

作文

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1 通用高级表达

1.1 高级替换

原词	替换词	示例
so	therefore / thus / accordingly / consequently	
very	extremely / remarkably / profoundly / rather / exceedingly	exceedingly complex
important	imperative / indispensable / crucial / essential / significant / vital/ notable	
happy	pleased / content / delighted	
many	numerous / considerable / substantial / diverse / myriad / manifold / innumerable / a multitude of	Doing it properly makes considerable demands on our time.(慢工出细活)
some	several / a proportion of(部分) / a handful of(少量)	
huge	enormous / immense / tremendous / gigantic / colossal	
small	minor / negligible / insignificant / slight / modest	
good	beneficial / rewarding / favorable / advisable / appropriate / superior / fabulous	
bad	adverse / detrimental / negative / unfavorable / deleterious	negative impact / adverse effects
cheap	inexpensive / economical / cost-efficient	
think	consider / contemplate / contend / advocate	
get	obtain / receive / acquire / attain	receive feedback / acquire skills / attain goals
start	commence	
show	demonstrate / illustrate / reveal	reveal insights
help	assist / support/ facilitate	
damage	diminish / compromise / undermine	

注：profoundly 通常修饰抽象概念，attain 多用于抽象目标

Admittedly 诚然

hinge on 取决于

devoted 尽心尽力的

outlook 观点

to be specific 具体而言

impoverished 贫困的

extensively 广泛的

undeniably 确凿无疑地

Since ... , it's advisable for sb to do sth.

it's of vital necessity for sb to do sth.

1.2 套话

unwavering resolve 坚定的决心

unceasing effort 不懈的努力

diligence, perseverance, resilience, optimism, confidence 勤奋、毅力、韧性、乐观、自信

work out comprehensive strategies to (tackle the challenges) 制定全面的策略来应对挑战

constitute an obstacle that hinders... 构成阻碍

1.3 随时随地加上副词&介词

修饰型: promptly 及时地, inadvertently 无意间, inevitably 不可避免地, particularly 尤其, apparently 显然, naturally 自然地

描述型: approximately 大约, scarcely 几乎不

compared with our reasonable/urgent demands(介词短语, 插入语, 用于对比以强调不足), compared with the past

1.4 万能模版

1.4.1 开头

引入话题:

1. **With regard to**...(n./how to.../whether.../the saying), **viewpoints vary considerably**/substantially/vastly/enormously. (显著差异/实质层面/极端/偏口语化)
2. In the present age, the issue of ... has **sparked** widespread/intense debate, **with divergent perspectives emerging**.
3. There has been much discussion **revolving around** the issue of ... , with a multitude of viewpoints emerging.

给出观点:

1. As far as I am concerned/**From my perspective**/From my standpoint, I'm **in line with** the argument/view/opinion that...
2. ..., I **reckon** that ... due to the following/manifold reasons.

1.4.2 中间

衔接词:

1. 第一: First and foremost, Initially
2. 然后: On top of that, Furthermore
3. 小结: Accordingly, Hence

引出观点:

总起: To elucidate, To elucidate this point, To elucidate further

To elucidate the reasons behind this phenomenon, there **remain** numerous factors, including students' limited vocabulary, inadequate reading practice, the lack of structured/systematic writing guidance in English courses, and insufficient feedback mechanisms from instructors. These elements, which are **a blend of** internal deficiencies and external shortcomings, jointly contribute to the observed writing difficulties.

The second **noteworthy** aspect of (this issue) is (its potential long-term impact on society).

总分式才能用的: To be more specific/To clarify/In detail, it reinforces my point that ...

总结: ..., it's **utterly/unmistakably/abundantly manifest/evident/obvious** that ...

1.4.3 结尾

衔接词:

1. **In a nutshell**/To sum up/As a whole, **in light of** the aforesaid/aforementioned factors / taking into account all the factors above, it's reasonable to **reach the conclusion** that...
2. Only **via** this approach + 半倒装
3. I reiterate(重申) my standpoint that...

1.5 短句

act as the **compass** through the **storm** 骇浪倾天, 司南定北

every cloud has a **silver lining** 守得云开见月明/暗幕垂天, 终藏曦芒

2 常用表达

2.1 谚语

2.1.1 常用谚语

坚持: Constant dripping wears away the stone. 滴水穿石。

意志: Where there's a will, there's a way. 有志者事竟成。

积累: A journey of a thousand miles begins with a single step. 千里之行, 始于足下。

规划: Well begun is half done. 好的开始是成功的一半。

不完美: To err is human. 人非圣贤, 孰能无过。

2.1.2 使用示例

When obstacles seem overwhelming, remember that where there's a will, there's a way. Much like a determined climber carving out a path up a sheer cliff, we similarly can pave our own ways through challenges with **unwavering resolve**(坚定的决心).

2.2 列举事例

A case in point is that (the widespread use of smartphones has transformed our learning habits.)
take a famous fable **as a case in point**

2.3 应了解的翻译

2.3.1 学习

考研: (prepare for) the National Postgraduate Entrance Examination

大一~大四: freshmen, sophomores, juniors, seniors

2.3.2 传统

China is characterized by/is distinguished by(以...为特色) its time-honored/long-established(历史悠久) traditions and vibrant festivals.

唤起热情: evoke/arouse enthusiasm/passion for Chinese culture。独特的(文化): distinctive

3 句式

3.1 谈论利弊

3.1.1 at best & at worst 对比

3.1.1.1 例句

科技利弊: Over-reliance on artificial intelligence may achieve **superficial efficiency** at best, but at worst, it risks **eroding human cognitive engagement** and fostering **over-dependence** on automated decision-making.

Excessive dependence on AI technologies poses risks ranging from reduced critical thinking at best to a gradual decline in independent problem-solving capacities at worst, as human agency **becomes secondary to**(次要于) algorithmic outputs.

While AI offers practical benefits, its overuse may unintentionally discourage proactive learning and creative thinking(主动学习和创造性思维), particularly in contexts(在...环境中) requiring adaptive human judgment.

考试: Standardized testing is a limited tool for assessment at best and a source of excessive stress for students at worst.

环境保护: Relying on non-renewable resources to fulfill global energy demands **represents**, at best, **a temporary remedy** and, at worst, a **catalyst** for ecological collapse from an environmental protection perspective.(从环境保护的角度来看)

represent: 意味着, 某事物是另一事物的典型体现, 类似于 *signify/serves as*, 如分析现象本质 Social media addiction represents a growing public health crisis. 强调因果关系: Deforestation represents a major driver of climate change.

3.1.1.2 替代表达

相当于: On the positive side..., on the negative side... / To some extent..., however, it might also...

Current environmental measures(替换成作文要求的), while well-intentioned(出发点是好的), risk being ineffective **as** they inadequately target **systemic drivers** of pollution.

Current environmental measures, at best, offer partial(部分) solutions and, at worst, exacerbate existing challenges, as they inadequately address systemic drivers of pollution.(不够解决污染的系统性驱动因素)

While current environmental initiatives(倡议) demonstrate progress in certain areas, their overall efficacy(效果) **remains constrained** by insufficient attention to systemic pollution drivers.

3.2 强调程度

3.2.1 if not 递进

Sedentary lifestyles and poor dietary habits *contribute significantly* **if not predominantly** to the soaring rates of chronic diseases like diabetes and heart conditions.(在很大程度上, 甚至可能是最主要地)

As the chart vividly illustrates, the country's carbon emissions surged dramatically between 2000 and 2020, *increasing by 50%* **if not more**.(增长了50%甚至更多)

3.2.2 the sort of 强调是那种类型

'the'用于指定已知事物, 'the sort of'强调某一重要类别, 使论述目标更明确, 可适当用一次, 放在主题句或重点论证处。

China's 'Double Reduction' policy(双减) seeks **the sort of** fundamental reform in education that **shifts the focus from memorization to holistic student development**.

若强调政策、政府、国家行为, 用 China's; 若强调人、文化、语言、系统等特质, 用 Chinese。

4 小作文

写给陌生人一定要介绍身份(As the chairman of the student union, on behalf of all the graduates, I...)

4.1 建议信

P1介绍目的+态度, P2先设身处地(分析对方做的好/不好的方面)再提出建议, P3总结态度+期待回信。

Acknowledging your commitment to student fitness,(然后再提出建议)

4.2 感谢信

P1写出成就+致谢, P2先指出对方做了什么再表示进一步努力/回报, P3依据P2表达心愿+期待回信。

Reflecting on/As I recall your selfless/invaluable mentorship/assistance, my heart **swells with**/I'm overwhelmed by heartfelt/profound gratitude.

The memory of your guidance is like a lantern in my heart, casting light on/illuminating my path and warming my spirit. 心灯引前路, 春风沐灵台

be grateful/indebted to sb for sth

4.3 道歉信

P1说明道歉原因, P2解释情况+补救措施, P3总结态度+展望(下次再约)。

owing to my carelessness

have no option but to do sth.

at one's convenience 在某人方便时

4.4 申请信

P1介绍目的, P2表明qualified和relevant experience, P3总结态度+期待admission。

4.5 推荐信

P1介绍推荐对象, P2介绍+推荐理由, P3总结态度+期待采纳。

4.6 投诉信

P1表明身份与投诉对象, P2点明投诉内容的同时指出修改意见, P3表达期望。

If you fail to provide a prompt and satisfactory solution, I will escalate my complaint to consumer protection authorities at 12315.

4.7 通知

P1介绍主体，P2说明通知内容，P3提醒准备。内容必须具体，如: recruit 25 volunteers。

格式:

Notice/Announcement

Saturday, December 20

正文

Postgraduates' Association

contestant 参赛者, check in 签到

for the purpose of ...

4.8 会议纪要

P1介绍会议主体，P2描述流程，提出问题→表达观点→提出方案(→议题推广)，P3给出结论。

格式:

Minutes

Date: Saturday, December 20, 2025

Time: 09:00 AM – 11:00 AM

Venue: Room 101, Building A

Present: Dr. Zhang Wei/ Professor Wilson (and all classmates)

正文

Minutes recorder: Li Ming

5 大作文

5.1 图画

thought-provoking, enlightening, inspiring, illuminating, satirical

in face of adversities 面对逆境时

5.2 图表

column/bar/pie chart(柱状图、条形图、饼图), line graph(折线图), table(表格)

ascend ↑, descend ↓ (remarkably); maintain/remain stable (at...)

overall 总体上

6 私货

6.1 BA

Luminous Memory(Mitsukiyo):

Your guidance shines with a luminous wisdom.

7 专题

7.1 AI

7.1.1 词组

AI: artificial intelligence(以下文段为简洁起见均用缩写, 请结合实际判断是否可以使用缩写)

interactive academic consultations 交互式学术咨询

offer unprecedented scalability in knowledge delivery在知识传递方面提供了前所未有的可扩展性

7.1.2 真·文采句

✦ 比喻+对比: AI tutors function like GPS devices, providing clear directions but lacking the ability to perceive when the driver is fatigued. In contrast, human teachers act as **attentive**(贴心的) and **seasoned**(富有经验的) copilots(副驾驶员) who not only guide the journey but also recognize when a break is needed, offering support that fulfills students' emotional and cognitive needs.

7.1.3 开头段

✦ 机遇: The **advent** of AI has **profoundly** reshaped campus life, influencing everything from **personalized**(个性化) study plans to AI-assisted information **retrieval**(信息检索), **thereby integrating seamlessly into**(从而无缝融入) students' daily routines. This rapid integration presents **both unprecedented opportunities and considerable challenges**, particularly for university students preparing to enter an AI-driven world.

In today's tech-driven era, those proficient in digital skills gain a competitive advantage in learning, careers, and social engagement, as digital competence has shifted from a complementary ability to an essential foundation for navigating modern society.

7.1.4 主体段

7.1.4.1 优势

✦ 赋能: AI **amplifies** human ingenuity, **transforming once-impossible visions into tangible realities**. AI放大了人类的聪明才智, 将曾经不可能的愿景/构想变成了可触可及的现实。

解放: By automating(自动化) repetitive tasks, AI liberates(解放) us to focus on creativity and **higher-order thinking**(更高层次的思维).

辅助: AI serves as a tireless assistant, handling mundane(单调的) tasks and freeing human minds for creative and strategic endeavors.

7.1.4.2 劣势

深度思考: While AI enhances the efficiency of academic research and **permeates** everyday scholarly tasks, students must **guard against** permitting critical thinking to **yield to** algorithmic **shortcuts**(算法捷径).

✦ 深度思考: When algorithms **devour/erode** our capacity for critical thinking, progress sails like **a ghost ship toward mirages**. 当算法吞噬思考力, 进步就像驶向海市蜃楼的幽灵船。

决策不透明: Much like **navigating with a faulty compass**, the opaque decision-making processes of AI systems make it challenging to trace the origins of errors, potentially allowing mistakes to persist and **impeding**(阻碍) effective corrective measures(纠正措施).

guard against: 防止。yield to: 屈服于=give way to。permit sb to do: 允许。

7.1.5 结尾段

平衡: In conclusion, while AI has **undeniably** brought significant advancements to education, enhancing personalization and efficiency, it also presents challenges that deserve careful consideration. Therefore, it is essential for students to harness(控制并利用) the benefits of AI thoughtfully, ensuring that these tools serve to **complement** traditional learning methods rather than replace them. By maintaining a balanced approach, students can continue to develop essential critical thinking and problem-solving skills, preparing them for a future where human insight and technological advancement go hand in hand.

会提问: True education occurs not when machines provide answers, but when humans persistently ask better questions.

7.1.6 示例1-以缺点为主

[AI+教育] 定制化、即时; 独立思考、情感互动、隐私、不平等。

AI has significantly transformed education, offering numerous benefits to students. AI-powered tools provide **customized learning pathways**(定制化学习路径), enabling students to learn at their own pace and according to their individual needs. These technologies also offer immediate feedback, helping students identify and correct mistakes **promptly**(及时地). Furthermore, AI can assist in developing critical thinking skills by presenting challenging problems and scenarios that encourage analytical thinking.

However, despite these notable(显著的/crucial) advantages, it is **imperative**(必要的) to acknowledge the potential drawbacks **accompanying** the integration of AI into education. Over-reliance on AI tools may **inadvertently**(无意间) diminish students' capacity for independent thought and problem-solving, as dependence on automated assistance could undermine critical cognitive engagement. Additionally, AI systems **inherently**(天生地) lack emotional intelligence and human interaction, **rendering**(使得) them incapable of providing the encouragement and personalized support that human educators offer. Such interpersonal connections are essential for students' social and emotional development. **✦ Equally concerning are the privacy implications**(倒装句), **given**(因为) that AI applications often necessitate(需要) the collection and analysis of extensive personal data, thereby raising questions about privacy and data security. **Perhaps most critically**(可能最关键的是), the implementation of AI in education may exacerbate existing **inequalities**, as **disparities**(差异) in access to essential technologies and resources can hinder **equitable**(公平的) learning opportunities for all students.

In conclusion, while AI presents promising opportunities to enhance educational quality, it is essential to **approach**(处理) its integration thoughtfully(认真地), ensuring that it **complements**(补充) traditional teaching methods and addresses the associated challenges(解决相关挑战) to provide equitable and effective education for all students.

这里倒装句是表语前置引起的完全倒装, 表语+系动词+主语, 相当于The privacy implications are equally concerning. 还可以改为: Equally concerning are the privacy implications arising from AI applications, which often necessitate... 更生动的同义表达: AI systems inherently lack the human touch(人情味) — they can't offer the kind of personal encouragement a teacher gives when a student struggles, nor can they **pick up on**(注意到) **subtle cues**(细微的线索) like a **frustrated sigh or hesitant body language** to adjust their approach.

7.2 学习

7.2.1 示例1-过程拆分

To increase the likelihood of success, one should **set realistic goals** and work **persistently** towards them. **This principle holds true because** unrealistic ambitions often lead to frustration, **whereas**(但是) attainable targets foster motivation and measurable progress. Furthermore, breaking a larger goal into smaller tasks can offer **regular feedback and a sense of accomplishment**, which helps sustain enthusiasm and momentum throughout the process.

Moreover, persistent effort **bridges the gap between goals and achievement**(架桥). For instance, a student aiming to master a complex subject within a month may feel overwhelmed; however, by breaking it into weekly milestones and receiving regular feedback, they build confidence through progressive accomplishment. This approach transforms

daunting(令人畏惧的) tasks into manageable steps, thus sustaining motivation. Thomas Edison's thousands of experiments before inventing the lightbulb further **exemplify how unwavering commitment transforms setbacks into stepping stones**(坚定的投入化挫折为垫脚石). Without such **resilience**, even well-designed plans **remain** unfulfilled dreams.

Therefore, combining practical goal-setting with **unceasing** effort is essential. Only by doing so can individuals **navigate challenges**(应对挑战), reinforce progress through continual feedback, and ultimately attain truly fulfilling achievements that stand the test of time(经得起时间的考验).

7.3 反思与成长

When students fail an exam, it's **inherently human** to feel disappointed or even regretful, but what truly matters is how they **bounce back/(pick themselves up)** and learn from the experience. Embracing a growth mindset allows them to view setbacks as opportunities for improvement, fostering resilience and determination.

Ultimately, it's not the failure itself that **defines** them, but their response to it that shapes their future success.

真题

大作文题目一般为：

Write an essay of 160-200 words based on the following drawing. In your essay, you should

1. describe the drawing briefly,
2. interpret its intended meaning, and
3. give your comments.

下面不再重复相同或类似的大作文题目要求。


1 2013

1.1 小作文

Write an e-mail of about 100 words to a foreign teacher in your college, inviting him/her to be a judge for the upcoming English speech contest.

Dear Professor Mike,

It's a pleasure connecting with you again. Impressed by your **expertise** in public speaking, we **cordially** invite you to serve as a distinguished judge for the **upcoming** English Speech Contest.

The contest is scheduled to take place on Friday, from 14:00 to 16:00, in the Grand Hall. We are honored to share that three of your students have been selected as finalists(决赛选手), reflecting the **significant strides** they have made under your **mentorship**(指导). Thanks to your dedicated instruction, they have not only strengthened their **native-level English proficiency** but also developed the confidence to  **articulate** their ideas **eloquently**.

Your participation would **substantially** enhance the fairness and professionalism of the competition. We deeply appreciate your support and look forward to your **prompt**(及时的) reply.

Best regards,

Li Ming

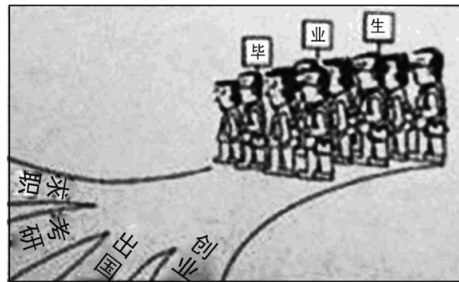
p1: 问候语还可以使用I hope you are doing well. / I hope this email finds you well.

表示因对方牛逼而邀请还可以用Given your renowned expertise in public speaking, 不过这个应该用于名人(仰慕)而不是师生(真实感), 并且given有些疏离感。

p2: GPT认为不要使用Proudly/Joyfully语法, 这是读后续写(描述性写作)才使用的方法(悬念/节奏感)。

p3: 可换为significantly/considerably/remarkably, 不要用profoundly(更适合长期而非单次活动)/effectively(与enhance重复)/dramatically(含有突变型容易误解比赛之前不公平专业)。

1.2 大作文



选 择

Graduates at the Crossroads

The illustration **vividly depicts** a group of graduates standing at a crossroads, confronted with multiple **divergent**(分叉的) paths labeled "job seeking", "postgraduate entrance exam", "studying abroad" and "entrepreneurship." This **thought-provoking** image **reflects/highlights** the **diverse**(多元化的) opportunities available to contemporary graduates, yet it also **implies/indicates** the challenges of decision-making in an era of abundant possibilities.

The symbolic message lies in the imperative of strategic foresight. **Following** years of academic training/cultivation, some graduates may prioritize applying knowledge through employment, while others pursue advanced degrees to **deepen their expertise**(完善专业知识). Studying abroad provides invaluable cross-cultural experiences, and entrepreneurship exemplifies/represents the courage to innovate. However, the key is not merely to choose but to **align** decisions **with**(使决策与...一致) personal aspirations and societal demands. To navigate(应对) this intricate landscape, graduates must cultivate adaptability: acquiring core competencies through rigorous scholarship, staying informed about global trends, and embracing uncertainties with resilience.

In my perspective, the multiplicity of choices can be considered **a double-edged sword**(双刃剑)/a mixed blessing(喜忧参半的事). While it empowers individuals to customize(定制) their futures, it also requires critical self-awareness. Success **hinges not on**(取决于) the path itself but on the dedication to thrive within it. By balancing ambition with pragmatism(务实), every graduate can transform potential into tangible achievements.

p1: depict → portray, a group of → a cohort of.

p2: stay informed about → stay attuned to → keep abreast of.

2 2014

2.1 小作文

Write a letter of about 100 words to the president of your university, suggesting how to improve students' physical condition.

Dear President,

I am writing to propose **feasible** strategies to improve students' physical health, which **is integral to** their academic success and **holistic development**. Currently, sedentary(久坐不动的) lifestyles and academic pressures **undermine**(逐渐损害) student wellness. **In light of the above**, I'm pleased to present three practical and effective recommendations.

Firstly, **expand recreational infrastructure** by upgrading gym facilities and adding outdoor fitness zones. This would

incentivize regular exercise. Secondly, organizing regular campus sports days and outdoor group activities would encourage peer engagement and active living. Finally, implementing a campus-wide wellness competition(健康竞赛) with **incentives** such as **trophies** or certificates would encourage **ongoing participation**.

These **initiatives** would not only enhance physical well-being but also boost academic performance and **mental resilience**. I appreciate your time and consideration of this proposal. I am confident that under your esteemed leadership, our university can set a **benchmark** for student health and vitality.

Yours sincerely,

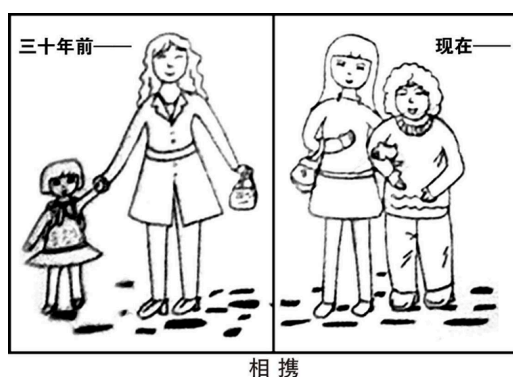
Li Ming

p1: In light of the above → Given the reasons outlined → Considering the foregoing(前述的) issues

p2: Encourage the adoption of sustainable exercise routines, such as daily 30-minute sessions, to **mitigate fatigue** and facilitate the establishment of lasting physical activity habits.

Leverage the specialized(专业的) knowledge of physical education instructors by implementing mentorship programs that offer **customized** guidance to students.

2.2 大作文



3 2015

3.1 小作文

You are going to host a club reading session. Write an email of about 100 words recommending a book to the club members.

You should state reasons for your recommendation.

Dear Club Members,

I hope this message finds you well. With our upcoming reading session approaching, I am delighted to recommend Ernest Hemingway's timeless classic, *The Old Man and the Sea*.

This masterpiece profoundly moved me through its vivid portrayal of resilience. The protagonist Santiago, despite enduring 84 days without a catch, ventures into the sea alone. His relentless struggle against a colossal marlin and subsequent battle with sharks epitomizes the indomitable human spirit. Though he ultimately loses the fish, Santiago's unwavering perseverance in the face of overwhelming adversity offers a powerful metaphor for our academic challenges.

I believe this novel will inspire us to confront obstacles with courage. Its profound themes of dignity and endurance are particularly relevant to our journey as students. I eagerly anticipate discussing its insights with you all.

Yours sincerely,

Li Ming

3.2 大作文



The illustration poignantly depicts a gathering where individuals are engrossed in their mobile phones, oblivious to face-to-face interaction—a scenario both commonplace and concerning.

While smartphones bridge geographical divides, their pervasive use ironically erodes authentic human connection. The devices themselves are neutral; however, excessive reliance on digital communication diminishes our capacity for in-person dialogue. Emojis and text messages, though convenient, often replace nuanced emotional expression, gradually impairing our ability to articulate feelings without technological crutches. Should this trend persist, we risk forfeiting essential social skills.

Thus, smartphones epitomize a double-edged sword. To mitigate their detrimental impact, individuals must consciously prioritize real-world engagement. Setting aside devices during social interactions fosters richer communication, where spoken words carry warmth and authenticity unmatched by digital exchanges. Embracing this balance ensures technology enhances, rather than supplants, human bonds.

4 附录

4.1 AI润色链接

	ChatGPT	DeepSeek	Kimi
2013-小	gpt	ds	kimi
2013-大	gpt	ds	kimi
2014-小		ds	kimi
2014-大	gpt	ds	kimi
2015-小		ds	kimi
2015-大		ds	
AI	gpt , gpt	ds	