科学题阶

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5刷语篇 6刷语法 7刷写作 8刷真题

理想树

高考必刷题®

2027

总主编：杨文彬
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合订本

含2026年高考真题

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CONTENTS 目录

模块 1 阅读理解

第 1 部分 话题篇 正文 答案

生活与学习 …… 1 / 219
人际交往 …… 5 / 220
社会与文化 …… 9 / 222
运动与健康 …… 13 / 223
文学与艺术 …… 17 / 224
环境与自然 …… 21 / 225
科技与探索 …… 25 / 226

第 2 部分 计划篇

强基计划

第 1 组 …… 29 / 228
第 2 组 …… 33 / 229
第 3 组 …… 37 / 230
第 4 组 …… 41 / 232
第 5 组 …… 45 / 233
第 6 组 …… 49 / 234

进阶计划

第 1 组 …… 53 / 236
第 2 组 …… 57 / 237
第 3 组 …… 61 / 238
第 4 组 …… 65 / 240

第 3 部分 实战篇

刷真题 …… 69 / 241
热考点 [全国Ⅰ2026·B]学习的本质——内心的求知欲
[全国Ⅱ2026·D]巴塞罗那地铁再生制动充电项目
新话题 [全国Ⅰ2026·C]树木与人体健康
[全国Ⅰ2026·D]欣赏艺术品影响抽象思维
[全国Ⅱ2026·C]研究海平面演变史的图书
新情境 [全国Ⅱ2026·B]赖特建筑的守护者

模块 2 7 选 5

第 1 部分 考法篇

第 1 组 标题句、主题句和结论句 …… 87 / 253
第 2 组 过渡句与细节句 …… 91 / 255

第 2 部分 计划篇

强基计划

第 1 组 …… 95 / 256
第 2 组 …… 99 / 258
第 3 组 …… 103 / 260
第 4 组 …… 107 / 262

进阶计划

第 1 组 …… 111 / 264
第 2 组 …… 115 / 266

第 3 部分 实战篇

刷真题 …… 119 / 267
热考点 [全国Ⅰ2026]人工智能重新定义博物馆
[全国Ⅱ2026]通过日常家务培养孩子劳动品德的方法

模块 3 完形填空

第 1 部分 主题篇

人与自我

第 1 组 …… 125 / 271
第 2 组 …… 127 / 272

人与社会

第 1 组 …… 129 / 274
第 2 组 …… 131 / 275

人与自然

第 1 组 …… 133 / 277
第 2 组 …… 135 / 278

目录 CONTENTS

第 2 部分 计划篇

强基计划

第 1 组…… 137 / 280
第 2 组…… 141 / 283
第 3 组…… 145 / 286
第 4 组…… 149 / 289

进阶计划

第 1 组…… 153 / 292
第 2 组…… 157 / 294

第 3 部分 实战篇

刷真题 …… 161 / 297
新情境 [全国Ⅰ2026]对故乡小镇的感悟
热考点 [全国Ⅱ2026]勇敢追寻写作梦

模块 4 语法填空

第 1 部分 考点篇

有提示词类

第 1 节 名词和代词填空…… 167 / 303
第 2 节 形容词和副词填空…… 169 / 304
第 3 节 动词填空…… 171 / 306

无提示词类

第 1 节 冠词和代词填空…… 175 / 310
第 2 节 介词和介词短语填空…… 177 / 312
第 3 节 并列连词和复合句以及特殊句式填空
…… 179 / 314

第 2 部分 计划篇

强基计划

第 1 组…… 181 / 315
第 2 组…… 183 / 317
第 3 组…… 185 / 320
第 4 组…… 187 / 322

进阶计划

第 1 组…… 189 / 324
第 2 组…… 191 / 326

第 3 部分 实战篇

刷真题 …… 193 / 329
热考点 [全国Ⅰ2026]中国传统集市——“大集”
[全国Ⅱ2026]外籍女士感受太极文化

模块 5 写作

第 1 部分 题型篇

第一节 应用文写作…… 197 / 337
第二节 读后续写 …… 201 / 339

第 2 部分 进阶篇

第 1 组…… 205 / 341
第 2 组…… 209 / 342

第 3 部分 实战篇

刷真题 …… 213 / 344
热考点 [全国Ⅰ2026]暴雪受困收获陌生夫妇善意
新话题 [全国Ⅰ2026]对学习、社交、睡眠三件事进行排序
[全国Ⅱ2026]长期熬夜透支身体，醒悟后调整作息
新情境 [全国Ⅱ2026]提出配图建议并自荐

• 答案及详细解析见 ☞ P219–P346
• 狂K重难点见 ☞ P347–P410

错题本　见狂K P360

生活与学习

刷语篇

▶题材预热，找准语感

Passage 1

体裁：应用文　主题：生活与学习　难易度：易

词数：约 280　建议用时：6 分钟　答案：P219

[江苏南通 2026 一模]Beyond the Book is a program designed to support children who are developing their reading skills, and those who are below the point at which students can read text accurately and efficiently. We are uniquely positioned to stimulate curiosity in young readers and empower families with the tools they need to support their child's growth as a confident reader. We encourage both children and caregivers to explore the vast resources our library offers, creating a community where children can thrive as readers and lifelong learners.

Your Beyond the Book membership includes:

* A monthly newsletter with expert tips and tricks for developing readers.
* A free copy of the seasonal featured book and fun, educational activities.
* Exclusive invitations to author talks, book launch parties and book signings.
* BONUS: Does your family have a library card? If not, caregivers can get a DC Public Library card when their child signs up for Beyond the Book!

To register, visit your neighborhood library, or use the online registration form, and then stop by your neighborhood library to pick up your membership card.

Weekly Pricing

Preschool	Kindergarten
Half-Day Program 8:00 a. m. —12:00 p. m. (Monday—Friday)　$600	Half-Day Program 8:00 a. m. —12:00 p. m. (Monday—Friday)　$700
Full-Day Program 8:00 a. m. —2:00 p. m. (Monday—Friday)　$700	Full-Day Program 8:00 a. m. —2:00 p. m. (Monday—Friday)　$800

For parents needing to drop their child off earlier or pick them up later, we will provide a morning and afternoon playgroup. Prices are as follows:

Morning	Afternoon
1 day— $70	1 day— $90
2 days— $100	2 days— $120
3 days— $125	3 days— $145
4 days— $150	4 days— $170
5 days— $170	5 days— $190

1. What is Beyond the Book aimed at?

A. Inspiring young readers.　B. Creating a reading culture.
C. Encouraging family bonding.　D. Boosting confidence in caregivers.

2. What is a Beyond the Book member entitled to?

A. A good education.　B. Invitations to signing books.
C. Quality reading guidance.　D. Weekly free book delivery.

3. What's the weekly charge for a kindergarten full-day program with 3 late pick-ups?

A. $925.　B. $945.　C. $1,175.　D. $1,235.

All the late nights you've gone through will add luster to your bloom in June.
你熬过的所有深夜，都会为你六月的绽放增光添彩。

Passage 2

体裁：记叙文　主题：生活与学习　难易度：
词数：约 325　建议用时：7 分钟　答案：P219

[辽宁沈阳 2026 二模]For years, I viewed my grandfather's vineyard (葡萄园) as a chain tying me to a forgotten past. Every summer vacation felt like a sentence. The air smelled of damp earth and pesticide, a sharp contrast to the clean, digital scent of my city life. I counted down the days until my escape, the quiet countryside feeling not peaceful, but empty and slow.

The change began slightly, with the arrival of a young agronomist (农学家), Miss Li, from the county's new "Rural Revitalization" project. She brought not just new organic fertilizers, but a tablet full of colorful soil analysis charts. My grandfather listened with a mixture of doubts and curiosity. Out of boredom, I was wandering around when I found myself interested. I began translating the technical terms on the tablet into our local dialect for Grandpa, and explaining his decades of wisdom to Miss Li. A tiny spark of curiosity lit up where there was once only dullness.

One afternoon, a sudden storm threatened the ripening grapes. Panic surged through me—not for myself, but for the vines we had nurtured. Miss Li showed us satellite weather tracking on her phone, predicting the storm's path. For the first time, I didn't see technology as an enemy of this place, but as its friend. A fierce sense of protection, mixed with the new-found awe, warmed me from within. I was no longer just an observer; I felt involved.

The autumn harvest was a success of this unlikely partnership. Grandfather placed a heavy hand on my shoulder. "This harvest," he said, his voice thick with emotion, "has your mark on it." A sense of pride, deep and solid, settled in my chest. I finally understood that my growth wasn't about escaping this land, but about enriching it. The vineyard was no longer my chain; it had become my canvas. In the process of helping to revive its roots, I had discovered my own.

1. How did the author initially think of his summer at the vineyard?

A. As a valuable social practice.　B. As a lesson on agricultural skills.

C. As a boring and unpleasant duty.　D. As a relaxing escape from city noise.

2. What changed the author's view on the vineyard?

A. Miss Li's suggestion.

B. His grandfather's persuasion.

C. The new "Rural Revitalization" project.

D. His involvement and contribution to the vineyard.

3. What does the "canvas" in the last paragraph symbolize?

A. The freedom of modern urban life.

B. The transition between tradition and modernity.

C. A place to realize one's personal potential and value.

D. A project to safeguard one's original intention and dream.

4. What does the author's experience show?

A. Family traditions are permanent and unchangeable.

B. True personal growth means understanding one's roots.

C. Storms and difficulties are necessary for one's growth.

D. Personal interest leads to success in rural revitalization.

Passage 3

体裁：记叙文　主题：生活与学习　难易度：
词数：约 345　建议用时：7 分钟　答案：P219

新情境 教学认知突破 [湖北十一校 2026 联考] My undergraduate student needed advice after yet another failed experiment. Sitting across from me, she looked exhausted—frustrated even. I heard myself say, "This is part of research. You just have to push forward." But even as the words left my mouth, I felt uneasy. She nodded silently and shifted her posture. Afterward, she began showing up less frequently and eventually stopped coming altogether. I tried to explain it away: Undergraduates sometimes get busy with coursework, lose interest or change direction. But deep down, I wondered what I could have done differently.

I became a mentor (导师) during my second year of Ph. D. but didn't get much guidance on how to do it. I learned only by doing. There were moments I felt proud of. One student started out quiet and unsure, but over time grew into a most independent and confident young researcher. Before graduating, she told me, "You are the reason why I stuck with this." That moment stayed with me. But so did the other one—the silence, the absences, the slow fade-out. Had I failed her?

It wasn't until the final year of my Ph. D. that I came across a leaflet on a mentorship training workshop. Skeptical at first, I decided to try it. The program, called Entering Mentoring, brought together graduate students for weekly discussions. For the first time, I had the space to explore the invisible labor and emotional complexity of mentoring. One session asked us to reflect on our own practices. I began to realize what might have been missing in my relationship with the student who had drifted away. I had never invited her to share her goals or concerns. I could have been more attentive to her unspoken struggles.

After the workshop, I began changing how I interacted with students. I now start by asking how they're doing, not just experimental details. This shift has led to more honest conversations. I've learned that good mentors are built through reflection and training. I wish I'd attended that workshop earlier, but I'm grateful I did at all.

1. What primarily caused the student's withdrawal?

A. Unaddressed inner struggles.　B. The heavy academic workload.
C. Repetitive failures in research.　D. Demanding research challenges.

2. Why did the author mention the transformation of another student in paragraph 2?

A. To illustrate his lack of proper guidance.
B. To showcase his pride in her achievement.
C. To explain his own research breakthrough.
D. To highlight the contrast in mentoring outcomes.

3. What did the workshop mainly focus on?

A. Developing academic research skills.
B. Exploring the interpersonal aspects of mentoring.
C. Encouraging discussions among graduate students.
D. Demonstrating diverse personal mentoring approaches.

学霸有话说 P220

4. Which of the following can best describe the author?

A. Strict and intelligent.　B. Responsible and reflective.
C. Thoughtful but self-doubting.　D. Disciplined but inexperienced.

Passage 4

体裁：说明文　主题：生活与学习　难易度：中

词数：约 311　建议用时：7 分钟　答案：P220

源外刊 *Scientific American* [福建莆田 2026 二模] Procrastination（拖延症）is one of the world's worst time-wasters: You have so much that you need to do, but when it comes to actually sitting down and getting it done, it seems basically impossible. But what if I told you that the opposite of procrastination, a phenomenon called pre-crastination, could be just as bad? A new study conducted by researchers from the University of Pennsylvania recently tackled the topic of pre-crastination—and it turns out that it could be a huge problem for many of us.

Pre-crastination refers to the desire to do things immediately, but only to ease the anxiety about leaving a particular task undone. I know that in my own life. I like to get through the easy tasks on my to-do list first, since they can be checked off more quickly, making me feel a lot more accomplished in the process. I just thought I was prioritizing, but I now know that this is an example of pre-crastinating the easy tasks so that I could say I got them done, while putting off the more boring tasks I left at the bottom of my list.

The discovery of pre-crastination leads to all kinds of questions about behavior and productivity. Now it seems that we have to worry not only about putting things off unnecessarily, but also about doing things too quickly or completing easy tasks just so that we can get them done.

The researchers touched on this in their article published in *Scientific American*, in which they advised avoiding procrastination and pre-crastination by decomposing your large tasks into smaller ones. That way, you can get through seemingly difficult tasks, and avoid sliding through all of the simple ones first. I know that I'll definitely be more careful when it comes to how I organize my to-do list from now on.

1. What does the author imply about pre-crastination in paragraph 1?

A. It is a new way to save time.

B. It is often misunderstood by people.

C. It has been researched for a long time.

D. It poses a similar threat to productivity.

2. What is the underlying reason for pre-crastination?

A. To improve work efficiency.

B. To avoid future work pressure.

C. To ease worries about the undone.

D. To demonstrate personal capabilities.

3. What can we learn from the discovery of pre-crastination?

A. It complicates our understanding of efficiency.

B. Productivity is heavily influenced by behavior.

C. We should avoid putting things off unnecessarily.

D. Both extremes of task management are problematic.

4. What is the researchers' suggested solution to these issues?

A. Dividing big tasks into parts.

B. Categorizing tasks by urgency.

C. Keeping track of task progress.

D. Focusing on difficult tasks first.

刷语篇

▶题材预热，找准语感

Passage 5

体裁：应用文　主题：社会服务与人际沟通　难易度：易

词数：约281　建议用时：6分钟　答案：P220

[重庆外国语学校2026一模]

MAKE YOUR IDEAS HAPPEN!

Recreation Surrey offers a wide range of chances to engage, lead and entertain. Have ideas about programs or events? Want to get involved in your city? Join one of our youth councils or groups.

Surrey's Leadership Youth Council (SLYC)

Every 2nd Monday　City Hall　4:30 p. m.

We help create leadership opportunities for other youth in our city, and consult with various departments within the City of Surrey to be the representative "youth voice" when providing input for planning. Your first step to become an SLYC member is to sign up as a City of Surrey volunteer. Volunteer applications should be submitted two weeks in advance.

Youth Events Squad (YES)

Thursdays　City Hall　4:30 p. m.

This group helps City of Surrey staff plan and organize various celebrations throughout the year. YES gives young people the chance to take on leadership roles and make their ideas come to life. Sign up to become a YES member. For more information, browse the website for an application.

Surrey Youth Stewardship Squad (SYSS)

Usually Saturdays　Various Parks　approx. 1—5 hours

SYSS is a platform for youth to help restore and enhance our urban forest, advocate for our environment at community events and grow a community of young leaders who care for nature. Sign up to be a member of SYSS, or drop into one of our upcoming events.

Peer Mentorship

Fridays　City Park　5:30 p. m.

Preteens have an opportunity to empower themselves and others, in a safe and nurturing environment, which is open to everyone. Groups play interactive games and age-appropriate activities alongside peers, youth mentors and staff. We work together to create a project around an important community topic, while developing teamwork and communication skills.

1. What do we know about Surrey's Leadership Youth Council?

A. Volunteering services are provided once a month.

B. It is for teens who want to have a say in city planning.

C. One can participate in volunteering services upon arrival.

D. A teen good at organizing activities can become a member.

2. Which group is focused on environmental issues?

A. Peer Mentorship.　B. Youth Events Squad.

C. Surrey's Leadership Youth Council.　D. Surrey Youth Stewardship Squad.

3. What is the purpose of the passage?

A. To inform readers.　B. To compare groups.

C. To organize activities.　D. To entertain readers.

Passage 6

体裁：说明文　主题：社会服务与人际沟通　难易度：
词数：约 331　建议用时：7 分钟　答案：P220

[湖南长沙长郡中学 2026 期末]Are you an open book, your face broadcasting every passing emotion, or more of a poker face, not showing what you are feeling? Scientists at Nottingham Trent University (NTU) say that wearing your heart on your sleeve could actually give you a significant social advantage.

The study, led by Eithne Kavanagh, a research fellow at NTU's School of Social Sciences, involving over 1,300 participants, noticed striking variations in how much people moved their faces during conversations. Importantly, this expressiveness emerged as a stable individual quality. People displayed similar levels of facial expressiveness across different contexts, with different social partners, and even over time periods up to four months.

The researchers say that facial expressiveness is linked to personality, with more agreeable individuals displaying more lively faces. Facial expressiveness can also translate into concrete social benefits. In a negotiation task, more expressive individuals are more likely to secure a larger slice of a reward. The researchers suggest that agreeable, dynamic facial expressions may serve as a tool for building good relationships and smoothing over conflicts. Across the board, the results point to facial expressiveness serving an "affiliative (有亲和力的) function", or a social glue that develops liking and smoother interactions.

Expressiveness is also linked to being seen as more "readable", suggesting that a lively face makes one's intentions and mental states easier for others to decipher. Beyond the frequency of facial movements, people who employ facial expressions more strategically to suit social goals, such as looking friendly in a greeting, are also more well-liked.

The findings challenge the "poker face" common belief that a still and unemotional appearance is always most advantageous. Instead, they suggest that for most people, allowing one's face to mirror inner states and intentions can invite warmer reactions. As the researchers conclude, "Being facially expressive is socially advantageous." So, next time you catch yourself making lines on your forehead, or flashing a smile, know that your face just might be working on your behalf.

1. What can we learn about the study from the first two paragraphs?

A. Poker faces bring social edge.　B. Over 1,300 participants hid emotions.

C. Expressiveness is a consistent trait.　D. Contexts change facial movements.

2. What may facial expressiveness serve as in negotiation settings?

A. A method to hide personality.　B. A way to frighten competitors.

C. A strategy to settle disagreement.　D. A tool to show personal qualities.

3. What does the underlined word "decipher" in paragraph 4 probably mean?

A. Imitate.　B. Overlook.

C. Convey.　D. Interpret.

4. What may the author advise based on the findings of the study?

A. Always wearing a still face.　B. Learning to be an open book.

C. Speaking out inner emotions.　D. Forcing a smile through tears.

Passage 7

体裁：说明文　主题：社会服务与人际沟通　难易度：
词数：约 343　建议用时：7 分钟　答案：P221

[广东广州天河区 2026 二模] You might be leaving some happiness on the table by doing your everyday activities all by yourself. Happiness, it seems, is not just a state of mind—it's a shared enterprise. A new study has found that almost any activity, from the ordinary to the profound, becomes more enjoyable when done with others. Whether pumping gas, or cooking dinner, the company of another person appears to make life's routines a little brighter.

The study, published in *Social Psychological and Personality Science*, drew on data from more than 40,000 Americans who collectively reported over 100,000 daily activities. "Participants consistently rate every common daily activity as more enjoyable when they're interacting with somebody else," said Elizabeth Dunn, the study's senior author. Even seasoned experts on social behavior were taken aback by the consistency of the findings. "I was surprised by the extent and extremity of the effects," admitted Nicholas Epley, a behavioral scientist who was not involved in the research.

Unsurprisingly, the biggest boost was linked to activities already social by nature—eating, walking, running, and playing games. Yet even solitary (独自的) pursuits such as reading or crafting also saw a happiness bump when shared. While in-person interactions provided the strongest benefits, even phone calls produced measurable mood improvements. Dunn notes that if it can't be in-person, having some element of voice seems to be important.

The study did not include personality data, leaving unanswered how individual characteristics might influence outcomes. Previous studies, however, suggest that the social connection reliably enhances well-being across personality types. Researchers identify "undersociality"—the tendency to underestimate how warmly others will respond to social initiatives—as a primary barrier to seeking the connection.

The practical implications are clear; we should intentionally create more opportunities for social engagement. Simple strategies such as working alongside friends at coffee shops or conversing by phone while completing chores can transform ordinary activities into sources of joy. Ultimately, the research convincingly demonstrates that happiness arises not merely from what we do, but fundamentally from who we do it with.

1. How was the research mainly conducted?

A. By analyzing massive activity reports.　B. By conducting laboratory experiments.

C. By comparing different personality types.　D. By interviewing experts in social behavior.

2. What does the study find about social interactions?

A. They require face-to-face communication.　B. Their effects vary greatly among individuals.

C. They enhance the enjoyment of various activities.　D. They bring greater joy on independent activities.

3. Why does the author mention previous studies in paragraph 4?

A. To stress the limitation of the new study.　B. To introduce a different research method.

C. To provide supporting evidence for a claim.　D. To question the findings of the new study.

4. What can be a suitable title for the text?

A. Alone or Together: A Social Dilemma　B. Social Activities: The Relationship Builder

C. Personality Differences: A Factor in Social Joy　D. Shared Moments: The Social Key to Happiness

高考
必刷题

理想树

答案及详细解析

扫码对答案

- 1797 道题逐一详析，让你发现每个解题步骤都有迹可循；
- 390 个批注式解析，帮你厘清考点，一眼抓住解题重点；
- 101 个实用栏目，学霸说、易错警示、二次精读、长难句分析等，助你避开答题陷阱、全面拓宽解题思路。

英语

附

翻开即得 快速对答案

第 1 部分　话题篇

生活与学习

刷语篇

· Passage 1 ·

【语篇导读】本文是一篇应用文，主要介绍了助力儿童阅读的 Beyond the Book 项目，说明其会员权益、报名方式，还公布了学前和幼儿园儿童的周收费及托管游戏班的收费标准。

1. A　考查点·直接理解

根据第一段中的"We are uniquely positioned to stimulate curiosity in young readers and empower families with the tools they need to support their child's growth as a confident reader."可知，Beyond the Book 项目旨在激励小读者。

2. C　考查点·语义转换

根据 Your Beyond the Book membership includes 部分中的"A monthly newsletter with expert tips and tricks for developing readers."可知，会员可以获得含专业阅读指导技巧的每月通讯，即能得到优质的阅读指导。

3. B　考查点·数字计算

根据表格 Kindergarten 部分中的 Full-Day Program 对应的 $800 以及 Afternoon 部分中的"3 days— $145"可知，幼儿园全日制项目每周费用为 800 美元，加上 3 天晚接托管费用 145 美元，总计 945 美元。

刷有所得 · 方法 ▶"多重条件"计算题的解题技巧

针对本题这类涉及"基础费+浮动费"的计算题，可以采用三步解题法：

1. 确定"基准线"：首先锁定受众群体（如：Preschool 还是 Kindergarten）和基本服务（如：Half-Day 还是 Full-Day）。

2. 抓取"变量"：寻找关键词汇（如：drop their child off earlier/pick them up later），并在对应的价格表中找到匹配的天数。注意早晨（Morning）和下午（Afternoon）的价格不同，不可混淆。

3. 精准求和：应用文的计算题通常不难，但考生极易掉入"看错行"或"少算一项"的陷阱。建议在草稿纸上列出算式。

· Passage 2 ·

【语篇导读】本文是一篇记叙文。文章讲述了作者最初反感在祖父的葡萄园过暑假，后来在乡村振兴项目中参与葡萄园管理、应对风暴、助力丰收，最终理解故土价值、实现自我成长的故事。

1. C　考查点·推断观点态度

根据第一段中的 I viewed my grandfather's vineyard as a chain、felt like a sentence、counted down the days until my escape、"not peaceful, but empty and slow"可知，作者最初将葡萄园视为束缚自己的枷锁，认为在那里过暑假像一种刑罚，内心期盼早日逃离，只觉得乡村空旷又冷清，即作者认为他在葡萄园的暑假是无聊且不愉快的任务。

2. D　考查点·逻辑推理

根据第二段中的"I began translating the technical terms… to Miss Li."、第三段中的"A fierce sense of protection… I was no longer just an observer; I felt involved."以及最后一段中的"A sense of pride… about enriching it."可推知，作者的看法转变，来自亲身参与和对葡萄园的付出与贡献。

3. C　考查点·猜测词义

根据最后一段中的"I finally understood that my growth wasn't about escaping this land, but about enriching it. The vineyard was no longer my chain; it had become my canvas. In the process of helping to revive its roots, I had discovered my own."可知，作者通过参与葡萄园的各项工作，发现了自己的潜力与价值，葡萄园从束缚他的锁链变成了可以发挥潜力、实现价值的地方。因此"canvas"象征实现个人潜力与价值的平台。

4. B　考查点·文章大意

文章讲述了作者从最初厌恶祖父的葡萄园，到后来参与乡村振兴项目，最终理解并珍视这片土地的心路历程。文章结尾处作者点明主旨：真正的个人成长不在于逃离故土，而在于理解并认同自身的根源。

刷速度

· Passage 3 ·

【语篇导读】本文是一篇记叙文，讲述了作者读博期间担任导师的经历。起初作者因忽视学生内心困扰导致与其疏远；后经导师培训，意识到情感支持的重要性，从而转变指导方式，注重倾听与沟通。通过对比两次经历，作者突出了反思与学习对成为好导师的关键作用。

1. A　考查点·逻辑推理

第一段末尾作者的反思"I tried to explain it away: Undergraduates sometimes get busy with coursework, lose interest or change direction. But deep down, I wondered what I could have done differently." → 作者为学生的退缩行为找的表面理由。

第三段最后一句"I could have been more attentive to her unspoken struggles." → 学生退缩的根本原因。

→ 由此可推知，学生退缩的表面原因可能是课业繁忙或兴趣转移，但作者意识到其根本原因在于自己未能察觉并回应学生内心的挣扎。

易错警示　学生易把表面原因错选为答案。从全文的脉络来看，作者在第一段提及这名学生退缩是为了导入"作者因忽略学生感受而导致学生再也不来与其见面"这个话题，从而引出后文作者的自我反思及培训后的改变和提升——注重倾听与沟通。因此，从作者的写作目的来看，也能看出这里学生不再来找作者的原因是作者没有帮助她解决她内心的挣扎。

高考必刷题

理想树

狂K重难点

视频讲解

- 精讲6个高考核心重难题型，构建解题模型，打通同类答题套路；
- 配300+分钟视频精讲，名师逐题拆解，手把手梳理解题逻辑；
- 更有必刷打卡标识，学练即时衔接，针对性突破重难点。



英语

目录 contents

页码

模块 1　词汇归纳坊

一　高考高频词汇总 …… 347

二　熟词生义 …… 354

模块 2　完阅技巧集

一　阅读理解 …… 360

一　“题干定位”直击细节理解题 …… 360

二　“顺藤摸瓜”巧解推理判断题 …… 362

三　“瞻前顾后”击破词义猜测题 …… 364

四　“首尾串线”巧解主旨大意题 …… 365

二　7 选 5 …… 367

一　巧看题目设空位置 …… 367

二　善用文内提示信息 …… 371

三　完形填空 …… 372

一　利用词汇复现，做好语义衔接 …… 372

二　探究逻辑关系，定位相关选项 …… 373

三　明确文章语境，辨别词汇差异 …… 374

四　判断情感态度，把握用词色彩 …… 374

五　通晓上下文意，注意词汇搭配 …… 374

六　联系生活常识，积累文化背景 …… 374

四　“抽丝剥茧”长难句 …… 375

模块 3　语填重难点

有提示词类 …… 379

一　名词和代词 …… 379

二　形容词和副词 …… 381

三　动词的时态、语态和主谓一致 …… 383

四　非谓语动词 …… 386

五　动词变名词 …… 389

无提示词类 …… 390

一　冠词 …… 390

二　代词 …… 390

三　介词和介词短语 …… 391

四　并列连词 …… 393

五　从句引导词 …… 393

模块 4　写作提分宝

一　高分替换词汇 …… 398

＊精选 43 组写作高分词汇

二　高分必备策略 …… 401

题型一　应用文写作 …… 401

第一类　书信和电子邮件类 …… 401

第二类　通讯报道类 …… 404

第三类　演讲稿类 …… 404

第四类　短文投稿类 …… 405

第五类　宣传稿类 …… 405

第六类　通知类 …… 406

第七类　倡议类 …… 406

第八类　记叙文类 …… 407

题型二　读后续写 …… 407

常用词汇宝典 …… 408

情绪描写类常用句式 …… 409

动作描写类常用句式 …… 410

心理描写类常用句式 …… 410



一　高考高频词汇总

❶	accept *v.* 收受;接受 accepted *adj.* 公认的 acceptance *n.* 接受;接纳 acceptable *adj.* 令人满意的;可接受的 unacceptable *adj.* 不能接受的	[全国Ⅰ2026] Grateful and relieved, Emily **accepted** the offer. [全国新课标Ⅱ2024] The loss of what travel offers would be **unacceptable** in today's world.
❷	act *v.* 行动;充当;起作用;扮演 *n.* 行为;法令 action *n.* 行动;行为;作用 activity *n.* 活动 active *adj.* 积极的;活跃的 actively *adv.* 积极地	[全国Ⅰ2026] A team of Cambridge psychologists conducted an experiment to compare the cognitive (认知的) effects of merely seeing art with **actively** judging how beautiful it is. [全国Ⅱ2026] They consist of an electric motor which collects energy used in the braking **action**… [全国二2025] After that incident, I stopped **acting** as a "Chinese teacher."
❸	add *v.* 增加;添加 addition *n.* 增加;加法 additional *adj.* 附加的;额外的 additionally *adv.* 此外	[全国一2025] **Additionally**, the research didn't include all types of plastics. [全国二2025] "**Adding** more nature to our environment can change our mood and how we think."
❹	apply *v.* 申请;运用;适用于;努力 application *n.* 申请;运用 applicant *n.* 申请人	[全国Ⅱ2026] On the basis of that conversation, I **applied** to go back to university and study creative writing. [北京2025] Not standing a chance against competitive **applicants**, I came out of the interview with an upset look.
❺	art *n.* 艺术;技巧;技艺 artist *n.* 艺术家 artistic *adj.* 艺术的;有艺术天赋的	[全国Ⅰ2026]… participants were asked about interests, with around half saying they had an **artistic** hobby. [全国一2025] An exhibition at the Jiushi **Art** Museum in Shanghai is featuring artwork inspired by Go, or *weiqi* in Chinese, which originated in China more than 4,000 years ago.
❻	attract *v.* 吸引 attraction *n.* 吸引力;有吸引力的人/事物 attractive *adj.* 有魅力的;有吸引力的	[全国二2025] Flowers are everywhere—hanging baskets, window boxes, and planters—just what you imagine in an **attractive** English market town.
❼	base *n.* 基础 *v.* 使以……为基础(+on/upon) basis *n.* 基础 basic *adj.* 基础的;基本的;根本的 basically *adv.* 基本上	[全国一2025] The movements of the black and white pieces reflect the **basic** ideas of Eastern philosophy… [浙江2025年1月] Eschewing fertilizers (化肥) and power tools, it's **based on** an elegantly simple principle: to garden more like nature does. [全国甲2024] What is moderation (适度)? **Basically**, it means eating only as much food as your body needs.

⑧	belief *n.* 相信,信任;信念;看法;信仰 believe *v.* 相信;认为 believable *adj.* 可信的 unbelievable *adj.* 难以置信的	[全国Ⅱ2026] Reisley **believes** that his devotion to the home and the community are what have kept him in such good health all of these years. [北京 2025] For many years, psychologists saw identity as a combination of someone's values, **beliefs**, goals and social roles.
⑨	collect *v.* 聚集;收集;积聚 collection *n.* 收集物;收藏品;一批物品;一群人 collective *adj.* 集体的;共同的 collector *n.* 收藏家;收集者	[全国Ⅰ2026] By using machine learning and advanced algorithms (算法), these institutions are creating personalized visitor journeys, protecting delicate **collections**, and revealing hidden stories. [全国新课标Ⅰ2024] In the race to document the species on Earth before they go extinct, researchers and citizen scientists have **collected** billions of records.
⑩	compete *v.* 参加比赛;竞争 competition *n.* 比赛;竞争 competitive *adj.* 有竞争力的;竞争性强的 competitor *n.* 竞争者;参赛者 competent *adj.* 称职的;有能力的	[北京 2025] As Alice Black points out, today's parents' fear of letting kids do more housework has added to their inability to feel **competent** and, thus, confident in themselves. [全国新课标Ⅱ2024] You'll **compete** with fewer tourists, save money, experience a different side of a popular place, and boost the economy when tourism is traditionally slower.
⑪	connect *v.* 连接;联系;沟通 connection *n.* 连接;联系;关联 connected *adj.* 连接的;相连的;相关的	[全国二 2025] Everyone brings something unique to the table and can **connect** with each other in a new way. [浙江 2025 年 1 月] Yet as Martin has found in her work, gender is one of the fundamental ways people form **connections** with objects, particularly those designed with human characteristics.
⑫	consider *v.* 考虑;认为 consideration *n.* 考虑;体谅;须考虑的因素 considerable *adj.* 相当大的 considerate *adj.* 替他人着想的;体贴的 considering *prep.* 考虑到;鉴于	[全国二 2025] Instead, all the ingredients (配料) used were examples of meat cuts and produce that most restaurants would never **consider** serving. [浙江 2025 年 1 月] While matrix gardens appear wild, they are carefully planned, with cultural needs the first **consideration**.
⑬	create *v.* 创造;创作;创建 creation *n.* 创造;创造物 creativity *n.* 创造力 creative *adj.* 创造(性)的;有创造力的 creatively *adv.* 创造性地;有创造力地 creature *n.* 生物	[全国一 2025] More than once, I found myself wondering just how my students, who'd **created** these people, knew their subjects so well. [全国甲 2024] We look forward to welcoming you as we showcase the **creativity** of the Harvard arts community through performances, art exhibitions and art-making activities.
⑭	critic *n.* 批评者;评论家 critical *adj.* 批判的;关键的;极重要的 criticism *n.* 批评;批判 criticize *v.* 批评;指责	[全国Ⅰ2026] Much of this lifestyle centers around being outside and knowing the ins and outs of the town; being present and mindful of your surroundings is a **critical** part of the culture. [浙江 2024 年 1 月] Many supermarkets are no longer doing "buy one get one free" promotions because of the **criticism** that they lead to waste.

15	define *v.* 给……下定义；确定；界定 definition *n.* 释义；定义 definite *adj.* 明确的；确切的；肯定的 definitely *adv.* 一定；肯定；明确地；确切地	[全国Ⅰ2026]"I **definitely** do not know all these words," I said. [全国新课标Ⅰ2024]It should give you a precise **definition** of each word, thus differentiating it from other words whose meanings are similar, but not identical.
16	determine *v.* 查明；确定；决定 determined *adj.* 有决心的；坚定的 determination *n.* 决定；决心	[全国二2025]A study by the Food Waste Alliance **determined** that the average restaurant generates 33 pounds of food waste for every $1,000 in revenue (收入), and of that waste only 15.7% is donated or recycled.
17	direct *v.* 指路；指示；指导 *adj.* 直接的 direction *n.* 方向；方位；指导；目标 directly *adv.* 直接地；立即 director *n.* 导演；负责人；主任 directory *n.* 名录；电话号码簿	[全国二2025]"I actually think the medicine is only a small piece for some problems," says Julie Good, **director** of pain management services at LPCH. [北京2025]People with more consistent stories tend to have a stronger sense of identity, and they feel their life has more meaning, **direction** and sense of purpose.
18	educate *v.* 教育；教导；训练 education *n.* 教育；教育学 educational *adj.* (有关)教育的；有教育意义的 educated *adj.* 受过教育的 educator *n.* 教育工作者	[全国二2025]From technological solutions to **educational** campaigns, food producers and sellers are looking for ways to use more of what we're already growing.
19	effect *n.* 影响；结果；效果 effective *adj.* 有效的；生效的 effectiveness *n.* 有效 effectively *adv.* 有效地	[全国二2025]Volunteering during teenage years has been linked to some major positive **effects** such as improved grades and increased self-confidence. [浙江2025年1月]Here are some tips worth following in order to communicate more **effectively**.
20	equal *adj.* 相等的；相同的；平等的 equality *n.* 相等；平等 equally *adv.* 相等地；同样地 equalize *v.* 使相等；使平等	[全国新课标Ⅰ2024]But **equally** important is the mental aspect. [浙江2024年1月]But are all online courses created **equal**?
21	exist *v.* 存在；生存 existing *adj.* 现存的；现行的 existence *n.* 存在；生活	[全国二2025]... chickens are always free-range, and central heating doesn't **exist**.
22	fortune *n.* 机遇；运气；巨款 fortunate *adj.* 幸运的；吉利的 unfortunate *adj.* 不幸的 fortunately *adv.* 幸运地；幸亏 unfortunately *adv.* 不幸地	[全国Ⅱ2026]I keep my eyes on a woman to my right and try to copy her movements, but **unfortunately** I soon lose focus. [全国一2025]**Fortunately**, analyses suggest that renewables are up to the task.

23	frequent *adj.* 频繁的；经常发生的 infrequent *adj.* 不经常发生的 frequency *n.* 发生的频率；频繁 frequently *adv.* 频繁地；经常地	[全国二 2025] "What is your name?" is a question most **frequently** asked when people meet for the first time.
24	harm *n.* 伤害；损害 *v.* 伤害 harmful *adj.* 有害的 harmless *n.* 无害的	[全国一 2025] Scientists are still trying to determine how **harmful** microplastics are—but what they do know has raised concerns.
25	hope *n.* 希望；愿望 *v.* 希望 hopeful *adj.* 怀有希望的 hopeless *adj.* 绝望的；无望的 hopefully *adv.* 充满希望地	[全国一 2025] We **hope** to present the rather abstract Go game and AI in a visual context, and initiate dialogues with minimalist art, conceptual art and expressionism. [全国二 2025] When Sonja Detrinidad opened her online shop selling houseplants, she didn't have high **hopes** for it.
26	ignore *v.* 忽视；不理会 ignorance *n.* 无知；愚昧 ignorant *adj.* 无知的；愚昧的；不了解的	[全国Ⅱ2026] That the concept has a history is easily **ignored**. [天津 2022 年 6 月] False knowledge is more dangerous than **ignorance**. We allow them to be left around because we've been **ignorant** of their value.
27	impress *v.* 给……留下深刻印象；使意识到 impression *n.* 印象；感想 impressive *adj.* 给人深刻印象的；令人钦佩的 impressed *adj.* (对……)印象深刻，钦佩	[全国二 2025] The Hereford Cathedral is the most **impressive** building in town. [全国甲 2024] "I was very **impressed** by the doctors and their assistants working and living in such little space but still staying focused and very concerned," says Ducke.
28	inform *v.* 通知；对……有影响 information *n.* 信息；消息 informed *adj.* 有学问的；见多识广的 informative *adj.* 增进知识的	[浙江 2025 年 1 月] If you've ever worked as an instructor, manager, trainer or coach, you'll know that there are few better ways to learn new **information** than to teach it. [全国新课标Ⅰ2024] Biodiversity apps can use our study results to **inform** users of oversampled areas and lead them to places—and even species—that are not well-sampled.
29	just *adj.* 公正的；正义的 *adv.* 正好；仅仅；刚才 justice *n.* 公平；正义 justify *v.* 证明……正当；对……作出解释 justification *n.* 正当理由	[全国一 2025] The fuels for transport need to be not **just** green, cheap and powerful, but also lightweight and safe enough to be carried around. [北京 2022·改编] Systems thinking may be used to **justify** power imbalance.
30	limit *n.* 界限；边界；限制 *v.* 限制；限定 limited *adj.* 有限的 limitation *n.* 限制；局限性 limitless *adj.* 无限(制)的	[全国一 2025] The new study suggests boiling tap water could be a tool to **limit** intake. [北京 2024] This time around, I can accept my **limitations** but keep going.
31	locate *v.* 找出……的准确位置；把……安置在 located *adj.* 位于 location *n.* 位置；地点；定位	[全国Ⅰ2026] As a solution, people gathered at specific **locations** on set days to trade their surplus (剩余的) items for what they needed.