**四六级高分必杀技巧**

1. 写作 30 --25 分钟 模板！！ 走形式 剩下5分钟
2. 听力 25 选项 动作！！ 名词 听到哪个选哪个
3. 阅读 40 8+ 20 10分钟 会看 8+ 20 完型 5
4. 翻译 30 得分！！！
5. **写作**
6. 审题 列大纲 想模板 5
7. 写作文 草稿纸 20
8. 检查+誊写 拼写/时态/语态 段落分段 5

**2020**

写文章：关于**翻译软件的使用** 开头：the use of translation apps has become increasingly popular....

**写文章议论文：关于在线字典 开头：the use of online dictionary has become increasingly popular...**

**写文章：关于PPT的使用**

**写文章：关于online library**

写文章：关于the changes of public transportation //the changes of way of communication

总结：讨论一个**现象**：中立： 两面性：积极意义+消极面+总结

**2021 消极现象 --单一话题**

写文章：讨论是否**科技会让人变懒**

on whether violent video games online will cause students 'violent behaviors

讨论是否**会技术依赖**

讨论追星/网络虚假信息/父母过度保护

总结：议论文： 话题 偏负向 ---负向话题：消极面+措施

**2022 单一论证 积极现象**

写信：**提建议** 提高图书馆服务/学生会改进服务/校医院改进服务

写文章：**论证**大学生提高身体素质的**重要性**/大学生提高社交技能的

**Dear XX,**

**On receipt of your letter, firstly, I’d like to sincerely extend my great gratitude for your ...., then, I will offer my suggestions with regard to.....**

**The following three points are on the top of my list. First and foremost, you need to have a systematic系统性 accumulation of relevant knowledge/information on 主题, including... What’s more, you are advised to find a good partner/instructor/guide who can give you timely support whenever you are in trouble. Still, to avoid detours, you are advised to make a detailed plan beforehand, including ...., during which you ought to consult the experienced on it.**

**I hope you will find the above-mentioned useful and practical. I hope all turns out well for you.**

**Yours sincerely,**

**Li Ming**

重要性

总结：如何做

一轮：话题 偏正向---积极面+鼓励性措施

**2023**

写调查：关于大学生线上学习的优缺点+**改进措施**

写文章：关于维持好的人际关系的方法+ 优点

写文章：关于大学生做社区活动优点+措施

印象最深的事情：

议论文为主： 中立话题 单一话题

第一段：引出话题+给观点

第二段：讨论 1）过渡句 2）两个角度论证 （论点）

阔字数 ： 论点+论据 （举例子，调查，反面论证）

论点+一个论据

第三段：1）回扣主题 2）展望：现象预测/改进措施！！！

**预测：**

**大学生学习专业课以外知识的优缺点**

**关于互联网直播的看法**

总结：1. 书信 2.议论文（**中立话题**，正向话题，负向话题）

模板：

**中立： 正向/负向论证 措施**

（1）

**Nowadays, there is a widespread concern over（the issue that）\_\_\_\_\_\_\_ （作文题目）. In fact, there are both advantages and disadvantages in \_\_\_\_\_\_\_（题目议题）. Generally speaking, it is widely believed there are several positive aspects as follows. Firstly, \_\_\_\_\_\_\_\_\_（优点1） And secondly \_\_\_\_\_\_\_\_（优点2） 中立现象第一段**

**替换：单一论点**

**替换 Generally speaking 这一句**

**As far as I am concerned, the advantage of it outweighs its disadvantage.**

**替换第二段 Several points are on the top of my list. To begin with, ......what’s more,.......**

**第二段**

**Just As a popular saying goes, "every coin has two sides"， \_\_\_\_\_\_\_\_（所探讨的话题）is no exception, and in another word, it still has negative aspects. To begin with, \_\_\_\_\_\_\_\_\_（缺点1）~~.In addition, \_\_\_\_\_\_\_\_\_\_（缺点2）.~~ To sum up, we should try to bring the advantages of it into full play, and reduce the disadvantages to the minimum at the same time. In that case, we will definitely make a better use of the \_\_\_\_\_\_\_（所探讨的话题）。**

**议论文：**

**万能论点：**

1. **有助于个人成长/开阔视野/获得快乐**

Online study plays a crucial and key role in efficiently and flexibly learning knowledge and enrich themselves, achieving success.

消极 Plays a negative and harmful role in.....照抄

1. **是与社会发展趋势相符合，时代发展的产物。**

**It is without any doubt that this trait/deed is definitely in line with the social trend, as well as a proper product of times growth.**

**消极替换**

**from this moment, ..... however, in the long term, it may not be the suitable product of the times growth.**

**+论据**

**1）举例子：个人相关行为**

**The best example to favor it is myself, I prefer to do rather than playing computer game at home, which is beneficial for me to...**

**2）+反面论证 conversely speaking, the dearth of such deed/trend would bring devastating influence on \_\_\_\_替换\_\_, which is beyond imagination.**

**措施：背一个**

1. **加强对...重要性/危害的认识，尽量减少错误行为。**
2. **因为这个现象不利于个人和社会的发展，因此，政府应该推行一系列的限制性政策/鼓励性政策来改变这一现象。**
3. We are supposed to strengthen our awareness of the great significance/harm brought by it, and try our best to reduce some wrongdoings.
4. Since such phenomenon is not conducive to individual and social advance, therefore, our government is advised to carry out a series of restrictive/encouraging policies, to change this trend.

**+结合建议模板！！**

**二、翻译速成**

1. **识别修饰 定语，状语**
2. **主语好几个动作，谓语，doing1 and doing 2**
3. **伴随/有着 with**
4. **目的逻辑 to**
5. **范围，时间，地点放到句尾翻译**
6. **核心词不会可以替换--解释意/上义词**
7. **小词不会可以无视 形容词/副词**

**2023**

近年来,越来越多的年轻人喜爱各种形式的**~~自助~~旅游**。许多自助旅游者选择徒步或骑自行车出游。**他们**自己**设计**路线,**自带帐篷**、**厨具cooker** 以及其他必备的生活用品。在旅途中,自助旅游者经常能够**发现**一些新的美丽景点,但有时也会**遇见**意想不到的困难或突发事件。游客在旅行中拥抱自然、欣赏美景,同时也增强了自己克服困难的勇气和野外生存的能力。

**随着**生活水平的提高，更多人开始加入到**自驾游**的行列之中。**自驾游者**既可驾驶自家车也可借车或租车出游。司机可能是车主或结伴出游者。**自驾游**与传统的组团旅游不同,它能够更好地**满足**旅游者的**个性化**需求，**使他们更好地**享受旅游的过程。自驾游尤其受到**年轻出游者**的欢迎。年轻人追求独立自由的生活,而自驾游恰好满足了他们的这一需求。

中国越来越重视**终身教育**,发展继续教育是构建**终身教育**体系的有效途径。高校作为**人才培养**的基地,**拥有**先进的教学**理念**和优越的教学资源,**理应成为**继续教育的**办学主体**。因此,近年来许多**高校适应**社会需求,**加强**与**用人单位**沟通，**努力**探索一条符合中国国情的继续教育发展新路,以使继续教育在国家发展战略中发挥更大的作用。

六级

2022

黄土高原(the Loess Plateau)是中国第三大高原,面积**约60**万平方公里,平均**海拔**1000-2000米,//绝大部分**覆盖**着50-80米厚的黄土,是世界上黄土分布最集中、覆盖厚度最大的区域。这是大自然创造的一个奇迹，//在世界上也是绝无仅有的。

黄土高原是中华民族的**发祥地**之一。早在5500年前,人们就已经在黄土高原上开始**农耕**。**随着**农耕业的持续发展,黄土高原人口不断增加,在秦汉时期就成为中国的政治和经济中心。如今,随着西部大开发战略的实施，黄土高原地区的经济得到了迅速发展。

张骞(Zhang Qian)是中国第一个伟大的探险家。他不畏艰险,克服重重困难,两次出使**西城**,开通了中国同**西亚和欧洲**的**通商**关系,将中国的**丝和丝织品**运往西亚和欧洲,开拓了历史上著名的“**丝绸之路**”。同时,他又将西城的**风土人情、地理文化**以及特有物种等介绍到中原,极大地开阔了人们的视野。

正如历史学家所指出的那样,如果没有张骞出使西域,就不可能有丝绸之路的开辟,也就不会有汉朝同西域或欧洲的文化交流。

1. **仔细阅读 8+**

**核心：主旨相关+细节（信息）比对**

**核心能力：**

**1.定位 一半**

**题干 关键词 3 个左右 路标 重点信息词**

**主旨题 前四个题干 反复出现的名词 --必定是topic --主旨题与之复现**

**1）定位明确 --题干**

**2）定位不明确 ： 定位句 首尾 转折 否定消极 比较 指代**

**2. 会画关键词（选项，定位句）**

1. **标段落号**
2. **看题干，画关键词（信息）优先：大写（路标词）其次：名词，动词 信息词**

**重点出题：1）人--观点 2）调查（research,survey）+总结 3）建议**

**4）纯细节比对**

**答案与定位句关键信息关系：同义替换 原词复现 反向负向**

1. **根据信息来定位：题文同序；**

**重点：首尾，转折，比较，否定消极（not,rather than）不同相同逻辑（equally, also, different, besides, other than)**

**重点：会画关键词（名词，动词）**

**不读：个别形容词，副词，插入语，实验/研究过程**

1. **回到选项，画关键词，不翻译 名词，动词，有差异的**
2. **根据复现（同义替换，反向替换，概括复现）选择**

**研究/人物观点**

**例题1：**

**~~However,~~** ~~on the other side of the coin there people who maintain that it is possible to be, or at least seem to be, multitasking. This A recent study~~ concluded that **regardless of** ~~whether people are actually handling several tasks or not,~~ the mere fact that they perceive this activity as multitasking has a **positive effect** on their performance.

1. ~~What do we learn from the conclusion of~~ a **recent**新旧对比 study on multitasking?
2. People make greater achievements by maintaining whatever they are doing is multitasking.
3. People’s performance benefits from the perception of what they are doing as multitasking.
4. People’s active mental processes exert a positive effect on their multitasking.
5. People can improve their capabilities by handling multitasking situations.

**例题2**

**~~Those~~** ~~negative emotions mount into heightened anxiety~~, impacting their ability to make the most of their personal life. Their desire to avoid feeling inferior ends up making them feel inferior when it comes to their diminished capacity for friendship and leisure. They end up dissatisfied both at work and outside of it.

48. ~~What do we learn about~~ people **over**-concerned with work-related self-esteem?

A) They may often feel inferior to their colleagues.

**B) The**y cannot enjoy their personal life to the full.

C) They are never satisfied with their achievements.

D) They have their own view of friendship and leisure.

**例题3**

But thankfully, **~~for~~** ~~those people compelled almost entirely by this specific form of motivation, the news isn't all bad, or bad at all.~~ The study **also** discovered several **positive outcomes** that can actually outweigh the harmful ones. Though these types of employees are motivated by the desire to avoid negative consequences, they are **also** motivated by the excitement of pursuing emotional rewards. **This** excitement makes pursuing goals enjoyable and stimulates pleasure and pride that would result from success. An effect of the positive motivation is that it ~~neutralizes the existence of negative motivation.~~

49. What is the good news we learn from the recent research?

**A)** The pursuit of goals may turn out to be enjoyable and pleasant.

~~B~~) The emotional rewards from goal pursuit are worth the pains taken.

~~C)~~ The negative consequences of goal pursuit can mostly be avoided.

D) The goal of swelling self-esteem can be achieved if one keeps trying.

**整篇训练**

Research shows that in developed countries, more affluent and educated people tend to consume higher-quality diets-including more fruits and vegetables, fish and whole grains. On the contrary, economically disadvantaged people report diets that are nutrient-poor and energy-dense. They are less likely to have food-purchasing habits that conform to public health recommendations.

These dietary differences are often accompanied by higher rates of obesity and diabetes among lower-income people. This relationship between social class and diet quality and health is extensively documented. However, the research does not explain why this is the case—a question that has significant implications for designing effective policies and initiatives to improve diets and prevent chronic diseases.

Public-health initiatives to promote healthy diets often focus on providing nutrition education and recipes (食谱). These approaches, however, often presume less food literacy (i.e. food knowledge and skills) among low-income people. Are unhealthy diets really the result of poor choices, limited food skills and knowledge?

Research suggests that adults in food-insecure households are just as likely as those in food-secure households to adjust recipes to make them more healthy. They are also just as proficient in food preparation and cooking skills. There is no indication that increasing food skills or budgeting skills will reduce food insecurity.

Instead, disadvantaged groups are constrained by their economic, material and social circumstances. For example, low income is the strongest predictor of food insecurity in Canada, where one in eight households experiences insufficient access to nutritious foods.

It's well-established that food prices are an important determinant of food choice. Low-income households report that they find it difficult to adopt dietary guidelines because food prices are a barrier to improving their diets.

When researchers estimate the cost of diets people actually eat, higher-quality diets are typically more costly.

While this may be so, it does not, in itself, prove that healthy diets are necessarily more expensive or cost-prohibitive. After all, not all socioeconomically disadvantaged people consume poor diets.

We can easily think of a number of foods and recipes that are both inexpensive and nutritious. The internet is full of recipes for "eating well on a budget.”

51. What can we learn from research on diets in developed countries?

A) Dietary recommendations are not fit for underprivileged people.

B) People from different social groups vary in their dietary habits.

C) People's choice of food depends on their individual taste.

D) There is no consensus on what high-quality diets are.

52. What does the author say is important in formulating policies to improve diets and health?

A) A better understanding of the relationship between social class and health.

B) A greater emphasis on studying the cause of obesity and chronic diseases.

C) Prioritizing the provision of better nutrition for lower classes.

D) Designing education programs and initiatives on public health.

53. What does research reveal about adults in food-insecure households?

A) Their eating habits need to be changed.

B) Their food literacy has been improving.

C) They do not pay much attention to their food recipes.

D) They do not lack food knowledge or budgeting skills.

54. What would help improve food security among the disadvantaged groups in Canada?

A) Teaching them budgeting skills.

B) Increasing their food choices.

C) Enabling them to have more access to nutritious foods.

D) Taking more effective measures to increase food supplies.

55. What does the author suggest disadvantaged people do to improve their health?

A) Adopt a positive attitude towards dietary guidelines.

B) Choose diets that are both healthy and affordable.

C) Make sure to purchase healthy foods on the internet.

D) Change their eating habits and consumption patterns.

1. **匹配阅读 （15分钟） 8+**

**核心：会画关键词**

**1.看题目理解文章意思**

**2. 选项：1）3个左右**

**2）最好：专有大写，细节，相同不同equally, same, also, different , besides, extra, other**

**数字（转化成数字）**

**常规：名词，动词**

**特点：独特，经常出现的不画 5个一组记忆**

**3）标注+记忆选项词：数字，非常细节，比较级**

**出题规律：3（原词复现）2+1（原词+复现：同义替换，反向复现，解释复现）**

**3.看语段：画关键词（重点看首尾，转折，否定消极，注意主语！）**

**More fathers are taking paternity leave, but mothers are still doing all the work**

A) Attitudes towards paternity leave (陪产假) have drastically changed in America in the last five years as more fathers feel comfortable taking extended time off, but gender bias persists when it comes to career prospects and the home,according to a new study of working parents.

B) Research by the Boston College Center for Work & Family, which surveyed new parents at four large US companies who were qualified for taking at least six weeks paid parental leave, found that 81% of the 1,240employees surveyed said the notion of fathers taking leave has become more acceptable.

C) Of those surveyed, 62% of fathers took the maximum amount of time off compared to 93% of mothers, and around three-quarters of workers said their employer was equally supportive of mothers and fathers taking parental leave and over half said leave policies had made workplace culture better.

D) The US is one of only three countries in the world not to offer statutory (法定的) paid leave, but increasingly states and companies are starting to take up the issue. So far, eight states and the District of Columbia have their own paid family leave laws.

E) Brad Harrington, executive director of the center and lead author of the study, estimates only 20% to 30%of companies in the US offer paid parental leave. He feels the research findings reflect an obvious change in corporate attitudes to new fathers taking time off.

F) "We did a study on paternity leave five years ago. Compared with those findings, these numbers were shocking to me. I did not expect 80% of people to say the organisation finds dads taking this leave acceptable and three-quarters to say it's equally supportive of women and men taking leave," Harrington said.

G) The previous study found that nearly three-quarters of fathers saw two to four weeks as an appropriate duration for paternity leave and 76% said they would prefer not to take all their time off at once.

1. Since then, there have been a number of legal cases against companies involving paternity leave—including cases against JPMorgan Chase and Estée Lauder—which have helped put pressure on companies to make their parental leave policies gender neutral.

I) However, the study also showshow traditional gender roles endure both at work, where more women than men reported changes in their perceived career potential, and at home—even among workers who claim to have a strong desire for equality.

J) The vast majority of men, 97%, said one of the top reasons to take leave was to share caregiving with their partner. But when they were asked about how caregiving and household tasks were divided, their answers painted a different picture. While about 75% of employees said both genders should give the same amount of care, the majority of men and nearly half of women admitted that in reality the female actually did most of it. A tiny fraction, 2%, of men said they did more of the childcare.

K) Men and women's experiences of the return to work following parental leave were also considerably different. Of the women surveyed, 32% reported a downturn in their job satisfaction, while 14% said it increased. In comparison, 17% of men said their job satisfaction went down and 20% said it went up. Meanwhile, more women reported an increase in their responsibilities and manager expectations after childbirth. Half of the women said they used flexible work arrangements after becoming a parent, while just 27% of men did. Similar percentages of men and women said they enjoyed their careers and that it gave them a sense of achievement, while around half of women and 44% of men said it was a key part of their identity.

L) On the subject of career advancement, 59% of women and 49% of men said leave could be limiting and both genders said they feared it would have an impact on their progress long-term. But on opportunity for promotion, more than double the number of women, 30% compared with 15% of men, believed their chances to be lower after becoming a parent. Despite progress, the struggle for women to reach the highest positions of power is demonstrated in this year's Fortune 500 list, which featured a record 33 female CEOs, but this still represents a tiny fraction of the total.

M) Harrington said culture change depends on companies putting more focus on men and their responsibilities. "By that I mean companies need to give men paternity leave and encourage men to take time off to be with their kids early on in the kids'life. They also need to recognise that men have to make significant adjustments when they become parents. Companies cannot do all these things to enhance women's advancement and then turn around and say, ‘Oh, but we don't expect the men to take over for the women at home."

N) In May, the American Civil Liberties Union (ACLU) and Outten & Golden LLP announced a historic class-action $5m settlement with JPMorgan Chase on behalf of male employees who claim they were illegally denied access to paid parental leave. Derek Rotondo, 35, filed the discrimination charge against his company after he was allegedly told by his HR department that mothers were considered primary caregivers. Thus, they were allowed to take 16 weeks of paid parental leave. Fathers, however, could take just two weeks.

O) The father of two from Columbus, Ohio, who still works at the company as an associate and investigator, said he has witnessed a “domino effect (多米诺效应) ” across companies since the settlement, but that there is still substantial progress to be made towards changing attitudes towards paternity leave.

P) "I do think there's still some way to go...there's still going to be sort of the unstated expectation for new dads to essentially come right back to work, but I think the research is showing that's starting to change." He said equal parental leave is an essential component to creating gender equality in the workplace. "The old standard of women staying home, having babies and cooking doesn't apply and hasn't applied for a long time."

36. In the absence ofFederal legislation, some states in the US have passed laws concerning paid family leave.

37. Most fathers admitted that even during their paternity leave they actually did much less childcare than the mother.

38. According to one father, equal parental leave is indispensable to achieving gender equality in the workplace.

39. One survey indicated there is now less objection to paternity leave.

40. Compared to five years ago, according to one researcher, many more people said their organisation gave the same support to men and women taking parental leave.

41. One study finds that even workers who claim to desire gender equality stick to traditional gender roles both at work and at home.

42. The majority of workers surveyed said parental leave policies had improved workplace culture.

43. In spite ofprogress, the number of women in top positions of big companies remains extremely small.

44. According to one estimate, less than one third of companies in the US provide paid parental leave.

45. A number of lawsuits have pressured companies to formulate gender neutral policies on parental leave.