



尚德机构
学习是一种信仰

英语写作

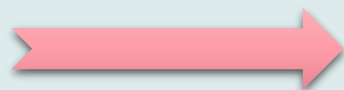
精讲 4

列提纲--提纲类型

Read the following passage carefully and compose a "sentence outline" for it.

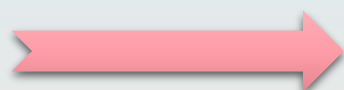
Read the following passage carefully and compose a "topic outline" for it.

句子提纲



由句子构成

论点提纲



由短语构成

列提纲--提纲类型

提纲类型	特点
论点提纲 Topic Outline	所有条目都是名词短语或相当于名词的短语。 例 I. Main causes of air pollution A. Automobiles B. Industry C. Rubbish
句子提纲 Sentence Outline	所有条目必须是完整的句子。 例：IV Traveling gives one an opportunity to see different places. A. One can learn from historic places. B. One can enjoy natural scenery. C. One has a chance to learn about local culture.

列提纲--组成部分

Introduction:(绪论) 需包含主题句thesis

Main body(主体)

Conclusion(结论)

列提纲--正确提纲范例

I. Introduction (Paras. 1-2)

- A. Use of metaphors for creative solutions to problems
- B. Thesis: Acting out metaphors literally can affect how our minds work.

II. Researchers' experiments (Paras. 3-6)

- A. First experiment of “thinking outside the box”
 - 1. Participants performing RAT inside, outside or without a box
 - 2. Better performance of participants sitting outside a box
- B. Second experiment of “putting two and two together”
 - 1. Participants performing RAT while uniting or moving card halves
 - 2. Better performance of participants uniting card halves

III. Conclusion: Acting out metaphors encouraging creative thinking (Para. 7)



列提纲--注意事项

1. 提纲可分二至三个层次，分别由罗马数字，英语大写字母和阿拉伯数字表示。
2. 如果某一点列为I，那么至少应有另一点为II与之对应，同一层次的小标题应同等对待，前后安排要一致。将段落标在后面
3. Thesis无论在哪种类型的提纲中都是句子，且是陈述句
4. 论点式提纲和句子式提纲**不可混用**。

2.2 常见结构

三段结构	I. Introduction 提出论点 II. 论证论点 III. conclusion 重申论点
五段结构	I. Introduction 提出论点 II. 分论点一 III. 分论点二 IV. 分论点三 V. conclusion
其他结构	根据原文材料归纳，也可以归纳成4部分或6部分。但不要原文几段就归纳成几部分。

列提纲--解题步骤

第一步：确定主题	策略：文章题目就是主题，每段中都出现的名词是主题
第二步：确定主题句	策略：第一段中出现。与主题相关。一句完整的话。
第三步：概括每段大意	策略：浏览每段段首和段尾，总结段落关键词。
第四步：整理全文提纲	策略：按照三段式或五段式或其他结构归纳每个段落，列出提纲



Color Me Pink



三、写作真题解密：列提纲

① We are all sensitive to color. There are some colors we like a lot and some we don't like at all. Some colors soothe or excite us and some make us happy or sad. People are affected because color is tied to all aspects of our lives.

sensitive adj. 敏感的

soothe [su:ð]

v. 抚慰、安慰

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段意：我们对颜色都很敏感，人们之所以受颜色影响是因为颜色和生活息息相关

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② Experts in colorgenics believe that the colors we wear say a lot about us, and that we subconsciously choose to wear certain colors in order to communicate our desires, emotions and needs.

colorgenics 色彩取向学

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adv. 潜意识地

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claim v. 声称、断言、主张

contentment [kən'tentmənt]

n. 满意、满足

content

n. 内容、目录、(食物) 含量

adj. 满意的、满足的

garment n. 衣服

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symbolically [sim'bolikəli]

adv. 象征性地、象征意义地

festivity [fe'stɪvɪtɪ]

n. 欢庆、庆典

Peru [pə'ru:] 秘鲁

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三、写作真题解密：列提纲



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⑦ In conclusion, the study of color can help us understand ourselves and improve our lives. It offers an alternative way to heal the body and spirit, and it can help us understand what others are trying to communicate. We can then respond to their needs and achieve a new level of understanding.

alternative [ɒl'tɜːnətɪv]

adj. 可替代的、另外的

n. 可供选择的事物

spirit ['spɪrɪt] n. 精神、心灵、情绪

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第一步：确定文章主题（Introduction中的A）



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第二步：确定主题句 Thesis（首段）

Thesis:

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Topic: People like or dislike some colors because colors can make people feel differently.

第二步：确定主题句 Thesis（首段）

Thesis: People are affected by color, which is tied to all aspects of our lives.

第三步：总结段落大意，分第一层次

- ① 段意：我们对颜色都很敏感，人们之所以受颜色影响是因为颜色和我们的生活息息相关
- ② 段意：我们穿戴的颜色能显示出关于我们的事，我们下意识地选择穿戴某种颜色是为了表达一定的想法、情感和需要
- ③ 段意：研究颜色的专家认为我们的衣服能向他人传递我们的心情、性格和愿望
- ④ 段意：颜色在所有文化里都有象征意义，在庆典和节日里，颜色也发挥着很大的作用
- ⑤ 段意：一些专家相信颜色对我们有重要的影响，同时颜色被用来帮助人们康复。
- ⑥ 段意：一些心理学家还用颜色治疗有情感疾病和心理问题的病人。
- ⑦ 段意：总之，对颜色的研究能让我们更好地理解和提高我们的生活。

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Topic: People like or dislike some colors because colors can make people feel differently.

第二步：确定主题句 Thesis（首段）

Thesis: People are affected by color, which is tied to all aspects of our lives.

I. Introduction: People are all sensitive to color(Para. 1)

A. People like or dislike some colors because colors can make people feel differently.

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A. People like or dislike some colors because colors can make people feel differently.

B. Thesis: People are affected by color, which is tied to all aspects of our lives.

II. Colors play an important part in our lives.(Paras. 2-6)

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A. People like or dislike some colors because colors can make people feel differently.

B. Thesis: People are affected by color, which is tied to all aspects of our lives.

II. Colors play an important part in our lives.(Paras. 2-6)

A. The colors we wear express our mood, personality and desires.

三、写作真题解密：列提纲

④ Color is used symbolically in all cultures and it plays an important role in ceremonies and festivities. Yellow is a symbol of luck in Peru and it can be seen just about everywhere. Yellow is also an important color to the Vietnamese who use it at weddings and on their flag, where it represents courage, victory and sacrifice. In many cultures, white symbolizes purity, and black, on the other hand, symbolizes death.

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A. People like or dislike some colors because colors can make people feel differently.

B. Thesis: People are affected by color, which is tied to all aspects of our lives.

II. Colors play an important part in our lives.(Paras. 2-6)

A. The colors we wear express our mood, personality and desires.

B. The symbolic meaning of the same color varies in different cultures.

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⑤ Some experts believe that colors have a strong effect on us and that colors can be used to heal. They say that by concentrating our thoughts on certain colors, we can cause energy to go to the parts of the body that need treatment. White light is said to be cleansing, and it can balance the body's entire system. Yellow stimulates the mind and creates a positive attitude, so it can help against depression. Green, which has a calming and restful effect, is supposed to be good for heart conditions.

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B. Thesis: People are affected by color, which is tied to all aspects of our lives.

II. Colors play an important part in our lives.(Paras. 2-6)

A. The colors we wear express our mood, personality and desires.

B. The symbolic meaning of the same color varies in different cultures.

C. Colors have medicinal effects.

三、写作真题解密：列提纲

⑤ Some experts believe that colors have a strong effect on us and that colors can be used to heal. They say that by concentrating our thoughts on certain colors, we can cause energy to go to the parts of the body that need treatment. White light is said to be cleansing, and it can balance the body's entire system. Yellow stimulates the mind and creates a positive attitude, so it can help against depression. Green, which has a calming and restful effect, is supposed to be good for heart conditions.

heal v. 治愈

cleansing ['klenzɪŋ]

adj. 清净的、有去污作用的

v. 清洗

n. 清洁、清洗

restful adj. 宁静的、安静的

段意：一些专家相信颜色对我们有重要的影响，同时颜色被用来帮助人们康复。

第三步：总结段落大意，分第一层次

- ① 段意：我们对颜色都很敏感，人们之所以受颜色影响是因为颜色和我们的生活息息相关
- ② 段意：我们穿戴的颜色能显示出关于我们的事，我们下意识地选择穿戴某种颜色是为了表达一定的想法、情感和需要
- ③ 段意：研究颜色的专家认为我们的衣服能向他人传递我们的心情、性格和愿望
- ④ 段意：颜色在所有文化里都有象征意义，在庆典和节日里，颜色也发挥着很大的作用
- ⑤ 段意：一些专家相信颜色对我们有重要的影响，同时颜色被用来帮助人们康复。
- ⑥ 段意：一些心理学家还用颜色治疗有情感疾病和心理问题的病人。
- ⑦ 段意：总之，对颜色的研究能让我们更好地理解和提高我们的生活。

三、写作真题解密：列提纲



尚德机构
学习是一种信仰

⑦ In conclusion, the study of color can help us understand ourselves and improve our lives. It offers an alternative way to heal the body and spirit, and it can help us understand what others are trying to communicate. We can then respond to their needs and achieve a new level of understanding.

alternative [ɒl'tɜːnətɪv]

adj. 可替代的、另外的

n. 可供选择的事物

spirit ['spɪrɪt] n. 精神、心灵、情绪

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III. Conclusion: The study of color can help us understand ourselves and improve our lives. (Para. 7)

A. Colors can heal our body and spirit.

B. Colors can help us understand others better.

Human Brain



①For centuries, people wondered about how the human brain works. Researchers were particularly concerned about its structure and functions. It was not long ago that scientists made the remarkable discovery that our brains are divided into two halves—left brain and right brain, and that each half has separate features and roles.

① remarkable [rɪ 'mɑ:kəbl]

adj. 非凡的, 显著的

② particularly adv. 特别地、尤其

③ separate ['sepəreɪt]

adj. 不同的, 不相关的

④ feature n. 特色、特征

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段意: 研究者关注大脑的结构和功能, 科学家发现: 左脑和右脑, 每一部分充当不同的功能和角色。

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③ relate v. 相关联、把...联系起来

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① contain v. 包含、包括

② appreciation [əpri:ʃi'eɪʃ(ə)n]

n. 欣赏、鉴赏、感激

③ compose v. 组成、作曲、写作

④ in operation 运转中、运行中

⑤ come across 偶遇、发现

⑥ tackle ['tækl]

v. 处理、应对

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段意：右脑叫做创意脑，能够让我们创造性地思考，右脑包含所有的艺术功能。

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v. 处理、应对

④ To some people, the left brain is dominant and to others, the right brain is. Of people who are good in mathematics and language expression—that is, putting into practice what they have learnt, we say that they are more left-brained. They are not very sensitive and believe in doing everything only after reasoning. They are very sharp at arguments. They are the type who will not believe in anything until they see it. Right-brained people are more artistic and have a good sense of music appreciation. They are also more sensitive and tend to be emotional. They are more open to new ideas and are willing to accept radical positions.

- ① dominant [ˈdɒmɪnənt]
adj. 占优势的
- ② left-brained 左脑型的
- ③ reasoning n. 推理, 论证
- ④ sharp adj. 敏锐的
- ⑤ right-brained adj. 右脑型的
- ⑥ sensitive [ˈsensɪtɪv]
adj. 敏感的
- ⑦ radical [rædɪkəl]
adj. 激进的
- ⑧ position n. 立场、处境

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段意：左脑型的人擅长数学和语言表达，他们不敏感，相信推理。右脑型的人有艺术气息，善于鉴赏音乐，他们敏感，情绪化，开放，更容易激进。

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⑤Is the left brain better or the right brain? Both sides of the brain are equally important. In an ideal situation, a person should be exactly equal in both sides of the brain. However, as in most things, the ideal never happens. People are dominated by one or the other side of their brains. In order to function effectively in the world, we must learn to use both sides of the brain. In many situations that we meet in the world, there will be requirements for both sides of the brain to work together as partners. For example, when you want to write a story, which brain do you use? The answer is both brains. You need the right brain to think of the ideas and you need the left side to arrange everything in a logical sequence. You cannot go through life with only one side functioning.

- ① equally ['i:kwəli]
adv. 平等地, 同样地
- ② sequence ['sikwəns]
n. 顺序
- ③ arrange v. 安排、整理
- ④ go through v. 度过, 经历
- ⑤ function v. 起作用、运转

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段意：左脑右脑同样重要。想要有效地运转，人们必须学会利用左右脑。

⑥ It's fundamentally important for people to know these interesting facts about the human brains. However, many aspects concerning our brains still remain unknown. With scientists' persistent efforts, more secrets of the human brain will be revealed.

① fundamentally

adv. 根本地、根本上

② concern v. 与...有关、关于

③ persistent [pə'zɪstənt]

adj. 坚持的、持久稳固的、持续的

④ reveal [rɪ'veɪl]

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第一步：确定文章主题（Introduction中的A）



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学习是一种信仰

Human Brain



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第一步：确定文章主题（Introduction中的A）

Human Brain

Topic: The structure and functions of human brains

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Thesis: Our brains are divided into two halves—left brain and right brain, and that each half has separate features and roles.

第三步：总结段落大意，分第一层次

- ①研究者关注大脑的结构和功能，科学家发现：左脑和右脑，每一部分充当不同的功能和角色。
- ②左脑是逻辑脑，我们用左脑处理数学问题，进行逻辑思考。
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- ⑥了解关于大脑的这些有趣知识很重要，经过科学家不懈努力，越来越多的大脑奥秘将被揭开。

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I. Introduction (Para.1)

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Human Brain

Topic: The structure and functions of human brains

参考答案: People' s concern about the structure and functions of human brains

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I. Introduction (Para.1)

A. People's concern about the structure and functions of human brains

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I. Introduction (Para.1)

A. People's concern about the structure and functions of human brains

B. Thesis: Human brains are divided into two halves, and each half has separate features and roles.

II. Features and roles of left brain and right brain (Paras.2-3)

②The left brain is said to be the logical brain. It is the left brain that we use to solve mathematical problems and go think logically. For example, if you are asked how to make coffee, this is what happens. Your left brain begins to work; it searches its files for information on coffee making. If it finds the files, it begins relating what to do step by step. If it does not find any record, it says it does not know.

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I. Introduction (Para.1)

- A. People's concern about the structure and functions of human brains
- B. Thesis: Human brains are divided into two halves, and each half has separate features and roles.

II. Features and roles of left brain and right brain (Paras.2-3)

- A. Left brain with the function of thinking logically
- B. Right brain with the function of thinking creatively

第三步：总结段落大意，分第一层次

- ①研究者关注大脑的结构和功能，科学家发现：左脑和右脑，每一部分充当不同的功能和角色。
- ②左脑是逻辑脑，我们用左脑处理数学问题，进行逻辑思考。
- ③右脑叫做创意脑，能够让我们创造性地思考，右脑包含所有的艺术功能。
- ④左脑型的人擅长数学和语言表达，他们不敏感，相信推理。右脑型的人有艺术气息，善于鉴赏音乐，他们敏感，情绪化，开放，更容易激进。
- ⑤左脑右脑同样重要。想要有效地运转，人们必须学会利用左右脑。
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- ③ arrange v. 安排、整理
- ④ go through v. 度过, 经历
- ⑤ function v. 起作用、运转

⑤ Is the left brain better or the right brain? Both sides of the brain are equally important. In an ideal situation, a person should be exactly equal in both sides of the brain. However, as in most things, the ideal never happens. People are dominated by one or the other side of their brains. In order to function effectively in the world, we must learn to use both sides of the brain. In many situations that we meet in the world, there will be requirements for both sides of the brain to work together as partners. For example, when you want to write a story, which brain do you use? The answer is both brains. You need the right brain to think of the ideas and you need the left side to arrange everything in a logical sequence. You cannot go through life with only one side functioning.

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① fundamentally

adv. 根本地、根本上

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③ persistent [pə'zɪstənt]

adj. 坚持的、持久稳固的、持续的

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IV. Conclusion: More to be learned about human brain (Para.6)