

2025 考研英语（二）

“狼人”抢分系列

# 英语高端写作模板课讲义

图表类作文第二段：狼人模板 5.0

—— 十大万能原因：微观角度

主讲老师：王丽

课程清单：

- ✓ 重新认识考研写作：阅卷老师视角
- ✓ 大作文狼人模板 5.0（录播课）
- ✓ 小作文狼人模板 5.0（录播课）
- ✓ 经典真题带练（直播课 4 次：11 月 9/16/23/30 日）
- ✓ 2025 年写作主题词预测（群通知）



## 一、十大万能原因：微观角度

### 1. 万能原因：个人态度

【中文思路】人们态度的（显著）改变推动这一现象产生。根据最近①开展的一项调查，如今越来越多的人②喜欢做某事。

【高分版】The shift of people's attitudes serves as a driving force for this phenomenon. According to a survey ①\_\_\_\_\_ recently, an increasing number of people nowadays ②\_\_\_\_\_ 做某事.

【高分进阶版】The (noticeable) shift of people's attitudes serves as a driving force for this phenomenon. According to the findings derived from a survey ①\_\_\_\_\_ recently, a growing proportion of people nowadays ②\_\_\_\_\_ 做某事.

【替换词】① 开展: **conducted** = carried out

② 喜欢: **prefer to** = are willing to

### 2. 万能原因：个人提升

【中文思路】某事①有利于个人成长。随着现代教育越来越重视培养综合能力，人们现在将这一做法视为②一个重要途径来提升自己。

【高分版】某事 ①\_\_\_\_\_ personal growth. As modern education places greater emphasis on developing comprehensive abilities, people now view this endeavor as ②\_\_\_\_\_ to 提升自己.

【高分进阶版】某事 ①\_\_\_\_\_ personal growth. Given the growing emphasis of modern education on cultivating comprehensive abilities, people now perceive this endeavor as ②\_\_\_\_\_ to 提升自己.

【替换词】① 有利于: **benefits** = improves / promotes / facilitates / enhances / is beneficial to/ is conducive to / conduces to

② 一个重要途径: **an important way** = a primary avenue / a major pathway

模板句中的“提升自己”，需要根据写作主题选取下列词组中最适合的一个，进行填写：

学习新技能 (acquire new skills)

培养责任感 (foster a sense of responsibility)

增强韧性和适应能力 (build resilience and adaptability)

提升解决问题的能力 (sharpen their problem-solving skills)

扩大知识面 (broaden their horizons of knowledge)  
增强信心 (boost their confidence)  
为应对未来挑战做更好的准备 (become better prepared for future challenges)

### 3. 万能原因：人生体验

【中文思路】**某事**能够帮助人们丰富自己的生活。投身这一活动使人们能够**拓展人生体验**，(进而更好地了解世界)。

【高分版】**某事** helps enrich people's lives. Engaging in this activity enables people to **拓展人生体验**.

【高分进阶版】**某事** helps enrich people's lives. Engaging in this activity enables people to **拓展人生体验**, (and gain a better understanding of the world).

模板句中的“**拓展人生体验**”，需要根据写作主题选取下列词组中最适合的一个，进行填写：

探索新领域 (explore new areas)  
走出舒适区 (step out of their comfort zone)  
接触新思想 (expose themselves to new ideas)  
结识不同背景的人 (befriend individuals with diverse backgrounds)  
打破常规思维 (think out of the box)

### 4. 万能原因：节约资源

【中文思路】**某事**可以帮助人们节约**资源**。①因此，人们将有更多的**资源**②参加生活中其他有意义的事情，(例如参加设计精良的线上课程)。

【高分版】**某事** can help people save **资源**. ①\_\_\_\_\_, people will have more **资源** to ②\_\_\_\_\_ other meaningful activities in life.

【高分进阶版】**某事** can assist people in saving **资源**. ①\_\_\_\_\_, people will possess a greater amount of **资源** to ②\_\_\_\_\_ other meaningful activities in life, (such as attending well-designed online courses).

【替换词】① 因此：As a result = As a consequence

② 参加：take part in = participate in

模板句中的“**资源**”，需要根据写作主题选取下列词组中最适合的一个，进行填写：

时间 (time)                      金钱 (money)                      精力 (energy)

## 5. 万能原因：健康生活

【中文思路】某事①有利于健康。借助这样的做法，人们可以保持②身心健康，从而在生活中③获得更多的幸福感（和满足感）。

【高分版】某事 ① \_\_\_\_\_ people's health. With the help of such a practice, people can maintain ② \_\_\_\_\_, thereby ③ \_\_\_\_\_ a greater sense of happiness in their lives.

【高分进阶版】某事 ① \_\_\_\_\_ people's health. With the aid of such a practice, individuals can maintain ② \_\_\_\_\_, thereby ③ \_\_\_\_\_ an enhanced level of happiness (*and fulfillment*) in their lives.

【替换词】① 有利于: **benefits** = improves / promotes / facilitates / enhances / is beneficial to / is conducive to / conduces to

② 身心健康: **physical and mental health** = a healthy state both physically and mentally

③ 获得: **gaining** = achieving / attaining