

福建省南平市

2019-2022 学年高一上学期英语期末试卷汇编

七选五

福建省南平市 2021-2022 学年高一上学期期末考试试卷英语试卷

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。

Your time is valuable but also limited . Even in the best of circumstances(情况), managing your work and your life is a big challenge. 36 _____. Here are some helpful tips on how to start taking control of your time.

• 37 _____

Know where you are today and where you want to be in the future. While that might sound very simple, you get to pick the goal, whether it's what you're going to finish today, this week or this month. Try to keep the timetable to something that's manageable.

Create and follow a time management plan

Again, it's your plan, and you get to choose one that suits your ability. Of course, it has to include all your business. And when you spare time to achieve all your tasks, they start to become more manageable. 38 _____. If necessary, try to rearrange new demands for your time.

• Do the right things by prioritizing(优先)your activities

39 _____. Prioritizing your tasks, in theory, should be relatively easy once you have your time management plan. Just remember you need to keep a balance between work and life-life can't be all about work.

Improve your concentration and focus

Avoid distractions like text messages, phone calls, social media, etc. , for periods of your work time. Keep devices out of easy reach during the time you concentrate on a task. 40 _____.

A. Value your own life

B. Establish your goals

C. The key is sticking to the plan

D. Arrange your affairs to support your workmates

- E. In fact, most of us spend time trying to find ways to do just that
- F. The purpose is not to just get things done, but to finish what's most important
- G. Unless you're waiting for an important phone call, do not answer during these periods

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Have you ever wished to live a more zero-waste life? 31

Try not to use the disposables (一次性物品) at your table.

From paper plates to paper napkins (餐巾), it's easy to throw away the disposables. Choose real plates when serving your meals. Not only will it give a richer dining experience, but it will cut the cost of buying those things just to throw them away. 32 They can be even bought for pennies on the dollar at stores.

Paper or plastic? Neither!

Plastic and paper shopping bags are recyclable(可回收的) . 33 The bags blow about city streets, countrysides and beaches as ugly litter and wildlife killers. So, use reusable cloth bags instead—they're easy for you to remember to bring with you when you go shopping.

34

Sometimes just by thinking outside the box you can make things that have outlived (比...活得长) their useful life into a new thing with lots of useful possibilities. Turn that empty coffee can into a storage for small toys like Legos or Barbie clothes. Use glass jars to store your leftovers(剩饭菜) in the fridge. Leftovers that can be seen are much less likely to be forgotten!

35 But I think you'll find that once you take those first simple steps, the next steps are easier and even more fun—it's addictive.

- A. Learn to make it yourself.
- B. Here are some simple ways.
- C. These tips are a quick way to get started.
- D. But the recycling rates are extremely low.
- E. Repurpose (改换用途) items to a new life.

F. Recycling of plastic and paper bags is not difficult.

G. Add cloth napkins which are very inexpensive to buy.

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Laughter is a natural part of life that you are born with. Even if you did not grow up in a family where laughter was a common sound, you can learn to laugh at any stage of life. Begin by setting aside special times to find humor and laughter, and build from there. 31_____ Here are some ways to start:

Smile. Smiling is the beginning of laughter, and it spreads. When you look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at your phone, look up and smile at people you pass in the street, the person serving you a morning coffee, or the co-workers you share an elevator with. 32_____

Count your lucky things. 33_____ The simple act of considering the positive aspects of your life will keep you away from negative thoughts that block(阻碍)humor and laughter. When you're in a state of sadness, you have further to travel to reach humor and laughter.

34_____ Sometimes humor and laughter are private, like a shared joke among a small group, but more often, people are very happy to share something funny. When you hear laughter, find it and ask, "What's funny?"

Spend time with fun, humorous people. These are people who laugh easily. 35_____ Even if you don't consider yourself a humorous person, you can still find people who like to laugh and make others laugh. Every story-teller needs good listeners.

A. Share your happiness.

B. Do make a list of them.

C. Laughter helps us relax.

D. Then you'll find them everywhere.

E. Notice the effect of your smile on them.

F. Move toward laughter when you hear it.

G. Their funny point of view and laughter spread.

答案:

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

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【答案】 31. B 32. G 33. D 34. E 35. C

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31. D 32. E 33. B 34. F 35. G

