

2020 绍兴市高二期末考
读后续写之戒烟



第二节：读后续写（满分25分）

阅读下面短文，根据所给情节进行续写，使之构成一个完整的故事。

Growing up, my parents and older brothers all smoked. Being a child of the 80s, it was normal for the adults to be smoking inside and during trips in the car. There just wasn't the same awareness of the dangers of second-hand smoke exposure that there is today.

I remember the day when I started smoking. I was 11. I was trying to impress one of the “bad boys” at school. I stole tobacco from my father and rather clumsily rolled a cigarette that I took to school with me. Smoking gave me a sense of autonomy and choice over my own life, and at 11 it was the ultimate act of rebellion. Soon I got addicted to it and was taking cigarettes from dad's packets on a regular basis. I knew he never started counting them until he had less than half a pack left.

After a while I got caught smoking at school. My parents struck a deal with me: if I stopped smoking at school, they would purchase more tobaccos for me

to smoke at home. This was perhaps a misguided attempt to keep me out of trouble. I jumped at the idea, and simply got smarter about smoking at school.

I smoked right through my teens and early 20s, spending thousands of dollars on cigarettes, sacrificing food and other necessities to ensure I had cigarettes.

I tried many methods to quit, but each time I would go back to smoking, I have always had a love-hate relationship with cigarettes. On the one hand, they were a friend to me when I had no other, one constant in my life I could rely on. On the other hand, I despised being dependent on something that was going to kill me.

I grew concerned about the effect my smoking would have on my children and I felt guilty putting cigarettes over other things that could have benefited my family. It is with great shame that I admit that I continued smoking even after having a daughter born with cystic fibrosis (囊性纤维). My daughter fights every day to breathe ——and here I was intentionally causing damage to my lungs.

ADVICE FROM GRANDPA

Dear James,

It is a beautiful day here and I am sitting under the big tree at the end of the garden. I have just returned from a long bike ride to an old castle. It seems amazing that at my age I am still fit enough to cycle 20 kilometres in an afternoon. It's my birthday in two weeks' time and I'll be 82 years old! I think my long and active life must be **due to** the healthy life I live.

This brings me to the real reason for my letter, my dear grandson. Your mother tells me that you started smoking some time ago and now you are finding it difficult to give it up. Believe me, I know how easy it is to begin smoking and how **tough** it is to stop. You see, during **adolescence** I also smoked and became **addicted** to cigarettes.

By the way, did you know that this is because you become addicted in three different ways? First, you can become physically addicted to nicotine, which is one of the hundreds of chemicals in cigarettes. This means that after a while your body becomes **accustomed to** having nicotine in it. So when the drug leaves your body, you get **withdrawal** symptoms. I remember feeling in bad-tempered and sometimes even in pain. Secondly, you become addicted through habit. As you know, if you do the same thing over and over again, you begin to do it **automatically**. Lastly, you can become **mentally** addicted. I believed I was happier and more relaxed after having a cigarette, so I began to think that I could only feel good when I smoked. I was addicted in all three ways, so it was very difficult to **quit**. But I did finally manage.

When I was young, I didn't know much about the harmful **effects** of smoking. I didn't know, for example, that it could do terrible damage to your heart and **lungs** or that it was more difficult for smoking couples to become **pregnant**. I certainly didn't know their babies may have a smaller birth weight or even be **abnormal** in some way. Neither did I know that my cigarette smoke could affect the health of non-smokers. However, what I did know was that my girlfriend thought I smelt terrible. She said my breath and clothes smelt, and that the ends of my fingers were turning yellow. She told me that she wouldn't go out with me again unless I stopped! I also noticed that I became **breathless** quickly, and that I wasn't enjoying sport as much. When I was taken off the school football team because I was **unfit**, I knew it was time to quit smoking.

I am sending you some advice I found on the Internet. It might help you to stop and **strengthen** your resolve. I do hope so because I want you to live as long and healthy a life as I have.

Love from

Dear James,
.....

Love from Grandpa

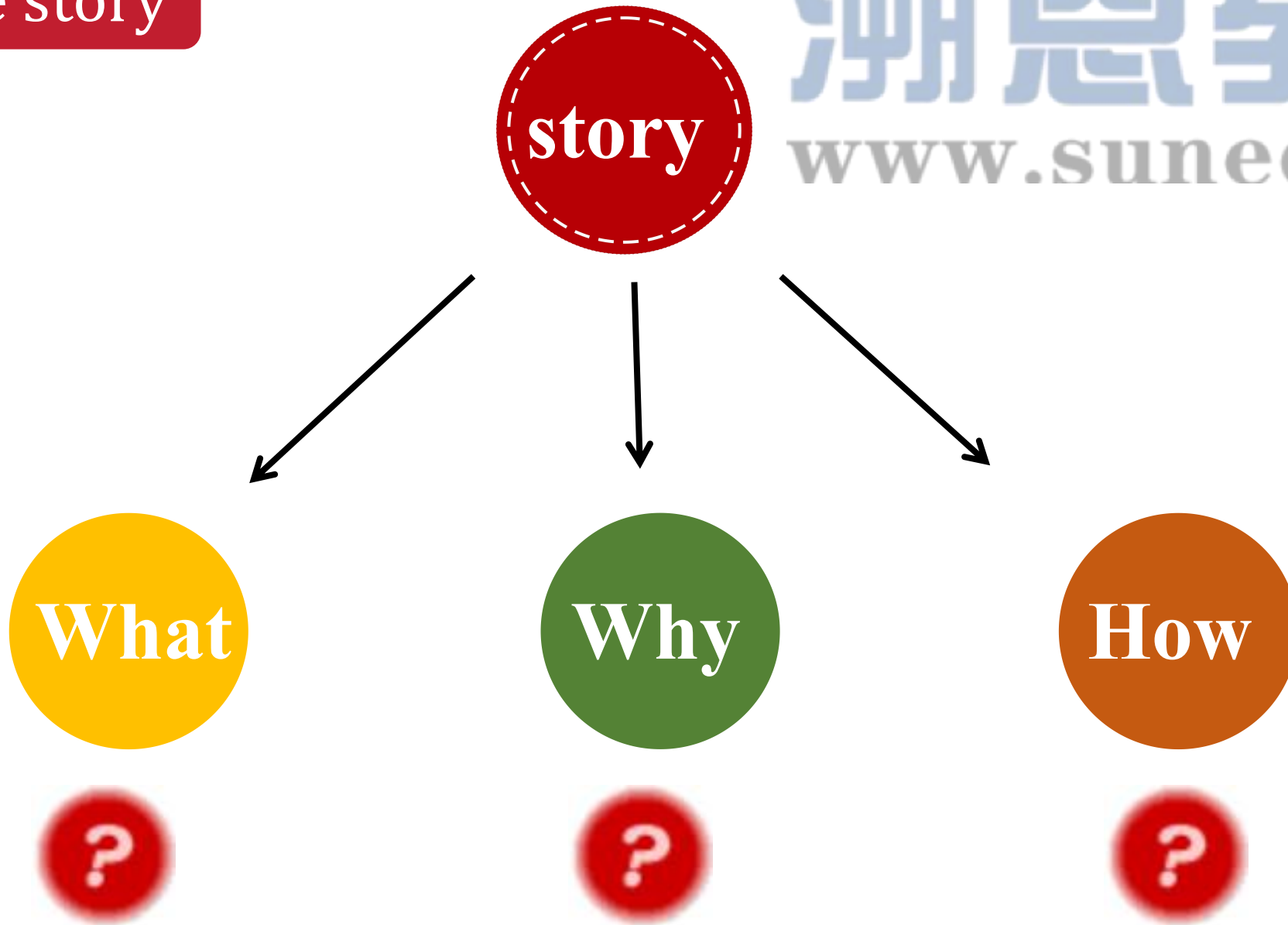
How can you stop smoking?

It is not easy to stop smoking, but millions have managed to quit and so can you. Here are a few suggestions.

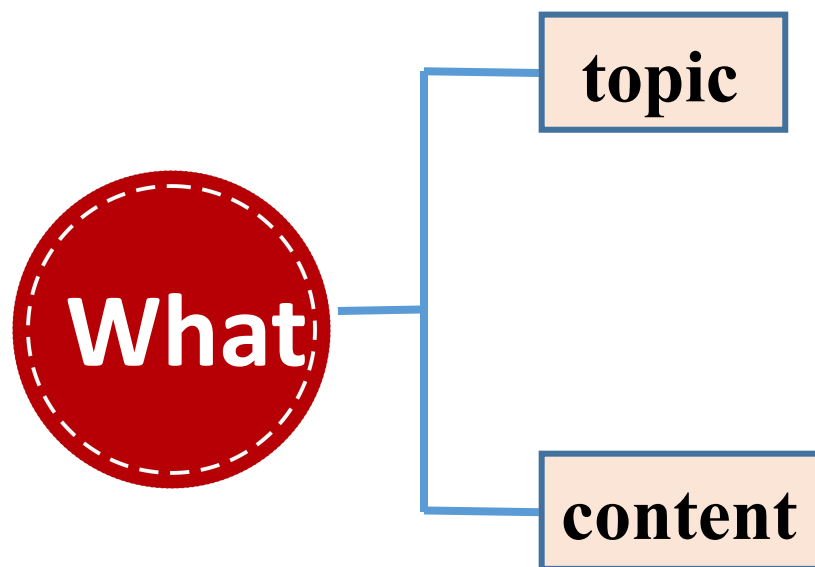
- **Prepare yourself.** Decide on a day to quit. Don't choose a day that you know is going to be stressful, such as the day of an exam. Make a list of all the benefits you will get from stopping smoking. Then throw away your last **packet** of cigarettes.
- **Be determined.** Every time you **feel like** smoking a cigarette, remind yourself that you are a non-smoker. Reread the list of benefits you wrote earlier.
- **Break the habit.** Instead of smoking a cigarette, do something else. Go for a walk, clean your teeth, drink some water, clean the house; in fact, do anything to keep your mind and especially your hands busy.
- **Relax.** If you start to feel nervous or stressed, do not reach for a cigarette. Try some deep breathing instead. Do some relaxation exercises every time you feel stressed.
- **Get help if you need it.** Arrange to stop smoking with a friend so you can talk about your problems, or join a stop-smoking group. If you feel **desperate**, you might like to talk to a doctor or **chemist** about something to help you, like nicotine chewing gum.
- **Keep trying.** Do not be **disappointed** if you have to try several times before you finally stop smoking. If you weaken and have a cigarette, do not feel **ashamed**. Just try again. You will succeed eventually.

What are granddad's suggestions of quitting smoking?

Know the story



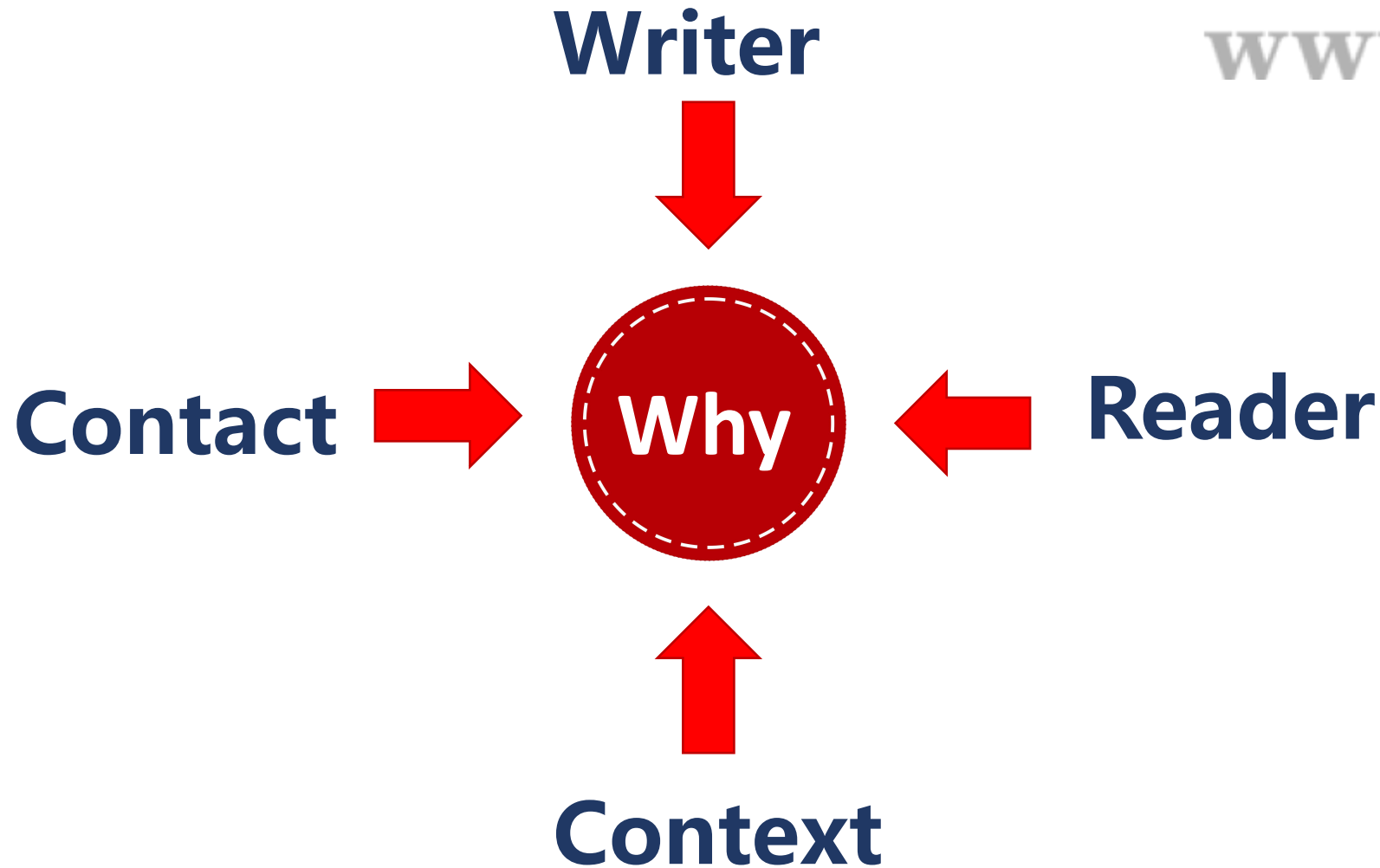
Activity1: Find out the topic and main idea of the story



smoking

Starting smoking at 11, I grew into a heavy smoker, which greatly affected my family and myself. And as a result of an incredibly painful experience, I made efforts and finally quit smoking

Activity2: Figure out the purpose of the writing



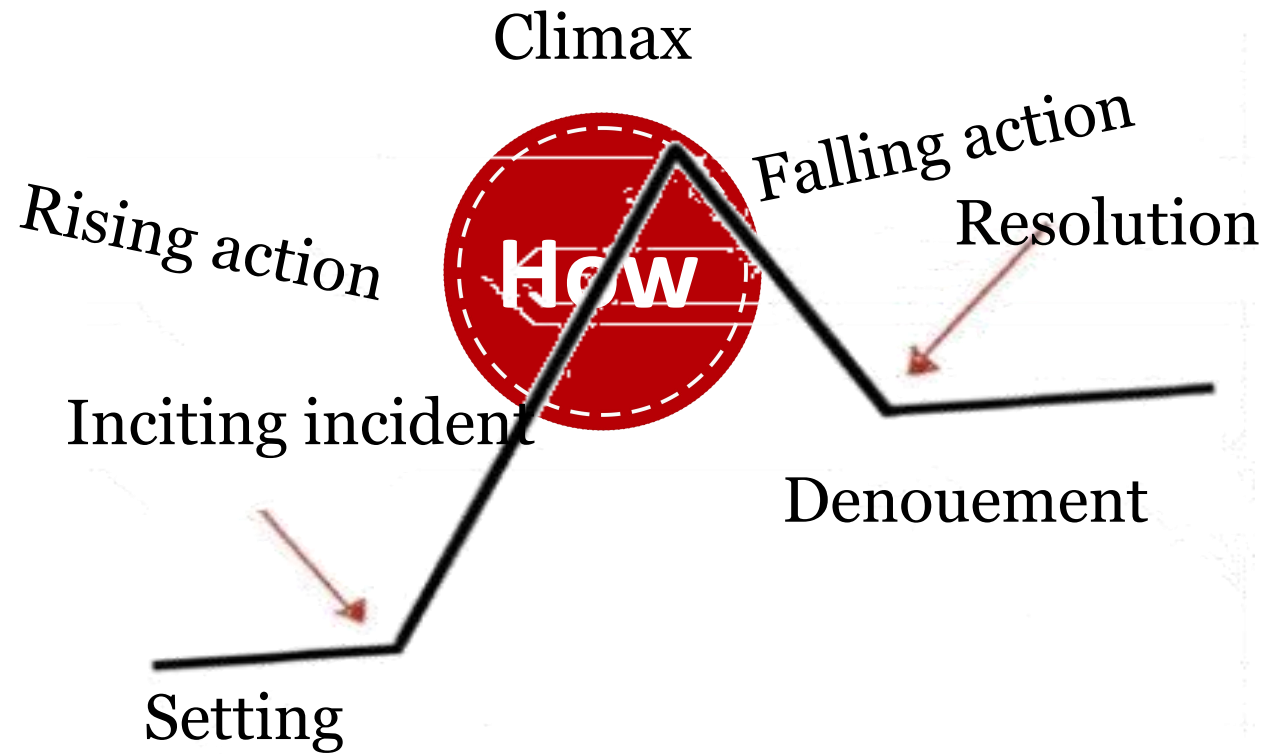
- ☐ to tell readers the **harm** of smoking
- ☐ to persuade readers to stay away from smoking
- ☐ to show his love to his family
- ☐ ...

Activity3: Clarify the plot of the story

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Overt plot (明线)——my experience of quitting smoking

Covert plot (暗线)——changes of my awareness



Overt plot: my experience of quitting smoking

■ My daughter born with cystic fibrosis and I was causing damage to my lungs.

■ I tried many methods to quit smoking.

■ an incredibly painful experience

■ ...

■ I became addicted to smoking.

personal experience

■ I was born in a smoking family in an era when smoking was normal to see.

family & social background

Covert plot: changes of my awareness



□ started smoking
action: stole/rolled/took
/got addicted to

a sense of autonomy



□ caught smoking at school
action: jumped at/got
smarter

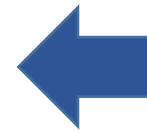


□ my teens and early 20s
action: spent/sacrificed



□ tried to quit
action: would go back
to smoking

friend & killer



□ have my own family
action: continued smoking
concerned/guilty/ashamed



Weave the story

Activity4: Predict the ending of the story

Para.1 The turning point for me was an incredibly painful experience _____

What painful experience was it? _____

How did I respond? _____

Para.2 I set myself further little goals, such as only taking my e-cigarettes whenever I went. _____

What did I do? _____

What was the result? _____

Predict:

- ☒ cigarette
- ☐ sense
- ☐ purchase
- ☐ jumped at
- ☒ smoked
- ☒ quit
- ☐ concerned
- ☐ family
- ☒ cystic fibrosis

Develop the story

Activity5: Develop the story with detailed descriptions

Para.1 The turning point for me was an incredibly painful experience. **What painful experience was it?** My daughter's condition was so serious that she was nearly died.

How did I respond? I began quit smoking. **determined**

Mental activities:	shock/sad/guilty
Direct/Indirect descriptions	feelings /actions

1. 用无灵主语刻画人物情感（震惊/悲痛/后悔）

- A sudden fear seized me.
- The words that I got from the doctor gave me a terrible pang(一阵痛苦).
- A wave of panic swept my body.
- The news hit me like a bucket of cold water. (像被泼了一桶冷水)
- The news made me shudder. (不寒而栗)/The news choked me.
- A voice inside me said, “That's all your fault.”
- My whole world seemed falling to piece.
- My heart was broken because it hurt so badly I could barely breathe.

Mental activities:	shock/sad/guilty
Direct/Indirect descriptions	feelings /actions

2. 用行为动词推动情节发展（震惊/悲伤/悔恨）

- I felt a sharp stab of guilt （心里一阵刺痛）
- I couldn't help shivering.
- “I killed her!” I screamed at myself inside my head.
- I knelt on the floor and cried tears of hopelessness and frustration.
- I gave a wail(恸哭) of anguish(悲痛).
- I clenched my fists(攥紧拳头) with grief, calling myself a murderer over and over again.
- Time just stopped, I felt frozen and in disbelief, I was paralyzed and in shock.
- Only now did I become aware that I should have quit smoking long ago.

Para.2 I set myself further little goals, such as only taking my e-cigarettes whenever I went. What did I do? I made efforts to quit **determined**
What was the result? I made it! **/relieved**

Mental activities:	determined/relieved
Direct/Indirect descriptions	feelings /actions
<p>2. 用行为动词推动情节发展(努力)</p> <ul style="list-style-type: none">➤ I shifted my attention from the cigarettes.➤ I buried the photo of my daughter under my pillow to remind myself of what a pain it was.➤ As the efforts accumulated, I was dragging myself further away from cigarettes.➤ ...	

Mental activities:	determined/relieved
Direct/Indirect descriptions	feelings /actions
<p>3. 用内心独白升华主题</p> <ul style="list-style-type: none"> ➤ If I knew it were to take my daughter away from me, I would have never touched a cigarette. ➤ To anyone wanting to quit smoking, all I can say is giving your plan a go! You have nothing to lose and everything to gain. ➤ Sorrow had been plentiful. But I was not left hopeless. In fact, It was times like these when we realize how much hope we have. It's times like these that shape us to be a better self. ➤ ... 	

One possible version:

The turning point for me was an incredibly painful experience. Last June a family member aged only 17, died after a long battle with cystic fibrosis. The cruel twist of fate robbed her of the life that she so richly deserved. Smoking for another five weeks after her death, I suddenly felt ashamed of myself and was overwhelmingly sorry for my daughter. I visited a doctor, who suggested me adopting electronic cigarettes as a substitute. I practiced over a couple of weeks and noticed the number of cigarettes decreasing.

I set myself further little goals, such as only taking my e-cigarettes whenever I went. I made a record of every cigarette I had, and the associated triggers for that particular cigarette. The first day I counted 15 cigarettes, approximately half of what I usually smoked. By day 12, I was down to two. I had my last cigarette on July 14. After 20 years as a smoker, I was free from the addiction, finding the smell of cigarettes unbearable. To any one wanting to quit, all I can say is give your plan a go! You have nothing to lose and everything to gain.

Steps for Reading:

1. Know the story
2. Weave the story
3. Develop the story



Tips for writing:

1. 用无灵主语刻画人物情感
2. 用行为动词推动情节发展
3. 用内心独白升华主题

The turning point for me was an incredibly painful experience. Seized by cigarette, I lost in pain and regret with tears washing my face. I struggled to quit smoking but failed every time. However, a heavy blow hit my life, which changed everything. My daughter was sent to the hospital for cystic fibrosis, which cost almost all money I have had. What's worse, I was sent to the hospital too for my lungs and was told that if I didn't stop smoking, I might get cancer. At that time I realized cigarette would buried my family soon and it was I who should take urgent actions.

I set myself further little goals, such as only taking my e-cigarettes whenever I went. Bitter and hard as the experience was, I struggled to control the desire inside me. With the encouragement of my family and my effort, I got rid of cigarette gradually. Finally, I got away from it and had a sense of freedom. After that, life of my family went into a right way. As for me, I found back the physical and mental health. I would remember forever that the family was the most important in my life.

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亮点:

1. 情节设计连贯、自然。A heavy blow呼应所给段首句“an incredibly painful experience.”
2. 叙述描写文字丰富：使用了强调句和非谓语等高级句式。



The turning point for me was an incredibly painful experience. It was a normal morning, when I was driving my daughter to school. Concerned as I was, I couldn't help myself reaching for a cigarette in my pocket. When I was smoking, I didn't notice the upset expression of my daughter. But a few minutes later, a weak voice caught my attention "I can't breathe..." I quickly stopped the car on the side of the road and turned around, only to find my daughter laying unconscious on the backseat. Fear gripped me. I opened the window and started the car again, heading for the hospital. Luckily, we arrived in time and my daughter was finally saved. Then I began to make up my mind to quit smoking, and I bought ~~me~~ e-cigarettes.

I set myself further little goals, such as only taking my e-cigarettes whenever I went. As time went by, I gradually found I was not so addicted anymore. A year later, I finally overcame the difficulties and stopped smoking cigarettes. This gave me a sense of proud and relief, because my children ^{just had} always hated me smoking at home, and I could save more money to support my family. Anyway, smoking isn't an essential part of our lives, and it's avoidable. Today, I am still happy about my previous ^{decision} ~~choice~~ because I protected both my family and myself.

亮点:

1. 作文围绕文章内容和首段进行了合理地拓展，从女儿因“我”吸烟发病到我痛定思痛开始戒烟再到戒烟成功，与提供的段首句衔接合理。
2. 灵活地运用了一些高级词汇和句式：如as引导的倒装句、无灵主语、非谓语等句式等。



The turning point for me was an incredibly painful experience. When driving my car, it seems very usual to smoke. It tasted so wonderful that I drowned myself in it. Suddenly, another car appeared ahead of my car. At that time, I didn't know how to do. Fortunately both of us were safety, but when my wife hearing this news, her face turned red as if want to kill me. I think if I smoked still, my family would broken. So it's time to quit smoking.

I set myself further little goals, such as only taking my e-cigarettes whenever I went. Although it seems difficult at first, I think I should be a good parent of my child. And experienced a sense of things. I can certainly believe the cigarettes will finally kill me if I didn't quit. My daughter who has cystic fibrosis couldn't stand the smell of cigarettes. Now, I always doing exercise when I want to smoke and learning some knowledge of the benefit of quit smoking. And the relationship with my family became better and better.

情节设计不太能突出“一次极其痛苦的经历”，且时态不一致，句式结构单一。



第二节：读后续写（满分 25 分）

The turning point for me was an incredibly painful experience. It was so hard that I quit smoking in a period time. ~~What~~ I In order to my family people's health, I determined I must stop ^{smoking} ~~smoking~~. So I throw ^{a lot of} ~~out~~ my cigarettes and always remind myself I must keep from it. But, it is impossible to stop smoked in a few time. so I decide to set a little goals and avoid smoking in the home.

I set myself further little goals, such as only taking my e-cigarettes whenever I went. With the time by, I began to smoking less. Under the little goals control, I quitted smoking in finally. So my daughter's cystic fibrosis began to recovery. Though it was a painful experience, but quit smoking is a great of benefit to my family and my body.

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句子不完整、句子之间不连贯且所写内容与之前原文衔接不紧密。



The turning point for me was an incredibly painful experience. I ~~later made~~ ^{an} attempt to find many ~~hospitor~~ ^{hospitor} for saving my daughter. but it nothing to do. Doctor said: "Your daughter ~~is~~ ^{is} your you Smoked ~~is~~ ^{is} cause your daughter with born with cystic fibrosis. You must stop to ~~take~~ ^{take} cigarettes now." I am sorry to my ~~daughter~~ ^{daughter}. it gave me a sense of unhappy.

I set myself further little goals, such as only taking my e-cigarettes whenever I went. I ~~eat~~ ^{eat} sweet sugar ~~instead~~ ^{instead} I concerned about eating sugar instead cigarettes. I want to have a good family.

Day a Day. I don't smoking. My daughter is good today than yesterday.

1. 错误分段;
2. 字数不到;
3. 字迹潦草。





The End