**九大话题核心表达（重中之重是建议）**

**1. 科技类**

1）现象

invade one’s privacy 侵犯个人隐私

harmful information 有害信息

be obsessed with virtual world 沉溺于虚拟世界

be isolated from the real world游离于现实世界之外

weaken the relationships with family members and friends

削弱亲情友情等人际关系

give rise to psychological problem导致心理问题

2) 原因(支持或反对)

rely too much on the Internet过度依赖于网络

reduce face-to-face interaction减少面对面的交流

distract one’s attention from分散精力

save time and energy节约时间和精力

bring information to our fingertips信息触手可及

bring about convenience and efficiency带来便利和效率

facilitate daily life方便日常生活

enrich one’s knowledge 丰富某人的知识

promote communication 推动交流

remove geographical barriers 消除地理障碍

**2. 环境类**

建议：

raise the awareness of the significance of preserving the environment 意识到保护环境的重要性

consume less and recycle more 少消费, 多回收

exploit renewable and green energy

开发可再生能源与绿色能源

invest in energy-saving technologies 投资节能技术

encourage recycling鼓励循环使用

encourage low carbon lifestyle倡导低碳生活方式

**3. 工作类**

1） 现象

sacrifice family life牺牲家庭生活

1）原因

a rewarding experience 有意义、值得的经历

pursue new interest 追求新的兴趣

satisfy personal needs 满足个人需要

be exposed to new ideas / experiences / problems

接触新想法/经验/问题

have access to more opportunities获得更多机会

3）建议

create job opportunities创造就业机会

adapt to new environment适应新环境

cultivate the spirit of competition培养竞争精神

establish an good image 建立一个好形象

cultivate cooperation spirit培养合作精神

**4. 生活方式类**

1）现象

lead a fast-paced lifestyle过着快节奏的生活

be under great academic pressure

承受巨大的学业压力

2）原因

have little time for leisure 很少有时间从事休闲活动

rely too much on fast food过度依赖于快餐

3）建议

exercise regularly 经常锻炼

keep a regular sleep schedule保持有规律的睡眠时间

strike a balance between work and life

实现工作和生活之间的平衡

raise people's health awareness提高人们的健康意识

give top priority to health健康放在第一

build strength增强体力

improve physical health 提高身体健康

keep fit physically and mentally保持生理和心理健康

be an ideal way to reduce stress and anxiety

减少压力和焦虑的理想方式

**5. 知识教育类**

1)原因/意义

cultivate one’s mind 培养思维

further the cultivation of 促进。。。的培养

facilitate the development of 促进。。的发展

give us a new perspective of the outside world

给我们一个新的角度看世界

arouse our thirst for knowledge激发起我们对知识的渴望

pursue a higher education追寻更高等的教育

broaden their knowledge and experience

扩展他们的知识和体验

broaden one’s horizons 开拓视野

2)建议

combine theories and practices 理论和实际相结合

enhance problem-solving ability 提高解决问题的能力

be exposed to sth接触到

develop one’s interests and talents to the full

充分开发个人兴趣和个人才干

=give full play to one’s interests and talents

take initiative to do做某事积极主动

have a good grasp of对……很好的理解

**6. 文化类**

1)现象：

feel disconnected/alienated from their heritage

和他们的文化遗产分离了

2)原因

be exposed to different cultures / different languages

接触不同的文化和语言

remove the barriers of…消除障碍

3)建议：

have a better knowledge of traditional culture

对传统文化有更好的了解

gain a better understanding of the local culture

获得对当地文化更好的了解

enhance one’s cultural awareness 提高文化意识

cultivate cultural awareness 培养文化意识

inspire the enthusiasm for traditional cultures

激发对传统文化的激情

make sb aware of the popularity of Chinese culture

让学生意识到中国文化的受欢迎

build up their culture confidence 建立文化自信

pass on our precious traditions from generation to generation 把宝贵传统一代代传下去

preserve historic and cultural treasures

保护历史、文化财富

enhance communication, appreciation and respect among different cultures

加强不同文化之间的相互沟通、理解、尊重

interact with local people 和当地人交流互动

cultivate students’ love for motherland /hometown

培养学生对祖国/家乡的爱

be committed to realizing Chinese dream

致力于实现中国梦

**7. 家庭、校园、人际类**

1）现象

be obsessed with 沉迷于……

feel disconnected from each other

感觉彼此之间缺少联系

2）原因

peer pressure 来自于其他同学的压力

lead a sheltered life过着备受呵护的生活

3）建议resist the temptation 抵挡诱惑

establish a bridge between parents and children

在父母和子女间建立一座桥梁

bridge the generation gap 消除代沟

strengthen family bonds增强家庭成员间的联系

strengthen the emotional ties增进感情纽带

remove misunderstanding 消除误会

understanding parents’ expectations 理解父母的期望

be more involved in their children's education

积极参与到孩子的教育中

cultivate one’s independence and personality

培养一个人的独立性

respect their feelings 尊重他们的感受

support their choices 支持他们的选择

help them build self-confidence帮助他们树立自信

follow school rules遵守学校的规定

develop self-discipline发展自制力

give a helping hand伸出援助之手

put oneself into others’ shoes 从别人的角度考虑问题

build a sense of belonging建立起一种归属感

develop their teamwork skills培养团队合作技能

develop and maintain friendships培养和保持友谊improve interpersonal skill 人际交往能力

promote students' physical, intellectual and emotional development 促进学生地身体、智力和情感发展

**8. 品质类**

1）现象give up halfway 半途而废

2) 建议：stay positive保持积极的心态

Sb moves forward进步, 向前发展

push one's boundary挑战极限

break out of one's comfort zone 冲破舒适区

bring out the best qualities of sb 带出某人最好的素质

get a competitive advantage / edge竞争优势

take the lead in doing带头做某事

build up self-confidence建立自信

cultivate the sense of responsibility 培养责任感