

按秘密文件予以保存·使用前【建议使用时间：2026 年 10 月 15 日 18:30~19:30】

此试卷类型为：试题卷 I



2026 年秋季学期高三第一次质量检测（SC1）

英 语

ZJ-1203256895155-GZ3-26Q-ZHIJIAN1

AI 质检

考生注意

1. 练习分为试题卷和答题卡两部分，试题卷 2 张、答题卡 2 张。
2. 试题卷共 11 页，答题卡共 4 面，满分 150 分，测试时间 120 分钟（含听力考试时间）。
3. 练习前，同学们务必用直径 0.5 毫米黑色墨水签字笔将试题卷和答题卡内项目填写清楚。
4. 同学们作答时，请将答案答在答题卡上。选择题每小题选出答案后，用 2B 铅笔把答题卡上对应题目的答案标号涂黑；非选择题请用直径 0.5 毫米黑色墨水签字笔在答题卡上各题的答题区域内作答，超出答题区域书写的答案无效，在试题卷、草稿纸上作答无效。
5. 考试结束后，请将试题卷 I、试题卷 II、答题卡 I、答题卡 II 和草稿纸一并交回。

◆ 预祝你们考试成功 ◆

第一部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

假定你是学校体育俱乐部的负责人李华。为缓解同学们紧张的学习压力、丰富课后生活，俱乐部打算面向全校学生举办一场户外慢跑活动（outdoor jogging activity）。请你用英语写一张活动海报，内容要点包括：

1. 活动时间与集合地点；
2. 活动目的与内容安排；
3. 活动相关注意事项；
4. 欢迎大家报名参加。

注意：

1. 写作词数应为 80 个左右；
2. 可以适当增加细节，以使行文连贯。

Poster

此试卷类型为：试题卷 I

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 summer heat hung heavy in the air as Lily moved into her new apartment with her 8-year-old daughter, Mia. Exhausted from packing and moving, they were eager to settle down and enjoy a quiet life.

However, their peace was short-lived. Their next-door neighbor, Mr Whitmore, was an elderly man who lived alone. Every evening, he would play the piano loudly, filling the entire building with music that lasted until midnight. Mia, who needed to go to bed early for school, often tossed and turned, unable to fall asleep. Lily tried to ignore it at first, but after a week of sleepless nights, she decided to talk to Mr Whitmore.

One afternoon, Lily knocked on Mr Whitmore's door. When he opened it, his face was cold and uninviting. "Excuse me, sir," Lily said politely, "I'm your new neighbor, Lily, and my daughter, Mia, lives with me. We've been having trouble sleeping because of the piano music in the evenings. Could you possibly play a little softer or stop earlier?"

On hearing Lily's request, Mr Whitmore's expression darkened. "This is my house, and I'll play my piano whenever I want," he shouted. "I've lived here for 20 years, and no one has ever complained before. You should learn to adapt." With that, he shut the door loudly in her face. Lily felt angry and helpless. She went back to her apartment, where Mia was sitting on the sofa, rubbing her eyes. "Mommy, I'm so tired," Mia said quietly. Lily hugged her tightly, determined to find a way to solve the problem.

The next morning, as Lily was taking out the trash, she saw Mr Whitmore struggling to carry a heavy box of books. He moved unsteadily, and the box slipped from his hands, scattering (散开) books all over the floor. Lily hesitated for a moment — part of her wanted to walk away, but her heart told her to help.

注意：

- (1) 续写词数应为 150 个左右；
- (2) 请按如下格式在答题卡的相应位置作答。

Therefore, Lily hurried over to lend Mr Whitmore a helping hand.

The next day, Lily was surprised when she heard a soft knock on her door.

此试卷类型为：试题卷 I

第二部分 听力（共两节，满分 30 分）

做题时，先将答案标在试题卷 I 上。录音内容结束后，你将有两分钟的时间将试题卷 I 上的答案转涂到答题卡 I 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 三个选项中选出最佳选项。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。每段对话读两遍。

1. What do we know about Mr. Brown?

A. He moved to Germany.

B. He is a British student.

C. He is the new science teacher.

2. When will the woman's flight take off tomorrow?

A. At 8: 00 am.

B. At 11: 00 am.

C. At 9: 00 am.

3. What does the woman suggest the man should do?

A. Learn French culture.

B. Learn more French words.

C. Speak French frequently.

4. What was the weather like last weekend?

A. Rainy.

B. Sunny.

C. Snowy.

5. What are the speakers talking about?

A. How to cope with pressure.

B. How to keep healthy.

C. How to prepare for exams.

第一节到此结束

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 is the man concerned about?

A. He hasn't finished his new book.

B. He hasn't got any reply from the publisher.

C. He doesn't know how to contact the publisher.

7. What is the woman doing?

A. Cheering the man up.

B. Making an appointment.

C. Recommending a book.

听第 7 段材料，回答第 8 至 10 题。

8. What might the man be?

- A. A college student. B. A literature writer. C. An accountant.

9. What does the man want to do?

- A. Find a job at an accounting firm. B. Change to a creative major.
C. Give up his work-study program.

10. What does the woman suggest the man should do?

- A. Handle challenges flexibly. B. Don't change the major.
C. Consider future career in the field.

听第 8 段材料，回答第 11 至 13 题。

11. Why does the man visit the office?

- A. To make an appointment with Ms. Greenwell.
B. To attend a presentation by Ms. Greenwell.
C. To have business discussions.

12. What is Ms. Greenwell doing now?

- A. Meeting with investors. B. Having lunch in her office.
C. Visiting AC International.

13. How can Ms. Greenwell contact Tom?

- A. Meet with him tomorrow. B. Give him a call later.
C. Visit his company next week.

听第 9 段材料，回答第 14 至 17 题。

14. Why does the woman call the man?

- A. To offer him a job as a waiter. B. To tell him about a host position.
C. To ask him about his work experience.

15. What makes the man hesitate to be a host?

- A. He thinks the salary is low. B. He has no interest in communication.
C. He worries about working alone at the front.

16. What will the man do next?

- A. Attend an interview with the boss. B. Draw up a training plan.
C. Send in another application.

17. What is the man's tone at the end of the conversation?

- A. Concerned. B. Hesitant. C. Satisfied.

听第 10 段材料，回答第 18 至 20 题。

18. What is the talk mainly about?

- A. How to solve the conflicts. B. How teens can get better sleep.
C. Why teens have difficulty waking up earlier.

19. Why can't teens get enough sleep?

- A. The conflict between body clocks and social demands.
B. Too much homework and stress from school.
C. A preference for drinking energy drinks.

20. What does the speaker suggest doing one hour before sleep ?

A. Finish the last meal of the day.

B. Drink tea and coffee.

C. Stop using mobile phones.

第二节到此结束

考生注意：

考生应当率先完成写作部分的相关试题。当广播播放指令“第二节到此结束”时，考生拥有两分钟时间，将试题卷 I 上的答案转涂至答题卡 I 上。当广播播放指令“听力部分到此结束”时，考生应当立即停止作答，等候监考人员回收试题卷 I 及答题卡 I。须待试题卷 I、答题卡 I 全部回收完毕，并接到考点发布的统一指令之后，考生方可开始作答试题卷 II 上的试题。凡违反上述规定者，将按照考试违纪相关规定予以处理。

此试卷类型为：试题卷 I

按秘密文件予以保存·使用前【建议使用时间：2026 年 10 月 15 日 19:40~20:40】

此试卷类型为：试题卷 II



2026 年秋季学期高三第一次质量检测（SC1）

英 语

ZJ-1203256895155-GZ3-26Q-ZHLJIAN1

AI 质检

考生注意

- 练习分为试题卷和答题卡两部分，试题卷 2 张、答题卡 2 张。
- 试题卷共 11 页，答题卡共 4 面，满分 150 分，测试时间 120 分钟（含听力考试时间）。
- 练习前，同学们务必用直径 0.5 毫米黑色墨水签字笔将试题卷和答题卡内项目填写清楚。
- 同学们作答时，请将答案答在答题卡上。选择题每小题选出答案后，用 2B 铅笔把答题卡上对应题目的答案标号涂黑；非选择题请用直径 0.5 毫米黑色墨水签字笔在答题卡上各题的答题区域内作答，超出答题区域书写的答案无效，在试题卷、草稿纸上作答无效。
- 考试结束后，请将试题卷 I、试题卷 II、答题卡 I、答题卡 II 和草稿纸一并交回。

◆ 预祝你们考试成功 ◆

第三部分 阅读（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 A、B、C、D 四个选项中选出最佳选项。

A

Summer Library Activity Guide

Welcome to our city library! We have interesting activities for all readers this July. All activities are free and no booking is needed unless noted.

Activity 1: Story Time for Kids

Time: 10:00-11:00 every Tuesday morning

Place: Children's Reading Room

Suitable for kids aged 4 -8. Our librarians will read funny stories and make simple paper toys with children. Parents can stay with their kids.

Activity 2: Book Sharing Meeting

Time: 14:30-16:00, July 12th

Place: Lecture Hall

Book lovers can share their favourite books and talk about ideas. Bring one book you love to join the discussion.

Activity 3: Hand-made Bookmark Class

Time: 15:00-16:30, July 20th

Place: Art Room

Learn to make beautiful bookmarks with paper and stickers. Note: You need to book this activity one day ahead.

Activity 4: Old Photo Show

Time: 9:00-17:00, July 1st — July 31st

Place: Exhibition Hall

You can see old photos of our city over the past years. It opens every day except Mondays.

21. Which activity is held every week?

A. Story Time for Kids

B. Book Sharing Meeting

C. Hand-made Bookmark Class

D. Old Photo Show

22. What is special about Hand-made Bookmark Class?

A. It is for little kids.

B. It needs booking in advance.

C. It lasts for a whole month.

D. It provides free books.

23. What can visitors do in the Old Photo Show?

A. Make paper toys.

B. Share favourite books.

C. Watch photos of the city.

D. Draw pictures on bookmarks.

B

When James Joyce turned up in Paris in 1920, the writer had with him the manuscript-in-progress that would become a landmark of modern literature. At a party Joyce met Sylvia Beach, an American owner of an English-language bookstore called Shakespeare and Company. Beach had been looking to bring herself and her small business to the attention of the literary world, and she recognized the opportunity in the figure of Joyce and his massive work called *Ulysses*.

By the time Joyce showed Beach the manuscript of his boundary-pushing work, he had

given up finding a publisher in England or America. Joyce's style was anything but ordinary, with each episode of the novel having a distinctive experimental approach. Joyce was firm in fighting for his right to use words that went beyond the societal norms of his era. However, many publishers weren't willing to take the legal risk of printing his works. But the book industry in France operated under different conditions, and it was possible for *Ulysses* to appear there. Beach decided to publish *Ulysses* herself.

Taking on this tough challenge, Beach overcame numerous obstacles. For one thing, Joyce was losing his eyesight during the time he was composing *Ulysses*. Often to keep track of the pages, he marked them up with bold colored crayons. Beach had to find typists who could help tame (理顺) Joyce's messy manuscript into something that could be typeset. With very limited funds, she needed someone who would agree to do the work first and get paid later. And in addition to being his publisher, she provided a multitude of other services for him, acting as his secretary, banker, real estate agent, medical consultant, and more.

Ulysses appeared in 1922, just in time for Joyce's 40th birthday. Today, a century after the publication of *Ulysses*, Sylvia Beach remains a hero to many: she is the typical bookstore owner, independent publisher, and champion of literature's freedom to experiment, challenge, and shock.

24. What opportunity did Beach recognize in Joyce and his work?

- A. To become a famous writer herself.
- B. To raise the profile of her bookstore.
- C. To help Joyce win fame worldwide.
- D. To build a bridge for literary exchange.

25. What made *Ulysses* hard for publishers to accept?

- A. Its ordinary writing style.
- B. Its unconventional language.
- C. Its illegal experimental approach.
- D. Its complex French translation.

26. What did Beach manage to do in publishing *Ulysses*?

- A. Borrow money from a local bank.
- B. Persuade Joyce to use a typewriter.
- C. Find typists willing to be paid later.
- D. Rewrite the messy manuscript herself.

27. What role is Sylvia Beach cast in by the last paragraph?

- A. A strict editor.
- B. A wise observer.
- C. A devoted secretary.
- D. A fearless pioneer.

C

The next time someone smiles at you, your face will probably smile back. Within moments, your facial muscles begin to mirror theirs. Psychologists call this automatic response emotional mimicry (模仿), and a 2026 study led by Michal Olszanowski, a psychology researcher at SWPS University, suggests it may shape an important decision we make about others: whether we trust them.

Scientists have long known that copying someone's expressions makes them trust you more. But Olszanowski and his coworkers wondered whether the opposite might also be true: Could mimicking someone else's smile change how you feel about them?

In the study, they found that the stronger participants unconsciously mirrored a smile, the more trustworthy they rated the smiling face, and the more resources they were willing to share in a trust-based game. When participants performed facial movements that enhanced their smile mimicry, their trust ratings increased.

Those findings suggest that one of our most important social judgments may begin with something as simple as a shared smile.

According to the researchers, we trust people whose smiles we copy possibly because copying their smile makes us feel good. Additionally, when we copy someone's smile, our faces move together for a moment. This small action makes us feel like we're part of a group, and thus we trust each other more.

Trust doesn't just shape social interactions. A 2025 study shows that people who trust others more often say they feel happier and more satisfied with life. That feeling is linked to living longer. In healthcare, when patients trust their doctors, they're more likely to follow medical advice, leading to better health results over time.

In Olszanowski's study, even forced smiles made people copy the smile and feel more trust. But Piotr Winkielman, a professor at the University of California San Diego, thinks real smiles might work even better. He points to a 2025 review that found natural expressions had stronger effects than forced ones. Moreover, different places have different rules about when to smile and what a smile means. So the same smile might not make people feel the same level of trust in every country.

28. What is a finding of unconscious smile mimicry?

- A. It can be blocked easily.
- B. It leads to less resource sharing.
- C. It can produce negative feelings.
- D. It is positively related to trust ratings.

29. Why can copying a smile increase trust according to the researchers?

- A. It makes people look prettier.
- B. It can show one's honesty directly.
- C. It can create a sense of belonging.
- D. It enables one to think positively.

30. What does the 2025 study suggest about trust?

- A. It cuts back on medical costs.
- B. It has measurable health results.
- C. It improves social interactions.
- D. It mainly benefits medical staff.

31. What might affect the amount of trust a smile produces?

- A. Culture.
- B. Economy.
- C. Technology.
- D. Education.

D

Putting ourselves in others' shoes is the most basic quality of a decent person. For years, I could never fully understand why so many people failed to practice this simple rule. It seemed easy enough to imagine others' situations before passing judgment, until a small family incident forced me to reflect deeply on my own blind spots.

Last Tuesday evening, I lost my temper over my 14-year-old son Leo. His teachers had sent me three warning messages that week: he frequently handed in unfinished homework and arrived late for morning classes almost every day. I blamed him sharply for being lazy and lacking self-discipline, without giving him a single chance to explain. Instead of shouting back, Leo lowered his head and spoke in a soft, tired voice. Our home lies more than 25 kilometers away from his school. The bus ride alone takes one hour each way. The bumpy, noisy bus leaves no quiet space for him to focus on schoolwork. By the time he gets home after rush-hour traffic, it is already dark, and he is too exhausted to finish heavy assignments quickly. His words struck me silent all at once. I suddenly realized I had only focused on his bad performance, totally ignoring the tough struggles hidden behind his mistakes.

This conversation brought me a clear insight: everyone can recite a great many wise truths, yet putting them into real action is surprisingly hard. I have long told my family and friends to stay considerate, but whenever I am seized by negative emotions, I instinctively jump to blame others. I fix my eyes on visible results rather than digging out unseen difficulties others are going through. The theory of empathy sounds simple, but self-control against sudden anger is the biggest barrier standing in our way.

I have gradually formed two small habits to avoid prejudiced judgment. Before blaming anyone, I will consciously picture myself standing in their position and feel their pressure firsthand. Besides, I force myself to pause for fifteen full seconds before saying any critical words. That short pause can calm my sudden anger, break my fixed prejudice, and leave space for real understanding between people.

32. Why does the author talk about the value of empathy at the very beginning?

- A. To lead in the following personal story.
- B. To create an unexpected sharp contrast.
- C. To provide related supporting statistics.

D. To prove a viewpoint with opposite examples.

33. What was Leo's attitude when faced with the author's blame?

A. Annoyed and defensive.

B. Calm and wronged.

C. Confused and doubtful.

D. Unconcerned and careless.

34. What is the greatest difficulty in practicing empathy?

A. Lacking enough life experience.

B. Being controlled by sudden bad emotions.

C. Having too many things to do.

D. Failing to remember valuable life lessons.

35. What is the main idea of the last paragraph?

A. Practical methods to avoid biased judgment.

B. Hidden harm of drawing quick conclusions.

C. The importance of patient communication with teenagers.

D. Long-term benefits of keeping silent when annoyed.

此试卷类型为：试题卷 II

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

First Aid for Emotional Outbursts: How to Hit the Brakes

Emotional outbursts can happen suddenly — that flash of anger, overwhelming anxiety or sadness. 36 They hit fast, and are intense feelings hard to process. Your emotions take control; your mind shuts down, and you feel consumed with tunnel vision. Here's a four-step plan to manage these intense feelings and regain control.

Realize your emotions have taken over.

Once your brain's emotional center is fired up, your rational (理性的) mind goes offline. Your brain drifts into past experiences fueling your mood, making it stronger. 37 They circle back, strengthening your feelings and making escape harder. The first step is recognizing this cycle: your rational mind is offline, and racing thoughts worsen the situation.

38

As soon as you notice this emotional cycle, take action to stop it. Simply name your

feelings and pattern: I'm upset; my emotional brain has taken over; I'm stuck in that negative circle. This small act creates a gap between you and your emotions.

Calm yourself.

Have preplanned calming skills ready: deep breathing, mindful cooking, or distractions like watching a favorite show. 39 They work by grounding you in the present, pulling you from negative memories and worst cases. Experts advise listing these techniques visibly for easy access.

Once calm, circle back.

Reflect: What triggered (触发) me? A partner's critical tone, sudden work change, or small disappointment? Next, judge if it's a real solvable problem. Or is it an ongoing emotional pattern? 40

The key to handling emotional outbursts is balancing regulation and problem-solving. Master these steps, and you'll hit the brakes on intense emotions before they take over.

- A. Stop feeling bad.
- B. Label what's going on.
- C. These feelings come without warning.
- D. Finally, take targeted action to solve it.
- E. Reflect why it has influenced your mood.
- F. Old moments fast slip into gloomy thinking.
- G. These methods are easy to use without any special skills.

第四部分 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白处的最佳选项。

As a psychology professor, I've studied the happiness curve for years. But looking at the 41 faces in my classroom, I felt my research wasn't helping. Young adults increasingly report lower levels of 42 than middle-aged and older adults.

One day, I tried something 43. I asked my class: "Do you think the students around you are 44?" Most hands went up. Then I asked: "Do you think others see you as cold too?" Nearly every hand 45.

Then I showed them our survey results: 92% of those surveyed wanted deeper 46, and 85% were ready to help a classmate in need. The room went quiet. The results had

surprised them. A girl whispered, “But Professor, everyone wears headphones and always looks 47_____.”

“We usually 48_____ how friendly and kind we all are,” I explained.

So we 49_____ the Connection Project. We put posters up in dormitories and also 50_____ students to take chances on each other. Mark, a silent freshman, dined with three unfamiliar 51_____. Soon they became a learning circle. “We weren’t really enjoying being alone — we were just too 52_____ to reach out,” Mark told us. Six months later participants reported 30% higher happiness and, 53_____, four new friends.

On the last day of my course, I closed my notebook and said, “Happiness isn’t a fruit you enjoy 54_____, but a garden we grow together. We must jump into the social waters, even when staying on 55_____ is safer.”

- | | | | |
|-----------------------|----------------|----------------|------------------|
| 41. A. excited | B. blank | C. angry | D. smiling |
| 42. A. anxiety | B. pressure | C. education | D. happiness |
| 43. A. fun | B. different | C. easy | D. risky |
| 44. A. cruel | B. proud | C. unfriendly | D. smart |
| 45. A. stayed up | B. reached out | C. pulled back | D. went down |
| 46. A. investigations | B. connections | C. thoughts | D. learning |
| 47. A. tired | B. concerned | C. busy | D. alert |
| 48. A. highlight | B. wonder | C. appreciate | D. underestimate |
| 49. A. supported | B. modified | C. designed | D. launched |
| 50. A. forced | B. allowed | C. encouraged | D. challenged |
| 51. A. volunteers | B. professors | C. classmates | D. relatives |
| 52. A. shy | B. lazy | C. modest | D. polite |
| 53. A. for instance | B. in total | C. as usual | D. on average |
| 54. A. alone | B. most | C. secretly | D. freely |
| 55. A. stage | B. shore | C. site | D. campus |

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。

The multifunctionality of bamboo is recognized in China, where the giant woody grass has been widely employed since the 11th century BC. 56 (bless) with a wealth of bamboo forests, China is the world's largest producer of bamboo products and this resource, comparable in scale and economic impact 57 that of timber, secures its dominant position in the global market.

Evolving into an eco-friendly replacement, bamboo 58 (prize) for its superior green nature. Its edge lies not only in 59 (tough) and strength but in rapid growth and renewability. As opposed to trees such as oak or teak, which can take over a decade to mature, it reaches a harvest-ready stage in just four to six years, thus 60 (permit) repeated harvest without replanting.

In Anji, a county in northwestern Zhejiang Province, bamboo 61 (replace) plastic in various products to date. With 666 square kilometers of bamboo forests covering 62 area of about 80 percent of the size of New York City 63 a long-standing history of bamboo use, Anji serves as a model in advancing bamboo as an alternative to plastic. The industrial development of bamboo benefits local communities as well, rejuvenating rural areas through bamboo harvesting.

Scenes of harmony between humankind and nature are emerging in Anji, 64 bamboo-driven development is promoted to initiate dialogues with nature and champion a greener future. Transformation, innovation, collaboration, and 65 (sustainable) grown natural treasures all form part of humanity's shared heritage.

此试卷类型为：试题卷 II