**《阅读理解—七选五》二轮复习解题指导 拓展提升任务**

**2017北京高考**

Every animal sleeps, but the reason for this has remained foggy. When lab rats are not allowed to sleep, they die within a month. 71

One idea is that sleep helps us strengthen new memories. 72 We know that, while awake, fresh memories are recorded by reinforcing (加强) connections between brain cells, but the memory processes that take place while we sleep have been unclear.

Support is growing for a theory that sleep evolved so that connections between neurons (神经元) in the brain can be weakened overnight, making room for fresh memories to form the next day. 73

Now we have the most direct evidence yet that he is right. 74 The synapses in the mice taken at the end of a period of sleep were 18 per cent smaller than those taken before sleep, showing that the connections between neurons weaken while sleeping.

If Tononi’s theory is right, it would explain why, when we miss a night’s sleep, we find it harder the next day to concentrate and learn new information—our brains may have smaller room for new experiences.

Their research also suggests how we may build lasting memories over time even though the synapses become thinner. The team discovered that some synapses seem to be protected and stayed the same size. 75 “You keep what matters,” Tononi says.

A．We should also try to sleep well the night before.

B．It’s as if the brain is preserving its most important memories.

C．Similarly, when people go for a few days without sleeping, they get sick.

D．The processes take place to stop our brains becoming loaded with memories.

E．That’s why students do better in tests if they get a chance to sleep after learning.

F．“Sleep is the price we pay for learning,” says Giulio Tononi, who developed the

idea.

G．Tononi’s team measured the size of these connections, or synapses, in the brains of 12 mice.

**2018北京高考**

**Why Do We Get Angry?**

Anger seems simple when we are feeling it, but the causes of anger are various. Knowing these causes can make us examine our behavior, and correct bad habits. The main reasons we get angry are triggering (触发) events, personality traits (特征), and our assessment of situations. 51

Triggering events for anger are so many that to describe them all would take hundreds of pages. However, here are some examples: being cut off in traffic, a deadline approaching, experiencing physical pain, and much more. 52  **The reason why someone is triggered by something and others are not is often due to one’s personal history and psychological traits.**

Each person, no matter who they are, has psychological imbalances. People who have personality traits that connect with competitiveness and low upset tolerance are much more likely to get angry.  53 Also, sometimes pre-anger does not have to do with a lasting condition, but rather a temporary state before a triggering event has occurred.

54 Sometimes even routine occurrences become sources of pre-anger, or anger itself. **Sometimes ignorance and negative (消极的) outlooks on situations can create anger.**

55 However, anger can easily turn violent, and it is best to know the reasons for anger to appear in order to prevent its presence. With these main reasons in mind, we can evaluate our level of anger throughout the day and prevent cases of outbursts by comprehending the reasons for our feelings.

A．Our attitude and viewpoint on situations can create anger within us as well.

B．But some types of situations can help us to get rid of the occurrence of anger.

C．Anger is rarely looked upon as a beneficial character trait, and is usually advised to reduce it.

D．Anger is a particularly strong feeling and maybe people think that they have reasons to feel angry.

E．Having these personality traits implies the pre-anger state, where anger is in the background of your mind.

F．Understanding these reasons will control our own anger if we are willing to evaluate ourselves with a critical eye.

G．Not everyone acts the same in response to events, and that is why what triggers one person may or may not trigger another.

**2019北京高考**

Much of the work in today's world is accomplished(完成) in teams. Most people believe the best way to build a great team is to gather a group of the most talented individuals. 46 Companies spend millions hiring top business people. Is their money well spent？

47 They focused on football, basketball and baseball. The results are mixed For football and basketball, adding talented players to a team proves a good method, but only up to the point where 70% of the players are top talent；above that level, the team's performance begins to decline. Interestingly, this trend isn't evident in baseball. where additional individual talent keeps improving the team's performance.

To explain this phenomenon, the researchers explored the degree to which a good performance by a team requires its members to coordinate(协调) their actions. 48 In baseball, the performance of individual players is less dependent on teammates. They conclude that when task interdependence is high, team performance will suffer when there is too much talent, while individual talent will have positive effects on team performance when task interdependence is lower. If a basketball star is, for example, trying to gain a high personal point total, he may take a shot himself when it would be better to pass the ball to a teammate, affecting the team's performance. Young children learning to play team sports are often told, "There is no I in TEAM." 49

Another possibility is that when there is a lot of talent on a team, some players may make less effort. Just as in a game of tug-of-war(拔河比赛) , whenever a person is added, everyone else pulls the rope with less force.

50 . An A-team may require a balance-not just A players, but a few generous B players as well.

A. It's not a simple matter to determine the nature of talent.

B. Sports team owners spend millions of dollars attracting top talent

C. The group interaction and its effect drew the researchers' attention.

D. Stars apparently do not follow this basic principle of sportsmanship.

E. Several recent studies examined the role of talent in the sports world.

F. Building up a dream team is more complex than simply hiring the best talent.

G. This task interdependence distinguishes baseball from football and basketball.