高二英语试题

2019.1

本试卷分第 Ī 卷(选择题)和第 Ⅱ 卷(非选择题)两部分。满分 150 分,时间 120 分钟。 注意事项:

- 1. 答第 Ⅰ 卷前考生务必将自己的姓名、准考证号填写在答题卡上。
- 2. 选出每小题答案后,用 2B 铅笔把答题卡上对应题目的答案标号涂黑。如需改动,用橡皮擦干净后,再选涂其他答案标号框。
 - 3. 全部答案在答题卡上完成,答在试卷上无效。

第 [卷(满分 95 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,并标在试卷的相应位置。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。

1. When is the man's flight tomorrow?

A. At 8:15.

B. At 8:50.

C. At 7:45.

2. What does the woman advise finally?

A. Taking a bus.

B. Taking a taxi.

C. Going on foot.

- 3. What will the woman do tomorrow?
 - A. Visit some sports stars.
 - B. Have a basketball match.
 - C. Go to a concert.
- 4. Why does the woman have to do the experiment alone?
 - A. It is too dangerous for others.
 - B. Her partner is absent today.
 - C. The man refused to help her.
- 5. What are the speakers probably talking about?

A. A novel.

B. A film.

C. A speech.

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,并标在试卷的相应位置。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。

高二英语试题 第1页(共10页)

6. How does the man feel with the woman? A. Bored. C. Sorry. B. Angry. 7. What does the man refuse to do? A. Shop in a dress store. B. Wait for the woman. C. Introduce the new fashions. 听第7段材料,回答第8、9题 8. Which is the woman's favorite fruit? C. Peach. B. Banana. A. Apple. 9. When were peach trees first planted in China? A. About 1700 years ago. B. About 7000 years ago. C. About 7700 years ago. 听第8段材料,回答第10至12题 10. What is the relationship between John and Malcolm? A. Classmates. B. Neighbours. C. Brothers. 11. Why is the man worried about Malcolm? A. He works too hard. B. He cannot realize his goal. C. He wants all the prizes. 12. What does John like best? A. Playing tennis. B. Doing homework. C. Studying law. 听第9段材料,回答第13至16题 13. What did George do just now? A. Had a painting class. B. Visited some artists. C. Saw an exhibition. 14. What does George like best? B. Watercolors. A. Portraits. C. Oil paintings. 15. Why does the woman dislike the traditional style of painting? A. The man dislikes it. B. She thinks it is boring. C. She cannot do it as well as artists. 16. What is the woman going to do this weekend? A. Help the man buy a ticket. B. See an art exhibition. C. Paint a picture for the man. 听第 10 段材料,回答第 17 至 20 题 17. What is the speaker talking about? A. Kids' health and hobbies.

高二英语试题 第 2 页(共 10 页)

B. TV programs for kids.

C. House rules for lazy kids.

- 18. Why should parents ask kids to finish their homework first?
 - A. Because it is easy for them to put it off.
 - B. Because no kids like doing homework.
 - C. Because they have a lot of work to do.
- 19. What should parents encourage kids to do?
 - A. Play video games more.
 - B. Take more creative activities.
 - C. Make rules for doing homework.
- 20. What is Happy Child?
 - A. The speaker's TV program.
 - B. The rules for lazy kids.
 - C. The speaker's new book.

第二部分 阅读理解(共两节,满分50分)

第一节(共16小题;每小题2.5分,满分40分)

阅读下列短文,从每题所给的四个选项(A、B、C 和 D)中,选出最佳选项,并在答题卡上 将该选项涂黑。

A

A week ago, "Sports for Life" program was sent to the parents, requiring them to select a sport they wanted their child to play. Since then, our staff have received lots of calls from parents asking for more information about it. Here is a memo for your reference when you answer the phones.

Sports 1: Basketball

We expect that this will be the most popular of the four sports. Therefore, students should be advised to sign up as soon as possible. Students will take a private bus to and from Kwun Tong Sports Park. Each student will have to pay for the cost of hiring a bus. There will be four basketball courts available for our use with one teacher watching over each game.

Sports 2: Gym

We will be using St. Peter's Memorial Park. There are two reasons for choosing the park. First, it is not very busy and crowded before 6:00 pm. Second, it has lots of trees with plenty of shade. Three activities, skipping, jogging, outdoor aerobics, all of which are free of charge, will be arranged. And there will be a teacher on duty for each of the activities.

Sports 3: Hiking

Hiking will take place at Kowloon Peak. The activity will start at 2:30 pm and finish 90 minutes later. Three teachers will accompany the students, and a hiking instructor will accompany each group of 15 hikers. Each instructor will cost \$75/hr.

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Sports 4: Swimming

The Kowloon City Aquatic Centre is a 10-minute walk from our school. Four teachers will go to the pool. We will only be able to reserve the pool for one hour. Only students skillful at swimming can take up this activity. The pool will have two lifeguards present. The cost is \$10 per visit.

- 21. What is the memo intended for?
 - A. Attracting more students to join in.
 - B. Collecting more ideas about the program.
 - C. Explaining "Sports for Life" to the staff.
 - D. Informing teachers and students of the program.
- 22. Why should students register early who want to join in Basketball?
 - A. Because most students are likely to take up this activity.
 - B. Because there is one basketball teacher to go with them.
 - C. Because Kwun Tong Sports Park is far away from school.
 - D. Because the school doesn't have basketball courts.
- 23. Which activity is totally free?

A. Basketball.

B. Gym.

C. Hiking.

D. Swimming.

24. What is Kowloon Peak most probably in the part of Sports 3?

A. A city sports center.

B. A park near the school.

C. A hill in Kowloon.

D. A training school for hiking.

1

My husband and I wanted desperately the instant transformation from typical consumers to eco-conscious people. We switched our light bulbs to CFL (compact fluorescent light) bulbs to save energy. We went about the house turning off lights and appliances that weren't in use. But the rate of global warming went beyond our snail's pace to greenhood. So I pushed it forward.

I decided to be a vegetarian first of all. Vegans refuse any animal flesh or commercial goods made from any animal byproducts such as milk or fats. All the family applauded this decision except for my husband. Some kind of animal needed to sacrifice its dear life for his meal or it wasn't dinner. I cooked up a storm, struggling to prepare nutritious meals with not-so-obvious vegan dishes like bean burritos and high-fiber vegetable stir-fry. It took a few days before he realized that he hadn't been eating any meat.

"I feel like eating beef." he announced. So that night, I took full advantage of a zucchini, cut it into bid pieces and cooked them. Then I covered them with spices. My beef-starved husband had some and a curious look crossed his face.

"Where's the beef?"

"Living peacefully somewhere on an open plain where it belongs."

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"I knew it," he murmured. "You've surely made great contributions to the boom in cattle." His tastes were developed completely around every kind of animal: cattle, pigs, fish, lamb, chickens and ducks. Changing him was like feeding grass to a lion.

I'm all for preserving our planet, but what good would it do to save the earth for tomorrow's generation if today's died of starvation? The next day, we went out for burgers. I was very careful to place the paper bag into our recycling bin.

- 25. What does the author want to describe by saying "our snail's pace" in Para 1?
 - A. How careful we are to protect the earth.
 - B. How fast the pollution is spreading.
 - C. What little we do to prevent global warming.
 - D. How green our life should become.
- 26. What do we know about the author's husband from Paragraph 2?
 - A. He was a meat lover.

- B. He disliked animals.
- C. He supported the meat-free diet.
- D. He wasn't good at cooking.
- 27. What is "zucchini" most probably mentioned in Para 3?
 - A. A kind of beef.

B. A kind of vegetable.

C. A kind of fish.

- D. A cooking method.
- 28. What do we know about the author in the end?
 - A. She managed to change his husband's tastes.
 - B. She felt disappointed with her husband.
 - C. She advocated raising more cattle.
 - D. She still tried to be an eco-conscious person.

(

While car sharing is a concept that's catching on, old-fashioned carpooling where a group of people take turns driving each other to work has always faced a resistance. In a study on traffic problems by ABC News, 84% of those who drive to work say that they still do it alone. More than half of those lone drivers insist that carpooling is just too inconvenient, and 18% say they simply don't know anyone to share a ride with.

Now technology makes carpooling easier and more fun. NuRide, a company providing an online carpooling service last year, offers daily travelers in the Washington area not just a web-based list of would-be carpoolers but also a way to arrange a trip online. Here's how it works: rider seekers enter the positions where their trip will begin and end, the time they want to leave and if they're willing to drive or just ride in someone else's car. The website's search engine then looks for matches and makes lists of the names of traveling companions, along with the car model and the exact time and place to meet for each trip. People who want to share the ride can show their interest in joining in online and then meet their car mates when it's time to go.

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NuRide users aren't riding with total strangers. They are required to provide the name of their employer and a work e-mail address, both of which need to be checked before being listed on the website.

To attract users, NuRide offers a frequent rider prize: anyone who shares a ride gets a MYM1 credit. So far, 2,300 people have signed up. NuRide CEO Rick Steele said that more than 50,000 rides have been arranged on the website, resulting in 1.4 million fewer miles driven and 650 fewer tons of automobile emissions (排放).

- 29. What has the study found about drivers' opinions on carpooling?
 - A. Many think it is inconvenient. B. 84% of them accept the idea.
 - C. Some consider it dangerous. D. 18% of them drive to work alone.
- 30. What can NuRide do for its users?
 - A. Decide car models for them. B. Help them arrange a shared car trip.
 - C. Give them a list of car owners.

 D. Find out their car mates' true names.
- 31. What information is a NuRide user asked to provide?
 - A. His age. B. His home address.
 - C. His hobbies. D. His employer's name.
- 32. It can be inferred that NuRide has helped in _____.
 - A. improving air quality B. increasing job opportunities
 - C. promoting driving safety

 D. making people know each other

D

If you want to get something done, you might want to put your mobile phone back in your pocket. Researchers have found that the mere presence of a phone is distracting—even if it is not your own. And the devices are likely to distract you, even if they are not ringing or "pinging" with messages. People asked to carry out electronic tests of their attention spans were found to perform worse when a mobile phone was present than other people performing in the presence of a paper notepad.

Scientists from Japan said that their findings show that it is harder to concentrate when one of the electronic devices is present. The effect was most marked on people who are not regular users of phones. In tests on 40 undergraduates, Professor Junichiro and a colleague divided the subjects into two groups—one asked to carry out tests in the presence of an Apple iPhone next to a computer monitor, and the other in the presence of a notebook.

The test involved asking the participants to search for a particular character among a mess of other characters on the screen. Researchers measured the time it took to find the target. The results of the experiment found that those with the mobile phone took longer to find the character, indicating that participants were automatically distracted by the presence of the phone. The researchers suggest that people are "drawn to the presence of a mobile phone", although there are individual differences in how one attempts to ignore it.

Another finding is that listening to one half of a mobile phone conversation also distracts people, and other studies have found that placing a mobile phone in view has a negative impact on the quality of face-to-face communications. Holding a mobile phone makes you less likely to get a fair hearing from others.

- 33. What is the first paragraph mainly about?
 - A. A mobile phone won't distract people unless it's ringing.
 - B. A paper notepad can help people record much information.
 - C. Text messages distract people even if phones are power off.
 - D. People find it hard to concentrate if a phone is present.
- 34. Who may be distracted more easily according to the study?
 - A. Those who don't often use phones.
 - B. People taking electronic test.
 - C. Those with short attention span.
 - D. People working with computers.
- 35. What were the participants asked to do in the experiment?
 - A. Time themselves while finding the target.
 - B. Look for a character among a collection of ones.
 - C. Attempt to ignore the presence of their phones.
 - D. Use the notepad to tale the place of computers.
- 36. What is the effect of putting a mobile phone in sight in a face-to-face communication?
 - A. It makes speakers feel nervous.
 - B. It causes listeners to have a negative attitude.
 - C. It reduces people's attention to listening.
 - D. It stops people making a better speech.

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,并在答题卡上将该项 涂黑。选项中有两项为多余选项。

Think like This When You Feel Stressed

It's a sweet opportunity. If you look on pressure as a threat, you are sure to be negatively impacted by its occurrence. 37 They will value the pressure moment and approach it with confidence and enthusiasm.

I'll get another chance. Under pressure, we often lose hope. We tend to distort (扭曲) the reality of the situation. One of the most common phrases is the "chance of a lifetime", in which we tell ourselves, "I will never get an opportunity like this again, so I can't miss it." __38__ We just don't recognize these chances most of time.

高二英语试题 第7页(共10页)

I'll do my best. This is what people who do their best under pressure tell themselves when they are going into a pressure moment. 39 Because it prevents them from wasting valuable energy worrying over things they can't influence and promotes confidence at the same time. Focusing on doing your best keeps you in the moment and guides your behavior toward success.

40 People who perform their best in pressure will reduce the significance of the upcoming pressure moment, so they feel less stressed. Whether it's a sales call or an interview for their dream jobs, they are like winning athletes, and when asked how to handle the pressure of the big game, they responded, "Relax! It's just another game."

I can control how I respond. People who do their best in a pressure moment focus on what they can control. It stops you paying attention to anxiety. If you have an upcoming interview, don't worry about the other applicants. 41 Practice how you will handle an unexpected problem.

- A. It's no big deal.
- B. You can't control them.
- C. Instead, working in pressure can make you less effective.
- D. Remembering past successes increases your confidence.
- E. In fact, we have many chances to succeed in our lifetime.
- F. But people who look on it as a great chance in a pressure moment are different.
- G. Focusing on doing your best quickly decreases pressure in the moment.

第三部分 英语知识运用(共两节,满分30分)

第一节 完形填空(共15小题;每题1分,满分15分)

阅读下面短文,从短文后各题所给的四个选项(A,B,C和D)中,选出可以填入空白处的最佳选项,并在答题卡上将该项涂黑。

A thief dropped a winning lottery ticket (彩票) at the scene of his crime, but he has been given a lesson in 42. The man whom he robbed 43 the ticket and won the £25,000 prize, but he managed to find the thief, and handed over the 44.

The robbery happened when Professor Sabbatuccci was changing a tyre on a highway. Another motorist, who stopped "to <u>45</u>", stole a suitcase from his car and drove off. The professor found the 46 ticket and brought it home.

Next day, the professor saw the lottery 47 on TV and realized it was a winner. He 48 the £25,000 prize, but he decided not to keep the money. He made an announcement on the radio, 49, "I'm trying to find the man who robbed me. I have £25,000 for him—a lottery 50 . Please meet me."

The professor received hundreds of <u>51</u> from people who were hoping to <u>52</u> him into handing them the money. But there was one voice he <u>53</u> and he arranged to meet the man in a park.

高二英语试题 第8页(共10页)

The robber gave back the 54 and burst into tears. He could not 55 what was happening, "Why didn't you keep the money?" he asked. The professor replied, "Because it's not mine." Then he walked off, turning down the thief's 56 to share the prize. 42. A. friendship B. honesty C. bravery D. adventure 43. A. held out B. took out D. picked up C. made up 44. A. crime B. ticket C. money D. evidence D. help 45. A. repair B. rest C. watch 46. A. stolen B. dropped C. forgotten D. damaged C. loss D. sales 47. A. results B. story 48. A. presented B. took C. donated D. shared 49. A. joking C. wondering D. replying B. saying D. receipt 50. A. number B. case C. win C. letters D. calls 51. A. notes B. emails B. find C. lead D. draw 52. A. trick 53. A. recognized B. reminded C. recorded D. recovered 54. A. car D. check B. suitcase C. money 55. A. explain B. blame C. believe D. realize 56. A. deal D. offer B. promise C. payment

第 [卷(满分 55 分)

第三部分 英语知识运用(共两节,满分30分)

第二节(共10小题;每小题1.5分,满分15分)

阅读下面材料,在题后空白处填入适当的内容(每空一词)或括号内单词的正确形式。

Recently, a couple in New Zealand were forbidden from naming their baby son 4Real. Even though New Zealand has no strict rules about naming children, names __57__(begin) with a number are banned. Finally, they decided to change __58__into Superman instead.

In many countries around the world, unusual names for children __59__(become) more popular now. Some parents make a __60__(choose) from popular culture. For example, there have been six boys __61__ names are Gandalf—the character in the films of Lord of the Rings.

Countries including Denmark, Spain, Germany and Argentina have <u>62</u> list of names from which parents must choose. In China, no foreign letters or symbols <u>63</u> (allow). A couple were recently banned <u>64</u> calling their baby @. In Britain, some names which were <u>65</u> (previous) thought of as old-fashioned have become more popular again, such as Ella for a girl, and Noah for a boy. But the most popular names are not the strange ones. The top names are fairly <u>66</u> (tradition)—Jack or Charlie for boys and Grace or Ruby for girls.

高二英语试题 第9页(共10页)

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,得知你的美国朋友 Peter 将来你学校参加两周的汉语学习。请你用英语写一封回复邮件,内容包括:

- 1. 表示欢迎;
- 2. 给出学习和生活的建议;
- 3. 邀请到你家做客。

注意:1. 词数 80 左右;

2. 可适当增加细节,以使行文连贯。

Dear Peter,

Best wishes!

Yours, Li Hua

第二节 读后续写(满分 25 分)

阅读下面材料,根据其内容进行续写,使之构成一个完整的短文。

注意:1. 续写部分的词数应为 150 左右;

- 2. 续写部分分为两段,每段的开头语已为你写好;
- 3. 续写部分不指定必须使用的词汇。

"What is it like to have a gap between your teeth?" a girl asked me one day.

Nobody had ever asked before. My hand unconsciously rose to cover my mouth. But, as she looked at me, sincerely waiting for an answer. I realized she was not trying to be rude. "I never think about it." I truthfully replied. She nodded and turned away. I was left wondering if people looked at me and saw only gappy teeth.

Later that day at home, I began to consider my teeth again. I felt upset I thought my life would be somehow better if my teeth were not gappy. How I wanted the perfect teeth that everyone else seemed to have!

Of course, Mom noticed everything. She tried to convince me that there was nothing to worry about. When I refused to listen, she told me I could get the surgery to close the gap if it was that important. "Let's be honest, though," she said. "If everyone got operations to become attractive, everyone would be the same. There is no beauty in the world."

第一部分 听力(每小题 1.5 分,满分 30 分)

1-5 ACBBA 6-10 BACBC 11-15 AACCB 16-20 BCABC

第二部分 阅读理解(21-36 每小题 2.5 分;37-41 每小题 2 分;满分 50 分)

21-24 CABC 25-28 CABD 29-32 ABDA 33-36 DABC 37-41 FEGAB

第三部分 英语知识运用(共两节,满分30分)

第一节(每小题1分,满分15分)

42-46 BDCDB 47-51 ABBCD 52-56 AABCD

第二节(每小题 1.5 分,满分 15 分)

57. beginning 58. it 59. are becoming/have become

60, choice

61. whose

62. a

63. are allowed

64. from

65. previously 66. traditional

第四部分 写作(共两节,满分40分)

评分要点和评分原则另附

听力录音材料

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, 并标在试卷的相应位置。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。现在,你有5秒钟的时间阅读第1小题的有关内 容。

Text 1

M: When are you leaving?

W: I' ve bought the ticket. The plane will take off at 8: 15 a.m. tomorrow.

Text 2

W: How can I get to the supermarket from here?

M: You can go by bus or taxi, but it's not too far. Maybe you' d like to walk.

Text 3

M: Would you like to go to the Spring Festival Concert with me tonight?

W: I'm sorry, but we'll have a basketball match with the WCBA stars tomorrow.

M: That's all right. Wish you good luck.

Text 4

W: My partner is absent today. I have to do the work alone.

M: Oh, no. You cannot do the experiment without a partner, for safety.

Text 5

W: Do you think it is a good story?

M: What I don't understand is the beginning.

W: You mean it's too difficult.

M: No, but I don't know what the writer wants to tell us.

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,并标在试卷的相应位置。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;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至7小题。

Text 6

W: Sorry, Victor!

M: Laura! "Sorry" doesn' t count! You were supposed to meet me right here forty minutes ago!

高二英语试题答案 第2页(共4页)

- W: Now! Now! What's a few minutes between friends?
- M: You don't get it!
- W: Oh. look! Here's a note on the board. The new fashions have arrived. I must check them out! Come with me?
- M: No way! You try on every dress, and it drives me crazy!
- W: Well, it'll only take a second. Just a tiny look at the new fashions. Aren't you coming in?
- M: No, thank you. I'll wait outside.

听第7段材料,回答第8至9小题。

Text 7

- M: What do you want to eat, Maria? We have apples and peaches.
- W: I'd like a peach. please. It's my favorite fruit. What about you, James?
- M: I like bananas best. By the way, have you read the news report about peaches? It explains when peach trees were first planted in China.
- W: No. When were they first planted in China?
- M: According to the report, peach trees were first planted in China about 7,000 years ago.

听第8段材料,回答第10至12小题。

Text 8

- W: How have your two sons been doing at school lately, Andy?
- M: Terrible! John never starts learning, and Malcolm never stops learning.
- W: You're joking, of course. I hear that Malcolm is likely to win all the prizes in the exams this year.
- M: Yes, so his teachers say. He has always been working very hard. He wants to go to Oxford University next year.
- W: I hope he will realize his goal.
- M: I hope so. But I think he studies too hard. I sometimes wish he'd go out and enjoy himself for a change.
- W: Yes. What about the younger one?
- M: Well, John's teachers say that he is clever, but he hardly does his best. He does his homework in ten minutes every evening and then rushes out to play tennis.
- W: He's crazy about it. Perhaps he can make his fortune playing tennis.
- M: So I believe. But my wife always worries about the children's future. She wants John to give up tennis and study law.

高二英语试题答案 第3页(共4页)

- 听第9段材料,回答第13至16小题。
- W: Hey, George! Where are you heading?
- M: Hey, it is you. Mary. I just came back from an exhibition.
- W: A What?
- M: An exhibition. To be exact, a fine art exhibition.
- W: Really? Is it good?
- M: Yeah, pretty good, I should say. You know I don't have any artistic ability, but I can appreciate the stuff there. There are portraits, oil paintings and watercolors. It's really amazing.
- W: What paintings do you like best?
- M: I would have to say the oil paintings. They' re just so colorful and alive.
- W: Yeah, that's one thing that I like about oil paintings. But I can't stand the traditional style. I find it so boring.
- M: Yeah, I'm a little tired of that style, too. I'm crazy about art, and I wish that I were able to paint as well as these artists. You should go and have a look at this exhibition if you can afford a day. It's really great!
- W: Well, I was just thinking about what to do for the weekend. Now you' ve given me a good idea, I' m really looking forward to it.
- M: Trust me, it's worthwhile and the ticket is not expensive.
- W: OK. I' ve got to go and get the tickets. See you. 听第 10 段材料,回答第 17 至 20 小题。

Text 10

If they could, your kids might sit around all day doing nothing but watch TV. This is not good for their health or their intellectual development. Parents of lazy kids should choose some rules that help the kids to get things done.

It's easy for kids to put off doing homework when there are so many other more interesting things to do. Set a house rule that your child has to do his homework first. If he has a lot of work, it is fine for him to take a short break, but his focus should still be on getting his work done.

When your child is watching TV or playing video games, he's not doing something else more active or creative. Children should watch no more than one to two hours of programming per day. A house rule that limits the amount of TV and video games will force the child to participate in other activities.

For more advice, you can read my new book Happy Child.