

In the picture, a student, standing in his dorm, is calling his mother for instructions to wash his socks. Ridiculous as the picture may seem, it reveals a common problem today — students lack the ability to care for themselves.

From where I stand, both students and their parents should take the blame for their inability to attend to themselves. For one thing, students themselves take everything in their life for granted, thinking there is no need for them to learn some basic life skills. For another, some parents tend to spoil their children, even going to extremes to micro-control every little detail of their kids, which in turn deprives the children of the ability to live an independent life.

To put it in a nutshell, to help children become independent and capable, parents should let go of their children, while children themselves are supposed to take responsibility for themselves.

**话题一：和学习能力有关**

1.学习无止境

A large number of people tend to live under the illusion that they had completed their education when they graduate from their schools. Obviously, they fail to take into account the basic fact that there is no end to learning.

First of all, it is universally accepted that no college or university can educate its students by the time they graduate. Even the best possible graduate needs to continue learning before he or she becomes an educated person. Furthermore, as a famous saying goes, education is not complete with graduation. A college degree can never ensure long-term job success. Maintaining success in a job depends on education after graduation. Most importantly, learning is rewarding both materially and spiritually by enriching our life and perfecting our personality.

In a word, learning is an invaluable career worth our life-long pursuit. No one should be content with just high school or college education.

2.扩展知识面

No one would deny that we are living in a world where knowledge has never been so explosive and overwhelming. Therefore, one should constantly broaden his knowledge to keep up with the changing time.

To have vast knowledge means a great deal to us. For instance, extensive knowledge implies one's curiosity and efforts to learn new things. In addition to this, those who have a wealth of knowledge usually have better chances in schools, offices and markets, because they can shed different lights on the issues from another perspective.

When we recognize the importance of wide knowledge, we should know how to obtain it. First, we could read extensively, from novels to newspapers, from memoirs to journals. Second, we may subscribe to online newsletter of our interests so that we are updated periodically. Finally, we could take some time out of our schedule to participate in exhibitions of other industries. This might awaken our inspiration and drive us to learn more about the new products and technologies. "I read; I saw; I learned."--that is how we broaden our knowledge in the information age.

3.谈专注

The old proverb, “if you chase two rabbits, both will escape,” reminds us that concentration is what it takes to do everything well.

Firstly, concentration means focusing all one's energy and attention on a certain matter and going all out to achieve it. Take students' learning for example. If our attention is distracted from study from time to time, how can we maximize the learning efficiency in the shortest time? As far as I'm concerned, lack of focus is the main reason why many students fail to achieve good learning results. Moreover, sometimes loss of concentration may contribute to serious consequences. Besides, we must also bear in mind that concentration is not stubbornness, but wise persistence.

From what has been discussed above, we may safely come to the conclusion that only by concentrating on the target and owning strong self-discipline can we achieve our goals.

4.谈自律

Self-discipline means self-control, which is a sign of inner strength and control of your actions. The possession of this skill not only enables you to stick to your decisions and plans until you accomplish them, but also helps you to overcome addiction, procrastination and laziness, and to follow through with whatever you do.

For me, there are some strategies that can be used to enhance self-discipline. First, take steps to resist any distractions that block your progress. For instance, if you are trying to eat healthier, stay away from junk food. Second, be aware of your undisciplined behavior and its consequences. With enhanced awareness, you will be more convinced of the need to make a change in your life. Third, write down your plans and milestones, and be clear about how to get what you want.

In conclusion, self-discipline is what makes a dreamer become a doer, which is one of the essential qualities for achieving success.

**话题二：和生活方式有关**

谈简单的生活方式

Nowadays more and more people tend to have a simple and healthy living style, hoping that they can live longer and healthier. This phenomenon results from all kinds of health care information from magazines, TV programs, radio programs, and so on.

Having a simple and healthy living style is surely good. But many of us don't know how to establish such a living style. Here are some suggestions. First, set up a balance of work and rest. Only by working happily and having enough rest can we live healthier. Second, eat natural food rather than processed food. Natural food is usually fresher, while processed one may contain some additives which are harmful to our health. Third, be optimistic. Modern people have a lot of pressure. If we are optimistic about our lives, we can adjust ourselves to many conditions and live healthier and happier.

In one word, establishing a healthy living style is not very difficult for us if we stick it out.

**话题三：和动手能力有关**

1.谈自主创业

   Self-employment can bring many benefits to the society as well as to the students themselves. For the society, college students starting their own business can ease the pressure of employment. For the students, they can not only put what they have learned at school into practice, but also have an opportunity to improve their innovation abilities by combining their theoretical knowledge with social practice. However, college students' self-employment can also have some disadvantages. For one thing, due to the limitations of college students themselves such as lack of experience, social network and well considered plans, etc, it is not easy for them to be successful, thus causing a waste of social resources. For another, once they fail in managing well their own business, they may easily feel depressed and come to a breakdown.

     In my opinion, as long as the students realize the difficulties and make full preparation, it is worth trying to start their own business. After all, where there is a will, there is a way.

2.学生的自理能力

Nowadays in China, a problem that is quite alarming among college students is that many of them lack the ability to take care of themselves. For example, it is not uncommon that a college student takes a week's dirty clothes back home and let the mother do the washing simply because he/she doesn’t know how to do it.

Why is it so? In my opinion, the doting parents should first take the blame. As it is, many parents love their kids so much that they go to extremes to manage every little detail of their kids' lives, without realizing that they are depriving their kids of the opportunity to learn self-dependence. In addition, the students are also to blame. Even though the family provides an important support and all the care, they should not take everything in their life for granted or even do not bother to learn some basic living skills.

In short, to train students to be independent, we need parents to loosen their grip and students to take some responsibilities.

**话题四：和团队参与能力有关**

谈集思广益

As an old saying goes, two minds are better than one. Undoubtedly, it is absolutely essential to pay due attention to group brainstorming for the optimal solution to a certain problem.

For one thing, brainstorming leads to more possibilities of investigating when dealing with a problem. With varying backgrounds, interests and motivations, people can generate a large number of ideas from different perspectives that no single individual could have fleshed out on his own. For another2, brainstorming helps improve individual's thinking and further cultivate their creative thinking. During the process of brainstorming, inspired by other unique ideas, people have chances to enlighten their own solution and provide a good form of outcome. The more brainstorming people use to think for a possible solution, the more they become capable of handling similar problems later.

In conclusion, brainstorming should be greatly encouraged as it is a powerful way to generate, share and maximize new ideas, as well as to develop people's creative thinking.

人际关系

**父母和孩子之间**

**老师和学生之间**

**学生和学生之间**

其它的还有医生和病人，商人和顾客等，考虑到和学生有关，我们主要谈以上三个。

   范文1：

老师和学生之间

On the one hand, teachers have to adjust themselves to the Information Age, which has enabled their students to obtain easy access to a vast amount of knowledge outside the classroom. Instead of feeling frustrated by students who sometimes challenge them, teachers should devise some means to foster productive discussions and give up the pursuit of cultivating an authoritative image. On the other hand, students should give their teachers due respect as is the tradition in China. What's more, they shouldn't be surprised when their teachers choose to punish them if they can't discipline themselves.

Last but not least, teachers can establish a positive relationship with their students by communicating with them and properly providing feedback to them even though this seems very demanding to Chinese teachers, who usually have to teach over 40 students in the classroom.

分别从老师和学生的角度论述如何处理好师生关系。前两句是第一个论据，从老师的角度论述：**一是要适应信息时代的发展，二是要正确看待学生对自己的质疑，放弃权威形象，鼓励讨论**。

从学生的角度论述如何培养良好的师生关系：**一是要尊敬老师，二是要接受因自己不守纪律而受到的惩罚**。

做补充性论述，指出：老师们**要克服困难，积极与学生沟通**，主动建立良好的师生关系。

**学生和学生之间**

First of all, **mutual respect** plays a vital role in a harmonious classroom. We cannot ignore the fact that we' re from different regions and families, and thus have different lifestyles which may trigger conflicts unavoidably. Therefore, it's essential for us to learn to respect the differences in values and personal habits.

Secondly, a good classroom relationship is inseparable from**interpersonal communication**, which helps settle differences and promote mutual understanding. This way, we can know our classmates better and try to appreciate them from a new perspective. Last but not least, **tolerance** is no less important than mutual respect and communication. Nobody is perfect, so we need to accept our their shortcomings and bad habits just as we accept ours.

当然还可以自己积累相关表达：

**举例：understanding**

Mutual understanding allows existing differences between two or more parties to be acknowledged, accepted and respected, even if we may not fully see eye to eye on every issue. When we seek to understand others, we enhance the goodwill and make interpersonal relations more meaningful. For different cultures, seeking to understand each other will boost friendship and help build a better society.

实战（2019年5月南京热身题二）

请认真阅读下面图文，并按照要求用英语写一篇150词左右的文章。

材料1：Liu Xinqu, a member of a kuakuaqun for Fudan University students, told Sixth Tone that “User can join a chat group on WeChat or QQ, where they are showered with generous praise and encouragement. Members of my chat group are especially willing to comfort those who are upset or sad, offering suggestions from an alternative perspective to show support.”

材料2：

Chen Kan, an associate professor in Fudan University’s psychology department, told Sixth Tone that “Everyone loves to be praised, but listening to too much of it from a ‘praise group’ might be counterproductive,” she said. “The biggest risk is the constant emphasis on the ‘false self’, which makes it harder to see one’s ‘true self’.”

【写作内容】

1.用约30词概括上面的图文信息；

2.用约120个单词发表你的观点，内容包括：

（1）简要分析“夸夸群”受到欢迎的原因（不少于两点）；

（2）谈谈你对“夸夸群”未来走向的看法并阐述你的理由。

***Possible version I:***

“Praise groups” have recently enjoyed increasing popularity online where users are invited to praise others or accept others, praise. People’s responses to this phenomenon vary from person to person.

“Praise groups”，I think, come into young people’s life for a couple of reasons. In terms of psychological effect, being praised by strangers fulfills their needs for recognition, thus building up their self-confidence. In terms of culture, Chinese people generally appear to be humble and too shy to express their compliments and encouragement. To a certain degree, people's like ability serves as a good way to strengthen ties with strangers.

From my perspective, “praise groups” will witness wider popularity in the years to come. Everyone likes being praised because it may help lift their spirits. In today’s world, people from all walks of life are longing for being useful and valued. Therefore, “praise groups” are likely to enjoy a brighter future.

(150 words)

***Possible version II:***

“Praise groups” have recently enjoyed increasing popularity online where users are invited to praise others or accept others’ praise. People's responses to this phenomenon vary from person to person.

“Praise groups”，I think, come into young people’s life for a couple of reasons. In terms of psychological effect, being praised by strangers fulfills their needs for recognition, thus building up their self-confidence. In terms of culture, Chinese people generally appear to be humble and too shy to express their compliments and encouragement. To a certain degree, people’s like ability serves as a good way to strengthen ties with strangers.

On a personal note，“praise groups” will go silent sooner or later. As “praise groups” are flooded with empty praise, it may dangerously keep one from forming right self-evaluation, let alone shake off bad habits. What’s worse, if one is surrounded by too much praise, an inflated ego may be developed.

(150 words)

说了这么多，建议读者要牢记以下常用词块。

1.重视

attach/give/place much importance/significance to

give top priority to

value sth

2.上瘾、沉迷

be addicted to sth. 上瘾

be obsessed with 沉迷于

indulge in 沉湎于

3.问题

give rise to / create / pose / cause the problem 造成问题

address / fix / solve / handle / settle / cope with / deal with the problem 解决问题

pose a threat to对……造成威胁

4.影响

have （a） negative / positive effects / impacts on sth. 对……产生正面 / 负面影响

weigh against sb对……有不利的影响

interfere with one’s study / rest / the development / progress对某人的学习/休息/发展/进步有影响

5.作用

play a（n） central / crucial / important / key / leading role in sth. 在……扮演重要/主要角色

6.责任

be responsible for sth. 对某事承担责任

do one’s part to do sth. 尽某人的职责去做某事

7.时间

spend time/ money （in） doing sth. 花时间（金钱）在做……上

a waste of time 浪费时间

8.注意

pay attention to sth. / doing sth. 对……关注

attract / bring / catch / draw / receive / win attention 吸引/ 获得注意、关注

distract one's attention from... 分散 / 转移注意、关注

9.贡献

make contributions to do sth. 为某事作出贡献

contribute to sth. 有助于做某事

10.好坏

benefit from sth./ doing sth. 从……当中获益

do good to sth. 对某事有好处

be harmful to / on 对……有害（to为介词）

11.努力

make an effort to do sth. 努力去做某事

spare no effort to do sth. 不遗余力地做某事

make every effort to do sth. 尽一切努力做某事

12.措施

take effective / practical measures / actions / steps to do sth. 采取有效措施做某事

take concrete actions to do sth. 采取切实的行动做某事

13.途径、方法

1. the stepping stone to a better job / success 成功的途径

2. find / obtain a channel for one 's effort (ability / energy)； find / seek an outlet for one's strong emotion(eg. pressure) 找到发泄精力、实现理想的渠道、途径

14.事情

1.as a primary / national / growing concern首要的/国家的/越来越受到关注的事情

2. a frequent / common / rare / everyday occurrence一件常遇到的/普遍的/少有的/日常的事情

3. a thing of the past过去的事情

15 获得

gain experience / confidence / happiness / wealth得到经验/自信/幸福/财富

gain / achieve popularity / reputation赢得名望/声誉

earn/win sb the opportunity / respect / trust / privilege某人赢得了机会/尊敬/信任/特权

16 目标

accomplish (attain, reach, achieve) the goal/aim达到目标

fail to live up to one’s expectations / promise没有达到某人的期待/承诺

realize / fulfill/achieve one’s dream/hopes/expectation/potential实现理想/希望/目标/潜力

17.发生

Along with the development / decline…comes sth.某事随着……的发展/下降发生了

With the coming / development of随着……的出现/发展

There is a (strong) tendency to do sth.有一种倾向

18. 给予

provide sb with information / money给人提供信息/钱

a source of happiness / satisfaction带来幸福/满足

deprive / rob sb. of the opportunity剥夺某人的机会

19.缓解

relieve suffering / anxiety / boredom减轻痛苦/焦虑/烦躁

20. 促进

promote the development / mutual understanding / health促进发展/相互理解/健康

serve as (be) the catalyst for the development / growth起到促进作用

further one’s career / cultural exchanges / interests促进事业/文化交流/兴趣

21.有助于

contribute much/little/greatly to a better understanding of / the popularity of / the growth of（非常/几乎不）有助于更好理解/流行/增长

facilitate the mastery / the solution to有助于掌握/解决

go a long way to(towards) solving the problem / easing fears有助于解决问题/缓解恐惧

22. 可能

It is likely/possible that可能

Chances are that可能

make … possible使可能

23. 挑战

pose a challenge to sb提出挑战

face a challenge面对挑战

take / accept a challenge接受挑战

24.满足

meet（satisfy, suit, fulfill, serve, accommodate）the need / demand满足要求

there is a growing dissatisfaction / discontent with…越来越不满足于

25. 利用

make ( full/ practical) use of opportunity / time利用机会/时间

exploit the resources / opportunity / talent利用开发资源/机会/智慧

26. 发挥

give full play to one’s ability / imagination / passion充分发挥一个人能力/想象力/热情

develop one’s ability / potential to the full充分发挥某人的潜力

27.榜样

follow the example/lead of学习……的榜样

serve as an example作为一个榜样

set a good example for为树立好榜样

28.准备

pave the way for为……铺平道路

prepare sb for the change / future使某人对变化/未来作好准备

29.责任

assume (bear / shoulder) the responsibility for承担责任

fulfill one’s duties / responsibilities履行责任

30. 重要性

be crucial / vital / important / central / important to对……重要

be essential to对……必不可少的

make a difference有作用

play an important role in起重要作用

31.意识到

realize意识到

there is a (growing) awareness / realization of / that越来越多的人认识到

awaken (sb) to the fact / truth / need / danger that使人意识到事实/真相/需要/危险

32.代替

be no substitute for不能替代

take the place of代替

give way to the ideas / TV让位给这种想法/电视

做到语言准确，就要学会：词块不要乱凑；不要用太长的句子，尽量就一个常用句型。这样的最靠谱：介词短语+主谓宾；主谓宾+定语从句或非谓语。如果主谓宾是it句型，there be句型，那就不要再添加了，妥妥的了。

●

举例：

image.png

image.png

image.png

评：

以下句子

1.Despite its currency, there remain many tough nuts, say, the potential safety risks to crack.

2. The scale of consumers of fast food delievry service, a burgeoning industry featuring convenience and innovation, had increased to 350 million by 2018.

3. ...not infrequent...

两个考生的这句，虽然看起来高大上，但是读过后不舒服，currency只有在gain currency中才常见，the scale...不怎么和increase搭配，burgeoning超纲了。尤其第二句，主语太长，不符合英语标准。其实就是一句话： Fast food delievry service has enjoyed increasing popularity nowadays. 最后一个句子，not infrequent就几乎没见过这样的表达。

再如正文段：（不再贴图）

1. Behind the popularity of the fast food delievry service lie numerous factors.

2. The advancement of technique makes it possible to emerge and boom.

3. What's more, the fast food enterprises are supposed to exploit and sell diversise and more tastetul food...

4. To begin with, everyone has his own personality and habits, and there is no necessity to force people like Matti to make modifications.

实际上就写了两个原因，用numerous给人华而不实的感觉。

至于第二句就看不懂了，emerge估计按照中文硬翻译过来的。

exploit food，意思我大概明白，但是给人一看就是汉式英语。

there is no necessity实际是there is no need, make modificaitons也不准确。

在最后一个月，写作的复习，我提倡：**多、快、好、省**的做法。多即把同话题的作文多读读；快即快写，这个时候练习就是强调效率，时间要严格把控好；好即写出自己最拿手的好作文，同时要背诵每个话题下的最常用的句子；省即把每个话题下的好作文压缩成若干个关键词。

下面我就“省”说说，因为最后一个月里让学生背诵大量的好作文，不是太现实。当然，能背诵最好不过了，如果不能，就要高度浓缩。

下面是我随手举例三个话题，下面说的是最基础的，如果结合《最后一讲》课程的实战作文就更丰富了。实际上这样的话题由十一个：

**一、励志题**

原因解释段：

在人们的日常生活中很重要 play a key role in people's everyday life

德：增强道德修养 strengthen moral cultivation

智：丰富知识和技能 enrich knowledge and skills

体：养成好的工作习惯 form good working habits

美：具备良好的心理素质（自信、 have good mental qualities（self-confidence, courage,

勇气、信念与乐观），克服 faith and optimism）, get over pessimism, depression

悲观、压抑和焦虑 and anxiety

劳：有良好的工作态度 show good working attitude

看法段：

增强意识 enhance the awareness

从小事做起 start from small details

保持乐观心态 stay optimistic

为清晰的目标而努力，追求成功 strive for a clear goal and achieve success

**二、网络题**

**原因解释段：**

消费者（使用者）很喜欢…… Many consumers (users) are in preference for...

在……中很重要 play a key role in...

带来效率和便利 bring efficiency and convenience

得到大量信息 acquire a wealth of information

促进人际交流 improve person-to-person communication

消除隔阂 lift barriers between people

看法段：

不要过度强调其作用 it is unwise to overemphasize its power

冷漠和隔阂 indifference and alienation

传统方式不会消失 Traditional patterns will not vanish.

要理性使用网络 use the Internet rationally

虚拟世界和现实世界间的平衡 a balance between the virtual world and the real one

**三、文化题**

原因解释段：

在当今世界中很重要 play a key role in today's world

全球化、文化融合是一种趋势 globalization, cultural blending is a trend

文化价值观 cultural values

是传统遗产的一部分 form a part of traditional heritage

可以视为智慧和创造力的象征 can be regarded as a symbol of wisdom and creativity

增进了解，缩短距离 promote mutual understanding and reduce distance

看法段：

建立机制促进文化交流,例如举办文化活动 build up a mechanism for cultural exchanges；hold cultural activities where...

尊重他国的文化习俗 respect other countries' cultural custom

消除误解、偏见和分歧 avoid misunderstanding, prejudice and bias

以上述思路，举一反三，就可以有效应对文化交流考题，还可以兼顾题目如古建筑保护（protection of ancient buildings）、文化封闭和文化开放（cultural isolation and cultural opening）。

**四、健康题**

解释段：

对于危害要予以注意 pay careful attention to its threat

娱乐、工作、学习占用时间 occupy one's time with entertainment, work and study

日常生活颠倒 one's everyday life upside down

出现亚健康症状 Some sub-health symptoms emerge.

出现慢性疾病 result in some chronic diseases

看法段：

养成良好的生活习惯 make it a routine to …; form good living habits

学会自制 learn self-control

在工作和生活之间保持平衡 keep a balance between work and life

按照以上思路可以套写以下话题，如沉溺网络（on-line addiction）、学业压力大（excessive academic pressure）、工作压力大（tremendous work pressure）

指导：

如何写概括：

由于这里要描述图的内容，而不用考虑其它文字。至于如何概括图表，我以前文章说的太多了，这里直接写：

As the chart shows, students enjoying a harmonious life or fair treatment in their families account for 39% and 31% respectively, while the rest either bear high expectations or are pushed too hard. (33 wds)

写作技能：

一定要把图分成两到三个板块，不能对数据一一描述。我比较喜欢一分为二看数据，实际上高考数据分析也这样。从图能看出来：

好的方面：和谐相处；平等对待

坏的方面：苛刻要求：……

写作思维：

要点一：

一分为二看：家庭教育涉及到两方：孩子和父母。所以，这个影响必然反映在二者身上了。

（1）对孩子如何：塑造性格 –》原因：父母价值观会影响孩子

（2）对父母如何：父母和孩子之间的关系受到影响。

要点二：

父母和孩子的关系说到底还是人际关系。人际关系一般记住这几个关键词：communication，mutual trust，respect，social bonds

虽然说起来是套路，但想起来确实人与人无非就是以诚相待，尊重等。

Definitely, parental education plays an importantrole in children’s growth. First, it indeed shapes their character. Parents’ outlook on life is mirrored in thier action, encouraging their children to follow suit. Second, it relies on family education whether bonds between parents and children are weakened or strengthened.

Personally, ideal family education should focus on sincere communication and mutual trust. This can bridge the generation gap and contribute to children’s mental growth.（因果拓展，说明结果）Besides, parents should show due respect for children, like accepting the differences and listening patiently,（举例思维）instead of acting arbitrarily.（比较思维）Parents’ arrogance, by contrast, will end up paying a high price.（对比思维）

In a word, only scientific parental education can bring the best of children, so it deserves the effort and time. (120 wds)

好词好句：

plays an important role

shape their character

outlook on life

follow suit

relie on

focus on

mutual trust

bridge the generation gap

contribute to children’s mental growth

showdue respect for

act arbitrarily

endup paying a high price

bring the best of

deserve the effort and time.

官方范文：

One possible version:

Most of the students enjoy a harmonious family atmosphere with equal treatment. However, about 16% of the parentsexpect too much of their children and some are even hard on them.

The importance of family education cannot be stressed too much. It’s well known that the family is a person’s first school, and parents are the first teachers. Proper family education is always in the most fundamental position, which plays a very important role in shaping a child’s growth and development.

In my opinion, the ideal family educational mode should be the one that adopts the scientific method of encouragement, guidance, and tolerance. Parents should pay great attention to emotional communication by sparing time to talk with children, listen attentively totheir aspirations and give them encouragement. Only in this way can children build self-respect and self-confidence and develop their physical and mental health.

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高三冲刺后期，写作如何进行最后一锤？我个人的做法就是，把课标主题和教材单元话题结合并分类，然后从近四年的模考卷中挑选适合的题目进行练习。我们要做的是：

1.每个话题下的材料最好多样化，譬如：新闻、说明、记叙、议论。角度越多越好，不能单一。

2.努力总结每个角度的写作方法，形成个人的写作风格，譬如我一般用什么思维拓展，造句可有什么“程咬金三板斧”。

下面我来示范一下，希望对读者有启发，但愿考生能成功应对，这是我最大的心愿。

话题一：性格与品质

这个话题下的思维发散围绕：六“力”： 智力（intelligence）、能力（ability）、动力（motivation）、潜力（potential）、体力（strength）、想象力（imagination）。一个人的性格和品质都无非是以上六个方面的拓展，剩下要解决的就是找到相关的表达。

示范一：热情的重要性（2016扬州期末）

请阅读下面短文，并按照要求用英语写一篇150词左右的文章。

The hardworking and never-give-up attitude of Malaysian badminton star Lee Chong Wei has won many people’s hearts.

The 36-year-old player is already a veteran of the badminton world. Despite this, he doesn’t want to call it a day. At the moment, nose cancer is keeping him out of the game.

At a press conference earlier this month, Lee said that he hopes to return to badminton next year and to compete in his fifth Olympic Games held in Tokyo in 2020. “It’s going to be tough to fight for the gold medal, but I will try my very best because it’s always my dream,” he said. Although Lee is one of the world’s greatest players, he has never won a badminton world championship. So if health permits, he will continue to compete because he wants an Olympic gold. Besides his great determination, his other drive is his passion for the sport. “One of the most important things in life to him is badminton,” Lee’s coach Misbun Sodik told the New Straits Times.

After two months of cancer treatment that caused eating and sleeping problems, recently Lee began a little training.

【写作内容】

1. 用约30个单词概述上述信息的主要内容；

2. 综合上述信息，用约120个单词谈一谈“热情对于一个人事业成功的重要性”及其理由。

一、如何写概况：

列要点：

1. The hardworking and never-give-up attitude… has won many people’s hearts.

2. nose cancer

3. compete in his fifth Olympic Games

成句：

The 36-year-old badminton player, Lee Chong Wei, is admired by many people. With his passion for badminton, he is still determined to compete for an Olympic gold medal despite nose cancer.

技能说明：

1.学会转换：win one’s hearts相当于be admired by

2.对主干增添方式和让步状语在励志类文章是常见的，一般有：with/by结构和despite结构。

二、如何写正文：

思维风暴：

1.克服困难--》 strong-minded, efforts, overcome difficulties --》（逆向）otherwise, lose heart

2.成功动力--》 motivation, success --》 (因果) potential, ability

3.创造环境--》 friendly environment --》（因果）efficiency, health

成文：

Definitely, passion is an essential factor to the career we are devoted to. Without passion, we tend to easily lose heart when faced with challenges or failures. However, if equipped with enthusiasm about our pursuit, we will become more strong-minded, sparing no effort to overcome whatever gets in the way. In addition, our passion motivates us to try any means to success with determination, which surely will help to explore our potentials and increase our abilities. Besides, one’s passion is believed to be contagious. It contributes to a more friendly working environment, thus promoting our efficiency and improving our health condition.

Since being passionate paves way for our career, we should take our interest seriously when we choose jobs.(119 wds)

闪光词汇：

definitely肯定地

an essential factor一个重要的因素

tend to往往

be faced with面临

be equipped with具备

pursuit追求

strong-minded意志坚强的

spare no effort努力

whatever gets in the way困难

motivate sb to激发某人做某事

explore our potentials开发潜力

increase our abilities提高能力

contagious传染的

contribute to导致

promote our efficiency提高效率

improve our health condition改善健康状况

pave way for为……铺平道路

take … seriously认真对待

举一反三题一：珍惜当下（2018盐城期中）

请阅读下面短文，并按照要求用英语写一篇150词左右的文章。

Have you ever thought life would be better anywhere other than where you are right now? Maybe some of your thoughts go something like this: Life will be better once I’m out of debt. I can’t wait until I’m retired because then I can do what I want when I want. If only I lived somewhere warm I could exercise all year round and I would be so fit. If I could just lose 10 pounds I know I would feel better.

Truth is some of your problems may go away once you have met all of your “if only” and “better when’s”, but it won’t make the perfect life that fairy tales are made of. New problems will arise and you’ll likely find yourself wishing for this “perfect” life to be different still. We can only imagine that the grass will be greener on the other side because it’s only when we live it do we actually see it for what it really is.

Whatever ideal you have in mind about an alternate lifestyle, location, financial situation etc ... rest assured that each one will be met with its own unique set of problems.

So what can you do about this? Choose to be content with what you already have.

It’s great to dream big. But those dreams should not cloud the greatness you have in front of you right now. Consider the truth in the grass being the greenest right under your feet.

【写作内容】

1. 用约30个单词写出上文概要；

2.用约120个单词发表你的观点，内容包括：

（1）结合自己的经历，谈谈你对珍惜当下这一话题的理解；

（2）对如何珍惜当下提出你的建议。

一、如何写概况：

列要点：

1. So what can you do about this? Choose to be content with what you already have.

2. Whatever ideal you have in mind about … its own unique set of problems.

成句：

It is common for people to expect a different life, which they believe is perfect. In fact, they should live their current life faithfully and cherish what they have possessed.

技能说明：

议论文的文章要学会把握其中的总结段

二、如何写正文：

思维风暴：

1.所有的例子遵循：困难——成功模式，即：我困难（pressure, escape from reality, frustrations）、我改变（grasp the present）、我成功（motivation）。

2.建议：

充分利用时间：make use of every minute

感恩：grateful

成文：

The same is true of me. Faced with great pressure from exams, I once dreamed of escaping from reality. However, repeated frustrations reminded me that my dissatisfaction with current situation is the root cause of unhappiness. Later, my efforts were put in grasping the present and letting go the past. It became a source of motivation for me to fulfill my potential.

Therefore, my suggestions are as follows. First, since happiness is not about getting all we want, but about enjoying all we have, we should make every minute count to trade for something of value. Additionally, be grateful for our life with all its lessons and blessings. Only when we cherish everything and everyone we encounter today can we live our life happily.（124wds）

闪光词汇：

The same is true of…某人也是如此。

with great pressure from来自……的压力

dream of梦想

escape from reality逃离现实

my dissatisfaction with我对……的不满

the root cause of……的根本原因

put efforts in…努力做

let go放手

a source of motivation动力的来源

fulfill my potential完成我的目标

as follows如下

make every minute count珍惜分分秒秒

trade for交换；换取

something of value有价值的东西

additionally另外

be grateful for对……感恩

blessings祝福

encounter遇见

举一反三题二：提高国民素质

（2016届常州武进区高三第一学期英语期中）

A netizen wrote on Weibo on Sept 11 regarding a couple’s shameful behavior of carving their names on a 300-year-old vat at the Palace Museum and called for the museum to report the case to the police.

The post caused a heated discussion online. Some criticized the offending behavior, saying, “I don’t want to visit the Palace Museum only to find relics being carved by immoral tourists.” Others said it is common that ancient relics in Palace Museum are being damaged and laws should be introduced.

Apart from random carvings, the Palace Museum has met several cases of shameful behaviors this year. In March open-air relics were trampled(踩踏) and in May unclothed models were photographed riding on ancient relics in the museum’s courtyard.

Similar incidents take place every year. In 2013, a visitor named Liang Qiqi cut “Liang Qiqi has come here” on a vat in the tourist attraction, causing a mass internet hunting. Worse still, in 2013, a Chinese boy carved his name on a stone sculpture at an ancient temple in Egypt and produced widespread reaction worldwide.

【写作内容】

1. 用约30个单词概述上述信息的主要内容；

2. 结合上述信息，简要分析这种行为的不良影响；

3. 从社会和个人两方面谈谈如何提升国民素质(不少于两点)。

一、如何写概况：

列要点：

1. A netizen wrote on Weibo on Sept 11 … called for the museum to report the case to the police.

2. The post caused a heated discussion online. Some criticized…

成句：

The passage presents some news about Chinese tourists’ uncivilized actions in scenic spots. They show disrespect for and even do damage to cultural relics. Such offending behaviors have triggered（引发）strong criticism and accusation（谴责）.

技能说明：

1.记住新闻类的标准模式：新闻+评价（包含事件的后果其他人的反馈）。本材料的事件就是：tourists’ uncivilized actions in scenic spots，结果就是：do damage to cultural relics，评价就是：criticism。

2.由于本材料涉及到很多事件，所以不必提具体事件，泛指不文明现象即可。

二、如何写正文：

思维风暴：

谈影响要学会一分为二：

1.对建筑物而言：破坏文物（damage relics）

2.对个人和社会而言：破坏国家形象（spoil image）

谈建议，尤其是涉及到公共方面的事件，基本都是：

国家要制定发律和加强监督（laws, supervision）；个人要提高意识和教育水平(promote awareness, educate)。

成文：

Such uncivilized behaviors can pose a potential threat. For one thing, they will damage the original beauty of historic relics and even distort the message they carry. For another, with the exposure of these scandals worldwide, China’s national image is without doubt spoiled despite a civilization of thousands of years.

Therefore, it’s an urgent issue to improve the qualities of the whole nation. The government should strengthen supervision and impose severe punishment for such behaviors. Besides, it’s vital to educate individuals about the importance of preserving historic sites and to encourage them to behave themselves wherever they travel. In a word, it calls for joint efforts from the government and ordinary people to maintain and establish a good reputation of civilization.

小提示：

第一句的such非常重要，起着承上启下的作用。一般我们写作都要有衔接意识，用this, that，they等代词都可以。

闪光词汇：

pose a potential threat带来潜在的危险

For one thing,…For another…一方面，……另外一方面，……

distort扭曲

exposure曝光；暴露

without doubt毫无疑问

spoil破坏

an urgent issue紧迫的问题

strengthen supervision加强监督

impose severe punishment施加惩罚

vital重要的

educate individuals about…教育个人关于……

preserve historic sites保护历史古迹

behave themselves行为规矩

calls for需要

joint efforts合力

maintain and establish a good reputation of civilization维持和树立好的文化名声

举一反三题三：吃苦教育

（2015南师附中、淮阴、海门、天一四校联考）

阅读下面短文，然后按要求写一篇150词左右的英语短文。

“He who bears the greatest hardship becomes the greatest man.” This idiom shows Chinese people’s traditional belief in the vital role that hardship plays in a person’s life as they grow up. But today, as our lives have greatly improved, do we still need this so-called “hardship education”?

“We definitely do,” said Wang Weiqiong, mother of a 15-year-old girl in Jiangxi. “Many children take everything for granted, as they’ve never known how difficult it is to make money.”

Wang is not alone. According to a recent survey of 2,017 people done by China Youth Daily, 81.8 percent of the interviewees supported hardship education including experiencing life in poor areas, outdoor training, taking part-time jobs, and doing housework.

Qiao Yu, from Tianjin Foreign Languages School, also supports the idea. “Hardship helps us grow and be prepared for the difficulties of society,” said the 18-year-old, who worked in a cake store this summer.

But while it contributes to students’ development, “hardship education shouldn’t be seen as simply making students suffer,” Sun Yunxiao, deputy director of the China Youth and Children Research Center told China Youth Daily. “It should follow teenagers’ growth.” Sun said that students could also do sports to learn to face difficulties, for doing sports can greatly strengthen their bodies and minds.

【写作内容】

1. 以约30个词概括上文的主要内容。

2. 以约120个词发表你对“吃苦教育”的看法，内容包括：

（1）你对“吃苦教育”概念的理解；

（2）支持或反对对青少年进行“吃苦教育”，并给出2~3点理由。

一、如何写概况：

列要点：

1. Chinese people’s traditional belief … do we still need this so-called “hardship education”?

2. But “hardship education shouldn’t be seen as simply making students suffer,”…

成句：

The Chinese have a traditional belief that hardships contribute to one’s growth. A recent survey shows that many parents and students support it, but some experts are opposed to it. (30 words)

技能说明：

材料属于：事实+评价类型。最后一段的but是关键，说明出现了不同的评价，因此写概括的时候不要具体讲细节。

二、如何写正文：

思维风暴：

一定要学会从材料中找要点：

1. …experiencing life in poor areas, outdoor training, taking part-time jobs, and doing housework.

2. Hardship helps us grow and be prepared for the difficulties of society.

3. It should follow teenagers’ growth.

然后总结如下：

1.如何理解吃苦教育：参加各种活动（activities）--》 促进个人成长

2.观点：支持

3.理由：一分为二看，分精神上和身体上（1）促进品质 （2）有利健康

成文：

As is known, hardship education refers to all kinds of activities including community services, social practice, volunteer work and various sports, which allow teenagers to experience the difficulties of life and society, thus contributing to their growth.

In my eyes, with the fast development of our living standards, hardship education has become a must for the contemporary youth. For one thing, hardship education helps teenagers enhance their overall quality such as courage and perseverance, and get better prepared for the future despite frustrations. For another thing, by participating in various activities, teenagers can build up their strength and develop surviving skills besides written knowledge.

闪光词汇：

refer to指的是

allow teenagers to使得青少年能……

contribute to their growth促进健康

with the fast development of随着……的快速发展

living standards生活水平

become a must成为必须

enhance their overall quality提高综合素质

perseverance毅力

get better prepared for为……做好准备

despite frustrations无论什么挫折

by participating in通过参与

build up their strength强身健体

develop surviving skills培养生存技能

举一反三题四：新年表决心

（2019徐州期末考试）

请阅读下面文字，并按照要求用英语写一篇150词左右的文章。

Li Jiang 1 January, Sunny

It’s that time of year again: Time to make New Year’s resolutions. It has become a tradition for me and I have carried on it for years. Every time I tick off the resolutions on the list, I am feeling on cloud nine. I know my life has arrived at a crucial stage and I will have to go all out in the new year. Now I put down my new resolutions here. Firstly, I need to sharpen my writing skills，Secondly, ...

Su Hua 1 January, Sunny

I felt ashamed of myself when I was reviewing my previous resolutions this morning. I make resolutions every New Year’s Day. However, they DON’T WORK! What happens in January stays in January; it rarely makes it to June. “New Year, New You.” I’ll try again and turn over a new leaf. And this time I am crossing my fingers that my new resolutions will be helpful.

【写作内容】

1.用约30个词概括上面两段文字的主要内容；

2.用约120个词谈谈你的观点，内容包括：

（1）新年表决心的意义，用1-2个理由或论据支撑你的观点;

（2）实现新年决心的做法（至少两点）。

一、如何写概况：

列要点：

现象：make New Year’s resolutions，popular（not uncommon）

评价：两种（in vain, benefit）

成句：

It is not uncommon for people to make New Year’s resolutions. However, some can reap the benefit after making efforts to realize them while others regret not making their resolutions work.

二、如何写正文：

思维风暴：

意义：重要性（important，play an important role, matter, lay a solid foundation for, pave the way for）

1.提供动力：motivation; driving force, engine--》 comfort zone; embrace new ideas

2.克服困难：hardship--》 not give up halfway --》confidence

做法：

1. small goals --》why? a sense of achievement

2. self-discipline --》 reflect on

成文：

New Year’s resolutions serve as the source of motivation to break out of comfort zone. They remind you to embrace new ideas so that you can move forward. Besides, they encourage you to keep going and endure hardship instead of giving up halfway. By doing so, your self-confidence will grow, which is a passport to your success.

However, New Year’s resolutions, if not put into practice, will be of no use. First, divide your resolutions into small practical goals, which can bring you a sense of achievement each time you fulfil them. Second, self-discipline is a must-have quality. You should make it a habit to reflect on your performance and reward ourselves in time for remarkable progress.

I’m sure that we will make it with persistent efforts.

闪光词汇：

serve as充当

a source of motivation动力的来源

break out of comfort zone突破舒适区

embrace new ideas拥抱新观念

move forward前进

keep going不断前行

endure hardship忍受艰难

give up halfway半途而废

a passport to success成功的通行证

put … into practice实践

be of no use无用

a sense of achievement成就感

a must-have quality必备品质

make it a habit to让……成为习惯

reflect on反思