好的，这是根据您提供的词汇列表，为您精心整理的深度学习资料。我已按照专业词典的体例，对每个词汇进行了系统化的扩充和排版，旨在帮助您建立一个由点到面的词汇网络，实现从“认识”到“掌握”的飞跃。

# 高二限时训练(一)词汇积累

# A

## 1. bleak

### 【音标】

* 英式 (BrE): /bliːk/
* 美式 (AmE): /bliːk/

### 【词性与释义】

* **adj.**
  1. **(状况) 暗淡的，不乐观的，无望的 (of a situation, not encouraging or giving any reason to have hope)**
     + The future looks bleak for the fishing industry. 渔业的前景看起来很黯淡。
  2. **(天气) 阴冷的 (of the weather, cold and unpleasant)**
     + It was a bleak, windy day. 那是个阴冷、刮着大风的日子。
  3. **(地方) 荒凉的，无遮掩的，索然无味的 (of a place, exposed, empty, or with no pleasant features)**
     + They walked across a bleak and desolate landscape. 他们走过一片荒凉的土地。

### 【固定搭配与例句】

* **a bleak outlook/prospect** 暗淡的前景/前途
  + With the factory closing, the town faced a bleak prospect. 随着工厂倒闭，这个小镇前途渺茫。
* **a bleak landscape/hillside/moor** 荒芜的景色/山坡/野地
  + The house stands on a bleak, windswept hillside. 这座房子坐落在荒凉、备受风吹的山坡上。
* **a bleak winter’s day** 一个阴冷的冬日
  + She shivered, remembering the bleak winter’s day when he left. 她记起他离开时那个阴冷的冬日，不禁打了个寒颤。

### 【词形变化与派生】

* **bleakly** (adv.) 阴郁地；荒凉地；无望地
  + ‘There is no hope,’ he said bleakly. “没有希望了，”他绝望地说。
* **bleakness** (n.) [U] 荒凉；凄凉；无望
  + The painting captures the bleakness of a winter landscape. 这幅画捕捉到了一片冬季风景的荒凉。

## 2. quirky

### 【音标】

* 英式 (BrE): /ˈkwɜːki/
* 美式 (AmE): /ˈkwɜːrki/

### 【词性与释义】

* **adj.**
  1. **(外貌、性格或行为) 古怪的，独特的，异于寻常的 (unusual in an attractive and interesting way)**
     + She has a quirky sense of humor. 她有一种古怪的幽默感。

### 【固定搭配与例句】

* **a quirky smile** 一丝古怪的微笑
  + He gave me a quirky smile when I told him the news. 当我告诉他这个消息时，他给了我一个古怪的微笑。
* **quirky character** 古怪的性格/人物
  + The film is full of quirky characters that you can’t help but love. 这部电影充满了让人不禁喜爱的古怪角色。
* **quirky design** 别致的设计
  + I love the quirky design of this little café. 我喜欢这家小咖啡馆别致的设计。

### 【词形变化与派生】

* **quirk** (n.) [C](#c) 怪癖；古怪之处
  + Everyone has their own little quirks. 每个人都有自己的一些小怪癖。
* **quirkiness** (n.) [U] 古怪；独特性
  + Her charm lies in her quirkiness. 她的魅力就在于她的与众不同。

# B

## 3. devour

### 【音标】

* 英式 (BrE): /dɪˈvaʊə(r)/
* 美式 (AmE): /dɪˈvaʊər/

### 【词性与释义】

* **v.**
  1. **(尤指因饥饿而) 狼吞虎咽地吃光 (to eat all of sth quickly, especially because you are very hungry)**
     + The hungry lion devoured its prey. 饥饿的狮子狼吞虎咽地吃掉了它的猎物。
  2. **如饥似渴地读，津津有味地看 (to read or look at sth with great interest and enthusiasm)**
     + He devoured the new Stephen King novel in one sitting. 他一口气读完了斯蒂芬·金的新小说。
  3. **(比喻) 吞噬，吞没，毁灭 (to destroy sth completely)**
     + Flames devoured the entire building in a matter of minutes. 火焰在几分钟内就吞噬了整栋大楼。

### 【词形变化与派生】

* **时态变化**: devours / devoured / devouring

## 4. hook

### 【音标】

* 英式 (BrE): /hʊk/
* 美式 (AmE): /hʊk/

### 【词性与释义】

* **n.**
  1. **钩，挂钩**
     + Hang your coat on the hook behind the door. 把你的外套挂在门后的挂钩上。
* **v.**
  1. **用钩子钩住；(用鱼钩) 钓(鱼)**
     + He hooked a huge salmon. 他钓到了一条巨大的鲑鱼。
  2. **(非正式) 吸引，迷住 (to attract sb and keep their interest or attention)**
     + This TV show has a great story that really hooks you from the first episode. 这部电视剧的故事情节很棒，从第一集开始就深深吸引了你。

### 【固定搭配与例句】

* **be hooked (on sth)** 对…上瘾；对…着迷
  + Many kids get hooked on video games. 许多孩子都沉迷于电子游戏。
* **off the hook** 摆脱困境；脱身
  + Thanks for helping me finish the report; you really got me off the hook. 谢谢你帮我完成报告，你真是帮我解了围。
* **hook, line, and sinker** 完全地；彻底地 (通常用于受骗)
  + He told her a crazy story, and she fell for it hook, line, and sinker. 他给她讲了一个离奇的故事，她竟完全信以为真。

## 5. poisonous

### 【音标】

* 英式 (BrE): /ˈpɔɪzənəs/
* 美式 (AmE): /ˈpɔɪzənəs/

### 【词性与释义】

* **adj.**
  1. **有毒的；分泌毒素的 (causing death or illness if swallowed or absorbed into the body)**
     + Some mushrooms are poisonous. 有些蘑菇是有毒的。
  2. **极坏的；令人不快的；恶毒的 (very bad, unpleasant, or harmful)**
     + He made some poisonous remarks about his ex-wife. 他说了一些关于他前妻的恶毒言论。

### 【固定搭配与例句】

* **a poisonous snake/plant** 毒蛇/有毒植物
  + Be careful when hiking; there are poisonous snakes in this area. 徒步旅行时要小心，这个地区有毒蛇。
* **a poisonous atmosphere** 恶劣的氛围；紧张的关系
  + The office had a poisonous atmosphere after the layoffs were announced. 裁员消息宣布后，办公室的气氛变得非常糟糕。
* **a poisonous relationship** (同 a toxic relationship) 有害的关系
  + She finally found the courage to leave the poisonous relationship. 她终于鼓起勇气结束了那段有害的关系。

### 【词形变化与派生】

* **poison** (n.) 毒药；毒物 (v.) 毒害；下毒
  + The spy poisoned the king’s drink. 那个间谍在国王的饮料里下了毒。
* **poisoning** (n.) 中毒
  + Several people were treated for food poisoning. 有几人因食物中毒接受了治疗。

## 6. come round to the idea

### 【词性与释义】

* **短语 (Phrase)**
  1. **逐渐接受某个想法；改变看法 (to change your opinion of something, often to agree with another person’s opinion)**
     + He’ll never come round to my way of thinking. 他永远不会接受我的想法。

### 【例句】

* At first, my parents didn’t want me to study abroad, but they eventually came round to the idea. 起初，我父母不想让我出国留学，但他们最终还是接受了这个想法。
* I was initially against the proposal, but after hearing all the arguments, I’m starting to come round to it. 我最初反对这项提议，但在听取了所有论点后，我开始转变看法了。
* She will eventually come round to our point of view. 她最终会接受我们的观点的。

# C

## 7. too big to fail

### 【词性与释义】

* **短语 (Phrase)**
  1. **(金融机构或公司) 大到不能倒闭 (used to describe a financial institution that is so large and so interconnected that its failure would be disastrous to the greater economic system)**
     + The government decided to bail out the bank, arguing that it was too big to fail. 政府决定对该银行进行紧急援助，理由是它“太大而不能倒闭”。

## 8. grind

### 【音标】

* 英式 (BrE): /ɡraɪnd/
* 美式 (AmE): /ɡraɪnd/

### 【词性与释义】

* **v.**
  1. **磨碎；碾碎；把…磨成粉 (to break or crush sth into very small pieces)**
     + She grinds her own coffee beans every morning. 她每天早上都自己磨咖啡豆。
* **n.**
  1. **[singular] 苦差事；枯燥乏味的工作 (a difficult or boring activity that needs a lot of effort)**
     + The daily grind of commuting is exhausting. 每天通勤的苦差事真是让人筋疲力尽。

### 【固定搭配与例句】

* **grind sth down/up** 把…磨碎
  + The wheat is ground down into flour. 小麦被磨成面粉。
* **grind sth to/into sth** 把…磨成…
  + The machine grinds rocks into fine powder. 这台机器把岩石磨成细粉。
* **grind to a halt/standstill** 逐渐停顿下来
  + Traffic ground to a halt because of the accident. 由于事故，交通完全陷入了停顿。

### 【词形变化与派生】

* **时态变化**: grind / ground / ground
* **ground** (adj.) [only before noun] 磨碎的
  + I need to buy some ground beef for the burgers. 我需要买些牛肉末来做汉堡。

## 9. fleeting

### 【音标】

* 英式 (BrE): /ˈfliːtɪŋ/
* 美式 (AmE): /ˈfliːtɪŋ/

### 【词性与释义】

* **adj.**
  1. **短暂的；飞逝的；一闪而过的 (lasting for only a very short time)**
     + For a fleeting moment, I saw the expression of sadness on her face. 有一瞬间，我看到了她脸上的悲伤表情。

### 【固定搭配与例句】

* **a fleeting glimpse/smile** 短暂的一瞥/一闪即逝的微笑
  + I caught a fleeting glimpse of the celebrity as her car drove by. 当名人的车驶过时，我飞快地瞥了她一眼。
* **a fleeting moment** 转瞬即逝的时刻
  + We shared a fleeting moment of understanding before he had to leave. 在他必须离开之前，我们有过片刻的心意相通。
* **a fleeting visit** 短暂的访问
  + The president made a fleeting visit to the disaster area. 总统对灾区进行了短暂的访问。

# D

## 10. otherwise

### 【音标】

* 英式 (BrE): /ˈʌðəwaɪz/
* 美式 (AmE): /ˈʌðərwaɪz/

### 【词性与释义】

* **adv.**
  1. **否则；不然 (used to state what the result would be if something did not happen or if the situation were different)**
     + You must study hard, otherwise you will fail the exam. 你必须努力学习，否则考试就会不及格。
  2. **在其他方面；除此以外 (in a different way; differently)**
     + The bike is in good condition, but the tires are a bit old. Otherwise, it’s perfect. 这辆自行车状况良好，就是轮胎有点旧了。除此之外，它很完美。
  3. **别样地；以另外的方式**
     + I wanted to see him but he was otherwise engaged (= busy with something else). 我想见他，但他当时正忙于别的事情。
* **adj.**
  1. **[after a verb] 不同的；另外的 (different)**
     + The truth is quite otherwise. 事实并非如此。

## 11. attribute

### 【音标】

* 动词 (v.): /əˈtrɪbjuːt/
* 名词 (n.): /ˈætrɪbjuːt/

### 【词性与释义】

* **v.**
  1. **把…归因于；认为…是由于 (to say or believe that sth is the result of a particular thing)**
     + He attributed his failure to a lack of preparation. 他将自己的失败归咎于准备不足。
* **n.**
  1. **属性；特质；品质 (a quality or feature of sb/sth)**
     + Patience is one of the most important attributes of a good teacher. 耐心是优秀教师最重要的品质之一。

### 【固定搭配与例句】

* **attribute sth to sth/sb** 把…归因于…
  + She attributes her success to hard work and a little luck. 她认为她的成功来自勤奋和一点运气。
* **be attributed to sth/sb** 被认为是…的作品/言论
  + This famous quote is often attributed to Winston Churchill. 这句名言通常被认为是温斯顿·丘吉尔说的。
* **a key/main attribute** 一个关键/主要特质
  + Organizational skills are a key attribute for a project manager. 组织能力是项目经理的一项关键特质。

## 12. sequential grading bias

### 【词性与释义】

* **名词短语 (Noun Phrase)**
  1. **顺序评分偏差 (a cognitive bias where the score given to one piece of work is influenced by the quality of the work graded immediately before it)**
     + Teachers must be aware of sequential grading bias to ensure fair evaluation for all students. 教师必须意识到顺序评分偏差，以确保对所有学生进行公平的评估。

## 13. harsh

### 【音标】

* 英式 (BrE): /hɑːʃ/
* 美式 (AmE): /hɑːrʃ/

### 【词性与释义】

* **adj.**
  1. **残酷的；严酷的；严厉的 (cruel, severe and unkind)**
     + The prisoner received a harsh sentence. 那个囚犯被判了重刑。
  2. **(天气或生活环境) 恶劣的；艰苦的 (very difficult and unpleasant to live in)**
     + The explorers had to survive in the harsh arctic environment. 探险家们不得不在恶劣的北极环境中生存。
  3. **(光线、颜色等) 强烈刺眼的；丑陋的 (too strong and bright; ugly or unpleasant to look at)**
     + The harsh fluorescent lighting in the office gave me a headache. 办公室里刺眼的荧光灯让我头疼。
  4. **(声音) 刺耳的；难听的 (unpleasant to listen to)**
     + His voice was harsh and grating. 他的声音刺耳难听。

### 【固定搭配与例句】

* **harsh realities of life** 生活的严酷现实
  + We had to face up to the harsh realities of life sooner or later. 我们迟早都得正视生活的严酷现实。
* **a harsh winter/climate** 寒冷的冬天/恶劣的气候
  + Many plants cannot survive the harsh winter here. 许多植物无法在这里度过严冬。
* **a harsh critic** 严厉的批评者
  + He is his own harshest critic. 他是自己最严厉的批评者。

### 【词形变化与派生】

* **harshly** (adv.) 严厉地；刺耳地
  + ‘Don’t be so stupid!’ she said harshly. “别那么蠢！”她苛刻地说道。
* **harshness** (n.) [U] 严酷；刺耳
  + I was surprised by the harshness of her words. 我对她话语的严厉感到惊讶。

## 14. mitigate

### 【音标】

* 英式 (BrE): /ˈmɪtɪɡeɪt/
* 美式 (AmE): /ˈmɪtɪɡeɪt/

### 【词性与释义】

* **v.**
  1. **(正式) 减轻；缓和；缓解 (to make sth less harmful, serious, etc.)**
     + Governments are introducing measures to mitigate the effects of climate change. 各国政府正在采取措施以减缓气候变化的影响。

### 【固定搭配与例句】

* **mitigate the risk/damage/effects of sth** 减轻…的风险/损害/影响
  + Wearing a helmet can mitigate the risk of head injury. 戴头盔可以降低头部受伤的风险。
* **action to mitigate poverty** 减轻贫穷的行动
  + The charity focuses on action to mitigate poverty in developing countries. 该慈善机构致力于在发展中国家开展扶贫行动。
* **mitigating circumstances/factors** 可减轻罪责的情节/因素
  + The judge considered the defendant’s difficult childhood as a mitigating factor. 法官将被告困难的童年作为从轻处罚的因素加以考虑。

### 【词形变化与派生】

* **时态变化**: mitigates / mitigated / mitigating
* **mitigation** (n.) [U] 减轻；缓和
  + They are discussing risk mitigation strategies. 他们正在讨论风险缓解策略。

# 七选五

## 15. schooling

### 【音标】

* 英式 (BrE): /ˈskuːlɪŋ/
* 美式 (AmE): /ˈskuːlɪŋ/

### 【词性与释义】

* **n.**
  1. **[U] 学校教育 (the education you receive at school)**
     + My parents had to pay for my schooling. 我父母得为我的学业付费。

### 【固定搭配与例句】

* **primary/secondary schooling** 小学/中学教育
  + In many countries, secondary schooling is compulsory for all children. 在许多国家，中学教育是所有孩子的义务教育。
* **have little schooling** 没怎么上过学
  + He had very little schooling and could barely read or write. 他没上过几天学，几乎不识字。
* **home schooling** 家庭教育（在家上学）
  + An increasing number of parents are choosing home schooling for their children. 越来越多的父母选择让孩子在家接受教育。

## 16. in a dead end

### 【词性与释义】

* **短语 (Phrase)**
  1. **陷入死胡同；走投无路 (in a situation where there is no hope of progress)**
     + His career was in a dead end, so he decided to change jobs. 他的事业陷入了僵局，所以他决定换工作。

### 【固定搭配与例句】

* **a dead-end street/road** 死胡同
  + We drove down a dead-end street and had to turn back. 我们开车进了一条死胡同，只好掉头。
* **a dead-end job** 没有前途的工作
  + He was tired of working in a dead-end job with low pay. 他厌倦了做一份薪水低又没前途的工作。
* **reach a dead end** 走到尽头；陷入僵局
  + The police investigation has reached a dead end. 警方的调查陷入了僵局。

## 17. trial

### 【音标】

* 英式 (BrE): /ˈtraɪəl/
* 美式 (AmE): /ˈtraɪəl/

### 【词性与释义】

* **n.**
  1. **[C, U] (法院的) 审讯，审理，审判**
     + The man was arrested and put on trial for murder. 那名男子被捕并因谋杀罪而受审。
  2. **[C, U] 试验；试用**
     + The new drug is undergoing clinical trials. 这种新药正在进行临床试验。
  3. [C](#c) **(体育) 预赛；选拔赛**
     + She didn’t get selected during the Olympic trials. 她在奥运会选拔赛中落选了。
  4. [C](#c) **令人伤脑筋的事；考验**
     + The baby’s constant crying was a real trial to his parents. 婴儿不停的哭闹对他的父母来说真是个考验。

### 【固定搭配与例句】

* **stand trial / go on trial** 受审
  + He is expected to go on trial next month. 他预计将于下月受审。
* **trial and error** 反复试验；不断摸索
  + Children learn to use computer programs by trial and error. 儿童通过反复摸索才学会使用计算机程序。
* **on a trial basis** 试行；试用
  + We’ve employed him on a three-month trial basis. 我们雇用了他，试用期为三个月。

### 【词形变化与派生】

* **try** (v.) 尝试；审判

## 18. think outside the box

### 【词性与释义】

* **短语 (Phrase)**
  1. **打破常规思维；跳出思维定势 (to think in an original or creative way)**
     + To solve this problem, we need to think outside the box. 为了解决这个问题，我们需要跳出常规思维。

### 【例句】

* Our company encourages employees to think outside the box and come up with innovative solutions. 我们公司鼓励员工打破常规，提出创新的解决方案。
* She is a designer who always thinks outside the box. 她是一位总能跳出思维定势的设计师。
* Let’s try to think outside the box for our new marketing campaign. 让我们为新的营销活动尝试一些创造性的想法。

# 完形

## 19. settle

### 【音标】

* 英式 (BrE): /ˈsetl/
* 美式 (AmE): /ˈsetl/

### 【词性与释义】

* **v.**
  1. **(在某地) 定居，安家 (to make a place your permanent home)**
     + They chose to settle in a small village. 他们选择在一个小村庄定居。
  2. **解决(分歧、争端) (to end an argument or a disagreement)**
     + It’s time you settled your differences with your brother. 是时候解决你和你兄弟之间的分歧了。
  3. **决定；确定 (to decide or arrange something finally)**
     + Nothing is settled yet. 什么都还没定下来。
  4. **支付，结清(账款) (to pay money that is owed)**
     + Please settle your bill before you leave the hotel. 请在离开酒店前结清您的账单。

### 【相关短语动词 (Phrasal Verbs)】

* **1. settle down**
  + **(1) 舒适地坐下(或躺下)**
    - I settled down in an armchair with a book. 我在扶手椅上舒舒服服地坐下来看书。
  + **(2) (在某地)定居下来，过安定的生活**
    - When are you going to get married and settle down? 你打算什么时候成家立业？
  + **(3) (使某人)安静下来，平静下来**
    - The teacher waited for the students to settle down before she started the lesson. 老师等学生们安静下来后才开始上课。
* **2. settle for sth**
  + **勉强接受；将就 (to accept sth that is not exactly what you want but is the best that is available)**
    - I couldn’t afford the car I really wanted, so I had to settle for a smaller one. 我买不起我真正想要的车，所以只好将就着买了一辆小一点的。
* **3. settle in / settle into sth**
  + **安顿下来；习惯于(新居)；适应(新工作) (to start to feel comfortable in a new home, job, etc.)**
    - How are the kids settling into their new school? 孩子们在新学校习惯了吗？
* **4. settle on sth**
  + **选定；决定 (to choose or make a decision about sth after thinking about it)**
    - Have you settled on a name for the baby yet? 你给孩子起好名字没有？

## 20. reflection

### 【音标】

* 英式 (BrE): /rɪˈflekʃn/
* 美式 (AmE): /rɪˈflekʃn/

### 【词性与释义】

* **n.**
  1. [C](#c) **(镜子或水中的) 影像，倒影**
     + He admired his reflection in the mirror. 他欣赏着自己在镜中的影像。
  2. **[U] (声、光、热等的) 反射**
     + The reflection of sunlight off the water was dazzling. 阳光在水面上的反射很刺眼。
  3. [C](#c) **反映；显示；表达 (a sign that shows the state or nature of sth)**
     + Your clothes are often a reflection of your personality. 穿着常常能反映出一个人的个性。
  4. **[U, C] 沉思；深思；审慎的思考**
     + After a week of reflection, she decided to accept the job offer. 经过一周的深思熟虑，她决定接受这份工作。

### 【固定搭配与例句】

* **on reflection** 经再三考虑
  + On reflection, I think I made the wrong decision. 经过再三考虑，我认为我做了一个错误的决定。
* **a sad reflection on sth** …的可悲反映
  + The high crime rate is a sad reflection on our society. 高犯罪率是我们社会的一个可悲反映。
* **time for reflection** 思考的时间
  + A week off would give him time for reflection. 休息一周会让他有时间进行反思。

## 21. infectious

### 【音标】

* 英式 (BrE): /ɪnˈfekʃəs/
* 美式 (AmE): /ɪnˈfekʃəs/

### 【词性与释义】

* **adj.**
  1. **传染性的，有感染力的 (capable of being passed easily from one person to another)**
     + Flu is a highly infectious disease. 流感是一种传染性很强的疾病。
  2. **(感情、笑声等) 富有感染力的 (likely to spread to other people)**
     + Her enthusiasm is infectious. 她的热情很有感染力。

### 【固定搭配与例句】

* **an infectious disease** 传染病
  + Doctors are working to control the spread of the infectious disease. 医生们正在努力控制这种传染病的蔓延。
* **an infectious laugh/laughter** 富有感染力的笑声
  + She has a wonderfully infectious laugh. 她的笑声非常有感染力。
* **be highly infectious** 传染性极强
  + The new virus is highly infectious. 这种新病毒的传染性极强。

### 【词形变化与派生】

* **infect** (v.) 传染；感染
  + He infected the whole class with his cold. 他把感冒传染给了全班同学。
* **infection** (n.) 传染；感染
  + Wash your hands to prevent the spread of infection. 要勤洗手以防感染扩散。

## 22. roar

### 【音标】

* 英式 (BrE): /rɔː(r)/
* 美式 (AmE): /rɔːr/

### 【词性与释义】

* **v.**
  1. **(狮、虎等) 吼叫；咆哮**
     + We heard a lion roar in the distance. 我们听到了远处狮子的吼声。
  2. **(人) 叫喊；(人群) 喧哗**
     + The crowd roared its approval. 人群高声欢呼表示赞同。
  3. **放声大笑**
     + He roared with laughter at the joke. 听到那个笑话，他放声大笑起来。
  4. **(车辆等) 呼啸而行**
     + The motorcycle roared down the street. 摩托车呼啸着驶过街道。
* **n.**
  1. [C](#c) **吼叫；咆哮声**
     + His speech was greeted by a roar of applause. 他的讲话博得了雷鸣般的掌声。
  2. [C](#c) **(风、海、机器等的) 呼啸声，轰鸣声**
     + I could barely hear above the roar of the traffic. 在车辆的轰鸣声中我几乎什么也听不见。

### 【固定搭配与例句】

* **roar with laughter** 放声大笑
  + The audience roared with laughter throughout the comedy show. 在整个喜剧表演过程中，观众笑声不断。
* **a roar of applause/approval** 雷鸣般的掌声/欢呼
  + The band came on stage to a huge roar of applause. 乐队在雷鸣般的掌声中登台。
* **the roar of the crowd/engine** 人群的呐喊声/引擎的轰鸣声
  + The roar of the engine was deafening. 发动机的轰鸣声震耳欲聋。

## 23. well-fitting

### 【音标】

* 英式 (BrE): /ˌwel ˈfɪtɪŋ/
* 美式 (AmE): /ˌwel ˈfɪtɪŋ/

### 【词性与释义】

* **adj.**
  1. **合身的；合适的 (fitting the body closely and correctly)**
     + Everyone should own a well-fitting suit. 每个人都应该有一套合身的西装。

### 【例句】

* A well-fitting pair of shoes is essential for runners. 一双合脚的鞋对跑步者至关重要。
* She looked elegant in her well-fitting dress. 她穿着合身的连衣裙，看起来很优雅。

## 24. spin

### 【音标】

* 英式 (BrE): /spɪn/
* 美式 (AmE): /spɪn/

### 【词性与释义】

* **v.**
  1. **(使) 快速旋转**
     + The ice skater was spinning incredibly fast. 那个滑冰运动员旋转得快得惊人。
  2. **(使) 急转身**
     + He spun around to face her. 他猛地转过身来面对她。
* **n.**
  1. **[C, U] 旋转；自旋**
     + The dancer finished with a series of brilliant spins. 那位舞蹈演员以一连串漂亮的旋转动作结束。
  2. **[U] (尤指政治上的) 倾向性信息；观点**
     + The government tried to put a positive spin on the bad news. 政府试图对这个坏消息进行正面的舆论引导。

### 【固定搭配与例句】

* **spin out of control** 失去控制
  + The plane was spinning out of control. 飞机失去控制，不停地旋转。
* **make sb’s head spin** 使某人头晕目眩；使某人困惑
  + All the details and numbers made my head spin. 所有的细节和数字让我头昏脑胀。
* **go for a spin** 开车兜风
  + Let’s go for a spin in my new car. 让我们开我的新车去兜兜风吧。

### 【词形变化与派生】

* **时态变化**: spin / spun / spun

## 25. discipline

### 【音标】

* 英式 (BrE): /ˈdɪsəplɪn/
* 美式 (AmE): /ˈdɪsəplɪn/

### 【词性与释义】

* **n.**
  1. **[U] 纪律；风纪；训导**
     + The school has a reputation for high standards of discipline. 这所学校因纪律严格而闻名。
  2. **[U] 自制力；遵守纪律**
     + It takes a lot of discipline to study for an exam. 备考需要很强的自制力。
  3. [C](#c) **(尤指大学的) 学科；科目**
     + Psychology is a relatively new discipline. 心理学是一门比较新的学科。
* **v.**
  1. **训练；训导**
     + The teacher disciplined the students for their bad behavior. 老师因学生们的不良行为而惩戒他们。
  2. **惩罚**
     + The officer was disciplined for leaking confidential information. 那名官员因泄露机密信息而受到处分。

### 【固定搭配与例句】

* **keep good discipline** 保持良好纪律
  + She keeps good discipline in class. 她严格执行课堂纪律。
* **self-discipline** 自律
  + Becoming a successful athlete requires incredible self-discipline. 成为一名成功的运动员需要非凡的自律。
* **an academic discipline** 一门学科
  + He is an expert in several academic disciplines. 他是好几门学科的专家。

### 【词形变化与派生】

* **disciplinary** (adj.) 纪律的；惩戒的
  + The company will take disciplinary action against employees who break the rules. 公司将对违反规定的员工采取纪律处分。