**导学案**

1. 2023年新课标高考卷I

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。

**Personal Forgiveness**

Taking responsibility for mistakes is a positive step, but don’t beat yourself up about them. To err (犯错) is human. 36 You can use the following writing exercise to help you do this.

In a journal or on a piece of paper, put the heading “Personal strengths.” 37 Are you caring? Creative? Generous? A good listener? Fun to be around? They don’t have to be world-changing, just aspects of your personality that you’re proud of.

At the top of a second page, put the heading “Acts of kindness.” On this one, list all the positive things you’ve done for others. It might be the time when you helped a friend with their homework, when you did the ironing without being asked, or when you baked cookies after the family had had a tiring day. 38

You could ask a friend or family member to help add to your list. 39 That way, you could exchange thoughts on what makes each of you special and the aspects of your personality that shine through. In fact, don’t wait until you’ve made a mistake to try this — it’s a great way to boost self-confidence at any time.

It’s something of a cliché (陈词滥调) that most people learn not from their successes but their mistakes. The thing is, it’s true. 40 We’re all changing and learning all the time and mistakes are a positive way to develop and grow.

A. A little self-forgiveness also goes a long way.

B. Now list all the characteristics you like about yourself.

C. They might even like to have a go at doing the exercise.

D. It’s just as important to show yourself some forgiveness.

E. It doesn’t mean you have to ignore what’s happened or forget it.

F. Whatever it is, no matter how small it might seem, write it down.

G. Whatever the mistake, remember it isn’t a fixed aspect of your personality.

1. 2023年新课标高考卷II

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。

As an artist who shares her journey on social media, I’m often asked by curious followers how to begin an art journey. Unfortunately, there is no magic list I can offer. I do remember, though, what it was like to be a complete beginner. So I’ve put together some good tips for starting an art journey.

• Start small. I suggest using a sketchbook (素描本) for small studies. These small studies provide inspiration and may be a springboard for more complex works in the future. 36 You’ll want to look back on your journey to see how far you’ve come.

• Paint often and paint from life. There’s no better way to improve than to put in those brush miles. Whether you paint still lifes, portraits, or landscapes, paint from life as much as possible. 37

• Continually challenge yourself to try something new. 38 Artistic growth can be a bit painful. Welcome to the club; we’ve all been there. I love taking on challenges. I once took up a challenge to create a painting every day for a month and post the works online.

• 39 Seeking and accepting constructive feedback (反馈) is crucial to growth. I post my work on social media and, in turn, have met some of the kindest people. They make me feel valued and respected, no matter my level of artistic ability.

The journey you’re on won’t follow a straight path. 40 Push through, give it time and put in the effort. You will harvest the rewards of an artistic life.

A. Get out of your comfort zone.

B. Make career plans and set goals.

C. Don’t throw away your beginner art.

D. Share your work if you feel comfortable doing so.

E. You’ll hit roadblocks, and you’ll feel discouraged at times.

F. Evaluate your performance and, if needed, redefine your role.

G. You’ll develop that painting muscle memory that only comes with repetition.

\* Teamwork: Work together to find out the answer for blank 36, 38,40, and tell why.

1. 好词好句积累

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| --- | --- |
| beat oneself up about sth. |  |
| To err is human. |  |
| have a go at doing sth. |  |
| shine through |  |
| boost self-confidence |  |
| It’s something of a cliché that... |  |
| a fixed aspect of |  |
| be a springboard for |  |
| There is no better way to... |  |
| take on challenges |  |
| seek constructive feedback |  |
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| follow a straight path |  |
| hit roadblocks |  |
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| harvest the rewards |  |
| an artistic life |  |
| muscle memory |  |

1. Assignment

Make your own exercise with your partner including the interfering choices

**Tricks To Becoming A Patient Person**

Here's a riddle: What do traffic jams, long lines and waiting for a vacation to start all have in common? There's one answer. They're all situations where we could use a little extra patience.

In the Digital Age, we're used to having what we need immediately and right ai our fingertips. However, research suggests that if we practiced patience, we'd be a whole lot better off. Here are several tricks.

●Practice gratitude

Thankfulness has a lot of benefits: Research shows it makes us happier, less stressed and even more optimistic. It can also help us practice more patience. ” Showing thankfulness can foster self control," said Ye Li, researcher at the

University of California.

●Make yourself wait

Instant gratification( 满足) may seem like the most " feel good" option at the time, but psychology research suggests waiting for things actually makes us happier in the long run. And the only way for us to get into the habit of waiting is to practice. Start with small tasks. Put off watching your favorite show until the weekend or wait 10 extra minutes before going for that cake. You'll soon find that the more patience you practice，the more you start to apply it to other, more annoying situations.

●Accept the uncomfortable

So many of us have the belief that being comfortable is the only state we will tolerate, and when we experience something outside of our comfort zone, we get impatient about the circumstances. You should learn to say to yourself, " This is merely uncomfortable, not intolerable " You'll then gradually become more patient.

(2023年高考全国甲卷)

Interfering Choices: