

# 四六级高质量作文模板 2021.12

By @一白学长 (B 站、小红书、抖音、快手、网易有道、微博)

**2018 年 6 月四级：（个人能力）**

importance of reading/speaking/writing ability and how to develop it.

**2018 年 6 月六级：（人际关系）**

importance of building trust between business and consumers/teachers and students/employers and employees.

**2018 年 12 月四级：（人生挑战）**

Challenges of starting a career after graduation / studying abroad

**2018 年 12 月六级：（个人学习）**

how to balance academic study and extracurriculum activities / job responsibilities and personal interests / work and leisure

**2019 年 6 月六级：（学习能力）**

the importance of motivation and methods in learning / mutual understanding and respect in interpersonal relationships / team spirit and communication in the workplace

**2020 年 7 月四级：（科技发展）**

the use of translation apps / importance of making plans

**2020 年 7 月六级：（个人成长）**

The best preparation for tomorrow is doing your best today

**2020 年 9 月四级：（科技发展对于学习的影响）**

online dictionaries / the use of PowerPoint(PPT)in class / online libraries

**2020 年 9 月六级：（个人能力）**

wealth of the mind is the only true wealth

**2020 年 12 月四级：（科技发展对于生活影响）**

Changes in the Way of Education / Transportation / Communication

**2020 年 12 月六级：（个人能力）**

Why students should be encouraged to develop effective communication skills / develop the ability to meet challenges / develop creativity

**2021 年 6 月四级：（科技发展对个人影响）**

Are people becoming addicted to technology? / whether violent video games online will cause students'violent behaviors / whether technology will make people lazy

**逻辑：一个万能模板 + 几个高级句型/长难句书写+烂词替换+多个精彩表达备用**

## 万能模板【三段式】：开头段→中间段→结尾段

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### 开头段：背景式描写+快速引题

背景式描写（描述话题背景）

- **It has become nothing less than a phenomenon that.....**（.....已经成为一种现象）
- **It rarely surprises us any more that.....**（.....对我们来说不足为奇）
- **We are now living in an era in which... = Living in the 21<sup>st</sup> century, a time in which...**(在这个时代/21 世纪....)

快速引题（引出观点）

- I am nearly unanimous and unwavering in believing that （观点）.（我坚定不移地相信...）
- Several factors are at play when it comes to.....（说到.....，这些因素在起作用）  
（观点） seems to be of paramount significance, and two of principal reasons (associated with my view) are as follows. 适用于问的 **why important**
- Two pieces of my personal practical advice are as follows.（我的两条实用建议如下）适用于问的 **how to...**

例：Are people becoming addicted to technology? (2021.06 四级)

It has become nothing less than a phenomenon that technology often surprises people by evolving at a somewhat shocking speed. I am nearly unanimous and unwavering in believing that the majority of people, nevertheless, are heavily dependent on technology in many respects nowadays.

科技经常以惊人的发展速度使人们感到惊讶已经成为一种现象。我坚定不移地相信，然而在今天大多数人在许多方面都过度依赖科技。

其他观点句：（表明自己观点）

- I reckon / assure / advocate that ...
- I am convinced that ...
- I assent the statement that ...
- From my part, ...
- From where I stand, ...
- As far as I am concerned, ...
- ..... makes sense / sounds reasonable (justified) / is a prior alternative（正面赞同某观点）
- There is no doubt that.../There is no denying that.../It's pretty safe to say that...

## 中间段：列举论据，论证观点

### 1、衔接词

- 1) In the first place / Initially / Primarily / First and foremost
- 2) Furthermore / Moreover / In addition / Aside from / Apart from
- 3) Finally / Eventually / Ultimately

### “锦上添花”衔接词

- The primary reason for my view rests on the fact that ... (我的观点原因主要由于...这一事实)
- Another equally compelling argument in favor of my view is that ..... (另一个支持我观点并有相同竞争力的论据为...)
- The first argument in favor of my view has sth. to do with + N. (名词)
- Secondly, and perhaps more importantly, ..... (第二，甚至这点更重要，.....)

### 逻辑连接词

- Therefore / in such a case / in the light of this situation (正因为此) / under such a situation
- However / Nevertheless
- Otherwise / Conversely / Inversely

### 2、主题句（承上启下）**重点**

- Topic + controlling idea (抛出主观点，对其论述)

### 分论点套句

- It is through (topic)主题 that \_\_主语\_\_ are highly likely to + V. (动词)
- Topic (doing) allows sb. an easy opportunity to + V. (动词)

### 表正面含义：

- Equip sb. with the ability to do sth. = Enable sb. to do sth. (让某人有能力做某事)
- Allow / Afford sb. an easy opportunity to do sth. (让某人有机会做某事)
- Be conducive to sth. / be instrumental in doing sth. / be beneficial to do (有利于...)
- Be a marvellous antidote to sth. (这里是 sth.是负面的东西) (对...是极好的解药)
- Be panacea for sth. (对...是灵丹妙药)
- Bring about a far-reaching influence to / on... (对...造成深刻影响) bring enormous benefits to (带来好处)
- Lay a solid foundation for... (为...打下坚实基础)
- Play an irreplaceable role in ... (...扮演不可替代的角色) = play a major role in...

### 表负面含义：

- Adversely affect sth.
- Pose potential and palpable problems to sth. (对...有潜在的和明显的问题)
- Exert detrimental and deleterious effects on sth. (对...产生有害的影响)
- Put sth. /sb. in jeopardy (peril) (使...处于危险)
- Be a detriment to sth. (对...是危害)

## 结尾段：总结全文，点明观点

观点或理由重述

- To sum up, taking into account of all these factors, we may reach the conclusion that\_\_\_\_.
- In a nutshell, after all factors being taken into consideration, we might come to a conclusion that\_\_\_\_.
- In conclusion, under any/no circumstance shall we\_\_\_\_, so that\_\_\_\_.
- All in all, admittedly, \_\_\_\_\_（点明观点）

## 模板示例：（可以自己组合自己喜欢的）

It rarely surprises us any more that （背景）. Therefore, （观点） seems to be of paramount significance, and two of principal reasons (associated with my view) are as follows.

First and foremost, we are supposed to （观点 1） in order to do sth, and thus, do\_\_\_\_. It's pretty safe to say that \_\_\_\_ bring about a far-reaching influence on us for the reason that （论据 1）.

Furthermore, （观点 2） plays a major role in \_\_\_\_\_. Under all circumstances shall we \_\_\_\_\_, and as a result, （论据 2 完整句）, which is conducive to \_\_\_\_\_.

All in all, admittedly, \_\_\_\_\_（点明观点）.

## 易掌握高级句型：（全篇皆可灵活使用）

### 1、倒装

Under no circumstances shall we do..... （无论如何都不）

Under all circumstances shall we do..... （无论如何都要）

Only in this way can we do..... （只有...我们才可以） Only when...can we do ....

### 2、表目的的长难句

（最好用，基本可以无脑用，尤其是提建议句子，详细的写法可以去看以前的视频——教你写长难句）

以下的句子，两个动作的主语一定要保持一致

A do sth in an effort to do sth, and thus, do sth

A do sth in order to do sth, and therefore, do sth

A do sth, thereby doing sth

A do sth, thus doing sth, and in turn doing sth

A do sth in an attempt to do sth, and as a result, ... （完整句子）

举例：2020.12 六级 为什么要提高我们的 creativity

一般写法：we should improve our creativity because we can have be more competitive.

高级写法：There is no doubt that we students should be more creative in order to emerge from the crowd, and thus, better survive and thrive in this hypercompetitive society.

### 3、加伴随状语/定语从句

最容易掌握的主动式伴随状语，用 V.ing/V.ed 的形式表示主语伴随状态（描述主语）

Eg. **Confronting unprecedented fierce competition at work**, the adorable yellow minions **who are depressed and frustrated** go to see a wonderful movie played in a magnificent theater **which is located in downtown San Francisco** in order to relax, and thus, do better at work.

### 4、主谓间插入调换语序（however/nevertheless/therefore/otherwise...）

Nevertheless, vast majority of people.....→Vast majority of people, nevertheless, prefer to stay at home.

I, without hesitation, would back up ...

## 5、用连词连接两个简单句（完整句）

xxx, and what's more, xxx.

## 6、巧妙引用数据

The xxx has been increased by 30%, according to one survey

## 常用“烂词”高级替换

- **relax** = revitalize one's body and ease one's mind 复苏身体，轻松大脑
- **many** = numerous / a host of / a majority of / a multitude of / a whole lot of
- **different** = various / a variety of / diverse / distinctive
- **more and more** = a growing number of / an increasing number of / the number of...is surging/booming  
more and more = ever+adj.(比较级) eg.bigger and bigger = ever-bigger / ever more important
- **think** = reckon / advocate / deem / assume / claim
- **Amazing** = incredible / fantastic / fabulous / astonishing / extraordinary
- **Beautiful** = gorgeous / ravishing / dazzling / exquisite / charming
- **with the development of ...** = powered by ... = as xxx develops by leaps and bounds (xxx 突飞猛进)
  - 1、As technology/economy develops by leaps and bounds in the recent years, ..... (多用)
  - 2、The past 10 years have witnessed/seen a(n) increase/growth in .....
- **important** = significant / crucial / fundamental / vital / imperative / essential / cardinal  
**be of importance** = be of great significance / be of paramount importance (多用这种形式)
- **good** = beneficial / conducive / outstanding / extraordinary / superior / splendid
- **bad** = discouraging / harmful / unfavorable / frustrating / dismal / dreadful
- **always** = frequently / consistently / perpetually / at all times
- **people** = individuals / folks (people from all walks of life 来自各行各业的人)
- **common** = universal / ubiquitous
- **according to** = As stated by / As maintained by / In line with / As specified by / In harmony with
- **be eager to do** = itch to do (急于做...)
- **a lack of** = a dearth of e.g. A dearth of corn caused the prices to go up (缺乏...)
- **like** = be fond of / have an appetite for (对...有兴趣/欲望) / be keen on / be passionate about
- **keep a balance between** = strike a balance between

## 四六级作文- 高分精彩句式表达 (选自外刊及新闻)

多背多练，中间的各种元素可以替换成自己的语料，此乃得分重点，与他人拉开差距（不像模板的模板！）

我帮你们简单分类了一下主题，但是其中很多句式都可以来回灵活使用在不同主题，自己多思考一下！

**偷分用法：要学会把已经背的“强行”写成特定主题。（稍作灵活的改变）**

### 1、科技类

- The invention of xxx makes an epoch / xxx is epoch-making 划时代的发明
- cutting-edge technology / product 尖端科技/产品
- The world is eyeing the xxx (technology) for future development, as it steps up its push to integrate the development of xxx, xxx and other cutting-edge digital technologies.

整个世界都在着眼于 xxx 的发展，加大力度整合 xxx、xxx 技术的发展

用法：划线部分可以替换，比如论证科技的发展使我们可以远程上网课，对我们的影响。

Eg. The world is eyeing the online education for future development, as it steps up its push to integrate the development of 5G, Internet, virtual reality and other cutting-edge digital technologies.

- Wildspread \_\_\_\_\_ is helping \_\_\_\_\_ to boom, pushing \_\_\_\_\_ to its highest rate since ever.

Wildspread technology is helping the whole world to boom, making a significant difference in our lives.

广泛传播的技术正在帮助整个世界蓬勃发展，给我们的生活带来巨大变化。

- xxx is/are playing an increasing important role nowadays, as xxx is/are **inextricably linked to** almost all aspects of our day-to-day life.

（xxx 现在越来越重要，与我们每日生活息息相关）直接换成各种具体的科学技术，如网络等

- technology often surprises people by evolving at a somewhat shocking speed

（科技往往以某种令人震惊的速度发展，使人们感到惊讶）发散思维：也可以换成 economy

- The world accelerate its pace of \_\_\_\_ by embracing technology, bringing enormous benefits to sb.

（全世界通过拥抱技术加快了\_\_\_\_的步伐，给...带来了巨大好处）

### 2、个人学习/成长/发展/挑战/能力/兴趣爱好... 类

- be ramping up efforts to do sth. / on sth. 努力做... = work hard to do sth
- make unremitting efforts in doing... 坚持不懈地做... = be unremitting in one's target of doing (坚持不懈某目标)

**灵活使用**：科技类可以写成 the scientists are unremitting in their target of inventing cutting-edge products



个人成长类可以写成 the students should be unremitting in their target of promoting communicative skills.

- It is undeniable that the grip of students on study/skills should be ironclad, laying a solid foundation for\_\_  
(不可否认, 学生对于学习/技能的掌握应该是牢固的, 为...打下坚实基础)
- face pressure of looking for a job amid intense competition (在激烈的竞争中面临找工作的压力)
- stiff/fierce/furious competition (激烈的竞争)
- escape the hustle and bustle of everyday life (逃离生活的喧嚣)
- to survive and thrive in this hypercompetitive society (在高度竞争的社会中生存和发展)  
可以“无脑”用在个人成长、能力发展等, 比如为什么提高创造力 creativity (2020.12 六级)  
There is no doubt that we students should be more creative in order to emerge from the crowd, and thus, **survive and thrive in this hypercompetitive society.**
- guide sb. to step onto a bigger life stage to see a broader world (引导...踏上更广阔的舞台、看到更大的世界)
- seize the opportunity to do (抓住机会做...) “无脑”适用于有关个人成长的主题, 提出建议时可用

### 3、国家(经济、政治等)变迁/发展 类

- ...develop by leaps and bounds (快速发展) eg. As economy develops by leaps and bounds in recent years...
- Being more dominant in the world's politics and economics, China is like a sprawling behemoth.  
(中国就像一只延伸的巨兽, 在世界政治、经济中越来越占据主导地位)
- Over the past four decades since China's reform and opening up, China's technology development have won praise from the international community. (改革开放四十年来, 中国发展赢得了国际社会的赞誉)  
划线部分也可以替代成其他的, 比如经济发展 economy development 等
- **the burgeoning economy** of the unique politics (蓬勃发展的经济和独特的政治体系)  
ps.有关经济的形容: the booming economy = the prosperous economy = economic prosperity
- As the Chinese economy has deeply integrated into the world economy,.. (随着中国经济深度融入世界经济)

### 4、通用类(自行融会贯通)

- make significant strides on... (大踏步前进/进步显著) e.g. China is making strides on carbon neutrality goals.
- Sustainability efforts **come parallel with** the steady economy rebound after the country was besieged by the COVID-19 pandemic. (新冠疫情相关: 在国家被 covid-19 围困后, 可持续发展与经济稳步反弹同步进行)
- take a toll on sb./sth (对...造成损失、伤亡) e.g. The pandemic has taken a **heavy** toll on the CN economy.

- shed light on (揭示、阐述、使...清晰地显出) e.g. The survey **sheds light on** the underlying cause of...
- flock to ... (蜂拥而至) e.g. students are supposed to **flock to the playground** to have physical training.
- There is a growing worldwide awareness of ... (世界上越来越多人意识到...)
- neck-and-neck (并驾齐驱/不相上下) e.g. One of the challenges to us is to stay neck-and-neck in the race.
- shocking and intriguing (震惊和耐人寻味的) e.g. This type of technology is super shocking and intriguing.
- start a new chapter in life by doing (通过做...开启人生新篇章)
- foster a competitive edge in ... (在...方面培养竞争优势) to foster a competitive edge in technology industry

## 2018.12 六级 – 如果保持工作和休闲的平衡

Directions: For this part, you are allowed 30 minutes to write an essay on **how to balance work and leisure**. You should write at least 150 words but no more than 200 words.

### 写作提纲:

**开头段:** 背景书写, 引出观点

**中间段:** 列举论据, 论证观点

**结尾段:** 总结全文, 点明观点

### 开头段: 背景书写, 引出观点。

**写作要求:** 题目为论述如何保持工作与休闲的平衡, 那我们的开头段可以描述工作 - 休闲的背景, 即在当代社会中, 人们面临的工作压力很大, 所以人们非常有必要学会如何 keep work-life balance, 然后预设下文走向 (给出自己的建议)

**字数要求:** 30~50 字左右

**We are now living in an era in which people have to confront unprecedented furious competition frequently.** (描述背景 – 当代社会, 人们要面

临前所未有的残酷竞争) **Therefore**, learning how to keep work-life balance is of great significance. (引出观点 – 学会如何保持工作 - 休闲平衡很重要, 与背景描述呈现前后逻辑关系) **Two pieces of my personal practical advice are as follows.** (预设下文 – 给出自己的建议)

We are now living in an era in which people have to confront unprecedented furious competition frequently. Therefore, learning how to keep work-life balance is of great significance. Two pieces of my personal practical advice are as follows.

### 中间段：列举论据，论证观点。

**写作要求：**列出论点及论据，对观点进行论证。这里我提供两个思路：1、在工作时间提高工作效率，才能有更多的空闲时间，进而可以保持平衡；2、在空闲时间做真正有益于放松的事情，例如运动等等，才能真正得到放松，并且有助于在工作中变得更加出色。

**注意：**在论证自己的观点时，一定要注意逻辑关系！比如通过做 A，导致了 B，最后才能得到结果 C，而不能直接从 A 得到 C，论述一定要详尽。

**字数要求：**90~120 字左右

**First**, you should learn to focus on your job and improve working efficiency while in company **in order to** save time, **and thus**, have more spare time available.

(这里运用了学长教过的长句写法: A do sth. in order to do sth, and thus, do sth.)

**Only in this way can you** not be bothered by work when you are off duty, **and as a result**, you could relax and keep the balance. (注意倒装结构)

(逻辑清晰: 上班提高工作效率 → 有更多的空闲时间 → 保持平衡)

**Second, it is vital to** do things that **are conducive to** stress relief while you are free, such as going jogging, which is **a marvellous antidote to** pressures of office work, **so that** you can revitalize your body and ease your mind in leisure time. (在模板句的基础上, 加入你自己的叙述及论证, 有意识延长句子书写, 细化表达。如这里举例: go jogging, relax = revitalize one's body and ease one's mind)

Restoring energy **enables you to** improve individual work performance as well.

(动名词做主语, 谓语动词单三形式) **Consequently, you are capable of** keeping work-life balance.

(逻辑清晰: 空闲时间真正放松 → 消除工作压力 → 又可提高工作效率 → 保持平衡)

**First**, you should learn to focus on your job and improve working efficiency while in company in order to save time, and thus, have more spare time available. Only in this way can you not be bothered by work when you are off duty, and as a result, you could relax and keep the balance.

**Second**, it is vital to do things that are conducive to stress relief while you are free, such as going jogging, which is a marvellous antidote to pressures of office work, so that you can revitalize your body and ease your mind in leisure time. Restoring energy enables you to improve individual work performance as well. Consequently, you are capable of keeping work-life balance.

**结尾段：总结全文，点明观点。**

**写作要求：**最后一段简要总结归纳，并且再次点明全文观点及主旨。

**字数要求：**20~30 字左右

**In conclusion, under no circumstances shall we** forget to keep a balance between work and leisure, which plays an irreplaceable role in leading us to a meaningful life.

(最后一段，简明扼要地总结全文，并再一次点明观点)

## 2018.12 六级 – 如果保持工作和休闲的平衡

Directions: For this part, you are allowed 30 minutes to write an essay on **how to balance work and leisure**. You should write at least 150 words but no more than 200 words.

We are now living in an era in which people have to confront unprecedented furious competition frequently. Therefore, learning how to keep work-life balance is of great significance. Two of my personal practical advice are as follows.

First, you should learn to focus on your job and improve working efficiency while in company in order to save time, and thus, have more spare time available. Only in this way can you not be bothered by work when you are off duty, and as a result, you could relax and keep the balance.

Second, it is vital to do things that are conducive to stress relief while you are free, such as going jogging, which is a marvellous antidote to pressures of office work, so that you can revitalize your body and ease your mind in leisure time. Restoring energy enables you to improve individual work performance as well. Consequently, you are capable of keeping work-life balance.

In conclusion, under no circumstances shall we forget to keep a balance between work and leisure, which plays an irreplaceable role in leading us to a meaningful life.