



尚德机构
学习是一种信仰

英语写作

精讲 3



列提纲

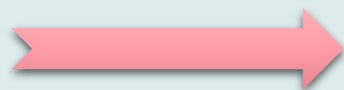


列提纲--提纲类型

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

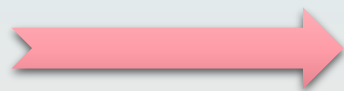
Read the following passage carefully and compose a "topic outline" for it.

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

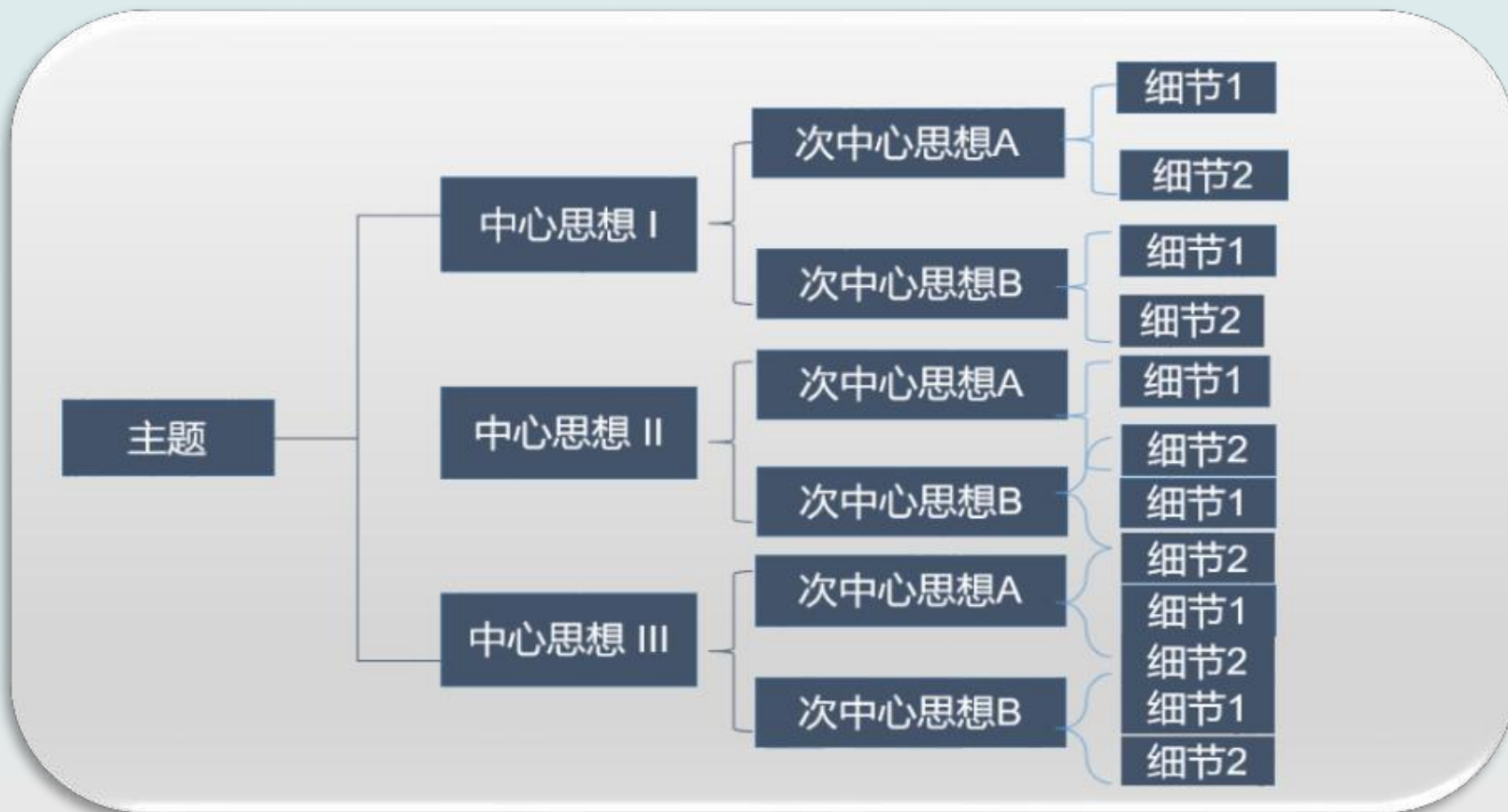
三段结构	I. Introduction 提出论点 II. 论证论点 III. conclusion 重申论点
五段结构	I. Introduction 提出论点 II. 分论点一 III. 分论点二 IV. 分论点三 V. conclusion
其他结构	根据原文材料归纳，也可以归纳成4部分或6部分。但不要原文几段就归纳成几部分。

列提纲--注意事项



尚德机构

学习是一种信仰



列提纲--评分标准

第一档 (17-20 分)

上下连贯，意思完整，语言通顺，表达清楚.很少有语法错误和拼写错误。

第二档 (12-16 分)

上下较连贯，语言较通顺，表达较清楚，有少数语法错误和拼写错误。

第三档 (8-11 分)

上下基本连贯，语言表达不够清楚，有较多语法错误和拼写错误。

第四档 (0-7 分)

上下不够连贯. 语言不够通顺，表达不清楚，有大量语法错误和拼写 。

列提纲--评分标准

- 1、本部分满分20分，按四个档给分，其中12 分为及格分，需要慎重把握。
- 2、考生只能按题型要求写出“topic outline”，如用“sentence outline”或两种混用，则降档处理。如写成“Summary”或其它形式，则按0分处理。其中Thesis 可置于Introduction之前。
- 3、提供的答案仅供参考。如果考生的回答在层次划分上与参考答案不一致，但条理清晰、合理，概括完整，应按正确答案给分。
- 4、回答中的拼写错误可以每四个扣1分，但不重复扣分。
- 5、分值不得出现0.5分。

判断下列提纲属于句子提纲还是论点提纲？

I. Introduction: Technology makes people impatient. (paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

B. The speed of communication causes people to grow apart from each other.

C. Those who have limited access to the Internet or other technology seem to get lost.

判断下列提纲属于句子提纲还是论点提纲？

I. Introduction: Confucius's influence (Para. 1)

A. The world's most enduring influential philosopher

B. Thesis: Confucius, concept of government and his ideas about personal conduct and morality pervaded Chinese life and culture.

II. Confucius's life and career (Para. 2)

A. His family background

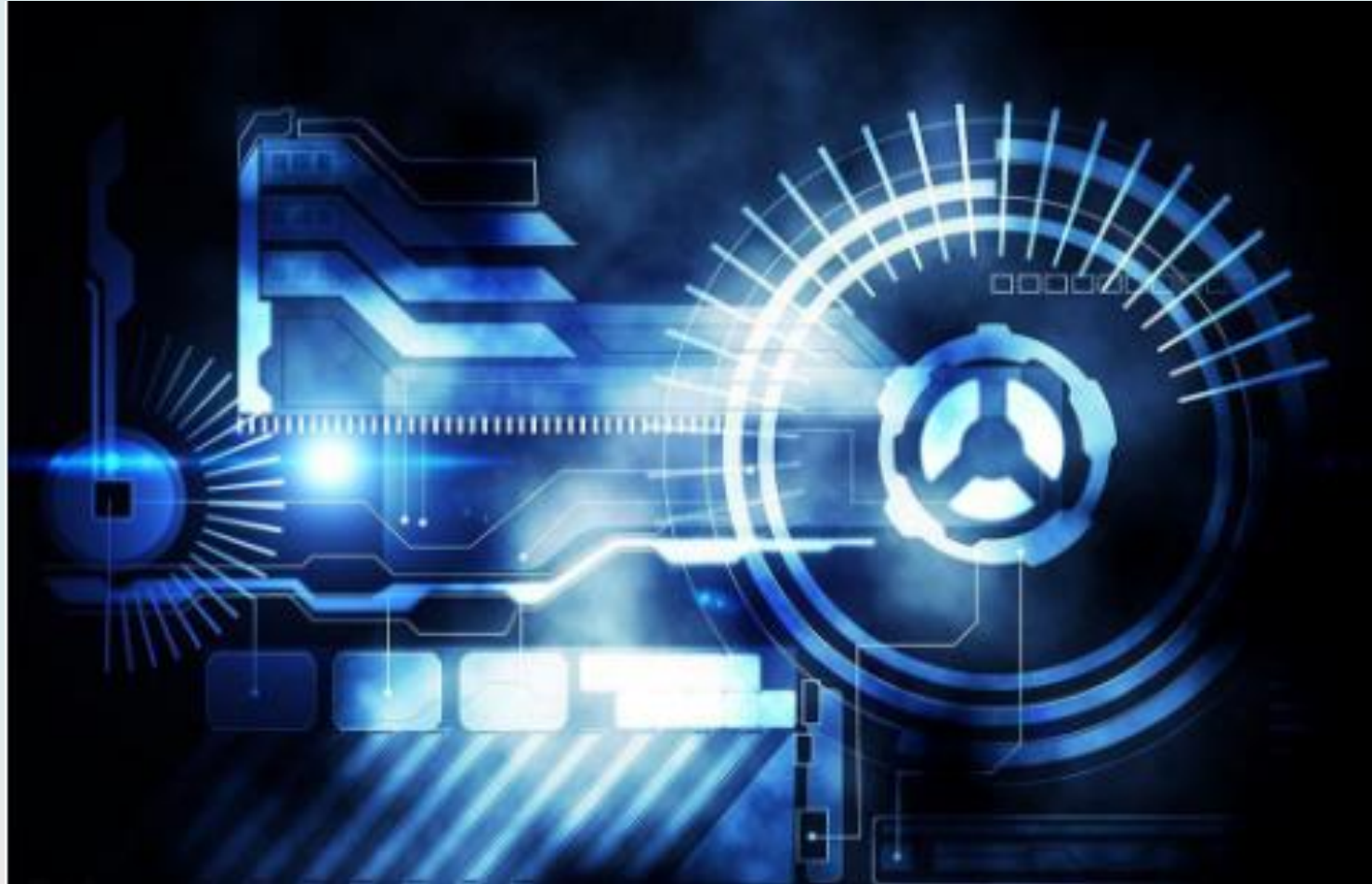
B. His career

C. His teachings in the Analects

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

What Technology Has Done to Us



三、写作真题解密：列提纲

① I am not a patient person. As I was waiting for the elevator the other day, I must have looked at my watch 25 times in one minute. Living in a world of fast-moving technology, I am used to instant reactions. I push a button, the elevator should open, right? Ah, this is what technology has done to me.

① elevator n. 电梯

② fast-moving adj. 快速移动的

③ be used to 习惯于

be used to do 被用来做某事

be used to doing 习惯于做某事

④ instant adj. 立刻、马上

⑤ reaction n. 反应

⑥ button n. 按钮

三、写作真题解密：列提纲

① I am not a patient person. As I was waiting for the elevator the other day, I must have looked at my watch 25 times in one minute. Living in a world of fast-moving technology, I am used to instant reactions. I push a button, the elevator should open, right? Ah, this is what technology has done to me.

①段意：我变得很不耐烦，这是科技带给我的影响。

① elevator n. 电梯

② fast-moving adj. 快速移动的

③ be used to 习惯于

be used to do 被用来做某事

be used to doing 习惯于做某事

④ instant adj. 立刻、马上

⑤ reaction n. 反应

⑥ button n. 按钮

三、写作真题解密：列提纲

② So, why do we use technological devices so much? It saves time and is convenient. With the Internet, we can receive and send information, communicate with friends and buy various items all instantly by the click of a mouse. In fact, our patience level has changed drastically all because of faster connections.

- ① device n. 设备、仪器
- ② convenient adj. 方便的
- ③ various adj. 多样的
- ④ instantly adv. 立刻，马上
- ⑤ click v. 点击
- ⑥ patience n. 耐心
- ⑦ drastically ['dræstikəli]
adv. 彻底地、激烈地、剧烈地

三、写作真题解密：列提纲

② So, why do we use technological devices so much? It saves time and is convenient. With the Internet, we can receive and send information, communicate with friends and buy various items all instantly by the click of a mouse. In fact, our patience level has changed drastically all because of faster connections.

②段意：科技能够节省时间，但同时也使我们越来越不耐烦。

- ① device n. 设备、仪器
- ② convenient adj. 方便的
- ③ various adj. 多样的
- ④ instantly adv. 立刻，马上
- ⑤ click v. 点击
- ⑥ patience n. 耐心
- ⑦ drastically ['dræstikəli]
adv. 彻底地、激烈地、剧烈地

三、写作真题解密：列提纲

③ While this technology does make it more convenient to receive information, sometimes I wonder if all this is too convenient. We take advantage of the speed so much that if the Internet is not working or the fax machine is not sending properly, our world seems to shut down temporarily. We simply find it difficult to function without access to our e-mail or updated news. In fact, technology can often make us lazy. I cannot possibly spend the time in mailing a letter in the acclaimed snail mail. "Fax it, E-mail it." the world cries. Society seems to revolve around time as it never did before.

- ① properly adv. 合适地、恰当地
- ② shut down 歇业、停工、关闭
- ③ temporarily adv. 暂时地
- ④ function v. 起作用、正常运转
- ⑤ snail mail 蜗牛邮件、普通邮件
- ⑥ acclaimed adj. 备受赞扬的
- ⑦ cry v. 叫喊
- ⑧ revolve v. 旋转
- revolve around 围绕... 以...为中心

三、写作真题解密：列提纲

③ While this technology does make it more convenient to receive information, sometimes I wonder if all this is too convenient. We take advantage of the speed so much that if the Internet is not working or the fax machine is not sending properly, our world seems to shut down temporarily. We simply find it difficult to function without access to our e-mail or updated news. In fact, technology can often make us lazy. I cannot possibly spend the time in mailing a letter in the acclaimed snail mail. "Fax it, E-mail it." the world cries. Society seems to revolve around time as it never did before.

③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。

- ① properly adv. 合适地、恰当地
- ② shut down 歇业、停工、关闭
- ③ temporarily adv. 暂时地
- ④ function v. 起作用、正常运转
- ⑤ snail mail 蜗牛邮件、普通邮件
- ⑥ acclaimed adj. 备受赞扬的
- ⑦ cry v. 叫喊
- ⑧ revolve v. 旋转
- revolve around 围绕... 以...为中心

三、写作真题解密：列提纲

④ This speed of communication has caused us to be so impatient that we have grown apart from each other. Our society can practically thrive without physical contact. Many people have all the required devices already in their homes: a computer, Internet access, a phone and a fax machine. Does anyone else think it is scary that a person does not need to even leave his or her bedroom to have full contact with anyone in the world? I think it decreases our value of face-to-face human contact as a whole. Why visit someone who lives 40 minutes away when you can e-mail them or chat online? It saves time, yet nothing can replace having face-to-face conversation with someone.

- ① grow apart from 与...疏远
- ② thrive [θraɪv] v. 繁荣、兴旺
- ③ contact v. 联系
- ④ practically adv. 几乎、实际地
- ⑤ device n. 设备
- ⑥ access n. 进入权、通路
- ⑦ fax n. 传真
- ⑧ as a whole
总的来说、就全体而言
- ⑨ chat v. 交流
- ⑩ replace v. 替代

三、写作真题解密：列提纲

④ This speed of communication has caused us to be so impatient that we have grown apart from each other. Our society can practically thrive without physical contact. Many people have all the required devices already in their homes: a computer, Internet access, a phone and a fax machine. Does anyone else think it is scary that a person does not need to even leave his or her bedroom to have full contact with anyone in the world? I think it decreases our value of face-to-face human contact as a whole. Why visit someone who lives 40 minutes away when you can e-mail them or chat online? It saves time, yet nothing can replace having face-to-face conversation with someone.

- ① grow apart from 与...疏远
- ② thrive [θraɪv] v. 繁荣、兴旺
- ③ contact v. 联系
- ④ practically adv. 几乎、实际地
- ⑤ device n. 设备
- ⑥ access n. 进入权、通路
- ⑦ fax n. 传真
- ⑧ as a whole
总的来说、就全体而言
- ⑨ chat v. 交流
- ⑩ replace v. 替代

④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。

三、写作真题解密：列提纲

⑤ What about those who have limited access to the Internet or other technology? They seem to get lost. Sometimes, when I am too busy to check my e-mail or have no access, I miss out on important information and events that have already taken place without my knowledge. The common thought seems to be that if you have an e-mail address, you must check it every hour, right? Sadly, this idea is becoming truth.

- ① miss out on 错失、错过
- ② without sb's knowledge
在某人不知情的情况下
- ③ take place 发生

三、写作真题解密：列提纲

⑤ What about those who have limited access to the Internet or other technology? They seem to get lost. Sometimes, when I am too busy to check my e-mail or have no access, I miss out on important information and events that have already taken place without my knowledge. The common thought seems to be that if you have an e-mail address, you must check it every hour, right? Sadly, this idea is becoming truth.

⑤段意：当网络受限时，人们会感到不知所措。

- ① miss out on 错失、错过
- ② without sb's knowledge
在某人不知情的情况下
- ③ take place 发生

三、写作真题解密：列提纲

⑥ While technology is an essential part of our thriving society, it should be less emphasized as the only way to communicate efficiently. Instead, accuracy should be the priority. While the Internet and fax machines are faster, efficiency can have its drawbacks. They do not always promise accurate information in sending. For example, these devices might not be the best way to submit important documents, such as college applications. Also, with the Internet, valuable information, such as credit card information, can fall into the wrong hands without being detected.

- ① thriving adj. 繁荣的、兴旺的
- ② emphasize v. 强调、着重
- ③ accuracy ['ækjʊərəsɪ]
n. 准确度、精准度
- ④ priority [praɪ'ɒrɪtɪ]
n. 优先、优先考虑的事情
- ⑤ drawback 缺点、不利条件
- ⑥ submit v. 屈服、提交
- ⑦ detect [dɪ'tekt] v. 察觉、发现

三、写作真题解密：列提纲

⑥ While technology is an essential part of our thriving society, it should be less emphasized as the only way to communicate efficiently. Instead, accuracy should be the priority. While the Internet and fax machines are faster, efficiency can have its drawbacks. They do not always promise accurate information in sending. For example, these devices might not be the best way to submit important documents, such as college applications. Also, with the Internet, valuable information, such as credit card information, can fall into the wrong hands without being detected.

- ① thriving adj. 繁荣的、兴旺的
- ② emphasize v. 强调、着重
- ③ accuracy ['ækjʊərəsɪ]
n. 准确度、精准度
- ④ priority [praɪ'ɒrɪtɪ]
n. 优先、优先考虑的事情
- ⑤ drawback 缺点、不利条件
- ⑥ submit v. 屈服、提交
- ⑦ detect [dɪ'tekt] v. 察觉、发现

⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。

三、写作真题解密：列提纲

⑦ While completely abandoning these communication devices is not feasible, society needs to be more patient with the inefficiencies of human-made inventions and of course with human connections.

① feasible ['fi: zəbl]

adj. 可行的、可实现的

② inefficiency [ˌɪnɪ'fɪʃənsɪ]

n. 效率低、无能

③ invention n. 发明

三、写作真题解密：列提纲

⑦ While completely abandoning these communication devices is not feasible, society needs to be more patient with the inefficiencies of human-made inventions and of course with human connections.

① feasible ['fi: zəbl]

adj. 可行的、可实现的

② inefficiency [ˌɪnɪ'fɪʃənsɪ]

n. 效率低、无能

③ invention n. 发明

⑦段意：我们要对人工以及与人相关的低效率更有耐心。

第一步：确定文章主题（Introduction中的A）

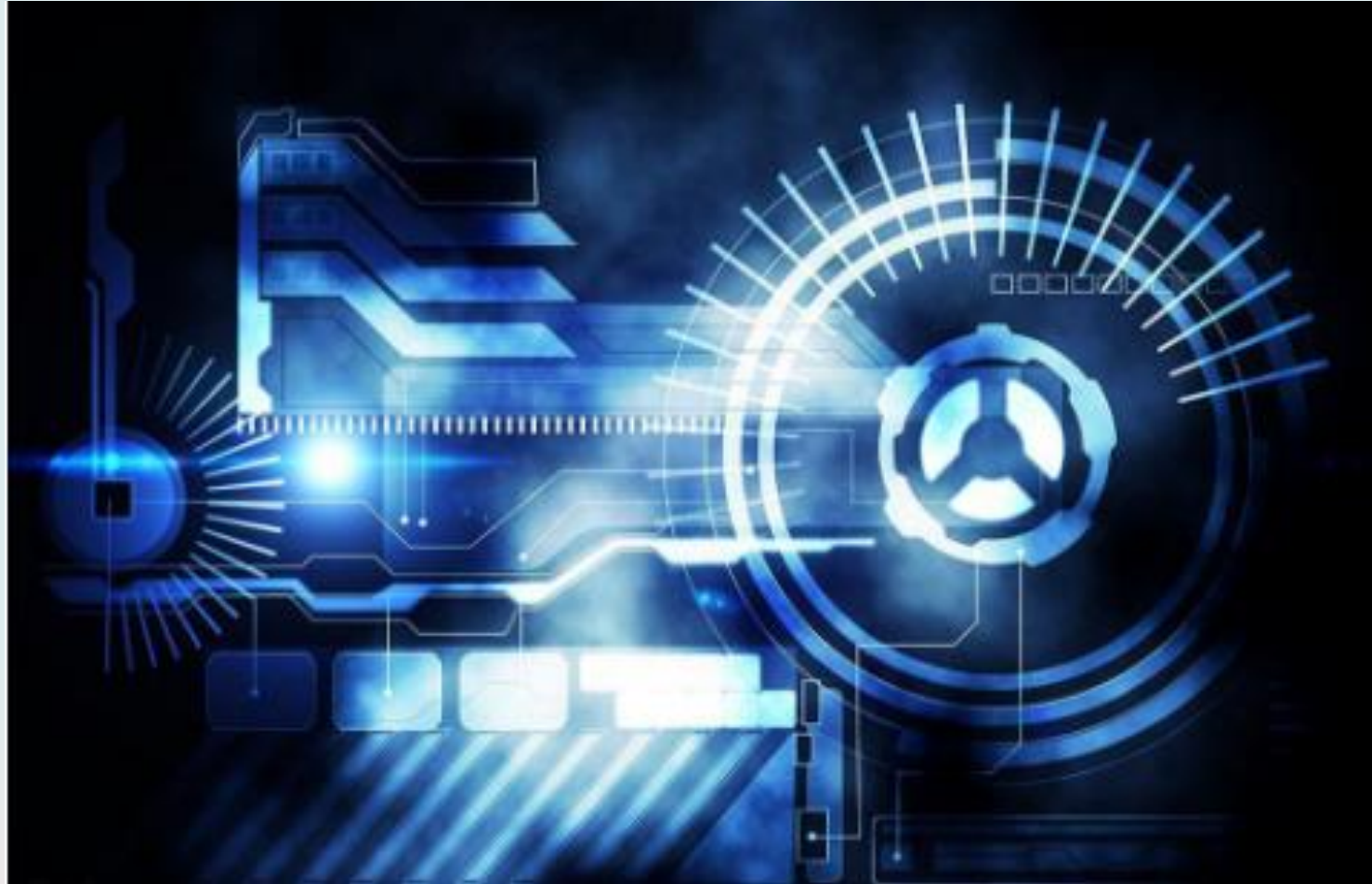


尚德机构
学习是一种信仰

第一步：确定文章主题（Introduction中的A）

Introduction中的A，写的是topic。文章标题即为topic，或结合标题和第一段自拟

What Technology Has Done to Us



三、写作真题解密：列提纲

① I am not a patient person. As I was waiting for the elevator the other day, I must have looked at my watch 25 times in one minute. Living in a world of fast-moving technology, I am used to instant reactions. I push a button, the elevator should open, right? Ah, this is what technology has done to me.

①段意：我变得很不耐烦，这是科技带给我的影响。

① elevator n. 电梯

② fast-moving adj. 快速移动的

③ be used to 习惯于

be used to do 被用来做某事

be used to doing 习惯于做某事

④ instant adj. 立刻、马上

⑤ reaction n. 反应

⑥ button n. 按钮

三、写作真题解密：列提纲

① I am not a patient person. As I was waiting for the elevator the other day, I must have looked at my watch 25 times in one minute. Living in a world of fast-moving technology, I am used to instant reactions. I push a button, the elevator should open, right? Ah, this is what technology has done to me.

①段意：我变得很不耐烦，这是科技带给我的影响。

① elevator n. 电梯

② fast-moving adj. 快速移动的

③ be used to 习惯于

be used to do 被用来做某事

be used to doing 习惯于做某事

④ instant adj. 立刻、马上

⑤ reaction n. 反应

⑥ button n. 按钮

三、写作真题解密：列提纲

① I am not a patient person. As I was waiting for the elevator the other day, I must have looked at my watch 25 times in one minute. Living in a world of fast-moving technology, I am used to instant reactions. I push a button, the elevator should open, right? Ah, this is what technology has done to me.

①段意：我变得很不耐烦，这是科技带给我的影响。

Topic: I am used to instant reactions due to teleology.

① elevator n. 电梯

② fast-moving adj. 快速移动的

③ be used to 习惯于

be used to do 被用来做某事

be used to doing 习惯于做某事

④ instant adj. 立刻、马上

⑤ reaction n. 反应

⑥ button n. 按钮

第一步：确定文章主题（Introduction中的A）

Topic: I am used to instant reactions due to teleology.

第一步：确定文章主题（Introduction中的A）

Topic: I am used to instant reactions due to teleology.

第二步：确定主题句 Thesis（首段）

三、写作真题解密：列提纲

② So, why do we use technological devices so much? It saves time and is convenient. With the Internet, we can receive and send information, communicate with friends and buy various items all instantly by the click of a mouse. In fact, our patience level has changed drastically all because of faster connections.

②段意：科技能够节省时间，但同时也使我们越来越不耐烦。

- ① device n. 设备、仪器
- ② convenient adj. 方便的
- ③ various adj. 多样的
- ④ instantly adv. 立刻，马上
- ⑤ click v. 点击
- ⑥ patience n. 耐心
- ⑦ drastically ['dræstikəli]
adv. 彻底地、激烈地、剧烈地

三、写作真题解密：列提纲

② So, why do we use technological devices so much? It saves time and is convenient. With the Internet, we can receive and send information, communicate with friends and buy various items all instantly by the click of a mouse. In fact, our patience level has changed drastically all because of faster connections.

②段意：科技能够节省时间，但同时也使我们越来越不耐烦。

- ① device n. 设备、仪器
- ② convenient adj. 方便的
- ③ various adj. 多样的
- ④ instantly adv. 立刻，马上
- ⑤ click v. 点击
- ⑥ patience n. 耐心
- ⑦ drastically ['dræstikəli]
adv. 彻底地、激烈地、剧烈地

第一步：确定文章主题（Introduction中的A）

Topic: I am used to instant reactions due to teleology.

第二步：确定主题句 Thesis（首段）

Thesis: Our patience level has changed drastically because of faster connections.

第三步：总结段落大意，分第一层次

- ①段意：我变得很不耐烦，这是科技带给我的影响。
- ②段意：科技能够节省时间，但同时也使我们越来越不耐烦。
- ③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。
- ④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。
- ⑤段意：当网络受限时，人们会感到不知所措。
- ⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。
- ⑦段意：我们要对人工以及与人相关的低效率更有耐心。

第三步：总结段落大意，分第一层次

- ①段意：我变得很不耐烦，这是科技带给我的影响。
- ②段意：科技能够节省时间，但同时也使我们越来越不耐烦。
- ③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。
- ④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。
- ⑤段意：当网络受限时，人们会感到不知所措。
- ⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。
- ⑦段意：我们要对人工以及与人相关的低效率更有耐心。

根据各段段意：①②段都是表述科技使人变得不耐烦，可归为一个层次。

③④⑤段都分别表述了科技的负面影响，可归为一个层次。

⑥⑦段阐述了作者在审视科技带来的负面影响后的结论，可归为一个层次。

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A.

B. Thesis:

第一步：确定文章主题（Introduction中的A）

Topic: I am used to instant reactions due to teleology.

第二步：确定主题句 Thesis（首段）

Thesis: Our patience level has changed drastically because of faster connections.

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

第三步：总结段落大意，分第一层次

- ①段意：我变得很不耐烦，这是科技带给我的影响。
- ②段意：科技能够节省时间，但同时也使我们越来越不耐烦。
- ③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。
- ④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。
- ⑤段意：当网络受限时，人们会感到不知所措。
- ⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。
- ⑦段意：我们要对人工以及与人相关的低效率更有耐心。

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

三、写作真题解密：列提纲

③ While this technology does make it more convenient to receive information, sometimes I wonder if all this is too convenient. We take advantage of the speed so much that if the Internet is not working or the fax machine is not sending properly, our world seems to shut down temporarily. We simply find it difficult to function without access to our e-mail or updated news. In fact, technology can often make us lazy. I cannot possibly spend the time in mailing a letter in the acclaimed snail mail. "Fax it, E-mail it." the world cries. Society seems to revolve around time as it never did before.

③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。

- ① properly adv. 合适地、恰当地
- ② shut sown 歇业、停工、关闭
- ③ temporarily adv. 暂时地
- ④ function v. 起作用、正常运转
- ⑤ snail mail 蜗牛邮件、普通邮件
- ⑥ acclaimed adj. 备受赞扬的
- ⑦ cry v. 叫喊
- ⑧ revolve v. 旋转
- revolve around 围绕... 以...为中心

三、写作真题解密：列提纲

③ While this technology does make it more convenient to receive information, sometimes I wonder if all this is too convenient. We take advantage of the speed so much that if the Internet is not working or the fax machine is not sending properly, our world seems to shut down temporarily. We simply find it difficult to function without access to our e-mail or updated news. In fact, technology can often make us lazy. I cannot possibly spend the time in mailing a letter in the acclaimed snail mail. "Fax it, E-mail it." the world cries. Society seems to revolve around time as it never did before.

③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。

- ① properly adv. 合适地、恰当地
- ② shut down 歇业、停工、关闭
- ③ temporarily adv. 暂时地
- ④ function v. 起作用、正常运转
- ⑤ snail mail 蜗牛邮件、普通邮件
- ⑥ acclaimed adj. 备受赞扬的
- ⑦ cry v. 叫喊
- ⑧ revolve v. 旋转
- revolve around 围绕... 以...为中心

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

三、写作真题解密：列提纲

④ This speed of communication has caused us to be so impatient that we have grown apart from each other. Our society can practically thrive without physical contact. Many people have all the required devices already in their homes: a computer, Internet access, a phone and a fax machine. Does anyone else think it is scary that a person does not need to even leave his or her bedroom to have full contact with anyone in the world? I think it decreases our value of face-to-face human contact as a whole. Why visit someone who lives 40 minutes away when you can e-mail them or chat online? It saves time, yet nothing can replace having face-to-face conversation with someone.

- ① grow apart from 与...疏远
- ② thrive [θraɪv] v. 繁荣、兴旺
- ③ contact v. 联系
- ④ practically adv. 几乎、实际地
- ⑤ device n. 设备
- ⑥ access n. 进入权、通路
- ⑦ fax n. 传真
- ⑧ as a whole
总的来说、就全体而言
- ⑨ chat v. 交流
- ⑩ replace v. 替代

④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。

三、写作真题解密：列提纲

④ This speed of communication has caused us to be so impatient that we have grown apart from each other. Our society can practically thrive without physical contact. Many people have all the required devices already in their homes: a computer, Internet access, a phone and a fax machine. Does anyone else think it is scary that a person does not need to even leave his or her bedroom to have full contact with anyone in the world? I think it decreases our value of face-to-face human contact as a whole. Why visit someone who lives 40 minutes away when you can e-mail them or chat online? It saves time, yet nothing can replace having face-to-face conversation with someone.

- ① grow apart from 与...疏远
- ② thrive [θraɪv] v. 繁荣、兴旺
- ③ contact v. 联系
- ④ practically adv. 几乎、实际地
- ⑤ device n. 设备
- ⑥ access n. 进入权、通路
- ⑦ fax n. 传真
- ⑧ as a whole
总的来说、就全体而言
- ⑨ chat v. 交流
- ⑩ replace v. 替代

④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

B. The speed of communication causes people to grow apart from each other.

三、写作真题解密：列提纲

⑤ What about those who have limited access to the Internet or other technology? They seem to get lost. Sometimes, when I am too busy to check my e-mail or have no access, I miss out on important information and events that have already taken place without my knowledge. The common thought seems to be that if you have an e-mail address, you must check it every hour, right? Sadly, this idea is becoming truth.

⑤段意：当网络受限时，人们会感到不知所措。

- ① miss out on 错失、错过
- ② without sb's knowledge
在某人不知情的情况下
- ③ take place 发生

三、写作真题解密：列提纲

⑤ What about those who have limited access to the Internet or other technology? They seem to get lost. Sometimes, when I am too busy to check my e-mail or have no access, I miss out on important information and events that have already taken place without my knowledge. The common thought seems to be that if you have an e-mail address, you must check it every hour, right? Sadly, this idea is becoming truth.

⑤段意：当网络受限时，人们会感到不知所措。

- ① miss out on 错失、错过
- ② without sb's knowledge
在某人不知情的情况下
- ③ take place 发生

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

B. The speed of communication causes people to grow apart from each other.

C. Those who have limited access to the Internet or other technology seem to get lost.

第三步：总结段落大意，分第一层次

- ①段意：我变得很不耐烦，这是科技带给我的影响。
- ②段意：科技能够节省时间，但同时也使我们越来越不耐烦。
- ③段意：我们过度依靠科技所带来的便利以至于对科技产生依赖。
- ④段意：快速交流让我们彼此疏远，身体接触和面对面交流减少。
- ⑤段意：当网络受限时，人们会感到不知所措。
- ⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。
- ⑦段意：我们要对人工以及与人相关的低效率更有耐心。

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

B. The speed of communication causes people to grow apart from each other.

C. Those who have limited access to the Internet or other technology seem to get lost.

III. Conclusion: (Paragraphs 6-7)

A.

B.

三、写作真题解密：列提纲

⑥ While technology is an essential part of our thriving society, it should be less emphasized as the only way to communicate efficiently. Instead, accuracy should be the priority. While the Internet and fax machines are faster, efficiency can have its drawbacks. They do not always promise accurate information in sending. For example, these devices might not be the best way to submit important documents, such as college applications. Also, with the Internet, valuable information, such as credit card information, can fall into the wrong hands without being detected.

- ① thriving adj. 繁荣的、兴旺的
- ② emphasize v. 强调、着重
- ③ accuracy ['ækjʊərəsɪ]
n. 准确度、精准度
- ④ priority [praɪ'ɒrɪtɪ]
n. 优先、优先考虑的事情
- ⑤ drawback 缺点、不利条件
- ⑥ submit v. 屈服、提交
- ⑦ detect [dɪ'tekt] v. 察觉、发现

⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。

三、写作真题解密：列提纲

⑥ While technology is an essential part of our thriving society, it should be less emphasized as the only way to communicate efficiently. Instead, accuracy should be the priority. While the Internet and fax machines are faster, efficiency can have its drawbacks. They do not always promise accurate information in sending. For example, these devices might not be the best way to submit important documents, such as college applications. Also, with the Internet, valuable information, such as credit card information, can fall into the wrong hands without being detected.

- ① thriving adj. 繁荣的、兴旺的
- ② emphasize v. 强调、着重
- ③ accuracy ['ækjʊərəsɪ]
n. 准确度、精准度
- ④ priority [praɪ'ɒrɪtɪ]
n. 优先、优先考虑的事情
- ⑤ drawback 缺点、不利条件
- ⑥ submit v. 屈服、提交
- ⑦ detect [dɪ'tekt] v. 察觉、发现

⑥段意：科技不应该被视为是唯一的交流途径，准确性应当是第一要义。

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

B. The speed of communication causes people to grow apart from each other.

C. Those who have limited access to the Internet or other technology seem to get lost.

III. Conclusion: (Paragraphs 6-7)

A. Technology should be less emphasized as the only way to communicate efficiently.

B.

三、写作真题解密：列提纲

⑦ While completely abandoning these communication devices is not feasible, society needs to be more patient with the inefficiencies of human-made inventions and of course with human connections.

① feasible ['fi: zəbl]

adj. 可行的、可实现的

② inefficiency [ˌɪnɪ'fɪʃənsɪ]

n. 效率低、无能

③ invention n. 发明

⑦段意：我们要对人工以及与人相关的低效率更有耐心。

三、写作真题解密：列提纲

⑦ While completely abandoning these communication devices is not feasible, society needs to be more patient with the inefficiencies of human-made inventions and of course with human connections.

① feasible ['fi: zəbl]

adj. 可行的、可实现的

② inefficiency [ˌɪnɪ'fɪʃənsɪ]

n. 效率低、无能

③ invention n. 发明

⑦段意：我们要对人工以及与人相关的低效率更有耐心。

I. Introduction: Technology makes people impatient. (Paragraphs 1-2)

A. I am used to instant reactions due to teleology.

B. Thesis: Our patience level has changed drastically because of faster connections.

II. Technology brings about problems. (Paragraphs 3-5)

A. People take advantage of the speed too much.

B. The speed of communication causes people to grow apart from each other.

C. Those who have limited access to the Internet or other technology seem to get lost.

III. Conclusion: (Paragraphs 6-7)

A. Technology should be less emphasized as the only way to communicate efficiently.

B. Society needs to be more patient with the inefficiencies of human inventions and human connections.



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

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

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

三、写作真题解密：列提纲

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

subconsciously [ˌsʌbˈkɒnʃəsli]

adv. 潜意识地

soothe [suːð]

v. 抚慰、安慰

三、写作真题解密：列提纲

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

subconsciously [ˌsʌbˈkɒnʃəsli]

adv. 潜意识地

soothe [suːð]

v. 抚慰、安慰

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 and 需要

三、写作真题解密：列提纲

③ Colorgenics experts claim that our clothes send messages to others about our mood, personality and desires. For them, pink expresses peace and contentment of the wearer. People who often wear pink are supposed to be warm and understanding. The message is that you would like to share your peace and happiness with others. Red garments indicate a high level of physical energy. People who wear red like to take life at a fast pace. Brown is the color of wealth and shows a need for independence and material security. Wearers of green have love of nature and enjoy peaceful moments.

colorgenics 色彩取向学

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

pace n. 速度、进度 v. 踱步

三、写作真题解密：列提纲

③ Colorgenics experts claim that our clothes send messages to others about our mood, personality and desires. For them, pink expresses peace and contentment of the wearer. People who often wear pink are supposed to be warm and understanding. The message is that you would like to share your peace and happiness with others. Red garments indicate a high level of physical energy. People who wear red like to take life at a fast pace. Brown is the color of wealth and shows a need for independence and material security. Wearers of green have love of nature and enjoy peaceful moments.

colorgenics 色彩取向学

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

pace n. 速度、进度 v. 踱步

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

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.

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

Vietnamese [ˈvjɛtnəmiːz]

越南人

sacrifice n. 牺牲

symbolize v. 象征、代表

purity n. 纯洁

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.

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

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

Vietnamese [ˈvjɛtnəmi:z]

越南人

sacrifice n. 牺牲

symbolize v. 象征、代表

purity n. 纯洁

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

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。

三、写作真题解密：列提纲

⑥ Some psychologists also use color to treat patients with emotional and psychological problems. By giving them what is called the Luscher color test, in which people select the colors they like and dislike, doctors can learn many things about a patient's personality.

psychological adj. 心理的、精神的

select v. 挑选

personality n. 性格

三、写作真题解密：列提纲

⑥ Some psychologists also use color to treat patients with emotional and psychological problems. By giving them what is called the Luscher color test, in which people select the colors they like and dislike, doctors can learn many things about a patient's personality.

psychological adj. 心理的、精神的

select v. 挑选

personality n. 性格

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。

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

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

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。

第一步：确定文章主题（Introduction中的A）



尚德机构
学习是一种信仰

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

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

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

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

第一步：确定文章主题（Introduction中的A）

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

第一步：确定文章主题（Introduction中的A）

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:

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

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

第一步：确定文章主题（Introduction中的A）

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。

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。

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

第一步：确定文章主题（Introduction中的A）

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.

B. 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。

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

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)

三、写作真题解密：列提纲

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

subconsciously [ˌsʌbˈkɒnʃəsli]

adv. 潜意识地

soothe [suːð]

v. 抚慰、安慰

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 and 需要

三、写作真题解密：列提纲

③ Colorgenics experts claim that our clothes send messages to others about our mood, personality and desires. For them, pink expresses peace and contentment of the wearer. People who often wear pink are supposed to be warm and understanding. The message is that you would like to share your peace and happiness with others. Red garments indicate a high level of physical energy. People who wear red like to take life at a fast pace. Brown is the color of wealth and shows a need for independence and material security. Wearers of green have love of nature and enjoy peaceful moments.

colorgenics 色彩取向学

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

pace n. 速度、进度 v. 踱步

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

三、写作真题解密：列提纲

③ Colorgenics experts claim that our clothes send messages to others about our mood, personality and desires. For them, pink expresses peace and contentment of the wearer. People who often wear pink are supposed to be warm and understanding. The message is that you would like to share your peace and happiness with others. Red garments indicate a high level of physical energy. People who wear red like to take life at a fast pace. Brown is the color of wealth and shows a need for independence and material security. Wearers of green have love of nature and enjoy peaceful moments.

colorgenics 色彩取向学
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
pace n. 速度、进度 v. 踱步

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

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

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.

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

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

Vietnamese [ˈvjɛtnəmi:z]

越南人

sacrifice n. 牺牲

symbolize v. 象征、代表

purity n. 纯洁

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.

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

symbolically [sim'bɒlikəli]

adv. 象征性地、象征意义地

festivity [fe'stɪvɪtɪ]

n. 欢庆、庆典

Peru [pə'ru:] 秘鲁

Vietnamese [ˈvjɛtnəmiːz]

越南人

sacrifice n. 牺牲

symbolize v. 象征、代表

purity n. 纯洁

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

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.

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。

三、写作真题解密：列提纲

⑥ Some psychologists also use color to treat patients with emotional and psychological problems. By giving them what is called the Luscher color test, in which people select the colors they like and dislike, doctors can learn many things about a patient's personality.

psychological adj. 心理的、精神的

select v. 挑选

personality n. 性格

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。

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

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.

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

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

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。

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

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.

C. Colors have medicinal effects.

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.