

中国英语教育领先品牌  
200万英语教师的选择



# 快捷英语

广东专版

依据广东省  
**最新** 高考考试说明编写

阅读理解与完形填空

## 周周练

高考  
修订版

丛书主编 世纪东方 分册主编 刘景田 辛建红



中国电力出版社  
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# 《阅读理解与完形填空周周练 广东专版》

## 分周编写

根据实际教学课时，对每周的周一到周五均做了恰当的内容安排，保证学生每天有充足的阅读量，得到充分的练习。

## 精选精练

本书由教学一线的名师主笔，精心选材，设题精准到位，难易搭配合理，符合学生的兴趣爱好和学习规律。

## 专版专做

本书依据广东省《考试说明》，锁定广东省特有题型，精心编排，帮助学生进行有计划的、充分的训练，综合提升学生阅读能力。

## 细化目录

目录中对文章的主题进行索引，学生和教师可以根据自身兴趣或者教学需要选择文章精读。

## 本周专题辅导

在每周的周末部分设置“本周专题辅导”，点拨常用的技巧，提高实际解题能力，起到四两拨千斤之效。

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Weekend 周末

高考英语阅读理解与完形填空周周练 广东专版

认识高考中的阅读理解题

高考英语阅读理解是高考英语试卷中一个非常重要的题型，本书利用每周的版面，针对英语阅读理解的考试特点，出题思路、出题方式等，根据这些问题在考试出题中的大致排列顺序，进行有步骤、有计划的分项应试技能指导。本章中，我们首先认识一下高考阅读理解的题型。

一、考察对阅读理解能力测试的主要要求：

1. 掌握材料的主旨和大意，以及用以说明主旨和大意的事实和细节。
2. 既理解具体的事实，也理解抽象的概念。
3. 既理解字面的意思，也理解深层的含义，包括作者的态度、意图等。
4. 既理解某句、某段的意思，也理解全篇的逻辑关系，并据此进行推理和判断。
5. 既能根据所提供的信息去理解，也能结合中学生应有的常识去理解。

二、高考英语阅读理解中的问题设置：

根据这五项要求，阅读理解多项选择题按以下几种题型设置：细节理解题、推理判断题、主旨大意题、词义猜测题、图表分析题等几类题型。

三、高考英语阅读理解的选材：

高考英语阅读理解的选材涉及内容包括科技、历史、地理、文化、人物、故事、新闻、广告和议论等等。题材多样，体裁各异，涵盖了记叙文、说明文、议论文和应用文等多种体裁。

四、高考英语阅读理解命题趋势：

阅读理解测试点考查角度灵活，既要考查阅读速度，又要考查综合能力，不仅检测考生理解、概括、推理等逻辑思维的精确性、深刻性、敏捷性，而且也检测其心理活动品质。今后阅读理解将继续本着贴近时代、贴近学生生活，体裁、题材多样的原则进行选材，将主要考查：

1. 掌握主旨大意，辨别主旨句与细节关系的能力。
2. 归纳全文，理解全篇的逻辑关系并进行推理、判断的能力。
3. 深层理解，挖掘文章没有明确表达的意义的的能力。
4. 依据推理，图形辨认，结合常识，理解主题的能力。
5. 既能根据所提供的信息去理解，也能结合中学生应有的常识去判断推理的能力。
6. 处理较复杂的长难句的能力。

问题易、中、难皆有，以中档题居多。

# 结构与特色说明

## 三位一体

本丛书采取“阅读理解+完形填空+语法填空”三位一体的编写体例，集中训练了占高考分值最多的三大题型，符合学生实际需求。

## 答案精析

总结文章主旨大意，提示题目设题类型，点拨解题思路。

## 参考答案与解析

### Week One

#### 星期一

##### Passage 1

本文是时文阅读，美国联邦政府为母亲们提供助学金，帮助她们完成大学梦，以便她们能够拥有更加光明的未来。

1. B 细节理解题。从第二段第二句和第四段第四句可知，拥有大学学历使工资、工作环境、合理的工作时间成为可能，说明没有大学学历的母亲的工资偏低，工作环境较差，工作休息时间少。

2. D 细节理解题。从第二段最后一句可知，母亲们可以选择自己感兴趣的大学。

3. A 推理判断题。第三段介绍，联邦政府和私立机构都可以提供助学金，说明母亲们可以免费上大学。

4. A 推理判断题。最后一段说明，有大学学历的母亲收入高，为子女提供住房和教育，而母亲们也可以为子女提供住房和教育。

5. C 主旨大意题。综合全文内容可知，美国政府为母亲们提供助学金，帮助她们完成大学梦，以便她们能够拥有更加光明的未来。

Passage 2  
本文是人物故事类记叙文，James 发现他居住的区域，很多人因为缺少救护车而得不到及时的救助而死去，于是他创办了建立一支救护队的想法。

1. B 推理判断题。从第一段可知，James 得到这个想法一方面是因为他看到有人死亡，但是更重要的是他看到了第一支救护队的存在。

2. B 细节理解题。从第二段可知，James 的妹妹因为没钱而无法支付医疗费，所以 James 决定建立一支救护队。

3. C 推理判断题。第三段说明，有些富人区建立了救护车队，但城市里医疗救护的缺乏，说明城市里医疗救护队满足不了人们的需求。

4. D 推理判断题。从文章可知，James 的救护队得到了政府、市民和人们的支持，因此排除 A 项，文中并未提及他们救护队的数量，B 项错误。

项缺少依据。最后一段是对他的医疗队伍而说的鼓励的话，因此不选 C 项。

5. C 主旨大意题。根据全文可知，本文主要介绍 James 建立第一支医疗救护队的情况。

#### 星期二

##### Passage 1

本文是一篇富有幽默和哲理的记叙文，作者讲述了自己家发生的一系列趣事，幽默地反映了生活。

1. D 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

2. B 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

3. A 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

4. B 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

5. A 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

6. C 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

7. D 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

8. B 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

9. C 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

10. D 细节理解题。从第二段可知，作者一家去度假，作者一家去度假，作者一家去度假。

### Monday 星期一

#### Passage 1

题材：社会教育 体裁：记叙文 词数：352 题数：5 阅读时间：5 分钟 正确率：\_\_\_\_\_

The time has arrived! Mothers may now fulfill their dreams by getting a college degree. Yes, grants (补助金) are offered by the Federal Government through the efforts of President Barack Obama. More may now pursue their goals and achieve what they rightfully deserve.

Mothers continue to dream of having a college degree so that they may become members of the field of professionals. Holding a college degree enables one to have a stable, respectable and high-paying job. The Pell Grant will fulfill this dream. It will allow mothers who are struggling and are financially incapable to continue their education. By just filling up the FAFSA form online, one may become a candidate for said Grant. It is such an easy step towards getting a better future. One may choose from a number of colleges and universities which best serve her interest.

The Pell Grant is the main Federal financial aid program. This means that there are also other programs of the government which helps and encourages individuals and mothers to return and pursue a college degree. Private institutions alike are providing scholarship grants to willing and deserving individuals. Scholarship grants may be awarded (授予) by mothers from both the government and private institutions.

Aiming for a better future requires the achievement of an education. Life would be much easier if one has finished a degree in college. It will make possible for a mother to build a career for herself and for the welfare of her children. An education entails (使成为必要) a higher salary, a better workplace, and a

provides a children her. In this

### Tuesday 星期二

#### Passage 1

题材：生活故事 体裁：记叙文 词数：329 题数：15 阅读时间：5 分钟 正确率：\_\_\_\_\_

Just after relocating to a new town, my father was let go from his job as a welder (焊工). Soon my parents had 1 all their savings. When things got desperate, a nearby farmer 2 us potatoes from his field. We ate potatoes three times a day. Several weeks passed and Dad was still 3. Mealtimes grew quiet and morose (阴郁的).

After breakfast one morning Dad pushed his chair away from the table and headed outside. I followed, and saw him 4 under the seats in the car. He found some coins, 5 them and said, "Tell your mother I'm going to town. I'll be back before supper."

"What is he doing?" I 6. When he returned he was holding a small brown bag. He 7 to Mother, who showed (递给她) us out of the kitchen.

"We're going to have a 8 meal to celebrate," Dad announced.

"Celebrate what?" I asked. It didn't seem like we had much to be 9 about. And surely Dad would have told us if he had found work.

"Life, Roy. We're celebrating life. Things may be 10 for us right now, but I know that with God's help we will 11 this. He has truly blessed us."

Then Mom brought out dinner. Piles of pink, green, blue and orange were on our plates! What's this? After devouring the first bite, I knew: mashed potatoes. But because of all the colors, they were 12 to eat. My brother, sister and I giggled (咯咯地笑) as we ate, and the 13 that had been hanging over us at mealtimes was lifted.

A couple of weeks later Dad found a job. We happily cut our potato diet. My father had bought food coloring with those coins. His purchase 14 our meals that night, and his philosophy continues to 15 my life. Now, when my family experiences tough times, I make rainbow mashed potatoes as a reminder of how fortunate we are.

1. A. wasted  
2. A. bought  
3. A. unemployed  
4. A. hiding  
5. A. pocketed  
6. A. asked  
7. A. turned  
8. A. colorful  
9. A. happy  
10. A. false  
11. A. find out  
12. A. hard  
13. A. silence  
14. A. increased  
15. A. color

### Week One

#### Passage 2

题材：生活类 体裁：新闻报道 词数：196 题数：10 阅读时间：5 分钟 正确率：\_\_\_\_\_

A noisy parrot that likes to imitate sounds helped save a man and his son from a house fire by mocking (模仿) a smoke alarm, the bird's owner says.

Shannon Cornwell, 33, said he and his 9-year-old son fell asleep on the couch 1 watching a movie. They awoke about 3 am Friday to find their home 2 fire after hearing the family's Amazon parrot, Peanut, imitating a fire alarm.

"He was 3 (real) screaming his head off," Cornwell said.

The smoke alarm had activated (启动), but 4 was the bird's call that caught Cornwell's attention.

"I grabbed my son and my bird, and got out of the house," he said.

The fire destroyed the home's 5 (dine) room, kitchen and bedroom. Minnie fire officials said. It 6 (remain) under investigation.

Apart 7 Peanut, Cornwell said the fact 8 he and his son fell asleep on the couch helped 9 (save) them. They may not have heard the alarm or the bird 10 they were asleep in their bedrooms.

Cornwell said he runs an air conditioner and a breathing machine in his bedroom and they drown out a lot of noise around the house.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

不同国家人的数量 (一)			
名称	思维 (汉语拼音及英文)	一个人	两个人
中国人	the Chinese	a Chinese	two Chinese
瑞士人	the Swiss	a Swiss	two Swiss
日本人	the Japanese	a Japanese	two Japanese
澳大利亚人	the Australians	an Australian	two Australians

# 前言

《快捷英语·阅读理解与完形填空周周练》系列丛书自出版以来,一直保持实用性和指导性并重的原则,是学生和老师平时训练和备考的最佳助手,备受广大读者的喜爱和推崇。2010年,在调研了近千名读者的基础上,又综合了广东省各地教研员和一线教师的意见和要求,我们出版了这套《快捷英语·阅读理解与完形填空周周练(广东专版)》。

## 本套丛书特色:

### 1. 专版专做,涵盖广东省高考热点题型

本书立足课改,以广东省高考考试说明为基点,锁定本地区热点题型,对必考内容进行整合、拓展和提升,所有选材都集中体现课改精神和难度系数,有助于本地区的师生使用。

### 2. 专题专练,体现“阅读理解+完形填空+语法填空”的组合阅读概念,综合提高学生阅读能力和应考能力

本书的编写体现“阅读理解+完形填空+语法填空”的组合阅读概念,在编写的过程中按题型的难易程度合理编排,通过浓郁的时代感、包罗万象的题材、规范的语言和最新命题走向的设题方式等让学生在训练的过程中了解世界、学习英语知识,从而达到总结解题规律、升华解题技巧的目的,综合提高学生的阅读能力。

### 3. 精练精析,选材经典,设题精准

本书联合广东省各地区和全国各地知名教考专家与教学一线教师精心编写。在编写的过程中,作者深入研究题型的分布和题量的设置,紧扣题型特点,深度剖析,严格把关,精选试题,原创新题,做到试题设置精准、难易搭配合理、解析准确到位,将最新考试信息和训练有机地结合在一起。

### 4. 名师主笔,优秀英语教师亲自把关和试用

本丛书由来自国家级示范中学和省级示范中学的一批特、高级教师及优秀骨干教师联合编写,并请多名优秀教师亲自把关和试用。

本套丛书结合日常的实际教学和新课标要求,根据实际教学课时,对每周的周一至周五都作了恰当的安排,保证学生每日都能定量练习,养成良好的阅读习惯。在阅读的过程中,针对不同题型、不同题材、不同体裁进行充分的训练,把握其特点和应对策略,认真分析和总结,提高解题能力。

我们力求以更加严谨的态度,编写优质、实用的英语图书,为考生冲刺铺路搭桥,成为考生备考的好助手!

本书编写组

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Monday 星期一

WEEK ONE

Passage 1

题材	体裁	词数	题数	阅读时间	正确率
社会教育	新闻报道	352	5	分钟	

The time has arrived! Mothers may now fulfill their dreams by getting a college degree. Yes, grants (助学金) are offered by the Federal Government through the efforts of President Barack Obama. Moms may now pursue their goals and achieve what they rightfully deserve.

Mothers continue to dream of having a college degree so that they may become members of the field of professionals. Holding a college degree enables one to have a stable, respectable and high-paying job. The Pell Grant will fulfill that dream. It will allow mothers who are struggling and are financially incapable, to continue their education. By just filling up the FAFSA form online, one may become a candidate for said Grant. It is such an easy step towards getting a better future. One may choose from a number of colleges and universities which best serve her interest.

The Pell Grant is the main Federal financial aid program. This means that there are also other programs of the government which helps and encourages individuals and mothers to return and pursue a college degree. Private institutions alike are providing scholarship grants to willing and deserving individuals. Scholarship grants may be availed of (收益) by mothers from both the government and private institutions.

Aiming for a better future requires the achievement of an education. Life would be much easier if one has finished a degree in college. It will make possible for a mother to build a career for herself and for the welfare of her children. An education entails (使成为必然) a higher salary, a better workplace, and a reasonable working time. One may now enjoy life and motherhood at the same time.

Professionals or educated people are the ones who are looked up in the society. They are regarded as providers, leaders, molders and builders of the community. But the greatest admiration comes from one's children. Children look up to people who have achieved something in life. So much more if that person is their own mother. In this way, a mother could easily instill (逐步灌输) in one's child the true meaning and value of education.

- Mothers without a college degree \_\_\_\_\_.  
A. are not allowed to work outside home  
B. are hard to find a high-paying job  
C. can't do professional work  
D. are looked down upon in society
- Mothers who are given the scholarship grants can \_\_\_\_\_.  
A. only attend only a small number of colleges or universities  
B. finish the required courses in a shorter time  
C. only attend private institutions  
D. attend whichever colleges or universities they like
- We can learn from the passage that \_\_\_\_\_.  
A. the Pell Grant can provide a free college education to mothers  
B. other individuals can get support from private institutions  
C. the Pell Grant is the only government program to support mothers  
D. mothers will be strictly selected to benefit from the Pell Grant
- According to the last paragraph, \_\_\_\_\_.  
A. mothers with a college degree will be treated with respect in society and at home  
B. children usually don't show much respect to their mothers  
C. children only respect those who have great achievements  
D. mothers with a college degree can teach their children at home
- The last two paragraphs mainly talk about \_\_\_\_\_.  
A. the American people's attitude towards college education  
B. the modern role of mothers in society  
C. the great meaning of a college education to mothers  
D. the importance of education in American society

## Passage 2

题材	体裁	词数	题数	阅读时间	正确率
人物故事	记叙文	430	5	分钟	

His name is James, but people call him Rocky. The name fits. He's big, over six feet tall, and he's tough when he needs to be. James "Rocky" Robinson lives and works in New York City's Bedford-Stuyvesant District, one of the most impoverished (贫困的) and dangerous neighborhoods in the United States. Yet it is here in "Bed-Stuy" that he is saving lives and reviving a community like no one has before.

In 1966, when Rocky was twenty-six years old, his seven-year-old niece was struck by a car on the streets of Bed-Stuy. Had someone at the scene known first aid or CPR, she might have lived. But by the time she reached a hospital, she was dead.

His niece's unnecessary death was one reason Rocky became a paramedic (护理人员). Working for the Emergency Medical Service of New York City, he realized that more than half the city's emergency calls came from high-crime areas. According to Rocky, residents of crime-plagued minority neighborhoods like Bed-Stuy sometimes had to wait as long as 26 minutes after calling 911 for an ambulance; calls in more wealthy white communities were answered in much less time.

Rocky decided to find out more about the problem. His research revealed that the more affluent communities had organized their own ambulance corps to supplement city services because the city was overwhelmed with calls. "If that's the key to success," he told his friend and EMT (emergency medical technician) colleague, Joe Perez, "we'll start our own corps in Bed-Stuy!"

In 1988, Rocky had no idea that he and Joe would be attempting to establish the first minority-run ambulance service in the country, or just how creative he would have to be to overcome the obstacles. (障碍) The pair's first challenge was to find a location for the headquarters. They took over an abandoned building that was commonly used by drug dealers. Because there was no electricity or running water (except for the leaks in the roof) the two men worked during daylight hours. They used a two-way radio to receive emergency calls.

Although they could make do with their new headquarters, Rocky and Joe still lacked the most important part of an ambulance service: an ambulance. An old Chevrolet got them to the scenes of accidents, fires, shootings, and stabbings. But the car didn't always start. At times, they were forced to strap (用皮带捆扎) their trauma kits (医疗箱) and oxygen tanks to their backs and run on foot to the emergencies. Everyone laughed, except the victims who were still alive when Rocky and Joe arrived.

- The author believes the name "Rocky" fits James because \_\_\_\_\_.  
A. he is a tall and tough man  
B. he is tall and does something big  
C. he is living in a tough community  
D. he leads a tough community
- James' seven-year-old niece would have been saved if \_\_\_\_\_.  
A. she had been sent to a better hospital  
B. she had been given first aid without delay  
C. James had been at the spot  
D. emergency calls were available in the area
- We can infer from the fourth paragraph that \_\_\_\_\_.  
A. ambulance corps were only allowed in white communities  
B. city services were only provided in wealthy white communities  
C. city services were not enough to meet people's need  
D. James thought it was easy to establish the minority-run ambulance service
- Which conclusion can we draw from the passage? \_\_\_\_\_.  
A. Rocky and Joe never won the respect of other people in the community.  
B. Rocky and Joe were only able to save a small number of lives.  
C. Rocky and Joe faced great danger working in their headquarters.  
D. Rocky and Joe's minority-run ambulance service was in full operation in the time to come.
- The passage mainly tells us \_\_\_\_\_.  
A. the dangers facing people in high-crime areas  
B. the history of the minority-run ambulance service in the country  
C. how James established the first minority-run ambulance service in the country  
D. what James found out in the unequal medical services in America



Tuesday 星期二

# Passage 1

题材	体裁	词数	题数	阅读时间	正确率
生活故事	记叙文	329	15	分钟	

Just after relocating to a new town, my father was let go from his job as a welder (焊工). Soon my parents had 1 all their savings. When things got desperate, a nearby farmer 2 us potatoes from his field. We ate potatoes three times a day. Several weeks passed and Dad was still 3. Mealtimes grew quiet and morose (阴郁的).

After breakfast one morning Dad pushed his chair away from the table and headed outside. I followed, and saw him 4 under the seats in the car. He found some coins, 5 them and said, "Tell your mother I'm going to town. I'll be back before supper."

"What is he doing?" I 6. When he returned he was holding a small brown bag. He 7 to Mother, who shooed (嘘声赶走) us out of the kitchen.

"We're going to have a 8 meal to celebrate," Dad announced.

"Celebrate what?" I asked. It didn't seem like we had much to be 9 about. And surely Dad would have told us if he had found work.

"Life, Roy. We're celebrating life. Things may be 10 for us right now, but I know that with God's help we will 11 this. He has truly blessed us."

Then Mom brought out dinner. Piles of pink, green, blue and orange were on our plates!

What's this? After devouring the first bite, I knew: mashed potatoes. But because of all the colors, they were 12 to eat. My brother, sister and I giggled (咯咯地笑) as we ate, and the 13 that had been hanging over us at mealtimes was lifted.

A couple of weeks later Dad found a job. We happily quit our potato diet. My father had bought food coloring with those coins. His purchase 14 our meals that night, and his philosophy continues to 15 my life. Now, when my family experiences tough times, I make rainbow mashed potatoes as a reminder of how fortunate we are.

- |                  |                |                |                |
|------------------|----------------|----------------|----------------|
| 1. A. wasted     | B. collected   | C. found       | D. spent       |
| 2. A. bought     | B. offered     | C. sold        | D. returned    |
| 3. A. unemployed | B. dismissed   | C. hopeless    | D. unfortunate |
| 4. A. hiding     | B. searching   | C. lying       | D. feeling     |
| 5. A. pocketed   | B. counted     | C. wrapped     | D. covered     |
| 6. A. asked      | B. cried       | C. wondered    | D. said        |
| 7. A. turned     | B. whispered   | C. ordered     | D. suggested   |
| 8. A. colorful   | B. big         | C. rich        | D. special     |
| 9. A. happy      | B. sorry       | C. worried     | D. curious     |
| 10. A. false     | B. meaningless | C. rare        | D. tough       |
| 11. A. find out  | B. come over   | C. get through | D. get over    |
| 12. A. hard      | B. fun         | C. bitter      | D. soft        |
| 13. A. silence   | B. sky         | C. atmosphere  | D. cloud       |
| 14. A. increased | B. enriched    | C. saved       | D. brightened  |
| 15. A. color     | B. encourage   | C. improve     | D. keep        |

## Passage 2

题材	体裁	词数	题数	阅读时间	正确率
生活类	新闻报道	196	10	分钟	

A noisy parrot that likes to imitate sounds helped save a man and his son from a house fire by mocking (模仿) a smoke alarm, the bird's owner says.

Shannon Conwell, 33, said he and his 9-year-old son fell asleep on the couch 1 watching a movie. They awoke about 3 am Friday to find their home 2 fire after hearing the family's Amazon parrot, Peanut, imitating a fire alarm.

"He was 3 (real) screaming his head off," Conwell said.

The smoke alarm had activated (起动), but 4 was the bird's call that caught Conwell's attention.

"I grabbed my son and my bird, and got out of the house," he said.

The fire destroyed the home's 5 (dine) room, kitchen and bedroom, Muncie fire officials said. It 6 (remain) under investigation.

Apart 7 Peanut, Conwell said the fact 8 he and his son fell asleep on the couch helped 9 (save) them. They may not have heard the alarm or the bird 10 they were asleep in their bedrooms.

Conwell said he runs an air conditioner and a breathing machine in his bedroom and they drown out a lot of noise around the house.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_



### 不同国家人的单复数 (一)

名称	总称 (谓语用复数)	一个人	两个人
中国人	the Chinese	a Chinese	two Chinese
瑞士人	the Swiss	a Swiss	two Swiss
日本人	the Japanese	a Japanese	two Japanese
澳大利亚人	the Australians	an Australian	two Australians



Wednesday 星期三

# Passage 1

题材	体裁	词数	题数	阅读时间	正确率
心理类	议论文	403	5	分钟	

Comfort zone is the mental place surrounded by borders in our mind where we feel secure. Even though this comfort area and its boundaries are just a state of mind that has nothing to do with reality, it plays a huge role in the progress of our development. Since the comfort zone is limited, there is not much benefit for you inside your comfort zone. Nothing new will happen until you open yourself and leave your comfort zone.

As long as you still are having the same beliefs, you cannot grow and you cannot expect new things in your life. When you change your beliefs you will change your thoughts, feelings and actions and then, and only then you can expand and grow in all aspects of your life.

Even though your background may be affecting your present situation, what really matters is not where you were born, your skin color, race, age, gender, religion, government, or even the poor environment in which you have been living for so many years, but what really matters and makes a big difference in your life is your attitude, to understand your comfort zone, how you limit yourself within it, who you are, why you behave the way you do it, and mainly where you are going.

Sadly many people don't go anywhere because they stay within their comfort zone. They accept defeat after defeat before even trying or knowing how capable or valuable they really are. These circumstances are not the cause of our actual situation but the conformism and the poverty of our thoughts and therefore the weakness of our broken spirit. Leave your past behind; constantly go beyond your comfort zone! Your past within this comfort zone is nothing but a wasted load that you don't need to carry at all.

Take constant action as many times as it is required and never, never quit. As Napoleon Hill said, "a quitter never wins and a winner never quits. Defeat is never a failure; no circumstance ever is failure until it is accepted by the individual as a failure". Nothing is impossible for an optimist attitude; everything is possible when we start blindly trusting ourselves, when we have a burning desire to succeed and a blind determination to make our dreams come true; everything is possible when we don't take a no for an answer.

- What is comfort zone according to the passage?
  - A place in our realistic life where we obtain comfort.
  - A mental place in our mind where we stick to our beliefs.
  - A limited place in our mind where we feel safe.
  - A secret place in our mind where we communicate with ourselves.
- The author believes staying in our comfort zone \_\_\_\_\_.
  - can prevent us from being aware of the reality
  - can protect us from the cold reality
  - can push our development in life
  - can stop us making progress in life
- Napoleon Hill's words are quoted in the last paragraph to support that \_\_\_\_\_.
  - one should not quit in order to succeed
  - a successful person can leave his comfort zone
  - there is great difference between defeat and failure
  - it is important to take constant action
- What is not needed for us to succeed?
  - A blind determination.
  - The poor environment in which we live.
  - An optimist attitude.
  - Refusing to take a no for an answer.
- The style of this passage can be described as \_\_\_\_\_.
  - defensive
  - persuasive
  - subjective
  - supportive

## Passage 2

题材	体裁	词数	题数	阅读时间	正确率
心理类	议论文	388	5	分钟	

How many times have you gotten upset because someone wasn't doing their job, because your child isn't behaving? How many times have you been annoyed when you've planned something carefully and things didn't go as you had hoped?

This kind of anger and irritation (烦心事) happens to all of us—it's part of the human experience.

One thing that annoys me is when people talk during a movie. Or cut me off in traffic. Actually, I have a lot of these little annoyances—don't we all? And it isn't always easy to find peace when you've become upset or annoyed.

Let me let you in on a little secret to finding peace of mind: see the glass as already broken.

See, the cause of our stress, anger and irritation is that things don't go the way we like, the way we expect them to. Think of how many times this has been true for you. And so the solution is simple: expect things to go wrong, expect things to be different than we hoped or planned, expect the unexpected to happen. And accept it.

One quick example: on our recent trip to Japan, I told my kids to expect things to go wrong—they always do on a trip. I told them, "See it as part of the adventure."

And this worked like a charm. When we unavoidably took the wrong train on a foreign-language subway system, or when it rained on the day we went to Disney Sea, or when we took three trains and walked 10 blocks only to find the National Children's Castle closed on Mondays... they said, "It's part of the adventure!" And it was all OK—we didn't get too bothered.

So when the nice glass you bought unavoidably falls and breaks, someday, you might get upset. But not if you see the glass as already broken, from the day you get it. You know it'll break someday, so from the beginning, see it as already broken. Be a time-traveler, or someone with time-traveling vision, and see the future of this glass, from this moment until it unavoidably breaks. And when it breaks, you won't be upset or sad—because it was already broken, from the day you got it. And you'll realize that every moment you have with it is precious.

- The author would probably agree that \_\_\_\_\_.
  - we should control our anger and irritation
  - we must get well prepared for the future
  - optimism can help us overcome our anger and irritation
  - anger and irritation is a natural part of our life
- The purpose of the author is to \_\_\_\_\_.
  - tell us his own experience in life
  - give advice on how to find peace of mind
  - tell us a happy trip he took with his children
  - advise us to see things from both sides
- By the underlined part, the author intends us to \_\_\_\_\_.
  - get ready for the worst result of things
  - enjoy the process of things
  - expect little from life
  - find the relation between cause and effect
- The author's children could enjoy their trip to Japan because \_\_\_\_\_.
  - everything went smoothly
  - they had a lot of adventures
  - they had expected things to go wrong
  - they could soon get used to the customs there
- We can learn from the passage that the author \_\_\_\_\_.
  - often gets angry in his life
  - can adjust his state of mind accordingly
  - always expects others to act in his way
  - has suffered from his anger and irritation



Thursday 星期四

# Passage 1

题材	体裁	词数	题数	阅读时间	正确率
科普类	说明文	278	15	分钟	

Across the world, students are sweating as they prepare for all kinds of exams. Many teenagers complain that while they do well in their homework, they don't get 1 marks in exams. They are wondering why.

In a new study this month, U.S. psychologists think they have found the answer. Researchers report that heavy exam 2 is actually more likely to affect the performance of very good students than average ones.

Worried about 3 others, these students can lose their most valuable 4 weapon: short-term or working memory. This is their ability to 5 numbers and ideas, while focusing on the problem at hand. According to the study, when 6 pressure is put on people with good skills, their performance drops off.

People with strong working memory skills 7 to do well in intellectual ability tests. Their analytical (分析的) skills and creative 8 depend on their short-term-focused processor.

In the study, researchers 9 the working memory of 93 students. They were divided into two groups, with a high and a low 10 memory.

The students then took two maths tests each under 11 conditions. One was called a practice test. In the other, the students were told they were part of a team that was depending on them to 12 their score in order to win a reward.

The results were 13: the group with high working memory scored about 10 percent higher than the others on the low-pressure practice test. But the two groups' 14 were about equal when the pressure was on to perform.

The study shows how memory performance is 15 by fear of failure and the ticking clock, according to the scientists.

- |                  |                 |                 |                  |
|------------------|-----------------|-----------------|------------------|
| 1. A. high       | B. low          | C. many         | D. poor          |
| 2. A. contents   | B. load         | C. atmosphere   | D. pressure      |
| 3. A. pleasing   | B. disturbing   | C. amazing      | D. failing       |
| 4. A. powerful   | B. mental       | C. intellectual | D. sharp         |
| 5. A. remember   | B. recall       | C. remind       | D. preserve      |
| 6. A. extra      | B. ordinary     | C. little       | D. unusual       |
| 7. A. continue   | B. have         | C. determine    | D. tend          |
| 8. A. labor      | B. experience   | C. thinking     | D. method        |
| 9. A. tested     | B. checked      | C. researched   | D. examined      |
| 10. A. storing   | B. working      | C. changing     | D. speaking      |
| 11. A. unhealthy | B. favorable    | C. hard         | D. different     |
| 12. A. add       | B. increase     | C. raise        | D. improve       |
| 13. A. expected  | B. striking     | C. obvious      | D. disappointing |
| 14. A. scores    | B. performances | C. reports      | D. clocks        |
| 15. A. prevented | B. improved     | C. affected     | D. prepared      |

