高频动词：

1 认为/宣称：believe/ insist/ maintain/ hold/ argue/ assert/ declare/ claim/

**☆**allege/reckon/contend

2 反对：disagree/argue against/object/ oppose/contradict/

**☆**dispute/ quarrel/ refute

3 同意：agree/ in favor of/

**☆**consent/ comply/concur

4 导致： cause/ result in/ lead to/ contribute to/

**☆**bring about/ give rise to

5 影响：Influence/ impact/ affect

6 解决: solve/work out/

**☆**tackle/ resolve/address ( I can address the issue. 我可以解决这个问题)

7 处理：deal with/cope with/handle

8 从事: carry out/be engaged in/occupy in/

**☆**undertake/ embark on/ devote oneself to

9 需要: require/ call for/ demand/ request

**☆**necessitate/ yearn for/ hunger for/ desperate for

10 增进/提高/促进/增强: improve/ enhance/ boost/promote/advance

**☆**strengthen/ optimize/augment

11培养 develop/ cultivate/

**☆**foster/nurture

12确保 assure/ ensure/ guarantee/promise/

**☆**pledge

13减轻（消除）relieve/ lighten/ take away/ eliminate/

**☆**clear up/ smooth away/alleviate

14相联系 connect with/ relate to/

**☆**contact with/ link to / associate with

15依赖于depend on/ rely on/ rest on/

**☆** count on/ lean on/ reckon on/ bank on

16忽视 ignore/ overlook/ neglect/ pass over/

**☆**turn a blind eye to/ disregard

17改变change/vary/alter/transform/convert/

**☆**modify/shift/ reorganize

18认出(辨别） recognize/tell from/distinguish/

**☆**spot/ pinpoint/differentiate

19伤害 damage/destroy/ weaken/

**☆**devastate/ impair/ ruin/ spoil

20意识到be aware of/realize/ recognize/

**☆**be apprehensive of

21激发(唤起） encourage/ motivate /stimulate/

**☆**spur/trigger/intrigue/provoke/evoke  
22完成 complete/ finish/

**☆**fulfill/ achieve/accomplish/realize

23保留（保护资源） keep/ hold/ preserve/ conserve/

**☆**retain/reserve/safeguard

24 组成/占据 comprise/ compose/ consist of/ be made up/ occupy/take up/

**☆**account for/constitute

高频名词：

1 个人individuals/ people/folks/persons/

**☆**characters/citizens/dwellers

2 老年人old people/ the old/the elderly/ the aged/

**☆**advancing years/ senior citizens

3 孩子/ 青少年children/ kid/ teenager/ youngster/ youths/

**☆** adolescents/juvenile

4 影响impact /influence/effect

5 好处advantages/strengths/ merits/

**☆**the upside/ boons/the strong points

6 坏处 disadvantages/ weaknesses/ demerits/

**☆**the downside/banes/ the weak points/drawbacks/flaw

7 原因reason / factor/ cause

**☆**whys/causation

8 发展 development/ progress/ growth/

**☆**advancement/ evolution/ innovation/prosperity/blossom

9 能力 ability/ power/skill

**☆**capacity/ competence/talent

10 多样性 diversity/ difference/ variety/

**☆**range/ variation/multiformity

11职业 job/ career/ employment/ vocation/ position /

**☆**profession /occupation

12 压力stress/ burden/ pressure/

**☆**tension/ strain/stresses and strains

13 娱乐 enjoyment/entertainment/amusement/

**☆**pastimes/recreation

14 老师 teachers/educators/ lecturers/tutor

**☆**instructors

15 教育 education/schooling/

**☆**family parenting /upbringing

16 环境 environment/circumstance/

**☆** surroundings/atmosphere/ambience

17 社会（公众） society/ public/ general public

**☆**community/ the masses

高频形容词：

1 重要的 important/ significant/ vital/ key/ pivotal/

**☆**critical/ crucial/indispensable/ imperative/salient/paramount

2积极的/好的beneficial/ positive/

**☆** favorable/profitable/ rewarding/aspiring/advantageous

3 消极的/坏的harmful/ negative/damaging/detrimental/

**☆**destructive/devastating

4 常见的/普遍的 usual/ common/regular/

**☆**widespread/habitual/typical/universal/prevalent

5 充足的/ 丰富的adequate/ abundant/ sufficient/

**☆**ample/affluent/luxurious/lavish

6 流行的popular/ fashionable/ prevailing/

**☆**prevalent/pervasive/

7 明显的 obvious/ apparent/ remarkable/

**☆**manifest/crystal-clear/conspicuous

8 现代的 modern/ current/ present /

**☆**up-to-date/ contemporary/updated

9 相似的 similar/ alike/

**☆**resembling

10 健康的 healthy/ fit

**☆**robust/ sound/ wholesome

11 有活力的 energetic/vigorous/

**☆**dynamic/ animated

高频副词

1 急剧地 dramatically/ sharply/ hugely/ markedly/

**☆**drastically/enormously/substantially/significantly/considerably

2平稳地 steadily/ smoothly/

**☆**marginally/gradually/moderately/mildly

3 大约 about/ almost/ nearly/

**☆**roughly/approximately

4 毫无疑问地 doubtlessly/undoubtedly

**☆**unquestionably/ beyond any shadow of the doubt

高频短语

1大量的 a host of/ a vast number of / a vast amount of /a great deal of/

**☆**an array of/ an army of/an ocean of/ a sea of/ a multitude of /a host of/ many..., if not most( many individuals, if not most, harbor the idea that...)

2 (在)当代at present/ in contemporary society/ in this day and age/

**☆** in present-day society/ in modern age

3 事实上 actually/in fact/ in practice /as a matter of fact/

**☆** virtually/in essence/in reality

4 换言之 that is to say/in other words/to put it differently/

**☆**to put it from another way/ to put it from another angle

5 与…相比compared with/in comparison with/

**☆**by contrast/ on the contrary

6 充满了 be filled with/ be full of /

**☆**be inundate with/ be awash with/ be saturated with

7 努力 struggle for / strive for /

**☆** spare no efforts for/ aspire after

插入语

1. indeed的确
2. surely无疑

3 obviously显然

4. frankly坦率地说

5. naturally自然

6. luckily (或happily)for sb.算某人幸运，

7.fortunately/luckily幸好

8.honestly真的

9.briefly简单地说

10. in other words换句话说

11. in a sense在某种意义上

12.in general一般说来

13.in my view在我看来

14. in conclusion总之

15.in summary概括地说

16.in fact事实上

17.in addition此外

18 .as a matter of fact事实上

19. strictly speaking严格地说

20.generally speaking一般地说

21.judging from…根据……判断

22. to be sure无疑

23. to sum up概括地说

24.to tell the truth老实说

25.what is important (serious)重要(严重)的是

26. in a few words(或in sum，in short)简而言之

27. strange to say 说也奇怪**☆**

28. needless to say 不用说**☆**

29. most important of all 最为重要的是**☆**

30. worse still 更糟糕的是**☆**

31. to my knowledge 据我所知**☆**