## **Question: “A happy person is a healthy person.” How far do you agree? (Argumentative)**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| cliche | Overused → boring/lacks originality | 一种被过度使用而变得无聊和无创意的说法或表达 |
| well-being | the state of being comfortable, healthy, or happy | 舒适、健康或快乐的状态 |
| immense fulfillment in their careers | very happy and satisfied with their jobs | 意味着对自己的工作感到非常高兴和满意 |
| more contentment in their family life | happier and more satisfied with family-related life | 对家庭关系和家庭生活感到更快乐、更满意 |
| comfort of their close confidantes | feeling at ease and supported by their trusted friends | 感到自在，并得到他们信任的朋友的支持 |
| ill-effects on their health | negative impacts or harm to their health | 对他们的健康造成负面影响或伤害 |
| physical condition | the state of a person's body and its ability to perform various activities | 人的身体状态及其进行各种活动的能力 |
| practice healthy habits in their nutrition, lifestyle, and regulation of their bodies | following good practices to maintain overall health | 遵循良好做法以保持整体健康 |
| happier people | individuals who feel more joy and satisfaction in their lives | 在生活中感到更多快乐和满足的人 |
| Happier people, the study reported, were more likely to consume a nutritious and well-balanced diet with vegetables and fruits compared to more negative-minded individuals. | people who have a positive outlook on life tend to eat healthier foods, such as vegetables and fruits, more often than those who have a more negative mindset | 对生活持积极态度的人往往比那些消极心态的人更倾向于吃更健康的食物，如蔬菜和水果 |
| positive mindset | having an optimistic and hopeful attitude towards life | 对生活持有乐观和充满希望的态度 |
| compounded benefits | getting extra, growing advantages from repeated positive actions | 从反复的积极行动中获得额外的、不断增长的优势 |
| physical health and emtional well-being | Physical health → how well your body is functioning  Emotional well-being → how good you feel emotionally and mentally | 身体健康-你的身体功能有多好  情绪健康——你在情绪和精神上感觉有多好 |
| According to the Maslow’s Hierarchy of Needs, feelings of love and belonging in the community as well as a personal esteem are higher order needs that are strong predictors of healthy life. | According to Maslow’s Hierarchy of Needs, feeling loved and connected with others, as well as having self-respect and confidence, are important for a healthy life. These are higher-level needs that help predict overall well-being. | 根据马斯洛的需求层次理论，感受到被爱和与他人的联系，以及拥有自尊和自信，对健康的生活很重要。这些是更高层次的需求，有助于预测整体幸福感。 |
| Humans are innately social creatures and thrive on having a sense of belonging to a community. | People desire social connections and do well when they belong to a group | 当人们成为一个群体或社区的一员时，他们自然需要社交联系，感到更快乐、更充实。与他人建立联系对他们的幸福至关重要 |
| these joyous occasions are times when people gather with their family and friends | during happy or special events, people come together with their loved ones to celebrate and enjoy each other's company | 在欢乐或特殊的活动中，人们会和亲人聚在一起庆祝，享受彼此的陪伴 |
| People who experience contentment in their lives are more likely to also have a healthier mental state. | when individuals feel satisfied and happy with their lives, they are generally more likely to have better mental health | 当人们对自己的生活感到满意和幸福时，他们通常更有可能拥有更好的心理健康 |
| Developing more productive habits such as incorporating a certain wellness activity in their daily schedules. | Creating positive routines by adding healthy activities, like exercise or meditation, into their everyday life. This helps improve overall well-being and efficiency. | 通过在日常生活中增加锻炼或冥想等健康活动来创造积极的日常生活。这有助于提高整体幸福感和效率。 |
| more methodical approach for people to improve their mental well-being by first learning how they can feel happy | To improve their mental well-being, people should first figure out what makes them happy and then use that understanding to make a plan for better mental health. | 为了改善他们的心理健康，人们应该首先弄清楚是什么让他们快乐，然后利用这种理解制定一个更好的心理健康计划。 |
| To be truly healthy, one should learn to see their life and the world around them through a lens of optimism and enjoy as much as they can. | to achieve true health, it’s important to adopt a positive outlook on life and make an effort to enjoy and appreciate as much of life as possible | 为了获得真正的健康，重要的是要对生活持积极的态度，努力尽可能多地享受和欣赏生活 |
| when people take the pursuit of enjoyment too far it can also lead to poorer outcomes on their health | If people focus too much on having fun or seeking pleasure, it can sometimes lead to negative effects on their health. | 如果人们过于关注娱乐或寻求快乐，有时会对他们的健康产生负面影响。 |
| blindly chase after temporal joys while ignoring the long-term repercussions of their reckless behaviours | ocusing only on short-term happiness or excitement without considering how those actions might have negative effects on their health or life in the long run | 只关注短期的快乐或兴奋，而不考虑这些行为从长远来看会对他们的健康或生活产生负面影响 |
| Hence, people must have a clear-sighted approach in pursuing happiness without sacrificing their health. | individuals should seek happiness in a balanced and thoughtful way, ensuring that their pursuit of joy does not negatively impact their health or well-being. | 个人应该以平衡和周到的方式寻求幸福，确保他们对快乐的追求不会对他们的健康或幸福产生负面影响。 |
| Happiness is subjective. | Happiness is experienced differently by each person. What makes one person happy might not have the same effect on someone else. It depends on individual feelings, preferences, and circumstances. | 每个人对幸福的体验都不一样。让一个人快乐的事情可能不会对其他人产生同样的影响。这取决于个人的感受、偏好和环境。 |
| objective truth | facts or realities that are true regardless of personal feelings, opinions, or perceptions | 无论个人感受、观点或看法如何，都是真实的事实或现实 |
| profound impacts | effects that are felt or experienced very strongly or in an extreme way | 强烈或极端地感受到或经历的影响 |
| derivations of joy | origins or sources of happiness | 幸福的起源或源泉 |
| most identifiable outcome | most apparent, superficial result | 最明显、最肤浅的结果 |
| plethora | a very large amount of something, especially a larger amount than you need, want, or can deal with | 大量的东西，尤其是比你需要、想要或能处理的量大的东西 |
| Intrinsically motivated | Doing something because one enjoys it rather than for a specific reward | 一个极其重要和基本的目的 |
| multipliers of happiness | the first effect resulting in continued larger effects | 第一个效应导致持续的更大效应 |
| elusive | difficult to describe, find, achieve, or remember | 难以描述、发现、实现或记忆 |
| lens of optimism | metaphor for having a positive outlook and perspective | 积极态度和视角的隐喻 |
| hendonistic indulgence | having things that are enjoyable, especially more than is good for you; seeking as much pleasure as possible, according to the belief that the most important thing in life is to enjoy yourself | 拥有令人愉快的东西，尤其是对你有益的东西；根据生活中最重要的事情是享受自己的信念，寻求尽可能多的快乐 |
| whole raft | a large number or range; a lot | 大的数字或范围；很多 |
| repercussions | the effect that an action, event, or decision has on something, especially a bad effect | 行动、事件或决定对某事的影响，尤其是坏的影响 |
| clear-sighted approach | a way of doing things that demonstrates a good understanding of a particular subject and the ability to make good judgments about it | 一种做事的方式，表现出对特定主题的良好理解以及对其做出良好判断的能力 |

## **Question: Describe ways to relax after you have been busy. Explain why it is enjoyable for you. (Description)**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| hustle and bustle | a large amount of activity and work, usually in a noisy surrounding | 大量的活动和工作，通常在嘈杂的环境中 |
| self-care | the practice of doing activities that you enjoy or that are relaxing, especially in order to improve or avoid stress | 做你喜欢或放松的活动，尤其是为了改善或避免压力 |
| treatise | a formal piece of writing  that considers and examines a particular subject | 一篇正式的文章  考虑和研究特定主题 |
| academic rigours | a certain standard of excellence that professors and administrators expect of their students | 细致、仔细和完整的品质 |
| enduring appeal | persistent and everlasting quality which makes it attractive, or interesting | 持久和永恒的品质，使其具有吸引力或趣味性 |
| gruelling | extremely tiring and difficult,  and demanding great effort and determination | 极其累人和困难，  需要付出巨大的努力和决心 |
| common thread that tied us all together | a shared idea or passion | 共同的想法或激情 |
| quintessential | being the most typical example or most important part of something | 是某物最典型的例子或最重要的部分 |
| express myself uninhibitedly | act in a way that is free and natural, without embarrassment | 以自由、自然、不尴尬的方式行事 |
| serotonin-infused | a chemical in your body that helps you feel relaxed and happy | 体内的一种化学物质，能帮助你感到放松和快乐 |
| elicits a strong sense of familiarity | brings forth a familiar sensation | 带来熟悉的感觉 |
| intoxicating aroma | a smell making you feel excited, happy, and slightly out of control | 一种让你感到兴奋、快乐、有点失控的气味 |
| sights and sounds invoked nostalgic memories | seeing and hearing memories that are happy and also slightly sad | 看到和听到快乐的回忆，也有点悲伤 |
| much needed respite | a pause or rest from something difficult or unpleasant | 从困难或不愉快的事情中停顿或休息 |
| routinised activities | regular structures of actions and activities | 行动和活动的常规结构 |
| too engrossed | so deeply absorbed or focused on something that you might lose track of time or ignore other important things. | 如此全神贯注或专注于某事，以至于你可能会忘记时间或忽略其他重要的事情。 |
| myriad of activities | large and diverse range of different activities | large and diverse range of different activities |
| must juggle between our academic studies, after-school enrichment classes, co-curricular activities, and much more | need to balance and manage multiple responsibilities and activities, such as schoolwork, extra classes, and other interests | 需要平衡和管理多种责任和活动，如功课、课外活动和其他兴趣 |
| to forge a sense of identity | to develop and create a clear understanding of who you are and what makes you unique | 培养并明确自己是谁，是什么让你与众不同。 |
| this leaves us too preoccupied | makes us so busy or absorbed → don't have time or attention for other things | 它让我们如此忙碌或专注，以至于我们没有时间或注意力去做其他事情 |
| neglecting setting aside time for ourselves to have a respite | forgetting or failing to make time for ourselves to relax and take a break from our busy activities. | 忘记或没有给自己留出时间放松身心，从繁忙的活动中休息一下。 |
| overloaded with academic content | having too much schoolwork or educational material to handle comfortably. | 有太多的功课或教育材料，无法轻松处理。 |
| desperately trying to finish | making a strong, urgent effort to complete something, often because there's a lot of pressure or a tight deadline | 为完成某事而做出强烈而紧急的努力，通常是因为压力很大或截止日期很紧 |
| indulge in | allow yourself to enjoy or take part in something that gives you pleasure. | 让自己享受或参与一些事情，通常是你喜欢的或能给你带来快乐的事情。 |
| exhilarating world of mobile gaming | the exciting and thrilling experience of playing games on mobile devices | 在智能手机和平板电脑等移动设备上玩游戏的激动人心的体验。 |
| immerse myself | fully involve or engage yourself in something, often with complete focus and attention | 全身心投入或参与某事，通常全神贯注 |
| fantasy world | to a fictional or imaginative setting that is different from reality, often involving magical or extraordinary elements | 与现实不同的虚构或富有想象力的环境，通常涉及神奇或非凡的元素 |
| to unwind from a stressful school day | to relax and reduce stress after a busy or challenging day at school | 在学校忙碌或充满挑战的一天后放松身心，减轻压力 |
| I am especially fond of | you have a strong liking or affection for something | 你对某事有强烈的喜爱或感情 |
| therein lies | means "that is where" or "the key is in." | 意思是“那就是”或“钥匙在里面” |
| within the confines of a highly structured education system | operating or existing within a rigid and organized framework of schooling | 在严格和有组织的学校教育框架内运作或存在 |
| open world concept | a type of game design or environment where players have the freedom to explore and interact with a large, open virtual space without being restricted to a set path or linear objectives. | 一种游戏设计或环境，玩家可以自由探索大型开放的虚拟空间并与之互动，而不受既定路径或线性目标的限制。 |
| a world of endless possibilities | a situation or environment where there are limitless opportunities and options available. | 有无限机会和选择的情况或环境。 |
| being safe in the comfort on one’s own homes | feeling secure and relaxed while at home, where one feels protected and at ease. | 在家里感到安全和放松，在那里你会感到受到保护和放松。 |
| favourite ways to unwind after a gruelling school day | preferred activities or methods used to relax and relieve stress after a challenging or exhausting day at school | 在学校度过充满挑战或疲惫的一天后，用于放松和缓解压力的首选活动或方法 |
| being an avid gamer | having a strong passion for playing video games | 对玩电子游戏有强烈的热情 |
| I take a breather from school | taking a short break or pause from school-related activities to relax and recharge | 从学校相关活动中短暂休息或暂停，放松身心，充电 |
| albeit now | means "even though" or "although" in the present context | 在当前语境中，表示“即使”或“尽管” |
| ease my body into the natural rhythms of movement | to gradually and comfortably adapt to or synchronize with the body's natural ways of moving | 逐渐舒适地适应或与身体的自然运动方式同步 |
| with boundless energy, football us an avenue for me to release some of that restless energy and relax my tensed body | Playing football helps you use up excess energy and relax your body, which might feel tense. It’s a way for you to channel your energy and unwind. | 踢足球可以帮助你消耗多余的能量，放松你的身体，这可能会让你感到紧张。这是你引导能量和放松的一种方式。 |
| help soothe my body and mind | to provide comfort and relief to both your physical and mental state | 为您的身心状态提供舒适和缓解 |
| most treasured ways | the methods or activities that are most highly valued or cherished. | 最受重视或珍视的方法或活动。 |
| arduous week | a week that was very difficult, tiring, or challenging | 非常困难、疲惫或具有挑战性的一周 |
| wafted into my nostrils | a smell gently moved or drifted into your nose | 一股气味轻轻地飘进你的鼻子 |
| carefree childhood | a period of growing up without worries or stress | 无忧无虑的成长时期 |
| tableside conversations | discussions or chats that happen while sitting at a table, often during meals | 坐在餐桌旁时发生的讨论或聊天，通常是在用餐时 |
| to vent any frustrations | to express or release feelings of frustration or anger | 表达或释放沮丧或愤怒的感觉 |
| celebrate small achievements | to recognize and take joy in minor successes or milestones, no matter how small they may seem. | 认识并享受小的成功或里程碑，无论它们看起来有多小。 |
| I could delve into my feelings in an environment that is empathetic to my concerns | I can explore and discuss my emotions in a place where others understand and are sensitive to my feelings | 我可以在别人理解和敏感我的感受的地方探索和讨论我的情绪 |
| I would be more hesitant | I would be more reluctant or unsure about doing something | 我会更不情愿或不确定是否要做某事 |
| exhilarating experiences | exciting and thrilling experiences that make you feel very happy and energized | 激动人心的经历，让你感到非常快乐和充满活力 |
| much neeed respite from the routinised activities of our everyday lives | a crucial break or rest from the repetitive and daily tasks we usually do | 从我们通常做的重复性和日常任务中休息或休息 |

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## **Question: Learning how to respond to mistakes is essential for success. What is your opinion? (Discussive)**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| ”I never lose. I either win or learn” | this saying essentially means that every setback is a learning opportunity and that as long as you learn from your mistakes, you do not actually lose. | 这句话本质上意味着每一次挫折都是一次学习机会，只要你从错误中吸取教训，你就不会真正失败。 |
| To err is simply human | it is normal and natural for people to make mistakes | 人们犯错是正常和自然的 |
| Bog us down | prevented from moving on or progressing | 无法继续前进或进步 |
| Indubitably | too evident to be doubted | 太明显了，不容怀疑 |
| (the) gravity (of the situation) | severity | 严重程度 |
| Inevitable pervasiveness | unavoidable that mistakes would be be bound to happen in most aspects of our lives | 不可避免的是，错误必然会发生在我们生活的大多数方面 |
| Personal effectiveness | getting the best out of oneself | 充分利用自己 |
| Good stead | to be useful or helpful to someone or something | 对某人或某事有用或有帮助 |
| Hone | to refine or perfect a skill over a period of time | 在一段时间内改进或完善一项技能 |
| Need a polish | needs to be improved and perfected | 需要改进和完善 |
| Seminal | containing important new ideas and having a great influence on later work | 包含重要的新思想，对以后的工作有重大影响 |
| Myopic stance | narrow-minded approach which fails to consider the larger picture at hand and the broader implications | 狭隘的方法，不考虑眼前的大局和更广泛的影响 |
| Posit | argue or contend that | 争论或争辩 |
| Invariably | always | 总是 |
| Mental fortitude | mental courage in pain or adversity | 在痛苦或逆境中的精神勇气 |
| definitely essential for success | something is absolutely necessary or crucial in order to achieve success | 为了取得成功，某些事情是绝对必要或至关重要的 |
| not the end of the world | something is not as catastrophic or disastrous as it might initially seem | 事情并不像最初看起来那么灾难性或灾难性 |
| it is really not the mistakes that define us so much as how we respond to the mistake | our true character and identity are shaped more by our reactions and actions after making a mistake than by the mistake itself | 我们真正的性格和身份更多地是由我们犯错后的反应和行为塑造的，而不是由错误本身塑造的 |
| draw invaluable lessons from them | to gain important and highly valuable insights or knowledge from experiences, particularly challenging or negative ones | 从经验中获得重要且极具价值的见解或知识，尤其是具有挑战性或负面的经验 |
| use them as stepping stones | to utilize experiences, particularly challenges or setbacks, as opportunities for progress and advancement | 利用经验，特别是挑战或挫折，作为进步和进步的机会 |
| to rectify the mistake | to correct or fix an error that has been made | 纠正或修复已出现的错误 |
| be resilient | ability to recover quickly from difficulties, setbacks, or adversity | 从困难、挫折或逆境中迅速恢复的能力 |
| to pick ourselves up, dust ourselves off and get ready to start all over again | to recover from a setback or failure and prepare to try again with renewed effort and determination | 从挫折或失败中恢复过来，并准备以新的努力和决心再次尝试 |
| aid in personal development | to help or support the process of improving oneself in various aspects of life | 帮助或支持在生活的各个方面提高自己的过程 |
| These traits sets us up for future success | possessing certain qualities or characteristics helps to prepare and position us well for achieving success in the future | 拥有某些品质或特征有助于我们为未来取得成功做好准备和定位 |
| steely determination that would aid us in future endeavours | having a strong, unwavering resolve and commitment that will help us succeed in upcoming challenges or goals | 拥有坚定的决心和承诺，帮助我们在即将到来的挑战或目标中取得成功 |
| mistakes will indubitably | mistakes will certainly or undoubtedly occur | 错误肯定会或毫无疑问地发生 |
| the gravity of the mistake | the seriousness or significance of an error | 错误的严重性或重要性 |
| immune to |  |  |
| instead of breaking and crumbling in the face of each mistake builds our personal effectiveness | rather than allowing mistakes to overwhelm or defeat us, we should use them as opportunities to grow and improve | 我们不应该让错误压倒或击败我们，而应该把它们当作成长和改进的机会 |
| building emotional and mental resilience by not allowing minor setbacks inundate us | developing the ability to handle stress and challenges effectively by not letting small difficulties overwhelm or defeat us | 培养有效应对压力和挑战的能力，不要让小困难压倒或击败我们 |
| psychological strength | mental and emotional qualities that enable a person to effectively manage stress, overcome challenges, and maintain overall well-being | 使一个人能够有效地管理压力、克服挑战并保持整体幸福感的心理和情感品质 |
| will set us in good stead for future endeavours | certain qualities, actions, or experiences will prepare us well for upcoming challenges or opportunities | 某些品质、行为或经历将使我们为即将到来的挑战或机遇做好充分准备 |
| learn to reframe mistakes into educational challenges | change how you view mistakes, seeing them as opportunities for learning and growth rather than just failures | 改变你看待错误的方式，把错误看作是学习和成长的机会，而不仅仅是失败 |
| hone our analytical, adaptability, and creativity skills | refine and improve these specific abilities through practice and experience | 通过实践和经验来完善和提高这些特定能力 |
| Alternatively | as another option or possibility | 作为另一种选择或可能性 |
| positive challenge is seminal for future | encountering and overcoming constructive or beneficial challenges is crucial for future growth and success | 遇到并克服建设性或有益的挑战对未来的增长和成功至关重要 |
| are one-off or a rare occurrence | something happens only once or is very uncommon | 某事只发生一次或非常罕见 |
| places undue focus on the substance of the “mistake” itself | giving excessive attention or emphasis to the details or nature of the mistake rather than considering other aspects, such as how to address or learn from it | 过度关注或强调错误的细节或性质，而不是考虑其他方面，例如如何解决或从中吸取教训 |
| The takeaways we gain would invariably be applicable when faced with other kind of mistakes | the lessons and insights learned from one mistake are likely to be useful and relevant when encountering different types of errors or challenges in the future | 当将来遇到不同类型的错误或挑战时，从一个错误中吸取的教训和见解可能是有用和相关的 |
| Equips us with the necessary emotional frame of mind | it provides us with the appropriate mental and emotional perspective needed to handle situations effectively | 它为我们提供了有效处理情况所需的适当的心理和情感视角 |
| strengthens our mental fortitude | to build and enhance our mental resilience and inner strength | 建立和增强我们的心理韧性和内在力量 |
| In a nutshell | to summarize something briefly and concisely | 简明扼要地总结某事 |

## 

## **Question: ‘I realised that I was much stronger than I had previously thought.’ Write about a time when you felt like this. (Narrative - Ice Skating)**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| Self-doubt | lack of confidence in oneself and one's abilities | 对自己和自己的能力缺乏信心 |
| hand in hand | Two things or people are closely associated or connected and work together harmoniously. | 两件事或两个人密切相关或联系在一起，和谐地工作 |
| catalyst of my downfall | something or someone that caused or significantly contributed to your failure or problems | 导致或显著促成你失败或问题的人或事 |
| had wallowed in self-pity | someone indulged in feeling sorry for themselves for a period of time | 有人在一段时间内沉溺于自怜。 |
| live stream | real-time broadcast of an event over the internet | 通过互联网实时广播事件 |
| brimming with confidence | being full of self-assurance and certainty | 充满自信和确定性 |
| This is going to be a breeze | something is expected to be very easy to do or accomplish | 某事被认为很容易做或完成 |
| muttered under my breath | Speak quietly and indistinctly, usually in a way that others cannot easily hear. Typically because one does not want others to hear or to express dissatisfaction or frustration quietly. | 轻声细语地说话，通常用别人听不清的方式。通常是因为一个人不想让别人听到或平静地表达不满或沮丧。 |
| Little did I know | a phrase used to indicate that someone was unaware of what was going to happen in the future | 用来表示某人不知道未来会发生什么的短语 |
| sense of complacency | refers to a feeling of self-satisfaction or contentment, often accompanied by a lack of awareness of potential risks or problems | 指一种自我满足或满足的感觉，通常伴随着对潜在风险或问题缺乏认识 |
| send me down an abyss of humiliating defeat | to cause someone to experience a deep and overwhelming sense of failure and embarrassment | 使某人体验到一种深刻而压倒性的失败和尴尬感 |
| shot my classmates a smirk | Give your classmates a quick, often sly or self-satisfied smile. A smirk typically conveys a sense of confidence, superiority, or amusement, and it's usually directed at others in a way that suggests you're pleased with yourself or the situation. | 给你的同学一个快速、狡猾或自满的微笑。傻笑通常传达出一种自信、优越感或娱乐感，它通常是针对他人的，表明你对自己或情况感到满意。 |
| clouded in an air of confidence | someone is surrounded or enveloped by a strong sense of self-assurance | 某人被强烈的自信所包围或包围 |
| I knew it like the back of my hand | you were very familiar with something or had a thorough understanding of it | 你对某件事很熟悉，或者对它有透彻的了解 |
| my muscle memory take the stage | your physical actions or skills, which you have practiced so much that they have become automatic, were put into action | 你的身体动作或技能，你已经练习了很多，以至于它们已经变得自动化，并被付诸行动 |
| familiarity emanated | a sense of being familiar or well-acquainted was radiating or coming from something or someone | 熟悉或非常熟悉的感觉是从某物或某人身上散发出来的 |
| sense of certainty and conviction | Being very sure and confident about something. It involves having a strong belief or feeling that what you're saying or doing is right. | 对某事非常确定和自信。它涉及到强烈的信念或感觉，即你所说或所做的是正确的。 |
| My world went in slow motion | everything seemed to move or happen very slowly, often due to a heightened emotional state or intense focus | 一切似乎都在缓慢地移动或发生，这通常是由于情绪高涨或注意力集中 |
| plummeted onto the cold and harsh embrace of the ice | falling suddenly and forcefully onto a surface of ice, which feels very cold and unwelcoming | 突然有力地落在冰面上，感觉非常寒冷，不受欢迎 |
| blacked out | losing consciousness or memory, typically for a short period | 通常在短时间内失去意识或记忆 |
| permanent physical damage | injury or harm to the body that does not heal or recover completely, leaving lasting effects. | 对身体的伤害或伤害，不能完全愈合或恢复，留下持久的影响。 |
| I was mentally and emotionally scarred by my very public failure | experience of failing in a public or highly visible way had a lasting and negative impact on your mental and emotional well-being | 以公开或高度可见的方式失败的经历对你的心理和情绪健康产生了持久的负面影响 |
| embodiment of defeat | someone or something that represents or exemplifies the essence of failure or loss | 代表或体现失败或损失本质的人或事 |
| materialized on my physique | something became visible or noticeable on your body | 你身上有什么东西变得可见或明显 |
| developed an intense fear and dread | you started to experience a strong, deep-seated fear or anxiety about something | 你开始对某事产生强烈的、根深蒂固的恐惧或焦虑 |
| competitive skating scene | the world of figure skating or speed skating where people compete against each other | 花样滑冰或速度滑冰的世界，人们相互竞争 |
| all forms of competition | every type of contest or rivalry where people or teams compete against each other | 人或团队相互竞争的每一种比赛或竞争 |
| listened to my coach’s words as he broke down what we could do to improve all the moves. | paying close attention to your coach’s detailed explanations and advice on how to enhance each movement or technique | 密切关注教练对如何加强每个动作或技术的详细解释和建议 |
| This round, I devoted my heart and soul into the training, pouring in blood and sweat at every training session. | fully committed yourself to the training, giving it your utmost effort and dedication | 全身心投入训练，尽最大努力和奉献精神 |
| I fell countless times during training; there was pain and tears shed but no strength lost. | you experienced many failures and hardships while training, including physical pain and emotional distress | 你在训练中经历了许多失败和困难，包括身体疼痛和情绪困扰 |
| tidal waves of anxiety and stress | overwhelming and powerful feelings of worry and pressure | 压倒性的、强烈的担忧和压力感 |
| as I waited for my turn on the rink. The lacing of my skates felt stiflingly tight, just like how my chest was tight with anxiety. | While waiting to skate, the tightness of your skates felt oppressive and uncomfortable, similar to the intense anxiety you were experiencing. | 在等待滑冰时，你的溜冰鞋太紧了，感觉很压抑和不舒服，就像你经历的强烈焦虑一样 |
| This was it. | that a particular moment or situation was crucial or final | 某个特定的时刻或情况是至关重要的或最终的 |
| This was my time to shine. | that the moment had arrived for you to showcase your abilities and stand out | 你展示自己的能力并脱颖而出的时刻已经到来 |
| I got onto the rink and vowed to give it my all. | once you stepped onto the skating rink, you made a promise to yourself to put forth your maximum effort and commitment | 一旦你踏上溜冰场，你就向自己承诺要尽最大努力和承诺 |
| My momentum culminated at the peak of the music that accompanied my routine, and I executed every jump and spin to loud applause. | your energy and effort reached their highest point during the most intense part of the music | 在音乐最激烈的部分，你的精力和努力达到了最高点 |
| I did it. | successfully accomplished something or achieved a goal | 成功完成某事或实现目标 |
| It was surreal, but I did it. | the experience felt almost dreamlike or unbelievable, but despite that, you managed to achieve your goal | 这段经历感觉近乎梦幻或难以置信，但尽管如此，你还是实现了目标 |
| I am thankful that I realised that I was much stronger than I had previously thought. | you’re grateful for discovering that you had more strength and resilience than you initially believed | 你很感激发现自己比最初想象的更有力量和韧性 |
| ‘Bonnie and Clyde’ | describes a pair of criminals working together; originated from a famous couple that committed crimes together in the 1930s | 描述了一对罪犯在一起工作；起源于20世纪30年代一起犯罪的一对著名夫妇 |
| catalyst | an agent that provokes or speeds significant change or action | 引发或加速重大变化或行动的代理 |
| ‘knew it like the back of my hand’ | to know something completely | 完全了解某事 |
| repudiated | to refuse to accept; reject | 拒绝接受；拒绝 |
| ‘bated breath’ | in a nervous or excited state anticipating what will happen | 处于紧张或兴奋的状态，预测会发生什么 |
| resolutely | in an admirable, purposely, determined, and unwavering manner | 以一种令人钦佩、有目的、有决心和坚定不移的方式 |
| stiflingly | in a way that makes you feel unable to breathe | 让你感到无法呼吸 |
| culminate | to reach a climax or point of highest development | 达到高潮或最高发展点 |
| demolish | to pull or knock down (something) | 拉倒（某物） |
| ’cripple my fighting spirit’ | discourage oneself | 劝阻自己 |
| ‘moment of epiphany’ | a moment of sudden and great revelation or realization | 突然而伟大的启示或实现的时刻 |
| ‘abyss of humiliating defeat’ | a deep and immeasurable space of feeling unable to succeed | 无法成功的深沉而无法估量的感觉空间 |
| abolish | formally put an end to (something) | 正式结束（某事） |
| ‘as gracefully as a swan’ | a simile to describe one’s elegance | 形容某人优雅的比喻 |

## **Question: “I felt as thought I was on top of the world.” Write about a time when you felt like this. (Narrative - Scaling a mountain)**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| champing at the bit | feeling restless | 坐立不安/迫不及待 |
| satiated | my appetite was satisfied | 满足渴望 |
| expansive | covering a large area | 庞大的 |
| outcrops | a large rock or group of rocks that sticks out of the ground | 很多石头 |
| bevy | a large group of similar things | 窝的人 |
| bulwark | something that protects you from dangerous or unpleasant | 平安符 |
| smothering darkness | darkness so intense that it engulfed you | 股黑烟 降临 |
| sporadic | irregular, not happening in a pattern | 断断续续 |
| dancing with the devil | tempting fate | 在鬼门关转了 |
| niggling | worrying | 不详预感 |
| heralding | a sign that something important is about to happen | 预感 |
| vantage point | a place, especially a high place, that provides a good, clear view of an area | 高处望下来 |
| on top of the world | very happy | 站在世界顶峰 |
| to scale | to climb | 攀登 |
| fascinated by | interested in | 感兴趣 |
| clouds at my feet | describing a feeling of being high up or on top of the world | 描述一种高高在上的感觉 |
| reality | actuality, the truth | 现实，真理，真理 |
| Inspired by | being motivated or influenced by something or someone | 受到某物或某人的激励或影响 |
| childhood ambition | Dream since young | 儿时梦想 |
| marked an important milestone | significant event or achievement that marks a key point in progress or development | 标志着进步或发展关键点的重大事件或成就 |
| mountaineering | sport or activity of climbing mountains | 登山运动或活动 |
| panoramic view | wide, unobstructed view of a large area | 360 景色 |
| archipelago | group of islands | 群岛群 |
| novice mountaineers | people who are new to mountaineering and are still learning the basics of climbing | 新手 登山者 |
| strengthen my physique and build my stamina | improve your physical strength and endurance | 提高你的体力和耐力 |
| excruciating | intensely painful | 极度痛苦 |
| That fateful day arrived | a significant or important day that was awaited or anticipated has finally come | 人们期待或期待的重要日子终于到来了 |
| embarked on our journey | to begin or start a significant trip or adventure | 开始或开始一次重要的旅行或冒险 |
| nature reserves | a tract of land managed so as to preserve its flora, fauna, and physical features. | 小岛国家 |
| The call of adventure has seized me | you have been strongly inspired or compelled by the desire for adventure | 你被冒险的欲望强烈地激励或强迫 |
| without a hitch | something happening smoothly or without any problems | 事情进展顺利或没有任何问题 |
| marvel at the breathtaking scenery | to be deeply impressed or awestruck by the beauty of the surroundings | 被周围的美景深深打动或敬畏 |
| Rocky outcrops framed the picturesque view. | the rocky outcrops (large, visible rock formations) helped to define or enhance the beauty of the view | 幅画 |
| the lake was pristine, immaculate, untainted by the presence of mankind | the lake was in a perfectly clean and untouched state, not affected or polluted by human activity | 这个湖完全干净，没有受到人类活动的影响或污染 |
| It truly was a sight to behold. | the view or scene was exceptionally impressive and memorable, deserving of admiration and appreciation | 景色或场景格外令人印象深刻，令人难忘，值得钦佩和欣赏 |
| sending my olfactory senses into overdrive | a smell or aroma was so strong or intense that it overwhelmed your sense of smell | 气味或香气如此强烈或强烈，以至于淹没了你的嗅觉 |
| left me famished | felt extremely hungry or starving | 感到极度饥饿或饥饿 |
| devour my dinner | eat it quickly and eagerly, often with great enthusiasm or appetite | 快速而热切地吃它，通常带着极大的热情或食欲 |
| dying rays of sunlight flitted across the edges of the crater | the last light of the day gently moved across the edges of the crater as the sun was setting | 太阳落山时，一天中的最后一缕阳光轻轻地掠过火山口的边缘 |
| staining the night sky in watercolour tints | he night sky was colored with soft, watercolor-like hues, creating a beautiful and gentle gradient of colors as the day turned to night | 夜空被柔和的水彩般的色调所覆盖，随着白天变成黑夜，创造出美丽而柔和的色彩渐变 |
| twilight settled | the time of day when the sun is just below the horizon | 一天中太阳刚好在地平线以下的时间 |
| In the blink of an eye, it was time to begin our ascent. | time passed very quickly, and suddenly it was time to start climbing or going upward | 爬山 |
| leaving me in frail condition | left feeling weak, delicate, or in poor health | 感觉虚弱、脆弱或健康状况不佳 |
| In the dead of night | In the middle of the night, typically when it is the darkest and quietest | 在半夜，通常是最黑暗、最安静的时候 |
| impeded our progress | Obstructed or slowed down their advancement | 阻碍或减缓了他们的进步 |
| final straw | Last chance before reaching the breaking point/ final decision | 到达临界点/最终决定之前的最后机会 |
| precarious ravine | a deep, narrow valley with steep sides that is dangerous or unstable | 深而窄的山谷，两侧陡峭，危险或不稳定 |
| Peering at the ominous abyss below | looking down into a deep, dark, and potentially threatening chasm or void. | 俯视一个深邃、黑暗、潜在威胁的深渊或虚空 |
| pricked at my conscience | something made you feel a sense of guilt, discomfort, or moral awareness | 某件事让你感到内疚、不适或道德意识 |
| I would never live it down | you believe you would never be able to escape or forget the embarrassment or consequences of a particular event | 你认为你永远无法逃脱或忘记某个特定事件的尴尬或后果 |
| renewed invigoration | a fresh or renewed sense of energy or enthusiasm | 新的或重新焕发的活力或热情 |
| plunged to bone-chilling temperatures | Temperature suddenly dropped to an extremely cold level | 气温突然降至极低水平 |
| gingerly | doing something with great care, caution, or delicacy | 小小心翼翼 |
| made our way to the summit | you traveled or climbed to the highest point of a mountain or hill | 往最高的地方走 |
| incline grew gentler | he slope or angle of the terrain became less steep or more gradual | 斜坡平稳了 |
| leveling out entirely | the terrain or slope became completely flat | 平了 |
| incandescent sun rays kissed my frosty cheeks, imparting their cherished warmth | describes how the warm sunlight touched your cold cheeks, providing a comforting and pleasant warmth | 描述了温暖的阳光如何触及你冰冷的脸颊，提供了一种舒适宜人的温暖 |
| spellbound by | being captivated, fascinated, or completely engrossed by something | 着迷 |
| the majestic sight | a view or scene that is grand, impressive, and awe-inspiring | 壮观的一幕 |
| myriad obstacles | large number of different challenges or barriers | 重重的困难 |
| tear welled in my eyes | about to cry | 眼睛含泪水， 很感动 |
| against all odds | achieving something despite significant challenges, difficulties, or unlikely conditions | 克服了一切 |
| fulfilled my childhood ambition | you achieved or realized a dream or goal you had when you were younger | 实现了童年的理想 |
| i truly felt on top of the world | you experienced a profound sense of joy, success, or accomplishment | 我很开心 |

## 

## **Question: Write about a time when you caused great disappointment to a person. What did you do about the situation?**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| when you caused great disappointment | someone's actions, behavior, or decisions led to a significant letdown or dissatisfaction in others | 解决问题 |
| fetch you | to go and get or bring someone to a particular place | 接你 |
| gravelly voice | refers to a voice that is rough, deep, and has a slightly harsh or raspy quality | 指声音粗糙、低沉，有点刺耳或刺耳 |
| cacophony | a harsh discordant mixture of sounds | 吵闹声背景 |
| resounded in the background | refers to a sound that echoed or was clearly heard in the background of a scene or setting | 在背后声音回响 |
| assured | to be confident, certain, or guaranteed about something. | 答应他 |
| frail frame | a person's body that appears weak, delicate, or easily breakable | 虚弱、脆弱或易碎的人的身体 |
| cradling the phone | holding the phone gently or securely, often in a protective or careful manner | 轻轻或安全地握住手机，通常以保护或小心的方式 |
| wielding | holding and using a tool, weapon, or instrument with skill, control, or authority | 以技巧、控制或权威持有和使用工具、武器或仪器 |
| special bond | a deep, meaningful, and unique connection between people, often characterized by strong feelings of affection, trust, and understanding | 想以为命很密切的关系 |
| made it a point | someone intentionally decided to ensure something happened or was addressed | 有人故意决定确保某事发生或得到解决 |
| sumptuous | something that is luxurious, rich, and indulgent, often in a way that appeals to the senses | 丰盛美味 |
| spared no expense | to spend as much money as necessary without any limits in order to achieve a particular goal or ensure high quality | 为了实现特定目标或确保高质量，不受任何限制地花尽可能多的钱 |
| scrimping and saving for months on end | to be very frugal and save money carefully over a long period of time | 非常节俭，长时间小心省钱 |
| gruff exterior | refers to a rough, stern, or brusque outward appearance or manner that might seem unapproachable or unfriendly | 指一种粗鲁、严厉或粗鲁的外表或态度，可能看起来难以接近或不友好 |
| palpable | something that is so intense or obvious that it can almost be physically felt or perceived | 强烈或明显的东西，几乎可以用身体感觉到或感知到 |
| worked ceaselessly | to work continuously and without stopping, often for a long period of time | 不间断地连续工作，通常持续很长一段时间 |
| good upbringing | refers to the process of raising a child in a way that instills positive values, manners, and behavior | 生活条件 |
| golden years, | suggests a time when individuals can enjoy the fruits of their labor, with more leisure and freedom to pursue hobbies, travel, and spend time with loved ones | 退休年龄 |
| spring in my step | indicates feeling happy, lighthearted, and energized | 表示感到快乐、轻松和充满活力 |
| corridor | a long, narrow passage within a building that leads to various rooms or areas | 走廊 |
| Something was amiss | Something was not right | 不对劲 |
| put my finger to it | to identify or pinpoint the exact cause of a problem, feeling, or situation | 识别或查明问题、感觉或情况的确切原因 |
| knocked the wind out of my lungs | to describe an emotional shock or surprise that leaves you stunned or speechless | 描述一种让你震惊或无言以对的情感冲击或惊喜 |
| Remorse surged through every fiber in my body | describes an overwhelming and intense feeling of regret or guilt | 感到非常的愧疚 使我全身发抖 |
| gnawing away at my last slivers of vanity | a feeling (like guilt or self-doubt) is slowly destroying the little bit of pride or self-importance you have left | 没脸面对他 |
| overcome by guilt,  I approached the dining table with hesitant steps | because of feeling very guilty, you walked towards the dining table slowly and with uncertainty | 小心翼翼的走过去 |
| Don’t fret about it | Don’t worry about it | 别担心 |
| a salve for my remorse | something that provides comfort or relief from feelings of guilt or regret | 他这样说是为了减轻我的心理负担但是他的眼神 透露一切 |
| looked more fragile than ever | someone or something appeared even more delicate, weak, or vulnerable than before | 某人或某事看起来比以前更加脆弱、虚弱或易受攻击 |
| hopes eroding | your expectations or dreams are gradually fading or diminishing over time | 随着时间的推移，你的期望或梦想逐渐消失或减少 |
| My heartfelt apology was the only balm I could offer for her wounds. | expressing a sincere apology was the only way you could soothe or address the hurt or emotional pain someone was experiencing | 诚恳的道歉 |
| imperceptible sigh | a sigh that is so faint or subtle that it's barely noticeable or detectable | 很大声的叹气 |
| barely concealing her disappointment | someone is trying to hide their feelings of disappointment, but their efforts are not very effective | 不再掩护他对我 的失望 |
| tense silence stifled our little apartment | atmosphere in the apartment was filled with a heavy, uncomfortable quietness due to tension or unease | 由于紧张或不安，公寓里的气氛充满了沉重而不舒服的寂静 |
| damage was irreparable | the harm or injury done is beyond repair or cannot be fixed | 我造成的伤害  是无法弥补的 |
| filtered through the phone | passed through the phone/ speaking through the phone | 通电话 |
| chastened | to rebuke or restrain | 反驳/约束 |
| for months on end | for continuous months | 过了无数个月 |
| procure | to obtain or possess | 得到/获得 |
| wizened arms | shrivelled or wrinkled with age | 又老又褶皱 的手 |
| palpable | a feeling so intense as to seem almost tangible | 很紧张 要窒息了 |
| as if a million scarlet blooms ignited | the sunset was as bright as a million red flowers blooming at once | 晚霞 |
| a winsome grin | attractive or appealing in a fresh, innocent way | 笑的很灿烂 |
| champing at the bit | waiting in an impatient way to do something/ restless | 迫不及待 |
| gnawing away at my last slivers of vanity | I felt ashamed of my actions | 感到很丢脸没脸面对 |
| an indecipherable labyrinth of repressed desolation | it was impossible to  figure out grandmother’s true feelings | 很难猜则他的真实的感受 |
| the only balm I could offer for her wounds | the only way I could think of to atone for my mistake | 唯一可以弥补他的 |
| satiated | my appetite was satisfied; no longer hungry | 满足 |
| tepid | lukewarm | 温水/不温不火 |
| A tense silence stifled our little apartment | the silence was almost suffocating  as no one dared to speak | 气氛很僵 没人刚说话 |

**Question: It is better never to borrow or lend money, is this true for you?**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| often accords us | something frequently grants or gives us something | 某物经常给予或给予我们某物 |
| societal influence and power | Societal influence - impact that society, including its norms, values, culture, and institutions, has on individuals, groups, or organizations  power- refers to the ability of individuals, groups, or institutions to affect the actions, thoughts, or beliefs of others | 社会影响 - 社会，包括其规范、价值观、文化和制度，对个人、团体或组织的影响  权力 - 指个人、团体或机构影响他人行为、思想或信仰的能力 |
| mover and shaker | Refers to a person who has a significant influence and power to drive change or make things happen, particularly in business, politics, or other areas of society | 指在推动变革或使事情发生方面具有重大影响力和权力的人，特别是在商业、政治或社会其他领域 |
| highly desirable | refers to something that is greatly wanted, sought after, or valued | 指人们非常想要、追求或珍视的东西 |
| symbols of success | tangible or intangible representations that indicate an individual’s or group's achievements, status, or wealth | 有形或无形的表示，表明个人或团体的成就、地位或财富 |
| money is the root of all evils | suggests that the desire for money or the pursuit of wealth can lead to immoral behavior, corruption, and unethical actions | 表明对金钱的渴望或对财富的追求会导致不道德的行为、腐败和不道德的行动 |
| It (pursuit for money) can easily turn ugly with friendships and relationships on the stake | When people prioritize money over personal connections, it often leads to conflicts, mistrust, and strained relationships. | 当人们把金钱放在个人关系之上时，往往会导致冲突、不信任和紧张的关系。 |
| hesitant | someone who is uncertain or reluctant about making a decision or taking action | 不确定或不愿意做出决定或采取行动的人 |
| never be fully repaid | something, such as a debt, favor, or act of kindness, will not be completely returned or compensated | 某些东西，如债务、恩惠或善举，不会得到完全的回报或补偿 |
| a deep discord | refers to a significant or profound disagreement or conflict between people or groups | 指人或群体之间重大或深刻的分歧或冲突 |
| mutual trust has been broken | the confidence and reliability previously shared between two or more parties have been compromised or lost | 双方或多方之前共享的信心和可靠性已经受到损害或丧失 |
| exacerbated by | something has made a situation worse or intensified an existing problem | 某些事情使情况变得更糟或加剧了现有的问题 |
| the act of chasing and reminding debtors | the process of actively pursuing individuals or entities who owe money to ensure they make their payments | 积极追查欠款个人或实体以确保其付款的过程 |
| monetary loss | Loss of money | 金钱损失 |
| fuel disputes and disharmony | actively pursuing debtors for repayment can lead to or worsen conflicts and tensions | 积极追讨债务人的还款可能会导致或加剧冲突和紧张局势 |
| emotional upheavals | significant and intense disruptions in a person's emotional state | 一个人的情绪状态受到严重而剧烈的干扰 |
| unhealthy consumption of habits | engaging in behaviors or routines that are detrimental to one's well-being | 从事有害健康的行为或日常活动 |
| youths have weak self control and poor financial management skills | young people often struggle with controlling their impulses and managing their finances effectively | 年轻人经常在控制冲动和有效管理财务方面遇到困难 |
| become a spendthrift | to start spending money recklessly or extravagantly, without regard for saving or budgeting | 开始不计后果或奢侈地花钱，不考虑储蓄或预算 |
| develop excessive spending habits | to establish a pattern of spending more money than is necessary or wise, often on non-essential items or services | 建立一种花费超出必要或明智范围的模式，通常是在非必需品或服务上 |
| creates the illusion | to make something appear to be a certain way, even if it’s not actually true or accurate | 使某物看起来像某种方式，即使它实际上不是真实或准确的 |
| dangerous mindset | a way of thinking that can lead to harmful or risky behavior and outcomes | 一种可能导致有害或危险行为和结果的思维方式 |
| incur debts | to owe money because you borrowed or spent more than you had | 因为你借了钱或花了比你多的钱而欠了钱 |
| illegal engagements | activities or actions that are against the law | 违反法律的活动或行为 |
| red flags | warning signs or indicators that something might be wrong or problematic | 警告信号或指标，表明可能存在错误或问题 |
| unintentionally become “partners in crime” | to find oneself involved in illegal or problematic activities with others, without initially intending to | 发现自己与他人一起参与非法或有问题的活动，而最初并没有意图 |
| it is wise to exercise some caution | it's prudent or advisable to be careful and considerate in a given situation | 在特定情况下，谨慎和体贴是明智的 |
| the choice to lend to or borrow from | refers to the decision-making process involved in giving money to someone (lending) or receiving money from someone (borrowing) | 指的是向某人提供资金（贷款）或从某人处接收资金（借款）的决策过程 |
| deepening of friendships and relationships | strengthening and enhancing the bonds between people | 加强和增进人与人之间的联系 |
| a taboo | something that is strongly avoided or prohibited by social or cultural norms | 社会或文化规范强烈避免或禁止的东西 |
| vulnerability and lack | situations where someone is exposed to potential harm or difficulty due to a deficiency or shortfall in some aspect of their life or situation | 某人因生活或处境的某些方面的不足或不足而面临潜在伤害或困难的情况 |
| reciprocate by | to respond to an action or gesture in a similar or equivalent manner | 以相似或等效的方式对动作或手势做出反应 |
| a “communal relationship” | a type of relationship characterized by mutual support and cooperation among individuals or within a community | 一种以个人之间或社区内部相互支持和合作为特征的关系 |
| aiding each other | helping or supporting one another | 互相帮助或支持 |
| to unhealthy habits | to engage in or adopt practices that are detrimental to one's well-being | 从事或采取不利于个人福祉的做法 |
| poor financial management | ineffective handling of finances, which can lead to financial problems | 财务处理不力，可能导致财务问题 |
| is a subjective decision | the choice is influenced by personal opinions, feelings, or perspectives rather than objective criteria or universal standards | 选择受到个人意见、感受或观点的影响，而不是客观标准或普遍标准 |
| to bear the consequences | to face or endure the results or effects of one's actions or decisions | 面对或忍受自己的行为或决定的结果或影响 |
| doom and gloom | refers to a pessimistic or negative outlook on a situation, often characterized by a belief that things will only get worse | 指对形势的悲观或消极看法，通常以相信事情只会变得更糟为特征 |
| always be mindful | to consistently pay careful attention to something and be aware of it. It involves staying alert, considerate, and conscious of your actions, surroundings, or thoughts | 始终如一地仔细关注某事并意识到它。它涉及保持警觉、体贴，并意识到自己的行为、环境或想法 |
| exercise some discretions | to use judgment and careful consideration in making decisions or taking actions, especially when dealing with sensitive or private matters | 在做出决定或采取行动时，尤其是在处理敏感或私人事务时，要运用判断力和仔细考虑 |

**Question: To what extent do you agree with the idea that some teenagers lead an unhealthy lifestyle? Give reasons for your views.**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| this aptly describes | explanation accurately and appropriately explains or defines something | 准确而恰当地解释或定义某事 |
| a good healthy body | one that is physically fit, well-nourished, and functioning optimally | 一个身体健康、营养良好、功能最佳的人 |
| unfortunate reality | refers to a situation or fact that is unpleasant or undesirable but must be accepted as true | 指令人不快或不受欢迎但必须被接受为真实的情况或事实 |
| perspective | refers to a particular attitude, viewpoint, or way of thinking about something | 指对某事的特定态度、观点或思维方式 |
| pervasiveness of social media | Social media has become a dominant and ever-present part of our daily lives. It is easily accessible and widely used, influencing the way people interact, communicate, and view the world. | 社交媒体已经成为我们日常生活中占主导地位且始终存在的一部分。它易于访问和广泛使用，影响着人们互动、交流和看待世界的方式。 |
| the convenience of fast food | Fast food is readily available and offers a quick and easy option for meals, which has become more attractive due to busy lifestyles. | 快餐很容易买到，提供了一种快速简单的用餐选择，由于忙碌的生活方式，这变得更加有吸引力。 |
| the ever-increasing academic pressures | Academic demands are continually rising, with students facing greater expectations in terms of performance, grades, and future prospects which can lead to stress. | 学术要求不断上升，学生在表现、成绩和未来前景方面面临更大的期望，这可能会导致压力。 |
| youth’s physical, mental and social well being | Physical well-being: Staying healthy and fit, eating well, exercising, and getting enough sleep.  Mental well-being: Feeling good emotionally, managing stress, and having a positive mindset.  Social well-being: Having good relationships with friends and family, and feeling connected with others. | 身体健康：保持健康，饮食健康，锻炼身体，睡眠充足。  心理健康：情绪良好，管理压力，保持积极的心态。  社会幸福感：与朋友和家人关系良好，与他人有联系。 |
| propagated | spread or promoted something, especially an idea, belief, or practice, to a wider audience | 向更广泛的受众传播或推广某物，尤其是一种想法、信仰或实践 |
| internalized | to accept and integrate ideas, beliefs, or values into one's own thinking or behavior, often unconsciously | 接受并将想法、信仰或价值观融入自己的思维或行为中，通常是无意识的 |
| unrealistic expectations | refer to goals or standards that are impossible or very difficult to achieve | 指不可能或很难实现的目标或标准 |
| convinced themselves | have persuaded themselves to believe something | 说服自己相信某事 |
| deluded that looks are everything | they are mistakenly or unrealistically convinced that physical appearance is the most important factor in evaluating themselves or others | 他们错误地或不切实际地相信外表是评价自己或他人的最重要因素 |
| further exacerbated by | a situation or problem is made worse by an additional factor or influence | 额外的因素或影响使情况或问题变得更糟 |
| magnifying | make something appear larger or more important than it actually is | 使某物看起来比实际更大或更重要 |
| no surprise that | phrase used to indicate that something is expected or unsurprising given the circumstances or context | 用于表示在特定情况或背景下，某事是意料之中或不足为奇的短语 |
| would be at risk | there is a possibility of facing danger, harm, or negative consequences | 有可能面临危险、伤害或负面后果 |
| illegal diet pills bought from unregulated websites or sources | refer to weight loss supplements that are not approved or monitored by regulatory authorities | 指未经监管机构批准或监督的减肥补充剂 |
| played a toil on youth’s mental health | Impacting young people’s mental health negatively | 对年轻人的心理健康产生负面影响 |
| profiting on their insecurities, anxieties and worries | making financial gain by exploiting people's personal fears or concerns | 通过利用人们的个人恐惧或担忧来获得经济利益 |
| It is not an exaggeration to say that | used to emphasize that a statement or observation is accurate and reflects the true extent of a situation or condition | 用于强调陈述或观察是准确的，反映了情况或条件的真实程度 |
| fast track to heart disease and diabetes | a certain behavior, condition, or lifestyle is likely to quickly lead to or significantly increase the risk of developing heart disease and diabetes | 某种行为、状况或生活方式可能会迅速导致或显著增加患心脏病和糖尿病的风险 |
| childhood obesity on the rise | Young kids being at an unacceptable weight (too heavy for their age and height) is increasing | 年幼的孩子体重超标（相对于他们的年龄和身高来说太重）的情况正在增加 |
| This astounding data is a foreshadow of our future as people are becoming too unhealthy not to the lack of food but too much of it. | The rising rates of obesity are an early warning sign of serious health problems ahead. The problem isn’t a lack of food but an overabundance, particularly of unhealthy food choices. | 肥胖率的上升是未来严重健康问题的早期预警信号。问题不在于食物短缺，而在于食物过剩，尤其是不健康的食物选择。 |
| accessibility and availability | **Accessibility**: How easy it is to get or use something.  **Availability**: Whether something is present and can be obtained. | 可访问性：获取或使用某物有多容易。  可用性：某物是否存在并且可以获得。 |
| at our fingertips | something is easily accessible or readily available | 某物易于获取或随时可用 |
| well stocked for | having an ample supply of something in preparation for a specific need or event | 为满足特定需求或活动而准备充足的东西 |
| at a very affordable price | At a low and reasonable price | 价格低廉且合理 |
| to resist the temptation | to avoid giving in to a strong desire or urge to do something, often something that might be harmful or undesirable | 避免屈服于做某事的强烈欲望或冲动，通常是做可能有害或不受欢迎的事情 |
| prevalence | Commonness of something | 某物的共性 |
| too easily within reach | too accessible or readily available | 太容易接近或太容易获得 |
| taken a toll on | exhausting | 消耗 |
| In today’s overly competitive society | refers to the current social environment where competition is intense and pervasive | 指当前竞争激烈且普遍存在的社会环境 |
| paper chasing and gaining world class qualifications | refers to the pursuit of high academic or professional credentials | 指追求高学历或专业资格 |
| deemed as necessities to stay one step ahead | considered essential in order to maintain a competitive edge | 被认为对保持竞争优势至关重要 |
| Gone are the days | used to indicate that a particular time or era has ended | 用于表示特定时间或时代已经结束 |
| uncertainty of the future | lack of predictability or clarity about what will happen in the future | 对未来会发生什么缺乏可预测性或清晰度 |
| recognisable qualification is the key to success | a well-regarded or widely acknowledged credential is crucial for achieving success | 一个受到好评或广泛认可的证书对于取得成功至关重要 |
| unrealistic parental expectations | refer to demands or goals set by parents that are not reasonable or achievable | 指父母设定的不合理或无法实现的要求或目标 |
| internal self imposed pressures to match expectations | the stress or demands a person places on themselves to meet certain standards or goals | 一个人为了达到某些标准或目标而对自己施加的压力或要求 |
| constant unhealthy emphasis on good grades | excessive focus on academic performance as the primary or sole measure of success or worth | 过度关注学业成绩，将其作为衡量成功或价值的主要或唯一标准 |
| to peg their self worth to their grades | a person bases their sense of self-esteem or value largely on their academic performance | 一个人的自尊或价值感很大程度上取决于他们的学业成绩 |
| is taking a beating from the society's pressure-cooker education system | someone is suffering or struggling due to the intense and competitive demands of an educational system that places extreme pressure on students | 由于教育系统对学生施加了极大的压力，有人正在遭受痛苦或挣扎 |
| accuse | claim that someone has done something wrong or illegal, often without providing proof at the time of the accusation | 声称某人做了错事或违法行为，通常在指控时没有提供证据 |
| largely due to the circumstances forced upon them | someone's situation or actions are primarily a result of external factors beyond their control | 某人的处境或行为主要是他们无法控制的外部因素造成的 |
| hands are tied | have little to no control over their situation or decisions | 几乎无法控制自己的处境或决定 |
| societal demands and pressure against their will | expectations and pressures imposed by society that individuals are forced to comply with, even if they do not personally agree with it | 社会强加给个人的期望和压力，即使他们个人并不同意 |
| reality they have to accept | A situation they may not agree with but are forced to live with it | 他们可能不同意但被迫接受的情况 |
| the cards they have been dealt with since young | a metaphor that refers to the circumstances or situations someone has faced from an early age, which are often beyond their control | 一个比喻，指的是某人从小就面临的情况或处境，这些情况往往超出了他们的控制范围 |
| posited | to suggest or put forward an idea | 提出或提出一个想法 |
| modicum of autonomy | a small or limited degree of independence or self-control | 独立或自我控制的程度很小或有限 |
| sedentary lifestyle | a lifestyle of little physical activity, often involving prolonged sitting or inactivity | 很少运动的生活方式，通常包括长时间坐着或不活动 |
| coupled with the | two or more factors are combined or occur together | 两个或多个因素结合在一起或同时发生 |
| addicted to social media | having an excessive or compulsive dependence on social media platforms | 过度或强迫性依赖社交媒体平台 |
| amalgamation | the process of combining or merging different elements into a single, unified entity | 将不同元素组合或合并为单个统一实体的过程 |
| External  Internal | Outside  Inside | 外面  里面 |
| both physically and mentally unhealthy | experiencing negative effects on both physical and mental well-being | 对身心健康产生负面影响 |
| doom and gloom | pessimistic or overly negative outlook on a situation, often predicting or focusing on the worst possible outcomes | 对形势的悲观或过于消极的看法，通常预测或关注最坏的结果 |
| still have time and opportunity to reverse the mistakes | there is a chance to correct or make amends for errors or problems before it’s too late | 在为时已晚之前，有机会纠正或弥补错误或问题 |
| no one is accountable for our own health but ourselves | each individual is primarily responsible for their own well-being | 每个人都对自己的幸福负主要责任 |

**Question: The spending habits of people today have worsened environmental degradation. What are your views on this? Write about how your spending habits may have affected the environment.**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| a damaging factor on the environment | something that negatively impacts the natural world, causing harm or degradation | 对自然界产生负面影响，造成伤害或退化的东西 |
| No longer we are satisfied | people have stopped feeling content or fulfilled by something that once met their needs or expectations | 人们不再对曾经满足他们需求或期望的东西感到满足或满足 |
| driven to overwhelming exposure to constant ads promoting products and services on platforms like Instagram, Facebook, and others, combined with the availability of quick and easy loans consume and buy more | pressure or motivation people feel to continually purchase goods or services, often beyond their actual needs | 人们不断购买商品或服务的压力或动机，往往超出了他们的实际需求 |
| deeply ingrained in our ways of living | something has part of our daily lives, to the point where it feels natural and is difficult to change | 某些东西已经成为我们日常生活或文化中基本和习惯的一部分，以至于它感觉很自然，很难改变 |
| exacerbated | make a problem, situation, or condition worse or more severe | 使问题、情况或状况变得更糟或更严重 |
| bombardment of advertisements on social media and easy credit loans | overwhelming exposure to constant ads promoting products and services on platforms like Instagram, Facebook, and others, combined with the availability of quick and easy loans or credit options | 在Instagram、Facebook等平台上持续不断地投放广告宣传产品和服务，再加上快速便捷的贷款 |
| it is beyond a shadow of doubt that | emphasize absolute certainty about something | 强调某事的绝对确定性 |
| shopping appetite | a person's strong desire or inclination to shop | 一个人强烈的购物欲望或倾向 |
| no longer exclusive | something is no longer limited to a select group of people or is no longer rare or difficult to access | 某些东西不再局限于特定的一群人，也不再罕见或难以获取 |
| jumping on the same bandwagon | refers to the act of following a popular trend | 指追随流行趋势的行为 |
| further fueling my overconsumption habit | certain influences or circumstances are intensifying or exacerbating a tendency to consume or purchase more than necessary | 某些影响或情况正在加剧或加剧过度消费或购买的倾向 |
| often overlooked | something is frequently neglected, ignored, or not given the attention it deserves | 某事经常被忽视、忽略或没有得到应有的关注 |
| equally detrimental | two or more factors have a similar negative impact or harmful effect. | 两个或多个因素具有类似的负面影响或有害影响。 |
| more accustomed | becoming more familiar with or used to something over time | 随着时间的推移，对某事越来越熟悉或习惯 |
| toxic to the environment | substances or actions that cause harm or damage to ecosystems, wildlife, or natural resources | 对生态系统、野生动物或自然资源造成伤害或破坏的物质或行为 |
| spearheading on | leading or initiating a particular effort, project, or movement | 领导或发起特定的努力、项目或运动 |
| environmentally accountable | responsibility individuals, organizations, or governments have to act in ways that are sustainable and minimize harm to the environment | 个人、组织或政府必须以可持续的方式行事，并尽量减少对环境的危害 |
| Contrary to popular belief | phrase used to introduce a statement that challenges or contradicts what many people commonly think or assume | 用来介绍挑战或反驳许多人通常认为或假设的陈述的短语 |
| to innovate | to introduce new ideas, methods, or products, or to make significant improvements to existing ones | 引入新的想法、方法或产品，或对现有想法、方法、产品进行重大改进 |
| keep costs down in the long run | manage expenses in a way that ensures savings or financial efficiency over an extended period | 以一种确保长期节省或财务效率的方式管理费用 |
| imbue a good environment habit | to instill or instigate positive behaviors that benefit the environment | 灌输或鼓励有益于环境的积极行为 |
| more needs to be done to curb our spending habits | additional actions or measures are necessary to control or reduce excessive purchasing and consumption behaviors | 需要采取额外的行动或措施来控制或减少过度购买和消费行为 |
| conscious decisions to reduce our consumption and waste | intentional choices made to minimize how much we buy and use, as well as to decrease the amount of waste we produce | 有意识的选择，以尽量减少我们购买和使用的数量，并减少我们产生的废物量 |
| buying on impulse | making spontaneous or unplanned purchases without prior consideration or intention | 未经事先考虑或意图而自发或计划外购买 |
| foolish behaviours | actions or decisions that are unwise, imprudent, or lacking in good judgment | 不明智、轻率或缺乏良好判断力的行为或决定 |
| cash cows | businesses, products, or services that generate a steady and significant stream of income with relatively low investment or effort | 以相对较低的投资或努力产生稳定和可观收入流的企业、产品或服务 |
| quick buck | fast or easy way to make money, often with minimal effort or investment | 快速或简单的赚钱方式，通常只需最小的努力或投资 |
| playing into the hands | unintentionally helping or benefiting someone else, often by acting in a way that aligns with their interests or goals | 无意中帮助或使他人受益，通常是通过与他人的利益或目标相一致的方式行事 |

**Question: “The media has only perpetuated people’s obsession with wealth”. What are your views?**

| **WORD/PHRASE** | **ENGLISH MEANING** | **CHINESE MEANING** |
| --- | --- | --- |
| proclaimed on | to declare or announce something publicly, often with a sense of importance or authority | 公开宣布或宣布某事，通常带有重要性或权威感 |
| opening scene | refers to the first part of a story, film, play ect. | 指故事、电影、戏剧的第一部分 |
| wined and dined | a lavish meal or an extravagant dining experience, often in a social or romantic context | 丰盛的晚餐或奢侈的用餐体验，通常是在社交或浪漫的环境中 |
| finest restaurants | high-quality dining establishments known for their exceptional food, service, and overall experience | 以卓越的食物、服务和整体体验而闻名的高品质餐饮场所 |
| dressed to the nines | to be dressed very elegantly or stylishly, often for a special occasion | 穿着非常优雅或时尚，通常用于特殊场合 |
| Unbeknownst | Unknown to | 未知 |
| portrayed | to represent or depict someone or something in a particular way | 以特定的方式代表或描绘某人或某事 |
| forgery | the act of creating a false document, signature, or piece of art with the intent to deceive | 伪造文件、签名或艺术品，意图欺骗的行为 |
| falsifying financial documents | altering, fabricating, or misrepresenting financial records with the intent to deceive or mislead others | 篡改、伪造或歪曲财务记录，意图欺骗或误导他人 |
| begs the question | a statement assumes something is true without proving it, leading to circular reasoning | 一个陈述假设某事是真的，但没有证明它，导致循环推理 |
| opulence | great wealth and luxury, often characterized by lavishness and extravagance | 巨大的财富和奢侈，通常以奢华和奢侈为特征 |
| steady stream of followers | refers to a consistent and regular influx of new followers or fans, often seen on social media platforms or in other contexts where people gather support or interest | 指持续和定期涌入的新追随者或粉丝，通常出现在社交媒体平台上或人们聚集支持或兴趣的其他环境中 |
| media industry | refers to businesses and organizations that create and share content, like news, movies, music, and social media | 指创建和共享内容的企业和组织，如新闻、电影、音乐和社交媒体 |
| driving force deepening people’s obsession with wealth | refers to a powerful influence or factor that increases people's desire for money and material possessions | 指增加人们对金钱和物质财富欲望的强大影响或因素 |
| proliferation of social media platforms | rapid increase and spread of various social media websites and applications | 各种社交媒体网站和应用程序的快速增长和传播 |
| constant stream of online content | continuous availability and flow of new information, videos, articles, and posts on the internet | 互联网上新信息、视频、文章和帖子的持续可用性和流动性 |
| very accessible | something is easy to reach, obtain, or use | 某物易于触及、获取或使用 |
| compare one’s own life | looking at your life and measuring it against someone else's life | 审视自己的生活，并将其与他人的生活进行对比 |
| perceived | how something is understood or interpreted by someone | 某人如何理解或解释某事 |
| keep with the Joneses | to strive to match the lifestyle, possessions, or social status of one's neighbors or peers | 努力与邻居或同龄人的生活方式、财产或社会地位相匹配 |
| indoctrinated | Brainwash | 洗脑 |
| clamored for | Desire for | 渴望 |
| bombardment of | an overwhelming or continuous flow of something, often information or stimuli | 压倒性的或连续的流动，通常是信息或刺激 |
| shopping sprees | refer to occasions when someone goes on an extensive and often impulsive shopping outing, buying a lot of items in a short period | 指某人进行广泛且往往冲动的购物之旅，在短时间内购买大量物品的情况 |
| enticed users | attracting or appealing to users in a way that encourages them to engage with a product, service, or platform | 以鼓励用户参与产品、服务或平台的方式吸引或吸引用户 |
| is a piece of cake | Very doable or easy | 非常可行或容易 |
| purportedly | Encouraged | 鼓励 |
| unbridled | non-stop | 不间断 |
| the pursuit | To go for | 去为 |
| wealth and material possessions | financial resources and physical items that one owns | 个人拥有的财务资源和实物 |
| cash cow | a business, product, or service that consistently generates a significant amount of profit with relatively low effort or investment | 以相对较低的努力或投资持续产生大量利润的业务、产品或服务 |
| relying on it | depending on something for support, help, or resources | 依赖于支持、帮助或资源 |
| exponential profits | profits that grow at an accelerating rate over time, meaning the increase becomes significantly larger as time progresses | 随着时间的推移，利润以加速的速度增长，这意味着随着时间的流逝，增长幅度会显著增大 |
| investment pumping | injecting large amounts of money into a project, business, or market to boost growth or profitability | 向项目、企业或市场注入大量资金，以促进增长或盈利 |
| constantly influenced by | all the time | 总是 |
| extravagant lifestyles | Expensive lifestyle | 昂贵的生活方式 |
| sport | To be seen with | 被看到与 |
| given special treatment and privileges | VVIP treatment | 为非常重要的人提供的专属或特殊服务 |
| fuelling this obsession | to actively increase or intensify someone's strong interest or fixation on something | 积极增加或强化某人对某事的强烈兴趣或关注 |
| to chase for a pot of gold at the end of the rainbow | to pursue something that is highly desired but difficult or impossible to attain | 追求人们非常渴望但难以或不可能实现的东西 |
| unfair to accuse | is unjust or unreasonable to blame someone for something | 为某事责怪某人是不公正或不合理的 |
| extol virtues | Good values | 良好的价值观 |
| frugality | Save money | 省钱 |
| pernicious effects of extravagant lifestyles | harmful and damaging consequences that come from living a life of excess and luxury | 过度奢侈生活带来的有害和破坏性后果 |
| been instrumental in | playing a key or significant role in bringing about a particular outcome or change | 在带来特定结果或变化方面发挥关键或重要作用 |
| adopt more sustainable lifestyles | to embrace ways of living that are environmentally friendly and reduce harm to the planet | 拥抱环保的生活方式，减少对地球的危害 |
| senseless cruelty | acts of violence or harm that are unnecessary and lack any justification or reason | 不必要且缺乏任何正当理由的暴力或伤害行为 |