

浙江强基联盟 2025 年 12 月高一联考

英语试题参考答案与评分标准

第一部分:听力(共两节,满分 30 分)

1—5 BABCA 6—10 BCABB 11—15 ACBAC 16—20 BCCAC

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)

21—23 BDC 24—27 CCAD 28—31 BBCD 32—35 DBAA

第二节(共 5 小题,每小题 2.5 分,满分 12.5 分)

36—40 FGEAB

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)

41—45 ACBCD 46—50 BCADB 51—55 DBACD

第二节(共 10 小题,每小题 1.5 分,满分 15 分)

56. popularity 57. that/which 58. playing 59. quietly 60. in 61. have improved/have been improved

62. and 63. a 64. building 65. to win

第四部分:写作(共三节,满分 40 分)

第一节(共 10 小题,每小题 1 分,满分 10 分)

66. exchange 67. graduated 68. destroyed/damaged/devastated/decimated 69. contact 70. view/vista

71. calligraphy 72. extra/additional 73. volunteered 74. failures/setbacks/defeats 75. unique

第二节(共 5 小题,每空 1 分,满分 15 分)

76. Her warm smile and polite attitude left a deep impression on everyone she met at the interview.

77. Learning that you are in great need of an English teacher, I can't wait to write to apply for the position.

78. It is so noisy outside that I can't concentrate/focus on/upon the lecture now.

79. When feeling stressed about exams, I try to take control of my emotions through deep breathing.

80. It is the practical wellness book that keeps teenagers from giving up their healthy eating habits.

第三节(满分 15 分)

My Healthy Habit

As World Health Day draws near, I would like to share my healthy habit of jogging every morning, which has nourished both my body and mind.

My morning routine is simple yet fulfilling. I wake up at 6:30 a. m. sharp every day, stretch for five minutes, and then jog for 20 minutes around my neighborhood. This short workout never fails to energize me for the day ahead. The biggest rewards have been beyond my expectation: my concentration in class has improved drastically, and I no longer feel drained after a full day of studying. Whenever exams bring stress, the calmness I gain from morning jogs helps me stay positive and focused.

Healthy living starts with small habits. I hope we all can find our own simple yet effective healthy routines. Let's embrace an active lifestyle together for a healthier and happier life!

My Healthy Habit

One healthy habit I've been practicing is a 30-minute jog in the park before school. I usually wake up at 6:30 a. m. daily and start with simple warm-ups like arm circles, followed by jogging around the park, which, coupled with fresh air and green scenery, has helped me feel refreshed and fully energized for the day's study.

Since I began this routine a year ago, I have noticed a significant improvement in my physical and mental health. My stamina has increased, and I no longer feel tired after a long day of classes. Additionally, it helps me clear my mind and reduce exam stress, which improves my focus during school hours.

Whether it's exercising, eating balanced meals, or ensuring a good night's sleep, maintaining a healthy lifestyle will not only keep us physically fit but also improve our overall well-being and mood. Let's embrace healthy lifestyles for a better school life!

评分原则:

1. 范文仅供参考,学生可用不同的语言表达形式来表述要点。

2. 本题总分为 15 分,按以下 5 个档次给分。评分时,先根据文章的内容和语言初步确定其所属档次,然后以该档次的要求来衡量,确定或调整档次,最后给分。

第一档:(1—3 分)只能写出一两个要点;语言错误很多,只有个别句子正确;

第二档:(4—6 分)能写出部分要点;语言错误多,影响意思表达;

第三档:(7—9 分)能写明基本要点;语言虽有较多错误,但能基本达意;

第四档:(10—12 分)能写明全部或绝大部分要点;语言有少量错误;行文不够连贯,表达基本清楚;

第五档:(13—15 分)能写明全部要点;语言基本无误;行文连贯,表达清楚。

3. 评分时,应注意的主要内容为:时态、人称、内容要点、应用词汇和语法结构的数量和准确性、上下文的连贯性、语言的得体性及应用文体裁格式。

4. 拼写与标点符号是语言准确性的一个方面,评分时,应视其对交际的影响程度予以考虑。英、美拼写及词汇用法均可接受。

5. 如书写较差,以至影响交际,将分数降低一个档次。

6. 注意,习惯写成非健康习惯即为偏题,三档以下(最高 6 分)。

答案详解

21. B 题目问的是在“Astronomy on Tap”活动中,参与者可以做什么。根据文中对该活动的描述:“We will have two short talks, a Q&A session, and fun space facts. You can also enjoy watching stars with telescopes.”这里明确提到了“两场短讲座”和“用望远镜观星”,这与选项 B“听讲座并用望远镜观星”完全吻合。选项 A(关于火星的科学电影)没提及;选项 C(与作家面对面)是最后一个活动的;选项 D(动手实践和无人机表演)是第三个活动的。因此,只有 B 选项正确。

22. D 每个活动的持续时间:Astronomy on Tap:从晚上 7:30 到 9:30,持续 2 小时。Special Performance about Mars 从晚上 7:30 到 9:00,持续 1.5 小时。Science Journeys Saturday:从上午 11:30 到下午 1:00(即 13:00),持续 1.5 小时。Writers in Residence Program:从晚上 6:00 到 7:00,持续 1 小时。比较后,Writers in Residence Program 时间最短,因此选 D。

23. C 文章内容是关于加州理工学院(Caltech)举办的一系列公众活动邀请,包括天文学、音乐表演、科学讲座和作家项目等,旨在吸引公众参与。该形式常见于学校或机构的官方网站,用于宣传事件和活动。选项 A(科学教科书)通常侧重于教育内容,而非事件宣传;选项 B(育儿杂志)可能关注家庭话题,但这里的事件范围更广;选项 D(新闻报道)可能报道事件,但文本是直接邀请,语气更偏向宣传而非报道。因此,文本最可能来自学校网站。

24. C 根据文章前两段,这个传统是偶然开始的。第一年,Nick 偶然和儿子穿了蝙蝠侠亲子装并拍了照;第二年,他们又碰巧穿了新的蝙蝠侠 T 恤,Nick 再次拍照,但当时并未记起第一年的照片;直到第三年,Nick 才意识到这已经形成了一个传统。选项 A(Jackson 要求开始)、B(网友建议)和 D(Nick 为社交媒体精心策划)均未在文中提及,因此 C 是正确答案。

25. C 文章第四段明确提到:“For Nick, the best part is looking back at how his son has grown.”(对 Nick 来说,最美好的部分是回顾儿子的成长过程)。选项 A(在网上出名)、B(教儿子关于超级英雄的知识)和 D(每年买新蝙蝠侠 T 恤)均不是 Nick 最看重的部分,因此 C 是正确答案。

26. A 在第四段中,“bond”出现在“the tradition a good way to bond with Jackson”这一语境中,意为这种传统是增进与 Jackson 之间联系的好方式。根据上下文,“they both like superheroes”他们共同喜欢超级英雄而通过拍照活动加强情感联系。选项 B(争论)、C(竞争)和 D(不同意)均不符合语境,因此 A(联系、连接)是正确答案。

27. D 文章主要讲述了 Nick 与儿子 Jackson 偶然开始的蝙蝠侠亲子拍照传统,包括其起源、发展、意义以及 Nick 的未来计划。选项 A(如何在 Reddit 上出名)、B(孩子们对什么超级英雄感兴趣)和 C(不同蝙蝠侠 T 恤的收藏)均只是文中提到的细节,而非文章主旨。因此 D(一对父子的拍照传统故事)是正确答案。

28. B 文章第二段明确提到:“In 18th-century Europe, pineapples were uncommon and expensive, grown in heated glasshouses. They were used at parties to show off wealth, not for eating”,关键信息是“uncommon and expensive”(不常见且昂贵)以及需要在“heated glasshouses”(加热的温室)中种植,这些都说明菠萝难以获得,从而导致其奢侈的地位。选项 A(易于烹饪)和 C(对健康有益)文中均未提及。选项 D(由蒸汽船运输)是后来使其变得普通的原因,而不是它最初奢侈的原因。

29. B 第四段描述了龙虾如何从一种普通食物(甚至被用来喂养囚犯)转变为奢侈食品。关键原因是铁路公司开始向乘客提供罐装龙虾,乘客们喜欢它,从而创造了“new demand”(新的需求),这使得龙虾在餐厅中成为奢侈品。选项 A(因供应短缺)在龙虾的例子中未提及,选项 C(因生产成本下降)和 D(因新的推广方式)虽然部分相关,但根本原因是需求增加,因此 B 是最佳答案。
30. C 最后一段提到“可持续的奢侈品”这一新概念正在出现,并且人们开始关注食物的生产方式是否对地球友好,这暗示了这种理念将会流行起来。选项 A(奢侈品会更便宜)和 D(气候变化对食物价格影响小)都与段落中“气候变化可能使巧克力、咖啡等再次变得奢侈”的表述相反。选项 B(人们不再关心食物成本)文中没有依据。
31. D 文章通篇探讨了食物如何以及为何会从普通变为奢侈,或从奢侈变为普通。它通过菠萝、牡蛎、糖、茶、咖啡、可可和龙虾等多个历史案例,详细分析了导致食物地位变化的因素,如稀缺性、成本、营销趋势以及环境变化等。选项 A(气候变化使某些食物变得奢侈)只涵盖了最后一段的部分内容,不全面;选项 B(从监狱到宫殿:奢侈食物的道路)只对应了龙虾的例子,过于片面;选项 C(现代技术使许多奢侈品变得可负担)只是文中提到的个别现象(如蒸汽船),不能概括全文主旨。因此, D 选项最能全面准确地总结文章内容。
32. D 题目问的是关于早发性癌症,我们可以了解到什么。文章第一段明确提到:“... rising cancer rates are not only seen in younger people but also in older adults.”(癌症发病率的上升不仅在年轻人中观察到,在老年人中也同样存在。)这表明早发性癌症的上升趋势同时涉及年轻人和老年人。选项 A(与肥胖无关)与第一段结尾及第四段的研究发现相矛盾。选项 B(已成为国际健康问题)中“common”一词的断定程度可能过强,文章说的是“leading some to wonder if it is becoming...”(让一些人怀疑它是否正在成为……)。选项 C(年轻人是主要受影响群体)与第二段强调的“older people still make up most new cancer cases”(老年人仍占全球大多数新发癌症病例)的事实不符。
33. B 题目问的是根据第三段,该团队是如何进行研究的。第三段开篇即说明:“The team studied data from 42 countries...”(该团队研究了来自 42 个国家的数据……)。这清楚地表明,他们的研究方法是通过分析数据来进行的。选项 A(引用专家)、C(举例)和 D(比较观点)在描述第三段的研究方法时均未体现。
34. A 题目问的是根据 Berrington 的说法,为什么早发性结直肠癌在年轻人中增长更多。第三段结尾处直接给出了 Berrington 的解释:年轻人中更大幅度的增长可能源于在拥有普遍筛查项目的国家中,检测手段得到了改善。这与选项 A“一些国家检测手段的改进”完全一致。选项 B(年轻人肥胖率更高)虽然是导致癌症上升的总体因素,但并非 Berrington 针对“年轻人结直肠癌增长更快”这一具体现象给出的原因。
35. A 文章最后一段提到, Cann 和 Dotan 医生评论说,这凸显了“a growing cancer problem across all generations”(所有年龄段的癌症问题日益加重),并“calls for attention to future social effects”(呼吁关注未来的社会影响)。这表明他们对研究发现持“担忧”的态度。其他选项均与他们的评论语气不符。
36. F 考查上下文逻辑衔接。前文提出“An escape room is an exciting adventure”,后文通过“While”转折对比“外面的密室”和“家庭自制密室”,可知 36 题需承接“密室逃脱是什么”的定义,填补“冒险”的具体内容。F 选项“在这场冒险中,你必须在规定时间内解决一系列谜题来‘逃离’房间”直接解释了密室逃脱的核心规则,既呼应前文“exciting adventure”,又为后文“自制密室”做铺垫,逻辑连贯。
37. G 考查段落主旨支持。前文核心动作是“choose a theme”,后文“A theme helps...”进一步说明主题的作用,可知 37 题需承接“选主题”,提供具体的主题例子。选项 G“主题可以基于万圣节等节日、体育比赛或经典寻宝游戏”,用“like”列举主题类型,直接支撑前文“choose a theme”的动作,关键词“theme”与前文完全呼应。
38. E 考查上下文语义连贯。空前文核心话题是“gather props”,并列举“locks, small boxes, paper, pens, decorations”等道具,可知 38 题需继续围绕“道具”展开,补充其他道具类型。选项 E“帽子或手电筒等简单的服装道具也能增加氛围”,关键词“props”与前文完全一致,且“costume props”是对前文道具的补充,符合“收集道具”的段落逻辑。
39. A 考查指代衔接与逻辑闭环。前文提出具体谜题“I have legs, but don't walk. I'm the place you sit and talk”,后文“That clue might help...”说明谜题答案的作用,可知 39 题需承接“谜题”,给出具体答案并衔接“线索”。选项 A“答案一椅子一可能在垫子下藏着线索”,既揭晓谜题答案(椅子),又通过“hide a clue”呼应后文“That clue”,形成“谜题→答案→线索”的逻辑闭环。
40. B 考查步骤顺序与逻辑衔接。空格前是“让一个成年人做测试玩家以确保步骤顺序正确”,这是测试环节。B 选项“当他们完成后,根据需要做任何调整”是测试环节之后必然的步骤,与“Finally, do a test run”构成完整的测试流程,其中“they”指代前文“test player”,“done”对应“a test run”,“make changes”是测试后的必要步骤,衔接“测试→修改→正式游戏”的流程,逻辑连贯。

41. A 考查动词辨析与语境理解。文章描述晚饭后全家在榻榻米房间的温馨场景:女儿玩魔方、小儿子坐“我”腿上,丈夫的动作应符合“放松休息”的氛围。“rest against”意为“靠在……上休息”,符合语境,故选 A。
42. C 考查动词辨析与上下文呼应。全文围绕“家庭共读”展开,全文多次出现“reading together”“I open our chapter book”“through books”等关键信息,可知此处指“我一直喜欢给孩子们读书”,故选 C。
43. B 考查形容词辨析与固定搭配。作为多国籍家庭(美、菲、中),生活在日本乡村,通过书籍让孩子“与英语保持联系”是合理需求。“connected to”为固定搭配,意为“与……保持联系”;A. kind (善良的)、C. true (真实的)、D. respectful (尊敬的)均无法体现“通过书籍维持语言关联”的含义,故选 B。
44. C 考查动词辨析与上下文逻辑。后文提到“from picture books to chapter books”,体现阅读材料的“进阶过程”。“progress from... to...”意为“从……进展到……”,符合“孩子成长中阅读内容升级”的逻辑,故选 C。
45. D 考查名词辨析与上下文呼应。后文“Today, they take pleasure in...”中“pleasure”(乐趣)与此处“enjoyment”(享受)形成呼应,指“起初插画对孩子理解故事和享受故事乐趣很重要”,故选 D。
46. B 考查动词辨析与语境理解。前文提到“from picture books to chapter books”(从依赖插画到读章节书),此处指“现在仅通过文字就能想象故事场景”。“picture”在此处为动词,意为“想象、描绘”,符合“脱离插画后通过文字构建画面”的语境,故选 B。
47. C 考查名词辨析与上下文呼应。后文“Reading together also helps us reconnect”中“reconnect”(重新建立联系)与此处“tie”(联系)形成呼应,指“孩子长大后,共读不再侧重语言,更侧重家人间的情感连接”,故选 C。
48. A 考查动词辨析与语境理解。前文提到“I choose books thoughtfully”,此处列举选书类型:“有趣的小说(如《前台》),或孩子推荐的故事”,符合“结合孩子喜好选书”的逻辑。“recommend”意为“推荐”,故选 A。
49. D 考查动词辨析与固定搭配。前文提到“funny titles”,后文“waves of laughter”(阵阵笑声)提示此处为“全家突然大笑”的场景。“erupt with laughter”为固定搭配,意为“突然大笑起来”,故选 D。
50. B 考查名词辨析与生活常识。前文提到“doubled over”(笑得直不起腰),结合生活常识,“笑得肚子疼”时会“双手按肚子”,“hold stomachs”符合该场景,故选 B。
51. D 考查动词辨析与上下文逻辑。前文提到“We often come to story time carrying the day’s worries”,后文“find common ground”(找到共同点)提示此处为“开始阅读后,我们调整到同样的频率(情绪状态)”。“change to”意为“转变为、调整到”,故选 D。
52. B 考查动词短语辨析与上下文让步逻辑。“even if”(即使)表让步,前文“find common ground”提示此处为“即使之前有分歧”。“disagree with”意为“与……有分歧”;A. looked after(照顾)、C. depended on(依靠)、D. commented on(评论)均无法体现“让步转折”的逻辑,故选 B。
53. A 考查名词辨析与语境理解。前文提到“carrying the day’s worries”(带着白天的担忧),此处指“共同的阅读经历重置我们的情绪”。“feelings”意为“情绪、感受”,符合“从担忧情绪到平和状态的转变”,故选 A。
54. C 考查动词辨析与情感基调。文章整体为温馨的家庭共读场景,前文提到“This tradition may not last forever”,提示此处为“珍惜当下的时刻”。“prize”在此处为动词,意为“珍惜、重视”,故选 C。
55. D 考查名词辨析与比喻修辞。前文提到“protect my children from every storm that life brings”,“storm”(风暴)为比喻,对应“shelter”(庇护所),指“通过故事给孩子提供一个心灵庇护所”,故选 D。
56. popularity 考查词性转换(形容词→名词)。句中“gained”为及物动词,后需接名词作宾语;“popular”(形容词,受欢迎的)的名词形式为“popularity”(不可数名词, popularity),且“gain popularity”为固定搭配,意为“受欢迎”,符合“吴因热爱斯诺克走红”的语境,故填 popularity。
57. that/which 考查定语从句引导词。句子结构中“a sight”为先行词(指物),空格后“has quickly won hearts online”为定语从句,从句中缺少主语,需用关系代词指代先行词“sight”。结合语法规则,指物且在从句中作主语的关系代词可用“that”或“which”,故填 that/which。
58. playing 考查非谓语动词(动名词)。句中“spent”为谓语动词,且“spend time (in) doing sth”为固定搭配(in 可省略),意为“花费时间做某事”,故“play”需用动名词形式“playing”,符合“父亲晚上和朋友打斯诺克”的语境,填 playing。
59. quietly 考查词性转换(形容词→副词)。句中“watch”为实义动词,需用副词修饰;“quiet”(形容词,安静的)的副词形式为“quietly”,意为“安静地”,符合“Wu 在旁边安静观看”的语境,填 quietly。
60. in 考查固定搭配。“develop an interest in sth”为固定短语,意为“对某事产生兴趣”,其中“in”为介词,后接感兴趣的对象(此处指“the sport”),符合“Wu 逐渐对斯诺克产生浓厚兴趣”的语境,填 in。

61. have improved/have been improved 考查动词时态(现在完成时)。句中“Since Li’s guidance”为现在完成时的标志性时间状语,强调“指导后技能提升”的动作从过去持续到现在;主语“Wu’s skills”为复数,故助动词用“have”,“improve”的过去分词为“improved”,填 have improved 或 have been improved。
62. and 考查并列结构连接词。分析句子,“to train hard”(努力训练)、“learn the basics fully”(扎实学习基础)、“one day become a professional player”(某天成为职业选手)为三个并列的不定式结构,表“目标的递进”,需用并列连词“and”连接,使句子逻辑连贯,填 and。
63. a 考查冠词(不定冠词)。句中“bigger change”为可数名词单数形式,且此处表示“一个更大的变化”(非特指),需用不定冠词修饰;“bigger”以辅音音素开头,故用“a”,符合“Wu 的故事反映了东莞正在发生的一个更大变化”的语境,填 a。
64. building 考查非谓语动词(动名词)。句中“change from...to...”为固定搭配,意为“从……转变到……”,其中“to”为介词,后接名词或动名词;“build”为动词,需用动名词形式“building”,符合“东莞从支持产业转变为打造斯诺克文化”的语境,填 building。
65. to win 考查非谓语动词(不定式作后置定语)。当名词前有“the first”“the last”“the only”等限定词时,常用不定式作后置定语,修饰该名词,表“第一个/最后一个/唯一一个做某事的人”;此处“the first Asian player to win...”意为“第一个赢得……的亚洲选手”,符合语境,填 to win。
- 66—75 单词填空:首字母不写不给分。
- 76—81 翻译句子:一空 1 分,按空给分,错误即不给分。

听力部分录音稿

Text 1

W: Congratulations on passing the driving test!

M: Thanks! **Now let’s plan that road trip we’ve been talking about!**

W: Sure! I’ll ask my dad if we can borrow his car. (1)

Text 2

M: I found these keys outside the bathroom on the third floor. Is the lost and found office on the second floor?

W: **No, it’s actually on the first floor.** (2) You can drop them off there on your way out.

Text 3

W: **This jogging goal is easier to stick to with a partner.**

M: Absolutely. I’d never wake up this early on Sundays without you.

W: **Let’s keep it up and consider making an agreement to study and eat healthy, too!** (3)

Text 4

M: Will you join Lucy at the cinema this weekend?

W: No. **I want to do something outdoors. Maybe I’ll go to the beach. Would you like to come?**

M: **Sure!** (4) I was going to suggest hiking, but the beach sounds nicer!

Text 5

W: Are you coming to Sam’s dinner party tonight? I’ll bring my salad.

M: **Perfect! That’s exactly what I was hoping for! You should share how you make it with me sometime.** (5)

W: Thanks. It’s really nothing special—quite simple to make.

Text 6

W: **How is your volunteer work going?** (6) (7)

M: It keeps me busy on weekends, but I couldn’t be happier.

W: I’m glad to hear that. You help children without parents. Is that right?

M: **No, I mostly work in the old people’s home.** (6)

W: That’s great. What exactly do you do for them?

M: **I mainly help them with technology, you know, like using smartphones.** (7)

W: **That’s very necessary!** (7) Most old people do have difficulty in using new technology.

Text 7

M: **The coffee shop down the street is giving away free coffee today!** (8)

W: Oh no, are they closing down?

M: No, relax. They’re just celebrating. **They’ve been in business for 10 years today.** (8)

W: Cool! I didn't realize they had been here that long.

M: Neither did I. I thought they had just opened when we moved here four years ago.

W: It almost became your office when you were working on your second book.

M: That's right. I used to spend entire afternoons there. The owner is really friendly.

W: Yes. **Lots of my students go there to study, (9)** and they all love their cookies!

M: Me too!

Text 8

M: **Do you know why half of the park is closed? (10)**

W: **Oh, they're adding a picnic area. (11) After it's completed, we can take our kids for a picnic on weekends. (12)**

M: That's lovely. But that means we can only use the garden area for now.

W: Yeah, and they won't finish until autumn.

M: Well, we'd better find a new place to run.

W: Some people were discussing it during our last group run. David suggested a new path along the lake.

M: I remember a co-worker of mine also runs there. I'll ask him tomorrow about his experience.

W: Okay. Anyway, since we can't run here anymore, **I thought we could go and try the boxing class at the gym near our home. (11) (12)**

M: Good idea!

Text 9 (第 16 题为推断题)

W: Mr. Lee, I feel like I haven't been improving much lately.

M: You're doing well. Let's focus on your steps today. **I'd like to see you move your feet faster. (13)**

W: You're right! I've been feeling a little slow these days.

M: I can see that you're very careful with your arm moves, which is good. **But your feet need to catch up. (13)**

W: Thanks for pointing that out.

M: Let's also work on your techniques. You have power, but you lack control.

W: Okay. I hope there's enough time to fix everything before the match.

M: Don't worry. **We've got two months left before September. (14)** You'll be ready!

W: Thanks for believing in me!

M: Of course. **More importantly, you've got to believe in yourself. (15)** When you're on the tennis court, there's no one else but you and the other player.

W: Yes, let's do this! Let's begin today's practice now.

M: That's the spirit!

Text 10 (第 20 题为总结题)

Today, I'd like to talk about effective ways to learn a new language. While learning a language takes time, the right methods can make it both easier and more enjoyable.

First, practice every day. Even fifteen minutes of speaking, listening, or reading helps. Second, use different methods. Watching videos, listening to songs, and reading stories can make learning fun. Writing daily is also highly effective. **Keeping a diary about your daily life in the target language helps remember words better. (17)** Third, don't be afraid to make mistakes. Mistakes help us improve. Besides these tips, **another useful method is talking to native speakers. You'll learn practical language through conversations. (18)** If you don't know any native speakers, you can find an online language partner. Additionally, set small goals. For example, learning ten new words each day makes a difference over time. **Most importantly, be patient, because language learning is a long and slow journey. (19)** So, just stay focused and enjoy the process.