



LingoSheets

高中英语 完形填空

4 篇 · 40 题 · 含解析

语境 · 词义 · 搭配 · 逻辑

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A Second Chance • 练习

高中英语完形 · LingoSheets

When I was in Grade 9, I failed my first English exam. I felt __1__ and wanted to give up. My teacher, Ms. Wang, asked me to stay after class. She didn't __2__ me. Instead, she said, "You can do better. Let's find out why." We looked at my paper together. I realized that I had __3__ most of the questions because I didn't understand the instructions. She __4__ me to read the questions carefully before answering. I started to __5__ every day, even if only for 20 minutes. Two months later, I __6__ the exam with a much better score. I learned that failure is not the __7__; giving up is. Now, when I face a difficult task, I __8__ myself of that conversation. It gives me the __9__ to keep going. A second chance is often __10__ by a small change in habit.

Questions

1. 1. A. excited B. upset C. bored D. calm
2. 2. A. praise B. blame C. help D. ignore
3. 3. A. missed B. answered C. copied D. understood
4. 4. A. warned B. encouraged C. forced D. allowed
5. 5. A. practise B. rest C. travel D. complain
6. 6. A. failed B. passed C. missed D. forgot
7. 7. A. answer B. problem C. end D. reason
8. 8. A. reminds B. warns C. accuses D. informs
9. 9. A. courage B. money C. time D. luck
10. 10. A. created B. prevented C. delayed D. ignored

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答案与解析

1. **B** — felt upset 感到难过。
2. **B** — 老师没有责备他，而是帮他找原因。
3. **A** — miss questions 漏做/做错题。
4. **B** — encourage sb to do 鼓励某人做。
5. **A** — 每天练习英语。
6. **B** — 两个月后通过了考试。
7. **C** — 失败不是终点。
8. **A** — remind sb of sth 使某人想起。
9. **A** — give me the courage 给我勇气。
10. **A** — 机会由小习惯改变创造。

The Kindness of Strangers • 练习

高中英语完形 · LingoSheets

Last summer, I travelled to a small town alone. On the first day, I lost my wallet. I had no money and no phone. I sat on a bench, not knowing what to do. An old woman __1__ and asked if I was okay. I told her my story. She __2__ me to her home and gave me dinner. Her son __3__ me to the police station and helped me call my family. The next morning, they __4__ me breakfast and drove me to the bus station. I tried to give them money, but they __5__. "Just help someone else one day," the woman said. I never forgot her __6__. Since then, I have tried to __7__ strangers when I can. I learned that kindness __8__ no borders. A small act can __9__ a big difference to someone far from home. Now I always __10__ that trip with gratitude.

Questions

1. 1. A. came over B. went away C. ran off D. sat down
2. 2. A. invited B. ordered C. forced D. carried
3. 3. A. took B. asked C. sent D. followed
4. 4. A. cooked B. bought C. refused D. wasted
5. 5. A. accepted B. refused C. agreed D. smiled
6. 6. A. name B. kindness C. address D. age
7. 7. A. avoid B. help C. judge D. ignore
8. 8. A. has B. makes C. knows D. crosses
9. 9. A. take B. make C. give D. do
10. 10. A. look back on B. get rid of C. give up D. run out of

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答案与解析

1. **1. A** — came over 走过来。
2. **2. A** — invite sb to 邀请某人去。
3. **3. A** — take sb to 带某人去。
4. **4. A** — cooked me breakfast 给我做早饭。
5. **5. B** — refuse 拒绝收钱。
6. **6. B** — forget her kindness 忘记她的善意。
7. **7. B** — help strangers 帮助陌生人。
8. **8. C** — kindness knows no borders 善意无国界。
9. **9. B** — make a difference 产生影响。
10. **10. A** — look back on 回顾。

The Power of Habit • 练习

高中英语完形 · LingoSheets

Every morning, 30-year-old Alex used to check his phone before getting out of bed. He felt __1__ and often arrived late for work. One day, he read an article about habits. It said that a habit has three parts: a cue, a routine and a reward. Alex __2__ that his cue was the phone beside his bed. He decided to __3__ it to another room. At first, he felt __4__, but after a week, he started to __5__ his mornings with a short walk. He __6__ more energy and arrived at work on time. He also __7__ a new habit: reading ten pages before bed. Within a month, he felt __8__ and more focused. He realized that small changes can __9__ a big effect. Now he __10__ others to start with one small habit.

Questions

1. 1. A. relaxed B. stressed C. bored D. proud
2. 2. A. forgot B. realized C. denied D. doubted
3. 3. A. move B. throw C. sell D. hide
4. 4. A. comfortable B. uncomfortable C. excited D. calm
5. 5. A. spend B. waste C. end D. start
6. 6. A. lost B. had C. needed D. saved
7. 7. A. broke B. formed C. changed D. forgot
8. 8. A. angrier B. happier C. busier D. poorer
9. 9. A. take B. make C. have D. do
10. 10. A. forces B. encourages C. warns D. allows

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答案与解析

1. **B** — stressed 有压力的。
2. **B** — realize 意识到。
3. **A** — move it to another room 把它移到另一个房间。
4. **B** — 刚开始不习惯，所以不舒服。
5. **D** — start his mornings with 以.....开始早晨。
6. **B** — had more energy 更有精力。
7. **B** — form a habit 养成习惯。
8. **B** — happier and more focused。
9. **C** — have an effect 产生影响。
10. **B** — encourage others 鼓励别人。

A Letter to My Future Self • 练习

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Ten years ago, my teacher asked us to write a letter to our future selves. I wrote about the job I wanted and the person I hoped to __1__. Last week, I found that letter in an old box. I laughed at some of my __2__, but I was surprised by how much had come true. I had __3__ a teacher, just as I wrote. I had also learned to play the piano, something I __4__ I could never do. However, I had not __5__ to travel as much as I planned. Reading the letter made me __6__ my priorities. I decided to __7__ more time for travel and to __8__ a new goal. I wrote a new letter to my future self and put it in a safe place. It will __9__ me of what matters. A letter can be a __10__ to the person you are becoming.

Questions

1. 1. A. become B. meet C. forget D. avoid
2. 2. A. mistakes B. dreams C. problems D. answers
3. 3. A. met B. become C. seen D. known
4. 4. A. hoped B. thought C. wished D. knew
5. 5. A. managed B. failed C. tried D. wanted
6. 6. A. forget B. reconsider C. ignore D. repeat
7. 7. A. waste B. make C. spend D. save
8. 8. A. give up B. set C. forget D. break
9. 9. A. warn B. remind C. accuse D. inform
10. 10. A. problem B. gift C. burden D. mistake

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答案与解析

1. **A** — the person I hoped to become 我想成为的人。
2. **B** — laughed at my dreams 笑自己当年的梦想。
3. **B** — had become a teacher 成了老师。
4. **B** — thought I could never do 以为做不到。
5. **A** — had not managed to 没能做到。
6. **B** — reconsider priorities 重新考虑优先级。
7. **B** — make more time for 腾出更多时间。
8. **B** — set a new goal 设定新目标。
9. **B** — remind sb of 提醒某人。
10. **B** — a gift to your future self 给未来自己的礼物。