

2024年高考英语（七选五）模拟真题（新高考专用）

（2024·河北·二模） Super communicators are people who are consistently able to create real connections with others just by listening and talking. The following are four habits of super communicators.

They know what kind of conversation they're having. Super communicators are usually able to respond accordingly. If you're having a practical conversation, your friend might ask you to help make hard decisions. 1 If your friend is just expressing his feelings, you just need to be a good listener.

They prove they're listening. There are plenty of ways to appear like you're listening, like making eye contact or nodding. To do that, experts suggest a technique called "cycle for understanding". Ask a question and listen to the response. Repeat what they just told you. Ask your conversation partner if you got what they said correct. 2

They ask a lot of the right questions. Research shows that highly effective communicators tend to ask 10 to 20 times as many questions as everyone else. They may simply be follow-up questions like "What happened next?". Super communicators also ask questions that get people to open up. 3 They ask about people's values or experiences and create an opportunity for emotional connection.

4 The goal of a discussion isn't to impress someone, convince someone or wait for their turn to speak. It's to genuinely comprehend someone else's point of view and share their own views accordingly. The right response creates an atmosphere of trust and openness that both parties can benefit from. 5

- A. They aim to understand.
- B. Experts call them "deep questions".
- C. They are persuasive communicators.
- D. The decisions should be easy to carry out.
- E. This practice sounds simple but is powerful.
- F. Then you should be ready to give good advice.
- G. And that is actually the most magical thing that can happen.

（2024·河北·一模） In the chaos of modern living, maintaining balance denting patterns within shifting schedules and various family favourites can seem like a huge challenge. 6 Below are some tips to help find an appropriate approach.

Embrace (拥抱) mindful eating

Mindfulness transform seating into a nurturing practice, encouraging a deep connection with how food affects your body and mood. 7 Eat slowly and avoid being disturbed by the surroundings. This attentiveness contributes to a high respect for your body's needs, and recognizes your body's hunger and satisfaction signals more accurately.

Have mealtime house rules

Consider establishing guidelines that encourage eating without distractions such as TVs, phones or other electronic devices. That helps everyone at the-table to fully engage with their food and with each other, promoting a more connected and present eating experience. 8

Establish a flexible meal routine

Being flexible with mealtimes is important if you have busy schedules. Finding a common mealtime can be challenging. 9 If you're hungry earlier, empower yourself to eat when you feel the need. There's beauty inflexibility; you can still share quality time with loved ones by sitting together at the table when they eat, even if you're not eating yourself.

Set boundaries on body talk

10 Setting boundaries around body image comments is essential, as these can significantly impact eating patterns and self-perception. This approach helps reduce the negative influence such comments can have on eating habits and fosters a positive, body-neutral environment where personal worth isn't tied to physical appearance.

In navigating (导航) the complexities of modern home life, let these strategies be your guide to developing a peaceful and satisfying relationship with eating in your family.

- A. It's crucial to honour your own hunger signals.
- B. When you eat, take the time to really notice your food.
- C. Yet, you can establish a peaceful relationship with food easily.
- D. Family discussions should be about health and well-being, not appearance.
- E. It's about finding balance between personal nutrition needs and favorite foods.
- F. Body image is a common topic to strengthen the family bond during home eating.
- G. Such rules will enhance the enjoyment of meals and support healthier eating habits.

(2024·新疆喀什·二模) Many factors in our life can lead to anxiety and stress. Luckily, there are several simple ways of relieving stress. Most of these steps are responsible for the improvement of your overall health as well. 11 Physical activity leads to a lowering of the overall stress levels and it also improves your quality of life both physically and mentally.

Any physical activity improves the capability of your body to use oxygen and it also leads to better blood flow. 12 Exercise increases the production of endorphins(内啡肽) in the brain. The endorphins are responsible for the “feel good” effect you feel and they also provide you with the much-desired “runner's high”. In simple terms, it is the sense of wellbeing people receive after performing the exercise.

13 How do you choose the best physical activity for your exercise? There is no need for you to be an outstanding athlete or a long-distance runner to achieve stress relief. For instance, you can perform some aerobic exercise (有氧运动) such as jogging and dancing. 14 Doctors can help you develop an effective and safe exercise routine while taking into account your fitness level and the conditions you are suffering from.

Keep in mind that any kind of exercise will improve your fitness and reduce stress levels. You can also combine the activities till you have found the most enjoyable one. If you do not enjoy going near the water, never take swimming as a form of exercise. If the thoughts of running result in making you anxious, do not choose to train for a 5-kilometer race. 15

- A. Diet and exercise are proven equally important.
- B. There are many ways to meet your exercise target.
- C. One of the best strategies to reduce stress is exercise.
- D. Both these things lead to a direct good effect on the brain.
- E. Besides, it is also a good idea to consult your doctor for guidance.
- F. It is necessary for you to make plans to form a healthy exercise habit.
- G. Therefore, be sure to select an activity that you enjoy rather than fear.

(2024·河北石家庄·模拟预测) Challenges are part of life and something we can all expect to encounter at one point or another during our lifetime. We handle challenges differently; some of us choose to face them

head-on, while others flee in uncertainty. 16 The following are simple methods and strategies we can all employ to overcome challenges more effectively.

17 Nike couldn't have said it any better with their slogan, "Just do it!" Some challenges require us to do just that. Grab the bull by its horns and have the courage to conquer it, no matter how unsure we might feel. Some challenges are urgent and require immediate attention, leaving us with no option but to go ahead full-steam.

Educate ourselves. The reason why some issues prove challenging for us is that we aren't familiar with them. 18 The internet, books, forums, etc. , offer platforms where we can research and learn about our challenges to find strategies against them. Knowledge is definitely powerful and essential in conquering anything.

Be persistent. This is what is required to accomplish anything, especially when it comes to overcoming challenges. No matter how difficult our challenges might be, we must be willing to push through and try again and again until we achieve victory over them. 19

Ask for help. There are times when we can't go it alone and need others to help us conquer whatever challenges we face. 20 Networking with like-minded individuals who can offer us support, suggestions, and solutions is useful in helping us overcome challenges.

- A. Meet them head-on.
- B. Adapt a different strategy.
- C. It is said that two heads are better than one.
- D. If we give up, we allow the challenges to conquer us instead.
- E. Therefore, our knowledge and ability to conquer them is limited.
- F. Whatever our positions, we all wish to conquer them and move on.
- G. Some challenges can be overwhelming, making us question our ability to overcome them.

(2024·广东湛江·二模) It's hard to please everybody all the time. Whatever you do, and no matter how hard you try, there will always be certain people who dislike you. There are often times you can overlook them and go on with your life. Sometimes, however, a person's negative feelings for you might affect your grades or your ability to meet and get along with other people. 21 . **Have an open conversation**

This might be awkward, but sometimes the only way to know what is going on or why someone has a problem with you is to speak out straightforwardly. 22 . That means instead of saying "Why don't you like me?", say something like "I feel like there is some tension between us. Is there anything I have done or anything I can do to help?" 23

If you've done something to hurt or offend someone and that is the reason why the person dislikes you, the best course of action is to try to make it right. Clearly say the words, "I'm sorry. " Be sure not to say "I'm sorry you were offended. " or "I'm sorry you felt that way. " or anything else that places the blame on the other person for misinterpreting your intentions. 24 . **Learn to let it go**

25 . Importantly, you have to choose not to allow the person who dislikes you to influence you or get you down. It is OK to be disliked. Remember that even the most popular and well-loved celebrities are disliked by some people!

- A. Build self-confidence
- B. Apologize and make it right
- C. Try to redirect feelings of anger by breathing deeply

- D. In these situations, it might be time to deal with the problem
- E. Instead, be humble and own to the fact that you've hurt someone
- F. It's OK to be disliked if you've done everything and are still disliked
- G. Try to express your ideas with "I-phrases", which focus on your feelings

(2024·黑龙江·一模) Problem solving skills are increasingly valuable in the workplace and could help you achieve more in your personal life too. Here's how to enhance your strategy. **Develop analytical thinking**

The key to effective problem solving is the ability to break down complex issues into smaller, more manageable components. 26. This involves systematically deconstructing a problem, understanding its differences and identifying the relationships between its various elements. Improving analytical thinking requires a structured approach. Begin by clearly defining the problem at hand, identifying its key components and recognizing the interconnections between them. **Promote creativity**

27 To develop creativity, you must engage in activities that can stimulate your imagination and form new ideas. Additionally, exposing yourself to different fields, experiences and cultures can serve as a source of creative problem solving. **Strengthen communication skills**

Clear and brief communication is the key to effective problem-solving, acting as the bridge that connects diverse perspectives and adjusts individuals toward a common goal. Good communication begins with the art of expression. This needs choosing the right words and structuring information logically. Active listening, on the other hand, is the skill of receiving information with focus. 28. **Learn from mistakes**

Mistakes are not failures but a good way to success. 29. Analyze what goes wrong, identify areas for improvement and use this knowledge to inform your future problem-solving efforts. It not only accelerates the learning process but also encourages collective problem-solving skills. 30

The journey to becoming an expert problem solver is an ongoing process of growth and improvement. Seeking continuous learning opportunities ensures that you stay ahead of changing challenges and acquire the necessary skills. Furthermore, networking with professionals in your field provides a good way of shared learning.

- A. Stay well informed
- B. Seek continuous learning
- C. Improving it requires a structured approach
- D. Each mistake will give you a chance to think and learn
- E. Out-of-the-box thinking is essential for problem solving
- F. These will make sure your message is easy to understand
- G. It involves not just hearing words but understanding the differences

(2024·江苏南京·二模) Once a year in a small mountain village, the Mande people gather to hear the folk stories of their traditions. The man playing an instrument called Sosso-Bala while singing is the storyteller. He holds all the folk knowledge of the Mande people.

Most of us don't have a musical instrument that ties us together, but we have someone in our lives who's the keeper of our folk knowledge. Often it's a grandmother, who keeps all our stories of wisdom ready to tell upon request. 31. What's the best way to get a baby to sleep? Where do I come from? What's my moral compass? The stories provide an answer, and it's useful to speak with someone who knows how things are done.

32 Researchers have documented folk knowledge in other species whales returning to parts of the sea

that they'd abandoned a generation before; monkeys that communicate hunting skills to their offspring (后代). Folk knowledge is not only culture, it's also survival. 33

Traditionally, we share it in small units—families sharing around a dinner table. 34 Look at any social median, and you'll see folk knowledge at work and at play. It's exploded as we're trained to look for information online, rather than from within. In this case, chances are that our questions can be answered with misinformation.

But we don't gather once a year to reality check our "folk stories" as the Mande people do; nor do we center our folk traditions around a musical instrument. The internet has no reality except its own and, left unchecked, its wisdom has no rhythm(节奏). 35

- A. It's just chaos.
- B. This is why we do it.
- C. Human wisdom has been passed down through generations.
- D. The stories can be useful for dealing with all sorts of doubts.
- E. Nowadays, folk knowledge has expanded to digital networks.
- F. Now the internet has made valuable folk wisdom at your fingertips.
- G. Recently, we discovered that this very human practice isn't limited to humans.

(2024·云南昆明·一模) It's common to communicate by way of text, and that works well for everything from setting plans with a friend to asking you to pick up a grocery item. 36 . Fighting over text, can cause problems and can even break up friendships or partnerships. Ahead, we'll examine why.

- There's no vocal tone involved

When we speak, the person we're talking to can tell how serious or light we are by our tone. 37 . Everything is flat in writing, so without vocal tone to clarify, it's easy to assume the worst in someone and their intentions.

- 38

We also communicate in person through nonverbal ways. How we act physically lets others know how we feel. And without that in text, an argument can be worsened to a terrible point without one person even becoming aware of how upset the other is.

- Different communication paces affect a lot

39 . And when arguing, it can get even faster. It happens not to read all of a person's reply before you respond again, and the more upset you get, the harder it may be to express yourself clearly or to understand the person you're fighting with.

- Emojis and gifs can be hurtful

In the same way that visual communication tools like emojis and gifs can add fun to conversations, they can also make things much worse in a text disagreement. It can be challenging to know when you've taken emojis or gifs to a hurtful place, especially if the other person holds in that information and doesn't tell you at the moment. 40 .

- A. Body language is absent
- B. Text, on the other hand, has no tone
- C. Long-term healthy relationships collapse
- D. Texting is generally a quick back-and-forth exchange
- E. This happens if he is feeling unsafe in the discussion

- F. However, we may have taken communication by text too far
- G. Our tone tells us a conversation is heading in the wrong direction

(23-24 高三下·山东·阶段练习) It is natural to compare ourselves to others and to get caught in a mental comparison loop, and yet this seldom is beneficial. You may have heard the expression, “41” To me, this rings true as I have found it is quite difficult to compare myself to others and feel satisfied at the same time.

Comparison not only robs us of delight, but it also fuels self-criticism and a lack of self-acceptance. 42 “I am not as successful, competent, attractive as they are.” “Why don’t I have what they have?” We use comparison as an avenue for self-criticism, “What’s wrong with me? I must be an exact loser.” This hinders self-acceptance.

We often tell ourselves we are acceptable only if we meet certain standards, and we evaluate how we measure up by looking at others. The tendency is to conclude that we are not measuring up, particularly if we have a low sense of self-worth. 43 We don’t just ask ourselves, “What’s wrong with me?” We worry what others will think: “What’s wrong with them?” The looming sense of possible rejection creates uneasiness and anxiety.

44 It tells us that if we meet the expectations, lose weight, get a promotion, or buy a new house, we will feel better, calmer, more self-assured, and stop comparing ourselves. This may be temporarily true, yet, a comparison is an internal process that is ultimately based on our thoughts and sense of self, not external circumstances. We can always find something else to compare, another expectation we tell ourselves we are not meeting. 45 So comparison can destroy our awareness of personal values gradually.

To stop comparing ourselves to others, we have to recognize that the comparison game is unwinnable and stop playing.

- A. No comparison, no life.
- B. Comparison is the thief of joy.
- C. Comparison can even be misleading.
- D. We are focused on others and not on what is meaningful to us.
- E. Typically, comparison will lead to feeling inadequate or inferior.
- F. Shift from being guided by comparison to being guided by values.
- G. And we fear that we are going to be judged by our perceived failures.

(2024·广东广州·一模) Physicist and Nobel Prize winner Richard Feynman developed a clever learning method known as the Feynman Technique. It involves explaining what you're learning to others. By teaching what you’ve learned from memory, you engage in active recall. 46 It also ensures that you understand the topic, because you can only explain an idea if you truly understand it. The technique consists of four repeatable steps.

To begin, choose a concept or topic you wish to fully understand. 47 The more interested you are, the faster you’ll grasp it. Moreover, a personally interesting topic will keep you motivated and engaged.

48 Write notes and explain it in a way that makes sense to a five-year-old. If you’d rather avoid actually teaching someone, you can just teach it to an imaginary audience. But it works much better if you use a real person. They’ll be able to let you know when something isn’t clear.

While teaching you may discover gaps in your understanding. 49 Review your notes, reread books, or seek external help to ensure you have a complete understanding of the context before moving forward.

Now that you fully grasp the concept, test your understanding by trying to teach it to another person. This will

help you identify any remaining areas of uncertainty you need to revisit.

The Feynman Technique is a great way for kids and grown-ups to learn. 50 You need to actively think about the problem instead of passively reading or listening to someone else. However, with great efforts in mastering this method, you'll see your learning results improve quicker than ever before.

- A. It is mentally demanding.
- B. This helps the information stick in your mind better.
- C. Teach it to a five-year-old, who would give you direct feedback.
- D. Your curiosity about it will determine the pace of your learning.
- E. Once you have chosen a topic, you can teach it to someone else.
- F. Active engagement plays a key role in promoting deeper learning.
- G. When this happens, refer back to the original material for the missing pieces.

(2024·山东·模拟预测) **Shop Sustainably**

If you have to name one thing that contributes most to your ecological footprints, you may say the energy you use at home, or your car's emissions. 51 Knowing this can make your grocery shops more planet-friendly. Here is what you can do to help shop sustainably.

- 52 Using those is a great first step. If you get some, do remember to fill them with your purchases. When you adapt yourself to reusing them, then you'll cut your consumption of single-use plastic bags even further.

- Avoid unnecessary packing. Buy loose fruit and vegetables instead of pre-packaged produce, and avoid products that contain multiple single packages or double packaging, like grain in a box and a bag. Consider switching from tea bags and coffee pods to tea leaves and ground coffee. 53

- Go organic when you can. In addition to the benefit organic farming has to insect biodiversity, it's also considered more sustainable and better for the environment. 54 Choosing free-range or Marine Stewardship Council-certified products also encourages environment- and animal-friendly food production.

- Buy seasonal and native products. 55 So you can avoid buying goods that have travelled long distances to reach your plate. As well as opting for local goods, depending on where you live, in the supermarket, you can also buy directly from the source at farmers' markets.

- A. Take reusable grocery bags.
- B. Select single-use plastic bags.
- C. It supports local farmers and food producers.
- D. You can also refill your own containers with loose-packed food.
- E. When buying organic products, look for those officially certified.
- F. But it's what we eat that accounts for up to 60% of our personal demand.
- G. You'll find it convenient whenever you buy tea or coffee in the supermarket.

(2024·山西太原·一模) Do you ever feel like you're not good enough, even though you've done some cool stuff? This feeling can contribute to increased anxiety, depression and a cycle of overworking to prove yourself. 56 Actually, lots of people, up to 82%, have these kinds of discouraging feelings. Here's how you can deal with them.

- 57. One way to fight self-doubt is to keep track of all the cool things you've done. Start a journal where

you write down projects you've finished, goals you've reached, and nice things people have said about you. Work out a practical schedule to look back at this list.

- Figure out what's good enough. Success can mean different things in different situations for different persons, so it's okay not to be the best at everything all the time. Just think about how good is good enough. 58 and then it can save your energy for other important things, like spending time with your family and friends.

- Get help from someone you look up to. Working with a seasoned life coach who has done well and has qualities you admire can be a big help. They can assist you by sharing their own struggles with self-doubt and this exchange equips you with good strategies in your own pursuit of success. 59

Just remember, it's normal to be fooled by negative feelings sometimes, but you can't be tricked by them all the time. 60. By using these strategies, you can start a transformative path towards personal growth.

- A. But you are not alone
- B. Plan a personal-growth schedule
- C. Collect proof of your accomplishment
- D. So you'd better try to get the best of most tasks
- E. This way, you may know when to stop properly
- F. You can benefit a lot from the practical guidance
- G. You are sure to break free from the cycle of self-doubt

(2024·江西九江·二模) If you identify as a people-pleaser, you might feel like it's impossible to change. Well-meaning friends can try to encourage you to just be yourself, but no matter how hard you try, you can't shake that urge to keep everyone happy. 61 **Tell people-pleasing from being polite**

62 To be able to tell the difference, you should look at the amount of tension you feel. For example, when you see a friend finish his water and you refill his cup, that can come out of normal sensitivity to other people's needs if you feel relaxed when you do it. But if you notice a sense of pressure, like something bad will happen if you don't refill their drink, then you're operating from anxiety and fear. 63

Lots of times, people who try to please other people are extremely quick to react in social settings. They know what to say right away and they move into care taking immediately. 64 One subtle but powerful technique to change your habit is to deliberately delay your reactions, connect with yourself and then try to have the interaction out of an authentic part of yourself. **Be ready for relationships to change or end**

As you slowly start to become aware of your needs and even state them out loud, it can bring in some essential changes in your relationships. You might realize that as you mature, some friendships are not as rewarding or even as equal as you would like them to be. 65 If you have an emotionally immature friend, it's up to you to decide if you want to leave the friendship or use that relationship as an opportunity for mutual growth, if the other person also seems interested in changing.

- A. So, it's time to end the relationship.
- B. Change your habits and please yourself.
- C. Slow down and check in with yourself before reacting.
- D. This could be because, since childhood, they have developed this habit.
- E. However, that doesn't mean you always have to cut people out of your life.
- F. Therefore, here's how to slowly stop people-pleasing and start being yourself.
- G. General polite behavior to one person can be people-pleasing to someone else.

(2024·黑龙江齐齐哈尔·二模) You already know that playing sports helps keep you fit. But you might not know why it's so important to get a sports physical at the beginning of your sports season.

__66__ Most require students have a sports physical before they can play school sports. But even if a sports physical isn't required, doctors still recommend getting one if you are active in any sports.

A sports physical can help find out and deal with health problems that might affect your sports performance or increase the chance of getting hurt. For example, if you have frequent asthma (哮喘) attacks, the doctor can change your medicines. __67__ Your doctor may offer training tips or recommend exercises or physical therapy (疗法) to help you avoid injuries.

Most teens go to their regular doctor's office to get a sports physical, since your doctor knows you and your health history best. Some get their sports physical at school. __68__ Each one is armed with a medical professional who does a specific part of the physical exam.

Plan your sports physical at least 6 weeks before your sports season starts. __69__ Neither you nor your doctor will be very happy if your sports physical is the day before baseball practice starts and it turns out there's something that needs to be taken care of before you can suit up.

Sports physicals are usually good for 1 year, though you probably will have to complete a sports form each season. If there are any changes in your health history, like a new injury or you notice new symptoms (症状), you may need to see the doctor before being allowed to play. __70__.

- A. That way, you can breathe more easily when you run.
- B. Let your gym teacher or coach know if your health has changed.
- C. During school physicals, you may go to "stations" set up in the gym.
- D. The medical history questions are usually on a form that you can bring home.
- E. Mention you need a sports physical so your doctor can set aside time to do both.
- F. The sports history and exam help to tell if it's safe for you to take part in your sport.
- G. If your doctor finds a problem, this should leave enough time to for tests or treatment.

(2024·陕西汉中·二模) Have you ever received an invitation that you couldn't accept? Do you struggle with how to decline without hurting someone's feelings or causing conflict? Does it bother you to turn someone down? If the answer is yes to any of these questions, you're not alone. In fact, this happens to most people at some time in their lives. __71__ Here are some tips on how to turn down an invitation in the most polite way. **Don't wait and don't ignore the invitation.**

As soon as you know you will be unable to go, let the person know. Most events require planning and budgeting. __72__ She needs to know whether or not you'll be there. Ignoring the invitation shows that you don't know proper etiquette (礼节), and you might be left off the guest list for her next party. __73__

Always sincerely thank the person for inviting you and let her know that you're honored that she'd think highly enough of you to send the invitation. **Don't tell lies and don't over-explain.**

You don't ever have to come up with false excuses for why you're unable to go to the event, but you also don't have to go into detail. __74__ That should be enough. And remember that when you give reasons, keep your explanation short and to the point. Doing otherwise will make it sound like you're just trying to make up excuses. **Ask for a different time.**

If the invitation is exclusive (独有的) to you, let the person know you're unable to make it at the time she

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