写作必备词组120个

**注： 测试时所有something写成sth**

**所有someone/somebody写成sb**

1. socialize with somebody

释义: 与某人社交

例句:It is normal for kids to refuse to speak their home language at the stage when they start to socialize with other kids.

2. get along with somebody

释义: 与某人合得来

例句:My kids and their cousins just don't get along.

3. be passionate about something

释义: 对某事非常热衷

例句: Joe is passionate about swimming.

4. be indifferent to something

释义: 对某事无动于衷

例句: In the past, they were indifferent to conservation issues.

5. be reluctant to do something

释义: 不愿去做某事

例句: It was a remote village and some of them were reluctant to speak to me.

6. cannot stand something

释义: 不能容忍某事

例句: I can’t stand people dropping litter.

7. do something in advance

释义: 提前做某事

例句: If you're coming to the party, please let me know in advance.

8. something paid off

释义: 某行动带来了好结果

例句: Sandra was determined to become a doctor and her persistence paid off.

9. seize the opportunity

释义: 抓住机遇

例句: They encouraged the government to seize the opportunity to improve the pension reform.

10. be steeped in

释义:沉浸在某种氛围当中

例句:The city is steeped in history and tradition.

11. keep track of something

释义:掌握某事物的动向

例句: Scarlett found it hard to keep track of her expenses.

12. acquire knowledge

释义: 学到知识

例句: The acquisition of effective learning skills can help students acquire knowledge more independently.

13. be proficient in something

释义: 对某种知识或技能掌握得非常纯熟

例句: Katrina is proficient in mathematics.

14. be tempted into something

释义: 被引诱去做某事

例句: Those at the bottom of society may be more likely to be tempted into a life of crime as a solution to their problems.

补充：更容易做某事--be more likely to do （不是be easier to do )

15. deter somebody from doing something

释义: 让某人不敢去做某种违法的事情

例句: The government is bringing in stricter laws to deter drivers from speeding.

补充：deterrent 名词 震慑

16. relieve stress

释义: 减轻压力

例句: These stress management exercises can help you relax your muscles and relieve your stress.

补充：不说release pressure

17. be health-conscious

释义:（某人）是很注重健康的

例句: People generally believe that women are more health-conscious than men.

18. contract the disease

释义：患某种疾病

例句：He contracted the disease while he was traveling.

19. feel refreshed

释义:（身体）感觉焕然一新的

例句: I felt so refreshed after my holiday.

补充：Refreshment -- 茶歇，小吃

20. be under construction

释义: 正在建造中

例句: The hotel is still under construction.

21. convert something into something

释义: 把某物改造成某物

例句: The old movie theater is now in the process of being converted into a film museum.

22. impose a ban on something

释义: 禁止某事物

例句: Some think that the government should impose a ban on the sale of tobacco.

23. put something into effect

释义: 实施, 让某事生效

例句: To meet this challenge, the following measures were put into effect.

24. allocate money to something

释义: 给某事拨款

例句: The British government will allocate two million pounds to the National Health Service.

25. at the expense of something

释义：以什么为代价

例句：They accused BP（英国石油公司）of pursuing profit at the expense of the environment.

26. be in good condition

释义：处于良好的状态

例句：The antique furniture has been so well-kept that it's still in good condition.

27. facilitate the development of something

释义：促进某事物的发展

例句：This company facilitated the development of cloud computing with some of its research projects.

28. inhibit the development of something

释义：阻碍某事物的发展

例句：This project inhibited the development of international trade.

29. fulfill someone’s obligation

释义：尽到某人的责任

例句：Parents should fulfill their financial obligation to their children.

30. overcome an obstacle

释义：克服障碍

例句：If you want to overcome an obstacle, make sure you don’t get sidetracked.

31. give up halfway

释义：半途而废

例句：People who give up halfway would end up with low self-esteem.

32. go through

释义：经受

例句：It’s almost impossible to go through life without experiencing some kind of failure.

33. push one’s boundary

释义：挑战极限

例句：When you take on that challenge, you are ready to push some boundaries.

34. keep an eye out for

释义：留心，注意

例句：If you like working with kids, keep your eye out for babysitting positions near your college.

35. relax and unwind

释义：放松休息

例句：Pursuing a hobby unrelated to work can help you relax and unwind.

36. social skills

释义：社交能力

例句：University students need to improve not only academic performance but also social skills.

37. make the best use of

释义：充分利用

例句：If we are to survive and thrive， we have to think differently about our abilities and make the best use of them.

38. be accustomed to

释义：习惯于

例句：Many students are accustomed to studying alone as opposed to with a group of peers.

39. follow the crowd

释义：人云亦云

例句：When faced with a wide selection of products, consumers are likely to follow the crowd.

40. raise funds

释义：筹集资金

例句：Various fund-raisers are becoming increasingly popular.

41. set a goal for something

释义：为某事设定目标

例句：Government should set a goal for the commonwealth of people in general.

42. have the incentive to do

释义：有动机做某事

例句：People have a strong incentive to invest in their own education because it will lead to higher earnings.

43. raise awareness

释义：提高意识

例句：As long as awareness has been raised, people will have a different outlook on relative information.

44. raise living standards

释义：提升生活水平

例句：Many people think of car purchases as a sign of raising living standards.

45. carry out policies

释义：实施政策

例句：Government should implement policies to protect endangered animals and habitats.

46. in the long run

释义：从长远来看

例句：It may be reliable and affordable, but in the long run, the damage that coal power would cause would be much more expensive.

47. concentrate on

释义：集中精力做某事

例句：Some people think it is more effective to educate boys and girls in single­ sex schools because they believe this environment reduces distractions and encourage pupils to concentrate on their studies.

48. academic performance

释义：学业表现

例句：Tyler's academic performance has been disappointing.

49. be gifted

释义：有天赋的

例句：In the process of being educated we can learn from the achievements of those more gifted than ourselves

50. self-discipline

释义：自控力

例句：Lydia lacks self-discipline and is unable to finish anything.

51. role model

释义：榜样

例句：My elder brother has always been a role model for me.

52. meet someone’s expectations

释义：达到某人的预期

例句：His academ ic performance failed to meet his parents’ expectations.

53. meet the demand of

释义：满足某种需求

例句：Economic globalization requires more culturally-competent university graduates who can meet the new market demands.

54. kindle someone's interest in something

释义：唤起某人对某事物对兴趣

例句：The students' interest in mathematics was kindled by Emma's excellent teaching.

55. there is no substitute for something

释义：某事物是无法代替的

例句：There is no substitute for a face-to-face relationship with a caring and well-informed teacher.

56. be entitled to something

释义：享有某种权利

例句：The majority of the workers have been entitled to paid holidays.

57. a sense of fulfilment

释义：成就感

例句：Madison found a sense of fulfilment and joy as a teacher.

58. work experience

释义：工作经验

例句：Paul decided to get work experience in South America because he wanted to learn about Latin American life.

补充：这个固定短语很容易被英语为第二语言的学习者误写成“ working experience ”

59. be under enormous stress

释义：承受巨大压力

例句：Jasmine is very resilient and effective at working under enormous stress.

60. distract somebody from

释义：分散某人的注意力

例句：He was distracted from his work by the noise.

61. well-organized

释义: 有条理的

例句: Paul changed from one project to another because his first job was not well-organized.

62. spoil someone’s enjoyment

释义：扫某人的兴

例句：TV advertising interrupts exciting programs and spoils our enjoyment.

63. distort the truth

释义：（媒体在报导时）歪曲事实

例句：The newspaper has been accused of distorting the truth.

64. minimize the risk of something

释义：尽可能减小某种风险出现的可能性

例句：By minimizing human involvement, the idea was to minimize the risk of flawed results.

65. interact with

释义: 互动

例句：The way many people interact with each other has changed because of technology.

66. take something seriously

释义: 严肃对待

例句：Every netizen should take digital privacy seriously.

67. have the urge to do

释义：有强烈欲望做某事

例句：He has the urge to own his website and do business online.

68. be exposed to

释义：接触/暴露于

例句：In this digital age, everyone is exposed to tons of news and information daily.

69. based on

释义：基于

例句：If we make a decision based on wrong or unreliable information, we are bound to fail.

70. appeal to

释义：对……有吸引力

例句：Group learning has never appealed to me because I can be easily distracted.

71. see something from different angles

释义：从不同的角度看

例句：I want to approach it from a couple of different angles.

72. pose a threat to

释义：对……有威胁

例句：Throughout history, improperly used science has posed a great threat to society.

73. regardless of

释义：不管，无论

例句：Everyone should be given the chance to compete, regardless of gender or religion.

74. a variety of

释义：各种各样的

例句：There is a variety of educational apps on the smartphone.

75. across the globe

释义：全球各地

例句：The internet makes it possible for people to across news and events from all over the globe almost as soon as they occur.

76. build self-confidence

释义：树立自信心

例句：It is necessary for young children to build self-confidence.

77. achieve financial independence

释义：实现经济独立

例句：Most high school graduates still need to rely on their parents because they are yet not able to achieve financial independence.

78. develop good habits

释义：养成好习惯

例句：It is vital for children to form good habits from an early age.

79. participate fully in...

释义:完全参与到......当中去

例句:Parents should spend as much time with their children as their job allows, help directly with their children's education and participate fully in their children's lives

80. deepen mutual understanding

释义:加深相互了解

例句:Some people argue that international tourism is a major contributor to

international peace and deepens mutual understanding among nations.

81. burn calories

释义: “燃烧卡路里”(减少体内脂肪)

例句: Determining how many calories you can burn by playing certain sports is not an exact science.

82. cause irreversible damage

释义：导致不可逆转的破坏

例句：In some countries, air pollution is causing irreversible damage to the environment.

83. a feasible alternative to…

释义：可行的替代方案

例句：They consider it a feasible alternative to the present system of welfare benefits.

84. stay positive 保持积极的心态

It is important to stay positive in the midst of failure.

在失败中保持积极心态很重要。

85. be content with 对…满足

True happiness comes when we learn to be content with what we have.

真正的幸福感会在我们对所有的一切感到满足时来到。

86. set a goal for 为……设定目标

Government should set a goal for commonwealth of people in general.

政府应该设立造福大众的目标。

87. it is conceivable that...

释义: 可以想见的是

例句：It is conceivable that robots will steadily replace humans in repetitive jobs.

88. see something from different angles

释义： 从不同的角度看

例句：We should see things from different angles.

89. a remedy for sth. 解决办法

A hobby can serve as a remedy for stress and restore your vitality.

90. read extensively

释义：广泛地阅读

例句：Some people argue that examinations do not motivate students to read

extensively.

91. extra-curricular activities

释义：课外活动

例句：These extra-curricular activities offer students an outlet for creativity and

problem-solving.

92. specialize in

释义：专攻某个领域

例句：Grant Freeman, a biologist who specializes in identifying insects, has come to talk to us about his current research work.

93. inform sb. about sth.

释义：让某人了解到某方面的信息

例句：Studying geography informs us about the different kinds of relationships that

develop between a particular environment and the people who live there.

94. job security

释义：工作稳定性

例句：It's a choice between higher pay and job security.

95. job satisfaction

释义：工作满意度

例句：The sense of belonging to a team contributes towards job satisfaction.

96. fulfil one’s responsibilities

释义：尽到责任

例句：Parents should fulfil their responsibilities and monitor their children's TV

viewing and Internet use.

97. shirk one's responsibilities for sth.

释义： 某人逃避某种责任

例句：Parents should not shirk their responsibilities for educating their children.

98. lead a busy life

释义： 过着忙碌的生活

例句：Keira leads a busy life. She doesn't even have time to sit down to enjoy a relaxing meal.

99. an unhealthy diet

释义：不健康的饮食或生活方式

例句：Public awareness of the dangers of an unhealthy diet should be raised.

100. the pace of sth.

释义: 事物的节奏

例 句 ： The agency, services have helped laboratories to speed up the pace of scientific discovery.

101. be in vain

释义: (努力)是无用的

例句: We put tables and chairs out in the garden but it started to rain and all our efforts were in vain.

102. gain a better understanding

释义: 获得更深入的理解

例句: Students can gain a better understanding of this class if they read the book in advance.

103. gain experience

释义: 获得经验

例句: She gained a lot of experience in this competition.

104. build self-confidence

释义: 树立自信心

例句: It is very important for students to build self-confidence.

105. reduce people’s dependence on private cars

释义: 减少人们对私家车的依赖

例句: The government should improve the public transportation to reduce people’s dependence on private cars.

106. electronic devices/ equipment

释义: 电子产品

例句: Students are relying too much on their electronic devices.

107. be portable

释义: 便携的

例句: This computer is quite portable.

108. stay connected with friends

释义: 和朋友保持联络

例句: I will stay connected with my friends after I go abroad.

109. find information efficiently and effectively

释义: 快速有效地找到信息

例句: Students can find information efficiently and effectively through the internet.

110. excessive use of mobile phones

释义: 手机的过度使用

例句: The excessive use of mobile phones does harm to students.

111. physical shops

释义: 实体店

例句: In the future, physical shops will be replaced by online shops.

112. video conference

释义: 视频会议

例句: We will have a video conference this afternoon.

113. time-management skills

释义: 时间管理能力

例句: It is crucial for students to have time-management skills.

114. achieve/ realize one’s potential

释义: 充分发挥潜能

例句: We need to try to realize our potential.

115. create jobs

释义: 创造就业

例句: Creating more jobs is one of the effective methods.

116. enhance welfare system

释义: 完善社会福利系统

例句: It is very important for the government to enhance welfare system.

117. reduce social inequality

释义: 减少社会不平等

例句: It is indeed difficult to reduce social inequality.

118. introduce laws to ...

释义: 立法

例句: The government should introduce laws to deal with this problem.

119. take measures/ actions/ steps to ...

释义: 采取措施

例句: We need to take actions to protect the environment.

120. invest money in...

释义: 投资

例句: More money needs to be invested in the researches of clean energy.