绝密★考试结束前

2024学年第一学期衢州五校联盟期中联考

高一年级英语学科 试题

考生须知：

1. 本卷共9页满分150分，考试时间120分钟。

2. 答题前，在答题卷指定区域填写班级、姓名、考场号、座位号及准考证号并填涂相应数字。

3. 所有答案必须写在答题纸上，写在试卷上无效。

4. 考试结束后，只需上交答题纸。

第Ⅰ卷

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。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. Why did Brian miss class yesterday?

A. He was ill. B. He had another lesson. C. He attended an important meeting.

2. What does the man want to be in the future?

A. A bus driver. B. A taxi driver. C. A race car driver.

3. Where is the man going next?

A. The airport. B. His office. C. His sister’s house.

4. What do we learn about the Green Art Museum?

A. It costs $5 to enter.

B. It only collects green paintings.

C. It shows artworks about climate change.

5. Who will the woman team up with?

A. The man’s sister. B. The man. C. Amy

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三个选项中选出最佳选项。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。

6. Where does the conversation probably take place?

A. In a hotel. B. At an airport. C. In a travel company.

7. Which country will the man visit for his holiday?

A. Greece. B. Britain. C. Australia.

听第7段材料，回答第8至10题。

8. How does the woman usually get to school?

A. On foot. B. By bus. C. By bike.

9. What day is it today?

A. Thursday. B. Friday. C. Saturday.

10. What is the probable relationship between the speakers?

A. Teacher and student. B. Father and daughter. C. Milkman and customer.

听第8段材料，回答第11至13题。

11. How does the man feel about his phone?

A. Dissatisfied. B. Excited. C. Worried.

12. When did the man buy his phone?

A. One year ago. B. Two years ago. C. Three years ago.

13. What does the woman suggest the man do with his phone?

A. Sell it. B. Keep it. C. Recycle （回收利用） it.

听第9段材料，回答第14至17题。

14. What are the speakers mainly talking about?

A. A show at the zoo. B. A coming trip to the zoo. C. A report about animals.

15. Which animal does the man like to see the most?

A. Lions. B. Bears. C. Elephants.

16. How does the woman suggest the man find out more information?

A. By texting his friend. B. By visiting a website. C. By calling an animal expert.

17. What time will the lions eat?

A. At 1:00 p. m. B. At 2:00 p. m. C. At 3:00 p. m.

听第10段材料，回答第18至20题。

18. What does the speaker want to share?

A. The secret of success. B. A study on running. C. Exercise tips.

19. When does the speaker wake up every morning?

A. At 5:00 a. m. B. At 6:30 a. m. C. At 8:30 a. m.

20. What does the speaker do before work?

A. Clean the house. B. Do some writing. C. Prepare for the lessons.

第二部分 阅读理解 （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和D四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

**A**

**4 books about truth and lies**

From tall tales （奇闻轶事） to big lies, explore these books about whether it is real or not.

**Honesty Lies**

by Eloise Williams

Pictured by Nicole Miles

(Firefly Press)

Set in London in 1601, this is the exciting story of two very different girls—Honesty, an honest storyteller who hopes her tall tales will lead her to success, and Alice, a maid working for Queen Elizabeth I. But can Alice be trusted? In a world of plotting, nothing is quite as it seems.

**History’s Most Epic Fibs!**

by Athena Kugblenu.

(Hachette Children’s)

Did you know that Vikings never actually wore horned helmets, and that the famous Egyptian queen Cleopatra wasn’t actually Egyptian? This fun book tells historical unreal news, separating the truth from history’s tallest tales and big lies.

**Beaky Malone: World’s Greatest Liar**

by Barry Hutchison

(Stripes Publishing)

In this funny pictured story, Beaky Malone has a habit of telling lies—every time he opens his mouth, out pops a lie. But when his long-suffering sister pushed him into a truth-telling machine, everything changes. Now Beaky can’t tell even a teenie-weenie lie, but will this new, honest Beaky be even worse?

**The Girl Who Couldn’t Lie**

by Radhika Sanghani

(Usborne Publishing)

Priya is always telling white lies to pretend that everything in her life is perfect. But when she puts ona magic ring, she suddenly finds herself unable to tell a lie. Instead, she’s telling the truth to everyone—even telling her best friends secrets. As things became out of control, can Priya find a way to be honest without hurting people?

21. What do Honesty Lies and Beaky Malone: World’s Greatest Liar have in common?

A. They both have pictures. B. They both tell the stories of girls.

C. They both have adventurous stories. D. The characters of the books all like telling lies.

22. What can we learn from the book The Girl Who Couldn’t Lie?

A. Priya likes telling lies to her best friends.

B. The book was written by Athena Kugblenu.

C. Priya changes after she wears a magic ring.

D. The book mainly talks about the story of Priya and her friends.

23. Where is this text probably taken from?

A. A book review. B. A history book. C. A novel. D. A children’s magazine.

**B**

It was an ordinary day when I got a message from my daughter’s kindergarten about an upcoming school dance performance. At first, I thought, “How wonderful, I can’t wait to see her perform!” But to my **dismay**, I discovered it wasn’t just the students, parents were expected to join as well. “Oh, my god. I’m short of rhythm, coordination （协调性） and having stage （舞台） fear. How could I take part in it?”

That evening my idea was destroyed as my daughter came home excitedly, “Dad, this is going to be fun. We should wear matching pink T-shirts and stand at the front so everyone can see us.” And so, we began with practice in front of the television. My wife had luckily found a past performance on Douyin. At this point, I realised our performance would also end up online and any mistake could finally be turned into a joke. The stress had now been increased.

The first at-home practice went as badly as you could imagine. And fast forward to Saturday and it was time for a group practice at school. Given the short notice, I expected the other parents to be struggling as much as me. I was wrong. They moved so well that they would equal to the dancers of Bolshoi Ballet.

In the days to come we worked very hard and both our confidence and coordination improved quickly. My daughter moved like a swan （天鹅）, while I still moved like an elephant. The day of the big show arrived and my nervousness became less. It turns out that getting nowhere near enough sleep before a big performance is the perfect cure for stage fear. Moreover, my daughter was having the time of her life and that alone powered me through.

Reflecting on the past two weeks, I realized this experience had enriched us both. It marked the first time my daughter and I learned something new together. I find myself looking forward to similar events like this in the future.

24. What does the underlined word “dismay” probably mean in paragraph 1?

A. happiness. B. anger. C. surprise. D. excitement.

25. What can we learn about the author?

A. He didn’t sleep well before the big performance.

B. He practised dancing with his daughter smoothly.

C. He was very nervous when the big performance arrived.

D. He had stress because he didn’t want to dance with his daughter.

26. What did the author realize after the big performance?

A. He could dance as well as his daughter.

B. The experience had brought a lot to his family.

C. The other parents were struggling as much as him.

D. Confidence and coordination are very important in the performance.

27. What is the best title of the passage?

A. A Stage Experience: Excitement to Sadness

B. A Dance Performance: Fear to Enjoyment

C. A Stage Experience: Discovering Joy through Movement

D. A Dance Performance: Getting out of Fear through Dance

**C**

Scientists have discovered a hole on the Moon, which might make an ideal place for a future moonbase. The large hole could be up to 170 meters below the Moon’s surface, and this is thought to lead to a network of holes that reach far underground.

For years, scientists have thought about the best way to build a safe home on the Moon where humans could live. The temperatures on the moon’s surface make this challenging, however, from highs of 127°C to lows of -173°C. Without a protective atmosphere （大气层） like the Earth’s, the Moon is also hit by radiation （辐射） from the Sun and meteorites （陨石） from space, which makes the surface dangerous. Underground holes could offer a good way for humans to live safely on the Moon.

The discovery was made at the University of Trento in Italy by Lorenzo Bruzzone and Leonardo Carrer. They found that there are some holes connected to it. Carrer said, “For the first time, we have found and exactly mapped a hole that is actually reachable from a pit （坑） on the moon’s surface.” Bruzzone added, “These holes have been talked about for over 50 years, but it is the first time ever that we have proved that they are actually there.”

Speaking to the BBC, Helen Sharman, the first British astronaut to travel to space, said humans could be living on the Moon in the next 20-30 years. However, she said the hole entrance is so deep that astronauts would need rocket packs, or a lift, to get in and out.

Besides offering a home for humans, scientists hope the holes will help them learn more about the Moon’s history, because rocks underground are untouched by conditions on the surface. They also hope to use the same ways to find holes on Mars （火星）. If there is life on Mars, experts believe it might be found underground.

28. How do underground holes on the Moon help protect humans?

A. By making the temperature safe.

C. By lowering radiation on the Moon.

B. By creating a safe atmosphere above the Moon.

D. By avoiding extreme temperatures and surface dangers.

29. According to Helen Sharman, how can astronauts get to the discovered hole?

A. It already has stairs for easy use. B. It is too deep to reach without help.

C. They need special tools to get in and out. D. It can be reached with regular space clothes.

30. What can we infer from the last paragraph?

A. Humans will live on moon rocks.

B. Scientists are sure about life on Mars.

C. Moon holes are easier to explore than Mars holes.

D. Moon hole-finding ways may help find life on Mars.

31. What is the main idea of the passage?

A. The challenges of living on the Moon.

B. The discovery of a hole on the Moon.

C. Using underground holes to study the Moon.

D. The possibility of humans living in Moon holes.

**D**

It’s fun to sing in the car. In a recent study,64% of drivers said listening to music makes the driving experience better. But 54% of people said driving is less fun if they have to listen to music they don’t like. So what happens when passengers have different musical tastes than the driver does and they want to choose what to play? Many people think passengers should get a say because they also have to listen to whatever is playing. But others say the driver’s preference counts most. What do you think? Should the driver choose the car tunes?

Yes—it’s an extra advantage of the job. The driver is taking the passengers where they need to go, so they should have the right to choose the tunes. They shouldn’t have to listen to something they don’t like, especially on long trips. Drivers also know what music helps them stay calm and focused, while passengers could choose music that annoys the driver. Safety isn’t a concern because the driver can set a playlist before they head out. And if the rule is that the driver always decides, there’s less chance of disagreement over what to play.

No—it’s not fair or safe. The driver should be fully focused on the road, not thinking about what song to listen to next or scrolling through a playlist. Passengers, however, have their hands free, so it’s safe for them to search for and select the music. Besides, it’s not fair that only the person behind the wheel gets to choose what to listen to. Long car trips can be boring, especially for kids. If they get to pick the music they want to hear, they will have more fun and won’t fight as much. To make things better, passengers can take music requests from the driver and others in the car. That way, everyone gets a chance to share the music they love.

32. Why is it considered “an extra advantage” for the driver to choose the music?

A. It makes sure of no disagreements during the trip.

B. It gives the driver more rights on the car-environment.

C. It makes the driver feel more important than the passengers.

D. It allows the driver to create a more enjoyable driving experience.

33. What is the author’s attitude towards the choice of music?

A. Objective. B. Supportive. C. Doubtful. D. Fearful.

34. What is advised to make choosing music easier in paragraph 3?

A. The driver should have the final say.

B. Requests from both sides are considered together.

C. Only the children in the car should choose the music.

D. Passengers give a music playlist to the driver before the trip.

35. How does the author develop the passage?

A. By exploring views on car music choice.

B. By giving facts about music and driving.

C. By sharing stories about driving experiences.

D. By using examples to show why music matters.

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。

**A New Season**

Marking autumn’s arrival is a chance to reconnect with the rhythms （节奏） of the Earth and focus on change and growth. Here are some ways to celebrate the season.

Pick what you plant. Perhaps you’d like to grow food in your vegetable garden or window box that’s ready to be picked at a later time! 36 But be sure to get advice on what’s safe to eat!

Prepare seasonal produce. Look for local ingredients （食材） and use these to create some tasty dishes. In the past, the autumn months were spent saving ingredients for the coming cooler months. 37

38 In many areas of the country, autumn proves to be a good time of year to take a walk and enjoy the changing colours of the trees. Some places like Mount Macedon in Victoria, Mount Wilson in the Blue Mountains area, and the New South Wales Southern Highlands, are famous for their unique trees.

Clear up. During the cooler months, you’re likely to spend more time indoors. 39 Have a clear-out, tidy your bedroom, and ask your parents if you can give away any unwanted things to the poor.

Give thanks. Take a moment to appreciate all that the Earth provides. 40 Even a quick clean-up of litter or starting a small, environmentally friendly habit can make a difference. As well as expressing gratitude for the season, consider what else you feel glad to have in your life. Give thanks for your friendships, experiences, and other things you value. Celebrate what you’ve learned, completed, or gained over summer. What ideas would you like to develop further?

A. Explore nature.

B. Climb mountains.

C. Is there anything you could do to give back?

D. You might like to learn how to make seasonal food.

E. Are there any areas you’ve been spending too much time on?

F. Creating a clean, orderly space can have a big effect on how you feel.

G. Also, keep an eye out at this time of year, as fruit can be picked from trees and eaten.

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，从每题所给的A、B、C、D四个选项中选出可以填人空白处的最佳选项，并在答题卡上将该项涂黑。

One night, in December last year, Emma Evans realized that something was very wrong with her three-year-old son. He was sleeping nearby, moving his arms and legs around 41 . Then he became unconscious （昏迷的）, which made her extremely 42 . She called 911 after trying to wake him up with no 43 .

When the ambulance （救护车） 44 , everyone was out in the street. Her neighbors were looking worried and tried to help her. “But I was so 45 on my son. I left the front door of the home wide open, and I 46 everything, getting into the ambulance,” Evans recalled.

In the hospital, Evans knew that her son had 47 a grand mal seizure （癫痫发作）. The doctors told his 48 after a CT scan. With no family members nearby, she was 49 . And then, less than an hour later, two kind faces appeared at the door. “It was Dick and Mary, my 50 ,” said Evans.

They told her that after the ambulance left, they 51 that the front door was left open. They went inside, picked up Evans’s wallet, keys and phone, and then 52 the door. Dick even bought a few toys for her son to make him happy. Then they called all the local 53 to ask where Evans was. Dick and Mary 54 with Evans through the night, and drove them home early the next morning.

Later on, whenever Evans thinks of it, she would appreciate a lot about their neighbors’ 55 .

41. A. painfully B. confidently C. carefully D. slowly

42. A. excited B. angry C. anxious D. amazed

43. A. chance B. luck C. debate D. hope

44. A. moved around B. turned out C. pulled up D. checked in

45. A. impressed B. focused C. strict D. hard

46. A. left B. packed C. brought D. prepared

47. A. explored B. recognized C. discovered D. experienced

48. A. fitness B. condition C. solution D. purpose

49. A. pleased B. annoyed C. relaxed D. frightened

50. A. teachers B. friends C. neighbors D. relatives

51. A. noticed B. admired C. called D. decided

52. A. fixed B. opened C. broke D. locked

53. A. factories B. schools C. hospitals D. companies

54. A. lived B. stayed C. worked D. played

55. A. power B. share C. praise D. kindness

**第II卷**

第四部分 语言运用 （共四节，满分45分）

第一节：语法填空 （共10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。

Visiting the Xi’an City Wall is a must-do experience for anyone exploring Xi’an. As the ancient capital of China, it is home to one of the most well-protected city 56 (wall) in the world. Whether you choose to walk, cycle, or take a guided tour, the Xi’an City Wall offers 57 unforgettable journey through ancient China’s military and architectural history.

Xi’an was a walled city in the beginning, and even today the wall 58 (consider) a landmark （地标） dividing the city into the inner part and the outer part. The city wall is massive —tall, long and thick. The South Gate and North Gate are the two main entrances to the inner city. The city 59 (it) is neatly arranged along the city wall.

The wall, 60 was built in 1370 under Emperor Hongwu of the Ming Dynasty, was designed 61 (protect) Xi’an. The design is both practical and defensive, 62 a river surrounding the wall.

The best time to visit Xi’an City Wall 63 (depend) on the season. The spring months of March to May and autumn months of September to November are good 64 the weather is perfect for walking or cycling. Summer can be hot, so bring water and sunscreen if you plan to visit during the hotter months. Winter, on the other hand, can be cold, but it’s much quieter, 65 (offer) a peaceful and less crowded experience.

第二节：单词拼写 （共10题；每小题1分，满分10分）

根据所给的首字母或中文提示完成下列句子，每空1词。

66. Fan Zhengdong e\_\_\_\_\_\_\_\_ his sport shirt with Moregard, a player from Sweden at the end of the table tennis games in the Paris Olympics.

67. To test this, the researchers worked day and night to carry out some scientific e\_\_\_\_\_\_\_\_ in the lab.

68. Could you r\_\_\_\_\_\_\_\_ some books suitable for children under ten to read?

69. Quan Hongchan, a well-known diving a\_\_\_\_\_\_\_\_, began her training at the age of seven.

70. As we all know, it is more and more difficult for identity shops （实体店） to c\_\_\_\_\_\_\_\_ with online stores.

71. After the earthquake, the first thing the local government did was to provide \_\_\_\_\_\_\_\_ （膳宿） for the homeless families.

72. \_\_\_\_\_\_\_\_ （显然）, China has become one of the strongest countries in the world.

73. Today, most educators can recognise that all students are \_\_\_\_\_\_\_\_ （独一无二的） and have different interests and abilities.

74. With many unforgettable stories, my family have lived in this building happily for three \_\_\_\_\_\_\_\_ （代）.

75. So just let us know your \_\_\_\_\_\_\_\_ （日程安排） and we can get together to go sightseeing at your convenience.

第三节：完成句子 （共5题；每空1分，满分15分。注意：每空仅填1词）

76. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ his sense of responsibility \_\_\_\_\_\_\_\_ （正是） won people’s praise.

77. The child is addicted to playing computer games and \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ （这就是为什么） he can’t concentrate on his lessons at school.

78. Let’s hurry up. The plane \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ （到达） at the airport soon.

79. Shenzhou-18 Crew \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ （由……组成） three astronauts and the spaceship was launched on April 25 this year.

80. The young man is feeling very angry now, so we had better \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ （不去打扰他）.

第四节：应用文写作 （满分15分）

假设你是李华，你校外教David计划拍短视频“Impression Campus Life”向他的亲友介绍你们的校园生活，为此征求你的建议，请你给他回一封邮件，内容包括：

1. 推荐拍摄内容；

2. 说明推荐理由。

注意：

1. 词数80词左右；

2. 可适当增加细节，以使行文连贯。

|  |
| --- |
| Dear David,  Yours,  Li Hua |

2024学年第一学期衢州五校联盟期中联考

高一年级英语学科参考答案

命题：常山一中

审题：江山中学

第一部分：听力

1-5 ACBCA6-10 CABCB11-15 ACCBA16-20 BBAAB

第二部分：阅读理解

21-23 ACD24-27 CABB28-31 DCDB32-35 DABA 36-40 GDAFC

第三部分：完型填空

41-45 ACBCB46-50 ADBDC51-55 ADCBD

第四部分：语言运用

第一节：语法填空

56. walls 57. an 58. is considered 59. itself 60. which

61. to protect 62. with 63. depends 64. because/ since 65. offering

第二节：单词拼写

66. exchanged 67. experiments 68. recommend 69. athlete 70. compete

71. accommodation (s) 72. Obviously 73. unique 74. generations 75. schedule

第三节：完成句子

76. It was that 77. this is why 78. is arriving/ will arrive

79. was made up of 80. leave him alone

第四节：应用文写作

Dear David,

Knowing that you plan to make a short video about “Impression Campus Life”, I’m writing to offer some humble suggestions.

To make it truly memorable, I suggest you focus on the amazing architecture around campus, including the clock tower and the library. These landmarks beautifully represent our school’s character. Additionally, showcasing student life is important. Filming scenes of students engaging in various activities, like studying in the courtyard or participating in club events, will capture the energetic atmosphere we cherish. This mixture of picturesque settings and dynamic student interactions will provide your audience with a comprehensive view of what makes our campus special.

I can’t wait to see how it all comes together!

Yours,

Li Hua

高一英语听力原文

Text 1

M: Excuse me, Mrs. Green. I was absent from class yesterday due to illness. Did I miss anything important?

W: All of my lessons are important, Brian. (1) I’ll talk to you after class.

Text 2

W: What do you want to do in the future?

M: I want to be a race car driver when I’m older, (2) but I don’t know how to achieve my goal. Any ideas?

W: Look at how famous race car drivers got started and do the same.

Text 3

W: Have you finished your breakfast?

M: Yes, honey. I’m off to work. Remember just to have dinner without me as I’m driving my sister to the airport later.

W: OK. Have a nice day at the office. (3)

Text 4

M: Good afternoon, welcome to the Green Art Museum. All artists here use their works to show their opinions on climate change. (4)

W: That’s unbelievable. How much is the entrance fee?

M: It is free, but we recommend a gift of $5 or more.

Text 5

M: Do you have a partner for our badminton game later on today?

W: Amy had said yes, but now she’s off with a cold.

M: My sister is looking to play. She can take Amy’s place. (5)

Text 6 （第6题为推断题）

M: Hello, I’m looking for a last-minute holiday.

W: We have a number of deals at the moment. Are you looking for something special?

M: Just somewhere warm. I’m sick of the cold weather we’ve had recently in Britain.

W: I know. The weatherman said it’s going to snow next week. M: So, where do you suggest going on a two-week vacation?

W: Australia is very warm at this time of year.

M: It’s too far.

W: OK, what about Greece? (7)

M: That’s a great idea. (7)

Text 7 （第10题为推断题）

M: Morning. Would you like some breakfast?

W: I can’t. I slept in and now I’m late for school.

M: Honey, slow down.

W: I can’t. I’ll miss the usual bus to school. (8) In that case, I’ll have to go to school by bike. That’s tiring.

M: No, you won’t.

W: How can you be so sure?

M: Because today is Saturday. (9) School isn’t on.

W: Sorry. I’m so stressed with studying for my exams next Friday that I forgot what day it was.

M: Why don’t you go back to bed for an hour and rest? I’ll bring you a glass of warm milk.

W: Oh, thank you.

Text 8

M: My phone is terrible. (11) (12) (13) The battery only lasts half a day. (11)

W: How old is it?

M: I’ve had it for three years now. (12)

W: That’s a long time. I usually get a new phone every year.

M: That seems like a waste though if your old phone works fine.

W: It does, but I usually sell it back to the shop and get a discount （折扣） on the new model.

M: Maybe I could do that.

W: I think yours is too old for them to buy back, but you can recycle it. (13)

M: Really? I didn’t know that.

W: Yes, even though it’s old, there are lots of expensive metals inside. That’s why phones are so expensive.

Text 9 （第14题为总结题）

M: What animal are you most looking forward to seeing when we go to the zoo?

W: The brown bears. They are so big.

M: They are not as big as the elephants.

W: That is true, but I prefer bears. What about you? Which animal do you want to see the most? (15)

M: I want to see the lions. (15)

W: This zoo has several lions. They have a large area of land to walk about in.

M: I know, but they often sleep during the day, so they will not be active.

W: You can look at the zoo website, and it tells you the feeding times. (16) They will be up and about then.

M: I didn’t know that. Let me have a look. The lions get fed at 2:00 p. m. (17)

W: Great, we’ll be able to see it before we leave at 3:00 p. m.

Text 10

Thank you very much for the warm welcome. Today, I’d like to talk to you about success—what it means and how to achieve success in life. Do you want to know what the secret to success is? (18) The secret is developing a routine （常规）. (18) (19) I get up at 5:00 a. m. and go for a 10-km run. (19)

Why do I do this? Because it gets me ready for the rest of the day. I do not want myself to lie in bed for too long. Once I have finished my run, I get washed and dressed before 6:30a. m. This gives me two hours to do something before I start work at 8:30 a. m. (20) Some people may choose to clean or do the housework. If you are a student, you can use this time to prepare for the class. At the moment, I’m writing a book, so I write for two hours. (20) By doing this, I can write two or three books a year. What success could you achieve with this time?