

# 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 / <b>accordingly</b> / consequently   |  |
| very        | extremely / remarkably / profoundly / rather / exceedingly   | exceedingly complex  |
| important   | <b>imperative</b> / <b>indispensable</b> / crucial / essential / significant / vital / notable                                 |  |
| happy       | pleased / content / delighted  |  |
| many        | numerous / <b>considerable</b> / substantial / <b>diverse</b> / 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 / <b>tremendous</b> / gigantic / colossal   |  |
| small       | minor / <b>negligible</b> / insignificant / slight / modest  |  |
| good        | beneficial / rewarding / favorable / advisable / <b>sensible</b> / appropriate / superior / fabulous / intelligent             |  |
| bad         | <b>adverse</b> / 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  |  |
| like        | be keen on   |  |
| damage      | <b>diminish</b> / compromise / <b>undermine</b> / obstruct   |  |
| in order to | <b>aiming to</b> / <b>seeking to</b> / <b>with the intention/aim of</b> / with a view to / so as to(不能句首) / for the purpose of |  |

注: profoundly 通常修饰抽象概念, attain 多用于抽象目标

cultivate~stimulate  $\longleftrightarrow$  stifle~undermine

uphold  $\longleftrightarrow$  violate

~~depend on~~  $\rightarrow$  hinge on 取决于

famous  $\rightarrow$  renowned/celebrated 著名的

~~ability~~  $\rightarrow$  capability/competence 能力

~~goodness~~  $\rightarrow$  virtue/merit/morality 美德

~~stick to~~  $\rightarrow$  adhere to/abide by 遵守

Admittedly 诚然, 无可否认

Consequently/Hence/Therefore

devoted 尽心尽力的

outlook 观点

to be specific 具体而言

impoverished 贫困的

extensively 广泛的

be superior to 更好

head-scratching 令人头痛的

crystallize a thought 形成想法

from time to time 偶尔

place emphasis on 给予重视

hesitate over (two options) 犹豫不决(比think over仔细考虑更具体)

be confronted with 面临

competent, capable 有能力的

status quo: 现状

the quest for sth. 追求

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

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

## 1.2 更好的套话

[超级套话] unwavering resolve 坚定的决心, unceasing/painstaking effort 不懈/艰苦的努力

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

[夸人] down-to-earth=practical=sensible=unpretentious!=pretentious=arrogant 可形容人

personality/advice/perspective/lifestyle

[修饰主语] is characterized/distinguished/marked by ... 以...为特色

[描述缺点] A pessimistic disposition/mindset/outlook / Pessimism **blinds** them to any hope or opportunity, **let alone** the possibility of change.

[描述优点] A persistent mindset enables/allows them to uncover possibilities in setbacks where others see none , consistently turning perseverance/attempts into triumph.

a quick fix 权宜之计, 临时的解决方案

## 1.3 写烂了的套话

唤起热情: evoke/arouse enthusiasm/passion for sth.

全面策略: work out comprehensive strategies to (tackle the challenges)

构成阻碍: constitute an obstacle that hinders...

克服困难: **prevail over**/conquer hardships and adversities

## 1.4 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, undeniably 确凿无疑地, definitely 肯定地

描述型: approximately 大约, scarcely 几乎不, merely 仅仅

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 on the contrary 相反

## 1.5 万能模版

### 1.5.1 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.

### 1.5.2 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

连接词

1. ~~because~~ → in that 因为
2. ~~however~~ → nevertheless/nonetheless 然而
3. ~~if~~ → should / provided that / supposing that 如果
4. ~~about~~ → with respect to / concerning / regarding 关于

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 ...

### 1.5.3 结尾

衔接词:

1. **In a nutshell**/To sum up/As a whole/To conclude, **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...

## 1.6 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

Variety is the spice of life. 变化是生活的调味品

Water under the bridge. 桥下流水

## 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。

实践: Action speaks louder than words. 行动胜于空谈。

收获: Reap without sowing. 不劳而获。

🔥 榜样: The power of exemplary role models is inexhaustible. 高山仰止，景行行止。

时机: Never put off till tomorrow what you can do today. 不要把今天的事情拖到明天。

终身学习: It's never too late to learn. 活到老学到老。

耐心: Haste makes waste. 欲速则不达。

#### 2.1.2 使用示例

1. 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. **Unlike rigid discipline**, *the inexhaustible influence of exemplary figures cultivates intrinsic motivation*(, as seen in Confucian pedagogical traditions). / The perpetuating influence of exemplars operates as society's moral compass.

### 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 修辞

✦ 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.

谈优点通用句式: (Extensive reading) serves as a **cornerstone** of (a quality education), **equipping individuals with** the broad knowledge and diverse perspectives **necessary to navigate an increasingly complex world**.

钥匙: Continuous technological breakthroughs serve as a master key, **unlocking doors to uncharted territories** and future possibilities we once deemed science fiction.(将a promising future具体化)

In the face of adversity, it is perseverance that serves as a master key, capable of unlocking doors we once thought were **permanently** shut, leading us to personal growth and self-fulfillment.

## 3 句式

### 3.1 谈论利弊

#### 3.1.1 Should 如果

Should global carbon emissions fail to be significantly reduced within this decade, it will accelerate the pace of climate change catastrophes.

★ Should+主句+动词原形, 主句将来时, 表示未来可能实现的假设。(=if)

#### 3.1.2 at best & at worst 对比

##### 3.1.2.1 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.

##### 3.1.2.2 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.

apologize for any inconvenience caused

at one's convenience 在某人方便时 in due course 适时

### 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。

inferior quality: 质量低劣

consumers' rights and interests: 消费者权益

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

extra-curricular activities 课外活动 reading session 读书会 charity sale 慈善义卖

contestant 参赛者

recruit 招募, check in 签到, rehearsal 排练

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。需用一般过去时。

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

Professor A presided over the meeting, initiated the discussion by highlighting the key objectives(主要目标) and pointed out that ...

# 5 大作文

## 5.1 图画

1. 描述：抓住与主旨相关的细节，注意环境、人物表情、穿戴等细节(常有对比)。
2. 论述：积极：意义；消极：原因&危害。
3. 总结：观点+建议+号召

### 5.1.1 描述

#### 5.1.1.1 图画整体

修饰词: thought-provoking/enlightening/illuminating/insightful, inspiring, satirical/sarcastic/ironic, ridiculous/absurd  
对比:

1. by contrast
2. Although he is exhausted **to the same extent**, he remains committed to his goals.

#### 5.1.1.2 细节描写

用系动词 **seem** 代替 **be**。

1. 神情: with perplexity(困惑茫然) on his face
2. 心态: reluctant to follow his order
3. 说话:
  - ①[积极] 宣布: declare resolutely。鼓励: urge earnestly/passionately。主张: advocate persuasively/decisively
  - ②[消极] 抱怨: grumble bitterly/complain resentfully。犹豫: mutter uncertainly。叹气: sigh in frustration/gloomily。
  - 推卸责任: shift blame dismissively
  - ③[中立] 陈述: state objectively/matter-of-factly(实事求是地)。质疑: query skeptically。倡议: announce publicly/propose formally
4. 语言:
  - ①[积极] 和睦: harmonious, 愉快: gorgeous

#### 5.1.1.3 承接论述

承上启下: Apparently, this drawing can be associated with two **distinct**(different) attitudes **in face of adversities**(逆境)  
联系现实: in reality, as a matter of fact

#### 5.1.1.4 描述示例

1. [2015-耍手机] Beside a table laden with **appetizing and fragrant delicacies** sit four youngsters(地点状语前置, 完全倒装), **utterly engrossed in** their smartphones / **absorbed in** the **luminous** glow of their smartphones, with the untouched feast **rendered invisible** by their distraction / unnoticed amid their distraction.
2. [2017-读书] The illustration presents a thought-provoking/sharp comparison of two individuals. On the left, a man sits leisurely in/lounges in a chair, proudly showcasing/flaunting his massive collection of unread books, yet holding none in his hands. **In stark contrast**, the figure on the right possesses only a modest stack of books, but **declares resolutely**/with evident determination: "I aim to finish 20 books this year."

### 5.1.2 论述

#### 5.1.2.1 联系图画

1. 两幅图

**A particularly vivid case in point is graphically illustrated** in the left picture, which effectively captures **the pervasive phenomenon of digital distraction and its impact on real-world engagement through its symbolic imagery**, thereby setting the stage for deeper analysis.

pervasive phenomenon可替换为urgent social trend/specific scenario

具体情境还有: environmental degradation and the consequences of human negligence
2. 单幅图

This seemingly simple scene compels us to scrutinize **the underlying/root causes driving this pervasive phenomenon**, such as... The implications of this trend for *interpersonal relationships and individual well-being* **warrant serious consideration**. Consequently, exploring potential measures to mitigate the negative effects of *smartphone overuse*



becomes **imperative**.

This **powerful visual metaphor** raises critical questions about **the implications of** *our digital habits on interpersonal relationships*.

phenomenon可以换成具体情境，如: *detachment*

This **evocative** image **underscores/highlights/demonstrates/indicates/points to/reveals** the need to **investigate** *the societal and economic forces fueling*(助长) *this pervasive sense of urgency and exhaustion*(紧迫感疲惫感).

#### 5.1.2.2 需要重视

套路: The implications inherent in this phenomenon/trend / suggested by the imagery are **far-reaching**(意义深远的) and **warrant** serious consideration/attention and immediate action.

消极: The scene depicted serves as a **stark**(严厉/鲜明的) warning about the **potentially detrimental consequences of perpetuating this behavior/leaving this issue unaddressed**.

备选:

The sketch **transcends mere depiction to symbolize** *societal fragmentation*.

The poster **embodies the escalating crisis of** resource depletion.

#### 5.1.2.3 表明观点

**At its core**, this illustration / such a scenario powerfully conveys the message that...

The detrimental effects of this constant pressure on individual health and productivity cannot be overlooked and merit thorough examination. (这种持续压力对个人健康和生产力造成的损害不容忽视，值得彻底检视。)

#### 5.1.2.4 解决方案

**Confronted with this vivid representation**, it becomes imperative to explore viable solutions to **mitigate the negative effects/harness the potential benefits/address the root causes**(减轻负面影响/利用潜在益处/解决根本原因).使用时可将negative换成具体词，然后接of...，如mitigate the isolating effects of technology overuse。

Hence, exploring viable solutions to foster healthier work environments and promote well-being becomes a crucial endeavor. (因此，探索可行的解决方案以培育更健康的工作环境和促进福祉成为一项关键任务。)

Therefore, a comprehensive analysis of effective strategies to *combat pollution and promote sustainable practices* is essential.

### 5.1.3 总结

#### 5.1.3.1 观点

(Contrary to claims that), I remain unequivocally persuaded that... / cling to the idea that...

#### 5.1.3.2 建议

#### 5.1.3.3 号召

promote public morality 倡导公共道德

bear in mind that... 牢记

#### 5.1.3.3.1 应该

utilize rationally 理性地

#### 5.1.3.3.2 不要

not advisable to be slave of... (不要)成为...的奴隶

### 5.1.4 主题词暂存处

so-called 所谓的

excessive use 过度使用

high-quality / highly qualified 高素质的

inappropriate 不当的

## 5.2 图表

### 5.2.1 图表描述

#### 5.2.1.1 基本

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

overall 总体上

在此期间: Throughout/During this period(可具体换为two decades, the 1990s, etc.)

#### 5.2.1.2 主题内容

[2022] 快递业务量: express delivery volume 包裹: parcels

[2021] 锻炼方式: exercise methods

[2020] 阅读目的: reading objectives

[2019] 毕业生去向: post-graduation pathways

[2018] 因素: factors influencing restaurant selection

[2015] 花销: expenditure/expense(均可数)

[2012] 满意度: satisfaction levels

#### 5.2.1.3 动态型

关注趋势与对比

整体: dramatic changes / significant fluctuations (in ...)

ascend/surge ↑, descend/dip/shrink/slump/plunge ↓ (remarkably/dramatically/**drastically**/sharply/strikingly, **steadily**, **marginally**/slightly/moderately/fractionally)

maintain/remain stable (at  $N$ )后可接, reaching a **plateau**/peak of  $N$  注: dip较轻微, shrink→shrank

fluctuate (between  $N_1$  and  $N_2$ )

display a slight/moderate/sharp/striking decline/growth (from  $t_1$  to  $t_2$ )

witness/continue/maintain its upward/downward trend 注: maintain要求主语有意识, 否则"失业率努力维持自己上升"就会很抽象。

平稳: **level off** around  $N$

先增后平:  $A$  peaked at  $N$  in  $t$  and subsequently **plateaued**, maintaining values close to  $N$ /remaining stable at **approximately** / in the vicinity of  $N$ .

show a similar trend (from  $N_1$  to  $N_2$ )

#### 5.2.1.4 静态型

关注比例(排序), 总体(共同)点

remarkable/striking contrasts (in... / between ... and ...)

$A$  holds/accounts for/represents the largest proportion/share of ..., at  $N_1$ , followed by / ahead of  $B$  and  $C$  with  $N_2$  and  $N_3$  respectively, and finally  $D$  at  $N_4$ .(at可换为taking up, constituting)

### 5.2.2 论述

#### 1. 经济

overconsumption: 过度消费

flourishing/prosperous / stagnant/sluggish economy: 繁荣/萧条

impoverished: 贫穷的

市场饱和: Having witnessed rapid proliferation(增长), the market is now displaying clear signs of **saturation**(饱和), characterized by stagnant growth and cutthroat/intense competition(增长停滞竞争激烈). This trend inevitably compresses profit margins(压缩利润率) and compels enterprises to **fortify** their existing market share while **simultaneously** seeking novel avenues for growth(新的增长途径), such as venturing into untapped markets or pioneering innovative technologies.

供不应求: The demand exceeds supply. (The product) be in short supply on the market.

#### 2. 品牌

after-sales service: 售后服务

intellectual property: 知识产权

counterfeit/sham products: 假冒产品

#### 3. 求职

a tough job market: 严峻的就业形势

a saturated industry: 行业饱和

### 5.2.3 总结

观点+建议+原因+展望(积极意义)

narrow the gap between (urban) and (rural areas)

## 5.3 材料

### 5.3.1 P1

简易版: This is a simple but enlightening excerpt of an article, in which the author argues that...

高级版: This **concise**/accessible **yet illuminating**/revealing/insightful excerpt of the article **advances the argument that...**

认同: The author's contention is **unequivocally**/profoundly **persuasive and irrefutable**, and I **am in complete accord with** it.

部分认同: While this argument **offers valuable insights into** (核心观点), **its scope is somewhat limited** as it fails to adequately address (缺失点).

Although I partly **concur with**/agree with the author's fundamental premise regarding (核心观点), I believe the analysis overlooks the significant role of (补充观点).

While I concur with the author's concerns about certain negative impacts, I believe this perspective presents an incomplete picture by neglecting the platforms' potential to foster connections among geographically dispersed groups.

反驳: Despite its initial plausibility(合理), this argument is **ultimately unconvincing** due to its reliance on (问题:flawed assumptions / insufficient evidence / an oversimplification of (the long-term consequences of) X). / it fundamentally misunderstands [关键概念] / underestimates [重要因素].

## 6 私货

### 6.1 BA

Luminous Memory(Mitsukiyo):

Your guidance shines with a luminous wisdom.

### 6.2 DL

transform once-impossible visions into **tangible** realities transform **daunting** tasks into manageable steps transform setbacks into stepping stones transform potential into tangible achievements.

## 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 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.

#### 7.1.3 主体段

##### 7.1.3.1 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.

##### 7.1.3.2 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: 屈从于=give way to。permit sb to do: 允许。


### 7.1.4 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.

### 7.1.5 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&成长

### 7.2.1 个人

考研: (prepare for) the National Postgraduate Entrance Examination 攻读硕士学位: pursue a master's degree

大一~大四: freshmen, sophomores, juniors, seniors

academic pursuit 学业 spare-time work 兼职 → ease financial burden

compulsory/exam-oriented/well-rounded education 义务/应试/素质教育

short-sighted: 目光短浅的

### 7.2.2 外界

demanding yet fulfilling/challenging but rewarding/arduous but transformative 有挑战但有收获。应当 Embrace/Confronting difficulties that **surge like storm waves** forges luminous pearls of wisdom and strength within us. (可改写为 transforms...into), 或者一般套路下可写为 We ought to confront difficulties that surge like storm waves, thereby cultivating luminous pearls of wisdom and strength within ourselves.

### 7.2.3 套话

**be preoccupied with A, leaving B unattended**/fixate on A at the expense of B 无意忽视(不要再写 ~~focus on and ignore~~ 了)  
**prioritize A**, while turning a blind eye to/deliberately dismissing B / **disregard A** for the sake of B 有意忽视

impart/acquire/academic/theoretical/practical knowledge 传授/获取/学术/理论/实践知识

integrate theory with practice / disconnect theory from practice 理论联系/脱离实际

master/**leverage cutting-edge**/pioneering/frontier//advanced knowledge/technology/methodologies/strategies/skills/

**expertise**/applications/innovations 掌握/利用 前沿的//先进的 知识/技能/应用/创新

cultivate/stimulate/**stifle** creative/innovative/critical thinking 培养/激发/扼杀 创造性/创新/批判思维

teach students **in accordance of** their aptitude 因材施教 = tailor instruction to the individual student.

By **embarking on a journey of** self-discovery to uncover our innate talents, we lay the most solid foundation **upon which to** build our personal and professional development. 介词+关系代词+动词不定式=upon which we can build

### 7.2.4 压力

undue/intensify academic pressure 过度的adj/加剧v

### 7.2.5 挫折

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.

### 7.2.6 坚持

give up halfway 半途而废

### 7.2.7 不拖延

Completing tasks/Accomplish assignments **punctually and to a high standard**(按时高标准), while (consistently maintaining such discipline and) ensuring the tasks themselves are strategically aligned(战略上保持一致), **paves**(注意单三式) the way for a brighter/more promising future.

### 7.2.8 终身学习

lifelong/continuous learning: 终身学习, keep up with the times: 与时俱进, lag behind: 落后

**Given** the breathtaking pace of technological advancement, failure to engage in continuous learning will **swiftly render us obsolete** in this rapidly evolving world.

### 7.2.9 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 文化&国家

### 7.3.1 传统文化

独特的: distinctive, 灿烂的: glorious

文化遗产: preserve and cherish cultural heritage/legacy。

China is **characterized by** its **time-honored**/long-established/long-standing(历史悠久) traditions and vibrant festivals.

| 节日  | 英文                     | 日期     | 习俗  |
|-----|------------------------|--------|---|
| 春节  | the Spring Festival    | 正月初一   | family reunions, feasting, give red envelopes(红包), set off firecrackers(放鞭炮), visit relatives |
| 除夕  | Chinese New Year's Eve | 腊月三十   | family reunion dinner, stay up late(守岁), watch the Spring Festival Gala(春晚)                   |
| 元宵节 | Lantern Festival       | 正月十五   | admire lanterns, solve lantern riddles, eat sweet rice balls                                  |
| 中秋节 | Mid-Autumn Festival    | 八月十五   | family reunions, admire the full moon, eat mooncakes.   |
| 端午节 | Dragon Boat Festival   | 五月初五   | dragon boat racing, eat zongzi (sticky rice dumplings), hang calamus and wormwood(菖蒲,艾草)      |
| 清明节 | Tomb-Sweeping Day      | 4月4/5日 | tomb sweeping, pay respects to ancestors, spring outings                                      |
| 重阳节 | Double Ninth Festival  | 九月初九   | climb mountains, show respect to the elderly, enjoy chrysanthemum flowers(菊)                  |
| 七夕节 | Qixi Festival          | 七月初七   | pray for cleverness and dexterity(灵巧), celebrate romance                                      |

practice/write Chinese calligraphy: 写书法

### 7.3.2 文化交融

海纳百川，薪火相传：True cultural vitality **lies in** our ability to thoughtfully assimilate foreign influences while preserving the essence of our own traditions.

兼容并蓄: [n]inclusiveness of various cultures, [v]embrace diversity and foster mutual understanding。

文化交融: cultural collision/blending/integration/fusion, 跨文化交流: cross-cultural/intercultural communication

→ strengthen our sense of cultural identity.

### 7.3.3 国家

爱国主义: patriotism

the authorities: 当局

China's economy has **witnessed robust and sustained expansion** over recent years, marked by **groundbreaking technological innovation**, dynamic(充满活力的) domestic consumption, and globally influential exports, which **collectively**

propel its GDP growth at approximately 5% annually while elevating living standards nationwide.

China's economic landscape(形势) has flourished through **structural upgrades and digital transformation**(结构升级和数字化转型), **sustaining mid-to-high growth**(中高速增长) **despite global headwinds**(逆风).

## 7.4 两代

### 7.4.1 尊老爱幼

[v]reverence for elders and nurture of the young / honor the elderly/senior and cherish the children 尊老爱幼

引入: The ancient virtue of reverence for elders and nurturing of the young, deeply rooted in Confucian ethics, **radiates timeless significance**(焕发出永恒的意义) in modern society.

倡议: **Should** the spirit of reverence and nurturing **permeate** every community, China will pioneer not only economic **miracles** but a civilization where elders are provided for and the young thrive in growth-fostering environments(老有所养、幼有所育), thus/ultimately actualizing/realizing a society embodying the Confucian ideal of intergenerational harmony(代际和谐理想).最后一句的连词还可使用in fulfillment of.

★ Should+主语+动词原形, 主句将来时, 表示未来可能实现的假设。= *If the spirit should permeate every community*

twilight years 晚年, 暮年, **infirm** parents 体弱的, maltreat parents 虐待

filial piety 孝道, 孝心。In a traditional Chinese family filial piety is rigidly observed.恪守孝道。popularize ~ 弘扬孝道, practice ~ 践行

cherished memories 珍贵的回忆

If it weren't for ..., none of us would be where we are today. 如果不是...,我们都不会成为今天的样子。

### 7.4.2 溺爱

dote on / spoil / overindulge 溺爱

rear children on the principle of self-reliance and independence 自力更生

household chore 家务

### 7.4.3 代沟

**exacerbate/fuel/narrow/minimize/mitigate/alleviate/bridge/reconcile** the generation gap

## 7.5 品质

### 7.5.1 节俭

thrift[n]thrifty[adj]

### 7.5.2 信誉

undermine one's credibility / the credibility of: 损害信誉

### 7.5.3 务实

make a **prudent**/well-considered/considered decision before arriving at any conclusive choice/after evaluating the risks thoroughly.



#### 7.5.4 始终如一

be consistent in the way one behaves 行事始终如一

#### 7.5.5 偶像

blind/irrational worship of idols 非理性崇拜

### 7.6 健康

sub-health 亚健康, chronic disease 慢性病

malnutrition 营养不良, (high) myopia (高度)近视

food additives 添加剂

upgrade athletic facilities 体育设施

### 7.7 环保

sustainable development: 可持续发展

biodiversity: 生物多样性

carbon footprint: 碳足迹

greenhouse gases: 温室气体, toxic waste: 有毒废物, degradation of air quality: 空气质量恶化, water loss and soil erosion: 水土流失

recycling: 回收利用, develop renewable resources: 发展可再生资源, biodegradable plastics: 生物降解塑料

drive the transition to low-carbon economy: 向低碳经济转型

## 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



### 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,

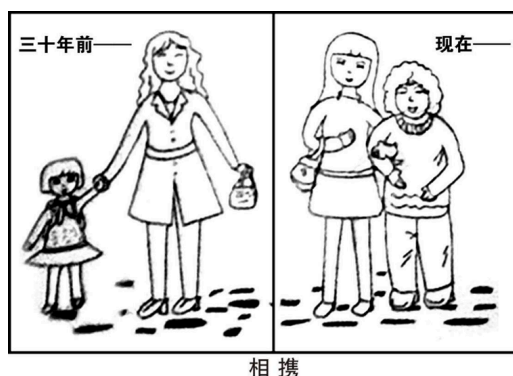
Li Ming

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 | <a href="#">gpt</a>                       | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2013-大 | <a href="#">gpt</a>                       | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2014-小 |   | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2014-大 | <a href="#">gpt</a>                       | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2015-小 |   | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2015-大 |   | <a href="#">ds</a> |                      |
| 2021-小 |   | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2021-大 |   | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2022-小 |   | <a href="#">ds</a> | <a href="#">kimi</a> |
| 2022-大 |   | <a href="#">ds</a> | <a href="#">kimi</a> |
| AI     | <a href="#">gpt</a> , <a href="#">gpt</a> | <a href="#">ds</a> |                      |