

江苏省百校联考高一年级第一次试卷

英 语

注 意 事 项

考生在答题前请认真阅读本注意事项及各题答题要求:

1.本试卷包括 选择题 和 非选择题 两部分。选择题从第 1 页至第 8 页,非选择题从第 9 页至第 10 页。考生答题全部答在答题纸上,答在本试卷上无效。本次考试时间为 120 分钟,满分 150 分。考试结束后,请将答题纸交监考老师。

2.答题前,请务必将自己的姓名、学校、班级、座位号、考试证号用书写黑色字迹的 0.5 毫米签字笔填写在答题纸的相应位置,并用 2B 铅笔将答题纸上考试证号相应的数字涂黑。

3.答选择题必须用 2B 铅笔把答题纸上对应题目的答案标号涂黑。如需改动,请用橡皮擦干净后,再选涂其他答案。答非选择题必须用书写黑色字迹的 0.5 毫米签字笔写在答题纸上的指定位置,在其他位置答题一律无效。

选择题部分 (共 85 分)

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。

1. Where does the conversation most probably take place?

A. In a hotel. B. In a library. C. In a study.

2. What does the woman ask the man to do?

A.Send her a package. B.Call her family. C.Tell her the address.

3.What most probably is the woman?

A.A driver. B.A policeman. C.A doctor.

4.Who was hurt in the accident?

A.No one. B.A baby. C.Three women.

5.How much will the man pay for two general tickets and two students' tickets?

A.\$20. B.\$30. C.\$40.

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 至 7 题。

6.Who is the woman talking to?

A.Her boss. B.Her husband. C.Her teacher.

7.What do we know about the woman?

A.She had no personal life.

B.She was angry at her boss.

C.She didn't perform well at work.

听第 7 段材料,回答第 8 至 10 题。

8.Why does the man call the woman?

A.To invite her to a football game.

B.To get a ticket to the football game.

C.To ask the way to the football playground.

9.What should the man do when he arrives at the restaurant?

A.Go south. B.Turn right. C.Turn left.

10.What does the woman advise the man to do?

A.Leave home early.

B.Buy his ticket an hour before the game.

C.Listen to the radio.

听第 8 段材料,回答第 11 至 13 题。

11.What is one of the disadvantages of the apartment on Park Avenue?

A.There is no good place to put a desk.

B.The view outside is not good.

C.The kitchen is small.

12.What do we know about the man?

A.He never works at home.

B.He wants to have privacy.

C.He doesn't have any visitors.

13.What's the relationship of the speakers?

A.Husband and wife.

B.Shop-owner and customer.

C.Doctor and patient.

听第 9 段材料,回答第 14 至 17 题。

14.What is the man's main plan for this year?

A.To improve his grades.

B.To look for practising.

C.To start working.

15.What do the two speakers want to do similarly?

A.To make a New Year plan.

B.To look for practising.

C.To practice photography.

16.What does the man think of his plans for leisure (休闲)?

A.Useful and practical. B.Tiring but funny. C.Difficult but important.

17.What are the two speakers?

A.College students.

B.A teacher and a college student.

C.A boss and a worker.

听第 10 段材料,回答第 18 至 20 题。

18.Why is time management important?

A.It makes your work more effectively.

B.It helps to keep you organized.

C.It helps you finish everything ahead of time.

19.What should be considered into the time management?

A.Interests.

B.Unexpected things.

C.Important people in your life.

20.What does the speaker suggest doing at last?

A.Asking your family for advice on schedule.

B.Avoid being a slave to your schedule.

C.Changing your schedule regularly.

第二部分 阅读(共两节,满分 40 分)

第一节 (共 15 小题;每小题 2 分,满分 30 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

Volunteer English Teachers Needed In San Jose

Our volunteer TEFL (Teaching English as a Foreign Language) internships (实习) are a great way to start your new work. You can get valuable experience in your teaching while you are helping others! You can also get the chance to travel around your host city or town and have a better understanding of the local people and culture.

Our volunteer TEFL internships are open to anyone who has studied in our TEFL courses and meets our need for each job chance. If you have taken a class in other TEFL courses and hold a recognized certificate (证书) (over 120 hours of study), your applications (申请) for our internships will also be accepted.

How much should you pay for your internship?

Only \$350 for each person!

What is included in the pay?

*Airport pick-up from San Jose Juan Santamaria International Airport.

*4-day training before working, including living and meals.

*Bus trip from San Jose to the host town or city.

*Three meals daily that are provided by the host family.

*Support for getting Volunteer Visa (签证) to Costa Rica.

*24-hour help from local program assistant.

*Anything that you use in your teaching at the local school.

What is NOT included in the pay?

*The cost in your travelling around the country on weekends.

*Anything that you buy for your own use.

*Your trip back home when the internship is over. But we offer you \$500 for your trip back home by plane after you finish your internship.

Email to: *TEFL teachers.com*

21. Who can have the chance to take the internship?

- A. Those who have received college education.
- B. Those who have travelled around San Jose.
- C. Those who have taken a course in the TEFL program.
- D. Those who love to work with children.

22. After arriving, the TEFL teachers should _____.

- A. get to know the host families
- B. take a training for 4 days before working
- C. travel around the country
- D. buy all the things they need in teaching

23. If Tom and his brother both decide to take the internship, they should pay _____.

A. \$700. B. \$350. C. \$500. D. \$600.

B

On October 18, 2019, NASA astronaut Jessica Meir and her partner Christina Koch replaced a failed power controller outside the International Space Station (ISS). It means two women astronauts have made history with the first all-woman spacewalk.

It's not surprising that after having dived deep under the Antarctic ice and climbed to some of the highest peaks (峰巅) in the world, Jessica Meir has set out to reach the extreme destination: Outer space.

Meir's parents moved to Caribou, Maine and Meir grew up there. The family didn't know anybody who worked for NASA or for the space program in any way. She thought her dream of joining in space exploration (探索) came true because of the love of nature she learned from her mother, and her father's preference for adventure.

When asked whether she worries about the risks (风险) of space travel, Meir says, “I don’t worry about it. We do such a good job here at training. The people at the NASA centers work so hard to get us ready. They attach great importance to making sure that we are fully supported. Training and safety agreements are always the most important things. Risky situations are stressed and practiced so many times that responses become natural. You can trust that training. Yeah, you’re doing things you’ve never done before, but they know how to give that to you in a professional way.”

“The happiest and most exciting thing I’ve ever experienced is that I have the mental and physical challenges at the same time. I’ve always been this way. I’m sure my mother would agree as she’s watched me do extreme sports throughout my life. I don’t think of them as risky, though. It is more about controlled risk. Being well trained and following safety measures is part of the fun. I do truly live by the belief that without risk there is no reward.”

24. Why did Jessica Meir and Christina Koch make history?

- A. They did a spacewalk without men.
- B. They are the youngest women astronauts.
- C. They have set out to reach the outer space.
- D. They replaced a failed power controller successfully.

25. What kind of character does Jessica Meir have according to her personal experiences?

- A. Smart.
- B. Responsible.
- C. Generous.
- D. Adventurous.

26. Why doesn’t Jessica Meir worry about the risks of space travel?

- A. She is an experienced astronaut.
- B. She thinks doing a space travel is easy.
- C. She trusts the training received at the NASA centers.
- D. She believes there is no risky situation.

27. What does Jessica Meir say in the last paragraph?

- A. Practice makes perfect.
- B. The controlled risk is worthwhile.
- C. There is no risk in becoming an astronaut.

D.She gets the spirit of adventure from her mom.

C

What will people die of 100 years from now? If you think that is a simple question, you have not been paying attention to the revolution (革命) that is taking place in bio-technology (生物技术). With the help of new medicine, the human body will last a very long time. Death will come mainly from accidents, murder and war. Today's leading killers, such as heart disease, cancer, and aging itself, will become distant memories.

In discussion of technological changes, the Internet gets most of the attention these days. But the change in medicine can be the real technological event of our times. How long can humans live? Human brains were known to decide the final death. Cells (细胞) are the basic units of all living things, and until recently, scientists were sure that the life of cells could not go much beyond 120 years because the basic substances (物质) of cells, such as those of brain cells, would not last forever. But the upper limits (界限) will be broken by new medicine. Sometime between 2050 and 2100, medicine will have advanced to the point at which every 10 years or so, people will be able to take medicine to repair their organs (器官). The medicine, made up of the basic building substances of life, will build new brain cells, heart cells, and so on—in much the same way our bodies make new skin cells to take the place of old ones.

It is exciting to imagine that the advance in technology may be changing the most basic condition of human existence, but many technical problems still must be cleared up on the way to this wonderful future.

28.According to the passage, human death is now mainly caused by _____.

- A.diseases and aging B.accidents and war
C.accidents and aging D.heart disease and war

29.In the author's opinion, today's most important advance in technology lies in _____.

- A.medicine B.the Internet C.brain cells D.human organs

30.Humans may live longer in the future because _____.

- A.heart disease will be far away from us
B.human brains can decide the final death
C.the basic substances of cells will last forever
D.human organs can be repaired by new medicine

31. We can learn from the passage that _____.

- A. human life will not last more than 120 years in the future
- B. humans have to take medicine to build new skin cells now
- C. much needs to be done before humans can have a longer life
- D. we have already solved the technical problems in building new cells

D

BEIJING/SAO PAULO-Chinese traditions like cockfighting, kite-flying and fireworks have been quite common in Brazil for many years.

Despite the thousands of kilometers between them, China's historical and artistic mark on Brazil has existed (存在) for about 300 years, said Brazilian sinologist (汉学家) Jose Roberto Teixeira Leite in his book *China in Brazil*. Influences from China can date from the colonial period, even up to the time after Brazil's independence.

The commercial relationship between the two countries has existed for a long time, he noted, adding that incoming ships would fill up Brazilian cities like Salvador, Rio de Janeiro and Recife with Chinese products like porcelain (瓷器), silk and fans. He also found Chinese influence not only in the arts and architecture of Brazil but also in the most diverse areas of Brazilian society, like the economy, medicine and popular culture. "At the end of the 19th century, in Pernambuco (a state in northeastern Brazil), there was a custom that children slept with clothes decorated with Chinese dragons." Teixeira added.

The book took him about 15 years to finish. "The impact of the book surprised me, though it was published by a university publisher and it had a print run of just 1,000 copies," he said. "Some have said that the book represents a turning point in Chinese studies in Brazil." Besides, the sinologist did research on the mark and presence of China in the architecture and arts of Brazil. "It was through art that China awoke in me, first, curiosity, after that, interest, and finally, passion," Teixeira said.

In 1992, the sinologist visited Macao to do research for his doctoral thesis about the marks and presence of China in Brazil, and that trip impressed him a lot. In 2013, Teixeira had a chance to visit the Chinese cities of Beijing, Shenzhen and Shanghai, and got to know "the past and present of the great country culturally, as well as its amazing development."

32. What does the underlined sentence in paragraph three imply?

- A. Brazilian children's love for dragons as Chinese children.

B.The development of China-Brazil frequent trade cooperation.

C.A further understanding of the cultures of the two countries.

D.China's influence on most diverse areas of Brazilian society.

33.What represents a new stage of Chinese studies for Brazilian?

A.Children's clothes. B.The sinologist's traveling.

C.The sinologist's book. D.China's porcelain.

34.What fired the sinologist's passion for Chinese studies?

A.Chinese art. B.Chinese customs.

C.The history of China. D.China's development.

35.What is the best title for this passage?

A.The Impression of China on a Sinologist

B.China and Brazil in Eyes of a Sinologist

C.An Introduction to a Sinologist's New Book

D.The Future of China-Brazil Trade Relations

第二节 (共 5 小题;每小题 2 分,满分 10 分)

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项,并在答题纸上将该项涂黑。选项中有两项为多余选项。

It could be time to admit that you have a habit of putting off your tasks because of you wasting much time on the Internet. If you are ready to reduce the time you spend on it, it may seem challenging. 36

Monitor (监控) your Internet usage time. To break that habit, learn how to manage the time you spend online. Monitor how long it takes you to do each task and record exactly what you did. 37 You'd be surprised at how much time you actually spend on necessary instead of unnecessary online activities.

38 While it may feel strange to use technology to stop you from using technology, this is where we are today. To increase your productivity while you are online, use apps that block (阻挡) your go-to sites. This will lessen the desire to jump over to these sites if the task at hand is challenging.

When working, avoid using your phone. Due to smart phones, it is now very easy to access (使用) the Internet. You have to stop wasting time online. Put away your phone when you are working or studying. So you are unable to see or hear any signals when they come up. 39 So you are unable to check your phone when it is out of sight.

Seek professional help. 40 If you can't seem to stick to your own boundaries (界限) and you are spending more time online than you are with real people, it may be time to seek professional help. Recently, Internet addiction has become a cause for concern in clinical psychiatry (临床精神病学).

- A. Keep your phone in another room.
- B. Block your access to favorite time-waste websites.
- C. Then decide if an activity was really necessary.
- D. Here are some methods that help you deal with the challenge.
- E. Do all of your computer work at the beginning of your project.
- F. The solution to any type of addiction belongs to professional field.
- G. You will find these useful tips can help you solve most of your problems.

第三部分 完形填空(共 15 小题;每小题 1 分,满分 15 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。

I suffered a serious head injury (损伤) as a kid. It led to a constant 41 even in a special reading class. When I met my teacher, Jill Kinmont, for the first time, I felt 42 because I'd never known anyone who was 43. She was young but was in a wheelchair (轮椅). She 44 during a race as a skier and injured her spinal cord (脊椎). She never acted like she felt 45 for herself. Instead, she 46 at us at the beginning of every class.

She taught us 47 through reading cards, spelling lessons and writing practices. I was a slow reader, but she showed me it was okay to take my 48. I remember the day when I was ready to 49. To other teachers, spelling the word "furniture" might be a 50 thing, but my teacher treated it as a great 51. "You did it, Sandy!" she smiled. "You spelled a difficult word and 52 the tests. Now you can return to a regular classroom!"

She 53 a ten-year-old girl who was hardly able to read and write and changed her world forever. Looking back, I wish I'd thanked her for making such a big 54 in my life. I'll always remember what she 55 me: With patience and love, no mountain is too high to climb.

41. A. joy B. advance C. struggle D. danger
42. A. shocked B. excited C. worried D. stressed
43. A. flexible B. selfless C. determined D. disabled
44. A. fell B. won C. quit D. escaped
45. A. responsible B. secure C. sorry D. confident
46. A. smiled B. looked C. shouted D. laughed
47. A. generously B. eagerly C. anxiously D. patiently
48. A. advice B. time C. place D. course
49. A. begin B. change C. leave D. stay
50. A. small B. tough C. serious D. personal
51. A. reflection B. judgment C. shadow D. achievement
52. A. respected B. passed C. missed D. valued
53. A. saved B. met C. reminded D. harmed
54. A. decision B. choice C. difference D. treatment
55. A. bought B. taught C. warned D. tricked

非选择题部分 (共 65 分)

第四部分 基础知识运用(共三节,满分 40 分)

第一节 (共 15 小题;每小题 1 分,满分 15 分)

根据句意,在空白处填入 1 个适当的单词或括号内单词的正确形式,并将答案写在答题纸上相应题号的横线上。

56. When you meet with annoying things in your life, your parents are often _____ first targets of your anger.

57. Dark thoughts are harmful to people of any shape or size, and it's important to guard _____ the causes behind them.

58. Jennifer was found to have _____ (dangerous) low blood sugar levels and was treated immediately.

59. The expert pointed out that it is important to have a _____ (health) balanced diet since teenagers are still growing and their bodies need a lot of nutrition to function well.
60. Heated _____ (argue) and cold silences are common between teenagers and their parents.
61. We often find _____ easier to recognize other people's weaknesses than our own, which may lead to our one-sided judgments.
62. As we all know, a real friend is someone _____ support we can count on.
63. As Lao-Tzu wisely said, "A journey of a thousand miles _____ (begin) with a single step."
64. You may feel anxious that you are developing at a different rate to your friends, shooting up in height or _____ (get) left far behind.
65. If you have friends who are good-looking _____ have a great fashion sense, it can feel like you are living in their shadow.
66. Amy likes reading posts on some Internet forums _____ people share their ideas about almost everything.
67. One fruit of friendship is the better understanding and judgment that may _____ (achieve) through conversations with well-meaning and wise friends.
68. Jennifer has eating problems with _____ she has struggled for a long time.
69. The good news is that this stormy period _____ teenagers cannot see eye to eye with parents on anything will not last.
70. Jim, a character in Mark Twain's *Adventures of Huckleberry Finn*, is a black slave who _____ (long) to be free.

第二节 (共 10 小题; 每小题 1 分, 满分 10 分)

阅读下面短文, 根据首字母或中文提示写出空缺处各单词的正确形式。并将答案写在答题纸上相应题号的横线上。每空一词。注意: 答题时请写出包含首字母的完整单词。

On the reality show *Rap for Youth*, Chen Jinnan, a talented rapper (说唱歌手), sang her song *Malice from the world*. Her (71) p_____ was successful.

Chen began listening to hip-hop when she was 13. A year later, she started to add much (72) _____ (素材) about her life into songs that she created, describing this experience as "like writing a diary". Chen wrote the song *Malice from the world* after receiving a message from a fan who was (73) _____ (受苦) from some dark thoughts and (74) n_____ feelings. To help the fan and other young adults, Chen published the song online last year.

Now, she has nearly 60,000 followers on her Sina Weibo (75) a _____ (账户). Many fans view her as a girl who always looks on the bright side. However, not everyone likes her. Chen

posted on Sina Weibo: "Some people are (76) _____ (攻击) me online. They say that I'm too fat and not beautiful enough, but I really don't care. I won't compare myself with others because I am (77) u _____. These (78) _____ (外部的) influences are always present, but learn to forget about them or just (79) i _____ them. Always see the good things about yourself and focus on your (80) s _____.

第三节 (共 5 小题;每小题 3 分,满分 15 分)

请把下列句子翻译成英文,并将答案写在答题纸上相应题号的横线上。

81.简而言之,潜能是你与生俱来的能力,当你足够努力时,潜能就能得到开发。

-
-

82.考虑周全后,你要心平气和地向他们解释你的行为和感受,仔细倾听,打消他们的顾虑。

-
-

83.每个人都有他们自己的天赋,所以要为自己擅长的事感到自豪,而不要为你无法改变的事而烦恼。

-
-

84.最后,需要指出的是,与众人为伍不等于有朋友相伴。

-
-

85.友谊有双重优势——幸福快乐变得更有意义,分担的烦恼减少了一半!

-
-

第五部分 应用文写作(共 1 题,满分 25 分)

假定你是李华,进入高中后,在学习和生活中遇到一些困难,导致无法集中精力学习。所以你给你校的心理老师 Kate 写了一封求助信,要点如下:

1.自我介绍。

2.求助内容:学习压力大,难以入睡;与父母关系紧张;难以与新同学和睦相处。

3.希望得到 Kate 的帮助。

注意:

1.词数 80 左右;

2.可以适当增加细节,以使行文连贯。

Dear Kate,

-

-

-

Yours sincerely,

Li Hua

江苏省百校联考高一年级第一次试卷

英语参考答案

第一部分 听力(共两节,满分 30 分)

1~5 BCCAB 6~10 ACCCA 11~15 ABAAB 16~20 AABCB

第二部分 阅读(共两节,满分 40 分)

第一节 (共 15 小题;每小题 2 分,满分 30 分)

21~23 CBA 24~27 ADCB 28~31 AADC 32~35 DCAB

第二节 (共 5 小题;每小题 2 分,满分 10 分)

36~40 DCBAF

第三部分 完形填空(共 15 小题;每小题 1 分,满分 15 分)

41~45 CADAC 46~50 ADBCA 51~55 DBACB

第四部分 基础知识运用(共三节,满分 40 分)

第一节 (共 15 小题;每小题 1 分,满分 15 分)

56.the 57.against 58.dangerously 59.healthy 60.arguments

61.it 62.whose 63.begins 64.getting 65.or

66.where 67.be achieved 68.which 69.when 70.longs

第二节 (共 10 小题;每小题 1 分,满分 10 分)

71.performance 72.material 73.suffering 74.negative 75.account

76.attacking 77.unique 78.external 79.ignore 80.strengths

第三节 (共 5 小题;每小题 3 分,满分 15 分)

81.Put simply, potential is your natural ability that can be developed when you try hard enough.

82.After you have thought it through, explain your actions and feelings calmly, listen carefully, and address their concerns.

83.Everyone has their own talents, so take pride in things you do well instead of worrying about things you cannot change.

84.Finally, it should be pointed out that enjoying the company of a crowd is not the same as being with friends.

85.Friendship has a double advantage—happiness takes on a greater meaning and a trouble shared becomes a trouble halved!

第五部分 应用文写作(共 1 题,满分 25 分)

Dear Kate,

I'm Li Hua, a Senior 1 student. Recently, finding it hard to concentrate on my study, I'm writing to ask you a favor.

First, the high expectation from my teachers and parents makes me extremely stressed and unable to fall asleep every night. Besides, whenever I cannot see eye to eye with my parents on something, our conversation will eventually turn into a heated argument. What's worse, I have trouble getting along with my classmates.

I sincerely hope you can offer me some suggestions on these problems. Looking forward to your early reply.

Yours sincerely,

Li Hua

听力材料

Text 1

M:I was looking for a book, but I couldn't find it on the shelf.

W:Oh, somebody must have borrowed that book.

Text 2

W:Hello, is this Mr. Wu?

M:Yes, hello, Jane.

W:One of my relatives is sending a package from Japan to me and asking for my address, but I don't know it. So I'm calling to ask you.

Text 3

M:I've got two tickets for the film. Would you like to go with me?

W:I'm sorry. I'm afraid not.

M:Why?

W:A patient has just arrived. He was badly hurt in a traffic accident. He is due to be operated on at once.

Text 4

M:The car was a total loss. Did you see it?

W:Yes. Can you imagine three women and a baby were in the horrible accident without being hurt?

Text 5

M:Excuse me, how much are the tickets?

W:They're ten dollars each for the general public, but students'tickets are half price. How many tickets do you want?

Text 6

M:Mary, I asked you to come meet with me because I'm unhappy with your performance over the past few weeks.

W:Well, to be honest, it's been hard to focus on work lately. I've been having some personal problems.

M:I'm sorry to hear that. But if you can't separate your work life from your personal life, I'm going to have to let you go.

W:I understand, and you won't be disappointed again. I'll do much better in the future.

Text 7

M:Hello, Kate, this is Tom.

W:Hi, Tom. What can I do for you?

M:I need to know how to get to the football playground.

W:Oh, it's very simple. First, go south on Highway 28 for 5 miles until you come to a large restaurant called Fanny's. Turn left at the restaurant and continue for a few miles more and you will come right to the playground.

M:Do you think the playground will be much crowded?

W:Well,the radio announced that all the tickets for this game have been sold out. That means you should get there an hour early before the game starts.

M:Thank you very much for your help, Kate. I'll take your advice.

Text 8

M:Of the three apartments, which one do you like best?

W:I don't know. But I don't like the one on Ablington Road.

M:Neither do I. Let's cross that one off. That leaves the one on Park Avenue and the one on North Parade.

W:The one on Park Avenue has a good view, and a very cheerful kitchen.

M:Yes. But there is no good place to put a desk.

W:That's true. You could put it in a corner of the living room, but then you wouldn't have any privacy, and the bedroom is too small.

M:Right. And I need to be able to leave my work out on the desk without having it looked at by noisy visitors.

W:Oh, I do agree that the desk shouldn't be in the living room. What about the apartment on North Parade? It has a dining area. We could eat in the kitchen, and put the desk in the dining area. It's more private there.

M:Yes, that sounds good.

Text 9

W:I can't believe it's almost the end of the year again.

M:Time flies.

W:What are your New Year plans?

M:Oh, I have plenty. But my top plan is to improve my grades.

W:That's true. As college students, grades are still our biggest concern.

M:I will also be looking for practising. Jobs are extremely hard to get right now because of the global economic falling back. Companies usually prefer people with more experiences. That's the reason why I need to start working or practicing as soon as possible.

W:That's a very smart idea! Now you've mentioned it, I should start looking into that as well.

M:On top of those, I'd also like to learn something fun, things like photography, filming or drawing.

W:Sounds like some great plans for leisure.

M:Yes, but at least something useful and practical. I've always wanted to learn how to take professional photographs.

W:Well, you'd better make the time from your busy schedule then.

M:Last but not least, I want to be able to spend more time with family and friends.

W:Oh, that is right. Time is valuable in college.

Text 10

W:Hi, everyone! Can you manage your time well? In fact, time management is important for several reasons. First, it helps you stay organized. Second, you can make sure you are finishing everything that needs to get done. And third, you can make time for family and friends and things that matter most. One of the best ways to manage your time is to make a schedule. First, write down everything you need to do in a week. Then put each of these into a timetable. Of course, you have to follow your schedule. There are some other important things to consider about time management. First, remember the important people in your life. Did you put time in your schedule to visit them, write to them, or even call them? Also remember your values. If you value exercise, you must schedule time to exercise. Finally, you are the boss of your schedule. Don't let your schedule control you.