衢州、丽水、湖州2026年11月三地市高三教学质量检测

英语试题卷

全卷共10页，满分150分，考试时间120分钟。

注意事项：

1. 答卷前，考生务必将自己的姓名、准考证号填写在答题卡上。
2. 回答选择题时，选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案写在答题卡上，写在本试卷上无效。
3. 考试结束后，将本试卷和答题卡一并交回。

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段录音。每段录音后有一个小题，从题中所给的A、B、C三个选项中选出最佳选项。听完每段录音后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. What will the woman do first?

A. Finish her project.

B. Design a water system.

C. Go over the instructions.

2. When does the man plan to reach the station?

A. At 3:50. B. At 4:30. C. At 5:10.

3. Where does the conversation probably take place?

A. In an art store. B. At an art show. C. In an art classroom.

4. What are the speakers mainly talking about?

A. The homeless victims. B. The strong winds. C. A natural disaster.

5. What is the probable relationship between the speakers?

A. They are gym partners.

B. They are neighbors.

C. They are colleagues.

第二节（共15小题；每小题1.5分，满分22.5分）

听下面五段录音。每段录音后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题5秒钟；听完后，每小题都有5秒钟的作答时间。每段录音播放两遍。

听第 6 段录音，回答第 6、7 题。

6. What do we know about Kate's father?

A. He is learning to fly a plane.

B. He is qualified to pilot a plane.

C. He will retire after finishing the plane.

7. What will happen once the plane is completed?

A. Kate will take the first flight in it.

B. Experts will make a trial flight first.

C. Kate's father will test the plane right away.

听第 7 段录音，回答第 8 至 10 题。

8. What can we learn about Lily?

A. She is a student. B. She hates her job. C. She earns much money.

9. What is Peter going to do this year?

A. Find a good job.

B. Give up smoking.

C. Join a photography club.

10. What is Judy's New Year's resolution this year?

A. Taking a holiday. B. Going on a diet. C. Visiting her grandparents.

听第 8 段录音，回答第 11 至 13 题。

11. What is Simon's main job responsibility?

A. Selling software.

B. Developing software.

C. Providing customer service.

12. What is the function of the software?

A. To analyze market trends.

B. To work out the costs of production.

C. To manage relations with customers.

13. What is the biggest problem Simon faces at work?

A. Tight working time.

B. Unpredictable market trends.

C. Difficult relations with customers.

听第 9 段录音，回答第 14 至 17 题。

14. What is the man doing?

A. Discussing current affairs. B. Conducting a survey. C. Writing a class report.

15. What does the man want to find out?

A. Why people watch news on TV.

B. How young people get their news.

C. How often people read newspapers.

16. What does the woman occasionally do in English class?

A. Visit news sites.

B. Watch the news on TV.

C. Read English newspapers.

17. Where does the woman usually get her news?

A. From the Internet and TV.

B. From newspapers and the Internet.

C. From mobile phone and the Internet.

听第 10 段录音，回答第 18 至 20 题。

18. What does the speaker mainly talk about?

A. Advertising benefits. B. Unnecessary spend. C. Consumer habits.

19. Why are related items recommended?

A. For lower price. B. For better service. C. For more purchase.

20. What is the last reason for people often overspending?

A. Digital currency. B. Fancy advertising. C. Accessory products.

第二部分 阅读（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，选出最佳答案。

A

Unplanned travel is easier than ever. A group-chat message, a cheap train ticket or a last-minute flight deal can have you leaving the next morning. It doesn't require perfect planning, but keeping a few basics ready makes it easier to leave with confidence and stay flexible. Here are five items worth keeping on hand.

Passport Bag & Card Holder

For international travel, few things matter more than your passport. Keep it and your cards in the same holder — a permanent home that can prevent last-minute panic.

Sunscreen

People often think sunscreen is only for beach vacations, but that's far from true. Whether you're hiking in the mountains, exploring a city, or even visiting snowy destinations, UV rays are still there. Applying it each morning helps reduce long-term sun damage.

Chargers (and a Portable Charger)

A dead phone while traveling is surprisingly stressful. Always pack your charging cable, and if possible, carry a portable charger. Extra power can be invaluable during a long day of travel.

Band-Aids

If you get a small cut, or you scrape your knee while exploring somewhere new, you'll be glad you packed a few. They're tiny, inexpensive, and one of those things easy to forget until the exact moment you need them.

One Small Thing That Makes You Feel Like Yourself

Travel can be exciting, but it can also be exhausting. Having one familiar item — whether

it's your favorite lipstick, perfume, notebook, or headphones — can make even a hotel room feel a little more like home.

The beauty of unplanned travel isn't that everything goes perfectly, but that you're willing to go. Pack light, stay flexible, and embrace the unexpected — those unplanned adventures often become your best life stories.

21. What is emphasized about sunscreen?

A. Its small size.
B. Its practical use.
C. Its seasonal limits.
D. Its special value on beaches.

22. Which two practices are recommended?

A. Having a lipstick and packing light clothes.
B. Booking flights weeks ahead and carrying a charger.
C. Leaving notebooks behind and taking a few Band-Aids.
D. Keeping passports with cards and bringing familiar items.

23. Who is the text mainly intended for?

A. People traveling with little planning.
B. Students studying tourism.
C. Travelers shopping for luxury goods.
D. Families moving to new places.

B

When Ulunda Baker was eight, her mother put her and her six younger siblings on a bus to Florida with only the clothes they were wearing. It was one of many moves during a childhood in which the family sometimes stayed with relatives and sometimes had no home at all. Depending on food banks, charities and neighbors, they managed to get by, though poverty affected them "mentally, physically, and emotionally," Baker later recalled.

By sixteen, Baker was close to dropping out of high school, which might have narrowed an already limited future. Then a teacher offered her an internship (实习) at an insurance company, where she would learn about contracts and business. There was, however, one condition: "You have to stay in school." Committed to recovering the credits she had missed, Baker attended classes during the day and at night until she earned her diploma. What began as a reason to remain in school opened up a world she had never imagined entering. The internship led to a career lasting more than twenty years at a Fortune 500 company that helps people plan for their futures, where she led teams and helped support small businesses.

Success did not separate Baker from her past; instead, it gave that past a new purpose. Drawing on her experience, she prepared tax returns for families in need, tutored students and served organizations supporting schools, shelters and low-income communities. She also encouraged young people to improve their financial lives through small choices, believing that even saving fifty cents could begin a new habit.

Not until Baker looked back did she recognize how much had begun with one teacher's decision to notice her potential. The internship did not remove every obstacle or fear, but it gave her direction when she needed it most. Baker now tries to offer others the same combination of practical help and belief. "The life you were born into," she says, "is not the life you're required to live."

24. What mainly characterized Baker's childhood?

A. Frequent travels and adventures.
B. Unsettled life and hardship.
C. Growing independence from others.
D. Consistent support from relatives.

25. Why was the internship important to Baker?

A. It enabled her to recover missed credits.

B. It helped her start an insurance company.

C. It guaranteed her permanent employment.

D. It kept her in school and launched her career.

26. Which of the following best describes Baker?

A. Caring and determined.

B. Practical and cautious.

C. Confident and competitive.

D. Ambitious and independent.

27. What does Baker's experience show?

A. Giving back is the highest goal of life.

B. A good opportunity ensures career success.

C. One's origin does not define one's future.

D. Practical skills outweigh academic learning.

C

Seeking out a peaceful spot and writing a few words with a favourite pen can be more than a pleasant way to pass the time. From helping us cope with difficulties to improving memory, handwriting may benefit our well-being.

Many of us once kept diaries as children or wrote letters to distant family and friends before digital communication became part of everyday life. Yet handwriting is an easy habit to lose. According to recent YouGov research, only one in six of us updates a journal or diary by hand at least a few times a month, as digital devices have largely replaced traditional writing.

However, choosing a pen over a keyboard is not just a stylistic choice; it is a workout for the brain. Norwegian researchers collected data from 36 university students who either wrote with a pen or typed on a keyboard. The findings were striking: brain connectivity jumped when participants wrote by hand, but showed no such change when they typed. Audrey van der Meer, a professor from the Norwegian University of Science and Technology, notes that the precise movements involved in forming letters support brain activity linked to learning and memory. This may help explain why children who learn mainly on screens sometimes struggle to distinguish between visually similar letters.

Beyond cognitive (认知的) enhancement, handwriting works as a powerful tool for emotional management. Psychologist James Pennebaker, in his book *Opening Up By Writing It Down*, explores how expressive writing can ease emotional pain. He recommends writing continuously by hand for 15-20 minutes daily over several days about a difficult experience. "Expressive writing is not a form of journaling or diary writing, nor is it a practice that will help you become a novelist or writer. Rather, it is a brief writing technique that helps people understand and manage emotional upheavals in their lives," he says.

In a world overloaded with digital information, handwriting offers an ideal antidote (解药) to mental exhaustion. It requires neither beautiful script nor artistic talent — only a willingness to begin. A few honest lines may be enough to bring scattered thoughts into focus and create a quiet space away from the speed and noise of the screen.

28. Why does the author mention diaries and letters in paragraph 2?

A. To explain children's interest in writing.

B. To introduce ways of staying connected.

C. To show handwriting's former popularity.

D. To stress the value of personal communication.

29. How was handwriting different from typing in the Norwegian study?

A. It produced better learning results.

B. It helped students write much faster.

C. It required less effort from the students.

D. It created more connections in the brain.

30. What does the underlined word "upheavals" in paragraph 4 probably mean?

A. Struggles. B. Needs. C. Responses. D. Expressions.

31. What is the main purpose of the text?

A. To compare different writing habits.

B. To examine the decline of handwriting.

C. To highlight handwriting's value today.

D. To confirm handwriting's effects on learning.

D

Even as global warming causes sea levels to rise worldwide, sea levels around Greenland will likely drop. According to a new study published in *Nature Communications*, local sea levels could fall by roughly 0.9 meters under a low-emissions scenario (预测) and 2.5 meters under a high-emissions scenario by 2100.

This contradictory outcome is driven primarily by the rise of the land beneath Greenland's ice sheet. The ice sheet loses about 200 billion tons of ice each year. As this huge weight disappears, the land beneath rises. This uplift lowers the relative sea level — the height of the sea in relation to the land — along the coast. Meanwhile, as the ice sheet becomes smaller, its pull on the surrounding ocean becomes weaker, causing some seawater to move away.

In their study, the lead author Lauren Lewright and her team combined sea-level records covering thousands of years with more than two decades of height measurements from a network of satellite-monitoring stations across Greenland. By comparing their models with these real-world observations, they found that the solid Earth beneath Greenland is responding to ice loss much faster than older models predicted. This quicker response suggests that local sea-level falls may be greater than earlier estimates.

However, a lower sea level does not mean that Greenland will escape the effects of climate change. "The biggest impact is on local communities and the effects on shipping routes, fishing and infrastructure (基础设施)," says study co-author Austermann. Ports, roads, and other infrastructure built for present-day sea levels may be left high and dry. At the same time, some glaciers that reach the ocean might become more stable if the water level falls enough, although scientists are still uncertain whether this effect would be strong enough to slow ice loss.

Sea-level change is often discussed in terms of global averages. In reality, different regions are shaped by different combinations of global and local forces. As Austermann puts it, "Any sea level prediction or consideration needs to be done on a local or regional scale."

32. What explains the possible sea-level fall around Greenland?

A. Lower emissions slow global warming.

B. Melting ice pushes nearby seawater away.

C. Ice sheet loss causes rising land and weaker pull.

D. Rising land blocks meltwater from entering the sea.

33. What can we learn about the study from paragraph 3?

A. Future ice loss can now be measured directly.

B. The land is rising faster than previously expected.

C. Ancient records work better than modern measurements.

D. Sea levels have already fallen considerably in Greenland.

34. What might a lower sea level bring about?

A. No further glacier loss.

B. Safer coastal communities.

C. More shipping routes and fishing grounds.

D. Worse infrastructure but more stable glaciers.

35. Which of the following is the best title for the text?

A. Global Warming: A Threat to Greenland

B. Falling Sea: A Different Story in Greenland

C. Melting Ice: Changes Along Greenland's Coast

D. Changing Coasts: Effects of Greenland's Ice Loss

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能填入空白处的最佳选项。选项中有两项为多余选项。

Generative AI can now produce polished writing in seconds. This has made a familiar question harder to answer: Who is really the author? In the past, a finished essay was often treated as evidence of a student's thinking and writing ability. ___36___ A strong product may show what is on the page, but not how it got there.

One way to look beyond the final product is to focus on the process. ___37___ What matters, then, is not only the result but the learning that produced it. Teachers can ask students to provide reflections or other evidence showing how they developed their work. Such evidence may make students' thinking more visible, although it cannot fully prove what actually happened during the writing process.

___38___ This includes the capacity to evaluate, judge, make decisions, take a position and defend it, and to recognize good reasoning from bad reasoning. Thoughtful use of AI may actually require these abilities: students must read its output critically, spot errors or weak reasoning, and decide what to keep, cut or rewrite. However, assessing such abilities requires a different approach — one that makes the student's reasoning process clear enough to evaluate. ___39___ The product, process and student's reasoning should therefore be considered together.

This leads to a broader view of authorship. Traditionally, an author combines three roles: thinker, drafter and authority — the person responsible for the words. AI may assist with the first two. ___40___ In the age of AI, authenticity may therefore mean understanding the work, making key decisions and being prepared to stand behind them.

A. But now it is no longer the whole story.

B. Process-based assessments are not AI-proof.

C. Reading, thinking, drafting and revising are all part of it.

D. It cannot account for the final work as a human author can.

E. Attention should also turn to what the student brings to the work.

F. No single piece of evidence can establish authorship with certainty.

G. The process is less important when only the quality of the final product matters.

第三部分 语言运用（共两节，满分30分）

第一节（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。

Beside a soccer field near my home lies a small garden planted with flowers for monarch butterflies(帝王蝶). Small signs explain the plants, and a wooden box offers free seeds. At first, I ___41___ it was a project for the nearby school.

I understood its purpose: monarch butterflies were in trouble and depended on certain plants to lay their eggs. Yet, I had ___42___ about whether such a tiny garden could really help. Our valley is outside their main route, so the chance of them finding it seemed ___43___.

One morning I met Ida, the woman behind the garden, as she was ___44___ the seed box with fresh packets. She had planted the area years earlier and it had recently begun to ___45___ a few monarchs. Even so, their numbers worldwide had fallen ___46___ — by 99 percent over the past years. It would have been easy to feel sorry and move on; the story might have ended there — ___47___ the person involved was Ida.

Last year, she hand-harvested 17 pounds of seeds and ___48___ a second butterfly garden. She also gives talks to schools and ___49___ groups. Soon, the packets began disappearing faster than she could replace them. To meet the growing ___50___, she rises before dawn to prepare more packets. "I can barely keep up ," she says. Word is ___51___, and so are those seeds. In the process of creating ___52___, she is building a community of people who care.

Now I cannot help but ___53___ whenever I pass the garden. This is art. This is love. This is ___54___ in the soil and stones. Ida may be a volunteer, but she is ___55___ in butterflies — one fine currency around here.

41. A. admitted	B. assumed	C. proved	D. remembered
42. A. doubts	B. expectations	C. memories	D. decisions
43. A. certain	B. equal	C. slim	D. valuable
44. A. repairing	B. decorating	C. moving	D. refilling
45. A. track	B. attract	C. release	D. transport
46. A. sharply	B. immediately	C. slightly	D. gradually
47. A. unless	B. because	C. although	D. since
48. A. visited	B. examined	C. established	D. discovered
49. A. experienced	B. interested	C. professional	D. political
50. A. concern	B. pressure	C. cost	D. demand
51. A. breaking off	B. dying down	C. getting around	D. coming back
52. A. farmland	B. landscape	C. habitat	D. society
53. A. sigh	B. smile	C. wait	D. wave
54. A. hope	B. courage	C. success	D. peace
55. A. lost	B. covered	C. wrapped	D. paid

第二节（共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。

Young Chinese people are finding new ways to connect with historical figures. In recent years, a playful trend has become ___56___ (increasing) popular among them: visiting tombs and memorial sites of people from the past. Instead of bringing only flowers and fruit, visitors sometimes leave medicine, train tickets or postcards — modern objects carefully ___57___ (choose) to reflect the figures' experiences. At the tomb of Cao Cao, some visitors leave medicine because he is believed to have suffered from severe headaches throughout his life.

By ___58___ (link) ancient lives with present-day objects, these gifts make historical figures feel human and familiar. Online culture reinforces this sense of closeness: historical figures are no longer distant textbook characters, ___59___ people to chat and sympathize with.

More importantly, many admired icons led imperfect lives. Some died young and others ___60___ (fail) to fulfil their ambitions. Their stories never reached ___61___ satisfying conclusion. Such experiences mirror modern life, ___62___ is similarly marked by limited choices and an uncertain future. Young people therefore see something of ___63___ (they) in these figures and find emotional comfort in their destinies.

In this way, visitors keep their stories alive and find comfort and ___64___ (strong). These historical figures serve ___65___ modern emotional anchors (精神支柱). For young visitors, remembering them becomes a quiet dialogue with history.

第四部分　写作（共两节，满分 40 分）

第一节（满分15分）

你校英文报“Morals and Virtues”栏目正在征稿，请同学们分享自己经历的一次道德困境。请你写一篇短文向该栏目投稿，内容包括：

1. 简述困境与抉择；
2. 分享你的感悟。

注意：

1. 写作词数应为 80 个左右；
2. 请按如下格式在答题纸的相应位置作答。

A Moral Dilemma

第二节（满分 25 分）

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

Last summer, I decided to spend 30 days getting rejected (拒绝) on purpose.

At first, it sounded ridiculous. After all, most people spend their lives actively trying to avoid rejection — and I was deciding to walk towards it. But it had become obvious that my terror of being rejected was holding me back.

For years, I often felt absent on social occasions, focusing on not seeming odd or doing anything that might make others laugh at me. I also lost many opportunities because of my fear of rejection. So I promised myself that for one month I would stop hiding from rejection. After a lifetime of worrying what people thought about me, I knew that only bold action would work.

Later that week, on a sunny August afternoon, I found myself walking into a small independent coffee shop in my hometown of Warrington in Cheshire, preparing for my first rejection challenge. I hesitated by the door for what felt like forever, giving myself a pep talk before finally plucking up the courage to walk to the counter.

There, a barista (咖啡师) was grinding fresh coffee beans. Then he pressed the powder into the machine and pulled a rich espresso (浓缩咖啡) shot. After he poured steamed milk carefully, a beautiful art pattern was created. After standing there for a while, I forced myself to say the words: "I was wondering, if you showed me, could I make my own coffee please?" I had no reason for asking ; I wasn't especially particular about how my drink was made. I just wanted to see what would happen if I asked — and how I'd feel if they said no.

I fully expected the staff to laugh at me or get annoyed for wasting their time, and I had a back up plan in place: I'd apologize, let them make my drink, apologize again and leave. But there was no anger, no questioning. I explained my "rejection challenge" and the barista seemed to see the funny side of it all.

注意：

1. 续写词数应为150个左右；
2. 请按如下格式在答题卡的相应位置作答。

"Why not?" he said with a broad smile, handing me some coffee beans.

As I took more challenges, I continued to be met with patience and generosity.