浙江卷

**阅读理解**

**A**

【文章大意】本文讲述了Zac归还紫心勋章的故事。

1. A【解析：由第二段中“Zac knows the meaning of a Purple Heart－he earned one himself in a war as a soldier”可知，Zac 的紫心勋章是他自己得到的。而被他母亲在古董店意外得到的是Adeline保存着的勋章。】
2. B【解析：mean business意为“认真的；严肃的”。由Zac的话“To drive eight hours to come to see me”也可猜测到Zac能理解Adeline对于勋章的重视程度。】
3. D【解析：倒数第二段中Adeline的话说明Adeline一开始并不明白为何她的父母十分看重家里的紫心勋章，直到她长大了，开始怀念兄长时才明白这枚勋章承载的意义。所以是对兄长的怀念使Adeline珍藏着勋章。】

**B**

【文章大意】本文通过一个街头活动呼吁人们要保有善心、乐善好施。

1. C【解析：no strings attached指“无附加条件；不求回报”；without conditions意为“无条件”，故选C。由后文“Give What You Can”和“many others pinned their own cash to the board”也可体现。】
2. B【解析：前文说“People of all ages, races, and socio-economic（社会经济的）backgrounds”可知有很多人都参与到了这个项目中。因此后文新娘的事情是就此进行进一步的说明。】
3. D【解析：由文章最后Bridges的话“Some days you need a helping hand and some days you can be the one giving the helping hand.”可知这个项目的主要目的是鼓励人们心存善意、伸出援手。】

**C**

【文章大意】本文分析了加利福尼亚高大乔木数量减少的原因。

1. A【解析：由第二段首句可以看出高大树木的数量锐减，且没有地区能够幸免于难，整体形势十分严峻，故选A。】
2. D【解析：第三段包含了四个选项的内容，“Aggressive wildfire control”尽管控制野火但是导致小树和高大的树木争抢生长资源。】
3. C【解析：倒数第一对缺水原因进行分析。由“...have been rising temperatures, which cause trees to lose more water to the air, and earlier snowmelt, which reduces the water supply...”可知选C。】
4. A【解析：本文主要摆出了加利福尼亚州高大树木数量减少的现状并且分析了原因，故A项最贴合文意。】

**七选五**

【文章大意】本文简单介绍了对rock music影响深远的乐队——the Beatles。

1. C【解析：由下一句中“At that time”可知此处应该谈及时间段。】
2. B【解析：前文提到了“extremely popular in England”，此处应该承接这个话题将他们是有多受欢迎，故选B。】
3. A【解析：下一句提到了“the Americans”所以此处选提及了去美国的A项。】
4. G【解析：空后句主语为“The concert”，故该空应当也是concert相关，故选G。】
5. E【解析：空前一句是感谢the Beatles为rock and roll做出的卓越贡献，故表现the Beatles对其他乐队影响的E项更符合文章思路。】

**完型**

**【文章大意】本文记叙了Dubanchet的欧洲骑行，其目的是为了引起公众对于厨余垃圾的关注。**

1. C【解析：由第二段“surviving...on discarded（丢弃）food”可知需要“奇怪的”主意来提高关注度。】
2. A【解析：由“discarded（丢弃）food”可知此处选A。】
3. C【解析：由后文可知，Dubanchet整个旅程都是依靠饭店丢弃的食物为生，故选C。】
4. B【解析：“raising awareness of food waste...the world”是Dubanchet旅行的目的，故选B。the way of...做……的方式】
5. B【解析：固定搭配as you can imagine意为“如你所想”。】
6. D【解析：本文讲的是有关食物浪费的话题，故此处应选D。throw away意为“扔掉；浪费”。】
7. A【解析：locked意为“锁上了的”；damaged意为“被损坏的”；connected意为“连接的”；abandoned意为“被遗弃的”。由后文“health regulations”和“business policies”可知，此处也指出于对环境卫生的考虑而“锁上”的垃圾箱。】

43.B【解析：由后半句可知，只有十分之一的地方给Dubanchet提供食物，因此选择B，意为“提供”；buy“买”；order“命令”；sell“卖”】

44.A【解析：由前文business polices和后半句policy可知，有相关法律政策。因此选A，意为“出于法律原因。”right“权利”；fee“费用”；aid“帮助”。 】

45.B【解析：由全文可知，本文讨论餐厅遗弃的食物，因此是相关政策，选B项，beg for“乞讨”；hide“隐藏; 躲避”；cause“成为…的原因; 导致”。】

46.D【解析：由后文Dubanchet所说句子even可知，一些人冒着丢掉工作的风险给他食物，只有D选项符合句意，意为“冒…的危险”。】

47.C【解析：后半句引出下文对D的不同态度，只有选项C，particularly符合句意，意为“特别; 尤其”；hardly“几乎不; 简直不”；usually“通常，经常”；merely“仅仅，只不过;”】

48.A【解析：根据后半句most difficult可知前文是相反意思的最高级，即easiest，故选A。】

49.C.【解析：前文可知在最难得到食物的Czech，他在找食物之前必须先咨询店家。只有选项C符合语境。】

50. D【解析：由前后语境可知这是一次挑战，故选D，意为“挑战”。】

51.C【解析：由后半句可知他还要从法国骑行回波兰，故C选项符合句意，意为“费力的，吃力的”；adequate“足够的; 适当的”；rewarding“值得的; 有报酬的”suitable“合适的，适当的”。】

52. D.【解析：后半句可知，当他骑行后需要快速补充能量。故选D，意为“迅速地”】

53.B【解析：后半句可知，需要能量，故选项B符合句意。spirit“精神，心灵”；time“时间”；effort“努力”。】

54.A【解析：根据后文可知，此空侧重于强调，胃是满的还是空的，故选A】

55.D【解析：根据全文语境可知，Dubanchet将会在六月中结束自己的旅程，因此选D，意为“结束”。arrange“; 整理; 改编”；restart“重新开始”；report“报道; 公布”】

**语法填空**

1. has/will have【解析：nobody为不定代词，作主语时谓语动词用单三形式。同时此句可也以当做when引导的时间状语从句描述将来的事情，故主句也可用将来时。】
2. the【解析：此处表示风格完全一样的服饰，same前要加定冠词。】
3. that/which【解析：此处为定语从句，从句缺少主语且先行词后没有逗号，故that和which均可。】
4. cycling【解析：or前为“are walking”，此处动作应与其对应，故也用现在分词形式。】
5. easily【解析：空处内容应该修饰空后的see，故用easy的副词形式。】
6. to【解析：the answer to为固定搭配。】
7. improved【解析：由此句及后文时态可知，这项研究是过去发生的事情，此空处也要用过去时态。】
8. to wear【解析：表示“想要做某事”应在want后加to do不定式。】
9. connection/connections【解析：no后加单数名词和复数名词均可，且connection可以做不可数名词也可以做可数名词。】
10. traditional【解析：前方are提示此处用法为形容词作表语，故用tradition的形容词词性。】

写作

本次写作任务考察文体为邮件（书信），所给内容缺一不可。本题并未给出开头寒暄和结尾的祝福，需要考生自行设计。在写作中要注意多种句型的综合使用，比如利用非谓语动词来尽量避免多个句子采用相同主语的情况。在段首、文首等关键位置要尽可能用高级词汇和句型，但同时要规避无法确定正误的搭配，尽量保证文段语法和拼写方面的准确性。

绝密★启用前

　　2019年6月普通高等学校招生全国统一考试(浙江卷)

　　英 语

　　选择题部分

　　第一部分 听力(共两节，满分30分)

　　做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题纸上。

　　第一部分 听力(共两节，满分30分)

　　做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

　　第一节 (共5小题;每小题1.5分，满分7.5分)

　　听下面5段对话。每段对话后有一个小题，从题中所给的A、B、C三个选项中选出最佳选项。听完每段对话后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

　　例：How much is the shirt?

　　A. £19.15. B. £9.18. C. £9.15.

　　答案是C。

　　1.Where does this conversation take place?

　　A. In a classroom. B. In a hospital. C.In a museum.

　　2.What does Jack want to do?

　　A. Take fitness classes.

　　B. Buy a pair of gym shoes.

　　C. Change his work schedule.

　　3.What are the speakers talking about?

　　A. What to drink. B. Where to meet. C. When to leave.

　　4.What is the relationship between the speakers?

　　A. Colleges. B. Classmates. C. Strangers.

　　5.Why is Emily mentioned in the conversation?

　　A. She might want a ticket.

　　B. She is looking for the man.

　　C. She has an extra ticket.

　　第二节(共15小题，每小题1.5分，满分22.5分)

　　听下面5段对话或独白。每段对话或独白后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题5秒钟;听完后，各小题将给出5秒钟的作答时间。每段对话或独白读两遍。

　　听第6段材料，回答第6、7题。

　　6.How long did James run his business?

　　A.10 years. B.13years. C.15 years.

　　7.How does the woman feel about James' situation?

　　A. Embarrassed. B. Concerned. C. Disappointed.

　　听第7段材料，回答第8至10题。

　　8.What has Kate's mother decided to do?

　　A. Return to school. B. Change her job. C. Retire from work.

　　9.What did Kate's mother study at college?

　　A. Oil painting. B. Art history. C. Business administration.

　　10.What is Kate's attitude toward her mother's decision?

　　A. Disapproving. B. Ambiguous. C. Understanding.

　　听第8段材料，回答第11至13题。

　　11.What is the man doing?

　　A. Chairing a meeting.

　　B. Hosting a radio program.

　　C. Conducting a job interview.

　　12.What benefits Mary most in her job?

　　A. Her wide reading. B. Her leaders' guidance. C. Her friends' help

　　13.Who will Mary talk about next?

　　A. Her teacher. B. Her father C. Her mother.

　　听第9段材料，回答第14至17题。

　　14.Why does the man seldom do exercise?

　　A. He lacks motivation.

　　B. He has a heart problem.

　　C. He works all the time.

　　15.What does Jacob Sattelmair probably do?

　　A. He's an athlete. B. He's a researcher. C. He's a journalist.

　　16.Why does the woman speak of a study?

　　A. To encourage the man.

　　B. To recommend an exercise.

　　C. To support her findings.

　　17.How much time will the man probably spend exercising weekly?

　　A.300 minutes. B.150 minute. C.75 minutes.

　　听第10段材料，回答第18至20题。

　　18.What did the scientists do to the road?

　　A. They repaired it. B. They painted it. C. They blocked it

　　19.Why are young birds drawn to the road surface?

　　A. It's warm. B. It's brown. C. It's smooth.

　　20.What is the purpose of the scientists' experiment?

　　A. To keep the birds there for a whole year.

　　B. To help students study the birds well.

　　C. To prevent the birds from being killed.

　　第二部分 阅读理解(共两节，满分35分)

　　第一节(共10小题;每小题2.5分，满分25分)

　　阅读下列短文，从每题所给的A、B、C和D四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

　　A

　　Zachariah Fike has an unusual hobby. He finds old military(军队的)medals for sale in antique stores and on the Internet.But unlike most collectors, Zac tracks down the medals’ rightful owners, and returns them.

　　His effort to reunite families with lost medals began with a Christmas gift from his mother, a Purple Heart with the name Corrado A. G. Piccoli, found in an antique shop. Zac knows the meaning of a Purple Heart-he earned one himself in a war as a soldier. So when his mother gave him the medal, he knew right away what he had to do.

　　Through the Internet, Zac tracked down Corrado’s sister Adeline Rockko. But when he finally reached her, the woman flooded him with questions: "Who are you?What antique shop?" However, when she hung up, she regretted the way she had handled the call. So she called Zac back and apologized. Soon she drove to meet Zac in Watertown, N.Y. "At that point, I knew she meant business, " Zac says. "To drive eight hours to come to see me."

　　The Piccolis grew up the children of Italian immigrants in Watertown. Corrado, a translator for the Army during WWII, was killed in action in Europe.

　　Before hearing from Zac, Adeline hadn’t realized the medal was missing. Like many military medals, the one Zac’s mother had found was a family treasure." This medal was very precious to my parents. Only on special occasions(场合)would they take it out and let us hold it in our hands," Adeline says.

　　As a child, Adeline couldn't understand why the medal was so significant. “But as I grew older,” Adeline says, "and missed my brother more and more, I realized that was the only thing we had left." Corrado Piccoli’s Purple Heart medal now hangs at the Italian American Civic Association in Watertown.

　　Zac recently returned another lost medal to a family in Alabama. Since he first reunited Corrado’s medal, Zac says his record is now 5 for 5.

　　21.Where did Zac get a Purple Heart medal for himself?

　　A. In the army.

　　B. In an antique shop.

　　C. From his mother.

　　D. From Adeline Rockko.

　　22.What did Zac realize when Adeline drove to meet him?

　　A. She was very impolite.

　　B. She was serious about the medal.

　　C. She suspected his honesty.

　　D. She came from a wealthy family.

　　23. What made Adeline treasure the Purple Heart?

　　A. Her parents’ advice.

　　B. Her knowledge of antiques.

　　C. Her childhood dream.

　　D. Her memory of her brother.

　　B

　　Money with no strings attached. It’s not something you see every day. But at Union Station in Los Angeles last month, a board went up with dollar bills attached to it with pins and a sign that read, "Give What You Can, Take What You Need."

　　People quickly caught on. And while many took dollars, many others pinned their own cash to the board. “People of all ages, races, and socio-economic(社会经济的)backgrounds gave and took, ”said Tyler Bridges of The Toolbox, which created the project. "We even had a bride in her wedding dress come up to the board and take a few dollars." Most of the bills on the board were singles, but a few people left fives, tens and even twenties. The video clip(片段)shows one man who had found a $ 20 bill pinning it to the board.

　　“What I can say for the folks that gave the most, is that they were full of smiles,” Bridges said. “There’s a certain feeling that giving can do for you and that was apparent in those that gave the most." Most people who took dollars took only a few, but Bridges said a very small number took as much as they could.

　　While the clip might look like part of a new ad campaign, Bridges said the only goal was to show generosity and sympathy. He added that he hopes people in other cities might try similar projects and post their own videos on the Internet.

　　“After all, everyone has bad days and good days," he said. “Some days you need a helping hand and some days you can be the one giving the helping hand.”

　　24. What does the expression "money with no strings attached" in paragraph 1 mean?

　　A. Money spent without hesitation.

　　B. Money not legally made.

　　C. Money offered without conditions.

　　D. Money not tied together.

　　25. What did Bridges want to show by mentioning the bride? A. Women tended to be more sociable.

　　B. The activity attracted various people.

　　C. Economic problems were getting worse. D. Young couples needed financial assistance.

　　26. Why did Bridges carry out the project?

　　A. To do a test on people’s morals.

　　B. To raise money for his company.

　　C. To earn himself a good reputation.

　　D. To promote kindness and sympathy.

　　C

　　California has lost half its big trees since the 1930s, according to a study to be published Tuesday and climate change seems to be a major factor(因素).

　　The number of trees larger than two feet across has declined by 50 percent on more than 46, 000 square miles of California forests, the new study finds. No area was spared or unaffected, from the foggy northern coast to the Sierra Nevada Mountains to the San Gabriels above Los Angeles. In the Sierra high country, the number of big trees has fallen by more than 55 percent; in parts of southern California the decline was nearly 75 percent.

　　Many factors contributed to the decline, said Patrick Mclntyre, an ecologist who was the lead author of the study. Woodcutters targeted big trees. Housing development pushed into the woods. Aggressive wildfire control has left California forests crowded with small trees that compete with big trees for resources(资源).

　　But in comparing a study of California forests done in the 1920s and 1930s with another one between 2001 and 2010, Mclntyre and his colleagues documented a widespread death of big trees that was evident even in wildlands protected from woodcutting or development.

　　The loss of big trees was greatest in areas where trees had suffered the greatest water shortage. The researchers figured out water stress with a computer model that calculated how much water trees were getting in comparison with how much they needed, taking into account such things as rainfall, air temperature, dampness of soil, and the timing of snowmelt(融雪).

　　Since the 1930s, Mclntyre said, the biggest factors driving up water stress in the state have been rising temperatures, which cause trees to lose more water to the air, and earlier snowmelt, which reduces the water supply available to trees during the dry season.

　　27. What is the second paragraph mainly about?

　　A. The seriousness of big-tree loss in California.

　　B. The increasing variety of California big trees.

　　C. The distribution of big trees in California forests.

　　D. The influence of farming on big trees in California.

　　28. Which of the following is well-intentioned but may be bad for big trees?

　　A. Ecological studies of forests.

　　B. Banning woodcutting.

　　C. Limiting housing development.

　　D. Fire control measures.

　　29. What is a major cause of the water shortage according to Mclntyre?

　　A. Inadequate snowmelt. B. A longer dry season.

　　C. A warmer climate. D. Dampness of the air.

　　30. What can be a suitable title for the text?

　　A. California's Forests: Where Have All the Big Trees Gone?

　　B. Cutting of Big Trees to Be Prohibited in California Soon

　　C. Why Are the Big Trees Important to California Forests?

　　D. Patrick Mclntyre: Grow More Big Trees in California

　　第二节(共5小题;每小题2分，满分10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。

　　Rock music consists of many different styles. Even though there is a common spirit among all music groups, they make very different music. 31 At that time the Beatles entered the world of music from Liverpool.

　　After they were given an invitation to appear live on BBC, the Beatles quickly became famous in Britain with nationwide tours. By mid-1963, the Beatles had been extremely popular in England. 32 They held large concerts and performed at clubs. They became the hottest thing on the pop music scene in England. They began as a modestly successful musician group and ended the year as show business legends(传说). John Lennon and Paul McCartney were named composers of the year.

　　33 They were not sure how the Americans would react to the new type of music. Beatlemania hit New York on February 7, 1964. Hundreds of fans jammed the airport to greet them. 34 The concert was broadcast live and attracted the largest one night audience in the history of television up to that time. The Beatles were described as a British invasion(入侵)by local and nationwide newspapers at that time. Their victory in America was still remembered as a major turning point in the history of rock and roll. Thanks to the Beatles, a lot of opportunities were opened up to new faces on the market. 35

　　A. They decided on a tour to the United States in 1964.

　　B. Even their hairstyles became major trends at that time.

　　C. Rock music developed in the 1950s and the early 1960s.

　　D. However, their songs changed the lives of generations to come.

　　E. Many rock bands were able to follow in the footsteps of the Beatles.

　　F. They appeared in the films A Hard Day's Night(1964)and Help!(1965).

　　G. They performed their first concert in America at CBS television's 53rd street studio.

　　第三部分 语言运用(共两节，满分45分)

　　第一节 完形填空(共20小题;每小题1.5分，满分30分)

　　阅读下面短文，从短文后各题所给的A、B、C和D四个选项中，选出可以填入空白处的最佳选项，并在答题纸上将该项涂黑。

　　There are lots of ways to raise awareness for a cause. Usually, the 36 the idea is, the more it gets noticed. And that’s precisely why one 37 Frenchman has caught our attention.

　　Baptiste Dubanchet is biking across Europe，surviving 38 on discarded(丢弃)food. The three-month, 1 900-mile journey from Paris to Warsaw is Dubanchet’s 39 of raising awareness of food waste in Europe and throughout the world.

　　As you can 40 , the trip is no piece of cake. While restaurants 41 tons of food each year, much of it remains inaccessible because of 42 garbage containers, health regulations, or business policies. Only about one in ten places 43 him food that would otherwise be discarded.

　　For legal 44 , most restaurants have a policy against 45 food waste. "Some people have even 46 their jobs by giving me food," Dubanchet said.

　　What's 47 interesting is the attitude various cities have toward Dubanchet’s cause. Berlin has been the 48 while the most difficult was the Czech town of Pilsen. There, he had to 49 at some 50 different stores or restaurants before finding food. The 50 is all the more serious when you consider the 51 exercise required to bike from France to Poland.

　　"I have to get food 52 because after all the biking I am tired and I need the 53 ,"

　　Dubanchet explained. "Is my 54 full or empty? That is the most important thing, not what I am eating."

　　He aims to 55 his journey by mid-July. With any luck, he’ll turn a few more heads in the process.

　　36. A. cleverer B. older C. stranger D. simpler

　　37.A. garbage-eating B. sports-loving C. food-wasting D. law-breaking

　　38. A. secretly B. finally C. entirely D. probably

　　39. A. purpose B. way C. opinion D. dream

　　40. A. observe B. imagine C. suggest D. remember

　　41. A. store B. cook C. shop for D. throw away

　　42. A. locked B. damaged C. connected D. abandoned

　　43. A. bought B. offered C. ordered D. sold

　　44. A. reasons B. rights C. fees D. aids

　　45. A. begging for B. giving away C. hiding D. causing

　　46. A. did B. kept C. accepted D. risked

　　47. A. hardly B. usually C. particularly D. merely

　　48. A. easiest B. nearest C. biggest D. richest

　　49. A. work B. shout C. ask D. jump

　　50. A. competition B. conversation C. conflict D. challenge

　　51. A. adequate B. rewarding C. demanding D. suitable

　　52. A. again B. alone C. later D. fast

　　53. A. spirit B. energy C. time D. effort

　　54. A. stomach B. hand C. pocket D. basket

　　55. A. arrange B. restart C. report D. finish

　　非选择题部分

　　第三部分 语言运用(共两节，满分45分)

　　第二节(共10小题：每小题1.5分，满分15分)

　　阅读下面材料，在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

　　There are several reasons why school uniforms are good idea. First of all, uniforms help the school look smart. The students feel that they belong to a particular group. When every pupil in the school wears the uniform, nobody \_\_\_\_56\_\_\_\_\_ (have) to worry about fashion(时尚). Everybody wears\_\_\_\_\_57\_\_\_\_ same style of clothes. Uniforms can be useful in unexpected ways, A school in Ireland has introduced an interesting new uniform. On the edge of the jacket, there is a piece of cloth \_\_\_\_58\_\_\_\_\_gives off light in the dark. When the children are walking or \_\_\_\_\_59\_\_\_\_ (cycle) to school on dark mornings, car drivers can \_\_\_\_\_60\_\_\_\_ (easy) see them.

　　But can uniforms help improve school standards? The answer \_\_\_\_\_61\_\_\_\_ this question is not clear. One study in America found that students' grades \_\_\_\_\_62 \_\_\_\_ (improve) a little after the school introduced uniforms. But some students didn't want \_\_\_\_63\_\_\_\_\_ (wear) the uniform. Other American studies showed no \_\_\_\_\_64\_\_\_\_(connect) between uniforms and school performance.

　　School uniforms are \_\_\_\_\_65 \_\_\_\_ (tradition) in Britain, but some schools are starting to get rid of them. Some very good schools don't have a uniform policy. However, uniforms are still popular. Pupils at about 90 percent of British secondary schools wear uniforms.

　　第四部分 写作(共两节，满分40分)

　　第一节 应用文写作(满分15分)

　　假定你是李华，经常帮助你学习英语的朋友Alex即将返回自己的国家。请给他写一封邮件，内容包括：

　　1.表示感谢;

　　2.回顾Alex对你的帮助;

　　3.临别祝愿。

　　注意：

　　1.词数80左右;

　　2可适当增加细节，以使行文连贯。

　　第二节 读后续写(满分25分)

　　阅读下面短文，根据其内容写一篇60词左右的内容概要。

　　Parents everywhere praise their kids. Jenn Berman, author of The A to Z Guide to Raising Happy and Confident Kids, says, "We've gone to the opposite extreme of a few decades ago when parents tended to be more strict." By giving kids a lot of praise, parents think they're building their children's confidence, when, in fact, it may be just the opposite. Too much praise can backfire and, when given in a way that's insincere, make kids afraid to try new things or take a risk for fear of not being able to stay on top where their parents' praise has put them.

　　Still, don't go too far in the other direction. Not giving enough praise can be just as damaging gas giving too much. Kids will feel like they're not good enough or that you don't care and, as a result, may see no point in trying hard for their accomplishments.

　　So what is the right amount of praise? Experts say that the quality of praise is more important than the quantity. If praise is sincere and focused on the effort not the outcome, you can give it as often as your child does something that deserves a verbal reward." We should especially recognize our children's efforts to push themselves and work hard to achieve a goal, "says Donahue, author of Parenting Without Fear: Letting Go of Worry and Focusing on What Really Matters. "One thing to remember is that it's the process not the end product that matters."

　　Your son may not be the best basketball player on his team. But if he's out there every day and playing hard, you should praise his effort regardless of whether his team wins or loses. Praising the effort and not the outcome can also mean recognizing your child when she has worked hard to clean the yard, cook dinner, or finish a book report. But whatever it is, praise should be given on a case-

　　by-case basis and be proportionate(相称的)to the amount of effort your child has put into it.