

21天搞定800+核心词 Unit3

讲师：余思雅

sense [sens] 频次15

n. 意识，感觉

e.g. I had the sense that he was worried about something.

我感觉他有心事。

常用搭配：make sense 表述清楚，易于理解 频次2

e.g. John wasn't making much sense on the phone.

约翰在电话上说得不大清楚。

常用搭配：common sense 常识

nonsense ['nɒnsns] 频次2

n. 毫无意义的话

e.g. a book of children's nonsense poems

一本儿童打油诗集

sensible ['sensəbl] 频次1

adj. 合理的

sensitive ['sensətɪv] 频次5

adj. 敏感的

insensitive [ɪn'sensətɪv] 频次1

adj. 不敏感的

growth [grəʊθ] 频次17

n. 生长，成长

(经济) 增长

e.g. population growth

人口增长

e.g. Remove dead leaves to encourage new growth.

去掉枯叶以促进新叶生长

e.g. a disappointing year of little growth in Britain and America

英美经济增长无几，令人沮丧的一年



define [dɪ'faɪn] 频次15

vt. 定义

e.g. How do you define laziness?

你是怎么定义懒惰的呢?



social ['səʊʃl] 频次41

adj. 交际的, 社交的 频次25

e.g. He's not a very social person.

他不很合群。



social ['səʊʃl] 频次41

adj. 社会的 频次16

常用搭配: social class 社会阶层

social psychologist 社会心理学家

e.g. Her research is centred on the social effects of unemployment.

她的研究课题是失业对社会的影响。



asocial [eɪ'səʊʃəl] 频次4

缺乏社交性的

socially ['səʊʃ(ə)li] 频次4

adv. 社会上; 社交上

socialize ['səʊʃəlaɪz] 频次1

vt. 使适应社会

prosocial [prəʊ'səʊʃ(ə)l] 频次1

adj. 亲社会



public ['pʌblɪk] 频次32

adj. 公众的

e.g. Smoking is not allowed in public places.

公共场所不允许抽烟。



community [kə'mju:nəti] 频次19

n. 社会

e.g. The welfare of the community is the same as the welfare of its members.

社会的福利就等于其成员的福利。

常用搭配: community colleges

社区大学



policy ['pɒləsi] 频次17

n. 政策

e.g. The government must make new policies to reduce unemployment.

政府必须制定减少失业的新政策。

policy maker ['pɒləsɪmeɪkə(r)] 频次1

n. 决策者



hard [hɑ:d] 频次31

adj. 困难的

e.g. It's very hard to maintain a relationship.

要维持一段关系，是很困难的。



hard [hɑ:d] 频次31

adv. 彻底认真地 频次1

e.g. to think hard
认真思考

We thought long and hard before deciding to move house.
我们经过长久慎重的考虑之后才决定搬家。



hardship ['hɑ:dʃɪp] 频次1

n. 艰难, 困苦

e.g. We are ready to face any hardship.
我们准备好了面对任何艰难。

hardly ['hɑ:dlɪ] 频次4

adv. 几乎不

e.g. He is so excited that he can hardly sleep.
他如此兴奋, 几乎不能入睡。



fund [fʌnd] 频次20

n. 基金

funds [fʌndz] 存款, 资金

e.g. The project has been cancelled because of lack of funds.
这个项目因缺乏资金已经撤销了。

The factory has built up reserve fund.

这个工厂已积累了后备基金。



fund [fʌnd] 频次20

vt. 为.....提供资金 频次8

e.g. The museum is privately funded.
这家博物馆由私人提供资金。



account [ə'kaʊnt] 频次13

account for 解释, 说明 频次5

(数量上, 比例上) 占 频次1

e.g. He was unable to account for the error.

他没法解释这个错误。

e.g. The Japanese market accounts for 35% of the company's revenue.

日本市场占该公司收入的35%。



account [ə'kaʊnt] 频次13

n. 银行账户 频次3 bank account 银行账户

n. 描述 频次1

take sth. into account 考虑到, 顾忌 频次1

e.g. Coursework is taken into account as well as exam results.

除考试结果以外, 课程作业也要计入考试成绩。

on account of 由于, 因为 频次1

e.g. She retired early on account of ill health.

她体弱多病, 所以提前退休。



present ['preznt] 频次13

adj. 现在的, 目前的 频次9

n. 现在, 目前

e.g. She was too angry at the present moment to listen to reason.

当下她正在气头上, 根本就听不进理智的劝告。

adj. 在场的 present (at something) (of a person) 频次1

e.g. Most fathers wish to be present at the birth of their child.

大多数父亲都希望孩子出生时能在场。



present [pri'zent] 频次13

vt. 显示, 呈现 频次3

e.g. The company has decided it must present a more modern image.

公司已决定, 必须展现更加现代的形象。



presence ['prezn] 频次3

n. 存在

e.g. She was so quiet that her presence was hardly noticed.

她那么安静，几乎没有人注意到她在这里。

represent [ˌreprɪˈzent] 频次9

vt. 代表

e.g. The red lines on the map represent railways.

这张地图上的红线代表铁路。



representative [ˌreprɪˈzentətɪv] 频次6

① adj. 代表的，典型的 频次4

e.g. This question is very representative.

这个问题非常典型。

② n. 代表（人） 频次2

unrepresentative [ˌʌnˌreprɪˈzentətɪv] 频次1

adj. 不典型的，不代表

representation [ˌreprɪzenˈteɪʃn] 频次1

n. 表现



link [lɪŋk] 频次15

n. 联系 频次9

e.g. Keep close links with the masses.

与群众保持密切联系。

vt. 联系 频次5

A and B are linked

A和B相联系，相关联

同义替换 ≈ interrelation n.相互关联



真题实践：

"The human systems and the landscapes we live on are linked, and the interactions go both ways," he says. Failing to recognize that, he notes, leads to "an overly simplified view of what the solutions might be."

39. The overly simplified view Moritz mentions is a result of failing to ____.

[A] discover the fundamental makeup of nature

[B] explore the mechanism of the human systems

[C] maximize the role of landscape in human life

[D] understand the interrelations of man and nature

原文 The human systems and the landscapes we live on are linked (人类社会体系与我们所赖以生存的自然界是息息相关的) ≈

the interrelations of man and nature (人与自然界的关联)



issue ['ɪʃu:] 频次16

n. 问题 频次12

e.g. You're just avoiding the issue.

你只不过是回避问题。



issue ['ɪʃu:] 频次16

v. 发出 频次4

e.g. They issue an update on the snow forecast.

他们发布了最新的降雪预报。

issuer ['ɪʃu:ə] 频次1

n. 发行人, 发布人



create [kri'eɪt] 频次27

v. 创造

e.g. Who created the world?

谁创造了世界?



creation [kri'eɪʃn] 频次2

n. 创造

e.g. The creation of life remains a mystery.

生命的创造仍是个谜。

creativity [ˌkri:ə'trɪvəti] 频次4

n. 创造力

e.g. This toy will help children with their creativity.

这种玩具有助于孩子们的创造力。



creative [kri'eɪtɪv] 频次5

adj. 创造性的

e.g. This job is useful and creative.

这项工作既有用又富有创造性。

recreate [ˌri:kri'eɪt] 频次1

vt. 再创造

recreation [ˌri:kri'eɪʃn] 频次1

n. 娱乐; 消遣



argue ['ɑ:gju:] 频次14

vt. 表明

e.g. Her accent argues that she was born abroad.

她的口音表明她出生在国外。

much-argued 备受争议的

同义替换≈oft-debated



adult ['ædʌlt] 频次14

n. 成年人

e.g. Children are usually more natural in their manner than adults.

孩子们的举止通常比成年人自然。

adj. 成年的

e.g. We should do our best to develop the adult education.

我们应当努力发展成人教育。



attitude ['ætɪtju:d] 频次13

n. 态度

阅读题干: The author's attitude toward/to...

e.g. They maintained an uncertain attitude.

他们持一种暧昧的态度。

positive ['pɒzətɪv] 频次11



adj. 积极的

e.g. He has a positive attitude towards life.

他对生活持有积极的态度。

positively ['pəːzətɪvli] 频次3

adv. 绝对地；肯定地

negative ['negətɪv] 频次13



adj. 消极的

e.g. You can't learn anything with negative attitude.

你用消极的态度什么也学不到。

rate [reɪt] 频次19



n. 比率 频次13

e.g. the birth rate

出生率

the divorce rate

离婚率

rate [reɪt] 频次19



vt. 认为 频次1

e.g. The performance has been rated a great success.

人们认为这个演出很成功。

vt. 评估，估计 频次5

e.g. His house was rated at one million.

他的房屋被估价为一百万英镑。

21天搞定800+核心词 Unit4

讲师：余思雅



gene [dʒi:n] 频次16

n. 基因

gene patent 基因专利

genetic [dʒə'netɪk] 频次4

adj. 基因的，遗传的



consumer [kən'sju:mə] 频次18

n. 消费者，用户

e.g. We should adopt the consumers' suggestion.

我们应该接受用户的建议。

consume [kən'sju:m] 频次7

vt. 消费，消耗

e.g. His old car consumed much gasoline.

他的旧汽车耗油很多。

consumerism [kən'sju:mərizəm] 频次1

n. 消费主义

consumption [kən'sʌmpʃn] 频次4

n. 消费

e.g. Internet shopping is a new way of consumption.

网上购物是当今消费的一种新途径。



employment [ɪm'plɔɪmənt] 频次16

n. 职业 频次7

part-time employment 兼职

full-time employment 全职

an employment agency 职业介绍所

e.g. He is out of employment.

他失业了。

n. 就业 频次9

full employment 完全就业

the employment rate 就业率



employ [ɪm'plɔɪ] 频次5

vt. 使用, 利用

同义替换≈ make use of

e.g. You should employ your time better.

你应该更好地利用你的时间。

employee [em'plɔɪ'i:] 频次10

n. 雇员

employer [ɪm'plɔɪə(r)] 频次9

n. 雇主



unemployment [ˌʌnɪm'plɔɪmənt] 频次9

n. 失业

e.g. The decrease in unemployment was 30 percent.

失业人数减少了百分之三十。

unemployed [ˌʌnɪm'plɔɪd] 频次4

adj. 失业的

e.g. There are many unemployed workers in the city.

这个城市里有很多失业工人。



focus ['fəʊkəs] 频次31

n. 中心, 焦点 频次13

e.g. She was the focus of everyone's attention.

她是大家注意的焦点。

focus ['fəʊkəs] 频次31



vi. /vt. 聚焦 频次3

e.g. His eyes were so tired that he had difficulty focusing it.

他的眼睛累了，无法准确聚焦。

focus on 集中，专心 频次15

e.g. The noise made it hard for me to focus on work.

噪音让我无法集中注意力工作。

unfocused [ʌn'fəʊkəst] 频次3



adj. 不集中的

e.g. She talks very fast. If you are unfocused, you will not be able to follow her.

她语速很快，你稍不注意就听不清她说的是什么。

education [ˌedʒu'keɪʃn] 频次20



n. 教育

e.g. We should do our best to develop the adult education.

我们应当努力发展成人教育。

educational [ˌedʒu'keɪʃənl] 频次11

adj. 教育的

e.g. I approve of his educational policies.

我赞成他的教育的政策。

individual [ˌɪndɪ'vɪdʒuəl] 频次14



n. 个体，个人 频次5

e.g. The purpose of the law is to protect the right of the individual.

该法律目的是为了保护个人权利。

adj. 个体的 频次5

e.g. She has her own individual style of doing things.

她有自己独特的行事风格。

individualism [ɪndɪ'vɪdʒ(ə)lɪz(ə)m] 频次1

n. 个人主义



competition [ˌkɒmpə'tɪʃn] 频次15

n. 竞争

e.g. competition law 竞争法

trade competition 贸易竞争

e.g. Everyone in modern society faces keen competitions.

现代社会的每个人都面临着激烈的竞争。



benefit ['benɪfɪt] 频次15

n. 益处, 好处 频次8

e.g. The drug has little benefit on his health.

这种药对他的健康没有好处。



benefit ['benɪfɪt] 频次15

vi./vt. 有益于 频次7

e.g. Moderate exercise will benefit you.

适当的锻炼对你有好处。

e.g. Both sides have benefited from the talks.

双方都从谈判中获益。



emotion [ɪ'məʊʃn] 频次11

n. 情绪, 情感

e.g. Love, hatred and grief are emotions.

爱、恨和忧伤都是强烈的情感。



emotional [ɪ'məʊʃənl] 频次13

adj. 情绪的, 情感的

e.g. Her problem is mainly emotional problem.

她的问题主要是情绪问题。

emotionally [ɪ'məʊʃənəli] 频次2

adv. 感情上; 情绪上



electronic [ɪˌlek'trɒnɪk] 频次11

adj. 电子的

常用搭配: electronic payment

电子支付

electronic device

电子设施

electronically [ɪˌlek'trɒnɪkli] 频次1

adv. 用电子方法地



executive [ɪg'zekjʊtɪv] 频次10

n. 决策者, 行政主管 频次9

e.g. He is the executive of that famous corporation.

他就是那家著名公司的总经理。

adj. 行政的 频次1



environment [ɪn'vaɪrənmənt] 频次10

n. 环境

e.g. She is not used to the new environment.

她对新环境不习惯。



environmental [ɪnvaɪrən'ment(ə)l; en-] 频次6

adj. 环境的

常见搭配: environmental group

环保群体

environmentally [ɪn,vaɪrən'ment(ə)li] 频次1

adv. 在环境方面地

environmentalist [ɪn,vaɪrən'ment(ə)list; en-] 频次3

n. 环保人士



return [rɪ'tʃ:n] 频次12

vi. 返回

e.g. I'll return at ten this evening.

我今晚十点回来。

in return 作为回报 频次3

e.g. Can I buy you lunch in return for your help?

感谢你帮忙, 我请你吃午饭好吗?



detail ['di:teɪl] 频次16

n. 细节 频次16

e.g. He told us the accident in detail.

他详细地把事故讲给我们听。

vt. 详细描述或说明

e.g. He detailed my new duties.

他详细说明了新的职责。



detailed ['di:teɪld] 频次4

adj. 详细的, 细致的

detailing ['di:teɪlɪŋ] 频次1

n. (建筑、服装等的) 装饰细部



digital ['dɪdʒɪtl] 频次16

adj. 数字化的, 数码的

digital product 数码产品

e.g. Most of the computers we are using are digital computers.

我们正在使用的计算机大多数是数字计算机。

digitalize ['dɪdʒɪtəlaɪz] 频次1

vt. 数字化



simply ['sɪmplɪ] 频次15

adv. 仅仅, 只(会) 频次12

e.g. I bought the house simply because it was large.

我购买了这房子, 只是因为它面积大。

adv. 简单地 频次3

e.g. The book explains grammar simply and clearly.

这本书对语法解释得简明扼要。

simple ['sɪmp(ə)l] adj. 容易的 频次7

a simple solution 简单的解决办法



simplify ['sɪmplɪfaɪ] 频次4

vt. 简化

e.g. That will simplify my task.

那可简化了我的工作。

oversimplify [əʊvə'sɪmplɪfaɪ] 频次1

adv. (使)过于简单化

e.g. But through computer, children can only learn how to oversimplify the life.

但是通过电脑孩子们只能学会如何简化生活。



risk [rɪsk] 频次10

n. 风险 频次8

high-risk 高风险

e.g. Investors in Central Asia have to face political risk.

在中亚, 投资者还得面临政治风险。

vt. 冒.....危险

e.g. Don't risk your health.

不要拿你的健康冒险。



shift [ʃɪft] 频次12

n. 变化 频次6

e.g. a dramatic shift in public opinion

公众舆论的急剧变化

vt. 改变 频次6

e.g. We need to shift the focus of this debate.

我们需要转换一下辩论的焦点。



pressure ['preʃə(r)] 频次11

n. 压力

e.g. The pressure of work was too great for him.

工作的压力使他承受不了。

同义替换: stress



source [sɔːs] 频次11

n. 来源

energy source 能源来源

renewable sources 可再生能源

new power source 新能源

e.g. My wages are the principal source of my income.

薪金是我收入的主要来源。



resource [rɪ'sɔːs] 频次4

n. 资源

e.g. Resources management is an important business skill.

资源管理是一项重要的经营技能。



gap [gæp] 频次29

n. 间隔；差距；缺口

fill the gap 填补缺口

narrow the gap 缩小差距/缺口

a gap year 间隔年



management ['mænidʒmənt] 频次11

n. 管理

good management/bad management

管理得好（差）

manage ['mænidʒ] 频次4

vt. 设法做.....

e.g. I shall be able to manage it without help.

我一个人能行。



manageable ['mænidʒəbl] 频次2

adj. 易管理的

manager ['mænidʒə(r)] 频次4

n. 经理



moral ['mɒrəl] 频次11

adj. 道德的

e.g. He turns every subject into a moral discussion.

他把每个论题都变成了道德的讨论。



factor ['fæktə(r)] 频次10

n. 因素

e.g. They have analyzed various factors.
他们分析了各种因素。

factory ['fæktəri] 频次10

n. 工厂



decline [dr'klaɪn] 频次11

n. 下降, 衰退 频次8

v. 下降 频次1

e.g. There is a sharp decline in unemployment.
失业率急剧下跌。

同义替换 ≈ be down/go down

decrease

drop



decline [dr'klaɪn] 频次11

vt. 婉拒, 拒绝 频次2

e.g. I must regretfully decline your kind invitation.
我很抱歉必须拒绝你的盛情邀请。

e.g. Microsoft declined to comment. (2021-t3)
微软拒绝评论。

同义替换 ≈ refuse



project ['prɒdʒekt] 频次14

n. 计划

e.g. This is a project to establish a new national park.
这是一个建造新的国家公园的工程计划。



climate ['klaɪmət] 频次10

n. 气候

e.g. global climate change

全球气候变化



challenge ['tʃælɪndʒ] 频次10

n. 挑战 频次8

vt. 挑战 频次2

e.g. We accepted their challenge to a baseball game.

我们接受了他们棒球邀请的挑战。

e.g. This discovery challenges traditional beliefs.

这一发现挑战了传统观念。



21天搞定800+核心词 Unit5

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according to 频次56

根据

e.g. According to these figures, our company is doing well.

从这些数字来看，我们的公司经营得不错。



happiness [ˈhæpɪnəs] 频次22

n. 幸福; 快乐

e.g. Money can't buy happiness.
金钱买不来幸福。

happy [ˈhæpi] 频次11

adj. 快乐的; 幸福的

e.g. They were very happy ever afterwards.
以后他们一直幸福地生活着。



career [kəˈrɪə] 频次17

n. 职业; 事业; 生涯

e.g. Young as I am, I already know what career I want to follow.
我虽然还小, 可是对要从事的职业已胸有成竹了。

e.g. His career took off in 2017.
2017年他的事业开始有了起色。

e.g. His early career was not a great success.
他早期的生涯并不很成功。



suggest [səˈdʒest] 频次32

vt. 建议, 表明 (意指)

e.g. I suggested going for a walk.
我建议去散步。

e.g. He suggests that we walk home.
他建议我们步行回家。



suggestion [səˈdʒestʃən] 频次1

n. 建议

e.g. Can you give me any suggestion on this matter?
关于这件事, 你能给我一些建议吗?

suggestive [səˈdʒestɪv] 频次1

adj. 引起联想的; 使人想起.....的

e.g. ...music that is suggestive of warm summer
...使人想起温暖夏日的音乐



several ['sevrəl] 频次10

adj. 若干的，几个的

e.g. I bought several books yesterday.
我昨天买了好几本书。



severe [si'veiə(r)] 频次3

adj. 严重的，严厉的

e.g. The premier came under severe criticism.
这位总理遭到严厉的抨击。

severity [si'veərəti] 频次1

n. 严厉，严重

e.g. Don't speak to the child with severity.
不要用严厉的口气对孩子说话。

severely [sə'veɪrli] 频次3

adv. 严格地，严重地



associate [ə'səʊʃieɪt] 频次12

① vt. 联系

e.g. I always associate the smell of baking with my childhood.
一闻到烘烤食物的味道我就想起了童年。

② adj. 副的（头衔） 频次1

e.g. associate professor/director
副教授/副导演

association [ə'səʊsi'eɪʃn] 频次5 n. 协会



formation [fɔ:'meɪʃ(ə)n] 频次11

n. 编队；队形

e.g. The airplanes flew over in formation.
飞机编成队形在空中飞过。



require [rɪ'kwaɪə(r)] 频次20

vt. 需要

e.g. All living beings require food.
一切生物都需要食物。

requirement [rɪ'kwaɪəmənt] 频次7

n. 要求

e.g. Our immediate requirement is extra staff.
我们亟需增加工作人员。



industry ['ɪndəstri] 频次24

n. 产业，行业

e.g. The tourist business is one of the major industries in our country.
旅游业是我国的主要产业之一。

industrial [ɪn'dʌstriəl] 频次1

adj. 工业的，行业的

e.g. The industrial revolution had taken place in England first.
工业革命首先在英国发生。

industrialist [ɪn'dʌstriəlɪst] 频次3

n. 工业家



influence ['ɪnfluəns] 频次15

① n. 影响 频次9

e.g. Her influence made me a better person.
她对我的影响使我成为一个更好的人。

② vt. 影响 频次6

e.g. Don't let me influence your decision.
不要让我影响你的决定。



title ['taɪtl] 频次12

n. 标题

题干词：

The most appropriate/suitable title for this text could be ____.



survey ['sɜːveɪ] 频次14

n. 调查

e.g. A recent survey of public opinions shows that most people are worried about the increasing crime.
一份最近的民意调查表明,大多数人对不断增长的犯罪率表示忧虑。



giant ['dʒaɪənt] 频次10

① n. 巨头, 大公司

e.g. She works in an oil giant.
她在一家大石油公司工作。

② adj. 巨大的 频次1

e.g. That is one small step for a man, but one giant leap for mankind.
对于个人来说那是小小的一步,但对于整个人类来说却是一次巨大的飞越。



threaten ['θreɪn] 频次13

vi.&vt. 威胁

e.g. The boss threatened to fire her.
老板威胁要开除她。



stress [stres] 频次10

n. 压力

e.g. Things can easily go wrong when people are under stress.
人在压力之下,办事情就会出差错。

stressed [strest] 频次3

adj. 紧张的

distressed [dɪ'strest] 频次1

adj. 痛苦的, 苦恼的

stressful ['stresfl] 频次1

adj. 压力重的



stress [stres] 频次10

vt. 强调

e.g. That article stressed the same problem.

那篇文章强调了同一个问题。