

# NO.1 — Channel —

## 第一频道

高考英语阅读考前高分突围

主编 陈 曦 审订 张连仲



备战高考

★ 第一时间  
★ 第一信息  
★ 第一阵容

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# 前言

## Foreword to Readers

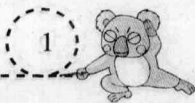
时间如白驹过隙，步履匆匆，我们每日忙碌却浑然不觉岁月已悄然逝去。天空依然，身边的建筑依然，每天的学习作息依然……当你依然以自己的方式奔波着，忙碌着时，你是否意识到高考之前的日子已屈指可数？你现在是否已经攻略在手，成竹在胸，只待突破重围，挑战极限的高度？或思或学，或品或练，《高考英语阅读考前高分突围》都是你明智的选择。

阅读是我们获取信息的一种重要手段，也是我们相互交流思想的一条重要途径。阅读在每年的高考试卷中占有极其重要的地位和分值比例。在这种趋势和需求的召唤下，根据新《英语课程标准》对中学英语阅读的要求，众多教育一线的名师精心挑选了一系列阅读材料集成此册，旨在帮助考生提升阅读能力，轻松战胜高考。本书有以下特点：

**贴近高考，实战操练** 我们严格按照高考英语阅读的题型、试题要求及命题规律命题，为广大考生提供了一个模拟考场，帮助考生提前体验高考。考前加强实战性训练有助于激活考生大脑中的知识储备，激发斗志，帮助他们将身心调整到一个最佳的竞技状态。

**语料丰富，分门别类** 为了适应高考阅读材料多样化的发展趋势，帮助考生全面提升英语阅读层次，丰富语感，提高对英语话题的感知能力，我们选取了国内外最新出版的英文原版报刊中的材料，原汁原味、内容新颖，既注重知识性、信息性，又不乏趣味性和实用性。本书分类编排，分为“生活篇”、“社会篇”、“文化篇”、“教育篇”、“科技篇”、“经济篇”、“环境篇”、“健康篇”、“人物篇”、“史地篇”10大类别，话题囊括了国内外普遍关注的热点问题，让学生在阅读的同时不仅寻找心灵的慰藉和成功的秘诀，领略人文之美，触摸流行文化，论天下时事，看世态冷暖，或者斟酌词句、品味经典，畅游知识的殿堂，而且提高学生阅读速度，提升学生阅读理解的能力，最终达到培养学生驾驭阅读理解的能力、增强学生考试信心和实力的目标。

**图文并茂，轻松愉悦** 我们的每一篇文章都配有精美的插图，全书图文一体，相得益彰。随着广告、操作指南、产品说明书等一些非文本形式的材料走进高考，我们相信，在这个读图时代，图片不仅仅是一种装饰，更是文字的一种载体，它传达了一定的信息，同样是我们获取信息和知识的有效途径。在紧张、繁忙的学习过程中，图



片更像是一缕清风，为考生带走疲劳、烦闷或急躁，让他们融化在愉悦的阅读享受中，轻松应对高考。

本书由教育部英语课程专家、国家英语课程标准组核心成员、考试中心英语项目组长、中国教育学会外语教学专业委员会理事张连仲教授审订，这使得本书具有了极高的前瞻性、针对性和高效性。在张连仲教授的指导下，本书编写理念独到，选材新颖精妙，阅读难度合适，贴近新《英语课程标准》的要求和最新的考试动向，起到了拓展和强化阅读能力的作用，具有很强的使用价值和参考价值。

本书在编写过程中，众多来自湖南省教育一线的高级、特级教师如刘振芳、陈春华、肖记刚等为本书的创作提供了鼎力支持与帮助。在此，我们谨对他们的智慧奉献与辛勤劳动表示衷心的感谢！

编写一套高水平、高质量的书是一件十分艰难的事情，时间仓促，难免会有疏漏和不足之处，敬请广大师生多提宝贵意见，以便今后进一步修订。

编 者





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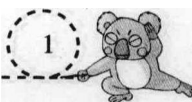
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# 赠读者

## *A Gift to Readers*

### I Think I Can

If you think you are beaten, you are;  
If you think you dare not, you don't;  
If you want to win but think you can't;  
It's almost a cinch you won't.  
If you think you'll lose, you're lost;  
For out of the world we find;  
Success begins with a fellow's will;  
It's all in a state of mind.  
Life's battles don't always go  
To the stronger and faster man,  
But sooner or later the man who wins  
Is the man who thinks he can.

### 我想我能行

如果你认为你败了，那你就一败涂地；  
如果你认为你不敢，你就会畏葸不前；  
如果你想赢但是认为你不能；  
那么毫无疑问你就会失利。  
如果你认为你输了，你就输了；  
因为我们发现人世间  
成功从一个人的意志开始；  
成功是一种心态。  
生活之战中，  
胜利并非总是属于更强和更快的人，  
胜利者终究是  
认为自己能行的人。





## 生活篇

### 1. 阅读选择题



#### Passage 1

Are you happy? Do you remember a time when you were happy? Are you seeking happiness today?

Many have sought a variety of sources for their feelings of happiness. Some have put their heart and effort into their work. Too many have turned to drugs and alcohol. Most of their efforts have a root in one common fact: People are looking for a lasting source of happiness.

Unfortunately, I believe that happiness escapes many because they misunderstand the process and journey of finding it.

I have heard many people say, "I'll be happy when I get my new promotion." Or "I'll be happy when I lose that extra 20 pounds." The list goes on and on. You probably have a few of your own you could add if you wanted.

This thinking is dangerous because it presupposes that happiness is a "response" to having, being or doing something. In life, we all experience stimulus (刺激) and response. Stimulus is when a dog barks at you and bares his teeth. Response is when your heart beats faster, your palms get sweaty and you prepare to run. Today, some people think that an expensive car is a stimulus. Happiness is a response. A well-paid job is a stimulus. Happiness is a response. A loving relationship is a stimulus. This belief leaves us thinking and feeling: "I'll be happy when..."

It has been my finding that actually the opposite is true. I believe that happiness is a stimulus and response is what life brings to those who are truly happy. When we are happy, we tend to have more success in our work. When we are happy, people want to be around us and enjoy loving relationships. When we are happy, we more naturally take better care of our bodies and enjoy good health. Happiness



Happiness is a conscious choice we make every day in our lives. For unknown reason to me, many choose to be painful, unsuccessful and angry most of the time. Happiness is not something that happens to us after we get something we want — we usually get things we want AFTER we choose to be happy. I have made only one simple rule for my own happiness: Every day above ground is a GOOD day. Therefore, I tend to have a lot of good (and happy) days continually.

- Paragraph 2 mainly talks about that people seek happiness \_\_\_\_\_.  
A. in the same way  
B. in different ways  
C. by working hard  
D. by taking drugs
- What does the underlined part “This thinking” (in Paragraph 4) refer to?  
A. The thinking of being promoted.  
B. The giving up of happiness.  
C. The process and journey of finding happiness.  
D. The misunderstanding of happiness.
- The writer strongly believes that happiness is \_\_\_\_\_.  
A. a response  
B. a stimulus  
C. a well-paid job  
D. an expensive car
- The purpose of the author in writing this passage is to \_\_\_\_\_.  
A. tell people how to enjoy happiness  
B. encourage people to seek happiness  
C. criticize the wrong ideas about happiness  
D. express his attitude towards happiness



## Passage 2

I am a good mother to three children. I have tried never to let my profession stand in the way of being a good parent.

I no longer consider myself as the center of the universe. I show up. I listen. I try to laugh. I am a good friend to my husband. I have tried to make marriage vows(誓约) mean what they say. I am a good friend to my friends, and they come. Without them, there would be nothing to say to you today.

So here's what I want to tell you today: Get a life. A real life, not a desire for the next promotion, the bigger paycheck, the larger house.

Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work. Pick up the phone. Send an e-mail. Write a letter. And realize that life is the best thing and that you have no business taking it for granted.

It is so easy to waste our lives, our days, our hours, and our minutes. It is so easy to exist instead of to live. I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my choice, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all.

I learned to love the journey, not the destination. I learned to look at all the good in the world and try to give some of it back, because I believed in it, completely and totally. And I tried to do that, in part, by telling others what I had learned.

By telling them this: Read in the backyard with the sun on your face. Learn to be happy. And think of life as a deadly illness, because if you do, you will live it with joy and passion as it ought to be lived.



1. The best title of this passage probably is “\_\_\_\_\_”.

A. Love Your Friends

B. Live a Real Life





C. Don't Waste Time

D. Be a Good Mother and Wife

2. How did the author form her view of life?

A. Through social experience.

B. By learning from her friends.

C. Through an unfortunate experience.

D. From her children and husband.

3. By the underlined sentence "It is so easy to exist instead of to live" in the fifth paragraph, the author really means that people tend to \_\_\_\_\_.

A. make a living rather than live a real life

B. work rather than enjoy life

C. waste a lot in life

D. forget the most important lesson in life

4. What's the author's attitude toward work?

A. Do it well to serve others.

B. Earn enough money to make life better.

C. Try your best to get higher position and pay.

D. Don't let it affect your real life.

5. It can be inferred from the passage that \_\_\_\_\_.

A. the author is a success in personal life

B. the author didn't try her best to work well

C. the author spent all her time caring for her children

D. the author likes traveling very much





### Passage 3

Dear SJ,

Losing a best friend is never easy.

Your problem is not just that you miss your best friend; it is that you feel empty and lost without her friendship.

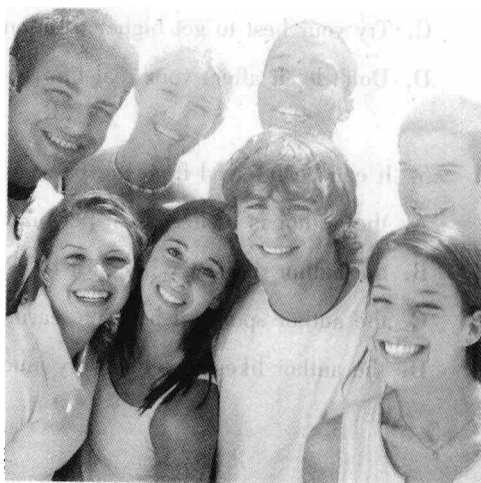
It takes time to get over a loss, and during that time, your mind is getting used to a new way of being. This is usually a good thing, even if it feels like a bad thing.

Now that you are on your own, you are being forced to learn to be by yourself and to rely upon your own inner voice for guidance. I am sure that this feels strange for you, but if you can hang on for a bit longer, it may work to your advantage.

Best friends are cool, but it is important to know the difference between missing someone and being too dependent upon them.

At your age, girls do tend to stick together and having a good boyfriend may not yet be the better choice. Your friend is leaving you, her best friend, for a boyfriend. Boyfriends are completely different from best friends. The distinction is that boyfriends come and go, while girl friends often stay in your life throughout high school, and even afterwards. It is a completely different sort of bond.

I suggest that you take advantage of this period in your life to expand your horizons. Enjoy the freedom of having no best friend for a while, and hang out with the group. By the time your former best friend breaks up with her boyfriend, you will be in a completely different place, a far better place.



And, by the way, next time you feel empty and lost, try to write about it in a diary. In several months, you will look back and read it with curiosity about yourself. "Who was I then, and what could I have been thinking?"

1. Judging from the letter, SJ's problem was that she didn't know \_\_\_\_\_.

A. whether to give up her best friend







- B. what to do without her best friend
- C. whom to choose between two friends
- D. how to stop missing her former friend

2. The underlined part “a new way of being” (in Paragraph 3) refers to the situation in which SJ has to \_\_\_\_\_.

- A. find a new friendship
- B. live without her boyfriend
- C. learn to give up
- D. learn to be independent

3. The writer believes by the time SJ's former friend loses her boyfriend, SJ will \_\_\_\_\_.

- A. take revenge on her former friend
- B. comfort her former friend
- C. feel more independent and confident
- D. continue friendship with her former friend

4. What does the last paragraph seem to suggest?

- A. Unhappy experiences are easy to forget.
- B. Keeping a diary helps correct oneself.
- C. SJ will get over her problem soon.
- D. One shouldn't forget the past experiences.





#### Passage 4

When someone gives you advice, listen without judgment, try to find value in what you're hearing, and say, "Thank you." This wise advice is easy to understand yet hard to practice. I'll give you an example from my life when I totally blow it in terms of practicing what I teach.

In my work I travel constantly. I always put off going to the airport until the last second. My wife, Lyda, was sitting next to me in the front seat. I was racing along and not paying much attention. Lyda cried out, "Look out! There is a red light up ahead. "

Being a trained behavioral science professional — who teaches others the value of encouraging advice — I screamed at her, "I know there is a red light up ahead! Don't you think I can see?" When we arrived at the airport, Lyda didn't speak to me. I wondered why she seemed mad at me.



During the flight to New York, I did a cost-benefit analysis. I asked myself, "What was the cost of just listening when Lyda called out the warning? Zero." I then reasoned, "What was the potential benefit? What could have been saved?" Several potential benefits came to mind, including her life, my life, and the lives of other people.

I landed in New York feeling ashamed of myself. I immediately called Lyda and told her my cost-benefit story. I convinced her: "The next time you help me with my driving, I am just going to say, 'Thank you.' "

A few months passed, and I had long forgotten the incident. Again, I was racing off to the airport, when Lyda cried out, "Look out for the red light!" I was embarrassed, and then shouted, "Thank you!"

I'm a long way from perfect, but I'm getting better. My suggestion is that you get in the habit of asking the important people in your life how you can do things better. And be ready for an answer. Some people may tell you things like "Look out for the red light." When this happens, remember that there is possibly some potential benefit. Then just say, "Thank you."

