

英语(SC1)参考答案、解析与评分标准

ZJ-1203256895155-GZ3-26Q-ZHJIAN1

AI 质检

试题卷 I

第一部分 听力

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

1-5 CBBCA

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

6-10 BAABC 11-15 CABBC 16-20 ACBAC

第二部分 写作

第一节范文：

Poster

Come and join our outdoor jogging activity!

To help us get rid of heavy study pressure and enrich our after-school life, the School Sports Club will hold an outdoor jogging activity for all students.

The activity is scheduled at 4:30 p.m. next Friday. We will gather at the school main gate before starting our jog along the riverside path. Comfortable sports shoes are strongly recommended. Besides, please bring your own water in case you feel thirsty.

If you are interested in this relaxing sport, sign up at the club office before next Wednesday. Don't miss this great chance to refresh yourself!

The School Sports Club

【知识点】应用文、学校活动、体育健身

【导语】本篇书面表达要求写一篇海报，介绍户外慢跑活动的时间与集合地点、目的与安排、注意事项，欢迎同学踊跃参加。

【详解】1. 词汇积累

摆脱：get rid of→break away from/rid of

集合：gather→meet/assemble

开始：start→kick off

对.....感兴趣：be interested in→be intrigued by

2. 句式拓展

同义句转换

原句：To help us get rid of heavy study pressure and enrich our after-school life, the School Sports Club will hold an outdoor jogging activity for all students.

拓展句：The School Sports Club will hold an outdoor jogging activity for all students so that we can get rid of heavy study pressure and enrich our after-school life.

【点睛】【高分句型 1】We will gather at the school main gate before starting our jog along the riverside path.(使用了动名词作宾语)

【高分句型 2】Besides, please bring your own water in case you feel thirsty. (使用了 in case 引导的目的状语从句)

第二节范文：

Therefore, Lily hurried over to lend Mr Whitmore a helping hand. She knelt down and began gathering the scattered books. Mr Whitmore stood awkwardly, clearly embarrassed by her kindness after yesterday's rude behavior. "Thank you," he muttered, avoiding her eyes. As they carried the box inside his apartment, Lily noticed walls lined with old family photos and a framed picture of a young woman at a grand piano. "My daughter," he said quietly, noticing her gaze. "She used to play with me. She passed away years ago." Lily understood then — the music was his way of holding onto precious memories.

The next day, Lily was surprised when she heard a soft knock on her door. It was Mr Whitmore, holding a plate of homemade cookies. "I'm sorry about the other night," he said. "I didn't realize the music disturbed your little girl. From now on, I'll stop playing by nine." Lily smiled warmly and invited him in. That evening, the piano still played, but softly and ended early. Mia fell asleep peacefully for the first time in weeks. Over the following months, the three became close friends — Lily sometimes joined him at the piano, and Mia brought him drawings. What began as conflict blossomed into unexpected friendship and mutual care.

【知识点】冲突与和解、记叙文、生活故事

【导语】本文以人物为线索展开，主要讲述了莉莉因邻居弹琴扰民交涉遭拒，后主动帮助邻

居并得知音乐背后的故事，最终双方化解矛盾、建立友谊的暖心故事。

【详解】1. 段落续写：

①由第一段首句内容可知，本段可描写莉莉帮助邻居捡书并进入其家中，发现钢琴照片并得知音乐是他对已故女儿的怀念。

②由第二段首句内容可知，本段可描写邻居登门道歉并承诺调整弹琴时间，此后双方成为朋友，冲突化为温情。

2. 续写线索：莉莉帮忙捡书→发现照片→得知音乐缘由→邻居道歉→承诺调整时间→双方建立友谊

3. 词汇激活

行为类

①注意到：notice/spot/observe

②理解：understand/comprehend

情绪类

①尴尬的：embarrassed/awkward

②热情地：warmly/passionately

【点睛】高分句型1 As they carried the box inside his apartment, Lily noticed walls lined with old family photos and a framed picture of a young woman at a grand piano. (运用了 as 引导的状语从句)

【高分句型2】 What began as conflict blossomed into unexpected friendship and mutual care. (运用了 what 引导的主语从句)

试题卷 II

第三部分 阅读

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

21. A 22. B 23. C

【知识点】应用文、广告/布告、闲暇活动

【导语】文章主要介绍市图书馆七月四项免费暑期活动，包含各项活动的时间、地点与参与要求。

【详解】21. 细节理解题。根据 **Activity 1: Story Time for Kids** 中“Time: 10:00-11:00 every Tuesday

morning(时间：每周二上午 10 点至 11 点。)”可知，儿童故事时间每周举办。

22. 细节理解题。根据 **Activity 3: Hand-made Bookmark Class** 中“**Note: You need to book this activity one day ahead.**(注意：你需要提前一天预约这项活动。)”可知，**Hand-made Bookmark Class** 需要提前预约。

23. 细节理解题。根据 **Activity 4: Old Photo Show** 中“**You can see old photos of our city over the past years.**(你可以观看我们这座城市多年以来的老照片。)”可知，参观者可以观看城市老照片。

24. B 25. B 26. C 27. D

【知识点】其他著名人物、记叙文

【导语】本文讲述西尔维娅·毕奇冒险出版《尤利西斯》，助力现代文学经典诞生。

【详解】24. 细节理解题。根据第一段“**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*.**(毕奇一直希望让自己和这家小店获得文学界的关注，她在乔伊斯和他那部鸿篇巨著《尤利西斯》身上看到了机遇。)”可知，一直希望让自己和书店获得文学界的关注，乔伊斯和他的作品正是提升书店知名度的契机。

25. 细节理解题。根据第二段“**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.**(乔伊斯坚定捍卫自己的权利，使用那些突破他所处时代社会规范的文字。然而，许多出版商不愿承担出版这部作品带来的法律风险。)”可知，不落俗套、违背常规的语言让出版商难以接受《尤利西斯》。

26. 细节理解题。根据第三段“**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.**(毕奇必须找到打字员，帮忙把乔伊斯凌乱的手稿整理成可供排版的文稿。她资金十分有限，需要有人愿意先完成工作、延后领取报酬。)”可知，在出版《尤利西斯》的过程中毕奇成功做到了找到愿意延后拿酬劳的打字员。

27. 推理判断题。根据最后一段“**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.(西尔维娅·毕奇在很多人心目中仍是英雄：她是典型的书店店主、独立出版商，捍卫文学自由，支持文学去实验、去挑战、去震撼世人。)”可推知，最后一段把西尔维娅·毕奇塑造成无畏的先驱这个角色。

28. D 29. C 30. B 31. A

【知识点】社会关系、说明文

【导语】文章主要介绍情绪模仿中的微笑模仿现象，阐述其对人际信任的作用、内在原因以及信任带来的影响与文化差异。

【详解】28. 细节理解题。根据第三段中“**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.** (在该研究中，他们发现参与者无意识模仿微笑的程度越强，他们对微笑面孔给出的信任评分就越高，并且在信任游戏中愿意分享的资源也越多。)”可知，无意识的微笑模仿与信任评分呈正相关。

29. 细节理解题。根据第五段中“**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.** (此外，当我们模仿别人的微笑时，我们的面部会同步运动片刻。这个小小的举动会让我们感觉自己是群体中的一员，于是我们会更加信任彼此。)”可知，模仿微笑能够产生归属感，进而提升信任。

30. 推理判断题。根据第六段中“**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.** (一项 2025 年的研究表明，更信任他人的人往往表示自己更快乐、对生活更满意。这种感受与长寿相关。在医疗领域，当患者信任医生时，他们更有可能遵从医嘱，久而久之会带来更好的健康结果。)”可推知，信任会带来可衡量的健康方面的结果。

31. 推理判断题。根据最后一段中“**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.** (此外，不同地区对于何时微笑、微笑代表什么有着不同的准则。所以同样的微笑在不同国家未必能让人们产生同等程度的信任感。)”可推知，文化会影响微笑所能产生的信任程度。

32. A 33. B 34. B 35. A

【知识点】夹叙夹议、哲理感悟、个人经历

【导语】文章主要讲述了作者通过发生在自己家里的一件小事，感悟到换位思考的重要性，并介绍了自己养成的两个避免带有偏见去评判他人的小习惯。

【详解】32. 推理判断题。根据第一段“Putting ourselves in others’ shoes is the most basic quality of a decent person.(换位思考是一个正直的人最基本的品质。)”以及“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.(在作出评判之前设想别人的处境，这件事似乎本该十分容易，直到家里发生的一件小事，迫使我深刻反思自己身上存在的认知盲区。)”可知，作者开篇提到换位思考的价值是为了引出下文的个人故事。

33. 推理判断题。根据第二段“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.(Leo 没有回嘴，低下头，用轻柔疲惫的声音说话。他家距离学校 25 公里多，单程坐公交就要一小时。颠簸嘈杂的公交车让他没有安静的空间写作业。晚高峰到家天已经黑了，他筋疲力尽，没法快速完成繁重的作业。)”可知，面对指责，Leo 没有顶嘴发火，冷静地诉说自己现实处境，内心满是委屈。

34. 细节理解题。根据第三段“The theory of empathy sounds simple, but selfcontrol against sudden anger is the biggest barrier standing in our way.(换位思考的理论听起来简单，但克制突如其来的怒火是阻碍我们的最大障碍。)”可知，践行换位思考最大的难处是被突发的负面情绪支配。

35. 主旨大意题。根据最后一段“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.(我慢慢养成了两个小习惯，避免带有偏见地评判他人。在指责任何人之前，我会有意识地设想自己站在他们的立场，切身感受他们的压力。此外，我强迫自己在说出任何批评的话之前，完整停顿十五秒。)”可知，本段主要讲避免偏见评判的实用方法。

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

36. C 37. F 38. B 39. G 40. D

【知识点】方法/策略、说明文、情绪

【导语】文章主要介绍了情绪爆发突然发生时的“四步急救方案”—— 识别情绪失控、标记正在发生的事情、让自己冷静下来、冷静后再回头反思并采取针对性行动，帮助读者在强烈情绪失控之前及时“踩下刹车”。

【详解】 36. 上文 “Emotional outbursts can happen suddenly — that flash of anger, overwhelming anxiety or sadness.(情绪爆发可能突然发生 —— 那一阵愤怒、铺天盖地的焦虑或悲伤)”指出情绪爆发具有突发性；C 选项 “These feelings come without warning.(这些情绪毫无预警地到来)”承接上文，进一步强调情绪爆发的毫无预兆。

37. 上文 “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.(一旦你大脑的情绪中枢被点燃，你理性的头脑就会下线。你的大脑飘入过去的经历，为你的情绪添柴，使它变得更强烈)”指出大脑会飘入过去的经历并强化情绪；F 选项 “Old moments fast slip into gloomy thinking.(过去的时刻很快滑入阴郁的思绪)”承接上文，其中 Old moments 与上文 past experiences 构成同义复现，gloomy thinking 与上文 fueling your mood 相呼应。

38. 设空处为段落小标题，需概括本段内容。下文 “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.(一旦你注意到这一情绪循环，就采取行动阻止它。只需说出你的感受和模式：我很心烦；我的情绪脑已经接管了我；我陷在那个负面的循环里)”指出要说出并标记自己的感受与情绪模式。B 选项 “Label what’s going on.(标记正在发生的事)”准确概括了本段主旨，其中 Label 与下文的 name your feelings and pattern 构成同义复现。

39. 上文 “Have pre-planned calming skills ready: deep breathing, mindful cooking, or distractions like watching a favorite show.(准备好预先规划的冷静技巧：深呼吸、正念烹饪，或者像看一档最喜欢的节目这样的分心方式)”列举了几种可用的冷静技巧；G 选项 “These

methods are easy to use without any special skills.(这些方法易于使用，无需任何特殊技巧)”承接上文，其中 These methods 指代上文列举的冷静技巧，说明这些方法的特点。

40. 上文“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?(反思：是什么触发了我？伴侣批评的语气、突然的工作变动，还是一次小小的失望？)接下来，判断它是否是一个真实且可解决的问题。或者它是否是一种持续存在的情绪模式？”指出反思之后先判断问题的性质；D 选项“Finally, take targeted action to solve it.(最后，采取有针对性的行动去解决它)”承接上文，其中 Finally 与上文 Next 构成时间与步骤上的顺承关系。

第三部分 语言运用

第一节（共 15 小题；每小题 1 分，满分 15 分）

41. B 42. D 43. B 44. C 45. A
46. B 47. C 48. D 49. D 50. C
51. C 52. A 53. D 54. A 55. B

【知识点】社会问题与社会现象、说明文

【导语】文章主要讲述了心理学教授发现青年普遍低估他人善意，彼此心存隔阂。校方开展社交联结活动，鼓励学生主动交往。参与后大家幸福感显著提升，也领悟到了幸福需要主动相处、携手共创。

【详解】41. 考查形容词。句意：但看着教室里茫然的脸庞，我发觉自己的研究收效甚微。

A. excited 兴奋的；B. blank 茫然的；C. angry 生气的；D. smiling 微笑的。后文“*Young adults increasingly report lower levels of _____ than middle-aged and older adults.*”提及年轻人幸福感偏低，神情低落茫然。

42. 考查名词。句意：年轻人自述的幸福感越来越低于中老年人。A. anxiety 焦虑；B. pressure 压力；C. education 教育；D. happiness 幸福。根据上文“*As a psychology professor, I’ve studied the happiness curve for years.*”可知，开篇点明研究幸福曲线，说明是年轻人自述的幸福感越来越低于中老年人。

43. 考查形容词。句意：某天我尝试了别样的做法。A. fun 有趣的；B. different 不同的；C. easy 简单的；D. risky 冒险的。根据后文“Do you think the students around you are”可知，作者一改常规研究方式，开展课堂提问。
44. 考查形容词。句意：你们觉得身边同学待人不友善吗？A. cruel 残忍的；B. proud 骄傲的；C. unfriendly 不友善的；D. smart 聪明的。根据下文“Do you think others see you as cold too?”可推知，此处指课堂提问的是身边同学是否不友善，此处考查词义应与下文的 cold 相似。
45. 考查动词短语。句意：几乎每个人的双手都高高举起。A. stayed up 保持原位，熬夜；B. reached out 伸出；C. pulled back 撤回；D. went down 降下。根据上文“‘Young adults increasingly report lower levels of ____ than middle-aged and older adults.’”提到年轻人自述的幸福感越来越低于中老年人，说明大家觉得别人也认为自己很冷漠，所以大家还是举着手。
46. 考查名词。句意：然后我向他们展示了我们的调查结果：接受调查的 92% 的人希望建立更紧密的联系，而 85% 的人愿意在同学有需要时伸出援手。A. investigations 调查；B. connections 联系；C. thoughts 想法；D. learning 学习。根据后文“85% were ready to help a classmate in need.”以及文章围绕人际交往展开，推测接受调查的 92% 的人希望建立更紧密的联系。
47. 考查形容词。句意：一个女孩小声说道：“但是教授，大家都戴着耳机，而且总是看起来很忙碌。”A. tired 疲惫的；B. concerned 担忧的；C. busy 忙碌的；D. alert 警觉的。根据上文“everyone wears headphones”可知，戴耳机呈现出无暇交流的状态。
48. 考查动词。句意：我们往往低估了彼此的友善与热心。A. highlight 强调；B. wonder 疑惑；C. appreciate 感激；D. underestimate 低估。根据上文“The results had surprised them.”可知，人们误解彼此态度，低估善意。
49. 考查动词。句意：于是我们发起联结项目。A. supported 支持；B. modified 修改；C. designed 设计；D. launched 发起。根据后文“the Connection Project”可知，此处指发起联结项目，开创活动项目常用 launch。
50. 考查动词。句意：我们在宿舍里张贴了海报，并且还鼓励学生们相互信任、相互支持。

A. forced 逼迫; B. allowed 允许; C. encouraged 鼓励; D. challenged 挑战。根据后文“students to take chances on each other”可知, 贴海报是为了倡导大家主动交往。

51. 考查名词。句意: 马克是一名沉默寡言的大一新生, 他与三位陌生的同学一起用餐。A. volunteers 志愿者; B. professors 教授; C. classmates 同学; D. relatives 亲属。根据上文“students to take chances on each other”可知, 校园场景交往对象为同学。

52. 考查形容词。句意: 我们并非享受独处, 只是怯于主动靠近。A. shy 腼腆的; B. lazy 懒惰的; C. modest 谦逊的; D. polite 礼貌的。根据上文“We weren't really enjoying being alone”可知, 不敢主动交流是性格羞怯所致。

53. 考查介词短语。句意: 六个月后参与者幸福感平均提升三成, 人均收获四位新朋友。A. for instance 例如; B. in total 总共; C. as usual 照例; D. on average 平均。根据上文“Six months later participants reported 30% higher happiness and”可知, 此处指统计整体人均数据。

54. 考查副词。句意: 在我课程的最后一天, 我合上笔记本说道:“幸福不是你独自享用的果实, 而是一个我们共同培育的花园。”A. alone 独自地; B. most 大多; C. secretly 隐秘地; D. freely 自由地。和后文“but a garden we grow together”共同成长形成对比, 指独自享用果实。

55. 考查名词。句意: 即便停留在岸边更安稳, 我们也要主动踏入社交洪流。A. stage 舞台; B. shore 岸边; C. site 地点; D. campus 校园。根据上文“We must jump into the social waters”可知, 此处用水岸比喻封闭自我的状态。

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

56. Blessed 57. to 58. is prized 59. toughness 60. permitting
61. has replaced 62. an 63. and 64. where 65. sustainably

【知识点】植物、说明文、环境保护

【导语】文章主要介绍中国竹子的多功能性、环保优势及产业发展。

【详解】56. 考查非谓语动词。句意: 拥有丰富的竹林资源, 中国是世界上最大的竹制品生产国, 这种在规模和经济影响力上可与木材相媲美的资源, 巩固了其在全球市场的主导地位。此处为固定搭配 be blessed with, 表示“享有……的福气, 拥有”, 句中已有谓语动词 is, 设空处作状语, China 和 bless 为逻辑被动关系, 用过去分词形式。首字母大写。

57. 考查固定搭配。句意：拥有丰富的竹林资源，中国是世界上最大的竹制品生产国，这种在规模和经济影响力上可与木材相媲美的资源，巩固了其在全球市场的主导地位。固定搭配 **comparable...to...**，表示“与.....相当/相媲美”，其中 **to** 为介词。

58. 考查动词语态。句意：竹子逐渐发展成为一种环保替代品，因其卓越的绿色属性而受到珍视。本空主语 **bamboo** 和动词 **prize** 是被动关系，描述客观事实，用一般现在时的被动语态，谓语用 **is prized**。

59. 考查名词。句意：它的优势不仅在于韧性和强度，还在于快速生长和可再生性。本空位于介词 **in** 之后，和并列的名词 **strength** 共同作宾语，需将形容词 **tough** 变为名词形式 **toughness**。

60. 考查非谓语动词。句意：与橡木或柚木这类需要十多年才能成熟的树木不同，竹子仅需 4 到 6 年就能达到可收获的阶段，因此无需重新种植就可以实现多次收获。本句谓语为 **reaches**，此处为非谓语动词，本空用现在分词作结果状语，描述整句话描述的情况带来的自然结果。

61. 考查动词时态。句意：在浙江省西北部的安吉县，迄今为止竹子已经在各类产品中替代了塑料。本空有标志性时间状语 **to date**，意为“迄今为止”，时态用现在完成时，主语为 **bamboo**，谓语用 **has replaced**。

62. 考查冠词。句意：拥有 666 平方公里的竹林，覆盖面积约为纽约市面积的 80%，且有着悠久的竹子利用历史。固定搭配 **an area of...**，表示“.....的面积”，**area** 以元音音素开头，本空用冠词 **an**。

63. 考查连词。句意：拥有 666 平方公里的竹林，覆盖面积约为纽约市面积的 80%，且有着悠久的竹子利用历史。本空连接两个并列的名词短语，分别描述安吉的竹林规模和竹利用历史，用 **and** 连接。

64. 考查定语从句。句意：安吉正在出现人与自然和谐共处的场景，在当地推动竹驱动的发展，开启与自然的对话，倡导更绿色的未来。设空处引导非限制性定语从句，先行词为 **Anji**，表示地点，从句中缺少地点状语，用关系副词 **where**。

65. 考查副词。句意：转型、创新、协作以及可持续生长的自然宝藏，共同构成了人类共享遗产的一部分。本空修饰后面的 **grown**，作状语，需将形容词 **sustainable** 变为副词形式

sustainably。



英语(SC1)听力录音文稿

ZJ-1203256895155-GZ3-26Q-ZHLJIAN1

AI 质检

Text 1

M: Sally, did you see the man standing outside our classroom now? The one with the British accent.

W: Yes, that's Mr. Brown. He's our new science teacher. He's taking over from Mrs. Black since she's moved to Germany.

Text 2

M: So, you're leaving tomorrow. When will you set off?

W: I've booked a taxi to the airport at 8: 00 am because I have to be there at 9: 00 am— two hours before the flight.

M: You should have asked me. I would have driven you to the airport.

Text 3

M: I've learned so much about France, like its cities, food, and customs.

W: Yes. By living there for the past few months, you have learned a lot, especially its culture. But in order to get even better at speaking French, you need to expand your vocabulary.

Text 4

W: I hate driving in winter. Even on bright days like this, the sun is so low in the sky that it almost blinds you.

M: The weather is much better today. I had to drive up to my mother's last weekend in that heavy snow! Still, at least there hasn't been any ice on the roads so far.

Text 5

M: I've been feeling stressed lately. My grandmother was ill last week and I have an important exam this Thursday. How do you stay calm at times like this?

W: When I'm stressed, I do some exercise. I feel peaceful afterwards.

M: Thanks. That's not a bad idea.

Text 6

M: I sent my new book to the publisher last week, but I haven't heard a word back yet.

W: Hmm, is that a promising sign or a worrying one?

M: Honestly, I'm not quite sure. Probably the latter. I'm really on edge about this. What if they despise it?

W: Come on, stay optimistic. You've managed to write three books! Most people can't even finish one. That's no small feat.

M: You're absolutely right. I should focus on the positive aspects.

W: Exactly! Hey, why don't we step away from all this for a bit and do something enjoyable to get this off your mind?

M: That sounds good. What do you have in mind?

W: How about we head to the cinema? There's that new comedy out, supposed to be amazing. Might help loosen you up.

M: Perfect.

Text 7

W: It's great to have you back from university, dear! Come inside. Your father and sister have gone to the supermarket. We're preparing a big dinner for you.

M: Thanks, Mom.

W: Come and sit down first. Take a short break. How's everything been at school?

M: Pretty good overall. Well, there's one thing I want to talk to you about. I started a work-study program at an accounting firm, but I've had a sudden change of heart. I'd rather not work with numbers. Instead, I want to switch to a creative field, like literature.

W: That's a big change! They are like two completely different worlds.

M: Do you think it's strange to change majors?

W: Oh, I changed my major when I was your age, too. I know you'll do well in any field. The only thing I'm worried about is the job opportunities in creative areas. Follow your heart, but don't ignore future job options. Please keep this in mind while choosing a major.

Text 8

W: Hello, sir. Welcome to Eurasia Associates. Do you have an appointment?

M: I don't, sorry. I'm looking for Ms. Greenwell. Last month, she mentioned I should visit her office to negotiate the prices of our business deal.

W: I see. I have her schedule in front of me. But I'm afraid there aren't any appointments listed, nor any mention of visitors coming in this afternoon.

M: Sure. But is it possible to drop into her office after lunch?

W: She's in the conference room giving a presentation to investors until 3:00 pm. May I take a message for her?

M: Please mention that Tom from AC International stopped by. Here's my business card with my mobile number. I'm free for a chat on the phone any time today. And I can come back to the office anytime next week.

W: Will do, sir. Thanks for coming by. I'll deliver this message for you.

Text 9

W: Hi, this is Mary, the manager at Henry's Grill. I noticed your application for a waiter position. Unfortunately, we've already filled all server positions. However, we do have an opening for a host. You'll greet and guide guests to their tables, ensuring they have a pleasant start to their meal. Are you open to that?

M: Thanks for calling. I was mainly looking for something serving tables. I used to bring food and drinks to the customers.

W: I understand. But being a host can be a great experience, too. It's a fantastic way to develop your communication skills and get a full picture of how the restaurant operates. You'll have a similar salary, and it's a bit more relaxed.

M: That sounds interesting. But I'm not sure about working alone at the front of the restaurant. I'm a bit nervous about handling everything by myself, especially during busy hours.

W: You won't be alone. There's always at least one more host on a shift with you, so you'll have support and it won't feel difficult.

M: I'm interested in the host position, then.

W: Excellent! We'll just need to schedule one more appointment to chat with the boss and the shift manager. Then, you'll be able to start your training.

M: Sure, that sounds good. Thank you for considering me for the position.

Text 10

W: Good morning, everyone. It's time for our weekly health class. How many of you feel tired all the time? Raise your hands, please. Wow, there are a lot of hands! Doctors recommend that teens get at least 8-10 hours of sleep each night. However, in practice, many teens struggle to make it. This is often due to a conflict between nature and modern life. During our teenage years, our body clocks tend to move forward. This natural change makes us want to go to sleep and wake up much later. However, as society usually demands we get up early, the key is finding a way to fall asleep earlier. Later on in the lesson, we'll be talking about how stress and screen addiction can also impact our sleep. But first, we're going to study the 10-3-2-1 sleep rule. This means that ten hours before bed, you stop drinking tea, coffee, and other energy drinks. Your last meal of the day should be at least three hours before bed. Homework and other work should be completed at least two hours before bed. One hour before bed, you shut off all screens. These tips will help ready your body for sleep, and help you drop off to sleep much more quickly.