

## 英语逆袭班 英语 100 句讲义

本周主要学习内容:

第 26-50 句

### 第二周 26-30 句

26. Personality and social relationship are essential to success.

人的性格和社会关系对成功很重要。

personality [ˌpɜːsəˈnæləti] n. 性格; 个性

social [ˈsəʊl] adj. 社会的; 社会上的

relationship [rɪˈleɪʃnʃɪp] n. 关系; 联系

essential [ɪˈsenʃl] adj. 必不可少的; 极其重要的

social relationship 社会关系

be essential to 对……很重要

27. These days many people from rural areas have chosen to migrate to cities.

目前很多人从农村移居到城市。

rural [ˈrʊərəl] adj. 乡村的; 农村的

choose [tʃuːz] v. 选择; 挑选

migrate [maɪˈɡreɪt] v. 迁徙; 移居

rural areas 乡村地区

choose to do 选择做……

migrate to 移居到……

28. College students can enjoy more freedom in social life and make new friends.

大学生可以在社会生活中享受更多自由, 交一些新朋友。

college [ˈkɒlɪdʒ] n. 大学; 高等专科学校

freedom [ˈfriːdəm] n. 自由

*Practice makes perfect.*

social life 社会生活  
make friends 交朋友

 Notes:

29. By providing community services, students can develop some positive qualities.

通过提供社区服务，学生可以发展自己的素质。

provide [prə'vaɪd] v. 提供；供应  
community [kə'mju:nəti] n. 社区；社会  
service ['sɜ:vɪs] n. 效劳；服务  
develop [dɪ'veləp] v. 发展；成长  
positive ['pɒzətɪv] adj. 积极乐观的；积极的  
quality ['kwɒləti] n. 人品；素质

by doing sth 通过做某事  
community service 社区服务

30. Many children are exposed to a large number of advertisements in the modern world.

如今，很多小孩每天都会接触到数目庞大的广告。

expose [ɪk'spəʊz] v. 暴露；显露  
advertisement [əd'veɜ:tɪsmənt] n. 广告；广告活动  
modern ['mɒdn] adj. 现代的；当代的

be exposed to 使暴露于……  
a large number of... 大量的……；数目庞大的……

## 第二周 31-35 句

31. Some of them have been trying to get in the habit of learning and studying on their own.

他们中的一些人尝试养成自学的习惯。

habit ['hæbɪt] n. 习惯；惯常行为  
own [əʊn] adj. 自己的；本人的

*Practice makes perfect.*

get in the habit of 养成……的习惯  
on one's own 独自，依靠自己

 Notes:

32. The coming of Internet has changed the ways people live their lives and complete work.

因特网的到来已经改变了人们的工作和生活方式。

change [tʃeɪndʒ] v. 改变；变化  
complete [kəm'pli:t] v. 完成

live one's life 过自己的生活

33. These activities can boost their confidence and improve their problem-solving abilities.

这会提高他们的信心和解决问题的能力。

activity [æk'tɪvəti] n. 活动  
boost [bu:st] v. 使增长；使兴旺  
confidence ['kɒnfɪdəns] n. 信心；信任  
improve [ɪm'pru:v] v. 改进；改善  
problem-solving ['prɒbləm sɒlvɪŋ] n. 寻求答案；解决问题

improve one's problem-solving ability 提高某人解决问题的能力

34. The younger generation can learn responsibility and how to serve the community.

年轻人会学到责任感，知道怎么为社区服务。

generation [ˌdʒenə'reɪʃn] n. 一代人；同辈人  
responsibility [rɪˌspɒnsə'bɪləti] n. 责任；负责  
serve [sɜ:v] v. 接待；服务

serve the community 服务社区

35. Leaving away from parents means that young people have to learn how to live an independent life.

离开父母居住意味着年轻人要学习如何独立地生活。

*Practice makes perfect.*

mean [mi:n] v. 意思是; 本意是  
independent [ˌɪndɪˈpendənt] adj. 独立的; 自主的  
  
live an independent life 过着独立的生活

 Notes:

## 第二周 36-40 句

36. University students can improve research skills and collect information on different subject matters.

大学生可以提高研究能力, 收集信息去了解不同的课题。

research [rɪˈsɜ:tʃ] n. 研究; 调查  
skill [skɪl] n. 技巧; 技能  
collect [kəˈlekt] v. 收集; 搜集  
information [ˌɪnfəˈmeɪʃn] n. 信息; 消息  
subject [ˈsʌbdʒɪkt] n. 学科; 科目  
matter [ˈmætə(r)] n. 课题; 事情

research skill 研究能力  
collect information 收集信息  
subject matter 课题

37. It is interesting to note that many successful people have some personality traits in common.

有趣的是很多成功人士被发现具有类似的性格特点。

note [nəʊt] v. 注意; 留意  
successful [səkˈsesfl] adj. 获得成功的; 有成就的  
trait [treɪt] n. 特征; 特性  
common [ˈkɒmən] adj. 共有的; 共同的

have...in common 有……共同点

*Practice makes perfect.*

 Notes:

38. Cities can attract investments and become wealthy, so people's living standards can also be improved.

城市可以吸引投资，变得更加富裕，因此，人们生活水平会变得更好。

attract [ə'trækt] v. 吸引

investment [in'vestmənt] n. 投资

wealthy ['welθi] adj. 富有的；富裕的

standard ['stændəd] n. 标准；水平

living standard 生活水平

39. Many university students today have either chosen university accommodation or shared an apartment with their friends.

很多大学生现在要么住在学校宿舍，要么和朋友合租公寓。

accommodation [ə,kɒmə'deɪʃn] n. 住处；住宿

share [ʃeə(r)] v. 共有；合用

apartment [ə'pɑ:tmənt] n. 公寓套房

either...or... ……或……；要么……，要么……

40. One problem about an aging population is that health care costs will soar, imposing a burden on taxpayers.

一个和老龄化相关的问题是健康医疗费用会激增，会对纳税人施加负担。

aging ['eɪdʒɪŋ] adj. 变老的；老化的

cost [kɒst] n. 费用

soar [sɔ:(r)] v. 急升；猛增

impose [ɪm'pəʊz] v. 迫使；把……强加于

burden ['bɜ:dn] n. 重担；负担

taxpayer ['tækspeɪə(r)] n. 纳税人

aging population 老龄化人口

health care 健康医疗

impose...a burden on 对……施加负担

*Practice makes perfect.*

 Notes:

## 第二周 41-45 句

41. Parents and children across Europe have been making similar purchases at the start of a new school year.

新学年伊始，欧洲各地的家长和孩子们都在做相似的采购。

across [ə'krɒs] prep. 从……一边到另一边；横过

Europe ['jʊərəp] n. 欧洲

similar ['sɪmələ(r)] adj. 相像的；相仿的

purchase ['pɜ:tʃəs] n. 购买；采购

at the start of 在……的开始

42. Watching television can have an adverse impact on children's grades, rather than improve their academic performance.

过多看电视会影响孩子们的学习，而不是提升他们的学业成绩。

adverse ['ædvɜ:s] adj. 不利的；有害的

impact ['ɪmpækt] n. 巨大影响；强大作用

grade [greɪd] n. 成绩等级

academic [ˌækə'demɪk] adj. 学业的；学术的

performance [pə'fɔ:məns] n. 表现；业绩

have an impact on 对……造成巨大影响

rather than 而不是

academic performance 学业表现；学业成绩

43. People have not yet realized that their way of life will lead to energy consumption and cause waste as well as pollution.

很多人没有意识到他们的生活习惯会导致能源消耗，产生垃圾和污染。

realize ['ri:əlaɪz] v. 认识到；意识到

lead [li:d] v. 领路；引领

energy ['enədʒi] n. 精力；活力

consumption [kən'sʌmpʃn] n. 消耗；消耗量

waste [weɪst] n. 浪费

pollution [pə'lu:ʃn] n. 污染

*Practice makes perfect.*

way of life 生活方式  
lead to 引起; 导致  
energy consumption 能源消耗

 Notes:

44. Raising environmental awareness is important, because this can change the ways of people using different products.

我们需要提高人们的环保意识，因为这会改变人们使用不同产品的方式。

raise [reɪz] v. 提升; 提高  
environmental [ɪnˌvaɪrən'mentl] adj. 自然环境的; 生态环境的  
awareness [ə'weənəs] n. 认识; 意识  
product ['prɒdʌkt] n. 产品

environmental awareness 环保意识

45. Young couples intend to send their children to good schools in urban areas, so as to break the cycle of poverty.

年轻夫妇计划送孩子到城市接受良好的教育，从而可以摆脱贫穷。

couple ['kʌpl] n. 夫妻  
intend [ɪn'tend] v. 打算; 计划  
send [send] v. 派遣; 安排去  
urban ['ɜ:bən] adj. 城市的; 都市的  
break [breɪk] v. (使) 破; 打破  
cycle ['saɪkl] n. 循环  
poverty ['pɒvəti] n. 贫穷; 贫困

intend to 打算; 想要  
urban areas 城市地区  
so as to 以便; 为使  
cycle of poverty 贫穷的循环

*Practice makes perfect.*

 Notes:

## 第二周 46-50 句

46. Today, on Education Tips, we will explore how you can break bad habits, such as repeatedly checking your phone.

今天，在教育小贴士中，我们将探讨如何改掉坏习惯，比如反复查看手机。

tip [tɪp] n. 实用的提示

explore [ɪk'splɔ:(r)] v. 探索；探究

repeatedly [rɪ'pi:tɪdli] adv. 重复地；反复地

check [tʃek] v. 检查；查看

break bad habits 改掉坏习惯

check one's phone 查看手机

47. People have different views about government funding for arts, especially when a country struggles with budget problem.

人们对政府赞助艺术有不同的看法，特别当国家遇到预算问题的时候。

government ['gʌvənmənt] n. 政府

fund [fʌnd] v. 为……提供资金

especially [ɪ'speʃəli] adv. 尤其；特别

struggle ['strʌgl] v. 斗争；抗争

budget ['bʌdʒɪt] n. 预算

struggle with 与……斗争；与……作斗争

48. People who travel to different countries can have a better understanding of these countries and explore more career opportunities.

人们可以通过旅行去不同的国家旅游，增加对不同国家的了解，获得更多的就业机会。

travel ['trævl] v. 旅行；游历

country ['kʌntri] n. 国；国家

better ['betə(r)] adj. 更好的

understanding [ˌʌndə'stændɪŋ] n. 理解；了解



*Practice makes perfect.*

career [kə'riə(r)] n. 生涯; 职业  
opportunity [ˌɒpə'tju:nəti] n. 机会

have a better understanding of 对……有一个更好的了解  
career opportunity 就业机会

 Notes:

49. Young people who are ambitious, energetic, hardworking and creative prefer to go to the cities in search of employment opportunities.  
有野心的, 精力充沛的, 勤奋的和有创造力的年轻人更喜欢去城市寻找就业就会。

ambitious [æm'bɪʃəs] adj. 有野心的; 有雄心的  
energetic [ˌenə'dʒetɪk] adj. 精力充沛的; 充满活力的  
hardworking ['hɑ:d,wɜ:kɪŋ] adj. 努力的; 勤奋的  
creative [kri'eɪtɪv] adj. 有创造力的  
prefer [prɪ'fɜ:(r)] v. 较喜欢; 喜欢……多于……  
search [sɜ:tʃ] n. 搜索; 搜寻  
employment [ɪm'plɔɪmənt] n. 工作; 就业

prefer to 较喜欢; 宁愿  
in search of 搜寻; 寻找  
employment opportunity 就业机会

50. The main function of rules is to hold children accountable for their behavior and to help them develop good behavior patterns from a young age.  
规则的主要功能是让小孩对他们的行为负责, 帮助他们从小塑造好的行为。

main [meɪn] adj. 主要的; 最重要的  
function ['fʌŋkʃn] n. 作用; 功能  
rule [ru:l] n. 规则  
hold [həʊld] v. 使保持  
accountable [ə'kaʊntəbl] adj. (对自己的决定、行为) 负有责任的  
behavior [br'heɪvjə(r)] n. 行为  
pattern ['pætɪn] n. 模式; 方式

hold sb. accountable for 使某人对……负责任