Mother Teresa:

Mary Teresa Bojaxhiu, commonly known as Mother Teresa, was an Albanian-Indian Roman Catholic nun and missionary. Seventy years ago, Mother Teresa left her teaching post at a Roman Catholic girls’ school in Calcutta in order to devote her life to working among the poorest of the poor in the slums of that city. The Roman Catholic order of which she used to be the head has in recent years extended its activities to include a number of other Indian cities and other parts of the world. Mother Teresa’s work in bringing help to suffering humanity has been recognized by the world which has turned its attention to the plight of children and refugees, and these are precisely the categories for whom Mother Teresa has for many years worked so selflessly.

Charles Thomas Munger:

Charles Thomas Munger (born January 1, 1924) is an American investor, businessman, former real estate attorney, and philanthropist. He is vice chairman of Berkshire Hathaway, the conglomerate controlled by Warren Buffett. Charlie Munger, like his business partner Warren Buffett, is a walking encyclopedia of investment history. But he's also widely also known for his unique ability to inject timeless wisdom right when you need it most. The Berkshire Hathaway vice chairman has given several speeches on the intersection of psychology and economics. During one talk at Harvard University in 1995, he spoke extensively about the framework for decision-making and the psychological factors that influence us to make poor choices. In Poor Charlie's Almanack, a collection of speeches and talks by Charlie Munger, Munger propounds the 'Multiple Mental Models' approach to decision making.

Richard Phillips Feynman:

Richard Phillips Feynman (May 11, 1918 – February 15, 1988) was an American theoretical physicist. For contributions to the development of quantum electrodynamics, Feynman received the Nobel Prize in Physics in 1965. Along with his work in theoretical physics, Feynman has been credited with pioneering the field of quantum computing and introducing the concept of nanotechnology. Feynman was a keen popularizer of physics through both books and lectures including a 1959 talk on top-down nanotechnology called There's Plenty of Room at the Bottom and the three-volume publication of his undergraduate lectures, The Feynman Lectures on Physics.

Warren Edward Buffett:

Warren Edward Buffett (born August 30, 1930) is an American business magnate, investor, speaker and philanthropist who serves as the chairman and CEO of Berkshire Hathaway. He is considered one of the most successful investors in the world and has a net worth of US$89.9 billion as of May 4, 2019, making him the third-wealthiest person in the world. He is noted for his adherence to value investing and for his personal frugality despite his immense wealth. Buffett is a notable philanthropist, having pledged to give away 99 percent of his fortune to philanthropic causes, primarily via the Bill & Melinda Gates Foundation.

Aesop’s fables

From generation to generation, Aesop’s fables have been read, taught and sung about. Fables usually feature animals and kids love stories with animals because animals in stories are free to be foolish, funny, boastful, naughty, kind, selfish and wild – and children can observe this and enjoy it all from a comfortable distance. Fables give children excellent food for thought. With a neat little message contained in every single story, they’re a friendly and often funny introduction to discussing morals with children – and a good accompaniment to the Personal, Social and Health Education at school.

Five Important Life Lessons From Aesop’s Fables:

1. The Tortoise and the Hare: Never Give Up!

2. The Bell and the Cat: Ideas Are Good, But Execution Is Better!

3. The Two Crabs: Lead by Example!

4. The Lion, the Ass, and the Fox: Learn from the Failures of Others.

5. The Lion and the Mouse: No act of kindness is Ever Wasted.

Toxic algae outbreak:

From the recent toxic algae outbreak in Florida to the Gulf of Mexico dead zone, pollutants from agriculture cause widespread environmental damage. In the Gulf of Mexico, conventional chemical fertilizers have created massive algae blooms that use up the oxygen in the water and marine life cannot survive in the area. In many agriculture areas, the groundwater is polluted with synthetic fertilizers and pesticides, says the United Nations.

Public speaking

Anyone who has seen the movie *“The pursuit of happiness”* would be impressed by the job interview the protagonist experiences. Although a couple of incidents occur and delay his attendance in the interview, he, with paint all over his clothes, manages to win the favor of all the interviewers through his fluent speech.

Bullying

A Bullying can take a variety of forms, from the verbal - being taunted or called hurtful names - to the physical - being kicked or shoved - as well as indirect forms, such as being excluded from social groups. A survey conducted with Irene Whitney found that in British primary schools up to a quarter of pupils reported experience of bullying, which in about one in ten cases was persistent.

University education

Professor Eric Thomas, University of Bristol: The main functions of higher education and universities are predominantly two-fold. One is as educational establishments and the second as generators of knowledge and technology. As educational establishments, their function is to provide able, self-directed learners that are independent and confident, and will go out into society and give to society through leadership or through civic duties. As knowledge generators, they are research institutions there to provide new knowledge, to change paradigms, to aid society in its development and in meeting new challenges as they come along.

Fake news

In 2011, an episode of Frozen Planet featured dramatic footage of a polar bear tending to her cubs in the snow. Eight million viewers were led to believe the scene had been captured by BBC cameramen inside an underground cave in the brutal sub-zero temperatures of the Arctic wilderness. Actually，it was filmed in a den made of plaster and wood in a wildlife enclosure at a Dutch zoo, sparking criticism from the Commons culture, media and sports committee, that viewers had been misled.

Music

C minor. Fifth symphony "destiny" is one of the most famous works of Beethoven. Works of this theme throughout the whole song make the person feel moved in a gut and shock. Music reflects the author's life and the thought of doom, which encourages people to be heroes that will overcome fatalism and celebrate magnificent triumph of light over darkness. Engels once praised the work as the most outstanding works of music. The whole work is concise, complete structure and unified.

Food safety

In China, the company cooperates with Beijing Fuxi Food Co Ltd, which provides beef and chicken for hundreds of McDonald's outlets in northern China. Several scandals were exposed, including restaurants serving food cooked with "gutter oil" - cooking oil recycled from kitchen waste, decomposed animal fat and organs from slaughterhouses - as well as melamine-tainted baby formula milk and pork contaminated with the weight-loss drug clenbuterol.

Technology

For example, Tesla, a leading car-making corporation, creates cars using clean energy rather than conventional energy, which dramatically diminishes the toxic gases released by vehicle exhaust. Like Tesla, some developed countries have already worked out eye-opening solutions to environment pollution. If these advanced technologies are shared among countries, people from all over the world are able to breath fresh air and enjoy the crystal blue sky.

Teachers

Twenty years after I graduated from high school, I still remembered when the Politics teacher talked about world affairs, he drew a sketch of world map with a chalk within five minutes! Though drawn in such a short time, the map seemed very delicate. Those twisting coastlines and islands in vast oceans were so vivid that they were imprinted in my mind for all these years. This dazzling technique definitely made the Politics teacher a star in our eyes and helped us learn about the international situation faster.

Technology and children’s health

Mobile devices such as tablets and cell phones can be carried out, which allow children to breathe fresh air and get closer to nature as well. Moreover, when wearing VR glasses to play virtual games or dance indoors, they are involved in quite a lot physical exercise, too.

The purpose of education

To illustrate, Charles Darwin is famous for his masterpiece entitled On the Origin of Species. His interest in nature led him to quit his medical studies at the University of Edinburgh and explore natural science instead. Further education at Cambridge continued to evoke his passion for natural science. At last, his enthusiasm and untiring efforts paid off. His story perfectly indicates that the essence of education is just to help people to gain the ability of finding and teaching the real themselves.

Art

For example, Finland, one the best countries of the world in school education, considers arts in general one of the cornerstones of their educative system due to the amount of the dedication and discipline required to practice it, which simply turn out invaluable for the human development of their students. In addition, being exposed to artistic activities and enjoying the process of learning gradually help students cultivate positive characters, resulting in an optimistic attitude towards life

Silenced (Korean Movie)

Silenced is based on the true story of hearing-impaired children who were sexually abused by the principal as well as other teachers. The extremely lenient punishments for the offenders as well as the seemingly indifferent attitude of lawmakers in the story sparked public outrage and led the cases to be re-investigated after the release of the movie. Even Korean laws were changed upon its release to protect children from sex abuse predators.

Notre-Dame

Notre-Dame is a medieval Catholic cathedral in Paris and is now one of the most widely recognized symbols of the city and even the nation. It is considered to be one of the finest examples of French Gothic architecture. Approximately 13 million people visited here annually, making it the most visited monument in Paris. Its pioneering use of the rib vault and flying buttress, its enormous and colorful rose windows, as well as the naturalism and abundance of its sculptural decoration set it apart from the earlier Romanesque style.

Industrial Revolution

The industrial revolution started in the United Kingdom in the early seventeenth century. It was a period in which fundamental changes occurred in agriculture, textile and metal manufacture, transportation, economic policies and the social structure. This period is appropriately labeled evolution, for it thoroughly destroyed the old manner of doing things.

Confucianism

The Confucianism way of life has been followed by the Chinese people for more than two millennia, serving as the source of inspiration and guidance of human interaction between individuals, communities and nations. Confucian values encourage respect for parents, loyalty to government, and keeping to one's place in society. It also stresses humaneness (ren). Ren is sometimes translated love or kindness, meaning that people should live together humanely rather than scrapping like birds or beasts.

Beijing Smog

Beijing, China suffers from some of the worst air pollution worldwide. The causes of the widespread air pollution in this city can be attributed to a number of factors: an enormous economic boom, a surge in the number of motorized vehicles, population growth, and output from manufacturing. There are a variety of consequences of air pollution in Beijing. Along with health consequences, high levels of harmful emissions have led to hundreds of flight cancellations and frequent road closures due to low visibility levels.

[Maslow's hierarchy of needs](http://dict.youdao.com/w/Maslow's%20hierarchy%20of%20needs/#keyfrom=E2Ctranslation)

In 1954 American psychologist Abraham Maslow proposed that all people are motivated to fulfill a hierarchical pyramid of needs. At the bottom of Maslow’s pyramid are needs essential to survival, such as the needs for food, water, and sleep. The need for safety follows these physiological needs. According to Maslow, higher-level needs become important to us only after our more basic needs are satisfied. These higher needs include the need for love and belongingness, the need for esteem, and the need for self-actualization (in Maslow’s theory, a state in which people realize their greatest potential).

Groupthink

Groupthink is a term first used in 1972 by social psychologist Irving L. Janis. The term refers to a psychological phenomenon in which people strive for consensus with a group. In many cases people end up engaging in group think when they fear that their objections against the majority opinion might disrupt the harmony of the group or suspect that their ideas might causes other members to reject them.

NASA

Over time, numerous budget cuts to NASA, once a monument to the superiority of the United States’ technological superiority, has left the organization in shambles, struggling to complete any project, and leading to the decline of the USA’s dominant position in the scientific community.

Weizheng

Weizheng is to China as Washington is to US.

AD 643 Wei Zheng, died of illness, Lishimin was very grief, he said, “Taking a copper-plate as a mirror, we can see ourselves how to comb hair and dress up properly. Taking history as a mirror, we can learn why there was a rise and a fall. Taking people as a mirror, we can consult with for what is right and wrong. Alas! Wei Zheng passed away. I lost a mirror!”

Christopher Columbus

As a child, he helped his father as a weaver. He always liked the sea. Genoa was an important seaport. There is no doubt that as a child he caught rides on ships. He had little schooling but was a genius with the sea. His plan was not to prove that the world was flat, but it was to find a shortcut to the Spice Islands. He wanted to establish a city there for trade, seaports, and much more. When he grew into a man, he was interested in sailing to Asia by going west.

成果：托福写作中可以使用频率比较高的例子和素材。

内容：从各种报刊杂志中摘录了一些名人或者一些比较常用的素材，作为真经6例子和素材的补充

使用人群和方法：适用冲刺段的学生。不建议学生把整个段落都背出来，但是会让他们记住这些名人或者事件的几个标签性词汇，这样到时候学生可以自己把这个例子复述出来，自由应用于各种话题中。一般使用在一对一课上比较多，看学生的具体程度来决定是否需要这个额外的材料。大班的话以使用教材为主了。