

秘密★启用前

2026 年 高 考 适 应 性 考 试

英 语

注意事项：

1. 答卷前，考生务必将自己的姓名、准考证号、座位号和班级填写在答题卡上。
2. 回答选择题时，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。回答非选择题时，将答案写在答题卡上。写在本试卷上无效。
3. 考试结束后，将本试卷、答案卡和草稿纸一并交回。

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 段录音。每段录音后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. How will the man pay?
A. By credit card. B. In cash. C. Through E-pay.
2. What does the woman think of the app?
A. It is pretty. B. It is convenient. C. It is popular.
3. What is the man?
A. A policeman. B. A taxi driver. C. A receptionist.
4. What is the probable relationship between the speakers?
A. Teacher and student. B. Doctor and patient. C. Reporter and interviewee.
5. Where does the conversation probably take place?
A. In a drugstore. B. In a shopping mall. C. At a delivery station.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段录音。每段录音后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，每小题将给出 5 秒钟的作答时间。每段录音播放两遍。

听下面的录音，回答第 6、7 题。

6. Why did the woman miss the game?
A. She was ill at home.
B. She studied for a test.
C. She went to another match.
7. What do we know about the game?
A. It was rather regrettable. B. It was easily won. C. It was a close match.

听下面的录音，回答第 8 至 10 题。

8. How does the woman feel when she sees the man?

- A. Surprised. B. Angry. C. Bored.

9. What bothers the man?

- A. He kills his vegetables.
B. He messes up the garden.
C. He grows vegetables badly.

10. What will the woman do after work?

- A. Check on the man's garden.
B. Help clean the man's clothes.
C. Share pictures on WeChat Moments.

听下面的录音，回答第 11 至 13 题。

11. Why does the woman do paper-cutting?

- A. To show friendship. B. To make money. C. To kill time.

12. What are the speakers mainly talking about?

- A. A close friend.
B. A handmade gift.
C. A special birthday.

13. How often does the woman do paper-cutting?

- A. Twice a week. B. Three times a week. C. Four times a week.

听下面的录音，回答第 14 至 16 题。

14. What can the home robot do?

- A. Clean small objects. B. Read the news report. C. Improve its AI system.

15. Why does the robot run into the table?

- A. It moves very slowly. B. It speeds up suddenly. C. It has poor recognition.

16. What do the speakers think of the home robot in the future?

- A. It's promising. B. It's limited. C. It's affordable.

听下面的录音，回答第 17 至 20 题。

17. Which of the following places will the light campers prefer?

- A. Forest reserves. B. Industrial parks. C. Suburban lakeside.

18. What do campers usually take for light camping?

- A. Complex equipment. B. Basic necessities. C. Overnight baggage.

19. What does light camping enable people to do?

- A. Carefree phone play.
B. Physical work outdoors.
C. Face-to-face interaction.

20. What benefit can people get from light camping?

- A. A relief from pressure.
B. A leisure without cost.
C. An escape from the crowd.

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）

阅读下列短文，从每题所给的四个选项(A、B、C、D)中，选出最佳选项。并在答题卡上将该选项涂黑。

A

Looking for interesting and family-friendly activities in San Jose libraries? Here are several wonderful programs covering story time, reading practice and book club for different age groups.

Stories & Songs in Persian

Friday, April 10, 2026, 4:00 PM-5:00 PM Kids of all ages / Parents	West Valley Language: Persian
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Join us at the West Valley Branch Library for a new family-friendly and fun-filled Persian Storytime. Children and families will enjoy stories and music that encourage play and exploration. It is primarily for children ages 1-5 and their parents, but youth of all ages are welcome! Free, with limited capacity. Reservation in advance is necessary.

Reading Buddies

Saturday, April 11, 2026, 11:30 AM-12:30 PM Kids, ages 0-5 / Young Children, ages 5-10	Alviso Language: English
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Reading Buddies creates a positive reading experience for beginners and helps children build confidence as readers. Our reading coach will listen to children's reading and provide support in phonics, sight words, and comprehension. Students can bring their favorite book or choose from the available selection at the Alviso Branch Library to read aloud to their reading coach. Free. Registration not required.

Santa Clara County Book Club Meetup

Saturday, April 18, 2026, 10:15 AM-12:00 PM Adults, ages 18+ / Seniors, ages 65+	Tully Language: English
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We meet to discuss a selected book, alternating between fiction and non-fiction. We typically gather on the third Saturday of each month at 10:15 am. Our members are educated, open-minded, and respect diverse viewpoints. Come with questions and thoughts to share! Book for this month: *TBD*.

Reading to Furry Friends

Saturday, May 9, 2026, 10:30 AM-11:30 AM Kids, ages 5-10	Santa Teresa Language: English
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Tell a story to a Furry Friend! Children are invited to practice reading to gentle, trained assistance dogs who love books! Practice reading skills while relaxing next to a cute Furry Friend. Free. No registration required.

21. What do the first two programs have in common?

- A. Both are free of charge.
- B. Both require registration.
- C. Both take place on weekends.
- D. Both are designed for little kids.

22. Where can readers join in a monthly reading activity?

- A. West Valley.
- B. Alviso.
- C. Tully.
- D. Santa Teresa.

23. What is the purpose of writing this passage?

- A. To publicize some library activities.
- B. To explain the importance of reading.
- C. To teach children how to read with help.
- D. To attract more people to work in libraries.

B

Kristina Ulmer, a high school English teacher in Pennsylvania, lost her only sister, Katie, in a car crash in 2014, just a month before Katie's 30th birthday. When collecting Katie's belongings, Ulmer found about \$100 in waitressing tips in her wallet. Knowing Katie was always kind and cared for those in need — she'd volunteered at food banks, raised money for charity and trained to be an EMT (Emergency Medical Technician) — Ulmer wanted to use the money for something meaningful, but she couldn't find the right way for years.

In 2018, while teaching her 9th-grade students, Ulmer had an idea. She added her own money to the \$100, turning it into \$20 bills for each student, and launched a kindness challenge: use the money to do one act of kindness. She told the students the project was in honor of her sister, hoping they'd understand the importance of human connection.

What started as a one-time activity soon grew. Strangers donated money after hearing about it, letting Ulmer run the challenge twice a year. Even during the COVID-19 pandemic, she mailed or dropped off \$20 to students so they could keep helping others from a distance. Students have done all kinds of good deeds: donating to women's shelters, helping the homeless, decorating a neighbor's porch (走廊) and making useful items for the elderly and sick. Some even pooled their money for bigger projects.

To date, 425 of Ulmer's students have joined the challenge. Ulmer has also set up the \$20 Kindness Challenge Foundation to support other teachers who want to start the project. She believes her sister is behind the project's success and that Katie would be incredibly proud of how her small act of kindness has inspired so many others.

24. What do we know about Katie?
- A. She used to be an English teacher.
 - B. She passed away just after turning 30.
 - C. She left her sister a big sum of money.
 - D. She was passionate about helping others.
25. Why are Ulmer's actions during the pandemic mentioned?
- A. To explain why the challenge started.
 - B. To stress the consistency of her project.
 - C. To contrast with other teachers' actions.
 - D. To show financial generosity to students.
26. What do students' deeds suggest about the project?
- A. It encourages creative empathy.
 - B. It remains a one-time activity.
 - C. It replaces formal volunteering.
 - D. It rewards competitive giving.
27. What does the \$20 symbolize in the story?
- A. A standard donation amount.
 - B. The amount Katie saved for charity.
 - C. The payment for students' participation.
 - D. A link between past and present kindness.

C

Of the eight planets and 293 moons in our solar system, only Earth has liquid water, with about 71% of its surface covered in water bodies that have supported life for over three billion years. However, parts of Earth are drying, mainly due to human activities. A UNCCD report shows human-driven climate change has caused permanent dryness on 77.6% of Earth's land from 1990 to 2020, with drylands expanding by 4.3 million km² (nearly a third larger than India).

Unlike temporary droughts, this **aridity** lasts for a long time and can't be restored. As is known, this kind of drying spreads across a really wide area. Europe, Brazil, western U.S., Mediterranean, central Africa and eastern Asia are badly hit. While 22.4% of the planet (e.g., central U.S.) is wetter, drying is dominant. By 2100, 20% of land may see ecosystem changes (e.g., forests turning to grasslands).

The permanent drying harms Earth greatly, causing GDP loss, forced migration, more deaths due to dust storms, worse wildfires and land degradation. Environmentalist Nichole Barger warned that without joint efforts, billions of people will face hunger and displacement.

Permanent drying has no easy fixes. The UNCCD recommends wastewater recycling and economical drip irrigation to conserve water. There exist some other successful cases. Africa's Great Green Wall initiative aims to replant 250 million acres of greenery by 2030. China's Sand Control Program, which is similarly regreening vast desert lands, helps prevent sandstorms. In Saudi Arabia, seawater desalination (海水淡化) is an additional way to make up for increased drying.

None of these measures is a perfect solution; all of them and more will be necessary to fix the environmental problems humanity has spent the whole of the industrial age creating. "As large areas of the world's land become drier, the consequences of doing nothing grow increasingly serious," said UNCCD chief scientist Barron Orr in a statement. "Adaptation is no longer optional — it is a must."

28. What does the UNCCD report show?

- A. Climate change causes dryness increase.
- B. Severe drought will occur more frequently.
- C. The expansion of dry lands can be prevented.
- D. Dry lands have expanded by as large as India.

29. What does "aridity" in Paragraph 2 probably mean?

- A. Temporary drought.
- B. Permanent dryness.
- C. Rising temperature.
- D. Wet condition.

30. What is Paragraph 4 mainly about?

- A. Cases of water shortage.
- B. Places with severe droughts.
- C. Solutions to address drying.
- D. Efficiency of managing drying.

31. Which statement would Barron Orr agree with?

- A. Lack of joint efforts led to the current situation.
- B. Humans have no choice but to take action now.
- C. The recommendations from UNCCD are useless.
- D. The measures taken so far live up to expectations.

D

In a world first, China has approved a brain implant for commercial use in people with spinal cord (脊髓) injuries. The device is a brain-computer interface (脑机接口) made by Shanghai's Neuracle Medical Technology, a competitor of Elon Musk's Neuralink. Brain implants have been used in clinical tests for decades, but this is the first time such a device has been approved for wide use on patients.

BCIs, sometimes known as brain-machine interfaces, record brain activity. Invasive ones like Neuracle's are surgically placed in or on the brain to record electrical signals from nerve cells. Software explains these signals to control a computer mouse or an artificial arm. One of the first important BCIs was created in the early 2000s by a research group called BrainGate.

Neuracle's BCI is a coin-sized wireless implant on the brain's outer membrane (膜), controlling a robotic glove. It is designed for people with spinal cord injuries who still have some upper arm ability. BCIs are developed for people with paralysis (瘫痪) or other physical disabilities to control a computer mouse and type on a virtual keyboard.

Musk has talked about making BCIs available to healthy people, but that is far away. In the US, Neuralink is closest to commercializing this technology, but safety problems remain. In 2022, the Food and Drug Administration (FDA) initially refused its clinical trial request. A trial was approved the next year when 30-year-old Noland Arbaugh, paralyzed below the neck, became the first Neuralink user. By January 2026, Elon Musk's Neuralink had 21 trial participants. Many other American start-up companies, such as Synchron, are developing their own BCIs and are also running ongoing trials.

While there is convincing evidence from these clinical tests, the devices are still considered experimental. Installing brain implants requires brain surgery, which is highly invasive and carries a risk of infection. No BCI devices have been approved for commercial use in the U.S. so far.

32. What's special about Neuracle's BCI?

- A. It's the earliest BCI product.
- B. It controls an artificial arm.
- C. It first applies to healthy people.
- D. It's approved for commercial use.

33. How does the implanted BCI work?

- A. By reforming the nerve cells.
- B. By controlling a robotic glove.
- C. By recording the brain signals.
- D. By recovering upper arm ability.

34. Why does the author mention Synchron in paragraph 4?

- A. To advertise for the new company.
- B. To show the development of BCI is trendy.
- C. To explain the US companies take the lead.
- D. To prove Neuralink has a powerful competitor.

35. What does the author think of BCIs?

- A. Useful but not acceptable.
- B. Invasive but highly reliable.
- C. Dangerous but worth trying.
- D. Technically progressive but risky.

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。

Stargazing offers a breathtaking connection to the universe, yet many people miss out on this experience due to a few easily overlooked factors. Anyone can enjoy an unforgettable journey through the universe. _____ 36 _____

Avoid light pollution.

Light pollution results from the overused or poorly directed artificial light produced by cities, streetlights, buildings, and vehicles. It creates a glowing mist that hides faint stars and other objects in the sky. No stargazer wants such an obstacle to spoil the view. _____ 37 _____ If you're observing from home, consider using professional instruments that direct light downward.

Consider the moon.

The moon, our closest neighbor in space, goes through a monthly cycle of phases that greatly affect stargazing conditions. The best time to observe the stars is during the new moon, when the moon is positioned between the Earth and the sun and remains invisible, leaving the sky at its darkest. _____ 38 _____

Height matters.

To get a clear view of the sky, it's important to choose a location free from surrounding buildings. _____ 39 _____ If traveling to the countryside isn't an option, try to get to a higher spot. The rooftop of a tall building, for instance, can help you rise above nearby structures and improve your view. Look for accessible buildings in your area that might offer this advantage.

_____ 40 _____

Timing plays a key role in what you'll see in the night sky. Winter generally offers the clearest skies because cold air holds less moisture — just remember to dress warmly. Summer skies bring a different set of star groups and often present a stunning view of the Milky Way. Beginners may find dusk, just after sunset, a good time to start, while serious stargazers with better equipment often prefer the late-night hours.

- A. Pick the right time.
- B. Take account of the season.
- C. Rural areas are ideal for this.
- D. All you need is a little preparation and knowledge.
- E. Using a telescope can greatly enhance your viewing experience.
- F. It's best to avoid nights with a full moon for better star visibility.
- G. If possible, visit a dark park that is specially meant for stargazing.

第三部分 英语知识运用（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，从短文后各题所给的四个选项（A、B、C和D）中，选出可以填入空白处的最佳选项。

The beeping (哔哔声) never stopped. Dr. Marcus finished his double shift in the emergency room (ER), but the sound of monitors still 41 in his ears. He drove home in exhaustion, his shoulders tense. The anxiety had invisibly followed him like a 42. There seemed to be a constant noise that no amount of rest could 43.

Accidentally, he 44 a poster glued to a lamppost outside his apartment, hand-lettered on cardboard: “Community Clinic Needs Volunteers on Sundays.” Sunday was his only day off. 45, it was the best time for a rest. Every instinct 46 to protect it. Yet something made him note down the address.

The clinic operated out of a 47 storehouse. Inside, the waiting room overflowed with 48 men and women. A volunteer greeted him warmly. He was arranged to clean a man’s infected foot and then spoke gently to a homeless woman nobody seemed to 49. When the last patient left, Marcus realized he hadn’t thought about the ER once. His shoulders had 50 from their usual tense position. The 51 inside him had calmed down.

He returned faithfully the next Sunday, and the next. The patients needed his 52 skills, but they gave him something 53: a new perspective. His patients in the ER fought for another day. Similarly, the patients here 54 just to be seen.

Months later, walking home from the clinic, Marcus felt the long-absent 55 inside himself — a quiet of the mind. He had come to heal others. He never imagined they would heal him right back.

- | | | | |
|-------------------|---------------|-----------------|---------------|
| 41. A. faded | B. echoed | C. followed | D. grew |
| 42. A. shadow | B. secret | C. gift | D. signal |
| 43. A. cure | B. reject | C. remove | D. convey |
| 44. A. spotted | B. designed | C. displayed | D. hung |
| 45. A. Fairly | B. Finally | C. Additionally | D. Apparently |
| 46. A. complained | B. clapped | C. screamed | D. declined |
| 47. A. messy | B. repurposed | C. secure | D. ruined |
| 48. A. anxious | B. determined | C. disappointed | D. relieved |
| 49. A. think of | B. care about | C. come across | D. react to |
| 50. A. froze | B. broke | C. tightened | D. dropped |
| 51. A. tune | B. laughter | C. cry | D. noise |
| 52. A. medical | B. informal | C. natural | D. graceful |
| 53. A. unexpected | B. specific | C. familiar | D. practical |
| 54. A. attempted | B. struggled | C. competed | D. deserved |
| 55. A. power | B. voice | C. wish | D. peace |

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 new social media trend, 56 is humorously called “Becoming Chinese”, is gaining popularity. Starting with a lighthearted video by a Chinese American 57 (create) Sherry Xiirui, it focuses on a comfort-driven lifestyle 58 (root) in Traditional Chinese Medicine and Chinese customs.

Now, millions of users 59 (joking) declare they are “becoming Chinese” by adopting elements of everyday Chinese life, such as drinking hot water, wearing home slippers, and taking a nap after lunch and 60 walk after dinner.

It 61 (notice) that people have chosen well-known symbols of Chinese daily life. Drinking hot water has been reinterpreted as a practice of “slow living,” 62 (stand) in contrast to the fast-paced lifestyle in the West; changing into slippers at home has been viewed 63 a custom that separates public stress from private comfort.

Unlike past “China crazes” that focused on distinct Chinese symbols, this trend explores 64 (deep) and more philosophical ideas. It reflects a shift in how people interact with Chinese culture: No longer passive observers, they are now active participants for personal benefit.

The wisdom, contained within the Chinese way of life, such as harmony between heaven and humanity and the balance between yin and yang, 65 (offer) a cure for today’s “burnout society.” This trend also points to a broader change — in a divided world, the Chinese way of life gives a sense of order, inclusiveness and inner peace.

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，你校交换生 Jack 将和你组队参加学校下个月举办的诗词大赛，你推荐李白的《静夜思》*Thoughts on a Quiet Night*。请给 Jack 写一封邮件，内容包括：

- (1) 说明推荐理由；
- (2) 商量练习事宜。

注意：

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

Dear Jack,

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。

The school bus came to a stop, and Bella stood up to get off. “Your mom’s not here yet, Bella,” the driver said. “Do you want to wait for her?” “I know the way,” she said. “Mom says I am old enough to walk by myself now.” Bella went along the sidewalk toward home at her own pace. She liked her new neighborhood.

Two doors away from Bella’s house, a woman put a baby into a stroller (婴儿车). Then she wheeled him to the sidewalk. “Hello, Bella,” she said, smiling. “I met you and your mom last week when you moved in. I’m Mrs. Rodan.” Bella looked down at the baby, who was chewing on a toy dinosaur. “What’s his name?” she asked. “This is Finn,” said Mrs. Rodan.

In a few weeks, Bella got familiar with almost all her neighbors. But her favorite neighbors were the Rodans. She met them outside every day. Mrs. Rodan liked to talk. Finn liked playing a game named Peekaboo. When Bella peeked and shouted “Boo,” Finn always laughed so hard. Bella learned that Mr. Rodan worked far away and wouldn’t be home until spring. But one day, when Bella reached the Rodans’ house, they weren’t outside. Maybe they went somewhere, she thought. But they weren’t outside the next day either. Or the day after that.

Realizing something was wrong, she hurried home and asked her mom to check on them. “They probably changed their routine,” Mom said. “Or maybe they’ve been too busy to walk. I’m sure they’re fine.” “But they’re my friends,” Bella insisted. “Please?” “You can go and have a look if they’re not outside tomorrow,” Mom replied without looking up from her paperwork.

The next day, the Rodans still didn’t appear, so Bella walked to their house and rang the bell. Mrs. Rodan opened the door. She was holding the red-cheeked Finn, who was crying so hard. The neighbor had circles under her eyes and a coffee stain (污渍) on her shirt. There was a bandage wrapped around her ankle and the house behind her looked unusually messy.

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。

“I have to do something,” Bella thought to herself. _____

Soon, word about Mrs. Rodan spread quickly through the neighborhood. _____
