|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **单词** | | | | | | | | | | | |
| **Squandering** |  |  |  |  |  |  |  |  |  |  |  |
| **Awesome** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **托福口语**： | | |
| **万能语料** | 1)经济/省钱 | It’s cheap and economical. It can help me save a lot of money to buy books and to travel with my friend Jane. Specifically, it only costs \_\_\_ Yuan to \_\_\_. However, if I want to \_\_\_, it will cost me at least \_\_\_ Yuan. I hate squandering, so I think it is awesome. |
| 2)省时 | It is convenient and I would be able to save tons of time. Specifically, it takes me only\_\_\_ minutes to \_\_\_. However, if I’d like to \_\_\_. I will spend at least \_\_\_hours. I think spending the time saved on reading books on history or chemistry/ doing exercise is considered to be the better way for me to relax/ learn more knowledge. |
| 3)交朋友 | I can make more friends in different background/from different cities/countries such as Canada, Japan and America/ with the same interest. We could have pleasant conversation not only about the academic information such as history, biology and economics, but also about the international events. And I can also learn some useful interpersonal skills or personality such as honesty and persistence. |
| 4)好环境 | The amazing part is its picturesque view and enjoyable surroundings. Having a walk besides the lake and rockery, I can smell the fragrance of grass and the flowers and hear the birds chirping and feel the bracing breeze on my face. |
| 5)减压 | I can totally relax in such a \_\_\_ environment. I’m fascinated to the harmonious atmosphere which could make me refreshed and energetic. I can release my emotion, pressure and uneasiness through it, and have a temporary escape from the academic workload such as assignment and examination. |
| 6)健康 | It’s good for my health. I can improve my speed, strength and flexibility. And I can also effectively lose weight and keep in good shape. Before\_\_\_ I often got sick, depression and hot temper, but now, everything is getting much better. |
| 7)学习 |  |
| 8)理解生活意义 |  |
| 9)杂志说 |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **托福写作**： | | | |
|  |  |  | |
| **常见俗语**： | | | |
|  | 1. and so forth   表示等等 | | 1）Obviously the major media are TV, radio, billboards, and so forth. |
|  |  | |  |