说明了这是原因,因此B选项符合文意。

技巧二:从细节逻辑上判断——转折关系

转折关系主要指英语行文中后句对前句构成逆转逻辑关系。行文中前后句可能是顺承逻辑关系或者逆转逻辑关系,如果前后句存在这样的顺逆关系,空格处很有可能表示转折,有效地连接起前后句。表示转折关系的连接词有:but 但是,how-

ever 然而,nevertheless 然而,不过,still 还;然而,though 可是,不过,然而,yet 然而,on the contrary 正相反,in contrast 与此相反,相比之下,in comparison 比较起来,比较地,by comparison 相比之下,otherwise 否则;除此以外等。

例题1(2012 辽宁卷)

Friendship is a very important human relationship and everyone needs good friends. Good friendship has many benefits. It offers companionship, improves self-worth and promotes good health. There are times in our lives such as when we have recently moved into a new town, or changed our jobs or schools. Such changes often leave us without a friend. 1 But for many of us the process is difficult and requires courage. Below are some helpful suggestions on how to make and keep friends.

E. Making new friends comes easy for some people.

答案解析

1. E 从后面的句子 But for many of us the process is difficult and requires courage. 对于很多人来说这个结交朋友的过程是很困难的,需要勇气,考虑几个选项,发现E中的easy与difficult对比,some people与many of us对比,因此构成了一种意义上的对比关系,尤其是but这个词,更加突出了对比的意义,因此E项符合这里的意义和结构。

例题2(2012 辽宁卷)

4. Let it grow.

It is a good thing to stay in touch. However, try not to press your new friend with calls, messages or visits as this would likely wear him or her out and finally you may lose your friend. 4 The best friendships are the ones that grow naturally.

G. So you will need to give your friend time to react to you.

答案解析

4. G 结合前面的try not to press your new friend with calls, messages or visits 不要试图通过打电话,发短信和拜访等来给你的新朋友施加压力和后面的The best friendships are the ones that grow naturally. 最好的友谊是自然而然形成的,因此G项要给你的朋友时间,让他来接近你,符合上下文的意义。

例题3(2012 辽宁卷)

2. Start a conversation.

social bubble 人际泡沫

Social bubble (or interpersonal bubble) describes the situation in which people seem to have a wide range of social connections, but when it comes to real friendship, few remain in the circle. 人际泡沫,指一些人看起来结识的人不少,但事实上,真正能称之为朋友的却寥寥无几。

智力背景



Starting a conversation is the second most important step in making new friends. 2 You can always start the conversation. Being able to make small talk is a very useful skill in relating with other people.

C. Do not wait to be spoken to.

答案解析

2. C 这一段主要谈的是如何开始交谈,提到了交谈是结交朋友的一个重要的方式,而根据空格后面的句子 You can always start the conversation. 你可以先开始一个对话,因此 Do not wait to be spoken to. 不要总是等着别人和你说话,此处选项 C 与下文的意义对比转折,因此选 C。

技巧三:从细节逻辑上判断——例证关系

前后句的某句是为了证明另一句而举的例子。例证的形式具有多样性,思维过程基本是归纳(从例子到观点)和推理(从观点到例子)。

例题(2011 北京卷)

2 As the class goes on, for example, you will probably spend a good deal of time organizing your speeches. While this may seem like a purely mechanical(机械的) exercise, it is closely connected with critical thinking. If the structure of your speech is loose and confused, chances are that your thinking is also disordered and confused. If, on the other hand, the structure is clear, there is a good chance your thinking is too. Organizing a speech is not just a matter of arranging the ideas you already have.

E. If you are wondering what this has to do with your public speaking class, the answer is quite a lot.

答案解析

2. E 结合下文的 As the class goes on, for example 可知是举例说明,而概括下文内容可知,本段主要举例介绍了如何上公共演讲课, E 项“如果你想知道这和你的公开地演讲有什么关系,答案是很多的”,后面给出了具体的例子,故选 E。

技巧四:从细节逻辑上判断——递进关系

递进关系主要指英语行文中后句对前句是一种顺承逻辑关系。如果空格前后两句话之间是逻辑上的层进关系,则空格处很有可能是个递进的句子。表示递进关系的连接词或词组有:also 也,而且, further 另外(的), furthermore 而且,此外, likewise

同样地,也, similarly 相似地,类似地, moreover 而且,再者,此外, in addition 另外,加之, what's more 更重要的是, not only...but also 不但……而且等。

例题(2012 课标全国卷)

(2) Don't take it out on yourself. Sometimes when kids are stressed and upset they take it out on themselves. Oh, dear, that's not a good idea. Remember that there are always people to help you. Don't take it out on yourself. 3

A. Ask for a helping hand to get you through the tough situation.

答案解析

3. A 这个段落主要介绍了遇到了压力不要自己一个人来扛着的情况,空格前面提到了 Remember that there are always people to help you. Don't take it out on yourself. 记住总会有人来帮助你的,不要自己扛着,暗示了要别人帮助,结合选项中的 A 项 Ask for a helping hand to get you through the tough situation. 向别人求助渡过这个难关,和前面的句子是一种递进关系,前面提出了告诫,最后这个是一个具体的建议。

技巧五:从细节逻辑上判断——并列关系

表示并列关系的有: first 首先,第一, second 第二, third 第三; firstly 第一,首先, secondly 第二(点),其次, thirdly 第三; first 第一, next 其次, then 那么,然后; in the first place 第一,首先, in the second place 第二,其次; for one thing 首先,一则, for another 其次; to begin with 首先,第一, to conclude 最后等。

技巧六:从词汇线索上判断——代词

英语表达中的代词出现的频率极高,代词的作用是指代前面提及的名词或形容词概念,巧妙利用这样的指代关系和根据代词的单复数差异可以准确而快速地解题。

例题(2012 课标全国卷)

Try taking these four steps the next time you are stressed:

(1) Get support. When you need help, reach out to the people who care about you. Talk to a trusted adult, such as a parent or other relatives. 2 They might have had similar problems, such as dealing with a test, or the death of a beloved pet.

F. And don't forget about your friends.

答案解析

2. F 根据空格前面提到的 Talk to a trusted adult, such as a par-

智力背景



microsleep 微睡眠

A microsleep is an episode of sleep which may last for a fraction of a second or up to thirty seconds. Often, it is the result of sleep deprivation, mental fatigue, depression, or hypersomnia. 微睡眠(microsleep)指持续时间不超过30秒的短暂睡眠状态,多由睡眠不足、精神疲乏、抑郁或嗜睡症引起。

ent or other relatives. 和信任的成年人,例如父母或者亲戚进行交谈,再结合后面的人称代词 they,这个代词具有复数的意义,所以前面的空格处,也应该出现一个复数名词,这几个选项中,只有 F 项中有 friends,与 they 呼应,所以 F 项为正确答案。

技巧七:从词汇线索上判断——同义词/近义词

英语前言后语之间往往有同义词、近义词、近义表达语甚至相同词汇的重复使用,这是我们解题的一个很好的判断线索。

例题 1 (2012 北京卷)

There are good reasons not to follow those bad examples. Humans are socially related by nature. 3 Researchers have also found that empathetic teenagers are more likely to have high self-respect. Besides, empathy can be a cure for loneliness, sadness, anxiety, and fear.

G. Having relationships with other people is an important part of being human—and having empathy is decisive to those relationships.

答案解析

3. G 空格前面的句子 Humans are socially related by nature. 人类从本质上是一种社会关系, G 项中的 Having relationships with other people is an important part of being human 与他人建立关系是人的重要一部分,解释了前面的 socially, 另外后面的 being human 与前面的 humans 是相同词汇的复现,因此 G 项符合文意。

例题 2 (2012 北京卷)

Empathy is also an indication of a good leader. In fact, Freed says, many top companies report that empathy is one of the most important things they look for in new managers. 4 “Academics are important. But if you don't have emotional (情感的) intelligence, you won't be as successful in work or in your love life,” she says.

F. Good social skills—including empathy—are a kind of “emotional intelligence” that will help you succeed in many areas of life.

答案解析

4. F 根据后面的 you won't be as successful in work or in your love life 中的核心词 successful 与 F 项 Good social skills—including empathy—are a kind of “emotional intelligence” that will help you succeed in many areas of life. 中的核心词 succeed 是相同意义,因此遵循同义词的词汇线索的特点,选 F。

例题 3 (2012 课标全国卷)

(3) Try to solve the problem. After you're calm and you have support from adults and friends, it's time to get down to business.

4 Even if you can't solve it all, you can solve a piece of it.

E. You need to figure out what the problem is.

答案解析

4. E 本段的小标题就是 Try to solve the problem. 解决问题,而且再根据空格后面的 Even if you can't solve it all, you can solve a piece of it. 即使你不能全部解决,也可以解决一部分的意思,根据关键词 problem, 可以看出 E 项 You need to figure out what the problem is. 无论是从线索词还是从上下文的意义,都符合题意。

技巧八:从词汇线索上判断——上下义词/同一范畴词

上下义词和同一范畴词就是前者包含了后者或可以说后者是前者的一个子集。利用前后句中这样的特殊的同义关系常常可以很轻松地解题。

例题 (2012 课标全国卷)

Everybody gets stressed from time to time. 1 Some ways of dealing with stress—like screaming or hitting someone—don't solve much. But other ways, like talking to someone you trust, can lead you to solving your problem or at least feeling better.

C. Different people feel stress in different ways.

答案解析

1. C 文章的第一句话点明了每个人时不时都会有压力,这里的线索词为 stress, 因此结合同义词或者近义词的特点,即前后言语之间的同义词或者近义词甚至相同词汇的重复使用的特点,从所给的几个选项中,找出解题的线索,因此根据核心词 stress, 可以选出 C, 因为里面包含着 stress 并且 C 项中的 different people 与 everybody 对应,故 C 选项能够用在这里进行上下文的衔接。

技巧九:从设题位置上判断——段首设题

假如设空处出现在段首,它通常是段落主题句。认真阅读后文内容,根据段落一致性原则,查找同义词或其他相关的词,推断出主题句。另外,着重阅读后文第一、二句,锁定线索词,然后在选项中查找相关特征词。通常正确答案与空格后的第一句在意思是紧密相连的,因此这两句间会有某种衔接手段。

soccer fan syndrome 球迷综合征

If you are an avid soccer fan, then you'll be well aware of all the tense, nail-biting feelings that mysteriously occur when your team has a match. This experience has a name: soccer fan syndrome. 如果你是一个热心球迷,当你支持的球队有比赛时,那些莫名出现的紧张情绪你就不会不理解了。这种焦虑的体验叫做“球迷综合征”。



例题(2012 辽宁卷)

3. 3

Choosing friends with common interests is important in building friendship as these interests would always bring you and your friend together. Hanging out will always be a pleasant experience.

B. Do things together.

答案解析

3. B 这是一道小标题的试题,位于整个段落的最前面,这样的选项,往往是对下面整个段落内容的概括和总结,反映整个段落的主旨和大意。这种试题往往需要从下面的整段中搜索核心词汇,找出做题的线索。这里根据下文的 Choosing friends with common interests 选择具有相同爱好的朋友,bring you and your friend together 相同的爱好会把你和你的朋友结合在一起,再根据后面的 hanging out 可知是一起做某事,这里都强调了一起做事情的意思,因此与选项 B Do things together. 相符。

技巧十:从设题位置上判断——段尾设题

所选答案应引出下一段的内容。如果在选项找不出与前文之间的关联,此时可考虑与下一段开头是否有关联。认真阅读下一段开头几句,看是否与选项紧密相连。分析与前文是转折还是对比关系。此时要注意在选项中查找表示转折、对比的关联词,同时注意选项中所讲内容是否与前文在同一主题上形成对立、对比关系。如果第一段的段尾设题,要认真阅读,看此处是细节还是主题。通常文章第一段要提出文章的主题,如果在段尾提出主题,会用一些信号词如转折词引出来,正确答案中应有这样的特征词。段尾通常是结论、概括性语句。注意在选项中查找表示结果、结论、总结等的信号词,如:therefore, as a result, thus, hence, in short, to sum up, to conclude, in a word 等词语,选项中也可发现前文的同义句词。

例题 1(2012 北京卷)

What's the best way to up your EQ (情商)? For starters, let down your guard and really listen to others. 5

To really develop empathy, you'd better volunteer at a nursing home or a hospital, join a club or a team that has a diverse membership, have a "sharing circle" with your family, or spend time caring for pets at an animal shelter.

C. "One doesn't develop empathy by having a lot of opinions and

doing a lot of talking," Freed says.

答案解析

5. C 结合前面的句子 For starters, let down your guard and really listen to others. 可知是对于初学者,放下你的戒心,注意倾听他人,从选项中的 C "One doesn't develop empathy by having a lot of opinions and doing a lot of talking." 与前面句子的意思是一种对比的关系,因此选 C 项。

例题 2(2012 北京卷)

Jennifer Freed, a co-director of a teen program, has another explanation. Turn on the TV, and you're showered with news and reality shows full of people fighting, competing, and generally treating one another with no respect. 2

D. Humans learn by example—and most of the examples on it are anything but empathetic.

答案解析

2. D 此处是一个段落的结尾句,结尾句通常起着总结上文,提示下文的作用,首先看下文的 There are good reasons not to follow those bad examples. 提到了 examples, 因此与 D 选项的 Humans learn by example—and most of the examples on it are anything but empathetic. 紧密相连,都在讨论的是 examples 的话题,因此选 D。

例题 3(2012 课标全国卷)

(4) Be positive. Most stress is temporary (暂时的). Remember stress does go away, especially when you figure out the problem and start working on solving it.

These steps aren't magic, but they do work. And if you can stay positive as you make your way through a tough time, you'll help yourself feel better even faster. 5

D. Ah, it feels so good when the stress is gone.

答案解析

5. D 此处是一个段落的结尾部分,虽然这些方法不是具有魔力的,但是它们的确会起作用的,只要你保持积极,你会感觉更好的,前面的句子中有 feel better 这个核心词,搜索选项中的 D 发现有 feel good, 因此无论是从意义上判断,还是从词汇上的线索以及同义词和近义词甚至是相同词汇的复现上来看, D 项都是正确选项。

智力背景



fat-finger syndrome 胖手指

The term fat finger, often in combination with "fat-finger syndrome", is used as a slang to refer to making an error in or on something by hitting the wrong key or button, or accidental inaccuracy in the fine motor movements of one's extremities. "胖手指" (fat finger), 多以 "胖手指综合征 (fat-finger syndrome)" 的词组形式出现, 指因为按错键或按钮而犯错, 或者在手工完成某项精工细活时意外出现的失误。

第二部分 ◆ 真题精解

Passage 1 (2012 课标全国卷)

KEY → P89

新鲜度:

难度:

体裁: 说明文

话题: 健康

关键词: stress

短文词数: 292

正确率: /5



7分钟

Kids' health: Four steps for fighting stress

Everybody gets stressed from time to time. 1 Some ways of dealing with stress—like screaming or hitting someone—don't solve (解决) much. But other ways, like talking to someone you trust, can lead you to solving your problem or at least feeling better.

Try taking these four steps the next time you are stressed:

- (1) Get support. When you need help, reach out to the people who care about you. Talk to a trusted adult, such as a parent or other relatives. 2 They might have had similar problems, such as dealing with a test, or the death of a beloved pet.
- (2) Don't take it out on yourself. Sometimes when kids are stressed and upset they take it out on themselves. Oh, dear, that's not a good idea. Remember that there are always people to help you. Don't take it out on yourself. 3
- (3) Try to solve the problem. After you're calm and you have support from adults and friends, it's time to get down to business. 4 Even if you can't solve it all, you can solve a piece of it.
- (4) Be positive. Most stress is temporary(暂时的). Remember stress does go away, especially when you figure out the problem and start working on solving it.

These steps aren't magic, but they do work. And if you can stay positive as you make your way through a tough time, you'll help yourself feel better even faster. 5



- A. Ask for a helping hand to get you through the tough situation.
B. Notice your friends' feelings and find a way to help them.

- C. Different people feel stress in different ways.
D. Ah, it feels so good when the stress is gone.
E. You need to figure out what the problem is.
F. And don't forget about your friends.
G. Then, find a way to calm down.

Passage 2 (2011 课标全国卷)

KEY → P89

新鲜度:

难度:

体裁: 说明文

话题: 金钱

关键词: money

短文词数: 257

正确率: /5



6分钟

Money Matters

Parents should help their children understand money. 1 So you may start talking about money when your child shows an interest in buying things, candy or toys, for example.

1. The basic function of money

Begin explaining the basic function of money by showing how people trade money for goods or services. It is important to show your child how money is traded for the things he wants to have. If he wants to have a toy, give him the money and let him hand the money to the cashier(收银员). 2 When your child grows a bit older and understands the basic function of money, you can start explaining more complex ways of using money.

2. Money lessons

Approach money lessons with openness and honesty. 3 If you must say no to a child's request to spend money, explain, "You have enough toy trucks for now." Or, if the request is for many different things, say, "You have to make a choice between this toy and that toy."

3. 4

Begin at the grocery store. Pick out two similar brands of a product—a name-brand butter and a generic(无商标产品), for example. You can show your child how to make choices between different brands of a product so that you can save money. 5 If he

hidden hunger 隐性饥饿

Hidden hunger is unlike the hunger that comes from a lack of food. It is micronutrient deficiency caused by a chronic lack of vitamins and minerals. “隐性饥饿”与传统意义上因缺乏食物而导致的饥饿不同,它是由长期缺乏维生素和矿物质而导致的微量营养素缺乏症。

智力背景



chooses the cheaper brand, allow him to make another purchase with the money saved. Later, you may explain how the more expensive choice leaves less money for other purchases.



- A. Wise decisions
- B. The value of money
- C. Permit the child to choose between them.
- D. Tell your child why he can—or cannot—have certain things.
- E. Ask yourself what things that cost money are most important to you.
- F. Talk about how the money bought the thing after you leave the toy store.
- G. The best time to teach a child anything about money is when he shows an interest.

Passage 3 (2011 北京卷)

KEY → P89

新鲜度:

难度:

体裁: 议论文

话题: 社会行为

关键词: critical thinking

短文词数: 301

正确率: /5



6分钟

Public Speaking and Critical Thinking

What is critical thinking? To a certain degree, it's a matter of logic(逻辑)—of being able to spot weaknesses in other people's arguments and to avoid them in your own. It also includes related skills such as distinguishing fact from opinion and assessing the soundness of evidence.

In the broad sense, critical thinking is focused, organized thinking—the ability to see clearly the relationships among ideas.

1 The greatest thinkers, scientists, and inventors have often taken information that was readily available and put it together differently to produce new ideas. That, too, is critical thinking.

2 As the class goes on, for example, you will probably spend a good deal of time organizing your speeches. While this may seem like a purely mechanical(机械的) exercise, it is closely connected with critical thinking. If the structure of your speech is loose and confused, chances are that your thinking is also disordered and confused. If, on the other hand, the structure is clear, there is a good chance that your thinking is too. Organizing a speech is not just a matter of arranging the ideas you already have. 3

What is true of organization is true of many aspects of public speaking. 4 As you work on expressing your ideas in clear, accurate language, you will improve your ability to think clearly and accurately. 5 As you learn to listen critically to speeches in class, you will be better able to assess the ideas of speakers in a variety of situations.

If you take full advantage of your speech class, you will be able to develop your skills as a critical thinker in many circumstances. This is one reason public speaking has been regarded as a vital part of education since the days of ancient Greece.



- A. Rather, it is an important part of shaping the ideas themselves.
- B. This may seem like a lot of time, but the rewards are well worth it.
- C. It may also help you to know that there is no such thing as a perfect speech.
- D. It has often been said that there are few new ideas in the world, only reorganized ideas.
- E. If you are wondering what this has to do with your public speaking class, the answer is quite a lot.
- F. The skills you learn in your speech class can help you become a more effective thinker in a number of ways.
- G. As you study the role of evidence and reasoning in speechmaking, you will see how they can be used in other forms of communication as well.

Passage 4 (2011 辽宁卷)

KEY → P90

新鲜度:

难度:

体裁: 说明文

话题: 健康

关键词: brain

短文词数: 238

正确率: /5



6分钟

Easy Ways to Keep Your Brain Sharp

Everyone is forgetful, but as we age, we start to feel like our brains are slowing down a bit—and that can be a very annoying thing. 1 Read on for some techniques worth trying.

1. 2

People who regularly made plans and looked forward to upcoming events had a 50 percent reduced chance of Alzheimer's disease (早老性痴呆症), according to a recent study. 3 Something as

智力背景

drug driving 药驾

Drug driving means driving a motor vehicle while under the influence of drugs other than alcohol. “药驾”(drug driving)指服用药物之后驾驶机动车的行为,与“酒驾”有相似之处。



simple as setting a goal to have a weekly coffee date with a friend will do. There's evidence that people who have a purpose in life or who are working on long or short-term goals appear to do better. In other words, keep your brain looking forward.

2. Go for a walk.

Mildly raised glucose(葡萄糖) levels can harm the area of the brain that helps you form memories and physical activity can help get blood glucose down to normal levels. In fact, exercise produces chemicals that are good for your brain. 4

3. Learn something new.

Take a Spanish class online, join a drawing club, or learn to play cards. A study found that mental stimulation(刺激) limits the weakening effects of aging on memory and the mind. But the best thing for your brain is when you learn something new and are physically active at the same time. 5 Or go dancing with your friends.



- A. Focus on the future.
- B. This can be especially harmful to the aged.
- C. It should be something like learning gardening.
- D. So take a few minutes each day to do some reading.
- E. But don't worry if your schedule isn't filled with life-changing events.
- F. Luckily, research shows there is a lot you can do to avoid those moments.
- G. In other words, when you take care of your body, you take care of your brain.

Passage 5 (2010 课标全国卷)

KEY → P90

新鲜度: 难度: 体裁: 说明文
话题: 人际交往 关键词: answer questions
短文词数: 226 正确率: /5 建议时间: 6分钟

Q & A

Question: I have recently got a senior position within my company.

One of my new tasks is to make monthly progress reports on my department in front of other senior officials. During my first meeting, I presented and then opened the floor to questions. 1 My first reaction was to answer defen-

sively. Later, I realized that I shouldn't have felt that way.

But how can I keep cool and effectively answer questions in this type of settings?

Answer: Congratulations on your new position! Presenting in front of your peers(同事) is a hard task in itself, and it becomes much more difficult when a question-and-answer period is required. Question-and-answer periods are a great way to clarify the message and strengthen key points. 2

• 3

When a person is asking a question, show interest and a desire to understand the question by listening and asking for clarification.

• Buy time.

When facing a hard question, most people can't give an answer immediately. Buy time by repeating the question in your own words. 4 These techniques allow you to quickly organize your thoughts as well as to make sure you will be correctly answering the question.

• Suggest a private meeting.

A one-on-one meeting is a calmer setting than speaking in front of your peers. 5



- A. Show your true interest.
- B. Restate the question with respect.
- C. Some ideas can be quite concrete.
- D. There were many difficult questions.
- E. It can also be more effective in exchanging ideas.
- F. You may also ask for clarification on the question.
- G. Here are some ideas that can help you prepare for your next meeting.

Passage 6 (2010 北京卷)

KEY → P91

新鲜度: 难度: 体裁: 说明文
话题: 音乐 关键词: Muzak
短文词数: 313 正确率: /5 建议时间: 6分钟

Muzak

The next time you go into a bank, a store, or a supermarket, stop and listen. What do you hear? 1 It's similar to the music

short-term overseas study tours 微留学

Short-term overseas study tours, or micro study tours, usually last for two to three weeks, where groups of students have a taste of studying abroad by going to world-renowned universities, living in a student dorm or host family and attending courses that are pertinent to that university. 微留学是指学生历时二到三周,到海外参加“世界名校游”,住在学生宿舍或寄宿家庭,体验国外学校的特色课程。



you listen to, but it's not exactly the same. That's because this music was especially designed to relax you, or to give you extra energy. Sometimes you don't even realize the music is playing, but you react to the music anyway.

Quiet background music used to be called "elevator (电梯) music" because we often heard it in elevators. But lately we hear it in more and more places, and it has a new name "Muzak". About one-third of the people in America listen to "Muzak" every day. The music plays for 15 minutes at a time, with short pauses in between. It is always more lively between ten and eleven in the morning, and between three and four in the afternoon, when people are more tired. 2

If you listen to Muzak carefully, you will probably recognize the names of many of the songs. Some musicians or songwriters don't want their songs to be used as Muzak, but others are happy when their songs are chosen. Why? 3

Music is often played in public places because it is designed to make people feel less lonely when they are in an airport or a hotel. It has been proven that Muzak does what it is designed to do. Tired office workers suddenly have more energy when they hear the pleasant sound of Muzak in the background. 4 Supermarket shoppers buy 38 percent more groceries.

5 They say it's boring to hear the same songs all the time. But other people enjoy hearing Muzak in public places. They say it helps them relax and feel calm. One way or another, Muzak affects everyone. Some farmers even say their cows give more milk when they hear Muzak!

▶▶

- A. Some people don't like Muzak.
- B. The music gives them extra energy.
- C. Music is playing in the background.
- D. Factory workers produce 13 percent more.
- E. Muzak tends to help people understand music better.
- F. They get as much as \$4 million a year if their songs are used.
- G. Muzak is played in most of the big supermarkets in the world.

Passage 7 (2010 辽宁卷)

KEY → P91

新鲜度: 难度: 体裁: 记叙文
话题: 个人情况 关键词: customer
短文词数: 216 正确率: /5



I was ten when I first sat with my grandmother behind the cashier (收银台) in her general store. 1 I quickly learned the importance of treating customers politely and saying "thank you."

At first I was paid in candy. 2 I worked every day after school, and during the summer and on weekends and holidays from 8 a. m. to 7 p. m. My father helped me set up a bank account. 3

By the time I was 12, my grandmother thought I had done such a good job that she promoted me to selling cosmetics (化妆品). I developed the ability to look customers directly in the eye. Even though I was just a kid, women would ask me such things as "What color do you think I should wear?" I took a real interest in their questions and was able to translate what they wanted into makeup (化妆) ideas. 4

The job taught me a valuable lesson: To be a successful salesperson, you didn't need to be a rocket scientist—you needed to be a great listener. 5 Except they are no longer women purchasing cosmetics from me; instead, they are kids who tell me which toys they would like to see designed and developed.

▶▶

- A. Later I received 50 cents an hour.
- B. Before long, she let me sit there by myself.
- C. I ended up selling a record amount of cosmetics.
- D. Today I still carry that lesson with me: I listen to customers.
- E. My grandma's trust taught me how to handle responsibility.
- F. Soon I found myself looking more beautiful than ever before.
- G. Watching my money grow was more rewarding than anything I could have bought.

Passage 8 (2009 课标全国卷)

KEY → P91

新鲜度: 难度: 体裁: 说明文
话题: 计划安排 关键词: study
短文词数: 203 正确率: /5



Getting your children to study can be a little like getting them to eat their vegetables.

智力背景



zero-Pascal clan 零帕族

The term, zero-Pascal clan, was coined by Internet users referring to those people who are always optimistic and enjoy themselves in spite of work and life pressure. “零帕族”, 指面对来自生活及工作中的各种压力, 仍能保持积极乐观心态的人群。

1 Make a study time and have it at the same time every day. This will help your kids to learn to schedule their day and will give them a sense of control over how they spend their time.

Allow them to study in blocks of time, such as for half an hour with a five-minute break in the middle. 2 Ideal(理想的) study times are after dinner or right after school before dinner.

Never allow your children to study in front of the television, as that will encourage passive activity. 3

You'll also need to help your kids find the right place to study. After you've set up a good study time for little learners, set up a good place where they can get those creative juices flowing.

4 Make sure there is a table or a desk and a comfortable chair.

5 This includes helping them out with their homework sometimes and being there for them with the answers to any questions. The input you give your children during study periods will help form a bond and help make studying enjoyable.

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- A. Pick a place where your children can study properly.
- B. Hold them to the schedule they create for themselves.
- C. Finally, spend time with your kids when they're studying.
- D. Keep the atmosphere light and offer lots of encouragement, too.
- E. Instead, use TV as a treat or a reward when the homework is completed.
- F. Try to stop this bad habit by offering some sort of reward.
- G. One of the best ways to form good study habits for your kids is to design a schedule that they keep to.

Passage 9 (2009 辽宁卷)

KEY → P92

新鲜度: 11 难度: 11 体裁: 说明文
话题: 学习活动 关键词: workspace
短文词数: 224 正确率: /5



1

Home can be a great place for children to study. It's important to provide a workspace of their own where they can read books or just write a letter to their friends.

• Location(位置)

2 Kitchen and dining room are not so well suited for regu-

lar study, since books and pens get in the way of the day-to-day uses of those areas. Set up a place where a child can settle in and leave papers and pens at hand without having to clear everything away each night. For a child that likes being alone, set aside a corner of his bedroom, but keep it separate from things like games, music and other hobbies not related to studying.

• Keeping Things in Order

Parents should encourage their child to spread out, but to leave it neat and orderly when he isn't using his workspace. Ownership is very important for self-respect. 3 The workplace should be personal, but not another part of the playroom.

• 4

Encourage the whole family to help build a supportive environment that children need for success in school. Give them a good example of how to deal with problems, how to manage time and get things done in the right way. 5 Study will be more enjoyable and effective when supported by the whole family.

»»

- A. Attitude Is Everything
- B. Bring Organization into Your Home
- C. Here are several ways to choose a location.
- D. Building a Good Home Learning Environment
- E. Hold a can-do attitude and your child will follow your example.
- F. Setting up a space in a common area of your home can be a good idea for children.
- G. A child who learns to organize his space will carry organization into every corner of his life.

Passage 10 (2008 课标全国卷)

KEY → P92

新鲜度: 11 难度: 11 体裁: 说明文
话题: 学校学习 关键词: notes
短文词数: 189 正确率: /5



Taking good notes is a time-saving skill that will help you to become a better student in several ways. 1 Second, your notes are excellent materials to refer to when you are studying for a test. Third, note-taking offers variety to your study time and helps you to hold your interest.

You will want to take notes during classroom discussions and

water yoga 水中瑜伽

In the city of Agra, famed for the Taj Mahal, legions of locals perform their "asanas", or postures, in a pool, which makes them more challenging than on land, and also boosts buoyancy and flexibility. 在以泰姬陵而闻名的亚格拉城,很多当地人热衷在水池中做瑜伽,在水中做瑜伽比在陆地上做难度更大,但可以提高身体的浮力和灵活性。

