每个单词最长流程：默写10边 + 造句2次 + ~~听力2边~~。

**——————————TO DO———————————**

**——————————DOING———————————**

**———————First Stage(默写10遍)————————**

**———————Second Stage（2个造句）——————**

▲ **undermine** [ˌʌndərˈmaɪn] v. 破坏，削弱

⟐ His constant criticism could undermine her confidence.

⟐ The recent scandal has the potential to undermine trust in the political system.

▲ **explode** [ɪkˈsploʊd] v. 爆炸，激增

⟐ The car's engine exploded due to overheating.

⟐ Rumors about the celebrity couple's breakup exploded across social media.

▲ **coupon** [ˈkuːpɑːn] n. 优惠券

⟐ She used a coupon to get a discount on her groceries.

⟐ Many stores offer digital coupons through their apps nowadays.

▲ **undergo** [ˌʌndərˈɡoʊ] v. 经历，经受

⟐ The patient will undergo a major surgery next week.

⟐ The building is undergoing extensive renovations.

▲ **provocative** [prəˈvɑːkətɪv] adj. 挑衅的，煽动的

⟐ v. provocate

⟐ The documentary features provocative themes that challenge societal norms.

⟐ She wore a provocative dress to the event that sparked a lot of discussions.

▲ **spark** [spɑːrk] v. 引发，激发

⟐ His controversial statement sparked a heated debate among the viewers.

⟐ The teacher's enthusiasm for science sparked the students' interest in the subject.

▲ **cosmos** [ˈkɑːzmoʊs] n. 宇宙；完整和谐的一统体系；

⟐ The study of the cosmos can help us understand the origins of the universe.

⟐ Cosmos and its vast expanse have always intrigued astronomers and philosophers alike.

▲ **tacit** [ˈtæsɪt] adj. 心照不宣的，默许的

⟐ Their nod was a tacit agreement to the proposed plan.

⟐ There was a tacit understanding between them that no words could convey.

▲ **retention** [rɪˈtenʃ(ə)n] n. 保留，保持

⟐ The company implemented new strategies for the retention of employees.

⟐ Water retention can be a symptom of various health issues.

▲ **informed** [ɪnˈfɔːrmd] adj. 见多识广的，消息灵通的

⟐ It's important to make an informed decision when it comes to your health.

⟐ She is one of the most informed critics in the art community.

▲ **mold** [moʊld] n. 模具；铸模；模制品

⟐ They used a silicone mold to create the perfect chocolate shapes.

⟐ Be careful when eating bread with mold, as it can be harmful to your health.

**———————Third Stage（听力2遍）———————**

**———————Fouth Stage（发头条）———————**

▲ **netizen** [ˈnetɪzn] n. 网民

⟐ Netizens reacted strongly to the news shared on social media.

⟐ The opinion of netizens can significantly influence public perception.

▲ **disgrace** [dɪsˈɡreɪs] n. 耻辱

⟐ He brought disgrace to his family with his actions.

⟐ The scandal was a disgrace to the institution.