

# 1. 核心词汇篇

1.1 一些常见话题的常见词汇 (背了不一定用得上, 但不背肯定用不上)

## EDUCATION

Assignments 作业

(teachers) give ~ / (students) complete assignments 布置/完成作业

Electives 选修课

compulsory/required courses 必修课

Credits 学分

Children and youth 青少年

Pedagogical methodology 教学法

Adaptability 适应能力

Team spirit 团队精神 develop~

Think independently 独立思考

Critical thinking ability 批判性思维能力

Learn things through understanding 在理解的基础上学习

the exact antithesis 当然是 learn things by rote 死记硬背

Students evaluate their teachers' performances 学生评价老师的教学

Generalist 通才 a versatile person 多才多艺的

specialist 专才

a well-rounded education 通才教育

Contribute to societal well-being 为社会健康发展做出贡献

在英文中贡献不一定是好的, 如 contribute to global warming

Liberal arts 文科的总称

Sciences and engineering 理科和工科

Basic sciences 基础科学

Applied sciences 应用科学

Discipline their children 管教孩子

Train your self-discipline 培养自制力

Primary-level/ secondary-level/ tertiary-level education 小 / 中 / 大学教育

Vocational education 职业教育

Parental involvement 家长参与

Student-centered 以学生为中性的

Role model 榜样

Literacy and numeracy 读写能力和算术能力

Play truant 逃学

Force-feed the students 以填鸭式教学法培养学生

Students should not be treated as passive receptacles of predigested ideas. 学生不应该只是被动接受知识的容器

A sense of responsibility/belonging/ satisfaction/ achievement

责任感 / 归属感 / 满足感 / 成就感 offer~

Stifle one's creativity 扼杀创造力

Sap/dampen one's enthusiasm 打击积极性

Erode one's confidence 打击信心

Drain one's motivation 磨灭斗志

Extra-curricular activities are rewarding and eye-opening 课外活动有益而且可以开阔眼界

A school is society in miniature 学校是社会的缩影

- Theoretical knowledge** 理论知识
- Nagging parents** 嘴特碎的父母或老人
- Achieve good grades** 取得好成绩
- Perform well at school** (学习, 艺术, 体育等多方面) 表现良好
- do volunteer work to help people in need** (只指穷困的人)
- Have a strong sense of responsibility towards their family/ work/ community/ country**  
对他们的家庭 / 工作 / 社区 / 国家有着很强的责任感
- Satisfy students' need** 满足学生的要求
- Provide a well-rounded education** 提供帮助学生全面发展的教育
- Provide a broad and balanced curriculum** 提供科目广泛, 不偏科的课程安排
- The aim is to produce well-rounded individuals who will fulfill their academic potential.**  
目标是培养全面发展并能充分发挥学术潜能的个人
- Provide a friendly learning environment** 提供一个友好的学习环境
- Develop their creative/ artistic/ academic/ teamwork/ social skills**  
培养创造力 / 艺术能力 / 学术能力 / 团队精神 / 社交技能
- Develop good learning/eating/spending habits** 培养良好的学习 / 饮食 / 消费习惯
- Work closely with their classmates/colleagues** 和他们的同学 / 同事密切合作
- Broaden their interests** 扩展他们的兴趣爱好
- Discover their real interests** 发现他们的真实兴趣
- Gain a deeper understanding of** 加深对于.....的理解和认识
- Gain practical experience** 获得实践经验
- Increase their independence** (活动 / 经历) 增强他们的独立性
- Prepare them for employment (in this knowledge-based economy)**  
(在这个以知识为主导的经济) 帮助他们为就业做好准备
- Upgrade their skills/knowledge** 升级他们的技能 / 知识
- Build a competitive/well-educated/highly-skilled workforce**  
培养竞争力强的 / 受教育程度高的 / 技术水平高的劳动力
- Teach their children good manners** 教给学生良好的举止

Teach them the difference between right and wrong 教孩子明辨是非

Give them advice and support 给他们建议和支持

## WORK

Have job security 拥有工作的稳定性

Set clear-cut goals 设置明确的目标

Those high-paying jobs may be stressful or even exhausting. 高收入工作很累人

Industrious 勤奋的

conscientious 尽职尽责的

high-caliber 高水准的

proactive 积极主动的，其实就是“麻利儿的”

expertise 专业水准 possess/demonstrate/exhibit ~

类似: Possess/demonstrate high professionalism 专业水准

Adhere to work ethic 坚持敬业精神

To be an accomplished painter 熟练的，水平高的

比较: Established 有成就的

To excel in your profession/ occupation 在所从事的职业表现优秀

Be enthusiastic/passionate about their job 对工作有热情

have enthusiasm/ passion for sth 注意介词

Have a positive self-image 积极的自我评价

have high self-esteem 自尊心高的

In the delegation of responsibilities ( 责任分配 ) , enterprising ( 有创新精神的，不一定非要白手起家 ) entrepreneurs ( 指白手起家的企业家 ) must consider staff morale ( 员工的工作热情 ) , their workload ( 工作量 ) and their psychological strain ( 心理压力 ) .

In the workplace ( 工作单位 ) , it is a daunting/formidable task to get along with/ fit in with ( 与...相处好 ) your co-workers ( 同事 ) .

Stiff/ fierce competition 激烈竞争

A hectic life/ schedule 紧张而忙碌的日程

Work long hours 长时间工作

Employee benefits 员工福利

Lead by example 以身作则

Career prospects 职业发展前景

Career paths 职业发展道路

Interpersonal skills 人际交往能力

Employable skills 就业能力

Collaborate with 合作

Stress-induced diseases 和压力有关的疾病

Nerve-racking 给人的精神压力很大的

Job satisfaction/ gratification 工作满意度 offer~

Achieve a work-life/ work-family balance 能够在工作和生活 / 工作和家庭之间实现平衡

Have a bias against women applicants 对女性应聘者有歧视

...Should be treated fairly 应受到平等的对待

Promote gender equality 促进性别平等

Ensure equal opportunities for all students/ employees/ applicants

确保每个学生 / 员工 / 申请者都能得到公平的机会

Build a positive company culture 建设积极的企业文化

## SUCCESS

An established painter 有一定成就的

Fame and wealth 名和利 seek ~ 追求~

a proven and straightforward way to do sth

一种直接而且被证明有效的去做某事的方法

highly-sought-after 多人都希望得到的, 比如国家公务员

Upward mobility 社会地位和经济地位上升的流动性 (指努力 提高自己经济与社会地位的能力和倾向)

willpower 意志力 strong~

an insurmountable problem/difficulty 不可逾越的障碍 / 困难

Adhere to rules and regulations/ a principle 遵守规章 / 原则

A rags-to-riches story 从一无所有到富甲天下的成功故事

Be a flash in the pan 只是昙花一现

Strengths and weaknesses 优点和缺点

Charismatic 非常有魅力、万人迷的

## TECHNOLOGY

State-of-the-art/ cutting-edge technology 尖端科技

Revolutionize 彻底变革

Automation 自动化

Mechanization 机械化

Computer-generated graphics 电脑生成的图表

Assembly line 流水组装线

Mass-produce 用机器大量生产

Mass-produced goods the mass-production of consumer goods

Cost-effective/ economical 省钱的 ~airliners

Transform/revolutionize/ reshape our lives 彻底改变我们的生活

Groundbreaking results 有突破性的

A breakthrough

Break boundaries 打破传统界限

Young people have endless possibilities 无限的可能

Information overload 信息过剩

Rely too much on the Internet/ mobile phones

过度依赖网络 / 手机

Online forums cannot replace face-to-face interaction.

在线论坛不能代替面对面交流

Browse the Internet 上网

Use online resources 利用网络上的资源

Online shopping 网上购物

iPad is portable and easy to use 非常便携而且方便使用

Limit children's screen time 限制孩子们看电视 / 上网 / 打游戏 …的时间

Keep in touch with family and friends 和亲友们保持联络

the virtual world 虚拟世界

Be detached from reality 与现实脱离

Those who are addicted to computer games are entirely cut off from the outside world

完全与世隔离

Telecommunications 远程通讯

Inconceivable 现在的高科技在几千年前肯定是不可思议的吧

He adopted a novel approach to doing it. 新颖的

This product is very durable as well as user-friendly. 耐用, 方便

Standardized tests 标准化考试 如TOEFL, SAT, GRE, GMAT

Telecommuting 在家远程上班 telecommuter 电信通勤族

have more flexible schedules (学生, 员工) 可以有更灵活的时间安排

Save money on transport costs 节省交通费

Commute between a and b 经常往返 commuter

北漂的现实写照, 除非你在二环有房子

Labor-saving machinery 减少人力的机器

Labor-replacing machinery 取代人力的机器

Organ transplant 器官移植

Manned spacecraft (单复同形) 载人航天器

Telecommunications satellite 通讯卫星

Weather satellite 气象卫星

the Hubble Space Telescope 哈勃太空望远镜

Bulletproof vest 防弹背心

Internet crime 网络犯罪 (spread computer viruses; steal personal information)

## MEDIA

Curiosity 好奇

out of ~ / arouse my ~ / satisfy my ~ / it is just idle ~

处于~ / 激起了我的~ / 满足了我的~ / 只是因为~

Dependable 可信赖的

Cover 报道 coverage

Make headlines 成为头条

Wang Feng made several attempts to make headlines but failed.

Newsworthy 有新闻价值的

Informative 信息含量多的

Entertaining 娱乐性强的

Commercialized 商业化的 a ~world

Violate/ intrude on/ infringe on sb's privacy 侵犯隐私

Ratings 收视率

Go viral on the internet 快速传开, 很快红遍网络 比如papi酱

The book/movie is overrated 对...评价过高了

Journalists 记者

The press 新闻界

Groupies 狂热追随者, 主要指女孩子们

Idol 偶像

icon 一种文化的象征, 比如提到篮球想到 Michael Jordan 提到华语音乐想到Jay Chou

Make a splash: attract lots of attention 引起轰动

The movie is based on a bestselling novel of the same name.

该电影根据同名小说改编

Censorship 审查 (电影, 书籍, 信件等)

Blow things out of proportion 夸大事实 Those ads ~



Commercials 电视广告

Flyers 食堂门口往你手里塞的那种

billboards 公路或街道旁的大幅广告牌

posters 这是指那种设计比较好的海报,比如电影海报

Sitcom 情景喜剧, 比如《老友记》和《爱情公寓》

TV dramas 电视连续剧, 如《太阳的后裔》

variety shows 综艺节目 如《快乐大本营》

Talent shows 选秀类节目 如《中国好声音》《超级女声》

Current affairs 时事

The print media 纸质媒介

the electronic media 电子媒介

Be saturated with excessive violent and pornographic contents

充满暴力和色情内容

The report is misleading 报道有误导性的

Report sth in graphic (vivid) detail. 生动的, 详尽的

Objective and balanced 公正客观的

Tarnish sb's reputation 损坏某人的名誉

Paparazzi (pl.) 狗仔队

exclusive news 独家新闻

Cover up/ whitewash scandals 掩盖丑闻

Factual / biased accounts 如实的 / 有偏见的陈述

Up-to-date/ up-to-the-minute 及时的

Codes of ethics/ codes of conduct 道德准则 adhere to~

Prevalent=widespread 无处不在的、流行的

a prevalent view; sth is prevalent among sb

Absurd=ridiculous 荒谬可笑的 (凤姐)

keep low-profile 保持低调

The glitz and glamour of the celebrities 明星的光环

fabulously rich 极为富有

in the spotlight/ limelight 处在公众注意力的焦点

Media hype 媒体炒作

The evidence/account/report/news was totally fabricated 纯属伪造

Her story was a complete fabrication from start to finish. 从头到尾纯属伪造

Media violence 媒体里的暴力内容

Develop anti-social behavior 形成反社会行为

Advertising campaigns can build consumer loyalty

大规模的广告宣传活动会建立起消费者对品牌的忠诚度

## FRIENDS

Detect changes in sb's mood 觉察情绪变化

Handy 人动手能力强的, 物品轻便的

He/she is very athletic/ artistic/ supportive/ solitary/ reserved/ compassionate

/considerate or thoughtful/understanding/amusing /sociable /cooperative

体育好的/有艺术气息的/很支持...的/喜欢独处/内向的/富有同情心的/体贴人的/善解人意的

/特逗的/喜欢社交的/乐于合作的

Fair-weather friend 当你有困难就远离你的那种不靠谱的朋友

Teenagers may feel self-conscious of many things, like their new outfits (衣服), their

weight, their height or even their teeth. 很在意别人对自己的评价

Resilient 能快速恢复的

Good teachers know how to bring their students out of their shells. 好的老师知道如何让学生逐渐放得开。

I know he is well intentioned but he really screwed things up. 我知道他是好心, 但他确实把事情搞砸了。

Assertive/self-assured 接近于confident

a laid-back attitude towards life calm and relaxed

Chums 当 friends 用得过多时可用此词代替

A congenial friend 志趣相同的、意气相投的

## ENVIRONMENT

Discharge pollutants, effluent=sewage (污水) at sea/ into rivers, lakes and sea.

Conserve water/ resources/energy 节约水 / 资源 / 能源

Many fertile (肥沃的) lands have been rendered barren (贫瘠) or even toxic (有毒) due to piles of non-biodegradable garbage. 不可降解的垃圾 比如塑料袋

Humanity/ humankind/ the human race is wreaking havoc on natural resources. 人类破坏自然资源

The international community(国际社会) must make a concerted effort (齐心协力) to tackle/ address/ combat/ resolve environmental problems(解决环境问题). And governments across the globe must raise/ elevate the public awareness of promoting sustainable development and striking ecological equilibrium(提高公众关于维护可持续发展和保持生态平衡的意识).

Being exposed to ultraviolet rays (紫外线) too often may lead to skin cancer (皮肤癌).

Ozone layer depletion 破坏臭氧层

dust storms 沙尘暴

exhaust fumes 发动机 / 汽车排放的尾气

reduce greenhouse gas emissions 减少温室气体排放

Deforestation 砍伐森林

Shortage of drinkable water 饮用水短缺

We are depleting non-renewable resources (不可再生资源) at an unprecedented speed (前所未有的速度). It is high time we made use of alternative sources of energy (代替性能源), like solar energy (太阳能), wind energy (风能), nuclear energy (核能) and hydropower (水电). And this change may reshape our lives.

Damage the environment 破坏环境

Industrial production creates waste and pollution 工业生产产生垃圾, 造成污染

Contribute to climate change 加剧气候变化

Fossil fuels lead to global warming 化石燃料导致气候变暖

Reduce people's dependence on fossil fuels 减少人们对化石燃料的依赖

Rapid population growth increases the demand for energy. 人口的快速增长导致对能源需求的上升

Fulfill their environmental responsibilities 履行他们对于环境的义务

People logged/ cut down forests for agriculture. 砍伐森林

## GOVERNMENT

The authorities 当局 可代替government

Short-sighted policy 短视的

A short-term perspective 短见

Social Security 美国的社会保障制度

Ban sth altogether 严禁

Stringent law/ legislation(u) 严格的 反义: lenient

Allocate money to sth 为...拨款

divert more resources/money to sth 把更多的资源 / 钱转向...

Government tax revenue 政府的税收收入

Give priority to 优先

Multinational companies 跨国企业

These businesses create jobs and contribute to the local economy.

这些公司创造就业并促进当地经济发展

Improve people's standard of living 提升人们的生活水平

International aid 国际救援

The government spending/expenditure on sth 政府开支

Curtail or augment~ 削减或增加

Arms race 军备竞赛

self-defense 自卫

space race 太空竞赛

seek or pursue hegemony 追求霸权

Destabilize the government 让政府变得动荡

Laid-off workers 下岗职工

massive layoffs 大规模裁员

Public transit/transportation system 公共交通系统

Water supply and drainage system 给排水系统

A democratic and progressive government 民主与开明的政府

A stopgap measure 权宜之计、临时应急措施 与之相对的是a

long-term plan 长远计划

Improve public services (healthcare, public transport, education)

改善公共服务 ( 医疗, 公共交通, 教育等)

Enhance infrastructure 改善基础设施建设

Maintain law and order 维持法律和社会秩序

Promote fair competition 促进公平竞争

Raise educational standards 提升教育的整体水平

Create employment opportunities 创造就业

Regulate media violence 监管媒体里的暴力内容

Run campaigns to encourage people to do sth

举办大规模的宣传活动以鼓励人们去.....

Security cameras violate people's privacy

安全监控摄像头侵犯了人们的隐私

Secure/ restrict/ reduce their freedom

保护 / 限制 / 减少他们的自由

Have access to more information/ more entertainment/ better public transport

能够得到更多信息 / 更多娱乐 / 更好的公共交通

Increase/ multiply their choices/ opportunities 丰富他们的选择 / 机会

... should be a personal choice 应当纯属个人选择

A free and fair society 一个自由公正的社会

Commit a crime 犯罪

Deter crime/criminals 震慑犯罪 / 罪犯

Reduce crime rates 降低犯罪率

Reform criminals 改造罪犯

Give them harsh punishments to make them become law-abiding citizens 给他们严厉的惩罚是他们变成守法的公民

Address the root causes of crime 从根本上解决犯罪问题

Create jobs, reduce poverty and eliminate social inequality

创造就业, 减轻贫困, 消除社会不公

Protect national security 保卫国家安全

The UK has become a multicultural society made up of a wide range of cultures. 一个多元文化的社会

Cultural globalization 文化的全球化

The expansion of English makes communication and cooperation easier. 英语的扩张

Improve international relations 增进国际关系

These problems transcend national borders 超出了国家的边界

Promote peace and understanding (国际合作等) 促进和平和相互理解

An endangered language 一种濒危的语言

Introduce laws to protect historic buildings 通过立法来保护有重要历史意义的建筑

Adapt old buildings to modern needs 让老房子适应现代社会的需要

Preserve cultural heritage 保护文化遗产

## TRANSPORTATION

Density of population 人口密度

densely-populated 人口密集的 比如北京

overcrowded (而overcrowding 是名词) 过度拥挤的

Metropolitan 大都市的

metropolises 大都市

Car-pool n/vi 多人乘坐一辆车

Modes/means of transportation 交通方式

Drunk driving 醉驾

reckless driving 不负责任地开车

Treacherous road conditions 有潜在危险的路况(暴风雪后北美天气预报必说的一个表达)

Public transit system 公共交通, 比如公交和地铁

Break traffic rules 违反交通规则

Threaten people's safety 威胁到人们的安全

Involve high risks 涉及到很高的风险

## LEISURE

The tourism industry 旅游业

Tourist spot/ attraction 景点

Love, honor and cherish sth 后跟自己非常珍爱的东西

Different strokes for different folks. 萝卜白菜, 各有所爱。

Get away from the daily grind.

从日常的辛苦劳动中走出来, 比如旅旅游, 去趟铁岭啥的

Life one's spirits 振奋某人的精神

One's spirits sink 精神消沉

Nice music calms my nerves and restores my soul

让我放松的矫情版

Sailing is a popular leisure activity in Switzerland.

一种流行的休闲活动

Explore the local culture and history 探索当地的文化和历史

...is an enjoyable and memorable experience

(旅行, 参观, 活动等) 一次令人愉悦而且值得回忆的经历

## MONEY

Make ends meet 保持收支平衡

I am on a tight budget 我手头很紧

Stylish/fashionable 时髦的 说人说物均可

Make a fortune 发财

The stark (clear) gap between the haves and the have-nots is even more extreme now.

穷人和富人之间的差距扩大

Consumer society 崇尚消费的社会

Involve high costs 涉及到高昂的费用

Low-cost /cost-efficient /economical airlines 低价 / 实惠

Make large profits (公司, 企业) 获得高额的利润

Lead a wretched existence 生活很悲惨

Exquisite taste 高雅的品位

Charge exorbitant price 天价 比如北京的房价和青岛的大虾

## FAMILY

Strengthen family bonds 加固亲情

Parents have to deal with their teenage offspring well. Offspring 家里的孩子, 这个词单复同形

Sibling rivalry 兄弟姐妹之间的相互竞争

Personality clash 性格冲突 如果有怎么看都不顺眼的人 (比如高中班主任), 那就用这个词吧

One's immediate family 家人

A sense of belonging 归属感 offer/provide~

Single-parent households 单亲家庭

Domestic violence 家庭暴力

Household chores 家务事儿, 比如, take out the garbage (倒垃圾), do the laundry (洗衣服), do the dishes (洗碗)



## OLD AND YOUNG

Preserve time-honored customs and traditions

A promising/ up-and-coming young artist 有前途的

Antiquated /outdated/obsolete 过时的

Fossilized 僵化不变的

The rising life expectancy 不断增长的寿命预期

Population aging 人口老龄化

## ANIMALS

Pets can drive off our loneliness 可以驱散我们的寂寞

Pets can afford their masters consolation and comfort. 宠物可以给主人心理安慰

Pets are their masters' companions. 宠物是主任的好伙伴

Relieve/alleviate/ease animals' pain 减轻动物的痛苦

Brutal/cruel/merciless/inhuman/残忍的 (而inhumane 是指惨无人道的) abuse/mistreat  
of animals (虐待动物) in the lab was disclosed by the investigation/ by the press  
(被调查 / 媒体揭发) .

Countless creatures are facing extinction because of human activities.

Simulation in the laboratory 实验室里的模拟

Animal right activists 动物权益保护主义者

Medical research 医学研究

## FOOD and HEALTH

Tasty 美味的 我们以后少用delicious

Authentic Peking Duck 地道的 / 正宗的北京烤鸭

Variety is the spice of life

Home-cooked food is more nutritious 家里做的饭菜更有营养

Organic food 有机食物 (纯天然, 没有施加过化肥的食物)

Excessive intake of ( 过量摄入 ) sugar and greasy food ( 油腻食物 ) , and the sedentary lifestyle ( 久坐而缺乏运动的生活方式 ) may lead to obesity ( 肥胖症 ) , diabetes ( 糖尿病 ) , and cardiovascular diseases ( 心血管疾病 ) , like coronary heart diseases ( CHD 冠心病 ) 。

I am a vegetarian 素食主义者 严格素食者: vegan

We should be aware of food hygiene ( 食品卫生 ) , and we' d better watch our diet ( 控制饮食 ) . we should not buy the TV dinner ( 很不健康的外卖或速冻食品 ) , frozen food ( 冷冻食品 ) , and canned food ( 罐装食品 ) , as much of it is very fattening ( 让人发胖的 ) , and they are also high-calorie ( 高热量的 ) , high-fat ( 高脂肪的 ) , high-cholesterol ( 高胆固醇的 ) but low-fiber ( 低纤维的 ) .

Rather, we should consume nutritious/nourishing food ( 有营养的食物 ) .

We should lose weight at a healthy pace. ( 健康减肥 )

Chronic diseases 慢性疾病

Symptoms 症状

To keep fit ( 保持健康 ) , we should adopt a balanced diet ( 均衡饮食 ) , and try not to be a Coca-Cola junkie ( 对某种事物上瘾的人 ) .

Lead a healthy/sedentary/stressful/ fast-paced/ hectic lifestyle

健康的 / 久坐缺乏运动的 / 压力大的 / 节奏快的 / 忙碌的生活方式

Do more physical activities, 多做些体力活动, 这不是Chinglish

Improve people's physical and psychological well-being 增进生理和心理健康

Brisk walking 快步走, 健走

At higher risk of developing diabetes, heart diseases, high blood pressure, obesity, asthma and lung cancer 得糖尿病, 心脏病, 高血压, 肥胖症, 哮喘和肺癌的风险较高

Taking part in outdoor sports 多做户外运动

Promote healthy lifestyles; Improve healthcare services

( 政府 ) 推广健康的生活方式, 改善医疗服务

## 1.2 根据词类总结的你最好会用的能给你带来加分的词

### 1.2.1 抽象名词

Misery abject~

Physical and psychological well-being

This movie has documented the sedentary lifestyle's influence on people's physical and psychological well-being.

The government should establish a mechanism for dealing with complaints from the general public. 建立处理公众投诉的机制

Alienation be alienated from sb The Internet made us alienated from each other.

Achieve/disturb ecological equilibrium

A remedy for=a solution to

Preserve resources for posterity 后代

总结一下其他的搭配：自然方面 preserve natural resources/ natural habitats/ wild animals /endangered species

人文方面 preserve cultural heritage / time-honored customs and traditions/ old buildings

Pursuit=endeavor=commitment=undertaking=quest=aspiration

A novelty 非常新鲜有趣的东西

This antique chair is a definite rarity. 稀有的东西

Some friendships grow over years. Others form in an instant. The commonality 共性 of all these friendships is – the recognition of the special things we share in common. Friends assure us that we are not alone in the world.

The incidence of obesity, coronary heart diseases and diabetes (注意发音) is rising. 有点像rate, 特指某种坏现象的发生率。

Necessity 必要性: the necessity for/of sth to do sth

必需品: Many people there even cannot afford basic necessities such as food and clothing

Having a garden would be a luxury in downtown Manhattan

The niceties of technology-aimed life mean little when our needs are simple: warmth when we are cold; food when we are hungry; sleep when we are tired.

Niceties: 看起来很美但实际上并不是很必要的东西

## 1.2.2抽象形容词

Materialistic

Mediocre 平庸的, 水平一般的, 人或事物均可

The alarming crime rate

Disturbing 惹人烦的, 恼人的, 从把你吵醒的下课铃声, 到跳广场舞的大妈都可以用

Recurring problems 一再出现, 一再恼人的

Commit a crime/ revert to crime

Sth has reverted to normal.

Desirable: Foreign language skills are highly desirable. / a desirable neighborhood. / It is desirable that you have some familiarity with computers. 以后要是再用 good, 千万别说看过我的资料, 丢不起这人。。

Be adept in 某方面技能很高 be proficient in= be skilled at/in= be good at

Adept=adroit=accomplished=skilled

Abject misery, abject poverty, abject failures

A laborious/ an arduous task/ undertaking 需要付出很大努力的

People are by nature flawed. There'll always be times when our friends do things that are disappointing or hurtful to us. Sometimes these things are done on purpose; sometimes by accident.

Flawless=perfect

The indiscriminate use of chemical fertilizer has been causing serious problems. 不加区分的

Discriminating shoppers. 有品位的, 有鉴赏力的 (好吧, 我承认这两个不好区分)

Optional vs. compulsory/ mandatory

it is compulsory/ mandatory for sb to do sth.

Mandate/ require that...

mandate/ require sb to do sth

Chronic/persistent problems/diseases

Pressing=burning=urgent issues/concerns

Intense pressure, intense emotions, intense anger/fear

比strong 更 strong

Exhilarating 比exciting 更激动人心

Stimulating 比 interesting 更有趣

Bitter experience/ a bitter battle / bitter arguments/ a bitter dispute

辛酸的, 辛辣的

Sensible parenting/choices

sheltered upbringing (课下作业, 查parenting 和upbringing的意思)

I don't admire the sponsors' exclusively mercenary attitude toward the Olympic Game

Mercenary: 完全就是为了钱的

The sweeping trend/impact of globalization

The proliferation / extensive use/ widespread use of the Internet

The all-encompassing information highway 包罗万象的

The information age/era 信息时代

An all-purpose tool 全能, 多功能的

Technological innovations/ inventions and advances/ progressions 科技创新与发展

Mothers are the sole instructor in many American families.

Rampant crime/inflation 猖獗的

Mounting pressure/ criticism/debts 负面现象大量存在, 强调依然在增加

Burgeoning population/demand for energy/trades 发展迅猛的

*让论证有力的动词*

### 1.2.3 中立和反方的动词

Violate= infringe on=intrude on citizens' rights/ the law

Tarnish one's reputation/ one's image

Stretch natural resources to the limit/ stretch students' energy to the limit

Spoil the cityscape 破会原本很好的东西

Enhance the cityscape 提升市容

Seek hegemony/ opportunities

Rethink their policy/ their strategy 反思

Restrict/=constrain the development of / one's freedom (保卫某人自由用secure)

In warm weather, these germs multiply rapidly. / The amount of information has multiplied. / Smoking multiplies the risk of heart attacks and other health problems. 激增

Isolate a nation / prisoners

Involve uncertainties/ high risks/ high costs

Parents should not impose their own values/ will on their children.

Impose high taxes on...(e.g. cigarettes, alcohol, hunk food, cars...)

Hinder/ obstruct/ impede/inhibit 阻碍 the development of (自己想想促进发展怎么说, 如 accelerate, increase, promote, facilitate...)

Fuel conflicts 激化

Humans are/ humankind=humanity is on the brink of using up/ exhausting earth's finite natural resources.

Exacerbate= aggravate = make sth worse economic recessions/ environmental pollution/ degradation

Distort facts/ truth 歪曲

Lose sight of= fail to see= ignore= overlook =neglect=disregard 无视、忽视 the law/ customs and traditions/rules and regulations 习俗传统 / 规章制度 出现这么多遍了, 该记住了啊

Humans are depleting natural resources at an unprecedented speed/ at a staggering pace.

Degrade the quality of sth

Cause misunderstanding/ physical and psychological strain/ a vicious circle

Breed/cause social injustice 对应 uphold/ safeguard social justice /justice has been done 或者 eliminate/ease/get rid of social injustice

同样是产生, 看看人家: generate employment opportunities/ electricity/ tax revenues

Spawn innovations/ inventions

#### 1.2.4 正方词汇

Ease my mind and release my pressure/ stress

Shift one's attention/ focus from...to...

Multiply people's choice/ employees' earnings 成倍增加

Pose a serious threat/challenge to

Carry out= perform=conduct scientific research/ a test/ an experiment/ a study

Pursue one's career / one's goal/ maximum profit/ hegemony

Upgrade the facilities/ one's skills

Harness wind energy/ solar energy/ natural resources

小结: 与development相关的动搭配 restrict/ constrain/ hinder/ obstruct/ impede/ inhibit

stimulate/ boost/ accelerate/ promote/ facilitate the development of

Accelerate= speed up the pace= tempo of life

Boost/enhance efficiency/crop yield/ solidarity/ productivity

Eliminate/get rid of poverty and hunger/ social injustice/ weapons of mass destruction

Relieve= alleviate=ease traffic congestion / sb's pain

Transcend national boundaries/ races

Synthesize 有机结合 比combine 和 blend 结合得更加紧密

Synthesize the Asian and the Western cultures/ synthesize different sources of information.

Protect national security

Boost national solidarity or pride

Preserve national heritage

At the moment, the government's concern about poverty overrides its other concerns.

Optimize the distribution/use of resource to use sth in the best possible way

近义的 use sth to its fullest potential put sth to good use

Nice music infuses my life with joy and makes everything around me come to life; in addition, it kind of molds my temperament/ character.

Motivate students to think independently/ motive employees to work assiduously

Maintain social order

Uphold/ safeguard social justice

We are totally/ entirely justified in asking the money back/ sb is morally justified in doing sth

Intensify=promote=facilitate cultural interactions/ exchanges /regional cooperation

Integrate oneself into a society whose culture is so different from one's own/ incorporate students' suggestions into curriculum (pl. curricula) design. 课程设计

单独一门课叫 a course 一门课的全部授课内容叫做 syllabus(pl. syllabuses) 学校提供的课程总称为 curriculum

Implement=carry out a policy/ a plan

Enhance infrastructure 增进基础设施建设 the cityscape

Display=demonstrate=exhibit talents/abilities/ potential/skills

Curtail=limit expenses/budgets 相反的增加用augment

Cultivate=foster=nurture creativity/skills/ interest

Combat=tackle=address=resolve a problem/ a challenge

Censor films/books

Allocate money/resources to sth

Divert more resources to sth

Afford=offer job opportunities/ a sense of achievement/ protection

Acquire=gain knowledge/ skills (可千万别说成 learn knowledge..)

### 1.2.5 短语

Abide by/ comply with/ conform to the law/ rules and regulations/ the guidelines 联想  
adhere to work ethic

It's essential that kids adapt/ adjust/get accustomed to their school life early on.

While the print appeals only to the sense of sight, television appeals to both sight and hearing simultaneously. 对。。。有吸引力



They attributed/ ascribed their success to having a competent team working for them.

The syllabus of this course is geared towards students who lack motivation in their studies. Be geared towards multifarious demands. 专门针对某种目的、旨在

Be stressed out, burn out (VI.) be wiped out 很累，被压垮，被累垮

Many students were stressed out after the serious cramming for the finals. / If I keep working like this, I'll burn out.

Together these brought about the recent financial crisis.

I'll brush up on my French before my trip to Paris this coming March.

His ideas clashed with his parents'.

What started out as an American military computer network program has developed into a global communication tool for millions of computer networks. That was how the Internet came into being/ took shape/ came about. 逐渐成形

Come up with/ present some truly original ideas.

She has a hard time coping with/ dealing with/ handling the daily stress/ the physical and psychological strain.

Children should cut down on/ lower their screen time.

文化小解: screen time指的是在屏幕前呆着，比如看电视，上网，玩手机（说你呢。。）打游戏，等等

Draw on other's experience use

He left home and dropped out of school, deciding to flip burgers at McDonald's.

She'll end up being penniless if she carries on spending like that.

We should face up to our challenges.

We should face up to the fact that...

It is essential/significant/ crucial/ vital to be able to get our ideas across (to sb).

Give rise to 某种广泛存在的负面现象 unemployment/ inflation/ debate/ alienation from one another. 人与人之间的彼此疏远

Teachers should give priority to the cultivation of students' critical thinking ability.

Go about the application/ your work/ finding a job 从事，着手做

## 1.3 一些涉及文化方面的关键词

### 1.3.1 拉丁词:

- 1 All participants should submit an original piece of writing (e.g., a short story, poem, song, play, illustrated story, essay, etc.) or artwork (这里作 插图、书中的图片讲, 故为不可数, 也可作馆藏的艺术品讲, 为可数) including computer-generated artwork, that shows how specific individuals from specific backgrounds have contributed to the development of America.
- 2 Physics teachers teach students how to convert the material from its solid state to liquid state or vice versa.
- 3 bona fide supporters/ bona fide friends= genuine, real
- 4 change/maintain the status quo, i.e., the current or the existing state of affairs.

### 1.3.2 The Top-12 Most Frequently Used Words When Americans Indicate Their Values (although some Americans don't always practice what they preach).

这些价值观在写作中也别重要, 好多隐藏在题目本身当中, 望好好掌握。

- 1 Safeguard/uphold justice 维护正义 Justice has been done. 正义得到了伸张
- 2 Fulfill one's potential / tasks/ promise / responsibilities/ obligations 实现, 履行 fulfill the American dream
- 3 He has faith in sth/ sb (his spouse/partner)对某事物有信念或对某人的绝对信任
- 4 Bill Gates and Steve Jobs are both very visionary. 有远见, 有对未来明确的设想
- 5 Altruistic behavior/ altruism 利他主义的, 乐于助人的
- 6 The freedom of speech/ thought/ belief/ religion restrict/constrain /secure one's freedom
- 7 Egalitarian 主张人人平等的 strive for an egalitarian society, adopt an egalitarian approach to sth, egalitarian beliefs
- 8 He said that his college is a modern, enlightened and progressive university, but I don't like a school with so many liberals.

enlightened and progressive: 开明的, 进步的

liberal: 尊重他人的人, 支持变革的人

9 Potential Barack Obama, Elizabeth Blackwell, Rachel Carson, Forrest Gump

10 Rhetorical skills 用言语去说服和打动别人的技巧 the sales pitch (推销) of those salespeople the company makes its pitch

11 Integrity 正直、诚实而且原则性强, 集所有优点于一身

12 Individualism Individuals are the primary driving force behind social progression.

### 1.3.3北美孩子必须面对的8大挑战 Eight Gigantic Challenges Confronting North American Teens

Eight gigantic challenges confronting North American teens

1 peer pressure 同辈间的压力

2 identity crisis

she went through an identity crisis in her teens. (Was not sure of who she was or of her place in society) 身份危机, 不知道怎么给自己定位

3 drug addiction/ substance abuse

4 alcohol

5 Racial gap

6 campus violence 校园暴力, 从school bullying 到campus shooting 都算

7 juvenile delinquency 青少年犯罪

8 unwanted sex 导致 underage pregnancy

## 2. 逻辑连接词篇(果例对类, 步设下限)

### 2.1因果关系

Because

As

Since

Due to/owing to

Thus

Therefore,

Consequently,

As a result,

Sometimes new information contradicts our old ideas. This happens to people of all ages **because** learning has become a lifelong process.

In fact, it is difficult to determine the impact of humans on the environment **as** we have only been documenting weather changes for the last hundred years.

**Since** we cannot experience everything by ourselves, we also acquire knowledge by reading books, magazines and newspapers.

The IT industry is highly competitive; **thus**, even the slightest advantage gives a company a substantial edge over rivals.

Habitual exercise reduces stress, prevents weight gain and improves academic performance; **therefore**, exercise should be made a part of any school's curriculum.

高难度的

For the sake of: for the purpose of helping/improving...

For the sake of our health, we should watch our diet.

By virtue of: by means of or because of sth

She succeeded by virtue of her tenacity rather than her talent.

Given/in light of/ in view of... 考虑到, 鉴于

Given/in light of/ in view of the increasing uncertainty in the economy, the company has opted for downsizing

## 2.2 举例关系

For my part 就我而言 For my part, I would prefer to continue with the current plan.

For instance

Such as

Like...

...is a case in point a clear example 明证

A prime example would be that... 这个表达很地道，记住噢

对比与类比关系

## 2.3 类比

Similarly 一般用于句首

Some people have little power to do good, and likewise have little strength to resist evil.

类似地

The same is true of...

By the same token, 同理, for the same reason 约等于similarly

The penalty for failure would be high. But, by the same token, the rewards for success will be great.

## 2.4 对比

While

Whereas

I have been admitted to/ accepted by two universities. The first one is a large one in a big city whereas/while the other one is a small one in a little town.

By/in contrast,

高级点的

On the one hand... on the other hand... used to introduce different points of view

On the one hand they would love to have kids, but on the other hand, they do not want to give up their freedom.

When the girls go shopping, they mainly buy clothes and cosmetics. The boys, on the other hand, tend to purchase computer games or gadgets.

Homeschooled children are less likely to become involved in gangs or drugs. On the other hand, they spend much more time in the company of appropriate role models: parents, other adults and older siblings.

On the contrary=instead... quite the contrary,...

They are not going to take a gap year. On the contrary,/ instead, they will attend college soon.

Rather than=instead of

At work, we should try to be ourselves rather than to be someone who we think others expect us to be.

He would attend college soon, rather than taking a gap year.

Instead of taking a gap year, he will attend college soon.

Rather,...

He is not going to take a gap year. Rather, he will attend college soon.

Conversely: 前后完全镜像 (这个词歪国人都不见得用得对, 如果不会就别用了)

Studies have shown, for example, that reading aloud to children helps them become better readers. Conversely, children who do not have others reading aloud to them generally find it harder to learn how to read.

## 2.5让步关系

Nonetheless,...

Despite/in spite of

Despite many economists' claim that...

Even though

Even if

As long as

高级点的

Most couples, however fossilized their relationship (此处可省略is) , have some interests(利害关系) in common.

No matter how/ what...

Regardless of..

Higher education should give students access to knowledge for its own sake, regardless of whether the course is useful to employers.

Admittedly.... However,...

Granted,... 诚然。。注意别用得太多

Granted, these problems are minor at this point. But they do have (the) potential to develop into major headaches/concerns.

Whether

Whether you are male or female, your risk of heart disease increases as you get older.

Women tend to develop heart disease at an older age than men though.

## 2.6 假设关系

If

If education had never encouraged students to question what they were taught, this discovery might not have been made.

Provided that...

I will buy it, provided that you lower the price/ Provided that you lower the price, I will buy it.

Unless

Unless both countries are willing to take critical steps in dealing with this issue, we will not be able to resolve it.

Otherwise

Be sure to come here on time, otherwise you will leave a bad impression on her.

In that case, ...

## 2.7 限定关系 (能体现逻辑的严密性)

In terms of...

When it comes to...

As for...

Regarding/concerning/ with respect to/with regard to

## 2.8 定义关系

In other words,...

By that I mean...

– i.e. ,

The most beautiful lady in Greek mythology, **i.e.**, Helen of Troy, was the daughter of Zeus and Leda.

## 3. 句式篇 给你的句子一点颜色

### 3.1 状语前置

Historically,

Typically,

Normally

Clearly,

In reality,

Undoubtedly,/ without doubt,

By doing... in this way,...

Eventually,



Luckily,

In general,

Simply stated/put,

Given the choice, 如果可以选择的话, (我会说, 一万年。。。)

In view of,/ in light of...

Accordingly,

Strangely enough,

Interestingly,

Ideally/ in theory/theoretically, but in practice/ actuality,..

Not surprisingly,

Overall, the function of a building is more important than its exterior. 总体看来,

To alleviate traffic congestion, the municipal government should encourage people to take public transit.

Living in sheer poverty, these people do not even have money to buy basic necessities.

### 3.2 句子中做手脚

看的书多了, 我慢慢感到, 这个做手脚的水平和使用副词的水平可以直接反应你的英语掌握水平

Shopping, a necessary part of daily life, is increasingly time-consuming in the US.

We will die in the end, and because of this, we should cherish every second of life.

..., mainly/partly because...

A positive attitude, after all, is essential for a student's academic performance.

Upon reflection, I realized, sadly, I have made a mistake.

Ronald Reagan is, arguably, the most successful actor in history. 这个词好好查查噢

It has very little, if any, impact on global warming.

The costs may vary immensely, depending on the travel distances in a tour.

### 3.3俺是副词，但俺可不是打副手的。。。。

副词连用：给那些摇摆于是给你4.9还是5.0的阅卷老师的小心脏们来点儿小震慑。。。。

Athletes tend to move gracefully, energetically and powerfully.

Help students develop physically, intellectually, socially and emotionally.

All this material (or anything else...) is now quickly, inexpensively and readily available from the comfort of our desks and workstations.

Workstation 就是一张桌子加一台电脑。

After the surgery, most patients feel physically and mentally back to normal within a week.

### 3.4我都强调了多少遍了，倒装是进步的阶梯

It is...that/who...

Not only should the parents spend more time with their children, they should also try to communicate with their children more often.

Not only will kids improve their cardiovascular(心血管) and muscular strength, endurance, flexibility and hand-eye coordination, but they will also learn perseverance, goal-setting and coping skills to deal with success and failure.

Only in this way can the problem be effectively resolved.

Under no circumstances/ on no account should teachers punish their students physically.

Strange as it may seem, parents' attention sometimes hinders/impedes/obstructs/ inhibits students' academic progress.

Neither of them is admitted to the university. 注意是修饰两者，多了用none : none of these plans work/works.

Never has there been a girl who made me go crazy like this.

There has never been, and there will never be anyone just like you- you are unique in the world.

Yes, it is important to... But equally important to be successful in study is to...

### 3.5 : 和 — 这两个标点

这种用法一般人很少用,可俺不是一般人。。

Homeschooled children spend much more time in the company of appropriate role models: parents, other adults and older siblings.

All advertising media share a common goal: to reach as many consumers as possible and convince them to buy a certain product.

我感觉 — 这个标点有点像 which is/ are 就是下定义那种感觉, 也可以用来表达那种所以的因果关系。你看:

We should be aware of the revolution taking place in the bioscience—a revolution that will reshape our lives.

Humor helps build bridges between cultures and individuals—it is an ideal form of promoting understanding and friendship between people who do not even speak the same language.

In fact, the World Wide Web is just one part of the Internet—a multifaceted communication medium that takes in anything from... to...

Universities in little towns have a clear focus and orientation in their academic programs—a broad, integrated, balanced education bridging many areas.

### 3.6 虽然句子是虚拟的, 可俺的心却是真真哒。。。

Had I lived in a small town, my life would have been confined to very few possibilities.

Had she ever understood Ashley, she would never have loved him; had she ever understood Rhett, she would never have lost him. 《飘》里面的一句

Be it learning styles, cultures, race, religion- all identities (特征) should be recognized and reflected in the curriculum.

### 3.7 双重否定

It is not uncommon/unusual that/ for sb to do sth

Not surprisingly,... 不出所料。。。其实是个“单重”否定

### 3.8 the+adj

The affluent the needy the elderly the unemployed the neglected

### 3.9 of 抽象派

Of use/importance/help/value/significance

Whether people in the developing world are suffering is of no interest to many wealthy citizens in industrial countries. Uninteresting

## 4 句型篇

### 4.1 前进类

Sincere praise, encouragement and appreciation **go a long way**—even just saying “thank you” leaves a lasting impression. 非常有效

Foreign language skills **give people a competitive edge** in this age of globalization.

Educators should **assume/ shoulder the responsibility for** ensuring that cultural, language and learning differences are addressed in teaching.

Learning has become **a lifelong process**, mainly because of the ever-increasing pressure.

**Putting ideas into practice** is very difficult. Converting words into deeds.

My current goal **stretches me/ does not make me stretch**

This line of thought is thoroughly **in tune with** the Asian philosophies. 反 **At odds with**

He has **found his niche** as a high-school math teacher.

**Be the cornerstone of**

**be an essential ingredient of**

**be an indispensable part of**

**is part and parcel of**

**play a pivotal role in**

**Sharpen one's intellect** 提高某人用知识去分析问题的能力

**Reverse the damage to** the environment.

I **caught a glimpse of** his major works. 很快地了解一下某种事物, 走马观花

We have to explore **every avenue towards** peace in this region.

To **awaken the conscience of society** and **to arouse compassion**. 唤起社会的良知或责任感

**Far from** being an amateur, ε he **knows** the rules **inside out**.

The problem is far from being resolved now.

**Make a point to** close all the windows before you leave.

Make sure/ ensure that...

If I want some peace and quiet, I **take sanctuary in** my study. 在。。。中找到避风港

**Rise to the occasion** 迎难而上

## 4.2 倒退类

**Few of us have ever stopped to think about** the problem.

He **had a hard time finding** a job.

Water is **in short supply** in this region.

Disasters will **ensue** if they remain unready like this.

The economy should not be developed **at the expense of** reckless depletion of natural resources and **degradation of the environment**.

Their arguments **run contrary to** the **overwhelming evidence** that technology enhances efficiency in almost all fields.

**Erode the cultural identity and national pride.**

It is wrong to **equate happiness with** a bigger house or a bigger bank account.

**... is not a panacea for... 不是万能药**

Exhaust fumes may **exert detrimental influence on/ may have adverse effects** on people's health.

The American consumerism is **spinning out of control**. 失去控制

**What is the good of... 啥啥啥有什么好？**

**Diminish** individuals' **leisure time**

**Oblivious of** our limits, we attempt things that we cannot really handle. 无视

Many Americans believe that they have been **poorly-informed, uninformed or misinformed** about that war.

To **alleviate your anxiety**, you simply should **lower your expectations**.

Things **went from bad to worse**.

**There is no guarantee that...**

This problem has reached such proportions that the economy in that country may suffer **irreparable harm/injury/damage**. 无法挽回的损伤

## 4.3 中间类

Sth is **a daily occurrence**

**Make a difference**

**In all likelihood**, they would fail.

**Put sth in perspective** 客观看待

English has been **consolidating its status** as the dominant language in the world.

Scores are **important factors in** determining the college a Chinese student will attend.

There is **a definite link between A and B**

Telling stories is his **stock-in-trade**. 拿手好戏

Peer pressure **impels** youngsters **to spend excessively on** fancy clothes.

The **pace of change** has been **beyond our wildest expectations**.

**Looking back... In retrospect...**

That year was **a watershed** in her life- she changed her career and changed her partner.

分水岭

## 6个老掉牙可美国人依然在用的句型：

1. Sth has been **developing/ advancing by leaps and bounces**.

2. The **advent of** the information highway has brought great changes to people's lives.

The advent of automobiles greatly increased the demand for petroleum

3. **embark on**... a new journey, their own personal voyage of discovery

4. ..., and **there seems to be plenty of research findings to confirm this**. 其实自己都不知道到底有没有证据。。。

5. **is a blessing in disguise** 桑翁失马 ( 所以他只能骑摩托。 )

6. **the social fabric/ the fabric of society** 你猜对了，指社会结构

Drug abuse poses a major threat to **the fabric of society**

## 5 几个可以拿的出手的例子：

### 5.1 事件

Navajo(s) 发成'Navaho

People of the largest group of Native American people

Alaska Purchase

Gold was discovered in 1897, the deal paid off thousands of times over.

Empty nest syndrome

The extended family is less common, the elderly are very lonely.

The Three-Mile Island accident

The safety of nuclear plants was questioned. Since the accident no new nuclear plants have been built in America.

Latchkey kids: a kid who is at home alone after school because both parents are at work.

Latchkey: the key for the front or the outer door of a house, etc.

They lack parental supervision.

The Exxon Valdez Oil Spill 个人对环境可能造成的影响

The ship's captain, his negligence : 疏忽, 失职

对此我觉得可能有用的相关素材: 即个人也能对环境产生影响

Rachel Carson she published the book *silent spring*, which led to the ban on DDT

Al Gore, the former vice president of the U.S., published *An Inconvenient Truth* and *Our Choice*

The Challenger disaster

It broke apart, and seven crew members died.

The Mars Exploration Mission

The Spirit Rover and the Opportunity Rover (漫游者)

The subprime mortgage 危机 次贷危机, 次贷指贷款给信用差、可能无力还款的人  
High-risk loans, uncalculated risk

## 5.2 人物

Andy Warhol said that "in the future, everybody will be world famous for 15



minutes.” 媒体的影响力 类似的言论有 Rupert Murdoch (这个人好牛的) said “he who controls the media controls the mind”

Carly Fiorina

failure to communicate with her staff leads to her departure from HP

Elizabeth Blackwell

She was rejected by 17 medical schools before she got admitted to New York's Geneva Medical College and graduated at the head of her class and became the first woman to receive a medical degree in America.

Evan Williams

He said “what we have to do is deliver to people the best and the freshest, most relevant information possible. We think of Twitter as it's not a social network, but it's an information network. It tells people what they care about as it is happening in the world.”

Jesse Jackson

He passed up a pro baseball contract, became a preacher instead.

Mark Zuckerberg

Facebook, born in 1984, passion for computerized networking since childhood, a program to help the workers in his father's office communicate

Rosa Parks

She refused to be treated as a second-class human being and to give her seat on a bus to a white man

## 6 同义词替换211工程 (高级部分, 前面的基础还是最重要的)

### 6.1 名词组

The reality is that

Education=schooling children's/sheltered upbringing sensible parenting

Commercials/ flyers/ billboards/posters/ non-profit advertisements

Economic meltdown=economic recession

Humanity 单数指人类, 复数指人文学科 the human race/ humankind

Pedagogical methodology 教学法

methodology 基本上就是method 的故作高深版 类似的词有

Commonality 共性

Functionality 功能

Grasp of= command of

Have serious repercussions for sth 咏哥很生气, 后果很严重

Mutual influence/ respect/trust/understanding/interactions

A variety of / a wide range of/ a wide array of

Misconceptions=wrong ideas held by many people

Disparity=gap

A mechanism for= a system for a particular purpose

A remedy for=a solution to sth

Disruptive students

Charities=organizations that help poor people

Different 升级成 be distinct from 相应的 difference distinction

Individual 基本上可以当成 person

Enterprises 企业

Drive up The incidence of unemployment / crime/ a disease

Zeal=passion for intense enthusiasm about

A novelty= a thing that is new and interesting

A rarity= a thing that is rare

Self-esteem and dignity 基本上就是 self-respect

Hold sb/sth in high regard = respect sb/sth He held her in high regard.

Treat ... with contempt= despise 都是 look down on 的升级版

A beneficiary of sth

An arduous task= a task that requires lots of effort

An approach to doing sth/ an avenue towards sth 乃 a way to do sth 之升级换代版

Progression 指抽象的进步 individual effort is, in my eyes, the main driving force behind social progression.

Persistent problems/ chronic diseases

A sedentary lifestyle= a life without regular exercise

Have an adverse effect on

negative and unpleasant, not likely to produce a good result.

Lack of money will have an adverse effect on our research program

Her health was adversely affected by the climate.

大总结 关于harm

Spoil the cityscape/ scenery/ environment

Undermine= jeopardize global stability/social order/ harmony/one's future/ one's career/ the relations between two countries

Tarnish one's reputation/image

Sap/dampen one's enthusiasm/interest/confidence Erode one's confidence

Be detrimental to/ it is detrimental for sb to do sth

Stifle one's creativity/ potential 对应 stimulate one's creativity/ imagination

Corrupt children's minds 毒害孩子的心灵

## 6.2 形容词组

Profound wisdom/truths/understanding/impact/thoughts

Be beneficial to= be in the best interest of 以后就别再用 be good for 了

Be inferior/superior to

Mundane=not interesting

Be susceptible to a disease/ attacks = be easily influenced by sth

Laws/rules/people not strict =lenient 反义 stringent

Eco-friendly eco-unfriendly

Be well-acquainted with 别再用be familiar with 了

Distinguished/ renowned/ outstanding/excellent/preeminent

Substandard housing/accommodation/work/goods/machines poor-quality

The current financial crisis/ the existing environmental problems 别用 the present什么什么了

Sth is compulsory/ mandatory

Time-honored customs and traditions/ methods/ heritage/practice with a long history

Significant\ essential\ vital 重要性依次递增

Very appealing/ fascinating = very attractive

Be eligible for sth/ to do sth = be qualified for/ to do sth

A daunting/formidable task/undertaking very difficult

Rampant crime/ pollution/ discrimination being spread in an uncontrolled way

Adequate ε -sufficient-ample-abundant enough的逐渐递增版

Urgent=burning=pressing problems/concerns/challenges

Tranquil and serene peace and quiet

## 6.3 动词组

Impart knowledge to sb

Value sth/ treasure sth/ cherish sth consider sth valuable

Maintain social order 反义为 jeopardize/undermine social order

Interpret sth as 将。。。理解成。。。。

Opt for / to do sth

Fulfill one's dream/ one's goal/ one's potential/ one's obligation/ one's promise/ one's task

Relieve stress/ alleviate poverty and hunger/ ease the traffic congestion

Abhor/ detest/ loathe/resent/ hold a grudge against sth

dislike sth very much/ hate sth

He holds a grudge against the world.

I deeply resented her criticism/ he bitterly resents being treated like a child/ she resented him making all the decisions.

Identify sth find out sth identify sth as sth

(Not) restricted/ confined to be limited to access to the club is restricted to members only.

Use sth lavishly waste

Attempt to do sth try to do sth

Make a strenuous/ an arduous/ a painstaking effort to do sth 也可以加 a concerted...

Alter alteration change

Fundamentally change/ radically change/ transform sth change sth a lot

We were recruited (persuaded) to help with the job.

Rectify a mistake/ a fault correct

Demolish the old buildings pull or knock down 拆除

Ban sth altogether/ strictly prohibit sth it was an altogether (completely, entirely) different situation

Hinge on/ be contingent on depend on 取决于

All payments hinge on /are contingent upon satisfactory completion dates.

所有的付款须视是否如期完成

Rely on depend on 依靠

Commit oneself to doing sth/ devote oneself to doing sth/ dedicate oneself to helping the poor/needy

strive to do sth/ do one's utmost to do sth/ spare no effort to do sth      do one's best to do sth

Exhaust energy/ resources

stretch (to make use of a lot of sth) earth's finite natural resources to the limit

put a strain on

use up 消耗殆尽

Report sth in graphic detail

Dedicate a to b    spend a on b

Discharge/ dump chemical waste into rivers, streams and lakes.

Get accustomed to    get used to

Pertain to sth/sb    laws pertaining to protecting the environment    be connected with

If the symptoms persist, consult your doctor.    To continue to exist

He dislikes the loss of privacy that attends his becoming a celebrity.

Come with/ happen at the same time of sth else

Expand one's outlook/ enlarge one's vision    以后请不要再用了    broaden my horizons

Legislate /Introduce legislation against drunk driving.    =Make laws against

Fulfill one's potential/ achieve one's goal/ attain one's goal

Be entitled to do sth    have the right to do sth

Act as a catalyst for sth    比如change (in)..    Lead to change in..

His height gives him an inbuilt advantage over his opponents.    内在本质天生的

Meet the demand/ satisfy the need

Deprive sb of freedom/ leisure time    夺走值得拥有的东西

Enable/ allow sb to do sth

Go astray    青少年误入歧途

Be addicted to/ be preoccupied with/ be obsessed with    沉迷于

语气越来越强 spend too much time on

lay a solid foundation for

Strike a balance between a and b

upset the balance

I got a clear perspective of what it means to be a teacher after listening to his lecture.

Idea

A prerequisite for/ of/ to do sth

A degree is an essential prerequisite for employment.

Regard/ view/ perceive sth as sth think of sth as sth

Drive up the crime rate/ the unemployment rate

Afford/offer/provide/ supply sth

Afford/offer sb sth provide/ supply sth to sb provide/ supply sb with sth

Detach yourself from sth/sb

She detached herself from his embrace. 她挣脱了他的拥抱

I tried to detach myself from the reality of these terrible events.

Baffle sb=confuse sb

The principles embodied in the Declaration of Human Rights. Represent

The model embodies many new features. Include/ contain sth

Require sb to do sth

mandate sb to do sth

## 6.4副词组

Increasingly more and more

An increasing number of + c an increasing amount of + u

Primarily/ principally/ chiefly mainly

Traditionally/ Historically, 注意拼写, 两个l

Currently

Technically actually

Rarely

Entirely/ altogether

Do sth mechanically

Merely

## 6.5 短语或句型组

Regarding/ concerning

with respect to/ with regard to

Prior to

A handful of= a few

In theory/ ideally..., but in actuality/practice

Sth is crying for reform

Be brought to justice

Make a concerted effort to do sth

It is standard practice for sb to do sth=it is common for sb to do...

Have no option/alternative but to have no choice but to

Grow dramatically fall drastically

Considerably/substantially/ significantly higher/more/bigger...

Marginally slightly

By way of=through

Due to/owing to 经常跟负面的名词

In this respect 在这方面

It is evident that obvious

It is highly unlikely that impossible

Sth is not carved in stone

Sth has prompted/impelled sb to do sth made 促使某人做某事

There is a good chance that...

At every turn: everywhere and every time you try and do sth

We are surrounded by advertisements at every turn.

At every turn I met with disappointment.

To the point of doing sth

She is rude to the point of being aggressive.



Show an upward trend=increase

Show a downward trend=decrease

Get along with sb= fit in with sb

Relate to sb: to be able to understand and have sympathy with sb

Cope with the stresses and strains of

Show interest in sth

I need some time to mull it over before making a decision.

Sth is by far the most important...

One way to...is through...

Come one important step close to sth

The development of new products is an essential ingredient of those companies' success.

Increasingly: more and more all the time.

It is becoming increasingly important/ clear/ difficult/ popular/ evident

Increasingly, training is taking place in the office rather than outside of it.

A passport to: a thing that makes sth possible or enables you to achieve sth.

The only passport to success is hard work.

Every sth imaginable

Sb from across the world

Waste sb's time and energy

Disclose sth to sb

Let alone... there isn't enough room for us, let alone any guests.

From prehistoric times to the present day

Sth should only be part of our past and present, but surely not the future.

Eco-unfriendly

Renewable sources of energy

Be inseparable from sth ... is inextricably intertwined with ... 与。。。密不可分、与。。。有着千丝万缕的联系 类似的 be interrelated and interdependent

Someone would be well advised to do sth

It's no exaggeration to say that being bent upon our career is the most important.

## 补录：

记得，用rather或therefore是如果不想另起一句，则要用到;分号，而不是逗号。

论述反方论点时： Some may argue that...However,...

一个超级牛的结尾：

Thus, taking into account the lower cost, the greater quantity of data and widespread popular support, I would argue that for now, at least, unmanned space missions undoubtedly yield the most value in terms of public spending.