

Whether it be a person, an animal, or even an insect, a mother's instincts (本能) are never wrong. This idea rings true for a mother cat who acted fast and sought out help when her kittens were in trouble. This mother cat's quick thinking may have just saved her babies.

In the urban district of Izmir in western Turkey, a cat walked into a regular hospital holding a kitten in her mouth. As the mother cat moved through the hospital, people were surprised to see such a sight, but let her pass. The mother cat asked for help, crying for a long time. She was familiar to the hospital staff, who had been leaving her food and water outside, but they were unaware that she had given birth to kittens.

The mother cat was concerned for her young because they weren't able to open their eyes. After the doctors looked at the kittens, they noticed that they were suffering from eye infections. One of the doctors recalls, "We consulted with vets and gave medicine as described. When the kittens opened their eyes a short time later, we were excited." Later, they were sent to an animal hospital for further care. The cats are now up for adoption and will hopefully find loving forever homes.

When it comes to mother cats and kittens, kittens completely depend on mothers for the first few months of their lives. Because they are blind and almost deaf until about two or three weeks old, the mother cat must protect them from any threat or danger. Without the mother cat's help, the kittens may not make it to adulthood.

As shown by the mother cat in Turkey, a mother's love and protection knows no bounds. Whether the mom is a human or a cat, mothers will always look out for their babies and make sure they are safe and healthy.

21. Why did the mother cat show up in the hospital?

- A. To seek out food.
- B. To express thanks.
- C. To get her babies treated.
- D. To give birth to her babies.

22. What makes newly-born cats dependent on their mothers?

- A. Their physical state.
- B. Their eating habit.
- C. Their appearance.
- D. Their behavior.

23. What can we learn from the story?

- A. A cat has nine lives.
- B. Love makes a difference.
- C. One good turn deserves another.
- D. God helps those who help themselves.

B

Just like happiness and sadness, anxiety is part of everyone's lived experience—but it's not always tolerated as such. "People often spend too much time and effort trying to rid anxiety," says Dr. Joel Minden, a clinical psychologist. "I encourage them to remember that anxiety is a normal emotional response."

If you try to banish anxiety, all you're doing is putting it more at the forefront of your mind. But if you accept anxiety as part of life, you can learn to relate to it with self-pity or even with humor. This is a cornerstone of acceptance and commitment therapy (ACT), which has been gaining clinical validation (验证), including by the American Psychological Association. ACT guides people to see their unpleasant emotions as just feelings and to accept that parts of life are hard. Sufferers are encouraged to begin a dialogue with anxious thoughts, examining their causes while also keeping in mind their personal goals and values.

This way of relating to anxiety has been a powerful strategy for John Bateman, the 52-year-old host of the podcast Our Anxiety Stories. When negative thoughts arise, he acknowledges them but doesn't let them drive his decisions. Over the years, Bateman has noticed that if he submits to his thoughts, they don't go away but dramatically increase. But if he recognizes them for what they are, just a passing thought and not a fact that needs to be acted on, they gradually go away.

Learning to live with anxiety is an individual process and one that requires trial and error to get just right. While acceptance is the first and most important step to take, some lifestyle changes have been proven to take the

edge off, as well. Since tiredness, increased tension and stress leave us much easier to fall into anxiety, a well-balanced diet, sufficient rest and, especially, regular exercise can help us manage it better.

24. What may Dr. Joel Minden agree about anxiety?

- A. It goes hand in hand with joy.
- B. It should be seriously taken.
- C. It is easily-earned experience.
- D. It is often improperly treated.

25. What can explain the underlined word “banish” in Paragraph 2?

- A. Ignore.
- B. Hide.
- C. Recognize.
- D. Control.

26. Why does the author mention John Bateman in Paragraph 3?

- A. To explain a strategy.
- B. To describe a phenomenon.
- C. To present a successful case.
- D. To introduce a public figure.

C

That youngsters were glued to online games on their smart phones was a great concern for Ngurang Meena, a school teacher in Nirjuli. The 30-year-old social science teacher, who ran the Ngurang Learning Institute, an adult literacy centre, said that she felt disheartened when she read student papers. “The graph of student performance is falling every year. It breaks my heart whenever I see answer sheets—basic grammar skills are missing and there's an absence of any cohesive (连贯性的) expression. They lack guidance and reading culture is almost zero,” Meena said. When her school and the centre she ran had to close due to infectious diseases, she planned to do something to address the problem.

Inspired by a similar proposal in Mizoram, Meena set up a bookshelf with around 80 books as well as some benches on the side of the road in Nirjuli on August 30th, 2020, where passers-by could spend time reading. The selections included motivational books, biographies and novels as well as comics for young children. “I have to please the minors with sweets to sit and read, but that is okay,” she laughed.

Meena's bookshelf became a hit among youngsters who spent hours in the reading corner. Within two months, her effort became the talk of the town.

Now, generous contributions of books come in from the public and she is even receiving requests to set up such libraries in other parts of the state, including one in the capital, Itana-gar. Since the tiny libraries are far from the main town, she also lends books out to those who want to read at home.

“I never thought that this would become such a big inspiration,” Meena said. “Since childhood, we have been told that books are our best friends. The next generation of kids is focused on games and other things. I don't want them to head on the wrong track,” she added.

27. What's the aim of Meena's reading program?

- A. To care for youngsters lacking in reading.
- B. To help adults learn some cohesive expression.
- C. To keep Ngurang Learning Institute running well.
- D. To highlight the importance of reading for adults.

28. What did Meena do to encourage young kids to read more?

- A. She offered some rewards to them.
- B. She provided them with transportation.
- C. She chose novels with beautiful covers.
- D. She selected books covering every category.

29. Which words can best describe Meena's libraries?

- A. Small and useless.
- B. Influential and meaningful.
- C. Large but impractical.
- D. Widespread but unwelcome.

30. What is the best title for the text?

- A. Books: Sources of Knowledge B. The Roadside Reading Corner
C. The Library: a Paradise for the Young D. New Ideas about Setting a Reading Plan

第二节（共 5 小题；每小题 2 分，满分 10 分）

根据短文内容，从短文后的选项选出能填入空白处的最佳选项。选项中有两项为多余选项。

Habits to Be a Highly Effective Student

Some students are able to get straight A's and at the same time serve as the president of three clubs. However, some students struggle to keep their GPA (Grade-Point Average) above a 3.0. And they seem to spend all of their time in studying. Although it's true that everyone's IQ is different, good study habits are very important. 31

32 If you haven't had a planner (规划簿), get one. Many people use their computers and smartphones to make a schedule. The problem with that approach is that they are major distractions (分心的事物). Instead, get an old-fashioned paper and pen planner.

Create a weekly schedule. 33 Include time that will be spent eating, sleeping and doing anything not related to school work. That way you know exactly how much you can accomplish each day.

Take frequent, short breaks. Taking a break from studying for 15 minutes every hour will help keep you refreshed. 34 If you don't take a break, you may find yourself daydreaming or even falling asleep. Take some time for some water, a snack or a quick chat with a friend.

Take care of yourself. During final exam week, it is common for students to fall behind on sleep and meals. Make sure you get a good night's sleep and have regular meals. Studying while hungry or sleepy is ineffective and will slow you down in the long run. Also try to make time for friends and family. 35.

- A. Keep things organized.
B. Keep away from your computers.
C. Of course, not everyone needs breaks.
D. Our brains are not meant to work for hours nonstop.
E. Having a good support system will help with all the stress.
F. Here are several habits you should adopt to get good grades.
G. Then under each day, make a list of things to do each hour.

第三部分 语言运用（共两节，满分 45 分）

第一节（共 20 小题；每小题 1.5 分，满分 30 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，并在答题卡上将该项涂黑。

In the sport of track and field, athletes compete not only with one another but against themselves, and with each race they try to 36 a new personal best.

As a student in Omaha Burke High School, Blake Cerveny was running in a race. Aiming to 37 his own personal record, after a fast start, he continued to 38 himself hard. With less than 400 meters to go, Cerveny's legs cramped (抽筋) up and 39 him. Determined to finish, Cerveny rose from the ground and continued on, only to 40 again after another 150 meters.

41, his coach asked him if he wanted to stop. He didn't. With great 42 Cerveny pulled himself up and with a(n) 43 pace, moved forward for one final push. 44, it wasn't enough. Less than 100 meters from the finish line, he lay curled on the ground. His legs had simply 45.

Before Cerveny's coach could 46 him, Brandon Schutt was at his side to offer a helping hand. His first

47 ___ to get Cerveny up failed, but like Cerveny, he ___ 48 ___ to quit, too. With a second pull, Cerveny was 49 ___.

At a measured jog, with Cerveny holding Schutt for ___ 50 ___, the two completed the final 75 meters of the 51 ___ together. Schutt even made sure the injured runner crossed the finish line first, ___ 52 ___ his opponent a faster time.

In today's ___ 53 ___ world in which the emphasis in athletics is so often put on breaking records, it was 54 ___ to see that for an athlete like Schutt, the value of true ___ 55 ___ still had legs.

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|----------------------|-------------------|------------------|------------------|
| 36. A. maintain | B. achieve | C. keep | D. sweep |
| 37. A. play | B. check | C. beat | D. measure |
| 38. A. fight | B. pull | C. dash | D. push |
| 39. A. failed | B. warned | C. dragged | D. raised |
| 40. A. quit | B. stop | C. lose | D. fall |
| 41. A. Relieved | B. Exhausted | C. Concerned | D. Disappointed |
| 42. A. luck | B. effort | C. shame | D. passion |
| 43. A. rapid | B. relaxed | C. unsteady | D. impatient |
| 44. A. Unfortunately | B. Normally | C. Eventually | D. Unbelievably |
| 45. A. broken up | B. given out | C. fallen down | D. slowed down |
| 46. A. guide | B. blame | C. reach | D. serve |
| 47. A. trial | B. attempt | C. conversation | D. contribution |
| 48. A. hesitated | B. regretted | C. pretended | D. refused |
| 49. A. on his feet | B. in his hands | C. out of breath | D. out of danger |
| 50. A. direction | B. courage | C. support | D. comfort |
| 51. A. approach | B. road | C. trip | D. course |
| 52. A. securing | B. helping | C. rewarding | D. announcing |
| 53. A. diverse | B. well-developed | C. ever-changing | D. competitive |
| 54. A. urgent | B. common | C. confusing | D. inspiring |
| 55. A. sportsmanship | B. kindness | C. cooperation | D. success |

第二节（共 10 小题；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。

Ukrainian officials say their forces struck Russia's flagship in the Black Sea with missiles, ___ 56 ___ (cause) it to sink Thursday. Russia said the ship ___ 57 ___ (damage) but did not sink.

The Moksha is named for the Russian capital, Moscow. If the ship did sink, it would be ___ 58 ___ major victory for Ukraine and a big loss for Russia. Russia said a fire on the warship forced all crew members ___ 59 ___ (leave) but it was being taken back to a port. A spokesperson did not say the cause. The ship carries 16 long-distance missiles. ___ 60 ___ it is not able to be used, it will reduce Russia's firepower in the Black Sea while it is repaired. Satellite images could not ___ 61 ___ (independent) show if the ship was still afloat because of ___ 62 ___ (cloud) weather.

The news of the attack came ___ 63 ___ the same time when Eastern European leaders gave statements of support for Ukraine. The country ___ 64 ___ (be) under attack by Russia since February 24.

Ukrainian military advisers said the removal of the ship had great ___ 65 ___ (significant) because it carries 16 long-range missiles.

When whales go down after breaching, they leave what looks like an oil slick on the water. I figured if we paddled toward that spot, we'd be safe from the whales, since they'd just left. We followed them at a distance—or what I thought was a distance. I later found out that it's recommended to keep 300 feet away. We were more like 60 feet away.

注意：

1. 所续写短文的词数应为 150 左右；
2. 至少使用 5 个短文中标有下划线的关键词语；
3. 续写部分分为两段，每段的开头语已为你写好；
4. 续写完成后，请用下划线标出你所使用的关键词语。

Paragraph 1:

Suddenly, we felt our kayak rocking violently. _____

Paragraph 2:

Still, I didn't panic and I just kept thinking I've got to breathe in this "white wall". _____
