每个单词最长流程：默写10边 + 造句2次 + ~~听力2边~~。

**——————————TO DO———————————**

▲ security n. 安全

⟐ The company invests heavily in cyber security to protect client data.

⟐ Airport security was tightened after the incident.

▲ secure adj. 安全的; v. 保护

⟐ Make sure all the doors are secure before leaving the house.

⟐ She secured a position at the university after a series of rigorous interviews.

▲ backdoor n. 后门（计算机术语，未经正常认证过程而获得系统访问权限的方法）

⟐ Hackers often use backdoors to gain unauthorized access to computers.

⟐ The software patch closed the backdoor that allowed the virus to enter.

▲ cryptography n. 密码学

⟐ Cryptography is essential for securing online transactions.

⟐ He specializes in quantum cryptography, which is believed to be unbreakable.

▲ crypto n. 加密货币（俗称）

⟐ He invested early in crypto and made a significant profit.

⟐ Crypto markets are known for their volatility.

▲ exploit v. 利用；开发

⟐ The company was accused of exploiting its workers.

⟐ She wrote a program to exploit a flaw in the security system.

▲ paraplegic adj. 下身瘫痪的

⟐ He became paraplegic after a severe accident.

⟐ The new facilities are accessible for paraplegic patients.

▲ implant v. 植入；嵌入

⟐ The doctor implanted a pacemaker in his chest to help his heart beat regularly.

⟐ She chose to have a microchip implanted for easy access to her medical records.

▲ disruptive adj. 破坏性的；颠覆性的

⟐ His disruptive behavior in class is a concern for his teachers.

⟐ The new technology is considered disruptive as it could completely change the industry.

▲ overt adj. 公开的；明显的

⟐ She made no attempt to hide her overt dislike for the proposal.

⟐ The company’s overt success in the market is due to its innovative products.

▲ crack n. 裂缝；v. 破裂

⟐ A small crack in the window slowly spread across the glass.

⟐ He managed to crack the code that no one else could decipher.

▲ outline v. 概述；n. 大纲

⟐ The professor outlined the main points of the lecture at the beginning of the class.

⟐ She drew an outline of the chapter to organize her notes better.

▲ flourish v. 繁荣；茂盛

⟐ With the right care, these plants will flourish indoors.

⟐ The small startup has flourished into a multimillion-dollar company.

▲ **infant formula** [ˈfɔːrmjələ] n. 婴儿配方奶粉

⟐ They decided to switch to a different brand of infant formula.

⟐ The doctor recommended a specific type of infant formula for the baby.

▲ **freezer** [ˈfriːzər] n. 冷冻室；冰柜

⟐ She stored the leftovers in the freezer.

⟐ The ice cream is in the freezer, next to the frozen vegetables.

▲ **susceptible** [səˈseptəb(ə)l] adj. 易受影响的；易感动的

⟐ Children are more susceptible to colds than adults.

⟐ The patient was susceptible to infection after surgery.

▲ **porridge** [ˈpɔːrɪdʒ] n. 粥；麦片粥

⟐ She eats porridge for breakfast every morning.

⟐ A bowl of warm porridge is comforting on a cold day.

▲ **somber** [ˈsɑːmbər] adj. 昏暗的；忧郁的

⟐ The room was filled with somber lighting.

⟐ He had a somber expression after hearing the bad news.

▲ **substantiate** [səbˈstænʃieɪt] v. 证实

⟐ The researcher needed more data to substantiate his theory.

⟐ The claim that diet influences mood is difficult to substantiate without empirical evidence.

▲ **efficacy** [ˈefɪkəsi] n. 功效；效力

⟐ The efficacy of the new drug will be determined through extensive trials.

⟐ She questioned the efficacy of the new educational policies.

**——————————DOING———————————**

**———————First Stage(默写5+5遍)————————**

▲ **compress** [kəmˈpres] v. 压缩

⟐ Compress the files before sending them to save space.

⟐ We need to compress the video to fit it onto the server.

▲ **neutral** [ˈnuːtrəl] adj. 中立的

⟐ Switzerland is known for its neutral stance in global conflicts.

⟐ He remained neutral during the arguments.

▲ **arbitrate** [ˈɑːrbɪtreɪt] v. 仲裁，调解

⟐ The court appointed an independent arbitrator to arbitrate the dispute.

⟐ They agreed to arbitrate rather than take their dispute to court.

▲ **bankrupt** [ˈbæŋkrʌpt] adj. 破产的; v. 使破产

⟐ The company went bankrupt after a series of poor investments.

⟐ He nearly bankrupted himself trying to keep the business afloat.

▲ **remedy** [ˈremədi] n. 治疗法；补救措施

⟐ There is no simple remedy for the issues facing the education system.

⟐ She sought a natural remedy for her insomnia.

▲ **gamble** [ˈɡæmb(ə)l] v. 赌博；冒险

⟐ He likes to gamble at the casino on weekends.

⟐ Investing in startups can be a significant gamble.

▲ **resemble** [rɪˈzemb(ə)l] v. 类似，像

⟐ She resembles her mother not just in appearance but also in temperament.

⟐ The synthetic material resembles leather but is much more durable.

▲ **resilience** [rɪˈzɪliəns] n. 弹性；恢复力

⟐ resilient [rɪˈzɪliənt] adj. （人或动物）对困境有承受力的，有复原力的；（物质或物体）有弹性的，有回弹力的

⟐ The community showed great resilience in rebuilding their lives after the flood.

⟐ Children often exhibit remarkable resilience after facing difficult situations.

▲ **dilemma** [dɪˈlemə] n. 困境

⟐ He faced the dilemma of choosing between a promising career and moving closer to family.

⟐ The ethical dilemma was whether to save one life at the cost of another.

▲ **intrigue** [ɪnˈtriːɡ] v. 激起兴趣；n. 阴谋

⟐ The complex plot of the movie intrigued the audience.

⟐ His sudden disappearance was shrouded in intrigue.

▲ **subtle** [ˈsʌt(ə)l] adj. 不易察觉的，微妙的；

⟐ His subtle nod was enough to convey his approval.

⟐ The flavors in the dish were subtle but very enjoyable.

▲ **barbecue** [ˈbɑːrbɪkjuː] n. 烧烤

⟐ We're having a barbecue this weekend, and everyone is invited.

⟐ He mastered the art of barbecue, making the best smoked ribs in town.

▲ **conventional** [kənˈvenʃən(ə)l] adj. 传统的

⟐ convention [kənˈvenʃ(ə)n] n. 习俗，惯例；大会，集会；公约，协定

⟐ She prefers conventional methods over modern ones in her teaching.

⟐ Conventional wisdom suggests that we should save money for retirement early in our careers.

▲ **overt** [oʊˈvɜːrt] adj. 明显的, 公开的，不隐瞒的

⟐ His overt displeasure was visible to everyone in the room.

⟐ There was an overt clash between the two departments over the project.

▲ **tremble** [ˈtremb(ə)l] v. 颤抖

⟐ She trembled with excitement as she approached the stage.

⟐ The ground began to tremble during the earthquake.

▲ **crack** v. 破裂；n. 裂缝

⟐ The vase fell and cracked on the hard floor.

⟐ There was a small crack in the window that let the cold air in.

▲ **outline** v. 概述；n. 大纲

⟐ He outlined his plan for the new project during the meeting.

⟐ The teacher gave us an outline of the topics covered in the course.

▲ **engage** [ɪnˈɡeɪdʒ] v. 参与；吸引

⟐ The teacher tried to engage the students in the discussion.

⟐ They decided to engage in volunteer work to help the community.

▲ **baguette** [bæˈɡet] n. 法棍

⟐ She bought a fresh baguette from the bakery.

⟐ A baguette with cheese and ham makes a delicious sandwich.

▲ **snack** [snæk] n. 小吃

⟐ I usually have a light snack between meals.

⟐ The children were happy with their snacks during the picnic.

▲ **metric** [ˈmetrɪk] n. 度量标准

⟐ We use various metrics to analyze the performance of our marketing campaigns.

⟐ Setting clear metrics helps in measuring progress effectively.

▲ **consensus** [kənˈsensəs] n. 共识

⟐ consent [kənˈsent] n. 许可，允许；同意，赞同

⟐ The team reached a consensus on the new project plan.

⟐ There is a consensus among scientists about climate change.

▲ **compliment** [ˈkɑːmplɪmənt] n. 赞美；恭维

⟐ She received a compliment on her new dress.

⟐ He gave her a compliment on her presentation skills.

▲ **sketch** [sketʃ] n. 素描；草图

⟐ She made a quick sketch of the landscape.

⟐ The architect showed us a sketch of the new building design.

▲ **decrease** [dɪˈkriːs] v. 减少；降低

⟐ The company plans to decrease its carbon footprint.

⟐ The temperature will decrease significantly at night.

▲ **retrospect** [ˈretrəspekt] n. 回顾；反思

⟐ In retrospect, he realized his mistake.

⟐ Retrospect often brings new insights into past events.

▲ **integrity** [ɪnˈteɡrəti] n. 正直；诚实

⟐ She is known for her integrity and honesty.

⟐ Maintaining professional integrity is important in any career.

▲ **term** [tɜːrm] n. 术语；期限

⟐ The term "sustainability" is often used in environmental discussions.

⟐ She served a four-year term as the chairperson of the committee.

▲ **residue** [ˈrezɪduː] n. 残留物

⟐ The chemical residue must be thoroughly cleaned to prevent contamination.

⟐ There was a sticky residue on the table after the spill.

▲ **dread** [dred] v. 恐惧；n. 恐惧

⟐ She dreads the thought of speaking in public.

⟐ The dread of failure often holds people back from trying new things.

▲ **sensitivity** [ˌsensəˈtɪvəti] n. 敏感性

⟐ **sensitive** [ˈsensətɪv] adj. 过敏的，易受影响的；灵敏的；善解人意的，体恤的；

⟐ His sensitivity to criticism makes him difficult to work with.

⟐ The issue requires handling with great sensitivity due to its complexity.

▲ **trivial** [ˈtrɪviəl] adj. 琐碎的；不重要的

⟐ They spent the meeting discussing trivial matters.

⟐ The trivial error did not significantly impact the experiment's outcome.

▲ **taxing** [ˈtæksɪŋ] adj. 繁重的；费力的

⟐ The new project is taxing for the whole team, requiring extra hours each week.

⟐ Finding a solution to this problem has been a taxing task.

▲ **democratize** [dɪˈmɑːkrətaɪz] v. 民主化

⟐ democracy [dɪˈmɑːkrəsi] n. 民主政体；民主国家；民主

⟐ The internet has helped to democratize access to information.

⟐ There is a global push to democratize voting through more accessible technologies.

**———————Second Stage（2个造句）——————**

**———————Third Stage（听力2遍）———————**

**———————Fouth Stage（发头条）———————**