

# 《高考英语读后续写高分宝典》

## 专题 34 个人成长类读后续写讲义（话题+步骤+语料+模拟）**解析版**

养成良好的答题习惯，是决定高考英语成败的决定性因素之一。做题前，要认真阅读题目要求、题干和选项，并对答案内容作出合理预测；答题时，切忌跟着感觉走，最好按照题目序号来做，不会的或存在疑问的，要做好标记，要善于发现，找到题目的题眼所在，规范答题，书写工整；答题完毕时，要认真检查，查漏补缺，纠正错误。

### 【个人成长话题】

纵观历年各地高考英语中的读后续写，我们很容易发现，各类动物的出现是体现人与自然主题，引导学生提高生态环保意识的重要手段。人与自我主题，尤其是凸显青少年的自我迷茫、自我学习、自我突破、自我领悟、自我成长的过程。

年份	卷别	类型	话题
2023	新高考 I&II 卷	人与自我	在老师的鼓励下参加作文比赛
2023	浙江 1 月卷	人与自然	“我”与救下的蜂鸟的神奇邂逅
2022	新高考 I&II 卷	人与自我	鼓励身残志坚男孩继续参加越野赛
2022	浙江 6 月卷	人与社会	为无家可归的人们发放食物志愿者经历
2022	浙江 1 月卷	人与自我	与“最不合拍”搭档成为好友
2021	新高考 I&II 卷	人与自我	双胞胎在母亲节给妈妈做早餐送惊喜
2021	浙江 6 月卷	人与自我	作者上学时的一次打工挣钱的经历
2021	浙江 1 月卷	人与社会	少年意外将头卡在南瓜中而爆红网络
2020	新高考 I&II 卷	人与社会	三个孩子帮助一个贫困家庭孩子挣钱
2020	浙江 7 月卷	人与自然	与北极熊面对面的一次脱险经历
2020	浙江 1 月卷	人与自然	父母帮助宠物狗找玩伴重获快乐

按照情节发展，个人成长类读后续写内容刻意分为三个阶段

阶段	情节发展	情绪刻画
第一阶段	成长前的苦恼	负面情绪塑造
第二阶段	成长中	努力+反思
第三阶段	成长后的升华	感悟+感激+升华

### 【六个写作步骤】

#### 第一步：提炼六个要素，获取主旨大意

读后续写的阅读文本基本上都是记叙文，所以要提炼出六个基本要素：who, where, when, what,

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why 和 how。考生在阅读文本过程中只有把握好这六个要素，才能总结出文章大意和故事情节，进而推断出作者的写作意图，轻松获取故事的主旨大意。

### 第二步：理清故事脉络，把握情感变化

线索是叙事性作品中贯穿整个故事的脉络，所有的情节均围绕文本主要线索展开。记叙文一般有两条故事发展线索：情节(plots)线索和情感(emotions)线索。考生可以利用图表法或思维导图法理清故事的发展脉络，把握作者的情感变化。这样，考生在续写时才可以更好地遵循原文的思路、风格和语言。

### 第三步：分析段落首句，精心设计问题

分析续写后所给的两个段首句对提高所写内容和原文的融洽度至关重要。考生可以先分析一下所给的两个段首句之间的逻辑关系是顺承关系、转折关系还是因果关系等。然后，根据自己的判断设计小问题：根据段首句得知什么？续写开始写什么？接下来写什么？续写第一段的段尾如何衔接第二段的开头？续写第二段的段尾如何才能照应故事的主旨大意？

### 第四步：设计结尾情节，拔高价值取向

考生必须紧紧围绕故事的发展脉络，展开合理的想象，巧妙地设计所续写的两段的故事结尾情节。设计结尾情节时，考生可以借助前文的故事脉络设计一些具体的问题。还要注意设计好续写的第二段的结尾，让结尾处的情感得到升华或拔高，把故事所折射出的人生观、价值观充分体现出来。

### 第五步：列出关键词汇，续写连贯句群

设计好要续写的两段的情节后，考生可以先在草稿纸上把原文出现的主要人物、发生的主要事件和描写人物或事件的情感词罗列出来，并按事件的发生顺序逐一理清。最后，考生用这些关键词汇重构句子，写出连贯一致的句群。

### 第六步：升格低级词句，誊写完善成文

考生在写好两段的内容后，可以根据语法知识把一些低级的词汇或句式进行润色升格。升格低级词句的目的是让续写的内容更加符合原文的语言风格，与原文在衔接上更加融洽。完成这一步后，考生要迅速把写好的两段英文以清晰、规范、美观、流畅的书写誊写在答题纸上。

## 【个人成长语料精编】

### 第一步：成长前的苦恼（负面情绪塑造）

负面的心理描写可以揭示人物在成长前的内心世界，表达人物的性格、特点、感情等，这为后期成长的过程埋下伏笔。

#### 一、紧张

##### 1. My heart beat wildly and my legs trembled.

我的心脏狂跳着，双腿颤抖着。

##### 2. My heart beat so violently that I felt like sitting on pins and needles.

心跳如此剧烈，我感到如坐针毡。

##### 3. I was about to respond when I felt my tongue tied in and palms sweating.

我正要回答时，感到舌头被绑住了，手掌开始出汗。

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## 二、困惑

1. His sudden change in mood completely confused me.

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他的情绪突然变化完全把我弄糊涂了。

2. When I stood on the stage in front of the large audience, **my mind went blank.**

我站在舞台上面对大批观众时，我的头脑一片空白。

3. My heart skipped a beat and disbelief washed over me.

我的心为之一颤，充满了怀疑。

### 三、忧虑

1. Worried about the journey, **I was unsettled for the first few days.**

由于担心这次旅行，头几天我心神不宁。

2. I was so nervous about the English test that **I lay awake half the night, worrying.**

我对英语考试感到如此紧张，以至于大半夜都睡不着觉，心神不宁。

3. On hearing the bad news, she felt seized by a burst of sadness and couldn't help crying bitterly.

一听到这个坏消息，她被一股悲伤之情控制，忍不住哭泣。

### 四、孤独

1. **A wave of loneliness washed over me.**

一阵孤独感席卷了我的全身。

2. **Cold with no hope for warmth, I felt like drowning in a crowd of people.**

我感到又冷又无取暖的希望，感觉就像被人群淹没一样。

### 五、绝望

1. Hearing the news, **so desperate was he that he drowned sadness in wine.**

听到这个消息，他非常绝望，把悲伤淹没在酒中。

2. **He gazed at the confusion around him and was overwhelmed by a feeling of despair.**

他凝视着周围一片混乱，感到一阵绝望。

3. **Desperate and helpless, she knelt down, with tears of regret streaming down her cheeks.**

绝望而无助的她跪了下来，悔恨的泪水顺着面颊流了下来。

### 六、疲惫

1. **Exhausted, I slid into bed and fell fast asleep.**

我精疲力竭地躺在床上，很快就睡着了。

2. **She felt exhausted and sat by the stream resting her aching feet.**

她感到精疲力竭，坐在溪边休息着疼痛的双脚。

### 七、羞愧

1. **So ashamed was she that she could feel the blood rushed to her face.**

我感到非常羞愧，甚至能感觉到鲜血涌到脸上。

2. **She felt so ashamed of her foolish behavior that she could feel her face burning.**

她为自己的愚蠢行为感到非常羞愧，以至于感到脸红了。

**第二步：成长中（努力挣扎应对+反思）**

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## 一、惊讶

### 1. **Scared and shocked, she couldn't say a word.**

他又害怕又震惊，一句话也说不出。

### 2. **Raising her eyebrows in surprise, Mrs Rossi froze, as if rooted on the ground.**

罗西太太惊讶地扬起眉毛，僵住了，仿佛在地上扎了根一样一动不动。

## 二、反思

### 1. **I reflected on my initial doubts and hesitations.**

我反思了自己最初的疑虑和犹豫不决。

### 2. **"That's not the right way. Patience, Will, Patience," a voice echoed in my ears after the boys left.**

“这不是正确的方式。耐心！意愿，耐心，”男孩们离开后，一个声音在我耳边回响。

## 三、希望

### 1. **A spark of hope kindled in their hearts.**

他们心中燃起了希望的火花。

### 2. **Jayne looked up to him, his eyes sparkling with hope and determination.**

杰茜抬头看着他，眼睛里闪烁着希望和决心。

### 3. **Sometimes, all it takes is someone who believes in us, someone who sees our potential even when we don't see it ourselves.**

有时候，我们所需要的只是一个相信我们的人，一个看到我们潜力的人，即使我们自己都没有看到。

## 四、喜悦

### 1. **A bright smile spread across her face.**

她脸上洋溢着灿烂的笑容。

### 2. **He was in high spirits, and felt like being on top of the world.**

他情绪高涨，感觉自己好像站在了世界之巅。

### 3. **She laughed, her eyes twinkling with excitement.**

她笑了起来，她的眼睛因兴奋而闪闪发光。

## 五、感动

### 1. **With tears streaming down her face, she thanked him again and again.**

她泪流满面，再三感谢她。

### 2. **I was deeply moved by what he had done, tears rolling down without control.**

我被他的所作所为深深打动了，泪水情不自禁地夺眶而出。

### 3. **Tears dropping from his eyes, he ran to Mum's warm hug, and said gently "Mum, thank you."**

他热泪盈眶，跑到妈妈温暖的拥抱前，温柔地说：“妈妈，谢谢你。”

## 第三步：成长后的升华（感悟+感激+升华）

## 一、感激

### 1. **His face is glowing with excitement.**

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他的脸因激动而容光焕发。

2. **A shiver of excitement passed through her stomach** when she heard the news.

听到这个消息，她激动得胃里直打颤。

3. I looked at her, **tears of love and gratitude welling up in my eyes.**

我看着她，爱与感激的泪水夺眶而出。

4. "Thank you." I replied, **with a mixture of gratitude and excitement.**

“谢谢你。”我带着感激和兴奋的心情回答道。

## 二、感悟

1. I knew for sure that **every time I lost patience in the future I would remember my grandfather's words.**

我确信，将来每当我失去耐心时，我都会记住祖父的话。

2. It was the first time that I had **truly realized the meaning of the gift---patience.**

这是我第一次真正体会到这份礼物的意义——耐心。

3. It dawned on Adam that **one should stick to his dream no matter what happens.**

亚当突然想到无论发生什么事，都要坚持自己的梦想。

4. Adam said, "Thanks, Mrs Rossi, for **teaching me how to make a cake to realize my dream.**"

亚当说：“谢谢罗茜夫人，她教我如何做蛋糕来实现我的梦想。”

### 【个人成长主题升华】

#### 模式一、追逐梦想促“改变”

**As long as we dare to dream and don't let difficulties get in our way**, anything is possible.

只要我们敢于梦想，不被困难所阻挡，一切皆有可能。

**It's never too late to go for your dream.** As long as you grasp every opportunity and take full advantage of it, you will stand a chance to fulfill your dreams.

追梦永远不晚。只要你抓住机会，充分利用机会，你就有机会实现梦想。

#### 模式二、克服困难促“改变”

**The journey to success is not smooth.** It is full of challenges and difficulties. We should be brave to face them.

通往成功的路不会平坦，充满挑战和艰辛。我们要勇敢面对。

**As long as we don't give up hope and make every effort to overcome all the difficulties**, we will surely achieve our goal finally.

只要不放弃希望并竭尽全力克服所有困难，我们最终会实现我们的目标。

#### 模式三、战胜恐惧/紧张促“改变”

**Determination and optimism are what it takes to conquer your fear and accomplish your goal.**

战胜恐惧和实现目标，需要决心和乐观。

Today's experience was like an everlasting flower, **blooming in the river of my memories.**

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今天的经历将会像是一朵永不凋谢的花朵，永远绽放在我的记忆里。（比喻）

#### 模式四、战胜消极促“改变”

**Follow your dream and the universe will open doors** where there are only walls.

追随你的梦想吧，宇宙会在原本只有墙的地方为你敞开大门。（拟人）

**Attitude is more important than facts for us.** We cannot change our past; we cannot change the fact. However, the only thing we can do is hold a positive attitude.

对我们来说，态度比事实更重要。我们不能改变我们的过去；我们不能改变事实。然而，我们唯一能做的事就是保持积极的态度。

#### 模式五、发挥天赋促“改变”

Actually, every individual possesses talent. **Be brave when you find it and also make efforts. You can create miracles in the end.**

事实上，每个人都有天赋，发现它的时候要勇敢，也要付出努力，最终你会创造奇迹。

#### 模式六、学习知识促“改变”

**It's never too late to learn.** Each individual has the right to accept more challenges and make more attempts.

学习永远为时不晚。每个人都应该并且有权利去接受更多的挑战，做更多的尝试。

#### 模式七、战胜自卑促“改变”

The cloud removed instantly, **sunshine landed on the happy teardrops in my eyes.**

刹那间，乌云散去，阳光洒在了我充满喜悦的泪水上。（拟人）

**I smiled as I eventually realized the real source of confidence.**

我笑了，因为我最终意识到了自信的真正来源。

Now, **I am proud of what I look like and much happier**, because I have realized it is your personality that decides who you truly are.

现在，我为我的样子感到骄傲，而且更快乐，因为我已经意识到，决定你真正是谁的是你的个性。

#### 【个人成长类高考真题】

**1.(2023新高考I卷II卷)** 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。

When I was in middle school, my social studies teacher asked me to enter a writing contest. I said no without thinking. I did not love writing. My family came from Brazil, so English was only my second language. Writing was so difficult and painful for me that my teacher had allowed me to present my paper on the sinking of the Titanic by acting out a play, where I played all the parts. No one laughed harder than he did.

So, why did he suddenly force me to do something at which I was sure to fail? His reply: “Because I love your stories. If you’re willing to apply yourself, I think you have a good shot at this.” Encouraged by his words, I agreed to give it a try.

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I chose Paul Revere's horse as my subject. Paul Revere was a silversmith (银匠) in Boston who rode a horse at night on April 18, 1775 to Lexington to warn people that British soldiers were coming. My story would come straight from the horse's mouth. Not a brilliant idea, but funny; and unlikely to be anyone else's choice.

What did the horse think, as he sped through the night? Did he get tired? Have doubts? Did he want to quit? I sympathized immediately. I got tired. I had doubts. I wanted to quit. But, like Revere's horse, I kept going. I worked hard. I checked my spelling. I asked my older sister to correct my grammar. I checked out a half dozen books on Paul Revere from the library. I even read a few of them.

When I handed in the essay to my teacher, he read it, laughed out loud, and said, "Great. Now, write it again." I wrote it again, and again and again. When I finally finished it, the thought of winning had given way to the enjoyment of writing. If I didn't win, I wouldn't care.

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。

A few weeks later, when I almost forgot the contest, there came the news.

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I went to my teacher's office after the award presentation.

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**【答案】**

*A few weeks later, when I almost forgot the contest, there came the news. I was informed that I won the first prize in the writing contest and that there would be an award presentation in two days. I was so happy to hear the news that I immediately shared it with my teacher. "I knew you'd win! I am proud of you. You made it!" he said excitedly. Then came the big day. When I was invited to the stage to receive the award, I expressed my thanks to my teacher. I said, "It's you who make me fall in love with writing, my social studies teacher. Without your recognition and guidance, I couldn't have written this article. Again thank you very much!"*

*I went to my teacher's office after the award presentation. My teacher was waiting for me. Holding my hands, he said "Congratulations! You are a good writer, so keep writing." "You know I didn't like writing before, but now I am*



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crazy about it! I will try my best to create good works.” I said seriously. Since then, I have written many good works and now I am a famous writer. I owe my success to my social teacher who is a beacon in my life on the road to writing.

**【解析】**

**【导语】**本文以人物为线索展开，讲述了作者上中学的时候，社会学老师邀请作者参加一个写作比赛。作者不喜欢写作，于是想都没想就拒绝了。但是在老师的鼓励下，作者同意试一试。作者在写作过程中虽然很累，但是没有放弃，坚持下来了。在作者最终完成写作时，作者感到写作让他很快乐，他已经不在乎输赢了。

**【详解】1.段落续写：**

①由第一段首句内容“几个星期后，当我几乎忘记比赛的时候，传来了消息。”和第二段首句“颁奖后我去了老师的办公室。”可知，第一段可描写作者获得比赛一等奖，在颁奖典礼上作者表达了对社会学老师的感激。

②由第二段首句内容“颁奖后我去了老师的办公室。”可知，第二段可描写老师鼓励作者继续写作，自此作者坚持写作取得了成功，作者将这一切归功于自己的老师。

2.续写线索：比赛消息传来——作者获奖——高兴——颁奖典礼感谢老师——颁奖后来到了老师办公室——老师告诉作者坚持写作——作者表达了对写作的喜爱——作者写作取得了成功——感激老师

**3.词汇激活**

行为类

- ①告知：inform/tell
- ②成功做到：make it/succeed
- ③表达：express/convey

情绪类

- ①高兴的：happy/glad
- ②激动地：excitedly/with excitement

**【点睛】**[高分句型 1] I was informed that I won the first prize in the writing contest and that there would be an award presentation in two days. (运用了由连接词 that 引导的宾语从句)

[高分句型 2] It's you who make me fall in love with writing, my social studies teacher. (运用了强调句)

[高分句型 3] I owe my success to my social teacher who is a beacon in my life on the road to writing. (运用了 who 引导的限制性定语从句)

**2.(2022 新高考 I 卷 II 卷)**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。

It was the day of the big cross-country run. Students from seven different primary schools in and around the small town were warming up and walking the

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route(路线)through thick evergreen forest.

I looked around and finally spotted David, who was standing by himself off to the side by a fence. He was small for ten years old. His usual big toothy smile was absent today. I walked over and asked him why he wasn't with the other children. He hesitated and then said he had decided not to run.

What was wrong? He had worked so hard for this event!

I quickly searched the crowd for the school's coach and asked him what had happened. "I was afraid that kids from other schools would laugh at him," he explained uncomfortably. "I gave him the choice to run or not, and let him decide."

I bit back my frustration(懊恼). I knew the coach meant well—he thought he was doing the right thing. After making sure that David could run if he wanted, I turned to find him coming towards me, his small body rocking from side to side as he swung his feet forward.

David had a brain disease which prevented him from walking or running like other children, but at school his classmates thought of him as a regular kid. He always participated to the best of his ability in whatever they were doing. That was why none of the children thought it unusual that David had decided to join the cross-country team. It just took him longer—that's all. David had not missed a single practice, and although he always finished his run long after the other children, he did always finish. As a special education teacher at the school, I was familiar with the challenges David faced and was proud of his strong determination.

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.

We sat down next to each other, but David wouldn't look at me.

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I watched as David moved up to the starting line with the other runners.

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**We sat down next to each other, but David wouldn't look at me. I said gently and quietly, "No one can change your mind, except yourself. If you desire to challenge yourself, there is nothing to do with others' thoughts." He sat still with a deep breath. "You have a full preparation before this event, which is the most important reason why you show up here", I added with a sincere tone. Hearing**

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my words, David turned to me tremblingly with tears spilling out of his eyes and expressed he had made a firm determination to finish the cross-country run. His coach heard what David said and gave me a look—the kind that was more determined than anyone else's.

I watched as David moved up to the starting line with the other runners. The race started. It seemed that the runway was extremely long for young children, not to mention a child with a heart disease. David insisted on running as if he had forgotten all his weaknesses, though he was tripped over within the a few kilometers. It didn't take long before he picked himself up again and continued his mission. Classmates all appeared on the racing track, cheering for him. "Come on! You can make it! We are proud of you!" they shouted enthusiastically. To everyone's joy, he reached the final line and ranked the 20th. It was no more important whether he won the first place or not. It was his brave heart and strong faith that could make something unusual happen finally.

【导语】本文以赛跑为线索展开。作者是一名特殊教育教师，在大型越野赛跑那天，发现患有大脑疾病的大卫独自站在一旁。作者问其原因，他说准备放弃比赛。从教练口中得知，因为担心同学们会嘲笑大卫，所以教练想让大卫自己去决定是否参加赛跑。作者让大卫追寻自己的内心，不理睬别人的看法，大卫最终参赛，尽管遇到困难，他战胜了自己，这已经无关名次，而是他的勇敢和坚定让这一切成为可能。

【详解】1.段落续写：

①由第一段首句内容“我们挨着坐着，但大卫不愿看我一眼。”和第二段首句内容“我看着大卫和其他选手一起走到起跑线上。”可知，第一段可描写作者鼓励大卫继续完成比赛，大卫经过强烈的心理斗争，最终决定参加比赛。

②由第二段首句内容“我看着大卫和其他选手一起走到起跑线上。”可知，第二段可描写大卫开始参赛，虽然中途遇到困难，仍然坚持到最后，完成比赛。

2.续写线索：鼓励大卫——心理变化——决定参赛——克服困难——加油助威——完成比赛

3.词汇激活：

行动类：

①深呼吸：with a deep breath/breathe deeply

②坚持做：insisted on doing/be stick to doing

情绪类：

①热情：enthusiastically /with great passion

②骄傲：be proud of/take pride in

【点睛】[高分句型 1]. You have a full preparation before this event, which is the most important reason why you show up here. (由 which 引导的非限制性定语从句和 why 引导的限制性定语从句)

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[高分句型 2]. Hearing my words, David turned to me tremblingly with tears spilling out of his eyes and expressed he had made a firm determination to finish the cross-country run. (现在分词作状语和省略 that 的宾语从句)

[高分句型 3]. It was his brave heart and strong faith that could make something unusual happen finally. (含有 It was...that 结构的强调句型)

### 【个人成长 10 篇汇编】

1. (2023·浙江金华·校联考一模) 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。

My father was the kind of person who could never pass by someone who needed help. He was a firm believer in the mantra (箴言): What goes around comes around. He believed that someday he might need help, and someone would return the favor. But I didn't quite buy it.

One weekend, my father and I took a trip to Flaming Gorge Reservoir (水库). We loved to fish at Flaming Gorge. We owned a cabin boat that was about fifteen feet in length. We put our boat in at Sheep Creek Marina (游艇停泊港). Our goal was to go as far north as possible, spend the weekend in our boat, and fish until we had our limit.

Heading toward the Wyoming side of the reservoir, we traveled some distance before we began to fish. Frankly, the fishing wasn't very good, but we loved being out on the boat together in such a beautiful place.

Suddenly, we saw a man on the far shore waving at us. Immediately, my father fired up the motor and went toward the other side of the reservoir, where the man was still waving at us. When we arrived, I was amazed to see a beautiful big yacht (游艇) pulled onto the shore.

The man introduced himself as Mat and then thanked us warmly for coming to his assistance. His battery was dead, and he wondered if we could help him. We did, and soon his big motor roared back to life. Mat and his family were very grateful. We lost an hour of fishing. Being an impatient teenager, I was a bit annoyed at the one-hour loss, but we were soon back out on the reservoir.

The next day the fishing didn't improve. As a matter of fact, it was terrible, so we decided to call it quits and go back to the marina. We were about two miles from the marina when we found ourselves fighting a strong headwind that slowed our progress. The waves were kicking up, and suddenly our engine decided to quit.

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。

We tried to get it running, but it simply wouldn't start.

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On our way home, I saw an old lady waving at our car by the roadside.

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**【答案】**

We tried to get it running, but it simply wouldn't start. With each unsuccessful attempt, our frustration mounted. The once-reliable engine now lay silent, leaving us adrift helplessly on the vast reservoir. Suddenly, out of nowhere, Mat pulled up alongside us and asked if he could be of assistance. His friendly smile reassured us almost immediately, easing our worry. I was amazed that of all the people on the reservoir, Mat would be the person to show up to give us aid. Gratefully accepting his kind offer, we secured our boat to his. Chatting and laughing all the way, we returned to the marina safe and sound and were ready for home.

On our way home, I saw an old lady waving at our car by the roadside. Obviously, she was in need of help. Without thinking twice, I asked my father to pull over beside her, which my father did immediately. As we approached the lady, her face lit up with a glimmer of hope. She explained that her car had broken down, leaving her trapped on the way. We assured her that we would help. As the engine roared back to life, the old lady's gratitude overflowed. As we waved the grateful lady goodbye, my heart swelled with a newfound understanding of my father's mantra. What goes around really comes around. I finally had a chance to witness my father's mantra in action and follow in his footsteps.

**【导语】**本篇书面表达是读后续写。本文以人物为线索展开。作者的父亲喜欢帮助别人，父亲相信一报还一报。有一天，作者和父亲出海钓鱼，作者认为浪费了很多时间帮助马特发动游艇。第二天，父子二人捕鱼时，突然海上起了风浪，而且船的引擎突然熄火。

**【详解】**1.段落续写

①由第一段句首内容“我们试着让它运转起来，但根本无法启动。”可知，第一段可以描写他们发动引擎的动作，作者的心理活动，得到帮助时的心情。

②由第二段句首内容“在回家的路上，我看到一位老太太在路边向我们的车挥手。”可知，第二段可以描写回家路上看到老太太需要帮助时作者的动作和心理变化，最后升华文章的主旨：一报还一报。

2.续写线索：发动引擎—失败—得到帮助—回家—路遇老太太—提供帮助—感悟

### 3.词汇激活

行为类

①尝试：attempt/ try/ experimentation

②出现：show up/ appear/ turn up

③帮助某人：give sb. aid/ help sb.

情绪类

①沮丧：frustration/ depression/ disappointment

②无助地：helplessly/ hopelessly

【点睛】【高分句型1】The once-reliable engine now lay silent, leaving us adrift helplessly on the vast reservoir. (运用了现在分词 leaving 作结果状语)

【高分句型2】I was amazed that of all the people on the reservoir, Mat would be the person to show up to give us aid. (运用了 that 引导的宾语从句)

【高分句型3】Without thinking twice, I asked my father to pull over beside her, which my father did immediately. (运用了 which 引导的非限制性定语从句)

2. (2023 下·湖南长沙·高三长沙一中校考阶段练习) 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。

#### A Foothold in Life

A dozen children ran around laughing and playing in my friend's yard, while we parents sat chatting and sipping cool summer drinks. The barbecue had been cleared away when our host announced a surprise. A huge movable rock wall was loaded in, which was about twelve feet wide, made of gray molded plastic with indented footholds that stretched straight up for what looked like at least a hundred feet. The enthusiastic kids swiftly lined up to give it a try, and with the complete fearlessness most children possess, scrambled to the top and rang the bell that hung at the highest point. There wasn't really anything to be afraid of since they were belted into place. Three people could climb side by side and talk to each other, so gradually the adults tried it, too.

"Come on; let's go get in line," my husband Neil urged. "No, you go ahead without me." I had all sorts of good excuses: I don't have the right shoes; I forgot my sunglasses; I have to help the hostess. I have a unique talent for seeing unthinkable danger in almost every situation, and this scene seemed dangerous to me. I watched everyone else having fun, though, and finally convinced myself to try it.

With all the nerve I could gather, I started the climb. The belt wrapped around me like a diaper so there was no way to fall. Yes, I thought, this is fun and safe! Concentrating on each foothold, I slowly made my way up. I avoided looking down to

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prevent any sudden panic, and within a few minutes I made it to the top and proudly rang the bell.

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“Woo hoo!” my daughters called up to me. “Way to go, Col!” Neil yelled.

I enjoyed my success and the enjoyable view of fields and farmland until I realized there was a line below me waiting for a turn. It was time to go down.

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。

It was one thing to look out at the world in the distance, but it was a whole other thing to look straight down.

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Finally, the two of us reached the ground.

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**【答案】**

**It was one thing to look out at the world in the distance, but it was a whole other thing to look straight down. My legs were shaking uncontrollably and my grip on the handholds was slipping. I could hear my family calling up recommendations to me. Closing my eyes and taking a deep breath, I tried to calm myself down. And then, I felt a gentle hand on my back. “It’s okay,” a kind voice said. “I’m here to help you down.” I turned to see a friendly face, someone I had only met briefly before, but who had clearly seen my distress and come to my aid. With her support, I was able to climb down, slowly but surely.**

**Finally, the two of us reached the ground. I was overwhelmed with gratitude, and as I hugged my rescuer, I realized that sometimes it’s okay to admit when we need help. It’s okay to be afraid, and it’s okay to lean on others when we’re feeling unsure. On my drive home, I couldn’t stop thinking about the rock wall. It had been a symbol of my own self-doubt and fear, but I had conquered it. I felt like I had a new foothold in life, a new sense of confidence that I could take on whatever challenges came my way.**

**【导语】**本文以人物为线索展开，讲述了作者和家人去朋友家聚会，主人准备了可移动的岩石墙，大家都热情地排着队攀爬，但是作者找各种借口不去爬，最后在家人的鼓励下，终于鼓足勇气爬上去了，看到了远处的另一个世界，非常开心。

**【详解】**1.段落续写：



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①由第一段首句内容“从远处看世界是一回事，但向下看完全是另一回事。”可知，第一段可描写作者想下去的时候往下看非常害怕，最后在其他人的帮助下往下爬。

②由第二段首句内容“最后，我们两个到了地面。”可知，第二段可描写作者最后爬下来，感激救命恩人并对此事进行感悟。

2.续写线索：害怕下去——其他人帮助——稳稳下来——感激恩人——感悟

### 3.词汇激活

行为类

①.吸气：take a breath/breathe in

②.考虑：think about/think over/consider

情绪类

①.友好的：friendly / amicable/ kind

②.感激地：with gratitude / gratefully

【点睛】[高分句型 1]. Closing my eyes and taking a deep breath, I tried to calm myself down. (运用了现在分词作状语)

[高分句型 2]. I turned to see a friendly face, someone I had only met briefly before, but who had clearly seen my distress and come to my aid. (省略关系代词的限制性定语从句)

[高分句型 3]. I felt like I had a new foothold in life, a new sense of confidence that I could take on whatever challenges came my way. (that连接的同位语从句)

3. (2024·浙江杭州·统考一模) 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。

My dad and I had been looking forward to the State cross-country race of my senior year of high school, which would be the climax (顶点) of my existence.

I was the fastest runner on my team, and I was supposed to make it into the top fifteen. We had been working towards this race for three years. It was everything to me, and it was everything to my dad. He was a runner and was wild with joy by my success in running. He made it to every race, even flying home early from business trips to see me run. I always listened for his voice, which rang above the crowd-telling me to relax my arms, calling out my time. He pushed me. He cheered for me. He believed in me. We spent countless hours on the sandy canals of Arizona. Breathing in the dust of the desert, the blossoms of the orange trees, and the terrible smell of the dairy farm, we made our way across the city. We pounded miles and miles into our running shoes, marking with every step the path to greatness. It was a journey that was just ours. A dream passed on from one generation to the next.

Then the big day came. It was hotter than normal - too hot. My throat felt like a field of cotton, cracked with the summer heat, as I waited for the gun to fire. I gazed out at the crowd; dozens of familiar faces from church and school flickered across my view. They had come for me. They were counting on me. I saw my dad set his watch,

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worry and excitement etched across his face. With the sound of a gunshot, the race began.

For the first two and half miles, I felt great. I had never before been so ready for something. The weeks leading up to the race were filled with hard practices and a strict diet. The scorching sun beat upon my back, blinding me with its brilliance. Nothing was going to stop me, though.

注意：

1. 所续写短文的词数应为 150 左右；
2. 请按如下格式在答题卡的相应位置作答。

However, without warning, my strength was running out.

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I whispered, "I'm so sorry I disappointed you, Dad."

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**【答案】**

**However, without warning, my strength was running out. My lungs fought to take in enough air, and my feet transformed into cement bricks. Neck and neck with one of my greatest rivals, I could see the finish line. I had begun the final sprint into glory when my knees buckled and my legs gave way. Nothing I could do would make them hold my weight. They were as weak as jelly. Even though I knew my dreams of victory had been destroyed, I had to finish the race. With all of the strength left in me, I got on my hands and knees and crawled, inch by inch, across the finish line. Shame pulsed through my veins as Dad squatted down and pulled me into his arms.**

**I whispered, "I'm so sorry I disappointed you, Dad." He gave me a gentle smile and said, "You could never disappoint me. Sometimes these things just happen. All that matters is that you did your best." Lifting my face, I saw my dad's eyes, in which I saw the sweat, the time, and the work we had put into our dream. The miles we had run together, all for this race, flashed across my mind. "But we worked so hard. What about our dream" I asked. In that second, the world stood still. He reached over for my hand, holding back his own tears, and said, "Don't you know that you are my dream come true "**

【导语】本文以人物为线索展开，讲述了作者和父亲很期待自己能在高中最后一年的越野赛跑上获得好成绩，不料在比赛过程中，作者突然体力耗尽，虽然作者最后尽力越过终点，但是却没获得好成绩，作者觉得让父亲和大家失望了，父亲却说只要尽力了，就不会失望。

【详解】1. 段落续写：

①由第一段首句内容“然而，毫无征兆地，我的体力耗尽了。”可知，第一段可描写作者在体力耗尽的情况下，如何尽力跑过终点。

②由第二段首句内容“我低声说：‘很抱歉让你失望了，爸爸。’”可知，第二段可描写作者父亲安慰作者并没有让他失望。

2. 续写线索：为比赛做准备——比赛开始——突然体力耗尽——努力跑过终点——觉得让父亲失望——父亲安慰

3. 词汇激活

行为类

①努力争取：fight/struggle

②看见：see/catch sight of

③摧毁：destroy/crush/ruin

情绪类

①羞愧：shame/embarrassment/humiliation

②失望：disappoint/let down

【点睛】[高分句型 1]I had begun the final sprint into glory when my knees buckled and my legs gave way.(when 引导的时间状语从句)

[高分句型 2]Lifting my face, I saw my dad's eyes, in which I saw the sweat, the time, and the work we had put into our dream.(in which 引导的非限制性定语从句和省略关系代词引导的限制性定语从句)

4. (2023 上·河南开封·高二统考期中) 阅读下面材料，根据其内容和所给段落开头续写两段，使之构成一个完整的短文。

When I was in middle school, my family moved to Seattle, where my parents started their new business — a small grocery store downstairs my house. As a girl of shy and reserved nature, I had to take a fresh start to fit into the city life.

One sunny day, my school announced an exciting event, a talent show for the local food bank. Students were encouraged to showcase their unique talents in front of the public in the city hall on National Day. A buzz of excitement filled the school as everyone began preparing for the big day. Deep down, I felt a spark of curiosity and a desire to participate. However, my self-doubt held me back, “I don't have any special skills to share.”

Days turned into weeks, and the talent show drew closer. I couldn't shake the upsetting feeling until one day Emma, one of the most popular girls in my class, came to me while I was helping in the grocery store after class. “How about singing

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together in the talent show?” She grinned (笑), “I heard you singing a tune, along the way back home. I can’t help following you here.” Gosh, I couldn’t believe my ears. Emma, with personality and popularity, acknowledged my little talent. Since Emma

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