**复旦大学外文学院**

**2019-2020学年第二学期期末考试试卷**

**课程名称：**英语论说文写作 **课程编号：**MAST611114

**开课院系：**外文学院大学英语教学部 **考试形式：**课程论文

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| **分数比例** | Attendance & performance (20%) | Mid-term assignment  (30%) | Final Assignment  (50%) | Total  (100%) | Grade |
| **得分** |  |  |  |  |  |

Term Assignment for English Essay Writing

**December 2019**

Does buying and accumulating more and more stuff make us happier?

“Oh, why do you buy so many things?”, “It is just because buying and accumulating more and more stuff makes me happier.” Maybe your girlfriend answered like this when you asked her. We can not help asking such questions, does buying and accumulating more and more stuff really make us happier? There is nothing wrong with buying necessities in life, but what if buying is just to make yourself happier? Buying and accumulating more and more stuff brings us short-term happiness, which may be followed by regret after impulse consumption, addiction after losing control, and life complications caused by the accumulation of stuff.

It is undeniable that sometimes shopping may make us happy, but we also tend to blame ourselves and regret for impulsive consumption. This point can be confirmed by the example of yourself. Many agencies, such as The Daily Mail, have conducted investigations on impulse consumption show that more than 80% of people have had impulse consumption, and most of them have regrets after purchasing. The main reason they regret it is that what they buy is not what they urgently need or is not used, at least not currently used, and the possibility of future use is also not high. At the same time, the regrets caused by impulsive consumption will continue and last longer than the happiness when buying things. So if impulsive consumption is caused by buying more and more stuff, then the happiness brought by shopping will be minimal, and even unhappy.

When you begin to enjoy the short-term happiness of shopping, you are likely to become addicted. When you are addicted, your shopping behavior will lose control. As a Filipino proverb says, “If you make a habit of buying things you do not need, you will soon be selling things you do need.” Buying is happy by satisfying your own desires, but when you lose your ability to control yourself, you will not feel happy. The long-term persistence of shopping addiction will also make your financial crisis serious and even cause debt. That is to say, buying and accumulating require moderation, even if it can bring short-term happiness, otherwise, you will fall into endless pain.

The large amount of things you buy and accumulate will add a lot of trouble to your life and even complicate your life. Even if you don’t need a lot of things, you still can’t stop buying and accumulating. Slowly you will find that the room is not neatly cleaned up. At this time, your mood will gradually become irritable. For example, my friend who likes shopping very much had recently moved, but she told me that when she saw unpacked boxes and useless stuff everywhere, she felt helpless. Therefore, the short-term happiness of buying and accumulating more and more stuff may be accompanied by the endless tediousness of organizing items. Of course, it is unhappy.

Sometimes, we must acknowledge that a reasonable purchase will bring us a certain level of happiness because it gives us a certain level of satisfaction. However，we also need to know this happiness is transient and does not increase as it gets out of control.

In conclusion, buying and accumulating more and more stuff will not only bring us a short-lived happiness but also bring us a lot of negative emotions. When buying and accumulating more and more stuff exceeds the controllable range or becomes addicted, it will only bring us regrets after impulse consumption and the tediousness in life instead of making us happier.