

英语写作真题1

1904

Why We Love Holiday Rituals and Traditions

The mere thought of holiday traditions brings smiles to most people's faces and elicits feelings of sweet anticipation and nostalgia. Holiday rituals are bursting with sensory pageantry. The fireworks or flowers signal to all of our senses that this is no common occasion. Such a sensory feast helps create lasting recollections of those occasions and marks them in our memory as special events worth cherishing. Indeed, there are plenty of reasons to value family rituals. They can help us take a respite from the daily grind, enjoy festive meals and connect with our loved ones.

Everyday life is stressful and full of uncertainty. Having a special time of the year when we know exactly what to do and how to do it provides a comfortable sense of structure, control and stability. Holiday traditions comprise rituals. The structured and repetitive actions in such rituals can act as a buffer against anxiety by making our world more predictable. For this reason, more people travel during the year-end holidays. Gathering together from remote locations helps people leave their worries behind, and at the same time lets them reconnect with time-honored family traditions.

The most important function of holiday rituals is their role in maintaining and strengthening family ties. In fact, for relatives who live far apart, holiday rituals may be the glue that holds the family together. Rituals are a powerful marker of identity and group membership. Taking part in collective rituals creates feelings of belonging and increased generosity toward other members of the group. It's no surprise, then, that spending the holidays with the in-laws for the first time is often regarded as a rite of passage—a sign of true family membership.

Holiday rituals strengthen family harmony. Sure, we might need to take three flights to get there. And our uncle might get drunk and start an argument with his son-in-law again. But when we evaluate past experiences, we tend to remember the best moments and the last moments. In other words, our memory of the family holiday will mostly consist of all the joyful rituals, the good food, and the warm goodbye hugs (after our uncle made up with his son-in-law). After getting back home, we'll have something to look forward to for next year.

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仅仅想到节日传统就给大多数人的脸上带来微笑,并产生甜蜜的期待和怀旧的感觉。节日仪式充满了感官盛宴。烟火或鲜花向我们所有的感官发出信号,表明这不是一个常见的场合。这种感官盛宴有助于创造对这些场合的持久回忆,并标志着我们的记忆中的特殊事件值得珍惜。事实上,有很多理由去重视家庭仪式。他们可以帮助我们 from 日常工作中缓解,享受节日的饭菜,并与我们的亲人联系。

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日常生活充满压力,充满不确定性。在一年中有一个特别的时间,当我们确切地知道做什么和怎么做时,它提供了一种舒适的结构、控制和稳定性感。节日传统包括仪式。这种仪式中的结构化和重复性行动可以使我们的世界更加可预测,从而起到缓冲焦虑的作用。因此,更多的人在年终假期期间旅行。从偏远的地方聚集在一起,有助于人们抛开烦恼,同时让他们重新与历史悠久的家庭传统重新连接。

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I. Family rituals can help us take a respite from the daily grind, enjoy festive meals and connect with our loved ones.

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- I. Family rituals can help us take a respite from the daily grind, enjoy festive meals and connect with our loved ones.
- II. It provides a comfortable sense of structure, control and stability.
- III. _____.
- IV. It maintains and strengthens family ties.

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- V. Conclusion

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- I. Family rituals can help us **take a respite from the daily grind**, enjoy festive meals and **connect with our loved ones**.
- II. It provides a **comfortable sense of structure, control and stability**.
- III. _____.
- IV. It maintains and strengthens **family ties**.
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No holiday tradition would be complete without a festive meal. Since the first humans gathered around the fire to roast their hunt, cooking has been one of the defining characteristics of our species. Sharing a ceremonial meal symbolizes community, brings the entire family together and facilitates conversation and connection. In fact, performing a ritual before a meal improves the overall eating experience and makes the food seem tastier. The longer we spend preparing a meal, the more we come to appreciate it. In this way, the labor and bustle associated with holiday meals virtually guarantees an enhanced experience.

没有节日大餐，任何节日传统都是不完整的。自从第一批人类聚集在火边烧烤他们的猎物以来，烹饪一直是我们这个物种的定义特征之一。分享一顿礼仪餐象征着团聚，将整个家庭聚集在一起，并促进沟通和联系。事实上，饭前举行仪式可以改善整体饮食体验，让食物看起来更美味。我们准备一顿饭花的时间越长，我们就越喜欢它。这样，假日餐饮带来的劳动和忙碌实际上保证了更好的体验。

Holiday rituals help us enjoy the festival meals.

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分类：

名词分类

合理预判

对比：

现在 V.S. 过去

普通 V.S. 特殊

Holiday rituals help us enjoy the festival meals.

to cook together

to sing songs

to propose a toast to seniors

to set fireworks

Holiday rituals help us enjoy the festival meals.

1.平时人们工作很忙，以至于不可能在吃饭上花费很多时间。

Holiday rituals help us enjoy the festival meals.

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2.但在假期期间，情况并非如此。

Holiday rituals help us enjoy the festival meals.

1.平时人们工作很忙，以至于不可能在吃饭上花费很多时间。

1.So bustling is our daily life that we cannot afford to invest much time and energy in cooking.

2.但在假期期间，情况并非如此。

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1.平时人们工作很忙，以至于不可能在吃饭上花费很多时间。

1. So bustling is our daily life that we cannot afford to invest much time and energy in cooking.

2.但在假期期间，情况并非如此。

2. However, it is not the case during holidays.

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节假日,亲朋好友习惯于聚在一起做饭,合作与交流为晚宴营造了热烈欢快的气氛。

On holidays, relatives and family members are accustomed to gathering and cooking together, and the cooperation and communication provide a warm and cheerful atmosphere for the dinner.

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对于一些地区和国家，没有什么比在节日晚宴前唱歌和跳舞更重要的，人们用这种方式向彼此表达祝福。

As to some regions and countries, nothing is more important than to sing and dance before festival meals, in which way, people express sincere wishes to other families.

Holiday rituals help us enjoy the festival meals.

to cook together

to sing songs

to toast to seniors

to set fireworks

Holiday rituals help us enjoy the festival meals.

同时，我们无论如何都不能忽略敬酒的意义。

meanwhile, on no account can we ignore the meaning of toasting to seniors.

Holiday rituals help us enjoy the festival meals.

to cook together

to sing songs

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Holiday rituals help us enjoy the festival meals.

在一些国家，比如中国，人们会在餐前放炮竹，以庆祝节日和美食的到来。

In some countries, like China, people will set fireworks to celebrate the arrival of festivals and feast.

Holiday rituals help us enjoy the festival meals.

So bustling is our daily life that we cannot afford to invest much time and energy in cooking. However, it is not the case during holidays. On holidays, relatives and family members are accustomed to gathering and cooking together, and the cooperation and communication provide a warm and cheerful atmosphere for the dinner. As to some regions and countries, nothing is more important than to sing and dance before festival meals, in which way, people express sincere wishes to other families.

Meanwhile, on no account can we ignore the meaning of toasting to seniors. In some countries, like China, people will set fireworks to celebrate the arrival of festivals and feast.

英语写作真题1

1810

The Benefits of Solo Journeys

John Steinbeck once said, "People don't take trips--trips take people. A solo trip,in particular, can have lasting benefits. Generations of adventurers have set off on journeys of self-discovery--traveling alone to many breathtaking destinations. Some of the best travel memoirs tell stories of solo travelers finding themselves on their own. Apart from easing tension to boost happiness, the solitude during the trip also helps to build new relationships, allow for flexible schedules and arouse worthy reflections.

Solo journeys can alleviate mild depression, thereby bringing joy. Recent research has found that the expectation of an upcoming vacation boosts feelings of happiness for up to eight weeks before the trip. Another study on adolescents suggests that time spent in solitude can help to shake off depression in young people. Free from the distractions of daily life,the traveler can focus his full attention on absorbing the present moment with all the senses.

The solo traveler can be his own master of the day, because he does not have to adhere to anyone else's schedule. He can relax as much as he wants; he can rest and loosen up as long as he likes. He might indulge in full days reading on the beach, take a leisurely hike, or sit on a bench admiring a work of art-all on his own. "The experiences are mine and mine alone, said a solo traveler. "I've really learned to enjoy spending time with myself."

Traveling solo also offers a great chance for reflection. As one travel memoir writer stated, "There is a soul-searching power in each adventure on your own. "Getting to really know oneself is a wonderful by-product of a solo journey. Traveling alone allows one to witness how he reacts to different situations. Those reflections can help him to gain a deeper understanding of who he is and what matters to him. He will have a stronger sense of self and feel more self-assured.

Solo travel can afford the traveler the necessary time and solitude for experiencing unexpected pleasures, building new relationships, enjoying the slow pace and the reflections of life. Aside from all the excitement and adventure it ultimately leads to self-discovery.The traveler, once hitting the road solo, will fall in love with it and the journey never ends.

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约翰·斯坦贝克曾经说过,"人们不旅行,旅行带人去。"特别是单独旅行,可以带来持久的好处。一代又一代的冒险家开始自我发现的旅程——独自前往许多令人惊叹的目的地。一些最好的旅游回忆录讲述了独自旅行的人自己发现自己的故事。除了缓解紧张情绪,提高幸福感外,旅途中的孤独也有助于建立新的关系,允许灵活的日程安排,并引起有价值的思考。

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独自旅行可以缓解轻度抑郁,从而带来欢乐。最近的研究发现,对即将到来的假期的期望会增强旅行前八周的快乐感。另一项针对青少年的研究表明,在孤独中度过的时间有助于摆脱年轻人的抑郁。从日常生活的干扰中解脱出来,旅行者可以全神贯注地用一切感官去吸收当下的时刻。

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独自旅行者可以是自己当天的主人,因为他不必遵守其他人的时间表。他可以随心所欲地放松;只要他喜欢,他就能休息和放松。他可能沉迷于在沙滩上阅读,悠闲地徒步旅行,或者坐在长椅上独自欣赏一件艺术品。”这些经历是属于我的,只有我一个人,"一位独自旅行的人说,"我只有我。我真的学会了享受与自己共度时光。

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Traveling solo also offers a great chance for reflection. As one travel memoir writer stated, "There is a soul-searching power in each adventure on your own. "Getting to really know oneself is a wonderful by-product of a solo journey. Traveling alone allows one to witness how he reacts to different situations. Those reflections can help him to gain a deeper understanding of who he is and what matters to him. He will have a stronger sense of self and feel more self-assured.

独自旅行也提供了一个伟大的反思机会。正如一位旅游回忆录作者所说,"每次冒险都有一种反省的力量。"真正了解自己是一次个人旅行的精彩副产品。独自旅行可以亲眼目睹他对不同情况的反应。这些思考可以帮助他更深入地了解他是谁,什么对他很重要。他会有更强烈的自我意识,感觉更自信。

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Solo travel can afford the traveler the necessary time and solitude for experiencing unexpected pleasures, building new relationships, enjoying the slow pace and the reflections of life. Aside from all the excitement and adventure it ultimately leads to self-discovery. The traveler, once hitting the road solo, will fall in love with it and the journey never ends.

独自旅行可以为旅行者提供必要的时间和孤独,体验意想不到的快乐,建立新的关系,享受缓慢的步伐和生活的反思。除了所有的兴奋和冒险,它最终导致自我发现。旅行者,一旦独自上路,就会爱上它,旅程永远不会结束。

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The solitude during the trip also helps to build new relationships.

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分类：

旅游伙伴 tourist

当地人 local people

对比：

跟朋友旅游

一个人旅游

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英语写作真题1

0910

The Breakdown of Communication

It is commonly acknowledged that language problems make communication between people from different cultures difficult. Because of the language barriers, people cannot express their feelings clearly to each other. However, communication problems also exist between individuals from the same culture. Although they have the same cultural background, they sometimes cannot understand each other well. Communication between individuals breaks down because of many factors. The most significant ones include personality, age difference and competition between individuals.

Personality has a great influence on communication between people. First, the sharing of common interests is often essential for initiating communication. If two people hold completely different attitudes, it will not be easy for them to start communicating with each other. Second, the willingness to express their feelings and opinions freely is needed if meaningful communication is to be developed. Some people do not want to talk about controversial subjects, fearing that this will hurt their relationship with friends. Instead, they keep their discussion of topics at a very superficial level, which prevents them from knowing and understanding each other. The lack of understanding leads to unsuccessful communication. It is clear that personality, to some extent, affects the initiation and maintenance of communication.

Although age difference gives rise to communication problems between two generations, competition poses an even greater problem when people are about the same age. Intense competition in the modern world creates tremendous pressure on people. In order to get ahead in a career or in school, people tend to devote most of their time to working, studying, or other activities that enhance their prospects for the future. As a consequence, they have little inclination to communicate with others. They are anxious about their achievements because those are the measures of success in life. So, keen competition also discourages people from having a good understanding of each other.

Communicating with other people involves much effort because people's personality, the generation gap and keen competition bring about potential problems. These problems are constantly with us, and any of them may lead to a breakdown in communication between individuals.

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人们普遍认为,语言问题使不同文化的人之间的沟通变得困难。由于语言障碍,人们无法清楚地表达彼此的感受,然而,来自同一文化的人之间也存在着沟通问题。虽然他们有着相同的文化背景,但有时由于许多因素无法沟通。其中最重要的因素包括人与人之间的个性、年龄差异和竞争。

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英语写作真题1

1804

Happiness

What makes a person happy? If people want to be happy, should they seek money and professional success? Many experts are trying to find out the obstacles to happiness and the ways to overcome them. The strategies they have offered are simple yet effective: to be true to oneself, avoid comparison with others financially, and welcome laws and rules that increase the general happiness of the population.

One of the chief obstacles to happiness is being untrue to one's real desire. Researchers have found that people who follow their authentic desires generally report being happier than those who do not. At its core, authenticity implies discovering and pursuing what people care about most. Take Linda's choice of career as an example. She found herself caught in the middle between her own dream of being a navigator and following her parents' advice of becoming a teacher. Her compromise to family expectations and social traditions has caused her lifelong regret. Therefore, people need to be true to themselves to increase the sense of personal happiness.

Finally, people often benefit from some laws and social rules, which may even cost money like paying taxes. People need to realize that some taxes can make the public happier, because they improve the overall quality of life. In one study of cigarette taxes, researchers conclude that "taxes may affect the happiness of former smokers (by making it easier to never start smoking)." This example demonstrates how social rules can lead to the general happiness of its population, even through the apparently negative practice of increased taxation. Taxes also contribute to the funds available for other social purposes. This further proves the need for taxation.

There are merely three ways that scholars of happiness studies have recommended to help enhance personal happiness. People should seek to live as their authentic selves in their personal and professional lives. They should avoid social comparison and live within their means. Furthermore, they should welcome any practice that increases the general happiness of the population.

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There are merely three ways that scholars of happiness studies have recommended to help **enhance personal happiness**. People should seek to live as their authentic selves in their personal and professional lives. **They should avoid social comparison** and live within their means. Furthermore, they should welcome any practice that increases the general happiness of the population.

Besides, people should avoid comparison to enhance their happiness.

对比：

分类：

Besides, people should avoid comparison to enhance their happiness.

对比：不可否认的是，人们习惯于跟身边的朋友和同事攀比，人们将很容易聚焦于自己的不足之上，这使得人们每天在压力之下生活和工作。然而，当人们不再攀比的时候，人们才更可能享受生活。

分类：当公司的员工之间不再攀比的时候，人们更可能和彼此友好相处，愉快合作；当人们不再和朋友攀比的时候，人们更可能和朋友真诚相待，增进友谊。毫无疑问，这一些都会让我们的生活充满幸福愉悦。

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There is no denying the fact that people are accustomed to comparing with their friends and colleagues. And it is easy for them to focus on their own drawbacks and shortages, which forces them to live and work under stress. However, once people abandon the comparison, they are more likely to enjoy their life.

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When there is no comparison between workmates, people will get along better with each other. And when people abandon comparing with their friends, they will treat each other sincerely, and their friendship therefore will be enhanced. As a result, our life will be full of joy and happiness.

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英语写作真题1

1710

My Love of Living a Frugal Lifestyle

For some reason, it seems that frugality is often associated with deprivation and being cheap. In my opinion, true frugality is anything but this. Frugality is about having more experiences. It's about living more on a little less. Ever since discovering the world of personal finance about four years ago, I have become totally fascinated by the power of frugality. It's a lifestyle I've learned to embrace. I love living a frugal lifestyle because my efforts have resulted in additional benefits that go beyond the immediate impact of cash savings. It has turned me into a more goal-oriented, resourceful and appreciative person.

Frugality leads me to focus on my priorities. My commitment to being frugal started with identifying my motivation for embracing the lifestyle. Why am I willing to give up a shopping trip to the mall? What makes me unwilling to eat out for birthday celebrations these few years? Evidently, I need to place the top priority on paying off my student loans by next year! Frugality inspires me to constantly evaluate the choices I'm making in order of importance.

One other reward is that frugality has helped me to appreciate what I have, which has nothing to do with money. When I choose to live with less, I begin to respect what I already have. I take attitude extends to appreciating the beauty of life itself. I often experience this enhanced level of thankfulness for the wonders of nature and the items I value, thanks to my frugal mindset(思维方式) . It sounds cliché , yet the more grateful I feel, the less I want.

To sum up, I take great pride in my present frugal living. Cutting back unnecessary purchases and throwing away the non-value stuff makes room for what's really important. I have learned to handle budget-related problems more resourcefully, repairing and reusing old items for a more sustainable, greener way of living. Spending less but appreciating what I have encourages me to live a richer life. In many cases, one doesn't need to spend money to be happy.

My Love of Living a Frugal Lifestyle

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To sum up, I take great pride in my present frugal living.

resourceful /rɪ'sɔrsfl/

ADJ Someone who is resourceful **is good at finding ways of dealing with problems.**

例：

He was amazingly inventive and resourceful, and played a major role in my career.

他极具创造力又足智多谋，在我的职业生涯中起了重要的作用。

Frugality has turned me into a more resourceful person.

对比：

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对比：当东西坏了，人们习惯于抛弃它，然后换新的；但是我选择过简朴的生活，我会想办法去充分利用它。

分类：首先我会先尝试修理它，这个过程让我的逐渐养成独立思考和解决问题的能力；其次如果无法修理，我就会将它改造成另一种工具，这又使我变成有创新能力的人。

举例：比如，当我的衣服变得太旧而无法穿的时候，我会将它剪成碎步，用于清理房间。

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There is no denying the fact that people are accustomed to abandoning something broken, and dashing into the store to grab a brand-new one. However, I prefer to live a frugal life, so I am willing to make the best of it.

Frugality has turned me into a more resourceful person.

分类：首先我会先尝试修理它，这个过程让我的逐渐养成独立思考和解决问题的能力；其次如果无法修理，我就会将它改造成另一种工具，这又使我变成有创新能力的人。

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Firstly, I will spare no effort to fix it, during which process, I develop the ability to think and solve problems independently. If it is beyond repair, I will try my utmost to turn it into another tool, which enables me to become a creative person.

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举例：比如，当我的衣服变得太旧而无法穿的时候，我会将它剪成碎步，用于清理房间。

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举例：比如，当我的衣服变得太旧而无法穿的时候，我会将它剪成碎步，用于清理房间。

For example, when my shirts become too worn off to wear, I would cut them into rags to clean rooms.

Frugality has turned me into a more resourceful person. There is no denying the fact that people are accustomed to abandoning something broken, and dashing into the store to grab a brand-new one. However, I prefer to live a frugal life, so I am willing to make the best of it. Firstly, I will spare no effort to fix it, during which process, I develop the ability to think and solve problems independently. If it is beyond repair, I will try my utmost to turn it into another tool, which enables me to become a creative person. For example, when my shirts become too worn off to wear, I would cut them into rags to clean rooms.

英语写作真题1

1704

The Benefits of Regular Exercise

In recent years, many people have become increasingly aware of the need for physical fitness. Almost everywhere people turn, whether to a news stall or television, advice for improving health bombards them. Although much of this advice is for commercial purposes, some of it, especially that advocating a regular exercise program, deserves serious attention. Such a program, if consisting of exercise at least thirty minutes three times a week, provides numerous benefits. Regular exercise releases tension, improves appearance, and increases stamina (耐力).

The first of these benefits, the release of tension, is immediate. Tension builds in the body because of stress, anxiety, or fear. Doctors agree that participating in an active sport such as tennis or volleyball for thirty minutes eases tension. If a person swims, jogs or rides a bicycle for half that time, he would sleep better at night and have a better mood the next day. In addition, after the relief of tension, minor irritations and frustrations should be less troubling. For example, if one is upset by the day's work or by a traffic jam, he may rush home, argue with the family, and eat excessively. Taking about thirty minutes to release frustrations through physical exercise could help him to avoid this behavior. Planned physical exercise, therefore, can eliminate or at least control tension.

In addition to an improved appearance, increased physical strength produces stamina. A stronger, healthier body is obviously more capable of working harder and, in fact, of withstanding normal fatigue. A worker who exercises should be able to complete a forty-hour week and still retain enough energy for shopping and housework. Similarly, a student who goes to school, keeps house and perhaps works part-time should accomplish tasks more efficiently. Equally important, this stamina helps to keep off illnesses such as colds and influenza. Altogether, improving endurance is one of the most important benefits of a regular exercise program.

Although easy solutions to weight-losing and body-shaping flood the media, actually acquiring these benefits is not easy. The rewards, however, are fully worth the effort. An established exercise program makes a person feel relaxed, look good, and have adequate strength for strenuous as well as routine activities.

The Benefits of Regular Exercise

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The first of these benefits, the release of tension, is immediate.

In addition to an improved appearance, increased physical strength produces stamina.

An established exercise program makes a person feel relaxed, look good, and have adequate strength for strenuous as well as routine activities.

Regular exercise improves appearance.

对比：现如今，生活压力越来越大，人们每天花费超过十小时坐在办公室里，甚至有些人超过十二小时，因此他们不可能做一些锻炼，结果他们越来越胖。但如果他们每天锻炼的话，情况就不会如此了。

分类：思考如何分类？

举例：思考如何举例？