Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence."With the application of information technology in education, college students can now learn in more diverse and efficient ways."You can make statements, give reasons, or cite examples to develop your essay. You should write at least 150 words but no more than 200 words.

开头: 提出信息技术对大学生学习的影响是多方面且高效的

主体:

1.有哪些信息技术？如何影响教育事业?

2.大学生利用技术能做哪些事情丰富和完善自己?

3.虽然科技可能使得大学生沉迷于游戏等娱乐，只要我们能够抵挡诱惑我们可以扬长避短

结尾: 对于大学生善于利用科技有助于我们高效且多元的学习

With the application of information technology in education, college students now have access to more diverse and efficient ways of learning. It is essential for us to fully embrace this technological advancement, as it holds the potential to significantly enhance our academic performance and overall learning experience.

First of all, technology has impacted every aspect of life, ranging from daily communication to educational practices. Through various educational apps, including MOOCs, Zhihu, and ZuoYeBang, we can broaden our horizons and gain a deeper understanding of the world and ourselves. For example, when we encounter a challenging problem, we can take a photo and send it to ZuoYeBang, which can provide us with a reasonable solution.

Moreover, there is no doubt that we can make full use of technology to enhance our academic performance. By utilizing educational apps on phones or computers, we can deepen our understanding of the subject matter and solve complex problems. Not only can we read about new topics, but we can also interact with them through videos, images, and interactive platforms.

Last but not least, the benefits of utilizing technology outweigh the challenges it may bring. Although excessive gaming or video watching can be distracting, we can avoid such pitfalls by exercising self-control and focusing on our academic goals.

All in all, it is without a doubt that technology has a profound impact on us. By using it carefully and wisely, we can significantly enhance our academic performance and overall learning experience.

青藏高原（the Qinghai-Tibet Plateau）位于中国西南部，面积约为230万平方公里，平均海拔4000米以上，被称为“世界屋脊”。

青藏高原自然资源丰富，风景秀丽，拥有多种珍稀野生动物。

青藏高原气温很低，形成了大面积高山冰川。

这里是亚洲许多著名河流的源头，是中国和东南亚的主要淡水供应源。

青藏高原对全球生态系统至关重要。由于气候变化的影响，青藏高原的冰川正在加速融化。

中国一直在努力保护青藏高原的生态系统，草地覆盖率不断增加，许多濒危物种得到更为有效的保护。

Cover an area of 2.3 million square kilometers.

With an average elevation of over 4000 meters.

Be known as/be identified as/ be referred to as roof of the world

With abundant natural resources and beautiful landscapes, it is home to a variety of rare and valuable wildlife.

Mountains covered with glaciers has formed on the Qinghai-Tibet Plateau.

Source of many famous rivers in Asia. The main freshwater provider for china and southeast Asia.

Melt at an unprecedented pace/an accelerated pace

The grassland coverage increased, many rare species are being better protected.

The Qinghai-Tibet Plateau, located in the southwestern part of China, covers an area of approximately 2.3 million square kilometers. With an average elevation of over 4,000 meters, it is (known as/ referred to as/identified as) the "Roof of the World".With abundant natural resources and beautiful landscapes, it is home to a variety of rare and valuable wildlife.Due to its low temperatures, a large area of mountains covered with glaciers has formed on the Qinghai-Tibet Plateau. The Qinghai-Tibet Plateau is not only the source of many famous rivers in Asia, but also a major freshwater provider for China and Southeast Asia.The Qinghai-Tibet Plateau is of great significance to the global ecosystem. Due to the effects of climate change, the glaciers on the plateau are melting at an accelerated rate. China has been sparing no effort to protect the ecosystem of the Qinghai-Tibet Plateau. As a result, the grassland coverage has increased, and many endangered species are being better protected.

南京长江(Yangtze River)大桥是长江上首座由中国设计、采用国产材料建造的铁路、公路两用桥(serving rail and road traffic)，上层(upper)的4车道(four-lane highway)公路桥长4589米，下层(lower)的双轨道(dual-track)铁路桥长6772米。铁路桥连接原来的天津一浦口和上海一南京两条铁路线(railway lines)，使火车过江从过去一个半小时缩短为现在的2分钟。大桥是南北交通的重要枢纽(transportation hub)，也是南京的著名景点(landmark)之一。南京长江大桥的建成标志着中国桥梁建设的一个飞跃(mark a leap)，大大方便(facilitate)了长江两岸的物资交流(the exchanges of goods)和人员(the movements of people)来往，对促进(promote)经济发展和改善(improve)人民生活起到了巨大作用.

Nanjing Yangtze River Bridge is the first bridge over the Yangtze River designed by China and constructed using Chinese materials, serving both rail and road traffic.The upper four-lane highway bridge is 4,589 meters long, and the lower dual-track railway bridge is 6,772 meters long.

The railway bridge connects the original Tianjin-Pukou and Shanghai-Nanjing railway lines,which reduces the travel time for trains from one end to the other to about 2 minutes.

The bridge is not only a key transportation hub for north-south travel, but also one of the famous landmarks in Nanjing.

The completion of the Nanjing Yangtze River Bridge marks a leap forward in China's bridge construction, greatly facilitating the exchange of goods and the movement of people across the Yangtze River, and playing a significant role in promoting economic development and improving people's lives.

In recent years, rural development in China has made remarkable progress.

With national policies supporting the rural economy continuously strengthening, the infrastructure in rural areas has been significantly improved, and public services, such as transportation, education, and healthcare, have been effectively enhanced.

Meanwhile, rural productivity has been promoted, and the income levels of rural residents have increased remarkably. In recent years, many rural areas have increased their economic income by developing tourism, e-commerce, and other new industries, attracting a large number of young people to return to their hometowns to start businesses.

However, rural development faces many challenges, such as environmental pollution, labor shortages, and the gap between urban and rural areas. How to achieve sustainable rural development remains a key issue that requires attention.

Young people spend a lot of time on the Internet. However, they are sometimes unable to recognize false information on the Internet, judge the reliability of online information sources, or tell real news stories from fake ones.

In the information age, the internet is flooded with both true and false information, making it crucial for young people to learn how to differentiate between the two. As technology continues to evolve at an unprecedented pace, the volume of online information grows exponentially. While some information is authentic and beneficial, others can be fake and even harmful. To make full use of reliable information and avoid being misled, we should raise our awareness of online content and cultivate the ability to assess the credibility of online information sources.

For young people, the internet has become an indispensable part of life. Through platforms like WeChat, Micro-blog, and QQ, we can broaden our horizons and gain a deeper understanding of the world. Additionally, platforms like Tencent Video, Bilibili, and YouTube offer an array of videos that not only entertain but also enrich our knowledge and bring us joy.

To improve our ability to discern online information, there are several practical steps we can take. Firstly, it is essential to choose reliable information providers. If we are unsure which sources are trustworthy, we can check their ratings and reviews online or consult other credible channels. Secondly, instead of spending excessive time aimlessly surfing the internet, we can seek advice from trusted friends or professionals in specific fields to gain a better understanding of complex topics. Lastly, only by developing the ability to critically evaluate the reliability of online information sources can we enhance our overall internet experience.

In conclusion, no one can deny the convenience and opportunities the internet provides. By selecting trustworthy news sources and developing the skills to distinguish real news from fake, we can lead a brighter and more fulfilling life in the digital era.

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