

学 校
姓 名
准考证号

2025 年东北三省四城市联考暨沈阳市高三质量监测（二）

英 语



命题：沈阳市第一中学 王 巍
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注意事项：

1. 答卷前，考生务必将自己的姓名、考号填写在答题卡上。
2. 选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。不能答在本试卷上，否则无效。
3. 考试结束后，考生将答题卡交回。

第一部分：听力（共两节，满分 30 分）

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例：How much is the shirt?

- A. £19.15. B. £9.18. C. £9.15.

答案是 C

1. What does the woman want the man to do?
A. Get the cake mixer back.
B. Take the cake mixer to Mandy.
C. Buy a cake mixer on his way to work.
2. Why does the woman talk to the man?
A. To ask for the instructions.
B. To change her refrigerator.
C. To have her refrigerator checked.
3. What are the speakers doing?
A. Choosing furniture. B. Preparing for a dinner. C. Booking a hotel.
4. What is the relationship between the speakers?
A. Classmates. B. Teacher and student. C. Mother and son.
5. What are the speakers talking about?
A. Attending a concert. B. Looking for volunteers. C. Raising money for the club.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What's wrong with the woman's order?
A. It has been revised. B. It has been canceled. C. It has been delayed.
7. What is the man going to do next?
A. Visit the factory. B. Send some emails. C. Ring the shipping company.

听第 7 段材料，回答第 8 至 9 题。

8. What has happened to the man recently?
A. He has been tired of sleeping.
B. He has got poor sleep quality.
C. He has had trouble sleeping well.
9. Which function do some sleep trackers offer?
A. Changing old sleep habits.
B. Monitoring the sleep environment.
C. Measuring the sleeper's temperature.

听第 8 段材料，回答第 10 至 12 题。

10. What does the man think of the rent?
A. Fair. B. Low. C. High.
11. When will the house be available?
A. On the 20th. B. On the 21st. C. On the 23rd.
12. What will the man do on the 21st?
A. View the house. B. Attend a meeting. C. Look for cleaners.

听第 9 段材料，回答第 13 至 16 题。

13. What inspired Luke to do the research?
A. An article. B. A sale experience. C. The new style of shoes.
14. How did Luke enter Trainer Exchange?
A. By selling shoes.
B. By paying the entry fee.
C. By acting as an interviewer.
15. What made Meg and Tyler noticed by Luke?
A. Their age. B. Their voice. C. Their dressing style.
16. What is the main reason for throwing away many shoes?
A. They are dirty. B. They are of poor quality. C. There are too many shoes.

听第 10 段材料，回答第 17 至 20 题。

17. Who will help with the litter in the park?
A. A local school. B. Government officials. C. Community staff.
18. What will the listeners help do first?
A. Build the new fence. B. Clean the bicycle track. C. Replace some plants.
19. What will happen later in the year?
A. Some pathways will be improved.
B. A new garden will be constructed.
C. More foreign species will be planted.
20. What do the listeners need to take?
A. Tools. B. Food. C. Gloves.

第二部分：阅读理解（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）

阅读下面短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

A

Technology Commercialization Innovation Competition

Do you want to transform innovative research into real-world solutions while developing practical skills that prepare you for careers in innovation and business? We're excited to invite you to participate in a Technology Commercialization Innovation Competition, designed to give you hands-on experience in assessing teachers' cutting-edge research for commercialization.

Duration: January 24 – May 2, 2025

Application Deadline: Dec 30, 2024

Ideal Applicant

- You are a current engineering undergraduate.
- You are a team player.
- You have previously shown an interest in entrepreneurship (企业家精神).
- You want to be a part of a program that drives innovative technology commercialization.

How it Works

- Selected students with an entrepreneurial mindset (as described in their applications) will be invited to participate in the competition.
- All invited/selected students will receive \$500 to participate in the program.
- Students will be assigned to teams and teachers' projects will be assigned to each team.
- Teams will be instructed by teachers and industry experts to gain skills in market research, intellectual property, financial modeling and market strategy.
- Teams will develop a commercialization plan for their assigned teacher-submitted projects based on their learning.
- Teams will compete for recognition and awards in the final round judged by industry leaders.

How to Join

Submit your application including a one-page CV (履历) and 250-word essay on your entrepreneurial interests by Dec 30, 2024 and we'll provide additional details on team assignments and project selection. Send your submissions to innov_entrepr@cornell.edu with the subject line "Innovation Pilot Program Student Submission."

21. What is expected of the applicants?

- | | |
|-------------------------|-----------------------------|
| A. Teamwork spirit. | B. Engineering degrees. |
| C. Previous experience. | D. Commercial certificates. |

22. What will the participants do in the competition?

- | | |
|---------------------------------------|-----------------------------------|
| A. Submit projects based on research. | B. Choose their teams willingly. |
| C. Work out a commercialization plan. | D. Finish projects independently. |

23. Where is the text most probably taken from?

- | | |
|------------------------|--------------------------|
| A. A science journal. | B. An academic article. |
| C. A college textbook. | D. A university website. |

B

Every great idea begins with a spark (火花) of realization—and for Snehhha Naarsaria, an accountant and a mom in Portugal, that spark came from her own home.

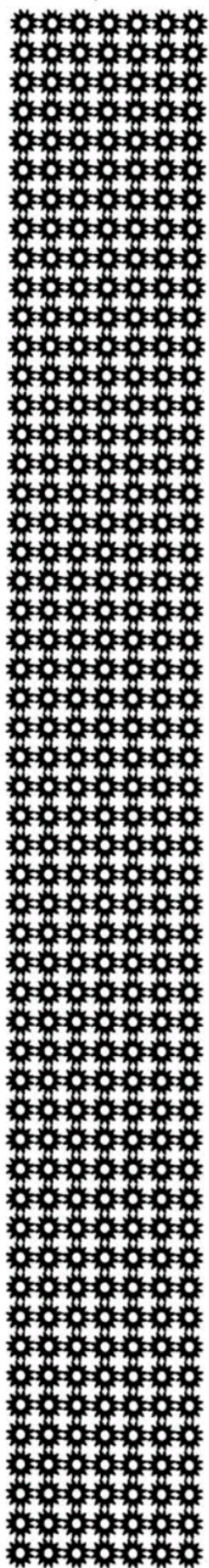
Financial literacy (素养) is no longer a skill reserved for adults; it is becoming a fundamental part of a child's education. But teaching financial concepts to a child turned out to be harder than Snehhha Naarsaria had expected. There were no engaging tools, no reliable resources, and no clear way to introduce these essential skills to a young mind. This disconnection between knowledge and application struck her deeply and that was when the idea for Fin Free Kid was born.

Fin Free Kid is an innovative initiative that equips children with essential money management skills through appealing books, flashcards, DIY kits, posters, and an immersive (沉浸式的) course. It offers comprehensive learning resources which cover different aspects of financial literacy. The resources aren't just about teaching—they're about empowering kids to think independently, make informed decisions, and develop habits that will serve them for life.

With a strong focus on quality and customer satisfaction, the program has earned widespread praise for its exceptional service and transformative impact on young learners. Parents have reported a noticeable shift in their children's attitudes and behaviors after using Fin Free Kid's products. Many children have developed the habit of saving money and learned to make more thoughtful spending choices. A feature in *The Economic Times* described Fin Free Kid as "a pioneer in financial education for kids, bridging the gap in a crucial area of learning."

With its growing popularity and the trust of parents across Portugal, Fin Free Kid plans to introduce advanced resources for older children and expand its partnerships with schools to integrate financial literacy into courses. "Our mission is to ensure that every child has the tools and knowledge to deal with the complexities of the financial world," says Snehhha Naarsaria, "The changes we've seen in children so far are just the beginning. Together, we're building financially literate generations."

24. What contributed to Snehhha's creating Fin Free Kid?
- A. Rising concern about overspending.
B. Lack of access to financial education.
C. Her success as a professional accountant.
D. Children's urge to learn financial concepts.
25. In what aspect can children benefit from Fin Free Kid?
- A. Academic theories.
B. Integrative competence.
C. Reading techniques.
D. Communication ability.
26. Why is a feature in *The Economic Times* mentioned?
- A. To criticize conventional financial education.
B. To illustrate the means of financial education.
C. To compare Fin Free Kid with other programs.
D. To highlight Fin Free Kid's groundbreaking role.
27. What is indicated about Fin Free Kid in the last paragraph?
- A. It's complicated and varied.
B. It will cooperate with parents.
C. It's successful and promising.
D. It will focus on adults' courses.



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C

A new global review of data from the Spanish study found that increasing the number of daily steps, even at low levels, was associated with a reduction in depressive symptoms (症状). Researchers led by Jimenez-Lopez, of the University of Castile-La Mancha, noted there's already solid evidence that exercise of any kind is a natural antidepressant. But what about something as easy as walking? To find out, they looked at data from high-quality studies on daily step counts and their links to mental health.

The new review covered 33 studies with a total of more than 96,000 adults worldwide, including those who used fitness-tracker devices to calculate their daily steps. Compared to a baseline of 5,000 steps taken per day, folks who took even 1,000 more steps daily saw a 9% drop in their chances for developing depression, the researchers found. Those benefits quickly mounted up. Compared to folks walking 5,000 steps per day or less, those who walked 7,000 steps per day had 31% lower odds for depression. "In addition, counts above 7,500 steps per day were associated with a 43% lower frequency of depression," Jimenez-Lopez and colleagues wrote, and those trends held true for "all age groups, females and males."

There did seem to be a leveling out of mental health benefits at about 10,000 steps per day, the data showed. As has been observed in studies on physical health, up to a level of about 10,000 steps per day causes the chances for depression to decline. However, the researchers revealed that increasing the number of steps beyond this point may not have been associated with a significant reduction in depressive symptoms.

Furthermore, the new findings add walking to many other forms of physical activity—weight training, yoga and even tai chi—as ways to help prevent depression.

"Setting goals for the number of daily steps can be a rewarding and inclusive public health strategy for the prevention of depression," the study suggested.

28. What can be inferred about the Spanish study from paragraph 1?

- A. It centers on depression patients.
- B. It confirms the advantages of walking.
- C. It contradicts former study results.
- D. It looks into evidence of taking exercise.

29. How is Paragraph 2 developed?

- A. By giving examples.
- B. By following a timeline.
- C. By analyzing causes.
- D. By making a comparison.

30. What is likely to happen after walking over 10,000 steps per day?

- A. Risks of other diseases drop sharply.
- B. Benefits stop increasing significantly.
- C. Physical health improves dramatically.
- D. Depression symptoms disappear totally.

31. What is the best title for the text?

- A. Exercise Modes: Reduction in Disease.
- B. Step Counts: Resistance to Depression.
- C. Fitness Tracker: Recording Daily Steps.
- D. Mood Controller: Refreshing Health State.

D

If you ever feel that the world is against you, you are not alone. We all have a tendency to assume that when anything goes wrong, the fault lies within some great tricks against us. If a co-worker fails the deadline, they must be trying to beat you to a promotion. When WiFi in a coffee shop is not working, the staff must be lying about having it to attract you in.

But the fact is that these simple explanations, which we tend to jump to, are barely true. Maybe your co-worker thought today was Tuesday, not Wednesday. Maybe the WiFi just went wrong. This is where Hanlon's Razor comes in—a useful mental model that never considers what can be fully explained by neglect (疏忽) as doing harm on purpose.

Applying Hanlon's Razor, a useful tool for rapid decision-making and intelligent comprehension, in our daily lives makes us less judgmental, and improve reasoning skills. Meanwhile, Hanlon's Razor allows us to have more empathy (同理心) and teaches us not to assume the worst intention in the actions of others, the value of which is most pronounced in relationships, business matters, and personal happiness.

We all lead complex lives where things are constantly going wrong. When this occurs, a common response is to blame the nearest person and assume they have bad intention. When someone messes up around us, we forget how many times we, too, have done the same. Instead, we regard the perpetrator as a source of intense annoyance.

To assume intention in such a situation is likely to worsen the problem. None of us can ever know what someone else wants. Inability or neglect is far more likely to be the genuine cause than the desire to hurt. When a situation causes us to become angry or upset, it can be valuable to consider if those emotions are justified. Often, the best way to react to other people causing us problems is by seeking to communicate with them, not to dismiss them. In this way, we can avoid repeats of the same situation.

32. What do we usually do when things fail?

- A. Accept true ill intention.
- B. Change current situations.
- C. Seek reliable assistance.
- D. Misplace blame on others.

33. What can we learn about Hanlon's Razor ?

- A. It is a way to tackle colleagues' problems.
- B. It is a device for restoring WiFi connection.
- C. It avoids taking neglect as intentional harm.
- D. It identifies who is to blame for making errors.

34. What does the underlined "the perpetrator" in paragraph 4 refer to?

- A. The mind reader.
- B. The event planner.
- C. The error maker.
- D. The problem solver

35. What is advised to do when others cause a problem?

- A. Lend them a hand.
- B. Turn a blind eye to them.
- C. Put them on the spot.
- D. Exchange ideas with them.

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

In the age of digital saturation (饱和), the need for a digital clean has become more pressing than ever. 36 The following guide aims to provide you with some practical and effective strategies.

Assess your digital landscape

This involves evaluating the various aspects of your online presence, from your email inbox to social media accounts. Understand your digital footprint and identify areas that require attention. 37 Besides, it ensures that nothing is left unexamined.

Simplify your inbox

The email inbox is often a breeding ground (滋生地) for digital mess. Create folders to organize important emails and cancel outdated messages. It not only reduces visual mess but also enhances your efficiency in managing critical communications. 38

39

Have a thorough review of your social media accounts and unfollow accounts that no longer appeal to you. Consider setting boundaries for your social media usage, such as limiting time for checking updates. This approach develops a healthier relationship with social media, allowing you to enjoy its benefits without negative influence.

Reflect on digital consumption habits

As you clean your digital space, take a moment to reflect on your habits. 40 Are there specific digital habits that contribute to stress or distraction? Use this reflection to make informed decisions about adjusting your digital habits for a healthier and more balanced digital lifestyle.

- A. Use social media mindfully.
- B. Our digital devices are essential in daily lives.
- C. Review the privacy settings on your accounts.
- D. Then you can enjoy a stress-free email experience.
- E. This assessment sets the stage for a targeted and efficient clean.
- F. Like physical space, our digital space also requires a timely clean.
- G. Consider the impact of your online activities on your mental well-being.

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 四个选项中选出可以填入空内的最佳选项。

“You’re just a girl and you fight like a girl!” The boy laughed as he ran away after 41 that statement. Like a rock to a piece of glass, it 42 my belief that I could do anything that my male classmates could do, and I hit rock bottom.

Through the years, I buried those words in the depth of my memory as life 43 them with tasks, goals and achievements. Days melted away, and my life became a welcome movie that replayed daily but then 44 ran out of control as I was met with the 45: “You have cancer.”

A(n) 46 year of surgeries and complications (并发症) made my happy ending impossible. Then came periods of calm mixed with interruptions of 47. Many times in my life, I have 48 those awful words through my half-a-century battles. But through my faith, I never allowed them to leave me 49. Every challenge in life becomes an opportunity to 50 new paths and to remind myself how strong and determined I am.

After one of my 51, someone asked me, “How do you keep going and not 52?” Instantly, I was taken back to that 53 of my youth and those hurtful words suddenly 54 new meaning in my heart. A smile formed upon my lips as I turned to face my friend. “I 55 because I FIGHT LIKE A GIRL.”

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|----------------------|-----------------|----------------|--------------|
| 41. A. publishing | B. delivering | C. withdrawing | D. recording |
| 42. A. ruined | B. corrected | C. shaped | D. supported |
| 43. A. equipped | B. interpreted | C. presented | D. replaced |
| 44. A. unnecessarily | B. unexpectedly | C. frequently | D. randomly |
| 45. A. prediction | B. promise | C. news | D. risk |
| 46. A. wearing | B. motivating | C. amazing | D. inspiring |
| 47. A. curiosity | B. satisfaction | C. treatment | D. argument |
| 48. A. ignored | B. possessed | C. recalled | D. removed |
| 49. A. fearless | B. hopeless | C. faultless | D. heartless |
| 50. A. block | B. mark | C. explore | D. clear |
| 51. A. training | B. accidents | C. conflicts | D. battles |
| 52. A. get through | B. break out | C. back off | D. move up |
| 53. A. scene | B. dream | C. honor | D. field |
| 54. A. invented | B. changed | C. lost | D. held |
| 55. A. quit | B. suffer | C. survive | D. apologize |

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注意：请将答案写在答题卡上。写在本试卷上无效。

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。

A newly opened mini theater “Hello, Xizang” in Beijing 56 (bring) the rich traditions of Xizang to the heart of China’s capital city since late February, 2025.

The theater has 57 (successful) made its first public show with an immersive (沉浸的) performance “Lhasa, Lhasa”, 58 showcase of Xizang intangible cultural heritage (非物质文化遗产), which will last for about three months. The play, keeping its audience on the edge of their seats, 59 (feature) a dynamic mix of traditional Xizang opera, folk music, and ceremonial tea-serving songs. The unique music of the highland and the bright colors of the dancers’ costumes make people 60 (seat) at the theater feel as if they were bathed in the sunlight of Xizang.

The mini theater is part of an initiative 61 (promote) Xizang culture and introduce the essence of the city—its landscapes, traditions and people—62 urban audience across China. “It is a novel approach to advertising diverse cultures”, said a spokesperson for the theater. “By combining traditional culture with creative expression, we have broken down geographical barriers 63 spread the highland culture to inner cities.”

The theater has already established close partnerships with several cultural exchange 64 (organization), aiming to expand its reach to the world. “Our mission is not just to 65 (far) develop Xizang culture, but also to let the world have a better understanding of Xizang.

第四部分：写作（共两节，满分 40 分）

第一节（满分 15 分）

假定你是李华，你的英国朋友 Jeff 对人工智能（AI）时代的职业规划充满迷茫，请你给他写一封邮件表达你的观点，内容包括：

- （1）分析 AI 对职业的影响；
- （2）提出增强竞争力的建议；

注意：

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

Dear Jeff,

I know you are confused about your career planning.

Yours,
Li Hua

第二节 (满分 25 分)

阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

On June 1st, around 10 a.m., an unexpected downpour caught us by surprise. The heavy rain, accompanied by strong winds, lasted for about an hour. At that time, my mother and I were chatting with two neighbors at the door of the supermarket when we received a call from my father asking us not to step out of the place until the rain stopped. As it was raining cats and dogs, none of us dared to go out.

A sudden shout made us alarmed. We were terrified to see a boy about 15 years old lying on the street, fighting for his life. He rolled over on the ground with an electric wire on his body. It turned out that a broken electric wire from the supermarket had fallen on him, causing an electric shock. The narrow street, covered with rainwater, offered little space for a rescue operation.

I quickly called the power company and asked them to cut the main power, and then I called the hospital emergency, urging them to arrange an ambulance instantly. I did everything I could. Meanwhile, my mother and the neighbors shouted for help loudly.

A gentleman in his early forties found a long bamboo stick and swiftly wrapped one end with insulation (绝缘) material. He then carefully used the stick to remove the electric wire from the boy. As the ground was wet with rain water, it was extremely risky to go near the victim. There was a possibility of getting electrified if one dared to get close to him.

"The boy could be a milkman," a lady in the crowd said while pointing to the small bottles of milk on the floor. "The boy must have suffered a lot", someone from the crowd said. At that moment, I desperately wished for an immediate power shutdown and for an ambulance to arrive as quickly as possible. I kept praying for him.

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。

Thankfully, the main power was switched off and the ambulance arrived soon.

Early the next morning, I learned about the updates from the hospital.