

23 年 12 月四级 IAI English 打卡营—作文第一周

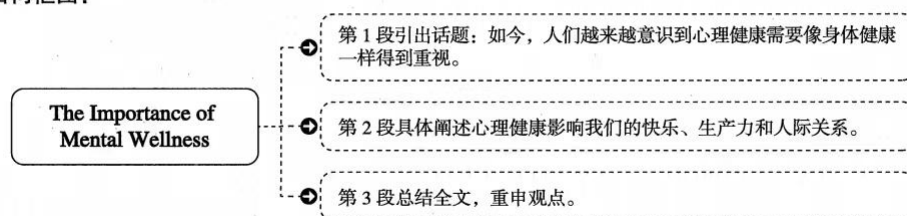
23 年 6 月六级真题第一套:

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence “Today there is a growing awareness that mental well-being needs to be given as much attention as physical health.”

You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words.

Part I Writing

结构框图:



范文点评:

The Significance of Prioritizing Mental Wellness

Today there is a growing awareness that mental well-being needs to be given as much attention as physical health. Unfortunately, mental health has often been overlooked in the past, despite its crucial role in shaping our overall health and well-being. It is important to acknowledge that mental health issues can affect anyone at any time, regardless of age, gender, or background. Mental well-being influences several key aspects of our lives, which is why it warrants our focus.

First and foremost, it has a profound impact on our happiness. When we maintain good mental well-being, we open ourselves up to experiencing positive emotions like joy, gratitude, and satisfaction. These emotions, in turn, have the power to elevate our mood and enhance our resilience in the face of stress and adversity.

Secondly, mental well-being significantly influences our productivity. With a strong mental foundation, we are more likely to be motivated, creative, and efficient in our work and studies. Moreover, we become better equipped to deal with challenges and difficulties, navigating them with a sense of purpose and determination.

Thirdly, mental well-being plays a vital role in shaping our relationships. Mentally healthy individuals tend to be more empathetic, compassionate, and cooperative with others, which excel in communication and have a knack for resolving conflicts effectively. Thus, fostering mental wellness not only benefits our personal well-being but also positively impacts our interactions with those around us.

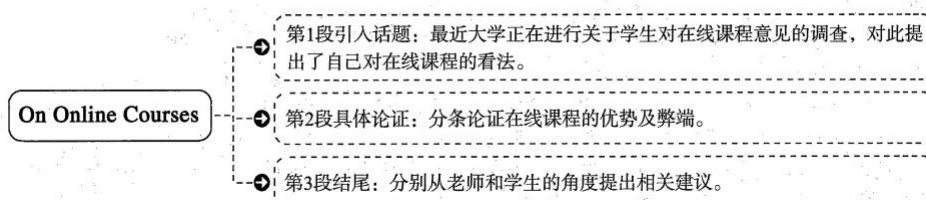
Consequently, it is imperative that we prioritize our mental well-being and seek help when needed. Mental health is on par with physical health in terms of its significance for our overall well-being. By recognizing the importance of mental well-being and proactively addressing it, we can lead more fulfilling and balanced lives.

整理摘抄:

23 年 6 月四级真题第一套:

Directions: Suppose your university is conducting a survey to collect students' opinions of online classes. You are to write a response to the survey about their advantages and disadvantages, and what improvements can be made. You will have 30 minutes for the task. You should write at least 120 words but no more than 180 words.

结构框图:



Assessing the Pros and Cons of Online Courses

In recent times, our university has initiated a survey to gauge the opinions of students regarding online courses. From my perspective, online courses possess both advantages and disadvantages.

Foremost among the numerous merits of online courses is the flexibility they offer. Students can engage in learning at their convenience, breaking free from the constraints of time and location. Furthermore, through online courses, students gain access to high-quality educational content provided by esteemed instructors, both locally and internationally. The ability to review and repeat complex topics through replays is yet another advantage worth noting.

However, it is crucial not to overlook the drawbacks of online courses. On one hand, fostering a high level of interaction between students and instructors can be challenging in the online setting. On the other hand, online classes place substantial demands on students in terms of self-discipline and motivation. Many students find it difficult to maintain focus without the guidance and supervision of teachers.

Considering the overall scenario of online classes at our university, I believe that, in order to enhance the effectiveness of online courses, teachers should create more opportunities for interaction and collaboration. Additionally, students must actively cultivate their self-learning abilities and make the most of the resources offered by online courses. This way, we can collectively work towards improving the online learning experience.

整理摘抄: