**Task 1 & Task 2答题要点：**

1. **Topic sentence**

**正面回答问题，直接点题**

1. **Reasons or details=** what /who/ where/ when/ why

**通过举例或事实列举，提供足够的细节或理由支撑，答案的完整性和真实性**

1. **Transitional words are necessary between different points**

**注意句与句之间或要点之间过渡词的使用**

**4. Pay attention to the emotional manifestation**=How do you feel about……..

**注意真实感受或情感的体现**

**Sample 1**

**Who is your favorite teacher? Why?**

**Topic sentence** ---My favorite teacher was Mrs. Martinson.

**Who / When**---She taught me Math in the third grade when I was only eight years old,

**Emotion**---and although I was quite young when she was my teacher, she left an incredible impression on me.  It’s been many years since I saw Mrs. Martinson, but the thing I remember most fondly about her was the way that she always encouraged me to do my best.  I would sometimes get discouraged,

**Where---**especially during math lessons, but she would never get impatient.  She would always come to my desk where I was working and answer my questions in a very kind way.

**What---**She taught me at a young age the importance of being kind and patient to others.

On top of that, her teaching and influences also changed my way of thinking about math and later on math became my one the most favourite subject.

**Sample 2**

**What is your favorite subject？ Why？**

**Topic sentence**---My favorite subject is English

**Reasons**---- because English is the basis of our ability to communicate with one another.

**What/why**---- English has taught me numerous skills and has helped me to become an analytically minded individual, changing my perspective on various issues.

**What/Why**-----English has contributed to my overall growth as a young person, as it has showed me the many points of views, ideas, and beliefs of the human population.   
All in all, English has opened my eyes on many issues, and helped me to develop skills, intellectually as well as theoretically.

**随堂概述训练:**

**Read and summarize the following topics in your own words:**

**The benefits of sports:**

1. Playing sports is fun. It gives your child something to do and a group to belong to. They have a group of friends that has the same goals and interests.

2. Research has found that kids that play sports, especially girls, are more likely to have a positive body image and higher self-esteem. They also are less likely to be overweight.

3. Kids involved in sports are less likely to take drugs or smoke because they realize the impact that these destructive activities can have upon their performance. Girls who play sports are also less likely to become pregnant.（此观点可以不讲）

4. Physical activities are a good way to relieve stress and reduce depression.

5. Sports help kids develop discipline. They learn to set goals and then work to achieve those goals. They learn that by working hard they can accomplish the things that they want to in their lives.

6. Kids who play sports quickly learn that sometimes you win and sometimes you lose. They learn to be a good sport in both situations. It also helps them learn to deal with disappointment and go on.

7. Statistics show that kids who are involved in sports while in high school are more likely to experience academic success and graduate from high school.

8. Sports help develop teamwork and leadership skills. Kids quickly learn that they have to work together as a team to win the game.

9. Motor skills, strategic thinking, and even math skills are learned by playing sports. Students develop strategic thinking as they figure out plays and the best way to get around a player or score a goal. Math skills are used as they calculate scores and states.

10. Regular exercise increases quality of life. Children who exercise are more likely to continue the practice into adulthood.

**The benefits of Music:**  
  
1. Early musical training helps develop brain areas involved in language and reasoning.

It is thought that brain development continues for many years after birth. Recent studies have clearly indicated that musical training physically develops the part of the left side of the brain known to be involved with processing language, and can actually wire the brain’s circuits in specific ways. Linking familiar songs to new information can also help imprint information on young minds.

2. There is also a causal link between music and spatial intelligence (the ability to perceive the world accurately and to form mental pictures of things). This kind of intelligence, by which one can visualize various elements that should go together, is critical to the sort of thinking necessary for everything from solving advanced mathematics problems to being able to pack a book-bag with everything that will be needed for the day.

3. Students of the arts learn to think creatively and to solve problems by imagining various solutions, rejecting outdated rules and assumptions. Questions about the arts do not have only one right answer.

4. Recent studies show that students who study the arts are more successful on standardized tests such as the SAT. They also achieve higher grades in high school.

5. A study of the arts provides children with an internal glimpse of other cultures and

teaches them to be empathetic towards the people of these cultures. This development of compassion and empathy, as opposed to development of greed and a “me first” attitude, provides a bridge across cultural chasms that leads to respect of other races at an early age.

6. Students of music learn craftsmanship as they study how details are put together painstakingly and what constitutes good, as opposed to mediocre, work. These standards, when applied to a student’s own work, demand a new level of excellence and require students to stretch their inner resources.

7. In music, a mistake is a mistake; the instrument is in tune or not, the notes are well played or not, the entrance is made or not. It is only by much hard work that a successful performance is possible. Through music study, students learn the value of sustained effort to achieve excellence and the concrete rewards of hard work.

8. Music study enhances teamwork skills and discipline. In order for an orchestra to sound good, all players must work together harmoniously towards a single goal, the performance, and must commit to learning music, attending rehearsals, and practicing.

9. Music provides children with a means of self-expression. Now that there is relative security in the basics of existence, the challenge is to make life meaningful and to reach for a higher stage of development. Everyone needs to be in touch at some time in his life with his core, with what he is and what he feels. Self-esteem is a by-product of this self-expression.

10. Music study develops skills that are necessary in the workplace. It focuses on “doing,” as opposed to observing, and teaches students how to perform, literally, anywhere in the world. Employers are looking for multi-dimensional workers with the sort of flexible and supple intellects that music education helps to create as described above. In the music classroom, students can also learn to better communicate and cooperate with one another.

11. Music performance teaches young people to conquer fear and to take risks. A little anxiety is a good thing, and something that will occur often in life. Dealing with it early and often makes it less of a problem later. Risk-taking is essential if a child is to fully develop his or her potential. Music contributes to mental health and can help prevent risky behavior such as teenage drug abuse, which often leads to institutionalization in a [teen rehab](http://www.muirwoodteen.com/teen-drug-rehab/" \t "_new).

12. An arts education exposes children to the incomparable.

**The benefits of Movies:**

Watching movies is a great entertainment source for most people all over the world. Movies are enjoyed and loved by all and they have an ability of influencing our lives whether negatively or positively. The following are examples of benefits of watching movies.

1. Alleviate stress

While movies offer great entertainment, they are also very useful for enhancing an individual’s mental health. They enable people to take time to really relax and momentarily forget about their daily concerns and problems. Through watching a movie, a person can release his or her daily cares since we usually get abstracted in the characters in a movie.

2. Information benefits

Movies are also highly informative, especially the ones that are based on events that actually happened. When you watch another person’s life in the movie, you get more information concerning the current world we are living in. Documentaries also provide educational benefits and they are generally very interesting to watch. Historical films offer vital data about how life was in the past. Watching historical movies can help you get more data concerning historical events like the civil war or World War 1 or 2.

3. Boosts social skills

Children can easily learn good social skills such as problem-solving, sensitivity and sharing from watching movies. They are also exposed to various cultures and it helps kids to make new friends.

4. Vocabulary benefits

Through watching educational movies, individuals can learn any new vocabulary and therefore enhance their knowledge. Movies also eliminate the need of being capable of reading as you can simply watch the pictures and get the aforementioned benefits.

Movies have certain drawbacks aside from the above benefits. The common drawback of watching movies is that they are time consuming. They can have negative effects on a person’s productivity, especially if the individual spends most of their time watching movies.

**Expressions to say Yes：**

Definitely yes，

Exactly

My answer is absolutely yes,

There is no doubt that,

That couldn’t be better for me to do …..,

I am a big fan of…….

I am crazy about……

I love…..

Everybody loves, and I am no exception

**Expressions to say NO：**

Well, honestly speaking, music is really not my cup of tea, simply because…

Well, actually, i don’t always…

Truth be told……

Well, I think… will be better for me, especially

**Transitional words：**

Listing

first, second, third；

firstly, secondly, thirdly

first, furthermore, finally

first and most important

to begin with, next, then, finally

the former…the latter

the first step, the second step, the next step

in the first place, in the second place, finally

last but not least

for one thing,…for another thing;

(首先……其次……)

Paralleling并列

or

that is,

that's to say

not only…but（also

and

in other words

both…and

as well as

neither…nor

either…or

Addition:

also, too, again, besides, similarly, then, coupled with外加, furthermore, further, what is more, moreover, in addition, likewise同样地, as well as,

Consequence:

Accordingly因此, Hence因此,subsequently, consequently, therefore, thus, thereupon于是/因此, wherefore因此/为什么, as a result, for this reason, for this purpose, otherwise, so then那么/所以,

Generalizing:

generally, generally speaking, ordinarily, usually, as a rule通常, as usual, for the most part在极大程度上

Exemplifying:

chiefly, especially, for instance, in particular, markedly, namely, particularly, including, specifically, such as

Illustration:

for example, for instance, as an illustration, illustrated with, as an example, in this case

Emphasis

most important of all, most importantly, above all, chiefly, with attention to, especially, particularly, singularly, obviously, certainly, undoubtedly, surely, very likely, indeed, in fact

Exception:

aside from, barring不包括/除非, besides, except, excepting, excluding, exclusive of, other than除了, outside of, save除了

Restatement:

in essence, in other words, namely, that is, that is to say, in short, in brief, to put it differently, put it another way

Similarity:

by the same token出于同样的原因, identically, likewise, the same…as, be similar to；similarly,

both…and…；resemble；have…in common；in the same way；equally important, comparatively, correspondingly相对地, coupled with加上/外加, moreover, together with, There are similarities between…and…

Contrast and Comparison:

still, likewise, yet, nevertheless然而,but, however, Whereas/While；contrast with/differ from；conversely, instead, on the contrary, in contrast, rather, Unlike…；be different from； Contrary to…；As opposed to…；Although； more…than…；less…than…；not so…as；

on one hand, on the other hand；

Sequence:

at first, first of all, to begin with, in the first place,

at the same time, simultaneously, in the meantime, meanwhile, while,

the next step, next, then, soon, earlier, afterward, in time, in turn, later on,

for now目前/暂时, for the time being暂时, later, with this in mind, in conclusion,

Summarizing:

in brief, briefly, finally, after all, all in all, all things considered, by and large总的来说, in any case无论如何, in any event, in conclusion, to conclude, on the whole, in short, in summary, in the final analysis, in the long run, on balance总而言之, to sum up, to summarize,

**口语核心词汇100个**

**一、视觉词汇形容词 Sight**  
特漂亮的 gorgeous/ breathtaking   
精美的 exquisite   
新奇有趣的 funky/fancy   
光亮的 glossy/sleek   
巨大的 enormous   
可爱的 adorable   
干净整洁的 tidy/spotless   
笨拙的 clumsy   
敏捷的 agile   
凶猛的 fierce/ferocious   
茂盛的 lush   
壮观的 spectacular   
耐用的 durable   
非常便捷的 ultra-compact/ultra-portable   
国际化的 cosmopolitan   
毛绒绒的 fluffy/furry   
胖乎乎的 chubby   
（男性）偏瘦的 thin，（女性）苗条的 slim   
破旧的 beat-up/worn-out  
整齐有序的 organized

**二、视觉名词或者词组**  
建筑的外观 exterior  
形状规则的建筑 a regular-shaped building  
建筑的入口 entrance  
玻璃幕墙 glass curtain wall  
台阶 steps  
瀑布 waterfall  
有神的眼睛 sparkling eyes  
闪亮的湖水 shimmering water  
红红的脸庞 rosy cheeks  
强烈的好奇心 an inquiring mind  
花纹 pattern  
图书管理员 librarian  
建筑的室内装饰 interior décor  
高耸的建筑 a towering building   
入口大厅 lobby/hall  
柱子 pillars/columns  
喷泉 fountain  
皱纹 wrinkles  
中等身材的 (sb.is)of medium build  
花白的头发 salt-and-pepper hair  
布局 layout  
售货员 shop assistant  
购物狂 shopaholic

**三、听觉词汇 Hearing**  
鸟叫 birds chirping in the trees  
悦耳的 pleasing to the ear  
烦人的噪声 disturbing noise  
轻松的音乐 soothing music

**四、嗅觉词汇 Smell**  
花香 the fragrance of flowers  
香喷喷的饭 aromatic dishes

**五、味觉词汇 Taste**  
非常好吃 scrumptious/ is out of this world(delicious 当然仍是最常用的“好吃的”)

**六、感觉词汇 Emotional Perception**  
神圣的 holy/sacred  
特别棒的 awesome/ superb/ marvelous  
有活力 dynamic  
热情好客的 hospitable(跟医院完全没有关系，而是very welcoming的意思)  
慷慨的 generous  
高兴的 delighted  
有礼貌的 well-mannered  
有吸引力的 attractive/ appealing  
勤奋敬业的 conscientious  
有爱心的 compassionate  
举世闻名的 world-renowned  
自信的 confident/ assertive  
顽强的 tough/ tenacious  
低调的 low-key  
节俭的 frugal  
反应快的，机智的 quick-witted  
有远见的 forward-looking  
有才华的 talented/ gifted  
过于现实的 materialistic  
有回报的 rewarding  
很有品味的 classy  
重要的 significant/ essential/ vital  
让人很放松的 soothing  
直率的 candid  
无忧无虑的 carefree  
乐观的 optimistic  
开明的 open-minded  
有热情的 passionate  
举止优雅的 graceful  
志向远大的 ambitious/ aspiring  
遇事冷静的 level-headed  
谦虚的 modest  
体贴别人的 considerate  
喜欢社交的sociable  
多才多艺的 versatile  
多产的（指专家或者歌手）prolific  
势利的 snobbish  
多样的 diverse  
时尚的 trendy/ stylish

**七、休闲词汇 Leisure Activities**  
唱考拉ok Sing karaoke  
练跆拳道 do taekwondo

**八、休闲词汇 Leisure Activities**

滑旱冰 roller-skating  
滑滑板 go skateboarding  
做日光浴 do sunbathing  
慢跑 jog  
宿营 camping  
潜水 scuba-diving(在国外是一种需要带专业的设备运动）  
打太极 do taichi  
遛狗 walk one's dog  
远足 go hiking  
烧烤 have a barbecue

**九、 “城市”描述 Cities**  
绿地 lawns  
有活力 dynamic/ vibrant  
壮观的 magnificent/ spectacular  
某个地方有菜 cuisine  
乐观的 optimistic  
势力的 snobbish  
小吃 snacks  
一个圣地 a holy place/a mecca  
国际化的 cosmopolitan  
城市布局 the layout of a city   
迷人的 enchanting（比 charming 更 charming）  
摩天楼 skyscrapers  
雕塑 sculptures  
基础设施 infrastructure  
交通堵塞 traffic congestion  
四合院建筑 courtyard houses  
殖民地 colony  
多样化的 diverse  
乐坦 the music scene  
顽强的 tough/tenacious  
物质化的 materialistic  
举世闻名的world-renowned

**十、 “自然风光”描述 Gardens and Parks**  
设施 facilities（设备则是equipment）  
水池 pools  
弯弯曲曲的小路 winding paths  
花坛 flowerbeds  
花架 trellises  
灌木丛 bushes（既可以是天然的也可以是人工的）/hedge（修剪得很整齐的）  
喷泉 fountains  
池塘 ponds（假山的英文叫 rockery）  
栅栏 picket fence  
亭子 pavilions  
茂盛的 lush  
宁静的 tranquil and serene  
清澈的limpid  
树上鸟叫 birds chirp in the trees  
滑旱冰 roller-skating  
约会 go on a date  
感觉焕然一新的 feel refreshed and invigorated  
瀑布 waterfall  
闪亮的水 shimmering water  
花香 the fragrance of flowers  
氛围 ambience  
露营 camping  
休闲，玩儿 hang out  
让人放松的 soothing

**十一、 “建筑物”描述Architecture**  
外观 exterior  
台阶 steps  
柱子 pillars/columns  
高耸的建筑 a towering building   
室内装饰 interior décor  
（酒店、办公楼等入口处的）大厅 lobby  
自动扶梯 escalators  
链接 link  
化妆品店 cosmetics stores  
精品服装店 boutiques  
很有品位的 classy  
售后服务 after-sale service  
多媒体室 audio-visual room/media room  
图书管理员 librarian  
壮观的 magnificent  
主要入口 main entrance  
玻璃幕墙 glass curtain walls   
（建筑的）基座 platform  
精美的 exquisite  
电梯 elevators（AmE）/lifts（BrE）  
光亮的 glossy/stylish  
美食街 food court  
电子产品店 electronics stores  
时尚的 trendy/sleek  
售货员 shop assistant  
书库 stack  
期刊 periodical

**十二、 “人物”描述 Men and Women**  
矮胖的 pudgy  
（男性）偏瘦的，（女性）苗条的 slim  
外表平常的 average-looking  
女性身材好的 has a nice figure  
有礼貌的 well-mannered  
斯文的 urbane（注意不是urban,发音也不同，听CD）  
胖乎乎的 chubby  
好看的 good-looking  
男性身材健美的 well-built  
优雅的 graceful  
敏捷的 agile  
浓眉 thick eyebrows  
中等身材a medium build  
花白的头发 salt-and-pepper hair  
知识丰富的 knowledgeable  
喜欢社交的 sociable  
热情好客的 hospitable（它跟医院完全没关系，而是very welcoming的意思）  
慷慨的 generous  
乐观的 optimistic  
开明的 open-minded  
有热情的 passionate  
志向远大的 ambitious  
谦虚的 modest  
好接近的 approachable  
节俭的 frugal  
多才多艺的 versatile  
多产的（指专家、歌手等）prolific  
举世闻名的 world-renowned  
收藏古董 collect antiques  
下象棋 play chess  
唱考拉ok sing karaoke  
玩滑板 skateboarding  
做日光浴 do sunbathing  
慢跑 jog（名词形式是jogging）  
体育好的 athletic  
有神的眼睛 sparkling eyes  
红红的脸颊 rosy cheeks  
口才好的 articulate  
好奇心强 has an inquiring mind   
有活力的 dynamic  
直率的 candid/ straightforward  
无忧无虑的 carefree  
勤奋敬业的 conscientious  
有爱心的 compassionate  
自信的 confident/assertive  
低调的 low-key  
体贴别人的 considerate  
反应快的，机智的 quick-witted  
有远见的 forward-looking  
有才华的 talented/ gifted  
做事有条理的 organised  
电影迷 a movie buff  
打麻将 play mahjong  
练跆拳道 do taekwondo  
打太极 do taichi  
遛狗 walk sb.'s dog  
远足 hike/ do hiking

**十三、 “动物”描述 Predators and Prey**  
凶猛的 fierce  
温顺的 gentle  
神秘的 mysterious/ enigmatic  
涉危动物 endangered animals  
毛绒绒的 fluffy  
庞大的 enormous  
珍稀的 rare  
日常主要的食物 staple food  
国宝 national treasure  
可爱的 adorable  
友好的 affable  
让人特想抱的 cuddly

**十四、 “物品”描述 Objects**   
新奇有趣的 funky/fancy  
破旧的 beat-up/worn-out  
娱乐性强 entertaining  
特棒的 awesome/ superb/ marvelous  
性价比 performance to price ratio  
光亮的 glossy/ sleek  
非常便携的 ultra-compact/ ultra-portable  
信息量大的 informative  
不贵的 inexpensive/ affordable  
耐用的 durable

**口语中常用到的小词**

Stuff （things）

Pretty

Fun

Adore 非常喜欢

Shortly

Spot=see/place

Eye-opening 令人大开眼界的

Decent=quite good

Hang out

Kind of=sort of=somewhat

Like

In a row=one after another

A trade-off 有得必有失

There is a trade-off between the benefits of the medicine and the risk of side effects.

Entire

As well

Is a piece of cake=is a snap=is a breeze

The speaking test is just a breeze if you know all the tricks about it?

During

Know…..inside out=know….backwards and forwards

I’m all for

Bothering me=getting on my nerves

Kick back and relax=let one’s hair down 放松

A couple of

A bunch of=some

Dozens of

Loads of=piles of =tons of

Make sense=be reasonable

You name it=the list goes on and on

By doing that I kill two birds with one stone

……is the best +名词，hands down

The new iPad is the best tablet I’ve ever seen.

……would be the last thing I want to to do

That’s the way the ball bounces

Get the hang of 基本了解

What a shame

……is non-existent

End up verb+ing

Suit someone well/suit someone’s needs

**高大上系列词**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 一般性表达 | | 含义 | 加分说法 |
| 关于number  （数量） | Lots of money | | 一大笔钱 | A fortune |
| There are so many | | 大量出现 | ……are sprouting up all over the city(country/world) |
| Lots of | | 大量的 | Loads of/piles of/tons of |
| 关于activities  （活动） | Play | | 休闲，娱乐 | Hang out |
| Finish | | 结束 | Wrap it up |
| Protect | | 保护资源等 | Preserve（保护人用protect） |
| Destroy | | 破坏 | Ruin |
| Relax | | 休息 | Kick back and relax |
| Try my best | | 尽我最大努力 | Give it my best shot |
| Difficult | | 难的 | Tough |
| Interesting | | 有趣的 | Stimulating/fun |
| Painful | | 痛苦的 | Grueling |
| Shout | | 喊 | Yell/scream |
| Go to bed | | 去睡觉 | Turn in |
| Make trouble | | 制造麻烦 | Make waves |
| Waste time | | 浪费时间 | Idle one’s time away |
| Sit in the sun | | 晒太阳 | Catch some rays |
|
| 关于  Things  （物品） | Valuable | 贵重的 | | Precious |
| Strange | 奇怪的 | | Weird |
| Expensive | 贵重的 | | Pricey |
| Cheap | 便宜的 | | Dirt-cheap |
| Fashionable | 时尚的 | | Trendy=stylish=in |
| Popular | 流行的 | | In/big/well-liked |
| Good taste | 很上档次的 | | Classy |
| Bad products | 劣质产品 | | Rubbish（BrE）/trash（AmE） |
| Old | 老的 | | Worn-out/beat up |
| New | 新的 | | Brand-new |
| Huge | 巨大的 | | Enormous |
| 关于people  （人） | Famous person | 名人 | | Celebrity |
| Beautiful/pretty | 漂亮的 | | Gorgeous |
| Fat | 胖的 | | Overweight |
| Thin | 瘦的 | | Slim |
| Honest | 直率的 | | Straightforward/candid |
| Strong | 强壮的 | | Well-built/well proportioned |
| Kind | 善良的 | | Caring/thoughtful |
| Cute | 可爱的 | | Adorable |
| Polite | 有礼貌的 | | Well-mannered |
| Funny | 搞笑的 | | Hilarious |
| Humorous | 幽默的 | | Amusing |
| Busy | 忙碌的 | | Tied up |
| Relaxed | 放松的 | | Refreshed |
| Tired | 疲劳的 | | Wiped-out/worn-out/bushed |
| Hungry | 饥饿的 | | Starving/famished |
| Rich | 有钱的 | | Affluent/wealthy |
| Expert | 高手 | | Pro |
| High-quality | 高素质的/高水准的 | | High-caliber |
| Become successful | 成功 | | Make it big |
| 关于hobby  （爱好） | Like | 喜欢 | | Be into/fascinated by |
| Hate | 不喜欢 | | Dislike/it’s not my cup of tea |
| Like and dislike | 又爱又恨 | | Have mixed feelings about |
| Don’t know anything about it | 一点也不了解 | | Don’t even have a clue about it |
| Depend on | 依赖 | | Count on |
| Decide | 决定 | | Determine |
| Can’t decide | 无法决定 | | To be between A and B |
| Happy | 高兴地 | | Delighted |
| Not happy | 不高兴 | | In a bad mood/upset |
| Sad | 悲伤 | | In low spirits/blue/down |
| Boring | 枯燥的 | | It’s a drag |
| Moving | 感人的 | | Touched |
| Understand | 理解 | | Figure out |
| Makes me angry | 生气 | | It makes my blood boil |
| Be surprised | 吃惊 | | Freak out |
| Feel afraid | 害怕 | | Get cold feet |
| 关于weather  （天气） | Cold | 冷的 | | Chilly有点冷/freezing很冷/frigid严寒的 |
| Cloudy | 阴天的 | | Overcast |
| Hot | 热的 | | Scorching |
| 关于building  （建筑） | Tall buildings | 高楼 | | High-rise buildings |
| Big | 宽敞的 | | Spacious |
| Narrow | 狭小的 | | Cramped |
| Messy | 混乱的 | | Cluttered |
| Quiet | 安静的 | | Peaceful/tranquil/serene |
| Clean | 干净的 | | Tidy/spotless |
| Ugly | 丑陋的 | | It’s an eyesore/It’s hideous |
| Dirty | 脏的 | | Filthy |
| Old | 历史悠久的 | | Time-honored |
| Important | 不可缺少的 | | Essential |
| 关于food  （食品） | Delicious | 好吃的 | | Tasty/out of this world/scrumptious |
| Smells good | 香喷喷的 | | Aromatic（食物）fragrant（flowers/plants） |
| 关于time | For a long time | 很长时间 | | For ages |
| Always | 总是 | | Constantly |

**加分动词短语**

Check out 体验感受

Figure out 理解

Bring about 带来

Carry out 从事

Go about 从事

Come up with 给出答案（present）

Face up to 承担

Pay off 有回报 All my hard work paid off.

Take up 开始（一种爱好）

Think of 想到想起

Work out 锻炼身体

Take…….into account 考虑到

Get rid of 去掉 消除

Sleep in 睡懒觉

Get so worked up 大惊小怪

Adapt to

Participate in

Cope with

Get stuck 被….困住了

Stick to

Brush up on 突击复习

Burn out 累垮了

Wind down放松

Let …..down

Liven up 让某事物更有活力

Ease one’s mind/release one’s pressure

**早就认识却从不会想到去用的加分形容词/副词**

**形容词：**

Independent

Stimulating

Energising 给人正能量的

Amazing/awesome/marvelous/superb

Genuine

Pathetic可悲的；of poor quality

Punctual

Refreshed 精神很振奋的

Dynamic 有活力的（替换active）

Speedy

Precious valuable

Inexpensive’

Efficient

Awkward

Enjoyable 好玩的

Fancy 新奇有趣的

Exquisite 精美的 精致的

Desirable 好的 值得拥有的

Encouraging/inspiring 给人动力的

Appealing 吸引人的

Intelligent

Considerate=thoughtful

Delighted

State-of-the-art 非常先进的，尖端的

User-friendly 方便好用的

Rewarding 很有回报的

Gorgeous 非常漂亮的

Flawless 完美无瑕的

Nutritious 富含营养的

Original 原创性的 有创意的

Economical 省钱的

Fascinating 迷人的

Informative 信息量很大的

Entertaining 娱乐性强的

Authentic 地道的 正宗的

Posh/luxurious [pɒʃ] 奢华的 奢侈的

Significant / essential / vital

Commonplace

Humdrum [ˈhʌmˌdrʌm] /mundane [mʌnˈdeɪn] 没劲的

Atrocious=terrible 极差的

Worthless

Hideous 极丑陋的

Messy 乱七八糟

Bogus 山寨的

Mediocre 平庸的 稀松平常的

Poisonous 有毒的

Memorable 很值得回忆的

Exhausting

Frustrating 令人沮丧的

Disturbing 烦人的

Complicated/complex 复杂的

**副词：**

Actually

Basically

Essentially 本质上地

Specifically 具体来说

Typically=mostly

Practically=almost

Immediately=right away

Constantly

Currently

Unfortunately/sadly

Honestly

Normally

Hopefully