

《高考英语真题之书面表达（2023年北京卷）》

2023年北京卷

第三部分 书面表达(共两节，32分)

第一节(共4题;第(1)、(2)题各2分，第(3)题3分，第(4)题5分，共12分)

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

Habit formation is the process by which behaviours become automatic. People develop countless habits as they explore the world, whether they are aware of them or not. Understanding how habits take shape may be helpful in changing bad habits.

Habits are built through learning and repetition. A person is thought to develop a habit in the course of pursuing goals by beginning to associate certain cues(刺激) with behavioural responses that help meet the goal. Over time, thoughts of the behaviour and ultimately the behaviour itself are likely to be triggered(触发) by these cues.

A “habit loop(环)” is a way of describing several related elements that produce habits. These elements are called the cue, the routine, and the reward. For example, stress could serve as a cue that one responds to by eating, which produces the reward - the reduction of stress. While a routine involves repeated behaviour, it's not necessarily performed in response to a deep - rooted urge, as a habit is.

Old habits can be difficult to shake, and healthy habits are often harder to develop. But through repetition, it's possible to form new habits. The amount of time needed to build a habit will depend on multiple factors, including the individual and the intended behaviour. While you are able to pickup a new habit in a few weeks, it takes many months to build a healthy habit. Take some time to think about what leads to bad habits and re - evaluate what you get out of them (or don't). Consider and keep in mind why you want to make a change, including how the change reflects your values.

40. How are habits built?

41. In what way is a routine different from a habit?

42. Please decide which part is false in the following statement, then underline it and explain why.

Picking up a new habit takes a few week, while building a healthy habit takes a shorter time.

43. What benefit(s) have you got from one of your good habits?(In about 40 words)

参考答案：

40. Habits are built through learning and repetition. A person develops a habit by associating certain cues with behavioural responses that help meet a goal, and over time, these cues trigger the behaviour automatically.

41. A routine involves repeated behaviour but is not necessarily performed in response to a deep-rooted urge, while a habit is. In other words, a routine can be a sequence of actions that one does regularly, but it may not have become automatic like a habit does.

42.underline: "takes a shorter time"

Explanation: The statement is false because building a healthy habit actually takes a longer time, not a shorter time. The passage mentions that while you can pick up a new habit in a few weeks, it takes many months to build a healthy habit.

43. One of my good habits is daily exercise, which has improved my physical fitness and mental well-being. It gives me more energy throughout the day and helps me manage stress more effectively. Additionally, it has taught me discipline and the importance of self-care.