**Section** Ⅳ　**Listening** **and** **Talking** **&** **Reading** **for** **Writing**

课后·训练提升

一、单词拼写

**1**.Tina was very happy when she was p　　　　　 with their first daughter.

答案:pregnant

**2**.The policeman d　　　　　　 as a medical worker in order to enter the building.

答案:disguised

**3**.She pushed the car with all her m　 　　　,but it didn’t move.

答案:might

**4**.Reading in poor light h　　　　　 my eyes when I was young.

答案:harmed

**5**.I spent hours trying to fix the TV,but gave up in d　　　　.

答案:despair

**6**.But last week we got some big orders from a national　　　　　　(连锁) store.

答案:chain

**7**.You need to be more 　　　　　　　(灵活的) and imaginative in your approach.

答案:flexible

**8**.If you want to double your 　　　　　　(收入),you must double your effort.

答案:income

**9**.I bury myself in the English novels every day.(因此) I have made great progress in my English study.

答案:Therefore

**10**.The　　　　　　　　(紧张关系) between the two countries is likely to remain.

答案:tension

二、翻译句子

**1**.如果你不当心,你会被石头绊倒的。

答案:You’ll trip over the stone if you don’t mind out.

**2**.他们花了很多时间看电视。

答案:They spent a great deal of time watching television.

**3**.你所做的会伤害你的健康。

答案:What you did will do harm to your health.

**4**.小女孩因失去了母亲而哭了。

答案:The little girl was in tears because she’d lost her mother.

**5**.他打算把自己假扮成一个服务员。

答案:He plans to disguise himself as a waiter.

三、阅读理解

A teenager has realised her dream of becoming a model—just three years after a terrible car crash left her with a broken back.Marita Davies was in a wheelchair for a year and had to learn to walk,after she suffered terrible injuries as a passenger in a car driven by a drunk driver.

Marita feared her dream of a modeling career was over but just three years on,she is now in the running to be crowned (为……加冕) Miss Great Britain.She said,“I was horrified when I learned the full extent (程度) of my injuries.I thought my dream of becoming a model was over.My leg was seriously injured and my back was broken.The crash had broken my confidence and I withdrew into myself.I was 16,and at that age all I wanted to do was to go out with my friends.”

But when she finally came out of the wheelchair,she turned the corner.Marita decided she would still try to follow her dreams,and sent some photos off to some modeling agencies.She did a few unpaid jobs while studying at college and soon,paid commercial modeling jobs started coming in.Marita was a bit doubtful at first,because the crash has left her with huge scars on her leg and back.She was worried that people wouldn’t want her to model for them,but it’s not true.

Marita has done amazingly well to overcome everything,which has been thrown at her in the last three years.Within months of learning to walk again,Marita was signed up for advertising campaigns.She has also appeared in a TV ad.Marita was crowned Miss Nottingham City earlier this year,and is now competing against 59 other girls to be crowned Miss Great Britain.

**1**.What happened to Marita Davies 3 years ago?

A.She became a well-known model.

B.She suffered from a terrible car accident.

C.She was drunk when driving.

D.She gave up her dream of becoming a model.

答案:B

解析:细节理解题。根据文章第一段中的“...just three years after a terrible car crash left her with a broken back.”可知,三年前Marita Davies经历了一次严重的车祸。

**2**.How did Marita Davies feel when learning her injuries?

A.Hopeless.　 B.Indifferent.

C.Unlucky. D.Confident.

答案:A

解析:细节理解题。根据文章第二段中的“The crash had broken my confidence and I withdrew into myself.”可知,当Marita得知自己的伤情后很绝望。

**3**.What is Marita’s aim now according to the text?

A.To appear in the TV advertisement.

B.To sign up for advertising campaigns.

C.To win the title of Miss Great Britain.

D.To be crowned Miss Nottingham City.

答案:C

解析:细节理解题。根据文章最后一段的最后一句“...and is now competing against 59 other girls to be crowned Miss Great Britain.”可知,目前,获得“英国小姐”的桂冠是Marita的目标。

**4**.The text is intended to 　　　.

A.show the modeling career is promising

B.encourage us to learn from Marita

C.warn the women not to drive a car

D.describe the life of a famous model to us

答案:B

解析:写作意图题。本文通过讲述Marita身残志坚的故事,号召人们学习Marita执着坚强的精神。

四、七选五阅读理解

Confidence is a skill that many folks want to master,but have a hard time acquiring.Have you ever wondered why?Possibly you were born confident.You were talked to negatively (消极地) as a child or maybe you were rejected many times.Whatever the case is,　1　 But how to develop your confidence?

**Begin** **to** **act** **as** **if** **you** **are** **confident.**

Act as the person you would want to be like.　2　 Surround yourself with people who you think are confident and have high value.You will learn so much from observing other confident folks.

　3

One of the most areas that you need to pay attention to is your self-talk.Your thoughts about your capabilities (能力) and self-worth need to be positive and encouraging.Whenever you notice you think negatively,pause and take a moment,and shift your focus to something that can help you feel better about yourself.

**Go** **after** **your** **goals.**

If you are really serious about building self-confidence,you need to identify your goals and go after them.The more you add to your accomplishments (任务),the more confident you will feel about your abilities and skills.　4

By using these steps to boost your confidence,　5

A.Always stay positive.

B.Improve your self-talk.

C.Begin to think and behave like them.

D.This requires you to know what a confident person looks like.

E.you will be on the path to improving your self-esteem (自尊) and self-worth.

F.You’ll begin to trust your inner self more and appreciate yourself more.

G.you should know you can improve your self-esteem and build confidence.

答案:1~5 GDBFE

五、语篇填空

There is no doubt that friendship is one of the most valuable things in our life.

**1**.　　　　　 is very difficult to find a better definition(定义) of friendship.A true friend is the person **2**.　　　　　 can share all our sadness and double all our happiness.In time of trial (尝试),he or she is always at our side to give us help and comfort.

**3**.　　　　　　　(know) how precious friendship is,we should be very **4**.　　　　　(care) with our choice of a friend.Better choose those people with a good character

**5**. our friends.Besides,we should forgive their mistakes and try to help them as much as possible.

A true friend can always **6**.　　　　　　(trust),loved and respected.If you tell a friend your secrets,he or she won’t tell **7**..Friends share their joys and sorrows.They help each other go **8**.　　　　　　  difficulty,and cheer each other up when they are sad.The most important thing **9**.　　　　　 should be noted is that a friend always understands you.In **10**.　　　　　 word,a life without a friend is a life without a sun.

答案:1.It　2.who/that　3.Knowing　4.careful　5.as　6.be trusted　7.others　8.through　9.that　10.a