**宁波“十校”2023届高三3月联考英语试题**

第I卷

第一部分：听力（共两节，满分30分）

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂

答题纸上。

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。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。

1. What will Matthew do on the weekend?

A. Attend an exhibition.

B. Enter a contest.

C. Visit China.

2. Where do the speakers want to go?

A. To a supermarket.

B. To a bank.

C. To a restaurant.

3. When will the man see the film?

A. At 1:30 p.m.

B. At3:30 p.m.

C. At 5:30 p.m.

4. What are the speakers mainly talking about?

A. A noisy night.

B. A place of living.

C. Their sleeping habits.

5. Why did the man call the woman last night?

A. To give her fruits.

B. To invite her to a party.

C. To ask for her cousin's number.

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三个选项中出最佳选项。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。

6. How does the man feel about the woman's suggestion?

A. A bit disappointed.

B. Very satisfied.

C. Greatly surprised.

7. What will the speakers do on Friday evening?

A.Go shopping.

B.Eat out.

C. Pick up their children.

听第7段材料，回答第8、9题。

8. Where does the conversation probably take place?

A. In a hotel.

B. On a plane.

C. On a lake.

9. Why will the man go to Chicago?

A. To attend a meeting.

B. To visit his sister.

C. To start university.

听第8段材料，回答第10至12题。

10. What is the probable relationship between the speakers?

A. School friends.

B. Teacher and student.

C. Librarian and library user.

11. What does Michael say about the book?

A. It's sold at a discount price.

B. It's important for Maria's study.

C. It's written by Professor Hughes.

12. What will Michael do for Maria?

A. Share his book with her.

B. Lend her some money.

C. Ask Noah for help.

听第9段材料，回答第13至16题。

13. Why does the man meet the woman?

A. To look at an apartment. B. To have a meal together.

C. To deliver some furniture.

14. What does the man like about the carpet?

A. Its quality.

B. Its size.

C.Its color.

15. What does the man think of the kitchen?

A. It's well-designed.

B. It's well-equipped.

C. It's well-painted.

16. What will the man probably do next?

A. Take a bus.

B. Make a payment.

C. Talk with his wife.

听第10段材料，回答第17至20题。

17. Why does the speaker organize the activity?

A. To prepare for Children's Day.

B. To celebrate the end of the school year.

C. To welcome children in the neighborhood.

18. What is the activity for children about?

A. Looking for the hidden gifts.

B. Hiding around the center.

C. Having a group discussion.

19. What are the children required to do before going out?

A. Find the flags.

B. Write their names down.

C. Stay together with their parents.

20. Who will go to the other side of the center?

A. The preschool children.

B. The third-grade children.

C. The fourth-grade children.

第二部分：阅读（共两节，满分50分）

第一节：（共15小题；每小题2.5分，满分37.5分）

阅读下列短文，从每题所给的A、B、C、D四个选项中选出最佳选项。

A

**Treasure Hunt Through Modern-Day Ruins**

Urban exploration of abandoned man-made structures became popular in the 1990s when modern society was fast forwarding into the next century. Left behind were relics of human civilization. Far away from modernization, rusted in air, tangled in weeds and vines, ruins tell forgotten tales and sometimes become history in and of themselves.

**Punch Buggy Scrapyard**

**MOAB, UTAH**

Vintage car lovers won't want to miss this huge car disposal yard, the impressive open-air TomTom's Volkswagen graveyard-a father-and-son cooperation begun in 1961 with eight cars. From buses to Beetles to Karmann Ghias to Squarebacks, hundreds of cars, car windows, doors and tires form a rainbow colored fleet contrasting with the dry yellow ground.

**Game of Thrones' End**

**KUPARI, CROATIA**

Six miles east of Dubrovnik, one of the main filming locations of the hit series Game of Thrones' King's Landing, is a bay of abandoned hotels that witnessed Croatia's real power play. It was once a seaside resort for the military elite before the Yugoslav army destroyed it during the Croatian War in the 1990s. What exists today at the complex of former glory are overgrown weeds, graffiti and rusty remains.

**Once Upon a Gold**

**ATHENS**

Stadiums that once housed tears and sweat, cheers and boos during the 2004 Olympic games are now left for weeds. The beach volleyball arena, aquatics center and other venues were abandoned because of little local interest and lack of planning when the $15 billion grand building was being erected.

**Twining Romance**

**QUEENSLAND, AUSTRALIA**

Nearly a century ago, Spanish sugarcane cutter José Paronella wanted to build a castle in the rainforest for his wife. The resulting wonderland-Paronella Park-with vines twining on stone pillars and moss peeping out from cracks has been open to the public since 1935. Its current owners are dedicated to "maintaining and preserving" the primitive beauty of this renowned carbon neutral tourist attraction with 7,500 flora and fauna (动植物).

21. Which place might interest a fan of TV series?

A.MOAB B.KUPARI C.ATHENS D. QUEENSLAND

22. What caused the Olympic stadiums to be abandoned?

A. Lack of public awareness.

B. Overgrown weeds.

C. High construction cost.

D. Insufficient planning.

23. Which of the following statement is TRUE according to the passage?

A. Punch Buggy Scrapyard started with eighty different cars.

B. Competitions are still held in the venues of the 2004 Olympic games.

C. Game of Thrones' End is a glorious theatre where plays were performed.

D. Paronella Park is preserved to present its original and natural beauty.

B

I was a graduate student in Manhattan having breakfast on my rooftop on Sept. 11, 2001, when I witnessed planes hit the Twin Towers. For months afterwards, I shook with anxiety every morning. Unwilling to medicate, I tried everything else. Mindfulness meditation (冥想) caused panic attacks. Hot yoga built muscle but did nothing for my anxiety. I went to talks by Buddhist monks and meditation teachers hoping to attain inner peace, but in vain. Finally, I attended a SKY Breath Meditation class, which involves a 20-minute breathing regimen (养生之道) in different postures and rhythms. Though I went in skeptical,I came out calm. Two decades later,I never missed a day of my breathing practice, not even when I gave birth.

I've also devoted part of my research career to studying the benefits of breathing for mental health and well-being. Seven years after 9/11, I was working with veterans returning from war with post-traumatic stress disorder (PTSD). Traditional treatments had failed many of them, so my colleagues and I ran a randomized controlled trial to test the effects of SKY breathing. Compared with the control group, veterans practicing SKY every day for one week saw their anxiety drop to levels typical of the general population.

Even though most did not continue to practice, they maintained the benefits a year later.

Emotions influence your breathing patterns, and changing your breathing can change your emotions. For example, anxiety and anger correspond to an irregular, short, fast breath. Adopting the slower and more regular breathing pattern that corresponds to a calm feeling signals relaxation by activating the vagus nerve (交感神经)，slowing heart rate, easing blood pressure, and settling you down. A simple exercise you can try is to close your eyes and breathe out for twice as long as you breathe in. Do this for five minutes in the morning, before a stressful meeting or as you transit from work to home.

24. Why did the author attend the SKY Breath Meditation class?

A. To build up muscles.

B. To relieve inner anxiety.

C. To learn more about meditation.

D. To quest for religious belief.

25. How did the author test the effects of SKY breathing?

A. She worked with healthy veterans returning from war.

B. She chose victims suffering PTSD in the 9/11 incident.

C. She divided the veterans into two groups and compared results

D. She cooperated with researchers from mindfulness meditation classes

26. What can we learn from the last paragraph?

A. Breathing interacts with emotions.

B. It is harmful to activate the vagus nerve.

C. Breathing out as long as you breathe in is a simple way to follow

D. Breathing regimen should be carried out for five minutes every morning.

27. Which of the following is the best title for the text?

A. PTSD: more awareness needed

B. SKY: better well-being attained

C. Meditation: an effective treatment

D. Breath: detailed ways to conduct

C

Lizards that once resided in forests but now hang around urban areas of Puerto Rico have genetically morphed (变化) to survive life in the city, researchers have found.

The Puerto Rican crested anole, a brown lizard with a bright orange throat fan, has sprouted special scales (鳞片) to better cling to smooth surfaces such as walls and windows, scientists say. "We are watching evolution as it's unfolding," said Kristin Winchel, a biology professor. As urbanization intensifies around the world, it's important to understand how organisms adapt and humans can design cities in ways that support all species, Winchell said.

The study analyzed 96 Anolis lizards, comparing the genetic makeup of forest-dwellers to those living in Puerto Rico's capital. Scientists found that 33 genes within the lizard genome were repeatedly associated with urbanization.

"You can hardly get closer to a smoking gun," said Wouter Halfwerk, an evolutionary ecologist who was not involved in the study. He said he was impressed that the scientists were able to detect such a clear genomic signature of adaptation: "The ultimate goal within the field of urban adaptive evolution is to find evidence for heritable traits and their genomic architecture."

The changes in these lizards, whose life spans are roughly seven years, can occur quickly, within 30 to 80 generations, enabling them to escape from predators and survive in urban areas, Winchell added. The larger limbs, for example, enable them to run more quickly across a hot parking lot, and the special scales to hold onto surfaces far more smooth than trees.

The study focused on adult male lizards, so it's unclear whether females are changing in the same way or at the same rate as males, and at which point in a lizard's life the changes are occurring. Halfwerk, whose own research showed how one frog species changed its mating call in urban areas, said scientists should look next for possible constraints (限制) on the evolutionary response and how morphology relates to mating behavior.

28. What do researchers find about lizards in the study?

A. Lizards evolve to adapt to the human cities.

B. Lizards are not capable of surviving in the urban areas.

C. Lizards have a negative impact on smooth surfaces of modern buildings.

D. Lizards no longer have natural habitat in forests as a result of urbanization

29. How did the researchers conduct the study?

A. By analyzing previous research data.

B. By comparing different lizard species.

C. By citing the famous scientists' words.

D. By studying Anolis lizards in urban and natural areas.

30. What was Wouter Halfwerk's attitude towards the study?

A. Favorable. B.Tolerant. C. Indifferent. D.Doubtful.

31. What can we learn from the last paragraph?

A. All frog species have changed its mating call in urban areas.

B. Only adult male lizards evolve to have larger limbs and special scales.

C. Halfwerk will continue to study how morphology relates to mating behavior

D. The future study might focus on the limitations on the evolutionary response.

D

Given how valuable intelligence and automation are, we will continue to improve our technology if we are at all able to. At a certain point, we will build machines that are smarter than we are. Once we have machines that are smarter than we are, they will begin to improve themselves. The concern is really that we will build machines that are much more competent than we are. And the slightest divergence (分歧) between their goals and our own could destroy us.

Just think about how we relate to ants. We don't hate them. We don't go out of our way to harm them. In fact, sometimes we take pains not to harm them. We step over them on the sidewalk. But whenever their presence seriously conflicts with one of our goals, we will kill them without hesitation. The concern is that we will one day build machines that, whether they're conscious or not, could treat us with similar disregard.

The bare fact is that we will continue to improve our intelligent machines. We have problems that we desperately need to solve. So we will do this, if we can. The train is already out of the station, and there's no brake to pull. If we build machines that are more intelligent than we are, they will very likely develop in ways that we can't imagine, and **transcend** us in ways that we can't imagine.

So imagine we hit upon a design of super intelligent AI that has no safety concerns. This machine would be the perfect labor-saving device. It can design the machine that can build the machine which can do any physical work, powered by sunlight, more or less for the cost of raw materials. So we're talking bout the end of human labour. We're also talking about the end of most intellectual work. So what would apes like ourselves do in these circumstances?

But the moment we admit that information processing is the source of intelligence, we have to admit that we are in the process of building some sort of god. Now would be a good time to make sure it's a god we can live with.

32. Why does the author mention ants in Paragraph 2?

A. To compare intelligent machines to ants.

B. To show improved machines will get away from us.

C. To stress the presence of machines does conflict with our goals.

D. To explain future intelligent machines could treat us without mercy

33. What does the underlined word "transcend" in Paragraph 3 mean?

A. Disable. B. Inspire. C. Disappoint. D. Outpace.

34. How is the passage mainly developed?

A. By making comparisons.

B. By giving assumptions.

C. By showing valid evidence.

D. By analyzing statistics

35. Which of the following statements can best summarize the author's viewpoint towards Al?

A. Human beings will no doubt be destroyed by AI in the future

B. Super intelligent AI will put an end to human labour eventually.

C. We should keep the development of AI within humans' control.

D. Human beings should stop the development of super intelligent AL.

第二节：（共5小题：每小题2.5分，满分12.5分）

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Regret refers to a feeling of sadness about something wrong or about a mistake that you have made, and a wish that it could have been different and better. \_\_36\_\_ Experts say they come in four basic varieties: connection regrets, moral regrets, foundation regrets and boldness regrets. An instance of regret may involve just one or a combination.

\_\_37\_\_ Regret is linked with depression and anxiety, and excessive regret can adversely affect your hormones and immune system. For some, it's anathema to sleep.

To truly get over our regret requires that we put it in its proper place. The trick is not to avoid the bad feeling; it's to acknowledge it and use it for learning and improvement. \_\_38\_\_ We have to seek them out on purpose to improve ourselves. Here are things you may find helpful the next time your are indulged in regrets.

\_\_39\_\_ This suggests that regret is like a ghost: not entirely clear but always frightening. Bring your ghost out of the shadows by making a list of your regrets. Write down why each one still bothers you and its lingering bad effects. You will find that a list is a lot less dreadful than a ghost.

After you make a mistake, life moves on. But sometimes you just can't stop kicking yourself. Perhaps you dropped out of school decades ago and are constantly calculating today how much money you would be making, had you pressed on to graduation. \_\_40\_\_

Life is a journey full of pleasures and pains. To live it well and fully means learning from every bit of it, including regrets, and moving forward.

A. Not all regrets are the same, of course

B. People often say their regrets chase after them.

C. Regret's benefits don't come to us by chance.

D. Never waste another minute of life reliving a decision that cannot be changed.

E. Some take the declaration a step further and claim that they have no regrets at all.

F. Unanalyzed and unmanaged, any variety of regrets can be poison for your health.

G. If you are of the "no regrets" school of life, you might think that all this regret is a recipe for unhappiness.

第三部分：语言运用（共两节，满分30分）

第一节：（共15小题：每小题1分，满分15分）

阅读下面短文，从每题所给的A、B、C、D四个选项中选出可以填入空白处的最佳选项。

I experienced a day when I was extraordinarily \_\_41\_\_. I'm never a picture of grace, but on this particular day, I seemed to be \_\_42\_\_ everything. It's an old church, and the floor is \_\_43\_\_ in some places, so my fall was the floor's fault. But when I fell again on my way out to the car, and yet again in my own home, I began to grow \_\_44\_\_. Had I let myself get so stressed out that I had \_\_45\_\_ become sick?

Having been raised by devoted Christian parents who also worked in the mental-health field, I tended to look for spiritual and emotional reasons before I headed to the local \_\_46\_\_. I have the calming practice that \_\_47\_\_ a yoga pose with a breath prayer. I went to \_\_48\_\_ more comfortable clothes for the exercise, and as I removed my shoes, I was \_\_49\_\_!

I wasn't having a stroke at all. I had completely worn out my favorite pair of sandals. The soles (鞋底) of both shoes were split in two! I had \_\_50\_\_ all the possibilities to figure out what was causing my clumsiness. It never occurred to me to check my soles.

So often when we start to feel \_\_51\_\_, we look for ways to make things better. But just as it never occurred to me to check the soles of my shoes, our own souls are the very \_\_52\_\_ thing we think of to check. Take a moment to remember the last time you sat still, meditating. If you can't remember when that was, it might be a(n) \_\_53\_\_.

The local cobbler (鞋匠) said my soles were irreparable. We had a good \_\_54\_\_, but it was time to let them go. Fortunately for us, our souls can be mended and restored — once we realize they are in need of \_\_55\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| 41.A. busy  42.A. going through  43.A. uneven  44.A. inspired  45.A. luckily  46.A. doctor  47.A. exchanges  48.A. wrap up  49.A. rescued  50.A. exhausted  51.A. delighted  52.A. best  53.A. mistake  54.A. run  55.A. repair | B. clumsy  B. stepping on  B. sharp  B. grieved  B. literally  B. coach  B. equips  B. take off  B. cured  B. predicted  B. divided  B. last  B. solution  B. exercise  B. review | C. stressed  C. falling off  C. stained  C. concerned  C. obviously  C. tailor  C. associates  C. change into  C. injured  C. ignored  C. overwhelmed  C. easiest  C. test  C. yoga  C. response | D. bored  D. tripping over  D. shallow  D. interested  D. doubtfully  D. psychologist  D. combines  D. look after  D. slipped  D. discussed  D. thrilled  D. hardest  D. clue  D. gesture  D. replacement |

第Ⅱ卷

注意：将答案写在答题纸上，写在本试卷上无效。

第二节：（共10小题：每小题1.5分，满分15分）

阅读下面短文，在空白处填入1个适当的单词或括号内单词的正确形式。

Decorative stove artwork attracts a growing number of \_\_56\_\_ (admire), who enjoy the memories it evokes, Yang Feiyue reports. The distinctive art form in Jiaxing \_\_57\_\_ (list) as a national intangible cultural heritage in 2011.

An old wooden stove, \_\_58\_\_ (bear) rich vivid images, took center stage at a village Spring Festival gala in Jiaxing, Zhejiang province, in early February. The images feature historical and legendary figures, fairy tales, animals and flowers, all of \_\_59\_\_ are depicted in bright colors and have a way of claiming attention from viewers.

It was once common for farmhouses, especially those along the lower reaches of the Yangtze River, \_\_60\_\_ (have) a zaotou that was painted with floral figures. Locals burned firewood and straw in it to cook \_\_61\_\_ gas burners or microwave ovens were available. "Historical evidence shows the art has \_\_62\_\_ history of at least 300 years," says Zhao from Haiyan's Tongyuan town.

Most of those engaged \_\_63\_\_ zaotou painting were bricklayers in rural areas where they were often hired by villagers to build a mud stove in \_\_64\_\_ (they) new home. Tools used to produce such art included a selection of brushes, rulers, and paint. As people's aesthetic appreciation grew, watercolors were applied, mostly red, yellow and blue. "But no matter what material is used, the stove painting is always \_\_65\_\_ (symbol) and harbors good wishes for the owners," Zhao says.

第四部分：写作（共两节，满分40分）

第一节：（满分15分）

假定你是李华，你校学生会刚举办了“慈善义卖”(Charity Sale)活动。你的澳大利亚网友David对这个活动很感兴趣，写邮件向你了解基本情况。请你给他回一封邮件，介绍此次活动的有关情况。要点如下：

1.活动目的和内容：

2.你的心得体会

注意：

1.词数80左右；

2.可以适当增加细节，以使行文连贯。

|  |
| --- |
| Dear David,  Yours,  LiHua |

第二节：（满分25分）

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文

“Number 7, Jobie Nymble, takes the lead,” cried the announcer. “Just one more hurdle (跨栏) and—” Cheers erupted. “Jobie Nymble from Riverside Middle School takes first place in the girls’ 100-meter hurdles!”

The crowd went wild as Jobie’s teammates screamed and yelled.

Determined to go all the way to County Championships, Jobie patted her worn neon-green track spikes (钉鞋). They were bursting at the seams (接缝处), but she didn’t care. They were her lucky shoes and she loved them. “Next Saturday, we’re taking home the gold,” Jobie whispered to her spikes, excitedly retying them.

“Don’t forget, guys,” said one of her teammates cheerfully. “My birthday party is next Friday at Hidden Park.”

“Beep. Party recorded in calendar,” joked Jobie in her best robot voice.

Jobie brimmed with excitement all week long. At track practice, she leaped over those hurdles faster than she’d ever leaped before.

The day of Marisol’s party, Jobie put on her favorite outfit: her fancy blue shorts, an old track T-shirt from her dad, and her lucky spikes.

The party was in full swing when Jobie arrived at Hidden Park. Music and the smell of grilled food filled the air. Two of Jobie’s teammates rushed toward her, breathless and barefoot, asking her to try the slide. Jobie’s eyes darted toward the party area. Suddenly, she saw it. The BIGGEST inflatable (充气的) slide she had ever seen was on the far side of the park. Smiling kids zoomed down the slide at unspeakable speeds.

Without thinking twice, Jobie took off her spikes and rushed toward the slide. Its ladder stretched to the sky like Jack’s magical beanstalk, but she reached the top in no time. She sat down, slipped to the edge, and closed her eyes as she let go. Jobie couldn’t get enough, conquering the slide over and over again. When it was finally time to go home, she reluctantly made her way back to the track where she’d left her shoes.

注意：

续写词数应为 150 左右；

请按如下格式在答题纸的相应位置作答。

|  |
| --- |
| Paragraph 1 *As she eyed the area from a distance, panic set in.* Paragraph 2 *The next day, without her lucky spikes, Jobie was among the best track teams gathering for the championships* |