词汇课

1日常

早起

Morning person，feel sleepy，exhausted

放松

Have a chat with，take a nap，chill out，play sports，play mobile games，do some karaoke，hang out with my friends，go for a walk，go to a movie

学习

After-school classes，study for

日常安排

Fixed，flexible，routine

1. 健康

对健康有利 go to the gym，have a balanced diet，eat little and often

高级vaccine shots，clean water supplies

对健康有害 additives，too much stress，alcohol

高级sugary drinks，sleep deficit，poor sanitation

后面跟健康的maintain improve promote

后面跟疾病的词汇die of，suffer from，recover from

健康问题depression，indigestion，allergy

解决健康问题consult medical staff，seek treatment，take medication

3绘画类型

Portrait painting，landscape painting，history painting

陈列地点

Art gallery，are exhibition center，art museum

描述绘画作品

Stunning，eye-catching，striking，lifelike

绘画的益处

Ease one's mind，stimulate one's creativity，develop one's artistic taste

4房间的类型

Living room，store room，kitchen

陈设

Sheets，fridge，toolbox，vacuum cleaner，sink，toilet，sofa，shower，cushion，air condition，wardrobe

5旅行用品

Map，guidebook，timetable，customs，luggage，passport，single ticket，return ticket，duty-free shops，check in，check out

旅途愉快

Enjoyable，comfortable，meaningful

旅途不愉快

Unpleasant，frustrating，tiring

6用餐

地点 cafe pub restaurant

西式菜品starter main course dessert

好食物cheap，healthy，fresh，dependable

坏食物harmful，low-quality

7与课程作业相关

课程Subject，break，self-study class，session，term，revise，mark，tuition fee，scholarship，loan

作业内容assignment，portfolio，essay，dissertation，composition，project

作业行为plagiarism，first draft，deadline，feedback

复习revise for，cram for，rote-learning，mind map，bury oneself in the books，know the subject inside out

擅长be good at，have a talent for，do well in

不擅长be weak in，be hopeless at，be poor at

8动物相关

Camels，cats，lizards，chimpanzees，squirrels，giraffes

动物特点

Fierce，tame，harmless，wild，laid-back，dangerous

9电视剧

其他类documentary，news，sports programme

电视剧类Soap opera，TV drama，sitcom，

综艺类Talent show，realty show，quiz show，game show，talk show，music programme

电视剧相关元素Characters，episode，season

电视观众demographic，audience，viewer

修饰电视节目reality-based，fictional，scheduled（fixed time）

看电视Turn on，turn off，turn over，turn up，turn down

10表示优劣势

优势advantage，benefit，pros，positive side

高阶upside，plus，positive（aspect、perspective）

劣势disadvantage，drawback，cons，negative side

高阶downside，minus，negative（aspect、perspective）

胜出或超出outweigh，surpass，exceed

一些或许多several，a couple of，numerous，a number of

11音乐类型

Classical music，pop music，dance music，country music，folk music，rock and roll，rap music，electronic music，opera

音乐制作者composer，lyricist，singer，musician

音乐元素Melody，rhythm，pitch，notes

音乐部分Lyric，album，tracks

音乐感受melancholic，soft，comforting，dramatic，funky

12困难和容易

困难Hard difficult tough challenging a big headache

高阶 形容事 exhausting，tiring，demanding，an uphill battle

形容人wrecked，drained，beaten，exhausted

容易Simple，easy，straightforward，a piece of cake

高阶effortless，a no-brainer，a cushy job

13读书和学业

学校 Kindergarten，primary school，secondary school，vocational school，university

选校因素recommendation，reputation，facilities，teaching staff

上学心情nervous，exciting，fell relaxed

聚会get-together

具体科目take great interest in，encouraging，boring，difficult to study，be related to，get employed

读书和完成学业

College entrance exam，pass the exam，obtain a place，complete a course，

Get a degree，break，gap year，do a Master's，do a PhD，do research

高级课程

Tutorial，language courses，foundation courses，tutor，seminar，lecture，lecturer，professor，president

擅长于

Have a talent for，have a gift for，have a flair for，excel at，

不擅长

Be weak in，be hopeless at，be poor at

14与家庭日常相关的词汇

Do everyday things，discuss one's day，go on vacation，chill out

与自己住相关的词汇

Independence，freedom，make one's own decision，privacy

家庭关系相关

Immediate family，family bonds，extended family

家庭影响相关

Support，form good habits，push to do，interfere with one's decision

15生日

16用来替代very的词

Very beautiful → gorgeous

Very thin → skinny

Very small → tiny

Very nice → friendly

Very happy → cheerful

Very clever → brilliant

1. 电脑

类型desktop laptop

用途computer programming，word processing，remote learning，data backup，navigate through websites，store information，steam videos

桌面上的shortcut icons，file folders，browsers，antivirus software，background images，word processor

常用操作 copy paste edit save

电脑风险 virus hacking freezing

电脑和操作系统monitor keyboard computer tower calender settings recycle bin

18城市乡村对比

城市有的shopping malls，dense population，traffic jam，amenities，outskirts，hustle and bustle，cityscape

城市可能是polluted，overpopulated，bustling，hectic pace，culturally diverse，dynamic

农村有的mountain，wildlife，livestock，filed，countryside landscape，

农村可能是mountainous，peaceful，gorgeous，remote，peace and quiet，laid-back，unspoiled，scenic

19零食

不良零食 chips，jelly，crackers，ice cream，candies，soda，muffin，chocolate bar，carbonated drinks

健康零食yogurt，corn flakes，nuts，raisins

口感crunchy，crispy，greasy，juicy，creamy

有益的wholesome，nutritious，nourishing

be good for ，do good to，be beneficial for

有害的damaging detrimental hazardous

do harm to，cause damage to，be bad for

1. 广告

人consumer，advertiser，audience

内容 idea product service

好处 build awareness，give inspiration，promote sales

坏处annoying，misleading，overspend

21船

类型 ferry cruiser yacht

心态 relaxing enjoyable exciting

船员 crew passengers

行为 the fresh sea air，diving，fishing

22报刊

频度Weekly monthly daily

内容sports news，financial news，people stories

地区national international local

发行 publish come out produce

优点 reliable low cost official accurate entertaining

缺点expensive，come out slower，waste of wood

发行量 circulation，readership，occasional purchase

读报目的stay informed with，brush up on，get views on

负面报道natural disaster，troubling conflict，horrible crime

23运动

球类badminton，tennis，table tennis，volley ball，bowling

其他运动 gymnastics，athletics，yoga

运动员 skill speed talent team work

24老师

教育inspire，treat，engage，recognize，instill

老师patient，knowledgeable，understanding，inspiring

教师职业fulfilling，rewarding，challenging，demanding

教师相关interact actively with sb，seek one's opinion，encourage … to do，arouse one's curiosity，spark one's interest in

25植物

Willow

功能decorate the streets，provide shade，create economic opportunities，prevent soil erosion，reduce global warming

结构leaves，branch，stem，root

生长flourish，blossom，bloom

照顾water，fertilize，trim

26频率词汇

每天every day，each day，on a daily basis

总是always，all the time，all along，at all times，consistently，continuously

经常often，a lot，quite often，quite a bit，fairly often，frequently，regularly，constantly

有时sometimes，occasionally，from time to time，once in a while，on occasion，every now and then，every so often，at times

几乎不 hardly，seldom，never

27电影

电影种类action film，war film，disaster film，horror film，comedy，science fiction film，thriller，romance

电影特色entertaining gripping imaginative engaging exciting

电影G点violent scenes，brilliant acting，complex plots，special effects

电影成功success hit blockbuster

影院的好处enjoyable cinema atmosphere，amazing audio-visual effects，giant screen

家里的好处adjust the volume，feel undisturbed，stop and rewind

28职业

热门职业bank clerk，management trainee，entrepreneur，accountant

技能职业plumber，carpenter

专业职业teacher，

负责in charge of，responsible for，deal with，handle

福利salary，income，sick pay，paid holiday，bonus，tax

喜欢fancy enjoy love

讨厌dislike dread hate

29重要性高阶篇

关键的crucial，central，decisive

重大的revolutionary，groundbreaking，earth-shattering

主要原因primary cause，main factor，chief reason

重要地位leading position，key figure，significant role

紧急迫切burning issue，urgent problem，pressing need

30灾难与问题讨论

形容副词severely，seriously，heavily，greatly

表示范围locally，nationally，internationally，globally，widely

自然灾害natural disaster，hurricane，earthquake，flood

人为灾害densely populated，air pollution，stick，car crash，traffic jam（congestion），global warming

环境相关pollute，recycle，throw away，conserve，survive，protect，waste

31困难和解决高阶篇

困境hassle，headache，dilemma

处理address，deal with，cope with

提出put forward，come up with，work out，think of，figure out

谚语 a can of worms，a double-edged sword，put on one's thinking cap，let sleeping dogs lie

32社交和购物类词汇

实体社交face-to-face interaction，the tone of voice，facial expression，body language

网络社交text，emoji，video，audio

网上购物knock offs，consumer reviews，wide selection，money-saving

实体店bonding opportunity，instant possession，hassle-free returns

33日常问题

日常相关be not working，be blocked，come off，run out，spill，lock oneself out，smash

受伤相关bump，bruise，cut，pull，graze，twist

状态相关dreadful，stressed out，be at one's best，take the rouge with the smooth

34课程

课程设置core subjects，general subjects

课外活动extracurricular activities，field trip，model united nations，speech contest，debate competition，summer camp

教育的作用broaden one's views，cultivate one's interest，give …… an advantage，enrich student campus life

形容老师knowledgeable，patient，inspiring

35普遍的，出名的，时尚的

普遍的common prevalent prevailing widespread

出名的famous well-known renowned notable

时尚的stylish chic fashionable trendy

出名短语 catch on with sb，rise to fame，grow in popularity

36手机

性能

功能alarm clock，set reminders，look up directions，check social media，play mobile games，send messages，take photos，listen to music，watch videos，do online shopping

好手机特点high-performance，a screen with high resolution，stylish design，long battery life

手机操作switch it on or off，switch to vibrate(silent) mode，open an app，go online

手机缺点hinder children's development，arouse anxiety，cause constant interruptions

37假日旅行出行

交通载具ferry，coach，high-speed train

用品backpack，suitcase，foreign currency

目的地scenic spots，amusement parks，historical sites

体验事项exotic customs，legendary hospitality，unspoilt village

38人外貌精神相关

外貌特征well-built，overweight，receding hairline，shoulder--length hair，easy on eye，poker face

精神状态caring，a strong personality，be in good spirits，common sense

性格特点quick temper，down to earth，wet blanket

人类型phone addict，couch potato，party animal，eager beaver，breadwinner，self-made man

邻居类型a family of three generations，elderly residents，a single-parent family

互助to give……a lift，to babysit

39影片

相关来源be based on取材于，be adapted from改编于，be a remake of翻拍于

内容tell the tale/story/legend of

短语center around，revolve around，have a particular focus on

角色leading role，supporting role，cameo role

40杂志

形容readable，affordable，informative

阅读leaf/browse/flick through

发行频率monthly，bimonthly，quarterly，weekly

益处broaden one's view，extend one's knowledge，keep up with the times，kill time

弊端a waste of time，misleading information，undesirable content，low print quality

41喜欢喝不喜欢

喜爱I am really into，I am fond of，i am keen on

好的Delightful，relaxing，rewarding

更爱prefer，favor，go for，go with，opt for，接名词

更爱would rather，tend to，have a tendency to，more likely to

喜欢形容词preferred，favored，preferable，favorable

厌烦be fed up with，be/get tired of，be bored with

A pain in the neck，a nuisance，a hassle

42节日

节日庆祝celebration，commemoration，festive，fun，commemorative

节目由来a legend，a long-lasting tradition，a religious event

节日活动attend family gatherings，watch parades，enjoy big meals

EX1：I think the prime reason I would probably be that people，in general，like to be a festive mood as much as possible

EX2：I like festivals when people attend family gatherings and enjoy big feasts because they really bring people together and make them forget about their troubles，even just temporarily

43运动

运动人员coach defender goalkeeper opponent teammate

运动动作take up，give up，beat，participate in

足球篮球技巧 pass，dribble，score

运动场地football pitch，basketball court，tennis court

44动物高阶

种类reptile，mammal，birds

具体gorillas，owls，tortoises

特点faithful，adorable，cuddly

现状rare，endangered，extinct

45植物

作用emission of oxygen，absorption of carbon dioxide，habitat of wildlife，refresh the air，decorate the street

位置a conservation area，the wild，a botanical garden

成长条件fertilizer，carbon dioxide，sunlight，photosynthesis

不同部分leaves，stem，root，twigs，bark，shoots

46网购优缺点

网购优点transparent information，handy and convenient，less overheads

缺点high shipping fees，online scam

实体店优点exchange easily，feel the texture，return easily

缺点energy consuming，time consuming，limited products，tedious check-out

47家

形容家cozy，comfortable，warm

可以做的事study，hang out，watch movies

居住环境noise neighbors，a quiet neighborhood，busy city traffic

48表达情感的副词

出乎意料surprisingly，amazingly，strikingly，incredibly

诚实的说frankly，honestly

积极结果fortunately，luckily，thankfully，hopefully

消极结果unfortunately，sadly

49表达时间的词汇

很短时间内in no time，before long，shortly，before you know it

立即immediately，at once，right away，instantly

与此同时at the same time，in the meantime，in the meanwhile

50青少年

青少年好处excitement of growing up，have unlimited opportunities

青少年娱乐hang out with，play mobile game，be on social media，watch animation

青少年性格bold，creative，self-centered，arrogant

青少年消费行为to be different，be fussy about，be easily influenced by celebrities，keep up with the Joneses，stay updated with，out of touch with

51环境

问题deterioration in air quality，waste problem，issue of conservation

环境保护take full advantages of public transport，make green choices，cut down on the use of，switch to low carbon emission option

措施incentives，grants

手段strict laws，taxes

意识advertisement campaign，raise awareness

语法课

1. whether，what，who，which引导的主语从句

Whether 合并普通局和一般疑问句

What who which where 合并普通句和特殊疑问句

2名词性从句

主语从句，宾语从句，表语从句都用陈述语序（再倒回倒装的疑问句）

It 可以做主语从句的形式主语

宾语从句分为动宾从句，介宾从句，双宾语从句

3目的状语

In order that，so that表达为了，以便

In case，for fear，以防，避免

4现在完成时

现在完成时表示1.动作从过去持续到现在

2过去发生的动作状态对现在造成的影响

表示频率的副词通常放在has/have和done 之间

5一般现在时

经常性或有规律性发生的动作，当于always，often，usually，sometimes连用时，频率副词常放在实意动词之前，be动词之后

6宾语从句

Which what who 引导的内容宾语从句

Whether if 引导的是否宾语从句

7短语从句表达，比较

Not as …… as，not so …… as，as adj + 冠 + n as

……times as adj as，…… times more than

……more 名词 than，…… more 名词，including than

8时间状语

Till，until直到一段时间

As soon as，once一旦

9表语从句

That，whether引导的表语从句

The question is that，the reason is whether

10 when where how why 引导的宾语从句

I know how，I tell you when

My mom show me how

1. Which 和 that 引导的定语从句

which 引导的非限定性定语从句，表示对前文的解释和补充

That 和 which 引导的限制性定语从句，表示对先行词的限制

只能与That匹配的先行词，anything，anyone，one，the most

12will 和would 的用法

表示惯性动作，同事总是给我带巧克力，此时would表示过去陈述

表示意愿，表示有某种能力

表哒可能性 will表示可能性大，would 表示可能性小

Would的特有用法，假设情景

13who whom whose引导的定语从句

Who 用于修饰人there may be those who can explain clearly and entertainingly a complex issue or topic

Whom用于接上介词，宾格部分I know many talented people，some of whom are good at giving a speech

Whose 表示所有格，谁的I think they are people whose knowledge about a particular subject or discipline is richer than that of an average person

14一般将来时的拓展

1will do表示根据主观判断未来

2be going to do表示根据客观情况推断可能的未来

3am about to do表示即将发生的动作

15if引导的非真实条件句（虚拟语气）

后退一步法，If I were（had，did），I could/should

If i had had，i could have

If i were to do，I could

16过去完成时

过去的过去，常于一般过去时连用，多用于在一个过去的时间描述过去发生了的事

She was upset，so i asked her what happened and she told me someone has stolen his phone and purse

17强调句

两个句型

1. It is …… that ……It is my ex’s smile that I remember the most
2. What …… is……what I remember the most is my ex's smile

18状语从句

时间状语when，as soon as，until，while，as long as，since

原因状语从句because，as，since so……that，such……that

让步状语though，although，even though，while

表示程度的because

Mainly because，mostly because

Possibly because，perhaps because，probably because

Just because，

19现在完成进行时

Have been doing 跟强调动作的延续

I have been living with my parents since kindergarten

Have done强调动作的结束

20让步状语从句

Even though，though，although，while

While只能放于句首

21多种时态复合，过去进行时

I was listening music when the thief sneak into my house

1. 当使用表示否定或半否定的副词如never，seldom，rarely，not only

Seldom do I wear a watch nowadays as I tend to rely on my phone to tell the time

23who when where how引导的主语从句，it做形式主语引导的主语从句

Why I fancy photography is still a mystery of mine

It is still unknown when I could get the result of my admission

24过去的非真实条件句，虚拟语气

主语用would have，if 用had done

If the teacher had been more patient with me，I could have probably remembered more

25现在进行时

Be doing表示现阶段正在发生的动作，不断重复

时间副词these days，today，nowadays，now

频度副词always，frequently，continually，constantly

26过去进行时

表示过去某个时间正在做某事，was doing+when

27宾语从句和虚拟语气

Advise，suggest，recommend，insist，propose，warn的宾语从句经常用should

28同位语从句

解释说明抽象名词

Fact，word，idea，doubt，news，impression，message后常接that引导同位语从句

Idea，doubt，question，decision，concern后常接whether引导的同位语从句

29定语从句

When a time，times，friday

Where（the stage，the situation）

Why the reason wht

30结果状语从句

So many/few(much/little) that

Such adj n that

31回答问题

If 条件状语

When 时间状语

Because as 引导的原因状语

So引导的结果状语

32there be句型

There is，there are，there was，there were

应该有there could be

可能有there can be

似乎有there appear/appears/appeared to be

33现在分词做定语

现在分词做主动修饰，过去分词做被动修饰

A couple of days ago，I received a letter informing me of a hospital appointment for next month

I am lucky because my mum is a very good cook and I get lots of nice meals cooked for me all the time

34被动语态

两种情况

1施动者不清楚

2强调受动者

35用状语从句扩充答案高阶篇

1目的状与从句

以防In case，in case that，for fear that，

所以So ，so that

EX：we need to protect our resources and environment so that future generations will suffer less from energy issues and pollutions

1. 件状语从句

If，unless

EX：If I turn my phone for a while，I will become anxious that I am missing something important，so I tend to have it on all the time

3让步状语从句

Although，though，even though，even if

EX：I think people will continue to value letter writing.Although it will not become as popular as it once was in this technological era，I suppose it will never disappear

4比较状语

The more，the more，as ……as

EX：the more we see of the world，the more we get to know what is really important in out lives and what goals would fit in best to help achieve the lifestyle we ultimately want

5方式状语

As，as if

EX：the restaurant imports all the ingredients such as dough and cheese from their hometown near Napoli so the taste is the same as if you were in Italy itself

连贯度

1. 青老年对比

Elderly people the elderly - the youth the young

The older generations - the younger generations

Senior citizens - teenagers

对比

However， in contrast， on the contrary， compared to

2大小年龄对比

长大后 as i got older，as i grew older，when i was older

小时候as a child，when i was a child，when i was young

家庭成员siblings，close relatives，the elders

1. 未来猜测

猜测用语I would say，I reckon，I guess，I imagine，I hope，I assume,I can see

不确定时间In the future，someday ，one day，when one get older

确定时间In ……years from now，in …… year's time

3次序

Firstly~finally lastly

First of all，to begin with，to start with，for one thing，for another thing

4举例

接句子或者单词 for instance for example say let's say

接单词 such as ，like

5对比的程度

大 much a lot far

小 slightly a bit a little

几乎一样 almost nearly

1. 不同人群基础篇

几乎almost everyone

多数 the majority of，quite a few people ，a lot（lots） of people

少数a handful of people，a few people

没有nobody，no one

特制some people，some person

7描述比较

相同similar，in the same way，equally，share

对比however，though，although，in contrast

8描述事物

特别是specially，especially，particularly，in particular

具体地说to be precise，to be specific，more precisely，specifically，to be exact

9可能性

Must，certain，Certainly，sure，will

Can possible maybe perhaps possibly could should might may

Impossible，no way

10描述比较

Equally，similar，in the same way，share

对比

However，although，though，in contrast

11时间顺序

开始at first，initially，at the beginning

然后then，afterwards，later

最后finally，eventually，at last

12因为所以低级

因为because of，due to，as a result of，thanks to

所以as a result，consequently

13描述以前的事

经验on my own experience，from my experience，in my experience

回忆in my memory，my memory of，I remember

14常见动词短语

Used to do 过去常常做

Be accustomed to doing现在习惯

Manage to do成功的做

Turn out to be(adj)结果是

End up doing终于

Be supposed to do应该

EX1：my generation has grown up with technology and is accustomed to taking photos all the time

EX2：I am now very glad everything turned out pretty well，as I am about to embark on Master's degree in marketing，which is what I wantedall along！

15no matter 引导的让步状语从句

Whether，，，or (not)，，， 不加特殊疑问引导

Whether it's keeping fit or learning a new skill，I will not give up on something I have committed to

No matter家特殊疑问引导，陈述语序

No matter it is keeping fit or learning a new skill，I will not give up on something I have committed to

16同意与不同意

同意I quiet agree，absolutely，I totally agree，that's for sure

部分同意I think that's partly true。I agree up to a point，but。that's true，but don't necessarily

不同意I quiet against，it might be a better idea to do，I might be wrong ,but

17因果关系

导致，前因后果

Lead to，contribute to，bring about，result in

由于，前果后因

Result from，arise from

E1：Unhealthy diet may lead to various diseases，especially heart disease.

E2：Advertisements would contribute to people overspending on the latest products in order to keep up with the trend

E3：the decline of physical shopping has arisen from its major inconvenience and relatively high price

18回想过去高阶篇

接句子，as far as I can recall/remember，looking back

As far as I can recall,She always does whatever she undertakes with great determination and never leaves projects unfinished

接名词/短语，when I think back on，when I look back at

When I look back at the time when I was at school,I feel pretty proud of how much of a diligent student I was back then

接动词，used to do

19对比高阶篇

句首on the contrary，on the other hand，in contrast，by contrast

句尾to the contrary

接单词短语in contrast with，by contrast with，in contrast to，by contrast to

20对比比较高阶综合

单词短语搭配

Instead of，rather than，compared to，as opposed to

句子搭配

Having said that，then again，mind you，on the contrary

接句子

By contrast，however，whereas，on the contrary，conversely

EX1：the elderly enjoy getting together in public squares for line dancing as a social activity rather than going to clubs like young adults

EX2：the flow of visitors depends on the time of year in question。Groups of tourists are expected in nature reserves in peak seasons.Conversely, in the rest of the seasons some lone hikers would visit

21因果关系

后跟原因

owing to，because of，due to，as a result of，as

后跟结果

that's why，there for，for this reason，as a result，as a consequence，

22连接词之概述

总体来说in general，generally，generally speaking，on the whole，all in all，overall

一定程度to some extent

大多数情况下in most cases

平均on average

23语气缓和

或多或者more or less，sort of，kind of

缓和语气apparently，it appears that，it seems that

修改前文信息or rather，I’m afraid，actually，I mean

I have finished all my assigned work today，so I was sort of hoping to leave early

I saw some rain clouds moving towards us this morning。Apparently，it's probably going to rain anytime soon

I think the buildings or rather the design of the buildings create the character of a city

24填补内容

语气词um，okay，well

引起注意you know，you see，as you know

犹豫时争取时间I guess，I mean ，let me see，I don't know

25列举高阶篇

The most important things is……what is also important is

The first point I would like to make is，something that might also be relevant is

The most common one is……another common one is……

The most effective solution could be……another possible solution might be

26连接词

总结in conclusion，to sum up，to wrap up

简单来说in short，briefly，in a nutshell

27对比之音乐片

搭配单词比较rather than，unlike，different from

而不是instead of，as apposed to

搭配句子比较差异by contrast，in contrast，compared to

事物的多面conversely，on the other hand

28解释与举例综合篇

举例子for example，for instance，to illustrate，such as

阐明in other words，to clarify，what I mean is，that is to say

细化Especially，particularly，to be precise，to be exact

EX：playing volleyball on the beach is quite different from that on indoor courts。To clarify，the former one requires more stamina。