1. In some countries, young people are not only richer but also safer and healthier than ever before. However, they are less happy. What do you think are the causes of this? What solutions can you suggest?

题型：原因解释

Currently, there has been a general debate over the public happiness regarding to the fact that the rise and rise of young people in some countries are less happy, though they are richer, safer and healthier than ever before. From my point of view, the main reason why today’s youth feel less happy is that their inner spiritual world did not be satisfied, while they are not enough mature or lack of experience to handle the difficulties when they enter into society. I would expand this discussion with the following two aspects.

For the majority of young people, happiness seems a long distance thing since hardly can they really liberate themselves from the growing social requirements and shrug off the anxiety in the fast-paced society. in this highly commercialized world which has dramatically changed in terms of the intensity of competition, one must go through before achieving success. In most cases these individuals are dreaming of wealth and fame, or even power, but what will also become inevitable is the tons of stress, insecurity and dissatisfaction,

Another cause for concern, the psychological factors such as the wholesome mentality, may also be closely related to the personal happiness. If young people know nothing about how to adjust personal mentality, chances are high that they are going to be negative and complaining, or even finally give up when encountering great difficulties at some point of their lives. Further more, it usually means a less self-fulfillment, which poses a great threat to their ~~main source of~~ happiness.

Faced with above challenges, we suggested that the outer world,such as the schools and workplace, can offer opportunities to develop young people’s psychological health. Activitieslike ?, or outward bound, which enables them to feel relaxed, loved and become positive, is booming in China. I really believe they play a key role developing young people’s self-flfillment . In addition to young peoples’ inner world, their self-discipline like reading, communicating and physical exercise would also help them experience happiness.

In conclusion, although the pursuit of happiness is not easyfor human beings and in fact that more and more people are deprived of happiness and satisfaction by the progress of society, we still believe it can be solved by developing individual’s wholesome mentality and the ability to feel happiness. In contemporary world, it’s the best time to capture happiness than ever before.

2. Some people think personal happiness is closely related to economic success, while others believe that it depends on other factors. Discuss both views and give your opinion.

题型：双边讨论

立场：个人的幸福不仅仅靠经济上的成功，还和自我成就/实现，家人，朋友等因素有关。

When it comes to happiness, the overwhelming majority of people would agree with the assertion that personal happiness is closely related to economic success; others, however, believe that it depends on other factors, whichis also my point.

确实经济上的成功（财务自由）可以满足人们的很多物质欲望。

Admittedly, economic success can easily help us meet materialistic demands. It is widely known that our daily life closely links to how much money we make.in contemporary society, money can buy almost everything, including food, clothes, and shelters to improve quality of living. What’s more, many parents want to send their children to the best schools, regardless of tuition fees they need to pay. If they have no money, they are less likely to support their children’s education.

然而，个人的幸福感不仅仅靠钱就能满足，金钱买不到健康。

Nevertheless, personal happiness would not only be satisfied by money, as far as I am concerned. Money can buy medicine but not health. It can be best exemplified by the case of Steven William Hawking, who was one of the greatest physicists around the world. Dr. Hawking ?, but unfortunately he suffered from disease by the end of 1960s. Although many people, organizations were willing to pay for his medical expense with top end treatment, the modern medical technology still had not salvaged his health. In this sense, Dr. Hawking’s personal happiness were deprived of diseases.

我觉得这个例子不好，应该找那种有钱也卖不到的快乐，霍金显然是快乐的,但是他的快乐不是来自金钱…可以侧重他对学术的追求能到了终极快乐， Seeking the truth, seeking the reality makes him happy.

个人观点：除了钱，其他因素诸如亲情、友情、自我成就以及身体健康等因素有助于个人幸福感。经济上成功的人不一定幸福，相反，幸福的人更容易成功

My point of view is that