**2024 七选五临门一脚 学案**

解题步骤：

1. 分析文章结构
2. 2024-1 浙江首考卷

 In the past few years, online learning has become a significant part of the university and college experience. \_\_\_\_36\_\_\_\_ But are all online courses created equal? How can you be sure that digital learning is right for you? \_\_\_\_37\_\_\_\_ We interviewed students and professors to get their advice about online courses.

 The most obvious advantages of online learning is that you can study anywhere and anytime. \_\_\_\_38\_\_\_\_ “I think a point that many people lose sight of is how easy it can be to fall behind schedule,” says graduate student Amanda Bindman. Before choosing to study online, consider whether you’re a self-motivated learner and if the material seems interesting enough to keep you going.

 The tip that comes up most often is simple: build online courses into your weekly schedule, just like what you would do with in-person courses. \_\_\_\_39\_\_\_\_ He noted that his online students usually end up with lower grades. It is so easy to let an online course slide, but your grades will suffer as a result. Be sure to schedule set times to watch your lectures, read materials and contribute to online discussion boards.

 \_\_\_\_40\_\_\_\_ A social connection is often a big part of learning. There are things you can do to ease this problem. Jessica Pink, an undergraduate student, suggests taking online courses with a friend, so you can motivate each other to stay on track. You can also find students on the class discussion board to organize a study group, or schedule in-person meetings with your professor to discuss course concepts.

A. But that doesn’t mean there aren’t deadlines.

B. Your motivation should be your main concern.

C. Do you know that online courses are also part of your education?

D. Professor Alex Davidson teaches the same course in person and online.

E. The chief complaint about online courses is that they lack human interaction.

F. If you take an online course, what can you do to ensure the best possible grade?

G. A survey found that 29 percent of college students registered for online courses.

Keys: GFADE

 2. **【2023·新高考全国Ⅰ卷】**

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.

 Keys:

3. 2021年

Music has long been considered to be an enjoyable pastime for many people. 36 The mental health benefits from music can’t be argued. Music could also be helping you with many other health problems behind the scenes.

 37 However, for the same reason, music can be very beneficial if one is in pain. By distracting (分心) the mind from the pain, music, people say, can lower stress and anxiety levels. This, of course, can lead to less pain.

Many people enjoy relaxing music in the evening prior to going to bed. 38 While the validity of the idea is still being assessed, the lowered stress can even be tied back to blood pressure. Similarly, according to researchers, listening to just 30 minutes of soft music every day may help with healthy blood sugar levels, through the lowering of stress and anxiety.

When it comes to heart health, there is speculation (推测) that it’s not the style of music, but rather the tempo that makes it so good for your heart health. In one European study, participants listened to music as the researchers monitored their heart rates and blood pressure. 39 On the other hand, when the music slowed, the participants’ stress and anxiety levels became lower and the effects on heart rates appeared to follow suit.

 40 But there is a whole range of other health issues that turning up the radio could be beneficial for, which is what makes music so valuable.

A. This feeling can also result in many other health problems.

B. Some experts say that music can be harmful if it is too loud.

C. This idea is a little off-the-wall but still has scientific backing.

D. They say it can play a big role in calming the brain enough to sleep.

E. The implications of music on overall well-being are really impressive.

F. It is also highly popular due to the individualized effects on stress and anxiety.

G. Interestingly, the more cheerful the music was, the faster their heart rates were.

首段主题词汇：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

篇章结构：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. 2024- 浙江省金华十校

Have you ever wondered why you want to do something, or what causes people to go through extraordinary pain or personal investment just to achieve a particular outcome? 36 Motivation.

Motivation is the reason for people's actions, goals, and willingness to pursue the goals. Sometimes it seems difficult to find, but we all have that spark at our core. Here are some ways you can turn that spark back into a flame.

 37 If your motivation is fading, notice when this starts to happen and what events could have driven it. You'll find that you're more likely to feel bored when you're in certain environments. As you become more aware of this, you can put yourself in situations where you're more likely to thrive.

Keep a thankfulness journal. 38 When they're aware of what they're thankful for, it drives them in specific areas of their lives. Considering this, you may find value in keeping a thankfulness journal where you regularly list blessings.

Design an accomplishment book. Creative people may do well to design an accomplishment book with images of past work and accomplishments as a form of encouragement. It can be as informal or formal as you'd like. It might be a simple scrapbook you keep at your desk, or a professionally printed booklet that you keep by your bed. 39

Get out of the house. If your life consists of going to work, coming home, watching Netflix, and going to sleep, you shouldn't be surprised that you're unmotivated. 40 Stretching yourself will expose you to new ideas, activities, and people, which will either strike up new motivation or rekindle things you have forgotten about.

A. What's the possible solution?

B. Identify when motivation slips.

C. What's at the heart of this issue?

D. Decide what works best for you and give it a try.

E. A thankfulness journal is a perfect way to show your gratitude to others.

F. Some people Find that thankfulness and motivation are directly connected.

G. Make it a point to go outdoors and try new things even when you don't want to.

首段主题词汇：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

篇章结构：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. 2019年

In an online class, developing healthy patterns of communication with professors is very important. 36 While I have only listed two of each, there are obviously many other situations that can arise. Students should be able to extend the logic (逻辑) of each to their particular circumstance.

Do's

• 37 Questions about subject content are generally welcomed. Before asking questions about the course design, read the syllabus (教学大纲) and learning management system information to be sure the answer isn't hiding in plain sight.

• Participate in discussion forums (论坛) , blogs and other open-ended forums for dialogue. 38 Be sure to stay on topic and not offer irrelevant information. Make a point, and make it safe for others to do the same.

Don'ts

• Don't share personal information or stories. Professors are not trained nurses, financial aid experts or your best friends. If you are in need of a deadline extension, simply explain the situation to the professor. 39

• Don't openly express annoyance at a professor or class. 40 When a student attacks a professor on the social media, the language used actually says more about the student. If there is truly a concern about a professor's professionalism or ability, be sure to use online course evaluations to calmly offer your comments.

A. That's what they are for.

B. Turn to an online instructor for help.

C. If more information is needed, they will ask.

D. Remember that online professors get a lot of emails.

E. Below are some common do’s and don’ ts for online learners.

F. Everyone has taken a not-so-great class at one time or another.

G. Ask questions, but make sure they are good, thoughtful questions.

首段主题词汇：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

篇章结构：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**二、解题步骤2：** 关注设空位置，优先做段首题和段尾题

**三、解题步骤3：**

关注选项特点，重点关注核心词汇:名词，形容词，动词，逻辑词，连词，代词

正确选项结构的特点：

1. 小标题：句式结构与各段一致，与段落主题内容贴合度高；

2. 主题句（段首题优先做） ：

①与本段段落内容贴合度高；② 段落与段落之间的过渡句 （难题）

3. 段尾 （段尾题优先做）

① 与空格前一句有句间逻辑关系 （此类较多）②对本段进行小结 （较少）③段落之间的衔接 （较少） 所选选项要与本段内容贴合度高

**四、解题步骤4：**

正确选项的词汇特点：

1. 同词/近义词/同根词/ 同畴词（上下义词）复现

2. 逻辑词（选项中的逻辑词或空格后的句子有逻辑词）或考生利用上中下三个句子的关系，推断句间逻辑关系 （该类题难度较大）

熟悉表示逻辑关系词汇：

A: 并列关系：

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B: 递进关系：

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C: 转折对比关系：

——————————————————————————————————————————————————————————————————————————————

D: 因果关系

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E: 解释关系：

——————————————————————————————————————————————————————————————————————————————F: 顺序关系

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3. 代词

① 选项中出现代词 （主语或宾语或介宾）

②原文空格后出现代词

注意1：正确选项可能为： ①逻辑词+词汇复现 ②逻辑词+代词

注意2： 正确选项代入原文后，上下句的协同性可以通过词汇复现来体现，使上下句出现某一意义的重叠。

**五、解题技巧5：冗余选项如何排除**

**1.有两个相似的句式 （祈使句有出现多个的情况） （可能产生冗余选项）**

**2.有两个选项出现相同的名词，形容词或动词等 （可能产生冗余选项）**

**3. 选项没有什么鲜明的特征，仍然会出现该句子的核心词汇，但有可能核心词汇与空格所在段落无关或者语义与原文相悖或截然相反。（要准确理解选项句意）**

**真题练一练：**

6. **【2023·beijing】**

It’s a joyful and stressful time of year in the United States for students and their families as they make decisions about where to attend college. Families often turn to rankings systems to help make a decision. \_\_\_\_35\_\_\_\_

When I talk to families as a scholar of higher education, they’re often surprised that teaching excellence is not counted in rankings. \_\_\_\_36\_\_\_\_

Emerging research suggests that courses in lower-ranked universities, on average, scored higher on teaching than courses in higher-ranked universities. \_\_\_\_37\_\_\_\_ The absence of teaching excellence from the rankings is surprising given the link between high-quality teaching and student success. Quality teaching is one of the most important predictors of a wide range of college outcomes.

Rankings, however, are only one reason why a low value is placed on teaching in higher education. Administrators often don’t view teaching excellence as a way to increase enrolment (注册) or funding. \_\_\_\_38\_\_\_\_ Research shows that the more time instructors spend on teaching, the lower their salary. What is the result？ Many instructors continue to teach using traditional lectures, which lead to lower success rates.

\_\_\_\_39\_\_\_\_ Nevertheless, not much will change until schools with high-quality teaching are rewarded with more resources, higher rankings and increased enrolments. In the long term, universities, organizations that rank schools, and others should work to make teaching a valued, core part of the mission.

What should students and their families do? They should give strong consideration to universities where high-quality teaching is valued, even though the schools may be ranked lower.

A. Higher education has achieved its true potential.

B. Therefore, it’s not highly valued in hiring or promotion.

C. Quality teaching has been an important reputation-building factor.

D. However the rankings ignore a critical factor: the quality of teaching.

E. Efforts to improve teaching at the university level have recently emerged.

F. They’re even more surprised at how teaching is undervalued by universities.

G. In fact, universities often shift emphasis from teaching to other ranking factors.

附答案：

一、 分析文章结构

1. 2024-1 浙江首考卷 Keys: GFADE

2. 【2023·新高考全国Ⅰ卷】 Keys: DBFCG

3. 2021年 Keys:FBDGE

4. 2024- 浙江省金华十校 Keys; CBFDG

5. 2019年 Keys: EGACF

真题练一练：

6. 【2023·北京】 Keys : DFGBC