

# 杭州高级中学高三年级 12 月月考

## 英语试题卷

### 考生须知:

1. 本试卷分试题卷和答题卷两部分。本卷满分 150 分，考试时间 120 分钟。
2. 答题前务必将自己的班级、姓名用黑色字迹的签字笔或钢笔填写在答题纸规定的地方。
3. 答题时，请按照答题纸上“注意事项”的要求，在答题纸相应的位置上规范答题，在本试题卷上答题一律无效。
4. 考试结束后，只需上交答题纸。

### 第一部分 听力 (共两节，满分 30 分)

略

### 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、D 四个选项中选出最佳选项。

#### A

The University of Science and Technology of China (USTC) research internship program provides the opportunity for graduate students or 3rd/4th year undergraduate students to participate in research projects to gain valuable experience on a variety of cutting-edge research at USTC.

#### Program Benefits

- Enhance research capability in state-of-the-art labs under the guidance of professors at USTC.
- Have a competitive edge in application for Master's, PhD. and post-doctoral programs at USTC by developing relationships with faculty and students.
- Apply for free Chinese language and culture class to learn basic Chinese language and explore unique Hui culture.

#### Application Qualification

1. Good command of English.
2. Non-Chinese citizens with a foreign passport.
3. Currently enrolled full-time students in undergraduate Year 3/4, Master's, or doctoral programs.

#### Cost

- Tuition: 2,100 RMB (≈304 USD) per month (undergraduate student or master student) . 2,600 RMB (≈377 USD) per month (PhD student) .
- Student dormitory: 500-1,000 RMB (≈73-146 USD) per month depending on room type and size.
- Insurance: 160 RMB (≈23 USD) per month.

#### Scholarship

USTC offers limited scholarships to outstanding students. All applicants will be evaluated.

USTC Fellowship	Level A	1. free tuition 2.comprehensive medical insurance
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		3. free university dormitory 4. grant: 2,500 RMB (≈392 USD) / month (Bachelor) 3,000 RMB (≈470 USD) / month (Master) 3,500 RMB (≈550 USD) / month (PhD)
	Level B	1. free tuition 2. comprehensive medical insurance
	Level C	free tuition

1. Why might international students be interested in the free classes provided by the program?

- A. They can get help from USTC professors in the classes.
- B. They can gain a competitive edge for post-doctoral programs.
- C. They can learn basic Chinese and know about Hui culture.
- D. They can use the lab resources after finishing the classes.

2. Who is qualified for this research internship program?

- A. Chinese Year 2 undergraduates with fluent English.
- B. Chinese post-doctoral researchers with good grades.
- C. Part-time foreign PhD students with proficient English.
- D. Full-time English Master's students with a foreign passport.

3. How much does a Fellowship Level B student pay at least?

A. 23 USD/month.	B. 73 USD/month.
C. 146 USD/month.	D. 304 USD/month.

## B

I woke up before the alarm went off this morning. I reached over to grab my clock and see what time it was only to have a furry head with a long nose get in the way. I petted my dog, Hank, while he happily touched my hand. I decided to check the clock with the other hand only to have my other dog, Sweetie, intercept it. I leaned down and touched my head to hers and she touched my nose through her under-bite. I smiled and thought to myself that this wasn't the worst way to wake up; covered in kisses and knowing that you are loved.

Later as the sun came up over the mountains and I drank my morning coffee, I looked out my kitchen window and saw a robin sitting on the fence near my home. She had a long piece of grass in her mouth. She looked back at me before flying up into the upper branches of my maple tree to work on her nest. I stepped out of my back door to see if I could see her again but stopped in my tracks.

Only fifteen feet away was a deer eating the freshly grown grass behind my house. I raised my coffee cup to him to show him I meant him no harm then eased back into my house to let him finish his breakfast. As I did so, I was filled with a wonderful sense of peace in my soul. I could feel the love around me, not only from my pets but from the wild animals in my backyard. I could feel my oneness with nature, with life, and with love. And I could say was "Thank you!"

This life is so glorious. Hug this life then. Value it. Feel your oneness with it. Know that you are loved. Know

that you can love. Then go out, sharing all of your love, your joy, and your light with everyone everywhere.

4. What does the underlined word “intercept” probably mean in the passage?

A. Ignore.      B. Block.      C. Accept.      D. Follow.

5. Why did the author raise the coffee cup to the deer?

A. To express his friendliness.      B. To scare away the deer gently.  
C. To invite the deer to share breakfast.      D. To take a photo of the moment.

6. What can be inferred about the author’s relationship with nature?

A. He prefers wild animals over pets.  
B. He studies wildlife behavior regularly.  
C. He feels disconnected from urban life.  
D. He finds spiritual peace in natural interactions.

7. What does the author’s morning experience show?

A. Early risers enjoy health.      B. Pets are loyal companions.  
C. Small moments bring love.      D. Nature deserves protection.

## C

Microscopic pieces of plastic are everywhere. Now, they’ve been found in bottled water in concentrations 10 to 100 times more than previously estimated. Researchers found roughly 240,000 detectable plastic particles in a typical liter of bottled water.

About 10% of the detected plastic particles were micro-plastics, and the other 90% were nanoplastic.

Micro-plastics are between 5 millimeters and 1 micrometer; nanoplastic are particles less than 1 micrometer in size. For context, a human hair is about 70 micrometers thick. Micro-plastics have already been found in people’s lungs and blood.

Nanoplastics could be even more dangerous than micro-plastics because when inside the human body, “the smaller it goes, the easier for it to be misidentified as the natural component of the cell,” says Wei Min, a professor of chemistry at Columbia University.<sup>1</sup>

The International Bottled Water Association (IBWA) said in a statement that it has had “very limited notice and time” to review the study. But the group said the new detection method “needs to be fully reviewed by the scientific community and more research needs to be done to develop standardized methods for measuring and quantifying nanoplastic in our environment.” The association said there is “no scientific agreement on the potential health impacts of nano-and micro-plastic particles.”

The particles they could identify accounted for only 10% of total particles they found — the rest could be minerals, other types of plastics, or something else, says Beizhan Yan, a research professor and co-author on the study. They hope the research will lead to a better understanding of how much plastic humans are regularly putting into their bodies and its effects.

Yan says they plan future research employing the same technology to look at plastic particles in tap water, in the air, in food and in human tissues. “This is basically just to open a new window for us to see what was this invisible world before.”

8. What is the author’s purpose in mentioning human hair in paragraph 2?

A. To show the harm of plastic particles.  
B. To stress the source of plastic particles.  
C. To illustrate the size of plastic particles.  
D. To prove plastic particles are everywhere.

9. Why is it possible that nanoplastic are more dangerous than micro-plastics?  
A. They are more difficult to remove.  
B. They are more poisonous to humans.  
C. They are more likely to pass as harmless.  
D. They are more changeable than micro-plastics.

10. What is IBWA's attitude to the study?  
A. Skeptical.      B. Indifferent.      C. Supportive.      D. Neutral.

11. What is the last paragraph mainly about?  
A. Effects of plastic particles.      B. Further direction of the research.  
C. Significance of early plan for technology.      D. Potential discovery of the invisible world.

## D

Much has been discussed about how modern lifestyles lead to insufficient sleep, unlike our ancestors who lived in simpler times. However, an analysis of 54 global sleep studies reveals that individuals in small, non-industrial societies actually sleep less than those in more industrialized regions.

“Everyone I speak to in Canada and the US complains about poor sleep,” says Leela McKinnon from the University of Toronto Mississauga. “But the data doesn’t support that.” It is commonly believed that the rise of devices like smartphones has resulted in reduced sleep — often referred to as a sleep-loss epidemic. Yet, many studies reporting a decline in sleep duration rely on self-reported data, which is an unreliable measure.

Research using more reliable methods, such as activity monitors or brainwave tracking, has not indicated a decrease in sleep over recent decades. For instance, a 2023 review of 168 studies found no significant drop in sleep duration over the past 50 years. However, these studies primarily focused on industrialized nations, leaving the question of whether sleep patterns were different before industrialization unanswered. The availability of wrist-based activity monitors made it easier to study sleep in non-industrial societies. Such studies have revealed short sleep durations. For instance, among hunter-gatherers, the San peoples in southern Africa sleep for 6.7 hours a night on average.

McKinnon and her colleague David Samson, also from the University of Toronto Mississauga, have participated in several relevant studies. They compared sleep habits in industrialized nations — like the US and Australia — with those in smaller, non-industrial communities, including local groups in the Amazon, Madagascar, and Tanna Island in the Pacific. Their analysis, the most comprehensive to date, involved direct measurements of sleep in 866 participants aged 18 and older with no serious health issues. They discovered that individuals in non-industrial societies averaged 6.4 hours of sleep, while those in industrial societies averaged 7.1 hours. Additionally, people in non-industrial societies were asleep for 74% of their time in bed, compared to 88% in industrialized areas, a concept known as sleep efficiency.

Samson believes that people in industrialized societies sleep longer and better because their environment is more suitable for sleep. “We see that we’ve made some real gains in the safety and security of our sleep sites,” he

says, “We no longer need to worry about rival groups or predators at night.”

12. What does Leela McKinnon think of sleep complaints?

- A. They are overstated by people.
- B. They are supported by data.
- C. They are unique to Canada.
- D. They are caused by smartphones.

13. How did the researchers conduct their research on people’s sleep habits?

- A. By collecting sleep data of different age groups.
- B. By interviewing participants about their sleep routines.
- C. By analyzing health problems of sleep-deficient people.
- D. By comparing sleep conditions of different societies.

14. Why do people in industrial societies sleep better?

- A. They sleep less but feel better.
- B. Their sleep technology is advanced.
- C. They are more used to short sleep.
- D. Their sleep environments are safer.

15. What is the passage mainly about?

- A. Research challenges beliefs about sleep.
- B. Technology greatly reduces sleep time.
- C. Industrialization worsens sleep quality.
- D. Non-industrial societies sleep better.

## 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。

For individuals with social anxiety, entering a social gathering can feel overwhelming, as if you are under the spotlight and might say something wrong. 16 “For some people, it might mean a racing heart and dizziness and feeling flushed,” says Kirsten Hall-Baldwin, a licensed clinical professional counselor in Chicago. “Others might be in a negative thought cycle, or feel like their mind is going blank or freezing.” Here, she and other experts share tips on how to carry a conversation when you have social anxiety.

### Practice in low-stakes settings

Before attending a major event, try initiating brief chats with waiters or neighbors. 17 “Smaller, manageable social interactions don’t carry as much emotional weight,” Hall-Baldwin says. “so it’s just trying to practice without feeling overwhelming pressure.” Over time, you’ll gain a sense of comfort and confidence as you step into larger social settings.

### Use the echo technique

Another powerful technique is to “echo” the speaker. Paraphrase what they’ve said and encourage them to clarify. For example, if they mention they’re struggling at work, repeat back their words with a question in your voice: “Struggling?” 18 Not only does this make them feel heard but also shifts the conversational burden away from you, reducing pressure.

### Find an anchor

When feeling anxious, find a physical anchor (锚) . 19 Holding a cold drink, pressing your feet firmly into the floor, or touching a small object can give your nervous system something to anchor to when you’re feeling anxious. Research indicates that such physical sensations can pull you back to the present and signal safety to your brain, thereby curbing anxiety.

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The good news about social events is that they all eventually end — and your departure can arrive as soon as you'd like. Informing friends beforehand of a hard leave time, or having a polite excuse to end a conversation (e.g., "It was really nice talking to you — I'm going to check in with Jane.") can significantly reduce the fear of being trapped.

- A. Avoid social events politely
- B. Have an exit strategy ready
- C. This simple response often leads them to share more.
- D. This fear can trigger various physical and emotional symptoms.
- E. It ensures you can keep the dialogue flowing without needing to flee.
- F. These short interactions can be a low-pressure way to build self-esteem.
- G. The core principle is to engage your senses to stabilize yourself in the moment.

### 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, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

Motivation is delicate. When you notice your motivation fading, you have to make a small adjustment, which can make all the difference between 21 something or not.

I learned this lesson from a drive to a picturesque mountain range that lies just an hour from my city. However, the road there is dangerously 22, with sharp turns every few seconds. Driving through it was once a 23. My child often got carsick, while 24 local drivers followed closely on my tail. The short journey always left me exhausted, and my motivation to visit 25.

One day, I tried a new approach: I drove really 26. It helped my child, but the line of cars in my mirror still 27 me out. Feeling pressured, I would speed up again. So then I made one small adjustment: I tilted the rearview mirror up, 28 the view behind me.

That simple method 29 everything. I could finally enjoy the drive at my own 30, appreciating the scenery. While cars occasionally pulled ahead whenever they could, they were no longer my main 31. Each crossing of the mountains has now become a journey of peace.

I've reflected a lot since then. I've realized that we are often demotivated by 32 pressures — be they social media, distracting environments, or 33 voices, much like those cars filling up my mirror. Learning to occasionally "tilt the mirror" — to consciously tune out the 34 of others — is essential to protecting our drive and 35 at our own pace.

21. A. achieving	B. defining	C. adopting	D. acknowledging
22. A. smooth	B. winding	C. narrow	D. straight
23. A. adventure	B. struggle	C. routine	D. pleasure
24. A. impatient	B. skilled	C. careful	D. polite
25. A. set in	B. showed up	C. slipped away	D. moved out
26. A. quickly	B. efficiently	C. aggressively	D. slowly
27. A. helped	B. calmed	C. cheered	D. stressed
28. A. reflecting	B. expanding	C. avoiding	D. recording

29. A. changed	B. worsened	C. increased	D. removed
30. A. cost	B. rhythm	C. expense	D. risk
31. A. hobby	B. solution	C. gift	D. concern
32. A. external	B. internal	C. mental	D. physical
33. A. encouraging	B. discouraging	C. reassuring	D. distant
34. A. silence	B. advice	C. noise	D. praise
35. A. crossing	B. accelerating	C. advancing	D. returning

## 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。

Over the past few years, a fascinating cultural phenomenon 36 (emerge) across China: a growing number of foreign tourists are 37 (enthusiastic) embracing traditional Chinese clothing like Hanfu. At iconic sites such as the Forbidden City, visitors can 38 (see) dressed in exquisite Hanfu, posing for photos against historic backdrops. This trend reflects a deeper appreciation for 39 profound cultural heritage rather than mere curiosity.

This stylish wave is also taking over short video platforms like TikTok, 40, observers say, is a symbol of China's booming national confidence. On TikTok, the Hanfu hashtag (话题标签) has collected billions of views, 41 foreigners sharing their photoshots and expressing how wearing Hanfu makes them feel like super stars in Chinese dramas. Meanwhile, Chinese content creators and bloggers have been actively promoting Hanfu overseas, organizing activities 42 (introduce) the stories behind the clothing.

This exchange is mutually enriching: foreigners gain meaningful immersion into Chinese traditions, 43 Chinese youth find creative channels to share their heritage. The 44 (blend) of traditional clothing with modern fashion and media has not only boosted cultural confidence but also created new consumption scenarios, turning Hanfu into a dynamic symbol of 45 (China) soft power.

## 第四部分 写作 (共两节, 满分 40 分)

### 第一节 (满分 15 分)

46. 假如你是李华, 上周五你参加了学校举办的“旧物改造创意比赛 (upcycling competition)”, 请你给你的英国笔友 Frank 写信分享, 内容包括:

- (1) 你的参赛作品;
- (2) 感受和收获。

注意:

- (1) 写作词数应为 80 个左右;
- (2) 请按如下格式在答题卡的相应位置作答。

Dear Frank,

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Yours sincerely,  
Li Hua

## 第二节 (满分 25 分)

47. 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。

The smell of roasted chicken filled the kitchen as we gathered for our usual Friday dinner. Having swallowed a big mouthful of chicken, I took a deep breath and began, “Could I invite some friends over tomorrow? Just for the afternoon?”

My parents exchanged a glance, then nodded readily. But beside me, my younger sister, Lily, froze. Her wide eyes locked onto mine. “But... what about Miracle? She’ll be terrified, Ethan.”

Miracle was a cat Lily rescued on a rainy day last winter. True to her name, the cat had survived. Yet, it remained a creature of profound shyness: Loud voices sent her trembling under beds; sudden movements made her jump. She wasn’t just a pet; she was a fragile soul Lily fiercely protected.

“I promise, Lily,” I insisted, leaning forward, meeting her worried gaze (凝视). “We’ll stay in the living room. No loud music, no shouting games. I’ll keep the back door shut tight, and I’ll warn everyone to be quiet. Miracle won’t even know they’re here.” I saw the conflict in her eyes — her desire to be supportive warring with her deep concern for the poor cat. After a tense silence, she finally gave a small, reluctant nod.

Saturday arrived with sunshine and laughter as my friends piled in. True to my word, I guided them straight to the living room, reminding them firmly about Miracle’s sensitivity. Initially, we chatted, played cards quietly. Glancing around, I spotted Miracle sliding silently down the hallway towards Lily’s room. Good, she’s keeping her distance, I thought, relieved.

As the afternoon wore on, however, the initial caution disappeared. A competitive board game led to enthusiastic cheers and laughter. Lost in the sheer fun of being with my friends, I forgot everything - the promise, the fragile creature.

After friends departed with cheerful goodbyes, I began tidying empty glasses, still lost in the happy scenes when Lily burst through the front door into her room. Then came her scream, “Ethan, Miracle is gone.”

注意:

1. 续写词数应为 150 左右;

2. 请按如下格式在答题卡的相应位置作答。

A cold wave of fear rushed through me.

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Luckily, we finally found Miracle in the backyard.

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# 杭州高级中学高三年级 12 月月考

## 英语 全卷解析

### 第一部分 听力 (共两节, 满分 30 分)

略

### 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)

题号	1	2	3	4	5
答案	C	D	B	B	A
题号	6	7	8	9	10
答案	D	C	C	C	A
题号	11	12	13	14	15
答案	B	A	D	D	A

#### 第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

题号	16	17	18	19	20
答案	D	F	C	G	B

### 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)

题号	21	22	23	24	25
答案	A	B	B	A	C
题号	26	27	28	29	30
答案	D	D	C	A	B
题号	31	32	33	34	35
答案	D	A	B	C	C

#### 第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

题号	36	37	38		39	40
答案	has emerged	enthusiastically	be seen		the	which
题号	@公众号 浙教视野	41	42	43	44	45
答案		with	to introduce	while	blending/blend	China's/Chinese

### 第四部分 写作 (共两节, 满分 40 分)

#### 第一节 (满分 15 分)

46. 「参考范文」

Dear Frank,

Last Friday, I took part in our school's upcycling competition. It was a fun and meaningful event that encouraged us to turn old things into something useful.

I made a pencil holder from an empty tin can. I cleaned it, painted it blue, and added some paper flowers. Many classmates liked it, and I felt proud. This activity taught me that small changes can give old items a new life.

I really enjoyed the competition. It not only improved my creativity but also helped me care more about the environment.

Yours sincerely,  
Li Hua

#### 第二节 (满分 25 分)

**A cold wave of fear rushed through me.** I remembered opening the backdoor for some air. Miracle must have got scared out of the house then. My sister looked at me in disbelief. Tears welled in her eyes, spilling over. “You promised” The words weren’t shouted, but they cut deep. Shame burned my face. Without a word, I grabbed a flashlight and raced into the backyard, Lily closely behind, her calls for Miracle now desperate and choked with tears. We searched like crazy.

**Luckily, we found Miracle in the backyard.** There hidden under the thick bushes was Miracle. I dropped to my knees and scooped it up gently and placed it into Lily’s waiting hands. Once we went back home, I apologized sincerely, “I am so, so sorry.” I slowly reached out towards Lily, placing my hand gently over hers. “Can you forgive me?” Lily looked down at Miracle, then back at me, her eyes still wet but softening slightly. A fragile bridge of forgiveness began to form.