

CET6 写作攻略

论点论据大全

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1 总览

1.1 从题型说起

六级写作主要是议论文（当然也存在极少数的应用文），具体可分为以下几类：

- 意义措施类
- 观点选择类
- 现象解释类
- 谚语警句类
- 图画图表类

可以搜索 PYY 老师去全面地学习，或者直接[点击链接](#)六级写作模板 170+ 保姆教程。
这里只讨论论点和论据。

1.2 论据的意义

通常来说，一般都是类似于“五段三论”的写法，从现象说到意义或原因，最后提出措施。中间部分一般是全文的主题，是需要集中论证的地方。常用的论证方法有：

- 引用论证
- 举例论证
- 对比论证
- 道理论证
- ...

引用论证和举例论证是最好用，也最拉风的——因为它们说理逻辑性弱，不容易出错，而且能够体现作者的文化素养，有逼格。所以一般来说，建议主要采用这两种论证方式。

既然如此，论据就显得很重要了。除了日常生活中的见闻和已有的知识储备，下面的这些或许也能有所帮助。

1.3 额外的一点

其实，如果研究过 CET6 写作的例文，会发现对比论证也占有一席之地。虽然这并非本书讨论的重点，但是值得提及。

最简单的用法就是正反对比，即有 xxx 会怎么样，没有 xxx 会怎么样，具体可以采用举例论证、引用论证、演绎论证填充这个“框架”的血肉。

1.4 推而广之

既然如此，可以发现，上述道理对于简单的议论文写作是通用的。所以它不仅可以应用于 CET6，还有考研英一英二等等……

2 以人为本

以人为本是非常重要的思想。

2.1 人才是第一资源

滴滴底层软件故障，被认为是裁员潮带来的恶果。

Meta 通过招揽人才，即使多到花钱让他们做假工作，也不让其他公司得到他们。

- In November 2023, Didi Global ride-hailing app was disrupted by an underlying system

software failure, which is believed to be the impact of layoffs at the beginning of the year.——取材自网易、CNA

- According to Britney Levy, an ex-employee of Meta, this company paid employees to do "fake work" so that other companies couldn't have them.——取材自 TikTok[1]、Business Insider

Meta 的故事能在小视频里看到，可以去搜一搜，虽然热度已经过去了。

2.2 教育是国之大计

孔子“有教无类”的教育理念，使他“万世师表”实至名归。

- Confucius was the first educator in Chinese history to put forward the idea of teaching without discrimination, giving everyone an equal opportunity to learn, which makes him the most renowned educator.

2.3 生活与工作

过了不到 15 年，同一批人觉得工作其实没有那么重要。

- Research from King's College London based on surveys from 24 countries found that just 14% of UK millennials believe work should always come first, compared with 41% in 2009. Prof Bobby Duffy, the principal investigator in the study, suggested this might mark a cultural shift.——取材自 The Guardian

2.4 论人的自我修养

这里就很多了，只要用名人就可以，而且基本具有普适性，也就是说不论是勤奋努力、矢志创新、精忠报国、勇敢无畏、自尊自信、坚持不懈等等等，不同的人物、不同的属性，

都可以乱堆。

因为太通俗了，所以不展开了。

我还记得上次写作我写的就是 Elon Musk，不过主题似乎是“辩证思考 + 理性选择”，emmm 我个人倒是感觉也很合理。

- Yuan Longpin and his hybrid rice
- Elon Musk and SpaceX / Telsa
- ...

在这里放一句可以用作“勇于尝试”或者“远大理想”主题的话，我很喜欢这一句：

Shoot for the moon. Even if you miss, you'll land among the stars.

2.5 人与自然

人与自然是一个很宏大的视角，即使把人剥离出去，单纯讨论“自然”都必然会有长篇大论。

IPCC (Intergovernmental Panel on Climate Change。即联合国政府间气候变化专门委员会) 的报告最具有权威性。下面这段节选自其 2022 年的报告 *Impacts, Adaptation and Vulnerability* 的第一章，无修改。

Numerous additional significant climate-related changes have unfolded worldwide. Consistent with projections, multiple concurrent changes in the physical climate system have grown more salient, including increasing global temperatures, loss of ice volume, rising sea levels and changes in global precipitation patterns. The changes in the physical climate system, most notably more intensive extreme events, have adversely affected natural and human systems around the world. This has contributed to a loss and degradation of ecosystems,

including tropical coral reefs; reduced water and food security; increased damage to infrastructure; additional mortality and morbidity; human migration and displacement; damaged livelihoods; increased mental health issues; and increased inequality.

其中所列写的具体环境问题有以下几条：

- increasing global temperatures
- loss of ice volume
- rising sea levels
- reduced water and food security
- increased damage to infrastructure
- ...

即使上面那段太长了难以使用，核心要点还是很明了的。

至于对策，可以去详细阅读 IPCC 的报告，此外这一句很不错：

Lucid waters and lush mountains are invaluable assets.

绿水青山就是金山银山。

2.6 健康最重要

这部分是承接上一部分的，环境恶劣危害人的健康等等……

举一个例子，新冠后遗症 **post-COVID-19 condition**

The World Health Organization has developed a definition for post-COVID-19 condition (commonly known as long COVID) as continuation or development of new symptoms 3

months after the initial SARS-CoV-2 infection, with these symptoms lasting for at least 2 months with no other explanation.

While common symptoms of long COVID can include fatigue, shortness of breath and cognitive dysfunction over 200 different symptoms have been reported that can have an impact on everyday functioning.

使用这个例子很有意义，因为它的应对措施很具有普适性，可以用在“提出措施”的部分（这也可以做论据啊）。

- Taking up offers of COVID-19 vaccines/boosters
- Wearing well-fitted masks
- Cleaning hands regularly
- Catching coughs and sneezes
- Ensuring indoor spaces are well ventilated.

以上都来自 WHO 官网，可以自己去搜索资料深入研究。早睡早起多喝热水等万用措施不再赘述。

2.7 希望之花永不凋零

除了《肖申克的救赎》中的点睛之笔，下面的句子也极为合适（来自二十年前已故的哲学家、学者伯纳德·威廉姆斯）。

- There was never a night or a problem that could defeat sunrise or hope. —————
Bernard Williams

2.8 人与人

每个人都不是一座孤岛，因此人与人之间的距离与联系也是很有讨论意义的。具体包括朋友、家人、师生等等。

下面这句话评价很到位：

We're born into relationship, and it's in relationship that we find healing and growth and potential.——Bruce Crapuchettes

可以去这位博士的网站看看：<https://pasadenainstitute.com/>

关于朋友：

Is it not delightful to have friends coming from distant quarters?——The Analects

有朋自远方来，不亦乐乎？——《论语·学而》

其他的也都是老生常谈了，不再列举了。

3 历史与文化

3.1 文化保护

故宫博物院与腾讯合作推出了微信小游戏《故宫：口袋宫匠》，实现了电子游戏与传统文化的双向赋能，成为文物的数字化保存和保护的典范。但是这个游戏没有英文版，名字凭感觉翻译的...

在这里可以发现，当下凡是跟文化相关的热点/新闻等（包括下述），都与科技和创新密不可分（它也适用于创新话题）。

- The Palace Museum and Tencent have collaborated to launch the wechat-minigame "Gugong: Pocket Palace Craftsman", aimed at disseminating and promoting traditional culture. This initiative not only serves to popularize cultural heritage but also seeks to digitize the preservation and protection of cultural relics.

3.2 文化传播

《原神》，中国文化出海的标兵。

- Genshin elevates Chinese cultural elements onto the global stage, successfully representing the richness of Chinese culture and reshaping the perception of 'made-in-China.' It has garnered widespread acclaim from players around the world.

其实这也体现了中国传统文化的影响力、当代中国文化出口的成功等多个方面。

3.3 中华优秀传统文化

通常来说，这里细点比较多，因为中华文化博大精深（泱泱中华，万古长河。晨禹迹而暮朝歌，泽丰镐而卫河洛……），列举几个有代表性的：

- Beijing Opera
- paper-cutting
- calligraphy
- landscape painting
- Tang poems

下面这一段取材自中国日报，习近平总书记呼吁广大哲学社会科学工作者共同努力，在新的时代条件下推动中华优秀传统文化创造性转化、创新性发展。

President Xi Jinping has called on people who work in the field of philosophy and social sciences to promote the evolution and growth of fine traditional Chinese culture in new and creative ways in the new era.

3.4 文化创新

文化创新是一个相当宽泛的话题，案例包括：

- Gugong
- Genshin
- TV program National Treasure

除了前述的两款游戏，还包括一些电视节目，例如《国家宝藏》、《典籍里的中国》等等（不再列举了），都是文化创新的典范，基本够用了（是的，只要是当代的事情，都离不开科技创新）。

对策则有：

- discard their dross and select their essence
- critical inheritance
- combination of traditional culture, the new media and Internet technology

取其精华，去其糟粕，批判继承，再加上结合新媒体和互联网技术。这些不仅是对策，也是文化创新成功的原因。另外，这里词性没有统一。

4 科技与创新

4.1 学术造假

细思极恐的学术造假。

- Joachim Boldt, a German specialist in critical care medicine, studied a blood substitute that was used in hospitals across Europe. However, after his science fraud came to

light and researchers reanalyzed his results, it turned out the opposite was true: the substitute was “associated with a significant increased risk of mortality and acute kidney injury” .———取材自 The Guardian

4.2 科技改变生活

当教育领域也有了新技术，当自动驾驶走进生活中。

- Online education expands learning boundaries globally, offering flexible schedules and personalized learning. Integrated technology, cost-effectiveness, and career opportunities underscore the importance of lifelong learning to adapt to constant change.
- Autonomous driving technology revolutionizes urban traffic management, enhances fleet efficiency, and promises safer and smarter mobility solutions. Its impact have extended to industries such as mining, construction, and defense, shaping the future of transportation.

4.3 创新驱动发展

大量示例可以应用于这里，包括以人为本章节中部分所述，这里只举一个例子。

ChatGPT 上下文理解和交互式对话的创新设计使其领先于传统的搜索引擎和语言模型。

- ChatGPT excels over traditional language models due to its innovative features, including a robust understanding of context and support for interactive dialogues. These advancements enable more natural and coherent conversations, setting ChatGPT apart in the realm of language generation.

References

- [1] @clearlythere. URL: https://www.tiktok.com/@clearlythere/video/7209072453811948846?is_from_webapp=1&sender_device=pc&web_id=7307853888295994898.