

1 爱好

I prefer to play tennis during my spare time.

First, it helps me keep healthy. Two years ago when I first attended university, I was very weak and fat, but after I joined a tennis club and began to play tennis, I became stronger and have lost nearly 30 pounds.

Moreover, Playing tennis makes me feel relaxed. I prefer to play tennis before and after some important tests. For example, last semester when I prepared for an important final exam, I felt very nervous, so I asked my roommate to play tennis with me, which relaxed me a lot. And finally I got a good grade on that exam.

2 最大的困难和如何克服的

I attended university last year and it was the first time I was apart from my parents.

At first I could not fall asleep at night and often thought of my parents. Moreover, I couldn't concentrate on the class and understand what teachers said, which upset me a lot.

Thanks to the cell phone, I could talk to my parents everyday and this really helped me a lot. Also, I learned to play tennis and made a lot of friends during the time of learning, which is also helpful in overcoming this challenge.

3 保护环境，种树还是修自行车道（种树版）

I choose to plant trees for two reasons.

First, it is eco-friendly. 5 years ago, there were many sandstorms in Beijing. The sky was yellow and people couldn't see each other even face to face. Since more and more trees have been planted around the city, which helps to resist sandstorms, the air quality of Beijing is becoming better and sky became blue again.

Second, it can help to reduce temperature, a survey shows that the average temperature in the city with more trees is 1.6 degrees lower than the city with less trees.

4 保护环境，种树还是修自行车道（自行车道版）

I choose to create bicycle trails. Because with more bicycle trails, more people are encouraged to ride bicycles and there are many apparent advantages in riding bicycles.

First, it is more convenient than private cars especially when you are finding a parking. For example, I used to drive my cars to school two years ago and it often took me 20 minutes to find a parking. Then I decided to ride a bicycle to go to

school because I could park my bike everywhere and I was never late for class since then.

Besides, it is environmental-friendly and it can reduce a lot of carbon emission.

5 教小孩，废物利用还是吃得健康（废物利用版）

I prefer to teach kids about recycling.

First, I want to teach them how to sort out the garbage and let them know which garbage can be recycled like cans, bottles. I even want them to sort out the garbage by themselves.

Second, I want to teach them how to recycle water. For example, after washing their faces, they can use the water to clean the floor or water the flowers. Also, I want to make them watch some videos about the shortage of the water all over the world, so they will be aware of the importance of recycling water.

6 教小孩，废物利用还是吃得健康（吃得健康版）

I prefer to teach kids how to eat healthier.

First, I want them to know the advantage of eating vegetables and fruits because there are a lot of vitamins A in them, which is good for eyes. Moreover, vegetable and fruits contain a lot of fiber, which is good for digestion.

Also, I want them to eat more eggs and fishes which contains a lot of proteins and helps them grow stronger.

Finally, I will suggest them not to eat too much junk food because junk food has a lot of harmful elements and will lead to many health problems such as high blood pressure.

7 网上课程的好处

Take online class for example.

First, it is more convenient for students because if they don't understand the content, they can choose to pause or replay. As for me, I always pause the video when I want to take a note or think about the topic in the class.

Second it helps to save a lot of time on the way to school. Two years ago when I went to the class, it took me nearly 2 hours to take the subway and it really made me feel exhausted. Thanks to the online class, I save nearly two hours and I can use the saved time to review the class content.

8 网上购物的好处

Take online shopping for example.

First, it is really convenient. The customer just needs to add the product into the shopping cart and pay for it. Then the product will be delivered to the customer's house directly.

Second, it is always cheaper than physical store. For example, last semester I had to buy a text book for chemistry. It sold for 40 dollars in book stores but when I searched it online, it just sold for 20 dollars. Online shopping really helps me save a lot of money.

9 手机的作用

Cellphones really have an important influence on our life.

First, it helps us contact people who are far away from us. Take me for example, last year I attended university and it was the first time I was apart from my parents. I thought of them often and thanks to the cellphone, I could talk to them everyday and this helped me to adjust to the new environment quickly.

Second, with many useful application, cellphone can replace many digital devices such as Mp3, camera and electronic dictionary, which also saves a lot of money.

10 最喜欢的音乐种类

I like country music most.

First, the melody of country music is always delightful, and it has the magic to relax people. I often listen to country songs for relax. Last semester before an important exam, I was really nervous and could not fall asleep at night. Then I tried to listen to country music, it was really helpful and finally I had a good sleep.

Second, listening to country music can enlarge my vocabulary. For example, I learned the word "sabotage" from Taylor Swift's song <better than revenge>.

11 最敬佩的人

My uncle is the person who inspires me a lot.

First, he is a diligent person. Although he is 60 years old and is very rich now, he still gets up early at 6:00 am and keeps working until 9:00 pm. Moreover, he has kept this working schedule for 40 years and this is the reason why I admire him so much.

Second, he is very considerate. Once I called him. Through my voice, he knew that I got a cold, so the next day he asked his son to bring some medicine for me,

which made me very moved.

12 一个节日习俗

Speaking of celebration, the most important celebration in our family is the Spring festival. On that day, our family will reunite and make dumplings altogether. I made my first dumpling when I was 4 years old and since then I began to enjoy this activity very much.

After eating the dumplings, sometimes we'll watch TV. There is a annual special TV show called spring festival gala evening. Sometimes we will go out and play fireworks. In the past, I preferred to play fireworks very much. But now I'd like to call my old friends and chat with them.

13 外国人来中国旅游需要注意的地方

First, in China, people are likely to eat with chopsticks and many Chinese restaurants only offer chopsticks. Therefore, if foreign tourists visit China and want to taste Chinese food. They need to learn how to use chopsticks.

Second, in China, people like to drink boiled water, and it is not healthy for people to drink water directly from tap, which is likely to lead to stomachache.

Finally, if people give you birthday present, don't open the gift immediately, because it is impolite to do so in China.

14

As far as I am concerned, TV has more negative effects than its positive effects.

First, as is known, It is harmful for our health, I got my first TV when I was 5 years old and I had to wear glasses when I was 6 because I watched too much Tv. I believe there were many kid like me who couldn't control themselves on Tv and finally their eyes suffered.

Second, It will be a waste of time. Many TV shows are boring but sometimes we unconsciously spend a lot of time on them. Therefore, the negative effect of Tv is obvious and large.

15

I agree that mobile phone should be forbidden in some areas like library and classroom.

First of all, these areas are intended for people who want to study efficiently, and there is no doubt that if you use the mobile phone, you will influence the people nearby, it is a bad manner.

Second, using mobile phone will not only influence others but also influence the users. For example, last semester, I often took my mobile phone to the class. But with the mobile phone, I couldn't concentrate on the class and I got a low grade last semester.

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I think the government has responsibility to help to build the museums and theaters.

First, there is no doubt that these places can reflect the unique culture of the city and help tourists learn about the city quickly. Therefore, more tourists will be attracted to the city.

Second, this measure is the protection of the culture and it can encourage people to learn about the culture. I was taken to theater when I was 4 years old with my grandpa. Since then, I became a fans of Beijing Opera and it is also a valuable memory between me and my grandpa.

18

I prefer to cook at home.

First of all, it is cheaper and safer than the restaurant. Because I can buy the things needed for cooking, and I can make sure that they are clean and fresh.

Second, making a good dinner helps me obtain a sense of achievement. On every Spring festival, I always make dinner for my whole family, they always think that the meal is delicious and we can chat freely around the table. I am really proud of it and I think it can improve the relationship between my family and me.

19

I prefer to live with roommates.

First of all, I will not feel lonely when I live with my roommates. I prefer to chat with my roommates before some important tests. It makes me feel relaxed and always helps me get a good grade on exams.

Second, we can help each other when someone runs into something bad. For example, I got a bad cold last week and I had to stay in dormitory. Thanks to my roommate, Ben, he helped me take notes on class and brought some medicine for me. I was really appreciated.

20 大城市还是小城市读书

I prefer to study in big city.

First, the most common purpose for us to study is to find a good job and there are much **more opportunities** in big cities than the small town. If I study in the big cities, I can do a part time job and seize the chance to work there after I graduate from university.

In addition, a big city means more **museums and theaters**, which is attractive to me. I was taken to theater with my grandpa when I was four years old and since then I fell in love with operas and history.

21

I prefer to read novels.

First, the plots of novels are imaginative and funny. I prefer to read a novel before some important tests. For example, Last semester when I prepared for an important tests, I was very nervous. Then I decided to read a novel called 《the hitchhiker's guide to the galaxy》, it was really funny and made me relaxed.

Second, reading English novels enlarge my vocabulary. I began to read English novels two years ago and it was hard for me at first, but now with enlarged vocabulary, I can read a lot of novels freely.

23 computers (internet)

24 teacher's character

diligent

considerate

25 **work at office or at home**

I prefer to work **at office** for two reasons.

First, it will be more efficient for me to work at office. Last week, I had a bad cough and I had to work at home. I found I couldn't concentrate on work because the environment was so comfortable that all I wanted to do was sleeping.

Second, it will be helpful to work at office because I can discuss some problems with my colleagues directly. There is no doubt that in this way can I figure out the problem and finish the work more quickly.

26

I think the university should be open just for students.

First, if all the people are allowed to go into the university, the university will not be save. Take libraries for example, I always like to put down my bags in the library and go to have a lunch because I know that people in libraries are all

students and no one will steal my bags.

Second, a quiet environment is important for studying and with more people, it will be crowded and noisy. I enjoy studying in the library just because it is quiet and I can always find a seat in it.

27

I think car is the most efficient transportation in my country for two reasons.

First, it saves a lot of time. I used to take subway to go to school, and it takes me a long time to wait for subway. Last year, I got my license and bought a new car. Now I will be 15 minutes earlier than before to get to the school.

Second, it can take you to everywhere you want. There is not bus route between my school and the airport, taking taxis is expensive. Now I have a car, so I just need to drive the car to the airport by myself.

28 attend or not attend university

I think attending university will be easier to get success in career.

First of all, you can get well-educated in a certain area and you will be more competitive for some good jobs. For example, if you major in computer science in university, some high-tech companies are more likely to hire you instead of those who don't get a college degree.

Second, you can ask for high salaries for your job because you are the expert in a certain area and no one can replace you quickly.

29 recycling 的好处

首先 remind people of the importance of environment protection

其次 save a lot of money.

30

Of course, I would like to be the leader for the following reasons.

Firstly, becoming a leader helps me improve my various abilities, such as communication, organization, leadership and handling ability. These are essential to lead a team with many complex troubles.

And second, in university, I was a leader of tennis club and made my club become the best club in our university. With past successful experience, I am confident that I will be a good leader.

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As far as I am concerned, I think internet is better to help do search because it is convenient and can offer you the latest information.

Take me for example, last year I prepared for a presentation about a new kind of bacteria. This kind of bacteria was discovered recently and I could not find any relevant information in academic books. Thanks to the internet, I could know the latest research on the bacteria and got a lot of information such as its habitats and its living habits. Finally my presentation was impressive and I got a grade on that presentation.

32

影响问题

爷爷

朋友

33 理想的职业

tennis players

34 long vacation or short

I prefer to take a long vacation.

First of all, you will get a enough rest time when you take a long vacation. For example, last year I took a vacation of 20 days after I finished a complex computer project. I spent my whole vacation in visiting Japan and enjoyed the sunlight and comfortable wind on the beach. It is a valuable memory for me.

Second, you can do something that you have no time to do when you are working. For example, you can see a whole series of Harry potter or read some interesting novels. It is really a leisure that short vacation can't give you.

35 good parent

diligent

considerate

36

I prefer to study in group.

First, it will be efficient to study in group because I can discuss some problems with my partners directly. There is no doubt that in this way can I figure out the problem and learn about new things more quickly. Last semester I tried to study math with my roommates. With discussion, both of us had a deeper understanding on some math problems. Finally we had a good grade on the final exam.

Second, it will help to improve my various abilities such as communication, organization, leadership and so on.

Moreover, working in a group helps me to find many interesting friends.

37 目标（成为 tennis player）

38

工作好找

good job

higher salary means higher life quality

39 challenge experience

40 电影

I prefer to see comedy.

First of all, comedy can make me laugh freely and relax me. I prefer to watch comedies before some important tests to put down the stress. Last semester when I prepared for my math exam, I felt really nervous. Then I decided to watch a comedy, it was really helpful and I finally got a good grade on that exam.

Second, comedy also has some encouraging power. For example, I love the movie three idiots because it inspires me how to deal with the trouble and it also tells me how to become an optimistic person.