★Aim 目标  
aim at 瞄准；旨在  
take aim at 以...为目标  
with the aim of 为了...的目的  
achieve one's aim 实现目标

★Break 打破  
break down 发生故障；分解  
break out （战争/疾病）爆发  
break through 突破  
break up 分手；解散  
break the ice 打破僵局

★Carry 携带  
carry out 执行（实验/计划）  
carry on 继续  
carry forward 发扬光大  
carry through 坚持到底  
carry weight 有影响力

★Come 来  
come across 偶然遇到  
come up with 想出（主意）  
come to light 真相大白  
come into effect 生效  
come to terms with 接受现实

★Draw 画；拉  
draw a conclusion 得出结论  
draw attention to 引起注意  
draw near 临近  
draw upon 利用（资源）  
draw the line 划定界限

★Fall 落下  
fall behind 落后  
fall into 分为（类别）  
fall apart 崩溃  
fall short of 未达到  
fall victim to 成为...的受害者

★Get 得到  
get across 传达（思想）  
get along with 与...相处  
get over 克服（困难）  
get through 完成；接通电话  
get down to 开始认真做

★Hold 握住  
hold back 抑制；隐瞒  
hold on 坚持；稍等  
hold up 耽搁；举起  
hold responsible for 对...负责  
hold the view that 持...观点

★Keep 保持  
keep pace with 同步  
keep in mind 牢记  
keep track of 追踪记录  
keep up with 跟上  
keep an eye on 留意

★Look 看  
look forward to 期待  
look into 调查  
look up to 尊敬  
look down upon 轻视  
look out for 小心提防

★Make 制作  
make sense 讲得通  
make progress 取得进步  
make the most of 充分利用  
make up for 弥补  
make a difference 产生影响

★Put 放置  
put off 推迟  
put forward 提出（建议）  
put up with 忍受  
put into practice 付诸实践  
put emphasis on 强调

★Run 跑  
run out of 耗尽  
run into 偶遇；陷入（困境）  
run through 快速浏览  
run the risk of 冒险  
run contrary to 与...相悖

★Set 设置  
set aside 留出（时间）  
set about 着手做  
set off 出发；引发  
set an example 树立榜样  
set the stage for 为...奠定基础

★Take 拿取  
take effect 生效  
take into account 考虑  
take advantage of 利用  
take responsibility for 承担责任  
take measures to 采取措施

★Turn 转动  
turn out 结果是  
turn to 求助于  
turn down 拒绝；调低  
turn a blind eye to 视而不见  
turn over a new leaf 改过自新

（以下为其他高频核心词精选）

★Account 账户；解释  
on account of 由于  
take...into account 考虑  
account for 解释；占据（比例）

★Base 基础  
base on 基于  
on the basis of 根据  
cover all bases 面面俱到

★Case 情况  
in case of 以防万一  
in any case 无论如何  
a case in point 恰当的例子

★Deal 处理  
deal with 处理  
a great deal of 大量  
reach a deal 达成协议

★Effect 效果  
side effect 副作用  
have an effect on 对...有影响  
come into effect 生效

★Fact 事实  
as a matter of fact 事实上  
in fact 实际上  
face the facts 面对现实

★Ground 地面  
on the grounds of 基于...理由  
gain ground 取得进展  
common ground 共同点

★Hand 手  
at hand 在手边；即将到来  
hand in hand 密切相关  
give sb a hand 帮助某人

★Issue 问题  
take issue with 不同意  
at issue 争论中的  
social issues 社会问题

★Line 线  
read between the lines 领会言外之意  
cross the line 越界  
in line with 与...一致

★Matter 事情  
as a matter of fact 事实上  
no matter how 无论如何  
a matter of time 时间问题

★Order 命令  
in order to 为了  
out of order 出故障  
place an order 下订单

★Point 观点  
to the point 切题  
make a point 提出论点  
case in point 恰当的例子

★Result 结果  
as a result 因此  
result in 导致  
achieve results 取得成果

★Sense 感觉  
make sense 有意义  
common sense 常识  
in a sense 在某种意义上

★Terms 条款  
in terms of 在...方面  
come to terms with 接受  
on good terms 关系良好

★View 观点  
in view of 鉴于  
point of view 观点  
field of view 视野范围

★Way 方法  
by the way 顺便说  
in a way 在某种程度上  
pave the way for 为...铺路

★Yield 产量  
yield to 屈服于  
high-yield 高产的  
yield results 产生结果