

2024 北京初三一模英语专项练习

阅读单选 CD 篇



一、阅读理解

(2024 北京东城二中初三一模) How good are you at remembering names, dates, and telephone numbers? It is not easy for all. Remembering things is one of the most interesting functions (功能) of the human brain (大脑). That's why scientists spend so much time studying how it works.

Studies show that when we learn something new, it stays in our memory (记忆) for 20-30 seconds. This is our short-term memory. Remembering a phone number long enough to find a piece of paper is an example. The opposite of short-term memory is long-term memory, which is where things are stored in the brain for a long time. The brain can turn short-term memory into long-term memory. For example, when studying for an exam, instead of just reading the information once or twice, you might go over your notes again and again until you can remember the important information.

Dave Farrow is known for his excellent memory. He has been listed twice in Guinness (吉尼斯) World Records for Greatest Memory. As a student, Dave had great difficulties in learning. He found some ways to improve his memory in order to do well in school. Here are some you can try.

One way is to look at the first letter of each word you want to remember. Then, make your own word or sentence using all of those letters. For example, if you want to remember all the colours in a rainbow, try remembering the name Roy G.Biv. Each letter in this name matches the first letter of a colour: red, orange, yellow, green, blue, indigo and violet. Another way is to remember information in groups. For example, when you remember a telephone number, remember three numbers as a group, the next four numbers as a group and the final four numbers as a group. This way, your brain only has to remember three things instead of 11.

If you are interested in improving your memory, apart from using some ways to remember things, there are lots of simple things you can do, like eating healthily, sleeping well and exercising daily. Challenging (挑战) your brain also helps you keep it healthy and active. So, why not start playing mind games, learning a musical instrument or studying a new language?

1. What can we learn from Paragraph 2?
 - A. Short-term memory is less important than long-term memory.
 - B. The information needed for an exam stays in short-term memory.
 - C. People store new information in long-term memory by going over it.
 - D. Our short-term memory can hold information for more than half a minute.
2. The writer talks about Dave Farrow to _____.
 - A. describe how people remember things
 - B. show the importance of a great memory
 - C. tell people to use some ways to improve memory
 - D. give a reason why people need to improve memory
3. What is the last paragraph mainly about?
 - A. Some advice to improve memory.

- B. Some activities to challenge the brain.
- C. Some advantages of playing mind games.
- D. Some reasons for keeping the brain active.

(2024 北京东城二中初三一模) Some parents and some students feel that the study of English literature is misguided and disadvantageous to students, particularly if they are second language learners of English. However, there are still good reasons for the study of English literature.

Students of English language sometimes fail to see the point of studying English literature, especially if they have no plans to study English or translation at university. But English literature can introduce students to many aspects (方面), not only the English language but also the culture of English-speaking countries.

There are aspects of English culture that summarized by English literature. Of course, this is quite evident (明显的) when we are studying the works of Shakespeare or of writers, poets and playwrights of the eighteenth and nineteenth centuries. It is, however, also true when we are studying other works of English literature. Students can learn about good stories and references to different aspects of English culture. They can also learn the context (背景) and meanings of famous quotes and phrases.

Studying literature does not confine the students to the traditions of England but includes the possibility of introducing them to traditions which influence English literature, such as the study of Ancient Greek drama, and to literature in other contexts, such as American literature. The enjoyment and appreciation of literature will give students the ability to develop this into an interest in books and reading as they move away from their studies and into the adult lives. They will have the confidence to approach and deal with new forms of books and writing.

When studying literature, students can learn not only language aspects such as vocabulary but also the language aspects which can be used for specific purposes. For example, if the students are familiar with the concepts of the beat and rhythm of English poems, they can improve their own writing as they are able to appreciate and apply these ideas.

Finally, the study of literature can provide students with a fresh and creative angle, from which the students can deal with their studies in particular and their lives in general. So the next time you are reading a newspaper article complaining of the lack of creativity and initiative (主动性) in the local workforce, remember that in a small way the study of English literature can help to add a refreshing and further dimension to a person's life.

4. The word “**confine**” in Paragraph 4 is closest in meaning to _____.
A. advise B. warn C. limit D. require
5. The writer probably agrees that the study of English literature _____.
A. has a long-lasting influence on students
B. is misguided and has more disadvantages
C. is not necessary for second language learners
D. only allows the students to learn traditions of England
6. What can we learn from the passage?
A. Schools fail to care about students' need.
B. English culture is closely related to English literature.

- C. Learning English literature can make students smarter.
- D. The more you read literature works, the more you complain.
7. Which of the following would be the best title for the passage?
- A. Why We Learn English Literature
- B. The Needs of Students and Parents
- C. What We Know about English Culture
- D. English Culture and English Literature

(2024 北京海淀初三一模)



Meditation is one kind of exercise in controlling attention. Meditators use some practices, like keeping focus on breathing, to strengthen the ability to take control over what their minds are doing. While meditators have long experienced its benefits, science only recently discovered that the mental effort of meditation is good exercise for the brain. Meditation has much to do with cognition, a term to describe the thought processes inside our heads (like focusing, making decisions, and remembering) that allow us to understand the world. Meditators are really good at using several cognitive abilities to stay focused. When they learn that their minds wander (走神), they quickly bring their attention back, which is like doing a mental push-up. All these mental push-ups end up strengthening their ability to change their thoughts based on what they are doing right now, like changing from doing math to reading when they go to different classes.



push-up

Groups of brain areas that communicate are called brain networks, and the health of the brain depends on the ability of brain networks to communicate well. Science has shown that meditation can improve sustained attention, which is how well a person can keep their attention on something hard for a long time. Scientists can measure improvements in sustained attention by looking for increases in certain brain waves, using EEG (脑电图). It proves that meditation can make the brain areas involved in attention communicate with each other more easily.

Meditation can even change the way that meditators' brain networks communicate, by bringing new, helpful brain areas into the conversation or getting rid of a brain area that is too loud and distracting (分心的). As a result, meditators get better at focusing their attention away from negative thoughts and feelings and putting themselves into a good mood.

These changes take a long time and a lot of work. People need to make meditation a habit and guidance from a teacher can be helpful. Yet, not everyone can afford a personal teacher. That's where technology steps in. Scientists have made apps that provide tips and help people meditate at their own levels. While some digital meditation apps have been carefully studied by scientists, some need to be tested. So, it is important to be careful at first about whether an app really works.

8. According to the passage, when people meditate, they _____.

- A. try to control their focus
- B. focus on what goes around
- C. make important decisions
- D. develop the ability to communicate

9. What can we learn from the passage?

- A. Meditators end their practice when their minds wander.
- B. Meditation makes it possible for people to have happier moods.
- C. Certain brain waves decrease when sustained attention improves.
- D. Digital meditation apps work better than personal meditation teachers.

10. What might be the best title for the passage?

- A. How does meditation benefit the brain?
- B. How do people make meditation a habit?
- C. How does technology improve meditation?
- D. How do meditalors better their mental health?

(2024 北京海淀初三一模) Every time I look at the many recent orders on my online shopping account, or I receive a new package on my doorstep, I get a feeling of happiness that is hard to give up. Although I know that my shopping habits are bad for the planet, I just can't stop.

But Ann-Christine Duhaime's new book, *Minding the Climate: How Neuroscience Can Help Solve Our Environmental Crisis*, has helped me understand that my desire (渴望) to keep buying things isn't necessarily a personal weakness—it's the way our brains have developed.

According to Duhaime, we managed to stay alive even when things were hard because our brains learned to repeat decisions like moving towards a tasty treat or backing away from danger. Today, we have some 86 billion neurons (神经元) in the brain continuously working to strengthen rewarding behavior—a kind of action that results in a positive outcome, which makes a person want to do it again. As the neurons work, they produce dopamine (多巴胺), which makes our rewarding behavior feel even better than usual. We actively look for more dopamine, and at the same time, learn to repeat the actions that lead to it.

However, Duhaime stresses that our brains are not programmed to keep buying more and more. All humans are different, and our brains work differently depending on our genetics (遗传性) and our life experiences. The challenge is that our brain systems are designed for short-term decision-making. When we buy something new, we get rewarded immediately. But the long-term worsening of the planet is harder for the reward centers of our brains to understand, even if we know about it.

And there may be some ways to break the cycle. The best is not to stop buying things completely; a better solution may be to substitute the old rewards that we know aren't good in the long run with new ones. For example, you can have a glass of milk, which gives you fewer calories, instead of eating chocolate just before bed for comfort. Once you start losing weight, the reward of being able to fit into your old clothes feels as good as what the chocolate would do. We need that same substitution for shopping.

Buying used things could also help satisfy our desire to get more things without using more natural resources. Additionally, creating social rewards, like encouragement and support from a community with similar goals, can inspire positive changes. Humans naturally like to connect with others, and this social support can lead to more eco-friendly choices.

11. What do you know about human brains from the passage?
- A. The way brains work won't be influenced by life experiences.
 - B. Neurons play a role in people's repeating rewarding behavior.
 - C. Less dopamine is produced when people get positive outcomes.
 - D. Brains don't care about the short-term effects of people's actions.
12. The word "substitute" in Paragraph 5 probably means "_____".
- A. take the place of
 - B. look forward to
 - C. get ready for
 - D. make up for
13. The writer probably agrees that _____.
- A. over-shopping harms the development of the human brain
 - B. keeping buying gets in the way of people finding happiness
 - C. the planet is free from the influence of people's buying behavior
 - D. creating social rewards can help people reduce the desire to over-shop
14. What is the writer's main purpose in writing this passage?
- A. To explain why over-shopping is not a personal weakness.
 - B. To show how dopamine makes people crazy about shopping.
 - C. To guide people to make eco-friendly choices when shopping.
 - D. To encourage people to buy used things to protect the environment.

(2024 北京大兴初三一模) Clean electricity is the power of the future, but engineers are facing a big challenge. How can we store electricity to be used at times when the wind is not blowing and the sun is not shining? In some cases, the answer will be batteries; but in other cases, it could come from a variety of different solutions—starting with gravity.

Gravity is the most abundant source of power on Earth. It's always been everywhere since the beginning of time. Nobody knew about it until around 1700, when Isaac Newton saw an apple fall from a tree in his garden. Newton asked himself the question: "Why did that apple fall to the ground?" And he soon worked out the answer. Everything will fall to the ground if it can do so, because there is a massive force that pulls things towards the center of the earth. Newton decided to call this force "gravity", a word that then just meant "weight".

Engineers have used gravity as a source of power for centuries, long before Newton first explained it. In particular, they used gravity to move water from one place to another to irrigate (灌溉) fields and bring water to cities. They knew that water would flow downhill, but never uphill, so they built structures to use the force of gravity most effectively.

In 1907, engineers in Switzerland first used gravity for a new purpose: to store energy. They pumped (用泵抽送) water up a hill, where they stored it in a lake. Then when they needed more electricity, they let the water come back down the hill, driving electric turbines (涡轮机) as it fell. The idea was just so simple, and it is now used in many parts of the world. However, the problem is that "pumped storage" hydro schemes (抽水蓄能水电方案) can't be built just anywhere, as they need lots of water and big hills or mountains.

Some experts believe that gravity systems are the cheapest way to store electricity. Gravity-stored electricity is maybe half the price of battery-stored electricity, but even so it is not cheap. In order to make gravity more

effective, we would need to increase its force—and that, of course, is quite impossible. Yet gravity is not the only way of storing energy, and engineers are working on systems that store it using water pressure or compressed air... and even sand!

Storage is one of the big scientific challenges of our time, as storage is the essential partner of wind power and solar power. We need clean electricity 24 hours a day, not just when the sun is shining or the wind is blowing.



15. The word “abundant” in Paragraph 2 probably means _____.
A. expensive B. environmental C. famous D. plentiful
16. From the passage, we can know that _____.
A. gravity systems are the cheapest way to store electricity
B. “pumped storage” hydro schemes can be built on small hills
C. engineers in Switzerland first stored energy by using gravity creatively
D. experts have already made gravity more effective by increasing its force
17. Why does the author write this passage?
A. To tell the story of finding gravity.
B. To show the importance of gravity.
C. To call on people to use clean electricity.
D. To introduce a good way to store electricity.

(2024 北京大兴初三一模) It is so easy to describe people as being talented. Just look at any headline praising a piece of artwork, music, or other great feat, and you are likely to see the word “talented” or “gifted”. However, is being talented a true marker of success?

Some people believe that talent plays a key role in achieving success fast. Those with natural ability in a particular field can often gain success rapidly with less effort. For example, a person with a natural ear for music may find it easier to learn to play an instrument. Take a look at Wolfgang Mozart. He composed his first musical masterpiece (杰作) at the age of 5. And at the age of 7, he went on his first tours to perform his abilities for the world.

In the process of highlighting the “natural” gifts of achievers, hard work can get lost in the mix. The result is that many “talents” believe they only need to depend on their innate (内在的) abilities in order to produce great works. Inevitably, this can lead to disappointment, frustration, and even mental health problems, because the reality is that talent alone is not enough.

One is often led to believe that being naturally gifted is the ultimate prerequisite (最终的先决条件) for

success in any field. But almost every example of a big achievement involves some degree of putting in some amount of work. In athletics, for example, standout athletes such as Michael Jordan, Usain Bolt, and Serena Williams are often praised for their natural abilities. However, closer analysis of their careers shows that these athletes spent huge chunks of their lives practicing.

Aside from working hard, talent can only become useful if the owner of that talent does what is necessary to expand (拓展) it. If your talent is just being good at playing the guitar, for instance, that ability can only get you so far because there are many other people who also know their way around the instrument. How will you set yourself apart from the crowd? You would do so by finding ways to expand your guitar-playing capabilities, whether that means learning new finger tricks or mastering different types of guitars. Then you will be more successful than others.

Nothing is wrong with having natural abilities. After all, everyone is born to be good at something. However, finding success at any level, and in any field, requires more than talent. The relationships you create with people and habits you develop also play a role in your ability to grow your career. But, ultimately, working hard is the main factor as to how far you can go.

18. The writer uses the example of Mozart to tell us that _____.
- A. natural ability can help speed up success
 - B. being famous should be as early as possible
 - C. talent can take the place of effort completely
 - D. everyone is born to be good at something
19. What is Paragraph 3 mainly about?
- A. The result of an art competition.
 - B. The achievements of famous talents.
 - C. The problems of overvaluing innate abilities.
 - D. The process of producing great works by talents.
20. What can we learn from the passage?
- A. Hard work helps people find out their natural abilities easily.
 - B. Almost every great achievement requires a certain amount of effort.
 - C. Relationships with people and habits are more important than talent.
 - D. Talented people are more likely to succeed than hardworking people.
21. The writer probably agrees that _____.
- A. hard work brings people more success than talent does
 - B. talent gives people a head start in achievement s in any field
 - C. having talent is not enough to ensure success unless talent is improved
 - D. hard work is no more necessary unless it is done by people successfully

(2024 北京通州初三一模) Sharing your opinions is fun when everyone else agrees with you. But what about when they don't? No one likes feeling like the strange one out, and these days it seems like people with unpopular opinions are more likely to get shunned (回避). Does that mean you should change your opinions to

conform (符合) to the majority's beliefs? Of course not. Here's what you should do.

Say it, but don't push it

We all have ideas that we want to share. But don't try to convince (说服) other people that your opinion is the best idea or the only idea they should have. Stand your ground, but don't be condescending (居高临下的).

Be respectful of other people's opinions, too

It's not only you who need to express an opinion. Everyone should have the chance, and you should give them that chance. When people share their thoughts, be open to them and don't bring them down for unpopular opinions.

Agree to disagree

Sometimes, we have to accept the fact that we won't agree on everything. When your opinions clash (冲突), make sure that it ends there. Don't have any arguments or negative feelings. Agree to disagree when there's no other way for you.

Unpopular opinions can rock the boat when it comes to conversations. But they can be the best conversation topics. Having an unpopular opinion is hard, but it doesn't have to ruin your relationships or your self-esteem (自尊). With the right way, you can stand firm (坚定地) in your beliefs, even when you feel like others don't share them.

You can share a different idea on the topic. Be sure not to be so surprised when someone doesn't agree with you. It is an unpopular opinion, after all. Learning how to handle having an unpopular opinion is important if you want to be able to share your opinion respectfully and effectively, and you don't want to feel emotionally isolated (孤立的) because of your opinion.

22. What can we learn from the passage?

- A. We should use our opinions to challenge others' opinions.
- B. We should try our best to make our friends accept our ideas.
- C. When we share our opinions, we should stop others from talking.
- D. When it's hard to accept different opinions, we should set them aside.

23. The words "rock the boat" in Paragraph 5 probably mean "_____".

- A. bring benefits
- B. draw away attention
- C. make trouble
- D. win support

24. What is the passage mainly about?

- A. The collection of unpopular opinions.
- B. Ways to deal with unpopular opinions.
- C. The importance of unpopular opinions.
- D. Benefits of having unpopular opinions.

(2024 北京通州初三一模) We all experience different levels of stress, and we can manage a certain amount of it while still feeling comfortable and fulfilled. But everywhere you look today, some people are stressed out. Why do people seem to have more stress?

Many researchers agree that stress comes down to the larger number of tasks and our higher expectations.

But we believe there is more to consider. The attitudes towards the tasks can also influence the level of stress. An attitude is the way that you think and feel about things. Bad attitudes towards the tasks can slow down the management of the tasks. Some people may be overwhelmed (压倒) by their growing list of to-do items. This can

lead to anxiety. For many, anxiety can be painful. For some, anxiety can be so painful that they may avoid tasks big and small. Avoidance can lead to an expanding list of unfinished tasks. When someone reminds us to face what we have not completed or when a new pressure has been added, the burden (负担) becomes too much. For example, if someone tells us tomorrow is the deadline of our projects or a new one is given to us, we are facing the accumulation (积累) of stress.

One of the elements that influence attitudes is emotions. Emotions are powerful internal (内部的) experiences that influence attitudes and behaviors by shaping ideas, evaluations, and decision-making processes. Pleasant emotions tend to promote positive attitudes, while unpleasant emotions can lead to negative attitudes. Furthermore, negative emotions will reduce the thinking process that is necessary to handle stress. For example, shame over unfinished projects or unmet expectations can push us down, and negative judgment can create a lack of self-belief, which can affect performance and the overall management of stress.

When you're stressed out and have a bad attitude on top of that stress, you will feel that even the simplest tasks are boring and impossible to do, which can increase your stress level. But if we want to have less stress on our tasks, it's time to have proper attitudes.

25. You will most probably experience the accumulation of stress when you _____.

- A. leave your tasks to the last minute
- B. have comfortable feelings at school
- C. have positive attitudes towards your work
- D. are able to finish your homework correctly every day

26. Why does the writer talk about anxiety in Paragraph 3?

- A. To provide examples of the growing list.
- B. To show a new way to face the stress.
- C. To help us know the importance of the tasks.
- D. To explain the relationship between attitudes and stress.

27. What do you know about the attitudes and emotions from the passage?

- A. Emotions are a kind of behaviors guided by attitudes.
- B. Pleasant emotions can lead to negative attitudes.
- C. Emotions are easier to change than attitudes.
- D. Attitudes are affected by emotions.

28. The writer probably agrees that _____.

- A. positive attitudes can help people feel less stressed
- B. people can change attitudes by observing people around them
- C. high expectation is a key part of effective stress management
- D. people have pleasant emotions when they fall behind on tasks

(2024 北京西城初三一模) Have you ever wondered why you are good at noticing things in your environment that are possibly dangerous? Defensive circuits, one of our brain systems, detect (察觉) signs that might suggest threats (威胁) and prepare the body to take quick action, therefore increasing our chances of staying

alive.

Our defensive circuits are always on the lookout for things that might be threats.

They look for certain features of objects (物体) that make those objects stand out from the other things around them. Objects with these features are given priority in our brains; that is, we pay attention to them before other things. So, how exactly does our threat detection work?

First, the presence of a feature that could suggest a threat grabs, or catches, our attention very quickly—it is an automatic (自动的) process. Threat detection happens so quickly because the threat information does not have to go all the way around the cortex (大脑皮层). You can think of this as a shortcut through the brain, which gives us more time to avoid possible threats.

Once we look at something that might be a threat, we often find looking away to be very difficult—the threatening object holds our attention. This process is also automatic, and its advantage is that it gives us more time to collect additional details about the possible threat. Those details are important for understanding whether we are facing a real threat and deciding how to best deal with the situation.

After we have recognized the possible threat, our brains must often make up for the time we've spent examining it—we need to avoid paying attention to the threat, and then we can look around and process the rest of the environment. This can help us find additional threats, or find a way out.

Once we detect a threat, the defensive circuits prepare our body to take action. We make changes to our emotions (for example, feeling fear) and body functions (such as speeding up our heartbeat). Together, these changes allow us to act properly in threatening situations, increasing the likelihood that we will get away without being harmed.

There are differences between people on how easily the defensive system is activated. Some of us are frightened more easily than others, and it takes less to activate the defensive circuits. This, however, can be problematic. Overly sensitive defensive circuits might stop working as they should when overused.

29. What can we learn about the defensive circuits?

- A. They watch out for possible danger.
- B. They help us remember threat features.
- C. They promise us a happy and healthy life.
- D. They easily stand out from other brain systems.

30. What do our brains do to make up for the time spent examining possible danger?

- A. Create additional details immediately.
- B. Activate a shortcut through the cortex.
- C. Push our body to make lasting changes.
- D. Redirect our attention to the rest of the environment.

31. Which would be the best title for the passage?

- A. How does your brain work in various situations?
- B. What makes us different when it comes to facing threats?
- C. Why are we overly sensitive to certain threatening objects?
- D. What happens in your brain when you notice something frightening?

(2024 北京西城初三一模) On a Saturday afternoon, your best friend calls you and says he needs help moving. You gladly show up to help. When you are done, he hands you some money, saying “Thanks for your help.” The situation suddenly feels awkward (尴尬的).

Why doesn't direct payment fit the situation? According to economist Dan Ariely, we live in two worlds—one governed by social norms (规范), and the other characterized by market norms. Social norms are part of our social nature. They include the friendly requests (请求) that people make of one another and immediate payback is not required. In the second world, where market norms make the rules, people work for money and get what they pay for. Market relationships are not necessarily bad or mean, but they do suggest comparable benefits and immediate payments.

When we keep social norms and market norms on their separate paths, things move along smoothly. Moreover, when social and market norms run into each other, the results are not satisfying.

There was an experiment involving daycare center fines. Some parents would arrive late to pick up their children, so fines were introduced. However, this made more parents late. Before the fine was introduced, parents were sorry for keeping the teachers waiting, and this made them feel compelled to arrive on time in the future. But the introduction of the fine replaced this social norm with a market norm. Parents felt they were paying to be allowed to choose whether they wanted to be late. Even after the center removed the fine, the parents didn't return to social norms and the number of late pick-ups didn't drop. The result showed a fact: when a special norm runs into a market norm, the social norm goes away and seldom returns.

However, does this necessarily mean market norms always have a bigger effect than social norms? Ariely performed an experiment by paying people \$5 (Group 1) or \$0.50 (Group 2) for dragging (拖动) circles across a computer screen for five minutes. With payment, he expected them to use market norms in that situation and act accordingly. And to Group 3, he introduced the task as a social request, just asking them for help. The results showed that Group 1 dragged on average 159 circles, and Group 2 dragged about 101 circles. But the ones who were paid nothing dragged 168 circles. When people were paid, motivation (动力) and productivity rose as pay rose, but people worked even harder under social norms than for money, Why? Because people love to feel that they have helped others.

Money is the most expensive way to motivate people. Social norms are not only cheaper, but often more effective as well. Money will take you only so far—social norms are the forces that can make a difference in the long run.

32. Which of the following examples fits within social norms?

- A. Paying a friend for his voluntary help.
- B. Fining a worker because of his mistakes.
- C. Offering a neighbor a free ride to the airport.
- D. Returning a product to get your money back.

33. The words “feel compelled to” in Paragraph 4 most probably mean _____.

- A. remain unwilling to
- B. think it necessary to
- C. be afraid to
- D. find it easy to

34. What can we learn about Dan Ariely's experiment in Paragraph 5?

- A. Ariely expected people to help each other to complete the task.
- B. The result suggested who should receive the highest payment.
- C. People in the experiment acted according to the same norms.
- D. The experiment showed the effects of the two norms.

35. According to the passage, the writer probably agrees that _____.

- A. social norms can play a great role in society
- B. market norms aren't effective as they used to be
- C. better performance sometimes leads to lower pay
- D. people should replace market norms with social norms

(2024 北京东城初三一模) Short videos have become increasingly popular in recent years. These videos are typically short in length, lasting from a few seconds to a few minutes, and offer a quick supply of entertainment (娱乐) or information. While these videos may seem harmless, there are worries about the effect they can have on the human brain and attention span (持续时间).

Dopamine is a neurotransmitter (神经递质) that is connected with the reward (奖励) center of the brain. When we experience something pleasurable or rewarding, such as eating a delicious meal or receiving praise, our brains release (释放) dopamine. This release of dopamine strengthens the behavior that led to the reward, making us more likely to do that behavior again.

Short videos can also make our brains release dopamine. The quick and easy-to-understand nature of these videos provides an immediate satisfaction that can be addictive (上瘾的). Each time we watch a video and experience the pleasure of entertainment or information, our brains release dopamine, strengthening the behavior of watching more videos.

Over time, this continuous release of dopamine can lead to a decrease in dopamine receptors in the brain. This means that it takes more and more dopamine to create the same pleasurable sensation, making it even more difficult to stop watching short videos.

Studies have shown that too much use of social media can lead to a decrease in attention span, and short videos may be even more harmful. The never-ending excitement provided by these videos can make it difficult for people to focus on tasks that require lasting attention. This can lead to a decrease in productivity and a reduced interest in activities that don't offer immediate rewards.

Additionally, these videos can have a bad influence on mental health. Watching an endless stream of short videos can lead to feelings of anxiety and stress. You might also start to feel bad about yourself because you think you're not as good as the people in the videos.

Not all short videos are harmful, and they can be a valuable tool for entertainment and education. However, it is important to be mindful of how long you watch these videos and focus on activities that require full attention and provide long-term rewards.

36. What do you know about dopamine from the passage?

- A. Dopamine makes people more attentive.
- B. Dopamine keeps us from repeating things we like.

- C. Dopamine influences emotions instead of behaviors.
- D. Dopamine is released as a result of pleasurable experiences.

37. What causes people to increase their behaviors of watching short videos?

- A. The strong wish to learn new things.
- B. The convenience of getting short videos.
- C. The necessity of having social communication.
- D. The need to keep the same level of satisfaction.

38. What is the writer's main purpose in writing this passage?

- A. To introduce how dopamine works in our brains.
- B. To encourage people to improve their attention span.
- C. To remind people to limit their time of watching short videos.
- D. To explain why short videos have become increasingly popular.

(2024 北京东城初三一模) Have you heard of mental toughness? Often talked about in relation to sports, mental toughness is characterized by the ability to always perform well under stress. Research has shown that it is also a useful quality (品质) for students, with benefits for school achievement, classroom behavior, and relationships with others.

However, mental toughness is often misunderstood. It is sometimes related to hiding your feelings, or not acknowledging (承认) your weaknesses, which can harm student well-being, as well as school performance and socializing.

So, what actually is mental toughness, and how can it be developed in schools?

Students who show mental toughness are aware of (意识到) and able to control their emotions. This helps them to think clearly under stress, on the day of exams for example. One way to help with this is to encourage students to talk to themselves in a positive and helpful way. Students may be upset if they don't do as well on a task as they hoped. By asking themselves questions, such as "What would I do differently next time?", they can stop focusing on the negatives and direct their attention towards improving in the future.

Mental toughness means asking for help. Many students are too ashamed to do it, for fear they would show weakness by acknowledging they don't understand something. However, others actually consider it a positive quality. Recognizing when they are experiencing difficulties takes courage for students, but it also shows a willingness to learn and get better.

Mental toughness is also about being open to learning, not being a know-it-all. Over time, the students who grow the most are those who like to explore (探索) things, looking for answers in books, online, or by paying attention to what's happening around them. They also work together, helping each other with challenges.

What's more, mental toughness involves having a strong sense of self-belief and confidence in one's abilities. Mentally tough students have a clear idea of their goals, and their wills to achieve them are unwavering. They are not easily influenced by others' opinions and are willing to step outside of their comfort zone to reach their goals.

To create mentally tough students and classrooms, it is important for teachers themselves to be role models. Teachers can develop their mental toughness in much the same way as students. In order to develop mental toughness, both students and teachers should recognize that it is about having positive behaviors and attitudes that

help them learn and improve.

39. You were most probably being mentally tough when _____.
- A. you kept your sadness inside without telling others
 - B. you acted as if you were doing well with everything
 - C. you received praise for answering a difficult question
 - D. you managed your nervousness to make a great speech
40. The word “unwavering” in Paragraph 7 is closest in meaning to _____.
- A. unshakeable B. unacceptable C. unclear D. uncommon
41. What can we learn from the passage?
- A. Experiencing difficulties makes students less willing to learn.
 - B. Mentally tough students doubt their abilities when facing failure.
 - C. Mentally tough students have curiosity about the world around them.
 - D. High-performing students are more likely to have a good attitude to learning.
42. Which of the following would be the best title for the passage?
- A. Why Is Mental Toughness a Key to Success?
 - B. What Does Mental Toughness Look like in Schools?
 - C. How Does Mental Toughness Influence School Achievement?
 - D. Who Should Be Responsible for Developing Mental Toughness?

(2024 北京朝阳初三一模) In a culture that focuses so strongly on success, it's easy to feel like a failure. But according to the organizational psychologist Adam Grant, that might be because we're thinking about achievements all wrong.

Many people think that achievements are tied closely to innate (天生的) ability, so they give up on activities they find challenging. That's a mistake. Dr. Grant writes in his new book, *Hidden Potential*(潜能): *The Science of Achieving Greater Things*. The following are the three key points from his book that could help you unlock your own hidden potential.

Accept discomfort. Dr. Grant argues that success is more about gradual (逐渐的) growth than achieving immediate victories. And one of the most effective methods for skill development is to challenge oneself. “The discomfort we feel offers a chance for new learning,” Dr. Grant explained in an interview and he also stressed the importance of welcoming such moments. According to him, stepping outside our comfort zones (区域) may actually encourage greater growth. He also suggests accepting mistakes as a natural part of the learning process. Besides, he stresses that making mistakes is necessary for progress. Without enough efforts and mistakes, development becomes challenging.

Keep things interesting. Dr. Grant warns us about burnout, which happens when we work too much. But he also talks about “bore out”, which is feeling tired from not having enough to do. He suggests adding fun activities and new things to learn to our daily life. In his book, he says basketball player Stephen Curry got rapid improvement after college because of a coach who focused on different activities and games in his training periods, rather than repetitive (重复的) practice. Dr. Grant mentions that trying out different skills helps people improve

faster. If you're stuck, he advises taking a break and doing something enjoyable. This can improve your confidence and skills, helping you make progress.

Ask for advice and give it, too. Dr. Grant points to Harvard Business School research that found it's more helpful to ask for advice, which focuses on what you can do better in the future. Furthermore, advice has positive effect, changing your mindset to what you can do right. We often perform better after we give other people advice, too, in what Dr. Grant refers to as the "coach effect". That's because we are more likely to focus on advice that we have already given to others, he says. One study he mentions discovered that high school students who were chosen by chance to offer encouragement to younger students went on to get better grades.

43. Dr. Grant would suggest _____ to unlock your own hidden potential.

- A. accepting mistakes
- B. having repetitive practice
- C. shortening learning process
- D. achieving immediate victories

44. Why does Dr. Grant mention the Harvard Business School research in Paragraph 5?

- A. To point out the importance of asking for advice among students.
- B. To show the connection between coach effect and encouragement.
- C. To present examples of high school students' educational achievements.
- D. To stress the benefits of giving and receiving advice on better performance.

45. What is the passage mainly about?

- A. The effects of keeping things interesting.
- B. The reasons of keeping things interesting.
- C. The ways to unlock your own hidden potential.
- D. The difficulties in unlocking your own hidden potential.

(2024 北京朝阳初三一模) Should I worry about skipping breakfast (不吃早饭)?

Is breakfast the most important meal of the day? It probably depends on what you're doing for the rest of it. Before the industrial revolution (工业革命), most people had leftovers or nothing for breakfast. Edward Bernays created a marketing project in the 1920s that made eggs and bacon a common breakfast choice. But in today's world, fewer people work physically challenging jobs, so is it still necessary to begin the day with a protein-rich (富含蛋白质的) meal or a bowl of porridge? Does it matter if you don't and might there actually be health benefits to breaking your fast later in the day?

First, let's hear from the breakfast supporters. Some studies suggest that breakfast-skippers have a risk of heart disease and high blood sugar, across a range of populations around the world. At the same time, other studies show breakfast-skippers are more likely to choose poorer foods throughout the day which makes sense, as skipping breakfast seems to keep levels of the hunger hormone ghrelin (饥饿激素) high, while the satiety hormone leptin (饱腹感激素瘦素) stays suppressed.

Breakfast eaters often have healthier habits, but not always. What if some people really care about their health but choose to skip breakfast? Well, actually...

"Skipping breakfast can be described as a kind of 'time-restricted feeding (限时进食)', as you reduce the 'window' when you can eat," says the nutritionist (营养学家) Drew Price. "If I was working with someone who

wanted a breakfast-skipping-type plan, then I would be paying more attention than ever to what they are eating to make sure they get enough protein, healthy fats and other beneficial nutrients. However, skipping breakfast isn't suitable for everyone, especially those people with disordered eating, certain health conditions, and those who are young or elderly, for whom balanced energy intake is important."

What should you do then? Just eat in the way that lets you make the most healthy choices, most long-lastingly. If that means a couple of fried eggs and some vegetables at 7 a.m., great, but if all you need to make it to 11 a.m. is a strong cup of coffee, don't worry about it too much. Oh, and if a bowl of porridge can help guide you away from your basic needs, then go for it—we can all use a bit of help in the morning, after all.

46. According to the passage, which health risk is connected with skipping breakfast?

- A. Cancer. B. Stomachache. C. Cold. D. Heart disease.

47. The word "suppressed" in Paragraph 2 is closest in meaning to _____.

- A. controlled B. organized C. balanced D. recorded

48. The writer probably agrees that _____.

- A. the best breakfast habit depends on yourself
B. disordered eating is a good idea for children
C. balanced energy intake is the key to a healthy life
D. skipping breakfast brings people more food choices

49. What is the writer's main purpose of writing this passage?

- A. To introduce the history and development of breakfast.
B. To provide breakfast meal suggestions for improving health.
C. To highlight how the marketing influences breakfast choices.
D. To discuss whether you need to worry about breakfast skipping or not.

(2024 北京石景山初三一模) What do table football, a Barbie's house and a toy car all have in common? They are all much smaller than real things. Humans have long been interested in miniature (微小) things. The fashion, marketing, and the design industry all use miniature one way or another, and the public seems to love it. This is the effect of cuteness psychology (心理).

The psychology of cuteness is the idea that seeing something small and cute encourages connecting behaviors and the need to take care of it and protect it. However, our attraction to small objects isn't fully a result of a strong hope to act as a parent. More recent research has shown that our feeling to cuteness isn't necessarily related to some kind of inborn need to be taken care of, but rather more of a general, positive feeling that can influence how we socially interact with other people.

Seeing tiny things, humans or animals gives off dopamine (多巴胺), which is involved with forming emotional connections. When the body gives off dopamine, it makes us feel in love with the object we are attracted to. "The human brain is designed to love cute, small things by awarding us with dopamine to make sure we will love our tiny babies. This protects their survival and, in turn, the survival of we humans," says Sam Von Reiche, a psychologist in New Jersey.

Meanwhile, small things bring back the comfort of childhood. In times of stress, we return to things that gave us comfort at an early age. It doesn't need to be the exact toy we played with as a child, or even a toy at all. It

could be a miniature model of a thing. We connect tiny objects with the safety and comfort they brought us in an earlier time in our lives.

Some people may be interested in miniatures because they don't have the money to get real-life ones. While we might not be able to own an expensive race car, a miniature copy can offer unbelievable emotional awards. Certain tiny objects from one's travels, for example, a tiny Eiffel Tower can bring a sense of connection to important life stories and the people who have shared our journey.

Depending on one's needs, a miniature object can bring a sense of pleasure, satisfaction, and even emotional comfort.

50. What can we learn from the passage?

- A. The fashion leads to the cuteness psychology.
- B. People prefer real objects when they grow up.
- C. Our attraction to tiny things brings positive feelings.
- D. Expensive race cars bring back the comfort of childhood.

51. According to Sam Von Reiche, _____.

- A. dopamine can save humans in a natural way
- B. cuteness preference helps with human survival
- C. the human brain is designed to love real-life things
- D. dopamine can mislead human emotion to feel in love

52. Which of the following would be the best title for the passage?

- A. Why are we really into small things?
- B. What do all small things have in common?
- C. Where does cuteness psychology come from?
- D. Why are our brains designed to love miniatures?

(2024 北京石景山初三一模)The idea is not new that the spaces we live and work in influence our feelings and behaviours. Winston Churchill noted: "We shape our buildings and then our buildings shape us." Buildings and the city environment have been found to influence our general emotion and wellbeing.

Architects (建筑师) have often been focused on their imagination and design above how a space may influence its residents (居住者). However, there are a number of architects moving in a new direction, interested in creating people-centred building designs.

Research carried out by Colin Ellard of the University of Waterloo, Canada, has found that people are often strongly affected by building appearance. Complex (复杂的) and interesting appearance design influences people much more positively than simple design.

Many studies have shown the value of green space and woodland in a city environment and how they can help to reduce the stress that comes with city life. The visual (视觉的) complexity of green spaces plays into Ellard's theory that the human brain prefers complex and lively environment. Another study in Iceland in 2023 found that streets which vary because of their architecture were the most emotionally pleasant. This all leads to the idea that we want variation in our environments.

Another research has shown that growing up in an city environment can double a person's chance of developing problems such as worry. It shows that the stress of city life is something that needs to be considered and new spaces should be designed with stress management and wellness in mind.

It would be wrong to say style isn't important. We want things which look fantastic as well as work practically, but things can go wrong and influence us negatively if style becomes more important than the building itself. Architects who want to show their skills must consider the purpose of the building. For example, schools should look bright with open spaces, green areas and comfortable corners for reading and learning.

No one wants a building to create bad feelings. If we can create spaces which appeal to residents, as well as achieving their purpose, then the end result is much more satisfying and much more likely to stand the test of time. Our cities are set to grow year on year with no end in sight, so we should make sure new development s are built more with people in mind.

53. What do you know about architects from the passage?

- A. They are running out of creativity.
- B. Their stress needs to be considered.
- C. They have to take tests from time to time.
- D. Their design starts to focus on human feelings.

54. The writer probably agrees that _____.

- A. there should be more buildings in green colour in cities
- B. visually complex design is more likely to create stress
- C. it is a must to consider the building itself and its style
- D. buildings with simple appearance bring us comfort

55. The words "appeal to" in the last paragraph are closest in meaning to _____.

- A. please B. house C. shape D. upset

56. What is the writer's main purpose in writing this passage?

- A. To criticize architects for their great mistakes.
- B. To call for the people-centred design of buildings.
- C. To suggest how to make architectures emotionally pleasant.
- D. To stress the importance of architectures to a city environment.

(2024 北京平谷初三一模) Laughter is a social emotion, so we're 30 times more likely to laugh if there is somebody else with us than if we're on our own.

We laugh to show that we agree with what someone says; that we remember the same thing that we're talking about. People will also use laughter to try and mask other emotions. People will laugh to try and pretend they're not upset, or embarrassed or in pain. People will use laughter to get other people to do things. If you get someone laughing, they will tell you more about themselves.

Laughter can sometimes feel contagious (有感染力的). You can probably think of occasions when you've been watching television or listening to the radio, maybe it's been broadcast live, and the presenter or presenters start to get the giggles (咯咯的笑). If you chuckle, the contagion is working. And it's called behaviourally

bodily system, including the brain. Absent social interactions, blood flowing to important organs (重要器官) is likely to be reduced and immune function (免疫功能) may be destroyed. Even how genes are expressed can be affected, damaging the body's ability to turn off inflammation.

In a 2010 report, sociology researchers at the University of Texas reported similar findings. The Texas researchers also pointed out that social interactions can boost good health through a positive influence on people's living habits. For example, if none of your friends smoke, you'll be less likely to smoke.

Lack of social interactions also damages mental health. The emotional support provided by social connection helps to reduce the damaging effects of stress and can help develop "a sense of meaning and purpose in life", the Texas researchers wrote.

Emma Seppala of the Stanford Center wrote, "People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem (自尊), greater empathy for others, are more trusting and cooperative and, as a result, others are more open to trusting and cooperating with them."

"In other words," Dr. Seppala explained, "social connection leads to a positive feedback circle of social, emotional and physical well-being."

For those seeking a health-improving lifestyle, it's not enough to focus on eating your vegetables and getting regular exercise. Don't forget to connect.

60. What is the finding of the first two studies?

- A. Usual connection to others helps one live longer.
- B. Blood flowing in our body needs social interactions.
- C. Poor social ties lead to weak bodily system directly.
- D. Healthful living habits can be developed in social ties.

61. The underlined word "boost" in Paragraph 5 probably means "_____".

- A. reduce
- B. improve
- C. change
- D. harm

62. The writer probably agrees that _____.

- A. mental health connects to less purposeful life
- B. a meaningful life has nothing to do with social ties
- C. people having more social interactions are likely to be trusted
- D. social, emotional and physical well-being have the same value in their circle

63. What is the writer's main purpose in writing the passage?

- A. To encourage people to develop social ties.
- B. To explain the benefits of social interaction.
- C. To discuss the bad effects of social interaction.
- D. To compare the close social ties with poor social ties.

(2024 北京门头沟初三一模)Some of us like to keep some things private—maybe we don't want people to know about our relationship status (状况), our age or where we live—because these details are personal. The problem is, everywhere we go online, we seem to leave a "digital footprint".

On our social media accounts (账户), we often show things like our opinions, connections and holiday photos. The matter is, how do we stop everybody seeing everything? Maybe we don't want a stranger knowing our favourite type of coffee. And cookies—there was a time they were just something nice to eat. Now they seem to appear on websites. So how can you stay more private?

There are some steps you can take. First, on your social media accounts, check your privacy settings. Many social media platforms automatically (自动地) show everything to everyone unless you change the settings, so it's up to you to decide what other people can see. And limiting how much information you share isn't just something you should do on social media. There are many sites out there that help you to share documents, so a good tip may be to not put anything too private, like passwords, on there. One wrong click (点击) may send it to the wrong person.

Finally, cookies are designed to improve your browsing (浏览) experience by tracking (追踪) and saving information about your visits to a site, helping to personalize your time on these sites. Erasing your browsing history may help, but there are certain apps which can block them if you don't feel comfortable.

So, if you want to keep your privacy online, maybe only share things you'd be happy with a stranger seeing—and if you don't feel comfortable with cookies, you might decide to use some tech to block them. If that's not enough, just don't accept them and visit another site—and why not have a yummy cookie to eat instead?

64. According to the passage, which of the following is **NOT** a “digital footprint”?

- A. A paper book. B. A holiday photo. C. A personal opinion. D. A home address.

65. What can we learn from the passage?

- A. Visitors can help you to share documents online.
B. Cookies can track users' behavior on the sites.
C. It's impossible to stop everybody seeing everything.
D. Some tech can stop strangers erasing your footprints.

66. What is the writer's main purpose in writing this passage?

- A. To explain the importance of online privacy. B. To tell people how to protect privacy online.
C. To warn people against the social media. D. To encourage people to share ideas online.

(2024 北京门头沟初三一模) What is your understanding of self-control? How do you think it works? Do you think your self-control ability is limited or unlimited? Do you believe that after a long day you run out of energy, and you need to rest to get it refueled (补充燃料)? If this is the case, then you have a limited theory (理论) of self-control.

Do you think that challenging activities don't easily lose your energy? In that case you have a non-limited theory.

In an experiment, researchers divided students into two groups based on their self-control theory and followed them during a term. Outside the exam period, there were no differences between the two groups. However, when requirements were high, students with a limited theory procrastinated (拖延) more, achieved a lower GPA (grade-point average) and ate more unhealthy food.

Theories about self-control become a self-fulfilling prediction. If you think that self-control is limited, then you will give in to temptations (诱惑) more easily and find it harder to realize your goals. On the other hand, if you

have a non-limited theory, you will be more successful with your goals.

Interestingly, both ‘non-limited’ and ‘limited’ theorists feel just as tired immediately after exercising self-control. However, ‘non-limited’ theorists don’t take their feelings as a sign that they have depleted a limited resource and need to rest. In fact, they believe that a day full of challenging tasks ‘activates’ their self-control skills, which leaves them refreshed and more willing to make effort the next day.

It seems that there’s a clear benefit to having the ‘right’ beliefs about self-control. How can you change your self-control theory?

If you’re willing towards a ‘limited’ theory, we suggest that you try to persuade yourself or a friend that if they use effortless strategies, then self-control is not easily run out. Researchers have managed to experimentally control students’ self-control theories.

There’s another, probably more powerful way to change your self-control theory. In a series of experiments, researchers asked participants to do an easy (e.g. keeping a diary) or a difficult (e.g. not eating sweets) task for 2 weeks. Before and after this period, they measured their self-control theories and self-control strength. Interestingly, the participants who did the more effortful task changed their beliefs toward the ‘limited’ theory by the end of the experiment. As a result, they made less effort in the final self-control task.

This study shows that when we experience a lot of effort, it may act as a signal telling us that our self-control ability is limited. This in turn makes it more difficult for us to exercise self-control in the future. Therefore, if you use the more effortless strategies, you can automatically shape your self-control theory to be more non-limited, naturally improving your self-control.

67. If you believe your self-control ability is unlimited, you’ll feel _____.

- A. calm after the experiments
- B. satisfied after long-distance race
- C. confused by self-control activities
- D. energetic after self-control tasks

68. In the first experiment, the writer wants to tell us _____.

- A. the two groups of students got the same scores in the experiments
- B. beliefs about self-control changed the ability to avoid temptations
- C. students with a limited theory achieved more confidence and trusts
- D. students with a non-limited theory easily succeeded in the experiment

69. The word “depleted” in Paragraph 5 is closest in meaning to _____.

- A. created
- B. saved
- C. collected
- D. emptied

70. The writer may agree that _____.

- A. you can change your beliefs to become more unlimited
- B. there’s a clear benefit to improve your skills and abilities
- C. you can use the effortless strategies to realize your goals
- D. you should persuade yourself to change the learning strategies

(2024 北京房山初三一模) Microplastics (微塑料) are in our soil, our water, our air, getting into our bodies and causing health problems. Plastics are everywhere, and they’re not going away. Now, that may be changing.

A new environmentally-friendly shopping model was created. For example, in this model, you are able to buy ice cream in a reusable container (容器). When you’re done eating the ice cream, you’ll throw the container in

your personal reuse bin. The containers are then picked up by a delivery service, cleaned and refilled, and shipped out to consumers again. In other words, it's the 21st century milkman to save the world from single-use plastics. This shopping model is called Loop. Already, two large retailers (零售商) are Loop partners and more may join the project.

While recycling is very important, it is not going to solve waste at the root (根本的) cause. "Our company collects the ocean plastics and puts them into products making," says Tom Szaky, CEO of TerraCycle, a company that is known for recycling hard-to-recycle materials. "But every day, more and more gets put in the ocean, so no matter how much we clean the ocean, we're never going to solve the problem. That's really where Loop came out. To us, the root cause of waste is not plastic, it's using things once, and that's really what Loop tries to change as much as possible."

For customers, the process is designed to be as easy as possible. "The goal isn't as much to get you to change, it's instead to create systems that don't make you change—but have you then solve the problem in the process," Szaky says. "Making customers change is difficult. So the first question we asked in developing the model was 'Why did throwing rubbish win?' I think it did because throwing rubbish is convenient and affordable." If the solutions are not convenient, people will not accept them. Loop aims to be as convenient as throwing something in the bin. You don't even need to wash the container, so it's simpler than recycling.

Jennifer Morgan from the environmental non-profit organization Greenpeace said, "Greenpeace welcomes the aim of the Loop to move away from throwaway culture." But Morgan questioned whether companies worldwide are ready to change their business models. Anyway, this is an effort to change the problem of plastics and hopefully this model will work.

71. The second paragraph is mainly about _____.

- A. what customers should do to solve waste problem
- B. what benefits the retailers can get from Loop
- C. how the new shopping model Loop works
- D. how the milkman picks up the containers

72. What can we learn from the passage?

- A. Loop is designed to be convenient for customers to accept.
- B. Companies worldwide are using the shopping model Loop.
- C. Ocean plastics can be cleaned up by the shopping model Loop.
- D. Customers have to clean the containers under the new model Loop.

73. What is the best title of the passage?

- A. Making Plastics into Products
- B. Recycling: A Falling Industry
- C. From Throwing Away to Reusing
- D. Plastics: Hard-to-recycle Materials

(2024 北京房山初三一模) Can you see the glass as half full, rather than half empty? Are you always looking on the bright side of life? If so, you might be an optimist.

An optimist is someone who is hopeful about the future and tends to expect that good things will happen. A number of studies have shown that optimists enjoy higher levels of happiness, better sleep, lower stress and even better cardiovascular (心血管的) health and immune (免疫的) function. And now, a study connects being an

optimist with a longer life.

Researchers followed the lifespan (寿命) of some 160, 000 women aged 50 to 79 for 26 years. They were divided into two groups by completing a self-report measure of optimism. Women with the highest scores were considered optimists. Those with the lowest scores were considered pessimists. Then, the researchers followed up with the study. They found that those who had the highest levels of optimism were more likely to live longer. So why is it that optimists live longer?

One possible reason is that it could be related with their healthier lifestyles. For example, research from several studies has found that optimism is related with eating a healthy diet, staying physically active and being less likely to smoke cigarettes. These healthy behaviors are well known to improve heart health and reduce the risk for cardiovascular disease. Accepting a healthy lifestyle is also important for reducing the risk of other potentially deadly diseases, such as cancer.

Another possible reason could be the way optimists manage stress. When faced with a stressful situation, optimists will reduce stress levels and boost the power to take steps. They use methods to solve the source of the stress, or look at the situation in a less stressful way. For example, optimists will plan ways to deal with the matter, call on others for support or try to find hope in the stressful situation.

In short, the ways optimists deal with stress might help protect them somewhat against its harmful effects. Be the person who looks at the glass half full. Appreciate the little things in your life and face your problems with a smile and a take-charge attitude. Optimism is the best tool when it comes to changing your outlook on life.



74. According to the passage, who is probably an optimist?
- A. Tom is upset on rainy or snowy days.
 - B. Lucy is unwilling to ask others for support.
 - C. Chris keeps volunteering at the Nursing Home.
 - D. Marry believes she can solve the problem she meets.
75. What can we learn from the passage?
- A. People who see half-empty glass are more hopeful.
 - B. Healthy lifestyle will help treat cardiovascular disease.
 - C. Optimism is related with being likely to smoke cigarettes.
 - D. Optimists may enjoy longer lifespan than the less optimistic ones.
76. The word “boost” in Paragraph 5 is closest in meaning to “_____”.
- A. share B. increase C. lose D. limit
77. What is the writer’s main purpose in writing this passage?

- A. To call on people to be optimistic towards life.
- B. To give suggestions on how to deal with stress.
- C. To show the results of a study on healthy lifestyles.
- D. To tell the effects of being optimistic among women.

(2024 北京燕山初三一模) The sun is setting, brightening your kids' faces as they play in the waves. You reach for your phone for this perfect moment. But before you do, here's a bit of surprising science: Taking photos is not the perfect way to keep memory as you think.

Taking too many pictures could actually harm the brain's ability to keep memories, says Elizabeth Loftus, a psychology professor at the University of California, Irvine. So we get the photo but kind of lose the memory.

Photos may outsource memories. It works in two ways: We either shake off the responsibility of remembering moments when taking pictures, or we're so distracted (分心的) by the process that we miss the moment altogether.

The first explanation is the loss of memory. People know that their camera is recording that moment, so they don't try to remember. Similarly, if you write down someone's phone number, you're less likely to remember it offhand because your brain tells you there's just no need. That's all well and good—until that piece of paper goes missing.

The other is distraction. We're distracted by the process of taking a photo—how we hold our phone, composing the photo, such as smiling faces, the background to our liking and clear image, all of which uses up our attention that could otherwise help us memorize.

However, taking photos can benefit memory—when done mindfully. While taking a photo may be distracting, the act of preparation by focusing on visual (视觉的) details around has some upsides.

When people take the time to zoom in (拉近镜头) on specific things, memories become strengthened.

Another benefit is that we recall moments more accurately with the photos. Memory has been reshaped with the help of new information and new experiences. Thus, photos or videos help us recall moments as if they really happened.

Memories die away without a visual record backing them up. Therefore, a photo is an excellent tool to help remember when done purposefully, which is worth exploring further.

78. What does Professor Elizabeth Loftus think of taking too many photos?

- A. It can benefit our memories.
- B. It could be harmful to keep memories.
- C. It could be helpful to recall the perfect moment.
- D. It will use up our attention to remember the beautiful moments.

79. What can we learn from the passage?

- A. Memories will disappear when we back up a visual record.
- B. We may not pay full attention to the moment when taking pictures.
- C. Take photos if you want to get new information or new experiences.
- D. It is useless to remember someone's phone number by writing it down.

80. Which of the following could be the best title for the passage?

- A. Photography or Memories
- B. Fewer Photos, More Memories
- C. Photography Does Good to Memories
- D. Remember the Moment and Take Photos Properly

(2024 北京燕山初三一模) In the past decade, the use of social media has grown in a way that no one could have guessed. It has turned some teenagers into celebrities (名人) and turned the famous into the infamous, overnight.

A key feature (特征) of social media, however, is its volatility. Trends (趋向, 动向) come and go, disappearing almost as quickly as they appeared.

Short video apps such as TikTok and its Chinese equivalent (对应词) Douyin, took the world by storm. TikTok was once ranked 8th on Apple's App Store, and Douyin had more than 300 million domestic monthly active users.

Why are these short videos, which are rarely (罕有) longer than a few minutes, so popular? Jiang Yige, Singapore-based analyst at FengHe Fund Management, has a theory. "Short videos are just right to fill in the little gaps in our busy schedules," he told CNBC.

These videos, apart from being very convenient, are important to teenagers because they allow them to express themselves, according to Teen Vogue.

Liza Koshy, a user of the US app Musical, who has over 2 million followers, said, "The sense of community that users of short video apps get is another appealing (有吸引力的) feature."

Live streaming (直播) is a feature of our social media life that now seems as natural as sunrise. It's a pretty neat idea: You can watch anyone, anywhere, live? However, China has taken live streaming to a whole new level. In China, millions of viewers monthly watch a live streaming video. Forbes thought that a number of factors had led to the popularity of the live streaming. Among them is viewers' ability to interact with unknown names.

However, the quick development of social media may be having side effects too. Fake news is one serious problem it causes. Materials shared on these platforms are often not checked for accuracy (准确, 精确). The most basic content (内容) can be false and can mislead users one way or another. We use social media all the time, which doesn't mean that we understand the influence it is having on us. We should be mindful of both the time we spend on it and its powerful effect on our minds.

81. What does the underlined word "volatility" in Paragraph 2 possibly mean?

- A. Being changeable.
- B. Being valuable.
- C. Being comfortable.
- D. Being international.

82. According to Liza Koshy, why are short video apps very popular?

- A. They are very convenient.
- B. They help people kill time.
- C. They provide a sense of community.
- D. They allow people to express themselves.

83. What do we know about social media?
- A. Live streaming is the most popular way of our social media life.
 - B. People can't communicate with each other without social media.
 - C. There is still much room for social media to make improvement.
 - D. Taking short videos is the best way for teenagers to express themselves.

84. What does the writer want to tell us in the passage?
- A. Short video apps will take the world by storm in the future.
 - B. Social media can help you turn into celebrities very quickly.
 - C. People can share any interesting materials on the platforms without checking.
 - D. It's wise to think over both the time and the effect when we use social media.

（2024 北京顺义初三一模） We rely on our memory for sharing stories with friends or learning from our past experiences. Yet evidence shows that our memory isn't as consistent as we'd like to believe.

There are countless reasons why tiny mistakes might happen each time we recall past events. And whenever these mistakes happen, they can have long-term effects on how we'll recall that memory in the future.

Take storytelling for example. When we describe our memories to other people, we might ask ourselves whether it's important to get the facts straight, or whether we only want to make the listener laugh. And we might change the story's details depending on the listener's attitudes. It isn't only the message that changes, but sometimes it's also the memory itself. This is known as the "audience-tuning effect", showing us how our memories can change automatically over time, as a product of how, when, and why we access them.

In fact, sometimes simply the act of repeating a memory can be exactly what makes it easy to change. This is known as "retrieval-enhanced suggestibility". In a typical study of this effect, participants watched a short film, then took a memory test a few days later. But during the days between watching the film and taking the final test, two other things happened. First, half of the participants took a practice memory test. Second, all of the participants were given a description of the film to read, which contained some false details. Participants who took a practice memory test shortly before reading the false information were more likely to reproduce this false information in the final memory test.

Why might this be? One theory is that repeating our memories of past events can temporarily make those memories malleable. In other words, retrieving（找回）a memory might be a bit like taking ice-cream out of the freezer and leaving it in direct sunlight for a while. By the time our memory goes back into the freezer, it might have naturally become a little misshapen, especially if someone has influenced it purposely in the meantime.

These findings lead us to wonder how much our most treasured memories have changed since the very first time we remembered them. Remembering is an act of storytelling, after all. And our memories are only ever as reliable as the most recent story we told ourselves.

85. The writer takes storytelling for example to prove that _____.
- A. it is impossible to change the listener's attitudes
 - B. it is important to describe our memories directly
 - C. we can make other people laugh by telling stories
 - D. we may change our memories according to the listener

86. What do you know about memory from the passage?
- A. Our memories can change our personalities.
 - B. Our memories can correct mistakes on their own.
 - C. We can take a practice memory test to strengthen our memories.
 - D. We can reproduce the information while repeating our memories.
87. The word “malleable” in Paragraph 5 is closest in meaning to _____.
A. reasonable B. valuable C. changeable D. controllable

(2024 北京顺义初三一模) When Helen Keller was nineteen months old, a brief illness made her both deaf and blind. With such limitations, how could Keller ever be expected to find happiness?

Because happiness has been considered a personal concept, it is difficult to define (定义). Many people throughout history have tried. Greek scientist and philosopher Aristotle wrote, “Happiness depends upon ourselves,” which is not a definition but an observation that individuals are responsible for their own happiness. Roman statesman and philosopher Lucius Seneca wrote of a particular quality of happiness, saying, “True happiness is to enjoy the present, without anxious dependence upon the future.”

Is there a scientific basis (基础) for happiness? Researcher suggests happiness is a matter of perspective: “Truly happy individuals construe life events and daily situations in ways that seem to maintain their happiness, while unhappy individuals construe (理解) experiences in ways that seem to reinforce unhappiness”. Basically, this means the way you choose to remember events and situations affects your happiness.

Some research concludes happiness is made up of three parts: pleasure, engagement and meaning. Pleasure involves things that give physical and emotional joy, such as playing a sport or seeing beautiful art. Engagement involves positive interactions (互动) with other people, such as studying or working with people whose company you enjoy. Meaning relates to feeling that your work is useful and important to others.

Even with scientific rationalization (合理化), questions remain. For example, are younger people happier than older people? In fact, the opposite seems to be true. This may be because younger people tend to experience higher levels of negative emotions, such as anxiety and anger. The young also have less control over their lives because they lack both independence and the ability to make many of their own decisions.

Perhaps the most important question is whether you can change how happy you are. Studies of identical twins suggest that genetics forms about half of your happiness level. Your quality of life influences about 10 percent of your happiness. That means about 40 percent of your happiness is determined by your choices and actions.

From this explanation we can see that one way you can make yourself happier is to set goals. Keller had a definition of happiness in keeping with this idea. She felt happiness did not come from simply trying to satisfy your own desires but rather by contributing your time and skills to improve the world in some way.

Even if you are unable to achieve a goal that makes the world better in some small way, simply trying will likely give your life meaning and, at the same time, happiness.

88. Why does the writer mention the words of Aristotle and Seneca?
- A. To show what is the definition of happiness.
 - B. To suggest that we should enjoy the present.

- C. To explain why we can choose to be happy or not.
- D. To stress that people have different ideas about happiness.

89. What can you learn from the passage?

- A. People should communicate with others positively.
- B. The young may prefer to make decisions on their own.
- C. Your happiness influences the way to understand your life.
- D. Your happiness largely depends on your situation of your life.

90. According to Helen Keller, you may feel happier when you _____.

- A. choose your dream school
- B. do clean-up in your neighborhood
- C. watch your favorite movie
- D. talk with your closest friends

91. Which of the following would be the best title for the passage?

- A. A Special Quality of Happiness
- B. The Positive Effect of Happiness
- C. The True Meaning of Happiness
- D. A Scientific Basis of Happiness

(2024 北京丰台初三一模) Some time ago, I came to realize that I wasn't improving much at the things I cared most about even though I put in a lot of effort. Through talking to others and doing some research, I found this stagnation (停滞) is actually quite common and that the most effective people and teams in any field do something we can all emulate (模仿). They go through life back and forth between two zones (区域): the learning zone and the performance zone.

In the learning zone, our focus (焦点) is on getting better. We try new things and practice things we're not quite perfect at yet. Making mistakes is expected, even welcomed, because that's how we learn and grow. This is different from the performance zone. When we're performing, we want to do our best. We focus on the skills we've already mastered and try to reduce mistakes.

The reason many of us don't improve much despite our hard work is that we tend to spend almost all of our time in the performance zone. This gets in the way of our growth over the long term, also our performance. So what does the learning zone look like? Let's take Demosthenes as an example. He was a political leader and the greatest lawyer in ancient Greece. To become great, he didn't spend all his time just being a lawyer, which would be his performance zone. But instead, he did activities designed for improvement. He studied law with guidance from mentors, but he also realized that being a lawyer involved persuading (说服) other people, so he also studied great speeches and acting. And since courts at the time were very noisy, he also practiced by the ocean, projecting his voice above the roar of the waves. It is this type of practice in the learning zone that leads to real improvement, not just time on task performing.

Now, this is not to say that the performance zone has no value. It very much does. Being in the performance zone allows us to get things done as best as we can. It can also be motivating, and it provides us with information to know what to focus on next when we go back to the learning zone.

So the way to high performance is to alternate between the learning zone and the performance zone, purposefully building our skills in the learning zone, then applying (应用) those skills in the performance zone. This way, we keep getting better and better. Remember, it's important to know when to focus on learning and when

to focus on performing. While we need both, the more time we spend in the learning zone, the more we'll improve.

92. You are probably in the learning zone when you _____.

- A. try to learn new things for improvement
- B. practice things you're perfect at already
- C. try your best to avoid making mistakes
- D. focus on the skills you have mastered

93. Why does the writer talk about Demosthenes in Paragraph 3?

- A. To explain why many of us don't improve much.
- B. To suggest some ways of changing learning habits.
- C. To stress the importance of being in the learning zone.
- D. To show how people improve skills in the learning zone.

94. Which of the following would be the best title for the passage?

- A. Working Hard Helps Make Improvement
- B. The Real Value of Learning and Performing
- C. The Way to Get Better at Things You Care about
- D. Focusing on Skills Development Helps You Grow

(2024 北京丰台初三一模) If you are on a bus or train, you've probably noticed that most people spend the ride looking at their cell phones. No doubt, they think doing nothing but sit there would be boring, so they prefer distracting themselves. This squares (一致) with past research showing people will do almost anything to avoid boredom.

But results from new research suggest we should rethink that choice. We are probably underestimating (低估) how enjoyable and interesting it is to do nothing but pay attention to wherever our thoughts take us.

In a series of experiments, researchers brought Japanese university students into a lab and told them that they would soon go into a room without their belongings to wait and do nothing but sit for 20 minutes. While waiting, they could think about anything, but were not allowed to sleep, walk, or exercise; look at a smartphone; or check a watch. Before entering the room, they were asked to predict how much they'd enjoy waiting and thinking, how interesting or boring it would be, and how much it would engage them so that they would lose themselves in it and forget the time. Then, they went in the room to wait. Afterward, they reported how waiting actually felt—how engaging, pleasurable, interesting, or boring it was. In some variations of the experiment, they waited in a dark room without any stimulation (刺激). Either way, researchers found that the participants (参与者) were not good at predicting how much they'd enjoy doing nothing but think. Even in a dark room with no stimulation, they ended up being more engaged and interested than they'd expected.

"People don't recognize the real value of waiting/thinking," says researcher Kou Murayama of the Motivation Science Lab at the University of Tübingen in Germany and coauthor of the study. "Once they engage in it, though, they appreciate it." Spontaneous (自发的) thinking often involves mind-wandering, daydreaming, thinking about the future, or recollecting memories, all of which can have upsides. For example, daydreaming and mind-wandering have been found to improve our mood, creativity, goal-setting, and job performance.

Though it's hard to know if these results with students would apply (适用) to the rest of us, Murayama did at least compare German students to Japanese students and found both groups underestimated the pleasure of waiting to a similar degree. This suggests that it's not necessarily a culturally-driven phenomenon (现象), though more research would need to be done to check that.

Overall, says Murayama, the results suggest we rethink whipping out our cell phones every time we are waiting or bored. Instead, we might benefit from having a moment to think freely about whatever catches our fancy—and enjoy ourselves just as much.

95. What can we learn from the experiments mentioned in the passage?

- A. Participants could sleep when they stayed in the lab.
- B. Participants felt more interested than they had expected.
- C. Participants could enter the dark room with their watches.
- D. Participants predicted they would enjoy waiting and thinking.

96. The word “engage” in Paragraph 3 probably means “_____”.

- A. upset
- B. surprise
- C. confuse
- D. attract

97. What does Paragraph 5 mainly tell us?

- A. More studies are needed to support the findings.
- B. Both Germans and Japanese undervalued the pleasure of waiting
- C. Underestimating the pleasure of waiting may not be related to culture.
- D. The study results with students would be able to apply to the rest of us.

98. What is the writer's main purpose in writing this passage?

- A. To present the results of new research.
- B. To introduce a culturally-driven phenomenon.
- C. To discuss the true meaning of waiting and thinking.
- D. To advise us to think freely when we have nothing to do.

参考答案

1. C 2. C 3. A

【导语】本文是一篇说明文。文章主要介绍了记忆的种类以及诸多提升记忆力的方法。

1. 细节理解题。根据文章第二段“The brain can turn short-term memory into long-term memory. For example, when studying for an exam, instead of just reading the information once or twice, you might go over your notes again and again until you can remember the important information.”可知，大脑可以将短期记忆转化为长期记忆。人们通过反复复习可以将新信息储存在长期记忆中。故选 C。

2. 细节理解题。根据文章第三段“He found some ways to improve his memory in order to do well in school. Here are some you can try.”可知，作者提到他是为了告诉人们使用一些方法来提高记忆力。故选 C。

3. 段落大意题。根据文章第五段“If you are interested in improving your memory, apart from using some ways to remember things, there are lots of simple things you can do, like eating healthily, sleeping well and exercising daily. Challenging (挑战) your brain also helps you keep it healthy and active.”可知，除了用一些方法来记忆外，你还可以做很多简单的事情，比如健康饮食、睡眠和每天锻炼。本段主要介绍了一些提高记忆力的建议。故选 A。

4. C 5. A 6. B 7. A

【导语】本文是一篇说明文，主要讲的是学习英国文学的一些理由。

4. 词句猜测题。根据第四段中“Studying literature does not confine the students to the traditions of England but includes the possibility of introducing them to traditions which influence English literature, such as the study of Ancient Greek drama, and to literature in other contexts, such as American literature.”可知，学习文学并不局限于英国的传统，还包括向学生介绍影响英国文学的传统的 possibility，如古希腊戏剧的研究，以及其他背景下的文学，如美国文学；可推测出“confine”意为“限制”，与单词“limit”意思相同。故选 C。

5. 推理判断题。根据第四段中“The enjoyment and appreciation of literature will give students the ability to develop this into an interest in books and reading as they move away from their studies and into the adult lives.”可知，对文学的享受和欣赏将使学生能够在离开学业进入成年生活时，将其培养成对书籍和阅读的兴趣；可推断出作者可能会同意“学习英国文学对学生有长期的影响”的观点。故选 A。

6. 细节理解题。根据第二段中“But English literature can introduce students to many aspects, not only the English language but also the culture of English-speaking countries.”以及第三段中“There are aspects of English culture that summarized by English literature.”可知，英语文学可以向学生介绍许多方面，不仅是英语语言，还有英语国家的文化；英国文学概括了英国文化的某些方面；英国文化与英国文学密切相关。故选 B。

7. 最佳标题题。根据第一段中“However, there are still good reasons for the study of English literature.”以及通读全文可知，本文主要讲的是学习英国文学的一些理由，A 选项“为什么我们学习英国文学”为最佳标题。故选 A。

8. A 9. B 10. A

【导语】本文主要介绍了冥想对大脑有什么好处。

8. 细节理解题。根据“Meditators are really good at using several cognitive abilities to stay focused.”可知，当人们冥想时，他们试图控制自己的注意力。故选 A。

9. 细节理解题。根据“As a result, meditators get better at focusing their attention away from negative thoughts and feelings and putting themselves into a good mood.”可知，冥想可以让人们有更快乐的心情。故选 B。

10. 标题归纳题。通读全文，尤其根据“While meditators have long experienced its benefits...is good exercise for the brain.”以及“Meditation can even change the way that meditators’ brain networks communicate...that is too loud and distracting (分心的).”可知，文章主要介绍了冥想对大脑有什么好处。故选 A。

11. B 12. A 13. D 14. C

【导语】本文主要分析了人们过度购物的科学原理，并说明人们可以通过利用这种原理来改变购物习惯。

11. 推理判断题。根据第三段“Today, we have some 86 billion neurons (神经元) in the brain continuously working to strengthen rewarding behavior—a kind of action that results in a positive outcome, which makes a person want to do it again.”可知，我们大脑中约有 860 亿个神经元不断努力加强奖励行为，这使得人们会想要重复受到奖励的行为。由此推知，神经元在人们重复奖励行为中发挥着作用。故选 B。

12. 词义猜测题。根据第五段“For example, you can have a glass of milk, which gives you fewer calories, instead of eating chocolate just before bed for comfort.”可知，此处列举了一个例子：在睡前用喝牛奶来代替吃巧克力。由此猜测，substitute 意为 take the place of“代替”。故选 A。

13. 推理判断题。根据最后一段“Additionally, creating social rewards, like encouragement and support from a community with similar goals, can inspire positive changes.”可知，创造社会奖励，如来自具有相似目标的社区的鼓励和支持，可以激发积极的变化。由此推测，作者可能会赞同创造社会奖励可以帮助人们减少过度购物的欲望。故选 D。

14. 推理判断题。根据第二段“*Minding the Climate: How Neuroscience Can Help Solve Our Environmental Crisis*”，第四段“However, Duhaime stresses that our brains are not programmed to keep buying more and more.”，第五段“The best is not to stop buying things completely; a better solution may be to substitute the old rewards that we know aren’t good in the long run with new ones.”和最后一段“Buying used things could also help satisfy our desire to get more things without using more natural resources...Humans naturally like to connect with others, and this social support can lead to more eco-friendly choices.”可知，文中反复提到了神经元、购物和环境保护之间的关系，我们可以用采用更环保的方式来代替购物促使神经元分泌多巴胺，或者购买二手货物来满足我们的购物欲望。由此推测，作者的写作目的是引导人们在购物时做出环保的选择。故选 C。

15. D 16. C 17. D

【导语】本文主要讲述了重力是一种潜在的储存电力的方式，工程师们正在研究使用重力、水压、压缩空气等方式来储存电力，以应对风能和太阳能不稳定的问题。储能是清洁电力发展的关键挑战之一。

15. 词句猜测题。根据“It’s always been everywhere since the beginning of time.”可知，重力自古以来，它就无处不在，可推测 abundant 的意思是“丰富的”，故选 D。

16. 推理判断题。根据“In 1907, engineers in Switzerland first used gravity for a new purpose: to store energy. They pumped (用泵抽送) water up a hill, where they stored it in a lake.”可知，1907 年，瑞士的工程师首次将重力用于一个新的目的——储存能量，故选 C。

17. 推理判断题。通读全文可知，本文主要讲述了重力是一种潜在的储存电力的方式，工程师们正在研究使用重力、水压、压缩空气等方式来储存电力，以应对风能和太阳能不稳定的问题。故选 D。

18. A 19. C 20. B 21. C

【导语】本文作者主要讲述了天赋对于成功来说固然重要，但是能让你走得更远的还是努力。

18. 推理判断题。根据第二段“Some people believe that talent plays a key role in achieving success fast. Those with natural ability in a particular field can often gain success rapidly with less effort.”可知本段主要讲述天赋会让成功变得更快，因此可推断作者通过举莫扎特的例子主要为了说明天赋会加快成功的速度。故选 A。

19. 段落大意题。根据“Inevitably, this can lead to disappointment, frustration, and even mental health problems, because the reality is that talent alone is not enough.”可知太高估天赋的作用会导致失望，受挫甚至精神健康问题，因此本段主要讲述了太看重天生的能力会产生的问题。故选 C。

20. 细节理解题。根据“But almost every example of a big achievement involves some degree of putting in some amount of work.”可知几乎所有的大成就都需要努力。故选 B。

21. 推理判断题。根据“Aside from working hard, talent can only become useful if the owner of that talent does what is necessary to expand (拓展) it.”可知只有当拥有者做了拓展天赋的必要的事情，天赋才会起作用。因此可推断作者认为除非天赋得到提升，否则不足以保证能成功。故选 C。

22. D 23. C 24. B

【导语】本文主要介绍了处理不受欢迎观点的方法。

22. 推理判断题。根据“When your opinions clash (冲突), make sure that it ends there. Don't have any arguments or negative feelings”可知观点发生冲突时，确保到此为止，不要有任何争论或负面情绪，由此推出当很难接受不同的意见时，我们应该把它们放在一边。故选 D。

23. 词义猜测题。根据“Unpopular opinions can rock the boat when it comes to conversations.”可知此处讲谈话时不受欢迎的观点会带来的影响，结合选项内容及常识可推出是会带来麻烦，rock the boat 与 make trouble 意思相近。故选 C。

24. 主旨大意题。根据“Does that mean you should change your opinions to conform (符合) to the majority's beliefs? Of course not. Here's what you should do.”及全文内容可知本文主要介绍了处理不受欢迎观点的方法。故选 B。

25. A 26. D 27. D 28. A

【导语】本文主要讲述了人们有更大压力的原因。

25. 推理判断题。根据“For example, if someone tells us tomorrow is the deadline of our projects or a new one is given to us, we are facing the accumulation (积累) of stress.”可知当有人告诉我们明天就是项目的截止日期或者有新的项目分配给我们时，我们就会面临压力的积累，由此可推断当我们把任务留到最后一刻，压力就会增加。故选 A。

26. 推理判断题。根据本段开头“The attitudes towards the tasks can also influence the level of stress.”可知对于任务的态度会影响压力的水平”，接着通过举例“Bad attitudes towards the tasks can slow down the management of the tasks... This can lead to anxiety... we are facing the accumulation (积累) of stress.”来说明不好的态度导致焦虑，而焦虑导致压力的增加，因此可推断作者谈论焦虑的目的是说明态度和压力的关系。故选 D。

27. 细节理解题。根据“One of the elements that influence attitudes is emotions.”可知态度受情绪影响。故选 D。

28. 观点态度题。根据“But if we want to have less stress on our tasks, it’s time to have proper attitudes.”可知如果我们想压力少一点，是时候有恰当的态度了，因此可推断作者认为积极的态度可以帮助人们感到更少的压力。故选 A。

29. A 30. D 31. D

【导语】本文是一篇说明文，主要讲述了我们的大脑如何在面临威胁时作出反应，以及这种反应机制的优点和可能的问题。

29. 细节理解题。根据第二段“Our defensive circuits are always on the lookout for things that might be threats.”我们的防御回路总是在寻找可能构成威胁的东西，可推测此处是指它们警惕可能发生的危险。故选 A。

30. 细节理解题。根据“we need to avoid paying attention to the threat, and then we can look around and process the rest of the environment.”可知，此处是指把我们的注意力转移到环境的其他部分。故选 D。

31. 最佳标题类。通读全文，主要讲述了我们的大脑如何在面临威胁时作出反应，以及这种反应机制的优点和可能的问题，选项 D“当你注意到可怕的事情时，你的大脑会发生什么”符合题意。故选 D。

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

【导语】本文主要介绍了我们生活在两个世界，一个是社会规范统治的世界，一个是以市场规范为特征的世界，并通过实验表明从长远来看，社会规范更能够产生影响。

32. 推理判断题。根据“Social norms are part of our social nature. They include the friendly requests (请求) that people make of one another and immediate payback is not required.”可知，社会规范是我们社会本性的一部分。它们包括人们相互友好的请求，并且不需要立即回报。因此 C 选项“让邻居搭便车去机场”符合社会规范。故选 C。

33. 词义猜测题。根据“Before the fine was introduced, parents were sorry for keeping the teachers waiting, and this made them feel compelled to arrive on time in the future.”可知，在罚款开始之前，家长们为让老师们久等而感到抱歉，因此这让他们觉得以后有必要准时到达。因此划线单词表示“认为有必要”。故选 B。

34. 细节理解题。根据“The results showed that Group 1 dragged on average 159 circles, and Group 2 dragged about 101 circles. But the ones who were paid nothing dragged 168 circles. When people were paid, motivation (动力) and productivity rose as pay rose, but people worked even harder under social norms than for money, Why? Because people love to feel that they have helped others.”可知，当人们得到报酬时，动力和生产力随着报酬的增加而增加，但人们在社会规范下比为钱更努力工作，由此可知这项实验表明了这两种规范的影响。故选 D。

35. 推理判断题。根据“Social norms are not only cheaper, but often more effective as well. Money will take you only so far—social norms are the forces that can make a difference in the long run.”可知，社会规范不仅成本更低，而且往往更有效，因此作者可能同意社会规范可以在社会中发挥很大的作用。故选 A。

36. D 37. D 38. C

【导语】本文是一篇说明文。文章主要介绍了短视频成瘾的机制与危害；多巴胺是一种神经递质，与大脑的奖赏中枢相连；愉悦的经历会释放多巴胺；而多巴胺的释放加强了导致奖励的行为，使我们更有可能再次做出这种行为。但是随着时间的推移，多巴胺的持续释放会导致大脑中多巴胺受体的减少。这意味着需要越来越多的多巴胺来产生同样的愉悦感，这使得停止观看短视频变得更加困难。文章呼吁我们注意看这

些视频的时间，并把注意力集中在需要全神贯注并提供长期回报的活动上来。

36. 细节理解题。根据第二段“When we experience something pleasurable or rewarding, such as eating a delicious meal or receiving praise, our brains release dopamine.”可知，当我们经历一些愉快或奖励的事情时，比如吃一顿美味的饭或受到表扬，我们的大脑会释放多巴胺。故选 D。

37. 细节理解题。根据第三段“Each time we watch a video and experience the pleasure of entertainment or information, our brains release dopamine, strengthening the behavior of watching more videos.”和第四段“Over time, this continuous release of dopamine can lead to a decrease in dopamine receptors in the brain. This means that it takes more and more dopamine to create the same pleasurable sensation, making it even more difficult to stop watching short videos.”可知，愉悦的经历会释放多巴胺；随着时间的推移，多巴胺的持续释放会导致大脑中多巴胺受体的减少；这意味着需要越来越多的多巴胺来产生同样的愉悦感，这使得停止观看短视频变得更加困难。故选 D。

38. 主旨大意题。综合全文尤其是最后一段“However, it is important to be mindful of how long you watch these videos and focus on activities that require full attention and provide long-term rewards.”可知，本文通过介绍短视频了成瘾的机制与危害，提醒我们要注意控制刷短视频的时间。故选 C。

39. D 40. A 41. C 42. B

【导语】本文是一篇说明文。文章主要介绍什么是心理韧性以及如何在学校培养心理韧性。

39. 推理判断题。根据第一段中的“Have you heard of mental toughness? Often talked about in relation to sports, mental toughness is characterized by the ability to always perform well under stress.”可知，心理韧性的特点是在压力下始终表现良好的能力，所以 D 项符合。故选 D。

40. 词句猜测题。根据第七段中的“Mentally tough students have a clear idea of their goals, and their wills to achieve them are unwavering. They are not easily influenced by others' opinions and are willing to step outside of their comfort zone to reach their goals.”可知，心理坚强的学生对自己的目标有明确的想法，他们实现目标的意志是坚定不移的，他们不容易被别人的观点所影响，并且愿意走出自己的舒适区来实现自己的目标，所以划线词的含义是“不动摇的”，A 项符合。故选 A。

41. 细节理解题。根据第六段中的“Mental toughness is also about being open to learning, not being a know-it-all. Over time, the students who grow the most are those who like to explore (探索) things, looking for answers in books, online, or by paying attention to what's happening around them.”可知，心理韧性也意味着乐于学习，成长最快的学生是那些喜欢探索事物的人，他们喜欢在书中、网上或通过关注周围发生的事情来寻找答案，所以 C 项符合。故选 C。

42. 最佳标题题。通读全文可知，文章主要介绍什么是心理韧性以及如何在学校培养心理韧性，所以 B 项符合。故选 B。

43. A 44. A 45. C

【导语】本文介绍的是释放你隐藏潜力的方法。

43. 细节理解题。根据第三段“Accept discomfort.”及“He also suggests accepting mistakes as a natural part of the learning process. Besides, he stresses that making mistakes is necessary for progress.”可知，格兰特博士建议接受错误来释放你隐藏的潜力。故选 A。

44. 细节理解题。根据最后一段“Ask for advice and give it, too. Dr. Grant points to Harvard Business School research that found it's more helpful to ask for advice, which focuses on what you can do better in the future.”可知, 是为了指出向学生征求意见的重要性。故选 A。

45. 主旨大意题。根据第二段“The following are the three key points from his book that could help you unlock your own hidden potential.”可知, 文章说的是释放你自己隐藏潜力的方法。故选 C。

46. D 47. A 48. A 49. D

【导语】本文主要讨论了是否需要担心早餐的问题。文章首先介绍了早餐的历史, 然后讨论了早餐的重要性, 以及跳过早餐可能带来的健康风险。最后, 作者建议读者根据自己的需求和生活方式来决定是否吃早餐。

46. 细节理解题。根据“Some studies suggest that breakfast-skippers have a risk of heart disease and high blood sugar”可知, 跳过早餐可能会增加心脏病的风险。故选 D。

47. 词义猜测题。根据“At the same time, other studies show breakfast-skippers are more likely to choose poorer foods throughout the day which makes sense, as skipping breakfast seems to keep levels of the hunger hormone ghrelin (饥饿激素) high, while the satiety hormone leptin (饱腹感激素瘦素) stays suppressed”可知, 不吃早餐似乎可以保持饥饿激素胃饥饿素的水平高, 而饱腹感激素瘦素保持抑制状态, 可以推测 suppressed 意为“被控制”。故选 A。

48. 推理判断题。根据“What should you do then? Just eat in the way that lets you make the most healthy choices, most long-lastingly.”可知, 作者认为最好的早餐习惯取决于你自己。故选 A。

49. 主旨大意题。文章主要讨论了是否需要担心早餐的问题, 作者从多个角度分析了早餐的重要性, 以及跳过早餐可能带来的健康风险, 最后给出了自己的观点。故选 D。

50. C 51. B 52. A

【导语】本文主要介绍了人们为什么喜欢微缩物体的原因。

50. 推理判断题。根据最后一段中“Depending on one's needs, a miniature object can bring a sense of pleasure, satisfaction, and even emotional comfort.”可知, 微缩物体可以给人带来积极的感觉。故选 C。

51. 细节理解题。根据第三段中“This protects their survival and, in turn, the survival of we humans”可知, 喜欢可爱物体帮助人类生存。故选 B。

52. 最佳标题。根据第二段中“The psychology of cuteness is the idea that seeing something small and cute encourages connecting behaviors and the need to take care of it and protect it.”以及通读全文可知, 本文主要介绍了人们为什么喜欢微缩物体的原因, 选项 A“为什么我们真的喜欢小物品?”为最佳标题。故选 A。

53. D 54. C 55. A 56. B

【导语】本文主要介绍了以人为本的建筑设计。

53. 细节理解题。根据第二段中“However, there are a number of architects moving in a new direction, interested in creating people-centred building designs.”可知, 有许多建筑师正朝着一个新的方向发展, 他们对创造以人为本的建筑设计感兴趣, 即他们的设计开始关注人类的感受。故选 D。

54. 推理判断题。根据第六段中“It would be wrong to say style isn't important. We want things which look

fantastic as well as work practically, but things can go wrong and influence us negatively if style becomes more important than the building itself.”可知，说风格不重要是错误的，我们想要看起来很棒又实用的东西，但是如果风格变得比建筑本身更重要，事情可能会出错并对我们产生负面影响；由此推知作者认为必须考虑建筑本身及其风格。故选 C。

55. 词句猜测题。根据最后一段中“No one wants a building to create bad feelings. If we can create spaces which appeal to residents, as well as achieving their purpose, then the end result is much more satisfying and much more likely to stand the test of time.”可知，没有人希望一栋建筑制造不好的感觉，如果我们能创造出吸引居民的空间，并达到他们的目的，那么最终的结果会更令人满意，也更有可能经得起时间的考验；由此可推测出“appeal to”与“please”意思相同，意为“使……满意”。故选 A。

56. 推理判断题。根据最后一段中“Our cities are set to grow year on year with no end in sight, so we should make sure new developments are built more with people in mind.”可知，我们的城市将逐年增长，看不到尽头，所以我们应该确保新开发项目的建设更多地考虑到人们；由此可推断出作者写这一段的主要目的是呼吁以人为本的建筑设计。故选 B。

57. C 58. A 59. C

【导语】本文是一篇说明文，主要讲述了大笑的好处和坏处。

57. 推理判断题。根据第二段中“People will laugh to try and pretend they’re not upset, or embarrassed or in pain.”可知，人们会笑着假装他们不难过，不尴尬，不痛苦。由此可推测出，当你的朋友兴奋地说他的球队击败了你最喜欢的球队时，你笑着假装自己并不沮丧。故选 C。

58. 主旨大意题。根据第二段内容“We laugh to show that we agree with what someone says; that we remember the same thing that we’re talking about. People will also use laughter to try and mask other emotions. People will laugh to try and pretend they’re not upset, or embarrassed or in pain. People will use laughter to get other people to do things. If you get someone laughing, they will tell you more about themselves.”可知，本段主要讲述了为什么人们会大笑。故选 A。

59. 细节理解题。根据倒数第二段中“These big squeezes, particularly if you’re laughing really hard, are quite stressful for your heart and your lungs and that can mean if you have some sort of problem with your heart or your lungs or your blood vessels, you can put them under more strain.”可知，大笑可能对心脏病患者有害。故选 C。

60. A 61. B 62. C 63. A

【导语】本文是一篇说明文。文章介绍了社会交往与人的生理健康、心理健康的相互影响关系，并号召人们保持良好的人际交往活动。

60. 细节理解题。根据前文“Perhaps Mr. Biensenstock knows what medical science has been increasingly proving: Social interaction is an extremely important contributor to good health and long life.”可知，文章提及的医学研究都共同证明社会交往对人的健康、长寿至关重要。选项 A“正常的交往帮助人们更加长寿”符合语境。故选 A。

61. 词句猜测题。根据下文“through a positive influence on people’s living habits”可知，社交活动对人们的生活习惯产生了积极的影响，将进一步改善人们身体健康。此处 improve“改善”符合语境。故选 B。

62. 观点态度题。根据“studies show they also have higher self-esteem(自尊), greater empathy for others, are more trusting and cooperative”可知，有良好社交活动的人有更高的自尊，更多的同理心，也更加值得信任与合作。

选项 C“有更多社交活动的人更可能被信任”符合作者的观点。故选 C。

63. 主旨大意题。根据最后一段“*For those seeking a health-improving lifestyle, it's not enough to focus on eating your vegetables and getting regular exercise. Don't forget to connect.*”可知，作者鼓励人们在保持健康的生活习惯之余，需要保持良好的社交活动。选项 A“鼓励人们发展社会关系”符合作者写本篇文章的目的。故选 A。

64. A 65. B 66. B

【导语】本文是一篇说明文。文章主要介绍了一些在网络社会保护隐私的具体做法。

64. 推理判断题。根据第一段“*The problem is, everywhere we go online, we seem to leave a 'digital footprint'.*”可知上网才会留下数字足迹，一本纸质书并不是在网络上留下的痕迹，与“数字足迹”无关。故选 A。

65. 推理判断题。根据第四段“*cookies are designed to improve your browsing experience by tracking and saving information about your visits to a site.*”可知，cookies 被设计用来通过追踪和保存你访问某个站点的信息来改善你的浏览体验，与 B 项“Cookies 可以跟踪用户在网站上的行为”一致。故选 B。

66. 主旨大意题。全文详细介绍了如何在社交媒体上检查隐私设置、避免在共享文档时泄露私人信息，以及如何使用技术来阻止 cookies 追踪，这些都是为了保护在线隐私的建议，与 B 项“告诉人们如何在网上保护隐私”表述一致。故选 B。

67. D 68. B 69. D 70. A

【导语】本文主要介绍了什么是自我控制能力以及它是有限的还是无限的。

67. 推理判断题。根据第五段中“*However, 'non-limited' theorists don't take their feelings as a sign that they have depleted a limited resource and need to rest. In fact, they believe that a day full of challenging tasks 'activates' their self-control skills, which leaves them refreshed and more willing to make effort the next day.*”可知，“非受限”理论家认为充满挑战性任务的一天“激活”了他们的自我控制技能，这使他们精神焕发，更愿意在第二天做出努力，可见如果你相信你的自控能力是无限的，你会在完成自控任务后感到精力充沛。故选 D。

68. 推理判断题。根据第四段中“*Theories about self-control become a self-fulfilling prediction. If you think that self-control is limited, then you will give in to temptations more easily and find it harder to realize your goals. On the other hand, if you have a non-limited theory, you will be more successful with your goals.*”可知，关于自我控制的理论成为一种自我实现的预测，如果你认为自我控制是有限的，那么你会更容易屈服于诱惑，更难实现你的目标；另一方面，如果你有一个非限制性理论，你会更成功地实现你的目标。可推断出在第一个实验中，作者想告诉我们关于自我控制的信念改变了避免诱惑的能力。故选 B。

69. 词句猜测题。根据第五段中“*However, 'non-limited' theorists don't take their feelings as a sign that they have depleted a limited resource and need to rest.*”可知，然而，“非受限”理论家并不认为他们的感觉表明他们已经耗尽了有限的资源，需要休息；可推测出“*depleted*”意为“耗尽”，与“*emptied*”意思相近。故选 D。

70. 推理判断题。根据最后一段中“*Therefore, if you use the more effortless strategies, you can automatically shape your self-control theory to be more non-limited, naturally improving your self-control.*”可知，如果你使用更轻松的策略，你可以自动塑造你的自我控制理论，使其更加不受限制，自然会提高你的自制力。可推断出作者可能会同意“你可以改变你的信念，变得更加无限”的说法。故选 A。

71. C 72. A 73. C

【导语】本文是一篇说明文。文章主要介绍了为解决一次性塑料问题，出现的环保购物新模式——Loop。

71. 主旨大意题。根据第二段整段可知，第二段介绍了一种新的环保购物模式——Loop，并举例说明新的购物模式 Loop 是如何运作的。故选 C。

72. 细节理解题。根据“For customers, the process is designed to be as easy as possible”可知，对于客户来说，流程设计得尽可能简单，所以 Loop 的设计便于客户接受。故选 A。

73. 标题归纳题。根据全文可知，文章主要介绍了为解决一次性塑料问题，出现的环保购物新模式——Loop，在这个模式中，用可重复使用的容器来代替一次性包装物，来购买物品，即文章的标题可为“从丢弃到再利用”。故选 C。

74. D 75. D 76. B 77. A

【导语】本文是一篇说明文。文章主要介绍了乐观主义者以及乐观主义者长寿的原因并呼吁人们成为乐观主义者。

74. 推理判断题。根据“An optimist is someone who is hopeful about the future and tends to expect that good things will happen...For example, optimists will plan ways to deal with the matter, call on others for support or try to find hope in the stressful situation.”可知，乐观主义者是指对未来充满希望，并倾向于期望好事会发生的人，例如，乐观主义者会计划处理这件事的方法，呼吁他人支持，或者试图在紧张的情况下找到希望，可推测 D 选项“玛丽相信她能解决她遇到的问题。”与文章对乐观主义者的解释相符。故选 D。

75. 细节理解题。根据“They found that those who had the highest levels of optimism were more likely to live longer.”可知，乐观的人寿命更长。故选 D。

76. 词句猜测题。根据“When faced with a stressful situation, optimists will reduce stress levels and boost the power to take steps.”可知，当面临压力时，乐观主义者会降低压力水平，即增加采取措施的能力，可推测 boost 表示“使增长”，increase 表示“增加，使增长”与其意思相符。故选 B。

77. 推理判断题。根据全文可知，文章主要介绍了乐观主义者以及乐观主义者长寿的原因并呼吁人们成为乐观主义者，可推测作者写这篇文章的主要目的是呼吁人们对生活保持乐观。故选 A。

78. B 79. B 80. D

【导语】本文主要介绍了拍照并不像人们认为的那样是保存记忆的完美方式，过多的拍照可能会损害大脑记忆的能力，因此，有意识地拍照是一种值得探索的记忆辅助工具。

78. 细节理解题。根据第二段中“Taking too many pictures could actually harm the brain’s ability to keep memories, says Elizabeth Loftus, a psychology professor at the University of California, Irvine.”可知，加州大学欧文分校的心理学教授 Elizabeth Loftus 认为，拍太多照片实际上可能会损害大脑保持记忆的能力。故选 B。

79. 细节理解题。根据第三段中“We either shake off the responsibility of remembering moments when taking pictures, or we’re so distracted by the process that we miss the moment altogether.”可知，我们在拍照时可能没有充分注意到瞬间。故选 B。

80. 最佳标题题。根据最后一段中“Therefore, a photo is an excellent tool to help remember when done purposefully, which is worth exploring further.”以及通读全文可知，文章主要介绍了过度拍照可能会损害大脑记忆的能力，鼓励人们有计划、有目的地拍照，D 选项“记住这个时刻，适当地拍照”为最佳标题。故选 D。

81. A 82. C 83. C 84. D

【导语】本文主要讲述了短视频软件的流行原因以及社交媒体存在的弊端。

81. 词义猜测题。根据“Trends come and go, disappearing almost as quickly as they appeared”可知，社交媒体的一个主要特点是它变化无常，某种趋势很快出现又很快消失，由此可知“volatility”的意思为“changeable”，表示“变化无常的”。故选 A。

82. 细节理解题。根据“The sense of community that users of short video apps get is another appealing feature.”可知，Liza Koshy 认为短视频软件受用户欢迎的原因是它可以让用户有社区的归属感。故选 C。

83. 推理判断题。根据“However, the quick development of social media may be having side effects too. Fake news is one serious problem it...can be false and can mislead users one way or another.”可知社交媒体发展迅速，但也带来一些副作用，如虚假消息会误导用户，由此推知社交媒体还有很大的改善，提升空间。故选 C。

84. 推理判断题。根据“We use social media all the time, which doesn’t mean that we understand the influence it is having on us. We should be mindful of both the time we spend on it and its powerful effect on our minds.”并结合全文内容可知社交媒体会有一些负面影响，所以作者是想告诉我们要理智地使用社交媒体。故选 D。

85. D 86. D 87. C

【导语】本文主要介绍了我们的记忆并不像我们想要相信的那样一致。

85. 细节理解题。根据“And we might change the story’s details depending on the listener’s attitudes.”可知，作者以讲故事为例来证明我们可能会根据听者的态度改变故事的细节。故选 D。

86. 推理判断题。根据“There are countless reasons why tiny mistakes might happen each time we recall past events.”以及通读全文可知，本文主要通过实验证明重复的记忆会使记忆发生改变，因此我们可以进行一次练习记忆力测试来增强我们的记忆力。故选 D。

87. 词句猜测题。根据“By the time our memory goes back into the freezer, it might have naturally become a little misshapen, especially if someone has influenced it purposely in the meantime.”可知，这里将记忆与取出冰箱的冰淇淋作类比，冰淇淋会融化变形，记忆也会发生改变。因此 malleable 应该表示“可变的”。故选 C。

88. D 89. A 90. B 91. C

【导语】本文主要介绍了不同的人对幸福的不同理解以及幸福的真正意义。

88. 细节理解题。根据“Greek scientist and philosopher Aristotle wrote, ‘Happiness depends upon ourselves,’ which is not a definition but an observation that individuals are responsible for their own happiness.”和“Roman statesman and philosopher Lucius Seneca wrote of a particular quality of happiness, saying, ‘True happiness is to enjoy the present, without anxious dependence upon the future.’”可知，亚里士多德认为“幸福取决于我们自己”，塞涅卡则认为“真正的幸福是享受现在，而不焦虑地依赖未来”，所以引用二人的话是为了强调人们对幸福有不同的看法。故选 D。

89. 细节理解题。根据“Some research concludes happiness is made up of three parts: pleasure, engagement and meaning.”以及“Engagement involves positive interactions (互动) with other people, such as studying or working with people whose company you enjoy.”可知，人们应该积极地与他人交流。故选 A。

90. 推理判断题。根据“She felt happiness did not come from simply trying to satisfy your own desires but rather by contributing your time and skills to improve the world in some way.”可知，幸福不是来自于简单地满足自己的欲

望，而是通过贡献你的时间和技能来以某种方式改善世界，因此当你在社区做大扫除的时候你会感到更幸福。故选 B。

91. 标题归纳题。本文主要介绍了不同的人对幸福的不同理解以及幸福的真正意义，因此选项 C“幸福的真谛”适合作为文章标题。故选 C。

92. A 93. D 94. C

【导语】本文是一篇说明文。文章主要介绍了学习区和表现区是我们生活的一部分，但是要清楚地知道我们什么时候进入它们，有什么目标和期望，这样才有助于我们更好地表现和提高。

92. 细节理解题。根据“In the learning zone, our focus (焦点) is on getting better. We try new things and practice things we’re not quite perfect at yet.”可知，在学习区时，我们尝试新事物并且让自己变得更好。选项 A“尝试学习新事物来提高”符合题意。故选 A。

93. 细节理解题。根据“It is this type of practice in the learning zone that leads to real improvement, not just time on task performing.”可知，通过用 Demosthenes 的事情举例，告诉我们在学习区的练习带来了真正的进步。选项 D“展示人们如何在学习区提高技能。”符合题意。故选 D。

94. 最佳标题题。根据“I came to realize that I wasn’t improving much at the things I cared most about even though I put in a lot of effort.”以及文章最后一段，可知文章主要介绍了如何在学习区和表现区之间交替，来达到持续获得更多进步的目的。选项 C“如何在你关心的事情上做得更好”符合题意。故选 C。

95. B 96. D 97. C 98. D

【导语】本文是一篇说明文，主要通过一系列实验表明，当人们在等待或无聊的时候应该给予自己时间自由思考任何吸引我们眼球的事情——并同样享受自己。

95. 细节理解题。根据第三段中“Even in a dark room with no stimulation, they ended up being more engaged and interested than they’d expected.”可知，参与者感到比他们预期的更感兴趣。故选 B。

96. 词义猜测题。根据第三段中“Before entering the room, they were asked to predict how much they’d enjoy waiting and thinking, how interesting or boring it would be, and how much it would engage them so that they would lose themselves in it and forget the time.”可知，在进入房间之前，他们被要求预测他们会多么喜欢等待和思考，这会有多有趣或无聊，以及这会在多大程度上吸引他们，让他们迷失在其中，忘记时间；可推测出“engage”意为“吸引”，与“attract”意思相近。故选 D。

97. 主旨大意题。根据第五段中“This suggests that it’s not necessarily a culturally-driven phenomenon, though more research would need to be done to check that.”以及通读全段可知，第五段主要讲的是低估等待的乐趣可能与文化无关。故选 C。

98. 推理判断题。根据最后一段中“Instead, we might benefit from having a moment to think freely about whatever catches our fancy—and enjoy ourselves just as much.”可知，我们可能会从有时间自由思考任何吸引我们眼球的事情——并同样享受自己；可推断出作者写这篇文章的目的是为了建议我们在没事的时候自由思考。故选 D。