

Motor-skill memories help you remember how to ride a bike; factual memories help you to remember faces. 32 Emotional memories recall how you felt about something and can be strong and powerful. Remembering the sadness of missing your friends during lockdown, and being happy and excited to see them again afterwards, are emotional memories. They are long term and can sometimes last a lifetime.

Why are memories important?

33 Information such as which school you go to and who your friends are is stored inside your brain, ready for when you need it. Memories can also help you manage feelings. Heidi, 12, told *The Week*, “If I miss seeing my granny and granddad, I remember staying with them in Devon. It makes me feel happy, like when I was there.”

“When people think of shared experience, what usually comes to mind is being with close others, such as friends or family, and talking with them,” Erica Boothby, a social-psychologist, said. By telling a funny or embarrassing story we share feelings of joy or recognition of difficulties overcome. By sharing similar or not-so-similar experiences, we empathize (产生共鸣) with and understand one another better.

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Kim Roberts, a professor who runs the Child Memory Lab in Canada, believes focusing on happy memories will help you feel more positive. 35 Roberts says it’s also helpful to remember that if you missed out on your last term at school, or birthday celebrations, then your friends did too. One day you will look back on this year as an important memory that you all share.

- A. When do memories fade?
- B. Can memories help wellbeing?
- C. Memories tell you the story of yourself.
- D. Emotional memories are usually sad ones.
- E. These types of memories can be short or long term.
- F. If you have difficult memories, though, it is important to talk about them.
- G. By sharing our memories, we can feel closer to other people and more positive.

第三部分:语言运用(共两节,满分 45 分)

第一节 完形填空(共 20 小题;每小题 1.5 分,满分 30 分)

阅读下面短文,从短文后各题所给的 A、B、C 和 D 四个选项中,选出可以填入空白处的最佳选项,并在答题纸上将该项涂黑。

To be clear, Buster wasn’t my bull. He escaped his pasture next door and 36 in my barn (畜棚). I was afraid of the 37 beast that day, 38 —maybe because I was new to the area—he soon became my therapist, teacher, and 39.

Once he was back in his pasture, we’d 40 over the fence from time to time, 41 such topics as hard days at work and exciting 42 at home. Of course, he did most of the 43, giving knowing 44 to show his understanding and giving the “moo-moo” sound

when appropriate. When it was time to 45 the conversation, he would 46 and walk away back to his pasture. He had perfect 47.

I 48 our photos and stories on Facebook. Within a few days, they went viral. To my surprise, he had quite a(n) 49. One admirer’s dying wish was to muster the strength to 50 him in person. The fan arrived bearing apples. Buster 51 ate apples except from one tree in his pasture, but he gobbled (狼吞虎咽) them up that day. 52, Buster stopped eating long enough to 53 for photos with the seriously-ill man who thought the world of him.

In 2020, at just seven years old, Buster fell ill and drifted to the 54 to be alone when it was his time. I 55 Buster and he will always stay in my memory. There will never be another like him.

- |                    |               |                |                 |
|--------------------|---------------|----------------|-----------------|
| 36. A. kept up     | B. woke up    | C. showed up   | D. picked up    |
| 37. A. loose       | B. wild       | C. fierce      | D. ugly         |
| 38. A. so          | B. and        | C. for         | D. but          |
| 39. A. friend      | B. model      | C. hero        | D. admirer      |
| 40. A. sing        | B. chat       | C. play        | D. jump         |
| 41. A. choosing    | B. describing | C. handling    | D. covering     |
| 42. A. adventures  | B. characters | C. happenings  | D. surroundings |
| 43. A. listening   | B. talking    | C. sharing     | D. nodding      |
| 44. A. claps       | B. screams    | C. glances     | D. laughs       |
| 45. A. switch      | B. end        | C. begin       | D. continue     |
| 46. A. shake       | B. turn       | C. stretch     | D. bow          |
| 47. A. knowledge   | B. hearing    | C. judgement   | D. timing       |
| 48. A. published   | B. made       | C. edited      | D. posted       |
| 49. A. following   | B. attraction | C. honour      | D. trend        |
| 50. A. support     | B. hug        | C. meet        | D. praise       |
| 51. A. frequently  | B. rarely     | C. constantly  | D. occasionally |
| 52. A. In contrast | B. In turn    | C. In addition | D. In return    |
| 53. A. prepare     | B. pose       | C. pause       | D. practice     |
| 54. A. market      | B. barn       | C. woods       | D. garden       |
| 55. A. miss        | B. respect    | C. trust       | D. appreciate   |

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面材料,在空白处填入适当的内容(1 个单词)或括号内单词的正确形式。

Even though the worst of COVID-19 pandemic seems to be behind us, videoconferencing apps such as Zoom will probably remain in our lives. Unfortunately, communicating this way tends to leave people 56 (feel) worn out, and 57 Stanford University paper has explained exactly some of the surprising reasons why.

For one, videoconferencing shows you close-up 58 (view) of people’s faces—people

2022 年浙江省普通高中强基联盟统测  
高三年级英语试题

命题学校:杭师大附中 胡泽萍 丁楚琦

审题学校:鲁迅中学 朱小敏 金华外国语 丁亚红

本试卷满分 150 分,考试时间 120 分钟

第一部分:听力(共两节,满分 30 分)

第一节(共 5 小题;每小题 1.5 分,满分 7.5 分)

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项,并标在试卷的相应位置。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- Where are the speakers going to meet?  
A. In an office. B. In a lecture room. C. In a library.
- Where does the bad smell come from?  
A. The pancake. B. The beef. C. The refrigerator.
- What are the speakers talking about?  
A. The trip. B. The sea. C. The weather.
- What will Peter probably do next?  
A. Go skiing. B. Cancel the shopping. C. Store some food.
- Why does Penny want to drop the class?  
A. She finds it too difficult. B. She doesn’t have enough time. C. She fails in the course interview.

第二节(共 15 小题;每小题 1.5 分,满分 22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项选出最佳选项,并标在试卷的相应位置。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料,回答第 6、7 题。

- What does the man want to do?  
A. Make a claim. B. Ship a TV. C. Report a damage.
- When did the ship arrive?  
A. On the 28th of November. B. On the 11th of November. C. On the 11th of October.

听第 7 段材料,回答第 8 至 10 题。

- What does the woman do?  
A. She’s a receptionist. B. She’s a manager. C. She’s a secretary.
- What’s the man’s plan next Tuesday?  
A. He will meet new clients. B. He will attend a meeting. C. He will take a business trip.

10. What time will the speakers have the meeting?

- A. Next Monday morning.
- B. Next Thursday morning.
- C. Next Thursday afternoon.

听第 8 段材料,回答第 11 至 13 题。

- What is George going to do?  
A. Join a party. B. Celebrate a festival. C. Enjoy a music festival.
- What is the highlight part?  
A. Special outfits. B. Instrument performances. C. Popular songs.
- What should Annie do to join the event?  
A. Buy a ticket. B. Give a phone call. C. Register personal information.

听第 9 段材料,回答第 14 至 17 题。

- What’s the relationship between speakers?  
A. Teacher and student. B. Friends. C. Schoolmates.
- How does Helen like the college life?  
A. Unbearable. B. Fulfilling. C. Challenging.
- Why did Helen work hard in English?  
A. To get familiar with tests. B. To better understand professors. C. To become a perfect English learner.

17. According to the man, what is the biggest challenge for most students?

- A. English level. B. Self-discipline. C. Job hunting.

听第 10 段材料,回答第 18 至 20 题。

- What is the speaker doing?  
A. Recommending a book. B. Presenting a new finding. C. Introducing a writer.

19. What is Dr. Blonna’s book about?
- A. The positive side of stress.  
B. The harmful effects of stress.  
C. Different categories of stress.
20. What is John going to do next?
- A. Share his opinions.      B. Join the membership.      C. Tell his stories.

第二部分: 阅读理解(共两节, 满分 35 分)

第一节(共 10 小题; 每小题 2.5 分, 满分 25 分)

阅读下列短文, 从每题所给的 A、B、C 和 D 四个选项中, 选出最佳选项, 并在答题纸上将该项涂黑。

A

In the new year, people resolve to improve themselves. But travel writer Tom Vandebilt didn’t wait for a new year to shake up his world. After watching his daughter play chess, he decided to join her. Emboldened by the experience, Vanderbilt started on his own adult-education study, learning to sing, surf and draw. His aim is to understand what it means for a middle-aged man to learn new skills, and, deeper still, how learning happens. “It’s about small acts of reinvention, at any age, that can make life seem magical,” he writes.

He engages a voice teacher, who eases his fears about his ability. “You should walk into this completely open and think of it as a joyful experience,” she tells him. Good advice for learning anything new.

Then Vandebilt takes up surfing. From the “pop up” from prone (俯卧的) position to upright on the board, he learns how to read the signs of the ocean and discovers that it’s a serious pursuit. He is told he needs to “treat surfing as a sport with all the tools involved; a thoughtful skills development plan; video feedback; and drills”. After many missed waves and wipeouts, his first big Costa Rica waves “was an absolute surprise and bliss (狂喜)”, he recalls.

He finds out the key to learning new things is shifting the focus off yourself. With surfing, he learns to look at the shore, not his feet or board. In his drawing classes, the state of “shifting the focus” comes into play as well. Claude Monet counseled, “Try to forget what objects you have before you, a tree, a house, or whatever. Merely think, here is a little square of blue or a rectangle of pink, and paint it just as it looks to you.”

Over the course of his learning journey, he didn’t win any prizes or break new ground. He gained “modest competency”. But he believes doing these things has brought him an immense pleasure. He will encourage himself and others to find delight in developing new or forgotten skills.

21. What can we learn about Tom Vanderbilt’s adult-education study?
- A. He explored the new fields to make his life more magical.  
B. “Shifting the focus off yourself” is the only finding he has gained.  
C. His learning experience in one field also helps him get through in others.  
D. He watched his daughter play chess in order to start his own study.

22. The underlined words “modest competency” probably mean that Tom Vandebilt acquired \_\_\_\_\_.
- A. many different skills      B. useless techniques  
C. excellent performance      D. ordinary ability

23. Which words can best describe Tom Vandebilt?
- A. Ambitious and intelligent.      B. Optimistic and determined.  
C. Enterprising and reflective.      D. Creative and imaginative.

B

Many people quote the phrase from Jane Jacobs that “there must be eyes on the street” to emphasize the relationship between urban safety and design. Jacobs’ views on urban safety were, in truth, far more complex than this phrase suggests. Her book *The Death and Life of Great American Cities* has become the basis of a worldwide movement to foster safer cities.

Jacobs made an important contribution to our understanding of cities by linking the fear of crime and urban design. In a successful city district a person must feel personally safe on the street among all these strangers. It doesn’t take many incidents of violence on a city street to make people fear the street. And as they fear them, they use them less, which makes the streets still more unsafe.

For Jacobs, eyes on the street came from stores and public places, including bars and restaurants along the sidewalks, street vendors and pedestrians. She recommended the installation of bright street lights to “sharpen every pair of eyes”.

Jacobs widened her attention to urban safety in general, including parks and public housing projects. While most planners focus on the green benefits of parks, she argued against underused or dangerous parks. She observed that parks are successful when they encourage a range of activities and users.

She emphasized design and management policies to encourage interaction at public housing sites. She suggested integrating public housing communities into existing street patterns and cultivating street activity by including businesses in the buildings. She opposed fencing and security guards, creating a sense of territory and isolating public housing residents from the wider community.

Jacobs wrote about her experience of daily life in the city and urged planners to pay attention to how ordinary people actually use urban space. From her experience as a wife, mother,

and resident in New York, she arrived at a more human vision of the city than the experts of the day did. Her concern about urban safety was visionary (有远见的), and her manner of looking at the city still offers a critical viewpoint for evaluating crime prevention and community safety strategies today.

24. Why does the writer mention the phrase quoted from Jane Jacobs in the first paragraph?
- A. To call readers’ attention to the phrase.  
B. To introduce Jane Jacobs’ book.  
C. To prove the popularity of Jane Jacobs’ book.  
D. To make the phrase better known.

25. According to Jacobs, what is a proper way to foster a successful city?
- A. Warning people of violence in streets.  
B. Encouraging different activities in parks.  
C. Employing security guards in the buildings.  
D. Introducing safety policies at public housing sites.

26. Where is the text probably from?
- A. A book review.      B. A guidebook.  
C. An advertisement.      D. A biography.

C

Of all the problems that people face today, depression proves to be one of the hardest to pinpoint. People often suffer secretly, not wanting to admit their need of professional help. They continue with their normal routines and, many times, unhealthy eating habits. Now, health professionals are actually linking diet and depression and have found success in using diet to treat the disorder.

Several researchers and Australian institutions at Deakin University in Victoria, Australia, set out to evaluate the direct link between diet and depression. They carried out the study over a 12-week period and observed 67 patients with moderate to severe depression. For their control group, the patients received social support rather than switching their eating habits to a well-balanced diet. The other patients then received dietary counseling sessions where they were advised to eat a diet high in fruits, vegetables, and lean meats. After the trial period, over 30 percent of the patients had gone into remission with their depression. Only 8 percent of the control group actually experienced this same improvement. This trial has greatly helped researchers understand and better help patients suffering from depression.

Most Americans today do not associate their diet and depression together. Nearly 60 percent of Americans eat over-processed foods. 90 percent of added sugar comes from these processed foods. For people with depression, this diet might give a short energy burst, but it will eventually cause energy to sink, bringing happy moods down with it. Many people also love

caffeine, drinking multiple cups each day. Again, they consume extra sugar. However, the caffeine can also disrupt sleep and cause anxiety. In addition, people with depression may have a tendency to turn to alcohol. Unfortunately, alcohol depresses the central nervous system, which will directly influence a person’s mood for the worse, especially those dealing with depression.

According to the research, diet and depression do go hand in hand. Those suffering from depression should do away with processed foods as much as possible. With a few simple changes in lifestyle, these patients can improve their mental health and return to normal activities with renewed energy and joy.

27. What prevents patients from being identified according to the passage?
- A. Their reluctance to ask for treatment.  
B. Lack of professional help.  
C. Unawareness of their diet problems.  
D. Inadequate social support.

28. What do we know about the study conducted at Deakin University?
- A. The patients in the study came from different parts of the world.  
B. Two groups were divided on the basis of their levels of depression.  
C. The control group enjoyed a better improvement in their mood.  
D. The study helps researchers find a better treatment for depression.

29. How do processed foods influence those dealing with depression according to the study?
- A. Chemicals in them will weaken patients’ central nervous system.  
B. Added sugar from them will finally lessen patients’ happiness.  
C. They can make patients more likely to be addicted to alcohol.  
D. They will reduce essential mood-boosting nutrients in patients.

30. Which of the following is the best title for the text?
- A. What you need is just a right diet      B. What is your depression killer?  
C. Is your diet making you depressed?      D. It’s time to change your life style

第二节(共 5 小题; 每小题 2 分, 满分 10 分)

根据短文内容, 从短文后的选项选出能填入空白处的最佳选项。选项中有两项为多余选项。

Do you have an important or favorite memory from the past? Perhaps it was clapping for goals, or seeing rainbow picture in the window. Shared memories can connect you to others.

31

How does memory work?

Scientists believe there are two levels of memory. One is short-term or working memory, which stays in our brain for only 15-30 seconds. The other level is long-term or permanent memory, which can be stored for days, or even years.