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| **单词** | |
| **生词** | **例句** |
| **Squandering** |  |
| **Awesome** |  |
| **Jeopardy.** | I can better concentrate on my study without worrying about possible jeopardy.（危险） |
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| **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)好的自然环境 | 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)减压的社会环境 | 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 | I can have an easier access to a huge amount of knowledge and information ranging from history to biology. For instance, it’ll be easy for me to polish my speaking and listening skills if \_\_ / in such a \_\_ environment / by \_\_. This can render me a good opportunity to practice my English, and eventually put me in a favorable position in the upcoming competition. |
| 8)理解生活意义 | (Compared to others) I can broad my horizon during the whole process. For instance, if \_\_\_ I can have a better understanding of the meaning of life/ career/ education… and the importance of dream and future. So, I will pay more attention to my family/ friends/ work/ academic performance and also make great contribution to our society in the future. |
| 9)杂志说 | According to the New York Times in 2008, the people who \_\_\_ are more likely to achieve success/ lead a happy campus life/ have a wonderful family in their later time. I certainly wanna be a \_\_\_ person/ I think … is a kind of …, so I’d like to \_\_\_. |
| 10)同龄压力 | It is because of the peer pressure. You know, everyone in my class to \_\_\_. I don’t wanna be isolated from them. Therefore, I choose to do the same thing and involve with them. |
| 11) 人际关系 | During the process of communication / discussion about …, and I can learn some useful interpersonal skills or personality such as honesty and persistence form others. This can help me cooperate with others more effectively, and offer me more opportunities to make new acquaintance. With more partners, I am more likely to succeed in the future. |
| 12)环保 | It is more eco-friendly, coz it’ll create little harmful carbon dioxide to the air. With the help of this, we can better protect our planet and prevent our environment from pollution such as global warming, acid rain and ozone layer. No one can deny that it is significant nowadays when we’re facing ecological crisis. |
| 13) 了解文化 | It can definitely help me improve the understanding of the culture, custom, history and many interesting stuff about a different country/city. The deeper insight into culture can not only broaden my horizon but also help me comprehend the living style and thinking mode of the local people. |
| 14)与家人共享天伦之乐 | More importantly, I can go home more frequently and visit parents and grandparents. My mom will prepare me the food I like the most; My father will talk to me and help me figure out a way to solve the problem I encounter at school. My feeling can be best described by an old saying, “East, West, home is the best.” |
| 15)促进就业 | It will contribute to the increase of employment rate. I mean, it can provide the local people with a large amount of jobs. As a result, it would in turn bring benefits to the social stability and economic development. |
| 16)安全 | The most important point is that it’s much safer. If I … The possibility of being stole or robbed is relatively small. With a safe environment, I can better concentrate on my study without worrying about possible jeopardy. |
| 17)隐私 | It can help me protect my privacy. Coz being attended sometimes makes me feel uncomfortable. I don’t like others to know what books I am reading or what songs I am listening. Sometimes I just need some private time and deal with my personal stuff like calling my friends and writing the letter to my mom. |
| 18)坏习惯 | It is embarrassing to say that some people have terrible manners. For example, someone in my class always spits and litters in public, which makes me feel really awful. You know, I’m pissed off by those behaviors and can not stand them at all. So I have no choice but to \_\_\_. |
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| **托福写作**： | | |
| 13个万能理由  https://wenku.baidu.com/view/12df3ca1f524ccbff12184cb.html | 1. 成就感   Achievement | 关键词句：1) a sense of achievement 成就感  2) virtuous cycle 良性循环  3) grand feat/exploit 辉煌的业绩  4) attainment of goals elevate our self-esteem be conductive to self-actualization有助于自我实现 |
| 万能段落：By doing (something), we can enjoy a sense of achievement. The feat of accomplishing is conductive to self-actualization, which will inevitably elevate our self-esteem. Inflated esteem will proportionally contribute to even more solid achievement. This is virtuous cycle toward a better career. For example, I have a relative who works in a big company. He was once awarded the opportunity to travel aboard that excited him for quite a long time. After that he worked even harder and gained the elevated esteem. |
| 1. 被认可感   Acknowledgement | 关键词句：1) A willing ox 任劳任怨的人  2) selfless contribution  3) the stat of being recognized  4) a sense of belonging provide satisfaction  5) motivation for further improvement |
| 万能段落：By acknowledgement, I mean the state of being recognized. When we are recognized by our company (school/ college/ group/ community or society), we can experience a sense of belonging. The feeling of being recognized provides satisfaction and motivation for further improvement. Hence, when a person can be identified by others, the subsequent outcome can be beyond imagination. Bill Gates, through luck, diligence, and team spirit leads Microsoft to splendor. And he distributes his wealth generously, which won him a name: the greatest philanthropist around the world. His success is acknowledged by our society. And his satisfaction index can be higher than that of any other peers. |
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| **常见俗语**： | | |
|  | 1. and so forth   表示等等 | 1）Obviously the major media are TV, radio, billboards, and so forth. |
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