

# 写作词汇

## What do what 介 what

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爱护环境，从我做起，提倡使用电子讲义

## 第一部分 词汇基础

### 重要介词短语

at the cost of 以。。。为代价	at the invitation of 应。。。的邀请
at the thought of 一想到。。。	at will 任意
In line with 与。。。一致	in relation to 涉及
In return for 作为对。。。的报答	in the course of 在。。。的过程中
No less than 不亚于	nothing but 只不过
No more than 至多	By all means 尽一切办法
By means of 依靠	for fear of 以免
For lack of 因缺乏	for the benefit of 为。。。的利益
For the convenience of 为。。。的方便	for the purpose of 为了。。。的目的
In accordance with 与。。。一致	in addition to 除。。。以外
In answer to 回答	in combination with 与。。。相结合
In comparison with 和。。。相比	in compensation for 作为对。。。的赔偿
In conflict with 和。。。冲突	in contact with 和。。。接触
In contradiction with 同。。。矛盾	in contrast with 和。。。相对照
In exchange for 交换	in favor of 有利于
In harmony with 和。。。相和谐	in honor of 向。。。表示敬意
In memory of 为了纪念	in need of 需要
In place of 代替	in terms of 从。。。的角度
In the case of 就。。。来说	in the eye of 从。。。观点来看
In the interest of 为了。。。的利益	in the grasp of 在。。。掌握之中
In touch with 和。。。不断接触	in behalf of 代表
In advance of 在。。。之前	on account of 为了。。。的缘故
Under the direction of 在。。。指导之下	under the control of 再。。。的支配之下
With the intention of 抱着。。。的目的	on the ground of 根据
With the permission of 经。。。许可	at choice 可随意选择
At ease 自在	at first glance 一眼就
Beyond bearing 忍无可忍	beyond effort 力所不及
Beyond expression 无法形容	beyond question 无可争辩
Beyond comparison	by degrees 逐渐的
By nature 天生的	for nothing 白白的
For experience 凭经验	in alarm 惊惶地
In circulation 在传播中	in demand 需求
In dilemma 进退两难	in large 大规模地
In site 在现场	on credit 赊账
On purpose 有意	with concern 关切地
Without choice 不分好歹	at a loss 不知所措
In a temper 发脾气	by the book 按常规
At night fall 在傍晚	at one's own charge 自费
By all appearance 显然	in any case 无论如何
In either case 无论发生那种情况	in no case 绝不
in good taste 风格高尚的	with sincere pleasure 由衷地喜悦

## 重要动词与介词的搭配

Identify.....as....确认。。。是。。。。	stand by 信守
Qualify....for..... 使。。。有资格。。。。	inherit....from....从。。。继承。。。。
Profit from 利用	be involved in 投入/卷入
Mislead.....into....误导。。。以至。。。。	count on 指望
Apply.....to..... 把。。。应用于。。。。	adapt....to....使。。。适应于。。。。
Expose.....to....使。。。暴露于。。。。	owe.....to....把。。。归因于。。。。
Reduce....to.....将。。。减/降至。。。。	relate.....to.....把。。。与。。。联系在一起
Compromise with 与。。。妥协	confuse.....with.... 将。。。与。。。混淆
Restrict....to.....限制。。。为。。。。	combine....with....将。。。与。。。结合
Enrich....with..... 用。。。丰富。。。。	face.....with.... 使。。。面对。。。。
Impress....with....使。。。对。。。印象深刻	equip....with....用。。。装备。。。。
Reason with 与。。。讲理	threaten...with.... 以。。。威胁
Serve as 起到。。。作用	define....as.....把。。。定义为。。。。

## 表示情感的词组一

1.我们真诚的希望	it is sincerely hoped that
2.不惜一切代价	at all cost
3.不知所措	be at a loss
4.绝望地	in despair
5.渴望	be eager to do
	be desperate to do
	Have a strong desire for doing sth
6.对。。。很感兴趣	be enthusiastic about
	Be crazy about
	Be fascinated by
7.处在最好的状态	be at one's best
8.情绪高涨	be in high spirits
9.没有做。。。的心情	be in no mood to do
10.用心做	be engaged in doing sth
11.经理痛苦磨难	go through pains
12.反思	reflect on
13.使。。。生气	make sb annoyed
14.处于。。。状态	in a state of
15.渴望	long for
16.直截了当的说	come straight to the point that
17.很容易地	with ease
18.对。。。感到吃惊	be amazed at
19.对。。。表示同情	feel sympathy for
20.对。。。产生重大影响	have a tremendous impact on
	Have a great influence on
	Have a strong effect on
21.加深感情	deepen one's affection

22.使。。。流泪	bring tears to one's eyes
23.突然有了一个好主意	A good idea flashes across one's mind
24.努力没有白费	one's efforts pay off
25.面对	be exposed to
26.付出代价	pay a high price for
27.耐心地	with great patience
28.心满意足地	to one's heart's content
29.昧着良心做事	do sth against one's conscience
30.坚持不懈地追求目标	persist in pursuing one's goal
31.怀有对。。。的激情	have great passion towards
32.认真接受某人忠告	take one's words to heart
33.深受鼓舞	be much motivated by Be much inspired by
34.泪水涌上。。。的眼睛	tears well up in one's eyes
35.为。。。的行为承担责任	pay for one's action
36.强调提高环保意识	highlight the consciousness of environment protection
37.激发灵感	spark one's inspiration for
38.对。。。产生负面影响	have a negtive influence on
39.培养创造力和创新精神	train one's creativity and innovation
40.被社会潮流所淘汰	be thrown out of the tide of the society
41.激励个性发展	encourage one's individuality
42.把理论和实践结合起来	combine theory with practice
43.做某事是对的/错的	be right/wrong in doing sth
44.展现个人的特质和风采	display personal talent and charm
45.丰富社会经验	enrich one's social experience
46.确保生活幸福	ensure sb a happy life
47.坚守原则	stick to the principle
48.集中精力	be concentrated on
49.参加运动	take exercise
50.养精蓄锐	accumulate energy to do sth
51.发表观点	present one's ideas
52.增强意识	heighten one's sense of
53.值得提倡	be well worth promoting
54.号召。。。做	appeal to sb to do sth
55.减轻负担	lighten/lessen/ease one's burden of
56.带来便利	bring sb more convenience
57.形成持久良好的关系	form a lasting constructive bond
58.谢天谢地	it is considered a celebration if...
59.竭尽全力去做	go all out to do
60.无法达到预期目标	fall short
61.完善自己	complete sb perfectly
62.赋予。。。积极的人生观	give sb a positive outlook on life
63.做的不好	mess up
64.为实现梦想努力过	work hard to accomplish sth
65.在价值观和文化背景上有极大的不同	vary vastly on values and cultures
66.给。。。施加压力	put great pressure on

67 提供优质服务	offer excellent services
68 聚焦于	cast focus on
69 享有。。。的权力	have an access to
70 对。。。惊讶和敬畏	be amazed and awed by
71 在。。。方面做错	be wrong in doing sth
72 以失败而告终	end up in failure

## 表示情感的词组二

1. 辛苦得到了回报	One's efforts have paid off.
2. 骄傲地	with great pride
3. 追求目标	pursuit one's goal
4. 逊色于	fade next to ...
5. 优于	gain advantage over ...
6. 被授权做...	be awarded the authority to do sth
7. 值得提倡	be well worth promoting / encouraging
8. 吸引某人	appeal to sb / attract sb
9. 开诚布公地与某人谈关于	talk openly with sb about sth
10. 实现理想	live out / realize one's dreams / get there
11. ... 很有价值	count for much
12. 为快乐而为	do it just for fun
13. 哑口无言	become speechless
14. 净化心灵	purify one's mind
15. 有力量/能力去做	gain the power of doing sth
16. 认为...理所当然	take ... as something natural
17. 相信 ...	be convinced that ...
18. 减轻内疚感	relieve one's guilt
19. 毫不留情	without mercy
20. 对做...有独特的方式	have a unique way of doing sth
21. 无话可说	be at a loss for words
22. 彼此互补	complement each other
23. 使...惊讶的是	to the amazement of sb
24. 增长知识	expand one's knowledge
25. 爱好	develop a hobby of doing ... / have a great love for ...
26. 对 ... 越来越感兴趣	One's interest in ... grows.
27. 因激动而两眼发亮	One's eyes brighten with excitement.
28. 行为为人们所不耻	Such behavior is severely frowned upon.
29. 在做...或...上左右为难	be torn between doing ... and doing ...
30. 引起... 的关注	capture the attention of sb
31. 兼顾工作和学习	balance work and learning
32. 言简意明	be straightforward and to-the-point
33. 享有...的权利	have access to ...
34. 增强 ... 的认识	increase awareness of ...
35. 造成 ... 的短缺	cause a critical shortage of ...
36. 受到...的喜悦	gain one's ground among sb / be popular among sb
37. 想干什么就干什么	get one's way / do as one likes



38. 渴望做... be desperate to do sth / be dying to do sth / have a strong desire for doing sth
39. 号召...做... appeal to sb to do sth
40. 目前 presently / at present / nowadays
41. 根据...的要求 upon one's request
42. 合适于 be right for ...
43. 太想做... stress so much about doing sth
44. 给某人一个改过的机会 cut sb a break
45. 抓住机遇 seize / catch the opportunities
46. 以我为核心 become self-centered
47. 拓宽眼界 broaden one's horizon
48. 内疚涌上心头 Guilt begins to sink in.
49. 有节制地做... put a limit to doing sth
50. 心情沉重 One's heart is heavy.
51. 逼着某人做... pressure sb into doing sth
52. 反思... reflect on sth
53. 有一个重要的共同点 hold something important in common
54. 给某人一个惊喜 give sb a great surprise
55. 徒劳 be in vain
56. 以开放的心态 be open to ...
57. 出乎某人意料 out of one's expectation,
58. 经历了许多起起落落 go through many ups and downs
59. 因...而著名 have a good reputation for ...
60. 意见一致 be on the same page / be of the same opinion
61. 情况恶化 Things have got tough./Things have got worse and worse.
62. 出于好奇 out of curiosity
63. 沉醉于... be involved in ... / be addicted to .... / be occupied by ...
64. 反复无常 be as changeable as the moon
65. 脸上露出微笑 One's face breaks into a smile like the sun through the clouds.
66. 求同存异 find the common ground and put aside the differences
67. 需要进一步的完善 need further improvement
68. 求新求异 pursue unique and new things
69. 看得更高更远 set one's sights high
70. 把...想成理所应当 take ... as something natural
71. 使...不同于... set ... apart from ...
72. 瞧不起 look down upon ... / think nothing of ...
73. 纠正错误行为 right the wrongs
74. 有责任做... have an obligation to do ...
75. 精通... have a good command / knowledge of ...
76. 提高解决问题的能力 improve problem-solving skills
77. 喜爱 have a taste / appetite for ...
78. 对...小题大做 make a fuss about ...
79. ...是赏心悦目的 be a feast for the eye
80. 成为现实 become a reality
81. 克服困难 overcome setbacks / difficulties
82. 忍受痛苦 bear great pains
83. 引起... 的关注 capture / catch / draw / attract one's attention

84. 兼顾工作和学习	balance work and learning
85. 经历许多成功和失败	go through many ups and downs
86. 履行诺言	perform one's promise
87. 遵章守法	observe regulations and laws
88. 是不可或缺的部分	be an integral part of ...
89. 与某人合作	work cooperatively with sb
90. 感同身受	feel the same way
91. 坚持到底	keep going / hold on
92. 扩大视野	expand one's view of ...
93. 探索新的方式来做某事	explore new ways to do ...
94. 促进互相的理解	promote the understanding of each other
95. 为...创造良好的条件	create favorable conditions for ...
96. 致力于...	be devoted to sth / doing sth
97. 提高对...的认识	raise one's awareness of ...
98. 消除隔阂	smooth rough edges
99. 满足需求	satisfy one's demands
100. 有利于做...	contribute to doing ... / be beneficial to doing ...
101. 关注	focus one's attention on ...
102. 用良好的心态迎接每一天	approach every day in a good mood
103. 优缺点并存	Advantages and disadvantages go side by side.
104. 细节决定成败	Details decide whether we will succeed or not.
105. 感到压力	feel stressed out      解决(少)压力      handle (reduce) one's stress
106. 塑造个人形象	shape one's image

### 常用词组

a student-centered activity	以学生为中心的活动
a self-centered person	以自我为中心的人
rebel against sb	逆反
strike a chord with sb	和某人产生共鸣
needy families	贫困家庭
deliver a speech on sth	就某事发表演说
discard the useless books	摒弃无用的书
be an integral part of ...	是。。。不可或缺的一部分
show genuine surprise at ...	对。。。大吃一惊
pass with flying colors	高分通过
rank as the world's most popular songs	位居世界最受欢迎歌曲
unrealistic ideas/opinions/plans/policies	不现实的观念/看法/计划/政策
work cooperatively with sb	合作
be associated with ... = be related to ...	与。。。有联系
feel a compulsion to do sth	冲动之下要做某事
be around = exist	存在
stay put = remain where sb is	在原处
on a beautiful campus	在一个美丽的校园
drop out	辍学
write one's thoughts on a blog	写博客

feel the same way	感同身受
be no exception	无一例外
express hearty gratitude	衷心感谢
do some revision for ...	修订/复习
keep disturbing sb	不断打扰别人
shout at sb for doing ...	因某事呵斥某人
forgive one's shortcomings	原谅别人的缺点
take turns to do ...	轮流做
be rewarded and honored for doing ...	因做某事得到奖励和荣誉
one's outstanding performance in research, field work and education	
be full of anxiety and worry	十分焦虑和不安
feel grateful to sb for doing ...	为某事感谢某人
feel guilty about ...	对。。。感到内疚
have the opportunity to do sth	有机会做某事
gain the respect of sb	赢得别人的尊重
take sth seriously	认真对待。。。
enjoy a slower pace of life	生活节奏很悠闲

### 精彩句型

- (1) There is nothing sb wants to do but do ...      什么都不想做，只想着 ...
- (2) attach importance to sth = regard sth as important      认为有某种重要性
- (3) feel rewarded and content in ...      在...方面有成就感和满足感
- (4) turn sth as a way to escape      转向...来逃避
- (5) control one's use of ...      控制使用...
- There is no point of doing sth ...      ...是无济于事的。
- (6) ... make it possible for sb to do ...      使某人做...成为可能
- (7) provide access to sb      给某人提供机会
- (8) draw / attract / catch / capture one's attention      受到... 的关注
- (9) be worth the effort / the time / the price      值得做努力；值得花时间；值这个价
- (10) have a negative impact on ...      对...有负面影响
- (11) balance work and entertainment      劳逸结合
- (12) become widespread      呈蔓延趋势



- (13) gain the power of doing sth 有能力做某事
- (14) Such behavior is severely frowned upon. 这种行为为人们所不耻。
- (15) live out one's dream / realize one's dream / achieve one's goals 实现梦想
- (16) do sth for fun 为快乐而为
- (17) become / grow quite used to doing sth 非常习惯于...  
be quite accustomed to doing sth
- (18) What is most impressive is that ... 给人留下深刻印象的是 ...
- (19) relieve / lighten / reduce the students' burdens of their lessons 减轻学生的课业负担
- (20) be a double-edged sword 双刃剑
- (21) be beneficial to sb / benefit sb / make for sth 有利于...  
benefit from sth 从...受益
- (22) put sth in place (use) = put sth into practice 实施
- (23) risk one's life to do sth 冒着生命危险做某事  
speak highly/well/much of sb 高度评价  
become widely known 被广大群众认识
- (24) work to the best of one's abilities 把工作做到最好(超水平发挥)
- (25) There is so much enthusiasm for .... that ... 对...有如此大的热情，以致于...
- (26) adapt oneself to ... = adjust oneself to ... 适应于...
- (27) make a big difference 有很大差别；很重要
- (28) It is quite common for people to believe/think that ... 人们普遍相信/认为...
- (29) It doesn't matter if .... 如果...，别在意
- (30) I had not been out for several minutes when it began to rain hard.
- (31) When necessary, ... 在必要时， ...  
If possible, ... 如果有可能， ...

(32) enlarge one's knowledge ; broaden one's horizon; enrich one's life; accumulate one's experience

丰富某人的知识; 扩宽某人的眼界; 丰富某人的生活; 积累某人的经验

(33) 克服困难

overcome / smooth away difficulties; smooth away / overcome obstacles

(34) 使劲

gather all one's strength to do sth

(35) 送人到门口

see sb to the door

## 描写各类表格和图形的词汇和句型

### 词汇部分:

- |                |          |
|----------------|----------|
| 1. chart       | 表格       |
| 2. diagram     | 图表       |
| 3. difference  | 区别       |
| 4. accordingly | 因此       |
| 5. average     | 平均       |
| 6. cause       | 引起       |
| 7. decrease    | 减少       |
| 8. increase    | 增加       |
| 9. percent     | 百分比      |
| 10. indeed     | 的确       |
| 11. percentage | 百分率      |
| 12. profit     | 利润       |
| 13. produce    | 生产       |
| 14. output     | 产量       |
| 15. represent  | 代表       |
| 16. conclude   | 得出结论     |
| 17. obvious    | 显然       |
| 18. otherwise  | 否则       |
| 19. similarly  | 相似地      |
| 20. despite    | 尽管       |
| 21. drop       | 下降       |
| 22. increase   | 上升       |
| 23. consumer   | 消费者      |
| 24. rank       | 名列       |
| 25. amount     | 数量 (不可数) |
| 26. number     | 数量 (可数)  |

### 词组部分:

- |                       |           |
|-----------------------|-----------|
| 1. go up              | 上升        |
| 2. come down          | 下降        |
| 3. on the contrary    | 相反        |
| 4. in general         | 通常        |
| 5. sudden / slow fall | 明显下跌/缓慢下跌 |
| 6. as a result        | 结果是       |

- |                             |        |
|-----------------------------|--------|
| 7. in a word / in short     | 总之/简言之 |
| 8. for the purpose of       | 为了     |
| 9. for this reason          | 由于这个原因 |
| 10. on the other hand       | 另一方面   |
| 11. compared with ...       | 与...相比 |
| 12. rank first in the chart | 在表中列第一 |

### 句型部分:

- As is shown in the graph, ...
- Seeing from the diagram, we can know ...
- It doubles the number / percent of ...
- Chart 1 shows that ...
- It is 40% lower / higher than ...
- The graph shows the difference between ...
- Take these two charts as an example.
- ... be five times as much as ...
- ... be increased by 10% ...
- ... be increased from ... to ...
- It can be easily proved that ...
- I am of the opinion that ...
- take ... as an example ...
- No one can deny that ...
- The change in ... largely results from the fact that ...
- As everyone knows,...
- It can be expressed as follows:
- The chief reason is that ...
- The number/amount has reached close to 32%.
- ... have an average amount of ...

### 表示活动的常用词组一

- |                 |  |
|-----------------|--|
| 1. 开运动会/班会      | hold a sports meeting/class meeting                  |
| 2. 采访某人 / 接受采访  | interview sb / receive a interview                   |
| 3. 听报告          | attend a lecture/report                              |
| 4. 主修...        | major in ....  |
| 5. 获奖学金         | get a scholarship                                    |
| 6. 遵守纪律         | obey the school disciplines                          |
| 7. 网上聊天         | chat on line   |
| 8. 从事体育运动       | do/ go in for sports                                 |
| 9. 欣赏风景         | enjoy the scenery                                    |
| 10. 取消会议        | call off the meeting                                 |
| 11. 学...课程      | take up the course of ...                            |
| 12. 做...工作      | take up a job as a volunteer / a guide / a attendant |
| 13. 观看一场势均力敌的比赛 | watch a close match/game                             |
| 14. 研究某事        | make a study of sth                                  |
| 15. 参加社会实践      | take part in social practice                         |

16. 获一等奖	get the first place / win the first prize / come out first
17. 在...大量训练	have a great deal of practice in ...
18. 参加考试	take an examination
19. 报名参加竞赛	enter for a competition
20. 申请职位	apply for a post
21. 得到 1000 元奖励	get 1,000 dollars as a reward
22. 出席/缺席会议	be present at a meeting / be absent from a meeting
23. 自带午餐	bring along prepared lunch
24. 参观;访问...	be on a visit to ... = pay a visit to ...
25. 办墙报	write a wall newspaper
26. 补课 / 上课外班	make up for the missing lessons / take up extra courses
27. 开展竞赛	have a competition (between ...)
28. 组织/参加课外活动	organize / take part in the out-of-class activities
29. 去吃饭/开会/晚会/观光/聚会	go for a dinner/meeting/party/visit/get-together
30. 举行开/闭幕式	hold the opening / closing ceremony
31. 做早操	do morning exercises
32. 交换学生的计划	(carry out) a project of exchanging students
33. 做实验	do/make/perform the experiment
34. 开展探究性的学习	carry out exploring studies in all the subjects
35. 带某人参观...	show sb around ...
36. 爬山/划船/远足/春游/观光/野	go climbing/boating/hiking/spring outing; make a tour; have a picnic
37. 听音乐会	enjoy the concert
38. 有出色的表现	perform well / do a good job in ...
39. 表演短剧	put on a short play
40. 演讲	make a speech about ...
41. 和着音乐唱歌/跳舞	sing songs/dance to the music
42. 分组讨论	have a discussion in groups
43. 认真听讲	attend classes attentively
44. 进行热烈的讨论	have a heated discussion about ..
45. 做出决定	make a decision on ...
46. 做出选择	make a choice of ... or ...
47. 聚会	get together
48. 开辩论会	hold/have a debate
49. 上课	attend class (学生) / hold a class / give a lesson (老师)
50. 扔垃圾 / 捡垃圾	litter rubbish about/ pick up litters
51. 做卫生	do a thorough cleaning
52. 发表个人意见	present one's personal ideas
53. 意见不同	One's opinions vary on the point/problem/fact.
54. 展现班级的面貌	display the image of a class
55. 注意自己的一言一行	mind one's manners / behaviors
56. 安排某人做...	arrange for sb to do sth
57. 非常喜欢...	be fascinated by ... / be crazy about ...
58. 才艺展示	display one's unique ability / organize a talent show
59. 争创先进班集体	compete for an advance class
60. 为... 加油	cheer for sb
61. 鼓掌欢迎...	clap one's hands enthusiastically to give sb a warm welcome

62. 参加某人之中做游戏	join sb in playing games
63. 参加社会实践活动	take part in a social activity
64. 参加才艺表演	join in a talent show
65. 举行篮球赛	hold a basketball match
66. 参加公益劳动	take part in a volunteer labor
67. 参加军训	take part in the military drills
68. 举行辩论会	hold a debate
69. 游览	make a tour in ... / take a trip to ...
70. 举行竞赛	hold / organize a competition

### 精彩搭配一

把---归因于---	owe---to---	呼吁节约	call for economy
把---强加给---	impose---to---	把---作为生活目标	set---as one's goal in life
号召---做---	call on---to do---	合理安排生活	have a balanced life
---势力壮大	---grow in power	毋庸置疑---	it goes without saying that---
被淘汰	be outdated	兼有---和---的好处	combine the advantage of---and---
采取---的政策	adopt policies that---	处于不正常状态	be in an improper situation
坚决相信--	be a firm believer in---	加强---的宣传力度	give more publicity to---
解决矛盾	tackle the contradiction	与---处于类似的位置	have a similar position with
反对---的做法	be against the practice of	得出---的结论	reach the conclusion that---
权衡利弊	weigh the pros and cons	对---体现出体谅之情	show consideration for
受到双重压力	take double burden	对现状很满足	be content with the present situation
对---有负面影响	have negative effect on	对---大有好处	bring great advantages to
生活有规律	have a routine life	面临---的竞争	be faced with competition from
反映了---观点	reflect the view that--	迎接挑战	meet the challenge
赶时髦	follow the fashion	积少成多	many a little makes a mickle
跟不上时代	can't keep pace with the time	看重	put high value on
改变心态	change one's mentality	使---终身受益	benefit---through one's life
关注---	be concerned about	将---的重点从---转到---	shift the focus of---from---to---
以---为己任	regard---as one's own responsibility	以---为戒	take---as a warning
把---放在第一位	put---in the first place	以---为荣	take pride in
以---为特色	make a feature of	以---装备---	equip---with---
以---为目的	with the purpose of ---	把责任归咎于---	put the blame on---
以---为乐	take pleasure in	把---公之于众	make---known to the public
以---告终	end up with	以---来丰富---	enrich---by---
对---表示同情	have mercy on---	以身作则	set an example for others
对---持乐观态度	hold an optimistic attitude on	以身试法	challenge the law
以---的名义	in the name of	对---满意	be satisfied with
为---争光	win honor for	对---有吸引力	have an attraction for
为---奠定基础	lay the foundation for	对---评价很高	think highly of
为---付出代价	pay a price for	对---缺乏信任	lack faith in
为---留余地	make room for	对---热心	be warm to
为---利益打算	for the benefit of	对---施加压力	bring pressure to
为---找借口	find an excuse for	对---视而不见	turn a blind eye to
为---提供指导	provide guidance for	对---是个打击	be a blow to



为---做准备	make preparations for	对---反感	be disgusted with
为了---的利益	in the interests of	对---表示关心	show concern for
与---共命运	share fate with	对---宽容	be easy on
与---协调一致	in harmony with	对---行得通	work with
与---相反	go against	与不良现象作斗争	fight against evil phenomenon
减负	reduce study load	开阔视野	widen one's horizon
提高心理素质	improve psychological quality	讲课	give a lecture
培养多方面才能	develop all-round talents	会独立思考	have independent mind
偏科	favor one course and neglect others	确立目标	set a goal
考第一名	come out first	强化社会责任感	strengthen the sense of duty to the society
吸取经验教训	learn from experience	补习	take lessons after school
重视平时成绩	attach importance to daily work	体贴父母	be attentive to one's parents
对---期望过高	expect too much of	向钱看	put money above all
占便宜	profit at others' expense	助人为乐	find pleasure in helping others
以自我为中心	be self-centered	物质回报	material rewards
陶冶情操	cultivate one's taste	缓解烦恼	ease one's trouble
精神财富	spiritual wealth	社会公德	social morality
奉献精神	spirit of devotion	拼搏精神	spirit of fighting with all one's might
不义之财	ill-gotten money	爱护公共财物	take care of public property
讲诚信	honor credibility	攀比	compete with others to see who is superior
自卑感	sense of inferiority	保持积极开朗	keep active and open-minded
误导消费者	mislead consumers	改善社会治安	improve the social security
既有教益又有娱乐性	be both instructive and entertaining	扰乱治安	disturb public order
宣传法律知识	give publicity to the law	减轻巨大压力	lessen serious stress
遵纪守法	abide by the law and social discipline	在---中起作用	play a role in
带头	take the lead	把---委托给---	leave---to---
回首过去	look back on the past	展望未来	look into the future
心灵的沟通	the bridging of souls	集体精神	the community spirit
履行义务	live up to one's duty	抵制---的诱惑	resist the temptation of
理想教育	education in high ideals	继承优良传统	carry forward the fine tradition
世界观	world outlook	人生观, 价值观	outlook on life and values
学习成绩	school record	差生	a below average student
德才兼备	combine ability with character	大有作为	have a big role to play
充分体现	give full expression to	无私奉献	make selfless contributions to
公共设施	public facilities	从---汲取营养	draw nutrition from
诚实守信	be honest and trustworthy	充分调动积极性	give full play to one's initiative
忙碌不安的时代	a restless hurry-up age	和谐相处	live in harmony with
抓住机会	grasp the opportunity	激烈的竞争	a fierce competition
对---造成损害	cause damage to	看不起	think little of
认真对待	take seriously	采取措施	take measures
认为---理所当然	take---for granted	实施	put---into action
把---归功于---	owe---to---	以---为代价	at the cost of
为纪念、表敬意---	in honor of	涉及	in relation to
作为对---的报答	in return for	在---的过程中	in the course of
不亚于	no less than	至多	no more than
根据---判断	judge---by---	误导---以至---	mislead---into---

把---告诉---	inform---of---	把---集中在---	focus---on---
把---与---联系在一起	relate---to---	与---妥协	compromise with
将---与---混淆	Confuse---with---	使---面对---	face---with---
与---讲理	Reason---with---	以---威胁---	threaten---with---
把---定义为	Define---as---	把---从---中解放出来	free---from---
从---中吸取---	draw---from---	为---羡慕---	envy---for---
与---冲突	in conflict with	有利于	in favor of

## 精彩搭配二

欢送仪式	farewell ceremony	恋恋不舍	feel reluctant to leave
以。。。的名义	in the name of	奠定良好基础	lay a solid foundation
回首过去	look back on the past	展望未来	look into the future
紧跟时代	step up with the times	心灵的沟通	the bridging of souls
集体精神	the community spirit	履行义务	live up to one's duty
把意志强加于人	impose one's own will on others		
旅游景点	tourist attractions	名胜古迹	scenic spots and historic sites
美不胜收	two many beautiful things to be appreciated at once		
抵制...的诱惑	resist the temptation of	差生	below average students
失学青少年	school dropout	德才兼备	combine ability with character
德智体美劳	all-round development of moral, intellectual, physical, aesthetics and labor education		
理想教育	education in high ideals	学习成绩	school record
继承民族文化优秀传统	carry forward the fine tradition of our national culture		
世界观, 人生观, 价值观	outlook on the world, life and values		
培养独立分析解决问题的能力	develop the ability to analyze and solve problems independently		
做出成绩	make accomplishments	农村地区	rural areas
大有作为	have a big role to play	充分体现	give full expression to
无私奉献	make selfish contribution to	恪尽职责	with one's whole-hearted devotion
公共服务	public services	公共设施	public facilities
减少压力	reduce stress	身处压力	be under stress
娱乐活动	recreational activity	载歌载舞	combine both dancing and singing
从...汲取营养	draw nutrition from	适合某人的个性	suit one's personality
诚实守信	be honest and trustworthy	打假	crack down on fakes
充分调动积极性	give full play to one's initiative		
放眼世界	have the global view	扶贫帮困	help the needy
复合型人才	talents of well-rounded abilities	和睦相处	live in harmony with
忙碌不安的时代	a restless hurry-up age	逃避责任	avoid responsibility
积极态度	positive attitude	激烈的竞争	a fierce competition
没能做	fail to do	请假	ask for leave
强身健体	build one's body	精神焕发	in high spirits
改掉...的习惯	get rid of the habit of	贴近大自然	get close to nature
自然灾害	natural disasters	对...造成损害	cause damage to
以...为荣	take pride in	采取措施	take measures
看不起	think little of	认为...理所当然	take...for granted
给某人树立榜样	set an example to	实施	put...into operation
起作用	take effect	愚弄	make a fool of

## 情景作文之描述动作细节的词组

- |                         |   |
|-------------------------|---|
| 1. 给某人让座                | offer one's seat to sb                              |
| 2. 踱步                   | wander about  |
| 3. 下了一整天雨               | it rained all day long                              |
| 4. 洗淋浴                  | take a shower                                       |
| 5. 把...带到安全地带           | take sb to a safe place                             |
| 6. 带某人旅行                | take sb on a trip                                   |
| 7. 给某人一个惊奇              | give sb a surprise                                  |
| 8. 挣扎着站起来               | struggle to one's feet                              |
| 9. 加入球队/俱乐部/小组/委员会/公司   | join a team/club/group/committee/company            |
| 10. 向某人解释...            | explain to sb about                                 |
| 11. 治愈某人的病              | cure sb of the disease                              |
| 12. 匆忙赶往医院              | hurry to the hospital                               |
| 13. 收/付 100 元钱          | charge/pay 100                                      |
| 14. 打车                  | take a taxi   |
| 15. 浑身湿透了               | get wet through                                     |
| 16. 外出钓鱼/爬山/郊游/游泳/划船/野营 | go fishing/climbing/hiking/swimming/boating/camping |
| 17. 转身离开                | turn to leave                                       |
| 18. 陷入沉思                | be lost in thought                                  |
| 19. 返回取某物               | return to fetch sth                                 |
| 20. 使劲移开那块大石头           | exert all one's strength to remove the big stone    |
| 21. 背着一个沉重的包            | carry a big bag on the back                         |
| 22. 约某人                 | make an appointment with sb                         |
| 23. 顺道拜访某人              | drop in on sb                                       |
| 24. 看家                  | look after the house                                |
| 25. 跑过去搀扶盲人/老人          | rush over to support the blind/old man              |
| 26. 下车                  | get off   |
| 27. 站在门口                | stand by the door                                   |
| 28. 坐在窗前                | sit in front of the window                          |
| 29. 靠在墙上/树上             | lean against the wall/tree                          |
| 30. 逆风而行                | struggle along the road against the wind            |
| 31. 下大雨/刮大风             | meet across a downpour/a heavy snow                 |
| 32. 刮大风                 | meet across a windstorm                             |
| 33. 熟睡                  | be fast asleep                                      |
| 34. 举手                  | put up one's hand                                   |
| 35. 步行回家/骑车回家/乘车回家/开车回家 | go home on foot/by bike/by bus//drive home          |
| 36. 突然停止                | come to a stop suddenly                             |
| 37. 把某人救到河岸上            | rescue sb onto the river bank                       |
| 38. 结束 /使...结束          | come to an end/put.....to an end                    |
| 39. 为某人喝彩               | cheer for sb  |
| 40. 登门拜访                | call on sb  |
| 41. 真相大白                | the truth is out                                    |
| 42. 伸手去够某物              | reach out for sth                                   |
| 43. 紧紧抓住某人的手/衣领/胳膊      | seize sb by the hand/collar/arm                     |
| 44. 询问究竟是怎么回事           | inquire about how it come about                     |
| 45. 经过公园/邮局/市场          | pass by a park/post office/market                   |

- |                      |  |
|----------------------|--|
| 46. 查阅字典             | consult the dictionary                               |
| 47. 查阅电话号码/住址/网址     | refer to a telephone number/address/website          |
| 48. 热情接待某人           | receive sb with enthusiasm                           |
| 49. 认真对待某事           | take sth seriously                                   |
| 50. 小心提防某事           | be on guard against                                  |
| 51. 严格要求某人           | be strict with sb                                    |
| 52. 严格对待某事           | be strict in sth                                     |
| 53. 在火车站/飞机场接人       | meet sb at the railway station/airport               |
| 54. 顺道接人             | pick sb up on the way                                |
| 55. 直着往前走            | go forward straightly                                |
| 56. 突然转弯             | take a sharp turn                                    |
| 57. 请某人吃饭/喝茶         | treat sb to dinner/tea                               |
| 58. 从口袋里掏某物          | feel sth in the pocket/pull sth out of the pocket    |
| 59. 腾空抽屉/口袋          | empty the drawer/pocket                              |
| 60. 苦思冥想             | think long and hard                                  |
| 61. 做大扫除             | do a sweepup   |
| 62. 往后/四周/上下看        | look back/around/up and down                         |
| 63. 点灯/蜡烛            | light the lamp/candle                                |
| 64. 生火               | make a fire  |
| 65. 开灯/电视/收音机        | turn on the light/TV/radio                           |
| 66. 关灯/关煤气/水龙头       | turn off the light/gas/tap                           |
| 67. 与某人握手            | shake hands with sb                                  |
| 68. 帮某人一把            | do sb a favor  |
| 69. 昂着头              | hold one's head high                                 |
| 70. 过马路/桥/河          | cross the road/bridge/river                          |
| 71. 收拾房间/桌子          | clear up the room/table                              |
| 72. 系鞋带 / 扣扣子        | do up the shoelace/button                            |
| 73. 擦汗               | wipe the sweat                                       |
| 74. 接到某人的电话          | receive a call from                                  |
| 75. 在河中挣扎            | struggle in the river                                |
| 76. 到达现场             | arrive at the spot                                   |
| 77. 不辞而行             | take French leave                                    |
| 78. 收割小麦/水稻/庄稼       | take in the wheat/rice/crop                          |
| 79. 把...放归自然         | let...free back to the nature                        |
| 80. 摘棉花/苹果/桃/草莓/西瓜/梨 | pick flowers/apples/peaches/strawberries/watermelons |
| 81. 告诉某人真像           | tell sb about the truth                              |
| 82. 打工               | do manual work                                       |
| 83. 往瓶子/壶/杯子/脸盆里倒水   | fill the bottle/kettle/cup/basin with water          |
| 84. 分成4组             | be divided into 4 groups                             |
| 85. 切断电源             | cut off the power supply                             |
| 86. 与某人争吵某事          | quarrel with sb about sth                            |
| 87. 为某事责备某人          | blame sb for sth                                     |
| 88. 向某人挥手致意          | wave sb's greetings to                               |
| 89. 往前走 100 米        | go forward for 100 meters                            |
| 90. 送某人到门口           | see sb to the door                                   |



91. 在操场排队	line up on the playground
92. 坐在第一排	be seated in the first row
93. 记下某人的名字/电话号码/家庭住址	take down one's name/tel.number/address
94. 动身前往...	leave for
95. 熬夜	stay up
96. 把...钉/贴在门上	nail/stick....on the door
97. 向某人保密	keep sth a secret from sb
98. 一脚踩空	miss one's step
99. 把某物收拾起来	pick up sth
100. 绊了一跤	trip over and fall to the ground
101. 摔了好几跤	have trips and falls in a row
102. 打中了某人的头	hit sb on the head
103. 占太大空间	occupy too much room
104. 扑灭火灾	put out the fire
105. 苏醒过来	come to oneself
106. 闲逛	idle about
107. 看门	guard the entrance
108. 看病	go to see a doctor
109. 看日出/落	see the sunrise/sunset
110. 误拿了某物	take sth by mistake
111. 搜查	search some place
112. 嚎啕大哭	cry loudly
113. 自带午餐	take self-prepared lunch
114. 合着音乐唱歌/跳舞	dance/sing to the music
115. 在红绿灯处转弯	take a turn at the traffic light
116. 把某事留给某人	entrust/leave sth to sb
117. 感到寂寞	feel lonely
118. 走 100 里路	cover 100 miles
119. 编造谎言	make up a lie
120. 使劲敲打	gather one's strength to beat sth
121. 敲门	knock at the door
122. 撞倒某人	run down sb
123. 赢了一个球/一分	win by one goal/point
124. 紧紧地拉着某人的手	hold one's hand tightly
125. 弯腰	bend over
126. 坐/站直	sit/stand straight
127. 驱散人群	disperse the crowd
128. 把...绑在...上	tie....to....
129. 铺开一张纸	spread out a piece of paper
130. 传开	get around
131. 热泪盈眶	one's eyes are brimmed with tears
132. 通知某人某事	inform sb of sth
133. 提醒某人某事	remind sb of sth
134. 抢劫某人某物	rob sb of sth
135. 安排某人做某事	arrange for sb to do sth
136. 由...组成	consist of



137. 请三天假	ask for 3 day's leave
138. 放鞭炮	set off the firecrackers
139. 踩刹车	take a brake
140. 量体温	take sb's temperature
141. 追尾	a rear end accident
142. 一天喝 3 次药	take medicine 3 times a day
143. 对某人鞠躬	bow to sb
144. 头/腿/肚子疼	have a headache/legache/stomachache
145. 保暖	keep sb/sth warm
146. 做自我介绍	make a self-introduction
147. 站不住	can't stand steady
148. 重重地摔在地上	fall to the ground with sudden force
149. 摇下车窗	wind down
150. 想出好主意	a good idea flash across one's mind
151. 挡住某人的去路	block one's way
152. 以高价卖出	be sold at a high price
153. 畅销	be in great demand
154. 下班回家	get off work for home
155. 向某人求教/助	turn to sb for advice/help
156. 把...撞倒/翻/掉	knock....down/over/off
157. 交叉双腿/手	cross one's legs/hands
158. 乘坐汽车去...	go by bus
159. 为...提供优质服务	provide sb with services of high quality
160. 过得愉快	have a pleasant time
161. 监视某人	keep watch on sb
162. 正在吃饭/工作	be at table/work
163. 从...要回某物	get sth back from
164. 调查某事	look into sth
165. 罚款	impose a fine on sb
166. 撕/切/推开	tear/cut/push away
167. 张开双臂拥抱某人	stretch out one's arms to embrace sb
168. 一把抓过来	seize ....at one go
169. 追赶某人	run after sb
170. 加/减速	speed up/slow down
171. 泡茶/咖啡	make a cup of coffee/tea
172. 端饭	serve the dishes
173. 摔成碎片	crash into pieces
174. 去营救某人	come to one's rescue
175. 被诊断为...	be diagnosed as
176. 远道而来	come afar
177. 为...作好准备	prepare for
178. 栽树	plant trees
179. 浇花	water the flowers
180. 支帐篷	put up a tent
181. 摆桌子	set the table

182. 乱扔垃圾	litter rubbish
183. 呼救	cry for help
184. 做饭	cook the meals
185. 感谢某人做了某事	express one's gratitude to sb for doing sth
186. 原谅某人做了某事	forgive sb for doing sth
187. 挤满了人	be crowded with people
188. 用完...	use up
189. (身体)垮了	break down
190. 讲礼貌	lay emphasis on good manners
191. 遭遇交通堵塞	meet cross a traffic jam
192. 出差	on business
193. 节食/长胖	on a diet/gain weight
194. 现场直播	a live broadcast
195. 着手做...	set about doing sth
196. 偶然遇到	come across
197. 在人群中挤来挤去	push around through the crowd
198. 拍某人肩膀	pat sb on the shoulder
199. 打/复印文件	have the paper typed/copied
200. 握住/抓住某物	hold/seize sth
201. 汽车进站 (出站)	pull in /out
202. 牵手	hold sb by the hand

### 书面表达中的常用过渡词语

#### 一. 文章及段落起始过渡词语

1. To begin with, ...
2. Generally speaking, ...
3. First of all, ...
4. In the first place, ...

#### 二. 文章及结尾常用的过渡词语

1. Therefore, ...
2. Thus, ...
3. This way, ...
4. In conclusion, ...
5. To sum up, ...
6. In a word, ...
7. In brief, ...
8. As a matter of fact, ... / In fact, ...

#### 三. 常见的表示先后顺序的过渡词语

1. First, ... Second, ... Next, ... Finally, ...
2. Afterwards, ...
3. Meanwhile, ...
4. Then, ...
5. Firstly, ... Secondly, ... Eventually, ...
6. At last, ...
7. Suddenly / All of a sudden, ...
8. Soon, ...

9. Shortly after ...

10. Several days before ...

#### 四. 常见的对称关系的过渡词语

1. For one thing ... for another thing ...

2. On one hand ... on the other hand ...

3. ... not only ... but also ...

4. ... either ... or ...

5. ... neither ... nor ...

6. ... both ... and ...

#### 五. 常见的表示因果关系的过渡词语

1. For this reason, ...

2. As a result, ...

3. because of ...

4. due to ...

5. Thanks to ...

6. Thus, ...

7. In this way, ...

8. Therefore, ...

#### 六. 常见的表示递进关系的词语

1. What's more, ...

2. To make the matter worse, ...

3. As a matter of fact, / In fact, ...

4. What's worse, ...

5. Apart from these, ...

6. Moreover, ...

7. In particular, ...

8. Furthermore, ...

9. Most importantly, ...

10. Besides, ...

11. Apart from the above, ... / Besides the above, ...

12. In addition, ...

13. ..., especially ...

#### 七. 常见的表示举例的过渡词语

1. for example

2. namely = that is

3. such as

4. for instance

5. take... for example

#### 八. 常见的转折关系的过渡词语

1. however

2. while

3. though

4. otherwise

5. or else

#### 九. 常见的表示条件的过渡词语

1. on condition that ...

2. as long as / so long as ...

#### 十. 常见的表示让步关系的过渡词语

1. even if / even though ...

2. though / although ...

3. whether ... or ...
4. whoever / whatever / whenever / whichever / wherever ...
5. no matter where / who / what / when ...
6. While ..., ...

#### 十一. 常见的比较和对比的过渡词语

1. ... in contrast with ...
2. on the contrary
3. ... compared with ..., ...

#### 十二. 常见的插入语过渡词语

1. I think
2. I suppose
3. I'm afraid
4. I guess
5. I say
6. I believe

#### 十三. 常见的关于并列关系的过渡词语

- |           |                    |               |
|-----------|--------------------|---------------|
| 1. or     | 2. and ... as well | 3. as well as |
| 4. either | 5. too             | 6. also       |

#### 十四. 常用于描写图表的过渡词语

1. From the above table / chart / form
2. During this period
3. The table shows that ...
4. It has been illustrated that ...

#### 十五. 常用于发表个人观点的过渡词语

1. in my opinion / view, ...
2. As far as my knowledge is concerned, ...
3. I am convinced that ...
4. Personally, ...

#### 十六. 常用于总结归纳的过渡词语

- |              |                       |                 |
|--------------|-----------------------|-----------------|
| 1. in a word | 2. generally speaking | 3. to sum up    |
| 4. generally | 5. to be brief        | 6. on the whole |

## 第二部分 词汇升级

### 关注与忽略

Lay emphasis on 重视

Highlight 重视

Place priority on 重视

Place a high value on 重视

Attach importance to 重视

Attach significance to 重视

Put...ahead of ...把...置于...之前

Center around 以...为中心

Focus on 把注意力集中在

Cherish/treasure 珍惜

Take...seriously 认真对待

Bring...to one's attention 引起...对...的关注

Overlook 忽视

Leave .... out of account 忽视

Disregard 无视

Blind sb to 使...无视.....

Go unnoticed 未被注意

参与与活动

Participate in 参与

Conduct 引导, 主持

Perform 表演, 执行

Undertake 承担

Implement 实施

Get down to 着手认真处理

Be engaged in 忙于

Get involved in 投入, 卷入

Interact with 与...相互作用, 与...一起活动/合作/互动

Be exposed to 面对

愿望与寻求

Have a desire for

Long for

Have a thirst for

Have a ...appetite for

Expect...of....

Resort to

Count on

Be based on

Lay a ...foundation for

Be content with

Meet the demand of

Fulfill the need of

Serve the need of

Sth appeal to sb

Adapt to

Adjust to

Demand sth of sb

Call for

Require

In search of

Seek

Explore

Pursue



In pursuit of  
Set one's mind to  
Be absorbed in  
Bury oneself in  
Be concerned about

问题与对策

Settle  
Overcome  
Handle  
Approach  
Deal with  
Cope with  
Meet with  
Be troubled with  
Stand up to  
Run away with  
Survive setback

斗争与成功

Resist temptation  
Strive for  
Battle against  
Struggle against  
Conduct/carry on/undertake/launch/initiate a campaign  
Take measure  
Adopt/assume/hold a determined attitude toward  
Impose pressure on  
Place mental/psychological strain on  
Yield to pressure  
Bear the pressure  
Live with  
Compromise over sth with sb  
Observe the law  
Pay a price for  
At the cost of

认识与思维

Be aware of  
Be conscious of  
Awaken sb to the fact  
Warn sb of  
Make sense of

Have a full appreciation of  
Give sb a clear picture of the situation  
Acquire a good grasp of  
Drive home a point to sb  
Bring sth home to sb  
Keep sb informed of  
Give consideration to  
Reflect on sth  
Take sth into account  
Ponder on  
Recall  
A state of mind  
Be rooted in  
Take root in  
Bear...in mind

得失与成效

With the reach/grasp of  
Gain success to  
Acquire  
Achieve/accomplish  
Profit from  
Earn sb sth  
Be entitled to  
Cost sb sth  
Deprive sb of sth  
Identify  
Reach a solution to  
Come up with  
Advance/put forward/raise  
Set target/priority  
Live up to  
Fall short of  
fulfill

变化与影响

There is a ...shift in...from...to...  
Remain unchanged  
Transform/turn...into...  
Be reduced to  
Undergo...  
Gain entry to  
Enter a new period of  
Open up a new era

Exert a ...influence on

Make the influence be felt by

Shape one's...

Leave a...mark on

Be struck by

机遇与挑战

Gain access to

Provide/open/create opportunity for

Miss/seize

Take advantage of

Reduce the likelihood of

Enhance the opportunity of

Stand a ...chance of

Run the risk of

Make it possible for...to do...

Challenge sb to do sth

Be subject to a challenge

Meet a challenge

相同与差异

Share...in common

Similarly/likewise

The same is true of

The same applies to

So it goes with

Be associated/combined/connected with

Integrate into sth

Set sb apart from

Differ/vary

Be in conflict with

Be in proportion to

Be consistent with

Be compatible with

抉择与斟酌

Single out

Be determined to do

Be bent on doing sth

Substitute sth for sth

Give way to

Take the place of

Discard/abandon outdated belief

Allow/permit/lead/enable/cause sb to do sth

Leave sb puzzled/frustrated

Confuse/depress/embarrass /shock sb

It remains to be seen

Quite the opposite

有无与多寡

Be absent of

Lack

There is a shortage of

Possess

Be equipped/armed with

Take possession of

Enrich

Spare...from

Accumulate

评价与判断

Evaluate

Make assessment of

Measure...in terms of...

Draw up a balance sheet of one's merits and demerits

Make a comment/remark on

Form an impression/idea of

Underestimate/understate

Overstate/exaggerate/overestimate/overstress

Courageously acknowledge

Foresee/forecast/foretell/predict

There is some truth in the argument

There is little basis for the belief

Disadvantages/drawbacks/shortcomings/weaknesses/defects/faults/demerits/weak points

Merits/advantages/strengths/strong points

...witness...

Lend support to

Assume the responsibility of...for...

Shoulder/fulfill duty

Bear burden

Make a commitment to

Have an obligation to

Deserve

Be worth the cost

It matters

Be vital/essential to

Serve as

Serve a good purpose

Play an important role

能力与培养

Be capable of doing sth

Be competent in

Nurture/cultivate/foster

Give full play to

Bring...into full play

Acquire/gain/master

Have a good command of

Serve as a good example

Open the way to

Prepare sb for sth

Be qualified for

观点与交流

Stick to/insist on/ Maintain/hold

Be open to

Take a ...view of .../regard...as.../identify...as...

In one's mind

It seems to sb that

From the standpoint/perspective/viewpoint of

In view of/in the light of/according to

Convey

Voice one's opinion/air one's view about

Publicize

Give extensive publicity to

Convince sb of sth

Instill...in sb

Force one's idea upon sb

Brainwash sb into believing...

Be compelled/obliged to do sth

Be taught to believe

Inherit...from...

进取与落后

For the purpose of

Aim at

Be intended/meant/designed to

For the sake/benefit of

Go to great lengths to do

Spare no pains to do



Take great pains to do

Make tremendous efforts to do

Make advance in

Rank high/low among

Take the lead in doing sth

...overweigh...

Have a superiority over

Overtake sb

利用与浪费

Contribute/commit...to...

Idle away one's time

Make the most of

Draw on early experience

Apply....to...

Put...into...

Give full play to....

利弊与损益

Reduce

Weaken

Endanger

Do harm/good to

Cause damage to

Facilitate

Be beneficial to

表现与反映

Reflect a belief/deep concern

Mirror

Stand for

Represent

Be marked with

Reveal

Indicate

Display

Demonstrate

Respond to

React

赞成与反对

Favor

In favor of  
Advocate  
Approve of  
Share the view of  
Identify oneself with sb  
Stand up for  
Uphold the belief  
Maintain one's ground  
Worship  
Honor  
Frown on  
Disapprove of  
Be apposed to  
Object to  
Blame sb for  
Criticize sb for  
Accuse sb of

起因与结果

Cause/arouse/spark/inspire/fuel interest/curiosity/debate/anxiety  
Lead to  
Give rise to  
Contribute to  
Result in  
Make for  
Bring about  
Invite

比较

In comparison to  
Nothing can match/be equal to  
Nothing is more....than....  
Be weighed against  
Love nothing better than to do  
On the contrary

强调

Without...there is no...  
Let alone  
Not to mention  
Worse still  
Particularly

原因

Out of

Due to

Owing to

Thanks to

Has roots in

Evolve/spring/stem from

转折

In spite of

For all the

On the surface

More...than...

Not so much...as...

In place of

方面

With regard to

In relation to

Be related to

Be associated with

Be concerned with

In the case of

In terms of

In the face of

There are cases where...

Under...circumstances

方法

As a stepping stone to

An access to

A means of

An alternative to

An approach to

增长与进展

Broaden/deepen/widen/heighten/strengthen/lengthen/sharpen

Facilitate/improve/enhance/better/update/build up/intensify

Increase/extend/enlarge/expand/advance/boost/speed up/accelerate

Encourage/inspire/motivate

减缓与消解

Lessen/soften/reduce/ease/relieve/release/minimize/lower/bring down/smooth

Remove/eliminate/rule out

Worsen/shorten/decrease

Free...from...

Relieve...of/from...

Shelter...from...

Be on guard against

Offset...by...

发展与抑制

There is a tendency/sign

Take place/arise/spring up

Carry with it

Bring sth to an end

Put an end to

End up doing

Be an obstacle/barrier to

Stand in the way

Be limited/restricted/confined to

Deaden one's spirit

Excise...control over

Regulate/check/discipline

给予与回报

Provide/present/supply sb with...

Extend...to...

Make room for

Deprive sb of sth

Apply...to...

Commit...to...

Reward...for...

### 第三部分 对开放作文构思有用的一些习语和句型

碍于情面 for fear of hurting sb's feelings

居安思危 be mindful of possible danger in time of peace

安分守己 act proper to one's status

安于现状 be content with things as they are

循序渐进 learn to walk before you run

班门弄斧 teach a dog to bark

本末倒置 put the cart before the horse

闭门造车 work on some project without reference to what the world requires

避重就轻 avoid the crucial point and take the minor

标本兼治 put things right once and for all

表里如一 one's outer and inner selves are in harmony

冰冻三尺非一日之寒 a tree will not fall at one blow

病急乱投医 a drowning man will catch at a straw

不得要领 be beside the point

不分轻重缓急 have no sense of priority

不顾大局 be regardless of the whole situation

不顾事实 have no regard for the truth

不经灾难不知福 misfortune tells us what fortune is

不经一事不长一智 experience is the best teacher

不破不立 there is no making without breaking

不求甚解 be content with a superficial understanding

不以规矩不能成方圆 rules and regulations must be adhered to in handling affairs

操之过急 catch the ball before the bound

差之毫厘谬以千里 one false step will make a great difference

拆东墙补西墙 reinforce one place at the expense of another

成竹在胸 have well-thought-out ideas

尺有所短寸有所长 everyone has his shortcomings and merits

好出风头 like to be in the spotlight

出工不出力 lie down on the job

触类旁通 grasp a typical example and you will grasp the whole category

穿凿附会 force words into a sense

吹毛求疵 pick on sth to find fault with

聪明反被聪明误 cleverness may overreach itself

从中渔利 cash in on other people's efforts

达观知命 take things as they are

打击别人抬高自己 raise oneself by dirtying other's name

打破常规 break away from conventional practices

打如意算盘 indulge in wishful thinking



打肿脸充胖子 try to satisfy one's vanity when one cannot really afford to do so  
大处着眼小处着手 keep the general goal in sight while taking hold of the daily tasks  
众人拾柴火焰高 there is strength in numbers  
大局为重 put the interest of the whole above everything else  
大是大非 right and wrong on vital questions  
大树底下好乘凉 under the protection of people of power and influence one can profit  
但知其一不知其二 have a one-sided view  
当断不断反受其乱 he who hesitates is lost  
当局者迷旁观者清 lookers-on see more than the players  
当一天和尚撞一天钟 do just enough to get by  
蹈规循矩 be on the straight and narrow  
得不偿失 not worth the cost  
颠倒是非 confuse right and wrong  
独木不成林 an individual is too weak in strength to accomplish a great task  
对症下药 solve problems according to objective realities  
多此一举 hold a candle to the sun  
尔虞我诈 double-cross each other  
二人同心其利断金 union is strength  
不可偏废 neither should be overemphasized at the expense of the other  
凡事预则立不预则废 preparedness ensures success and unpreparedness spells failure  
防患于未然 take preventive measures  
放长线钓大鱼 adopt a long-term plan to secure sth big  
放马后炮 do sth which no longer needs to be done  
分清是非 distinguish right from wrong  
覆水难收 there is no use crying spilt milk  
刚柔并济 exercise a combination of inflexibility and yielding  
纲举目张 when the general plan is laid out, the details are easy to arrange  
高不成低不就 be unable to achieve one's heart's desire but unwilling to accept less  
高瞻远瞩 look far ahead and aim high  
隔靴搔痒 fail to strike home  
工欲善其事必先利其器 better tools make good work  
固守成规 stick to old rules  
固步自封 be satisfied with old practices and cease to make progress  
顾全大局 bear the whole situation in mind  
顾小失大 suffer a big loss for a little gain  
好高骛远 reach for what is beyond one's grasp  
华而不实 have all one's goods in the window  
画蛇添足 spoil things by going to extremes  
换汤不换药 make a superficial change  
讳疾忌医 conceal one's fault for fear of criticism  
急功近利 seek quick success and instant benefits  
疾风知劲草 strength of character is tested in a crisis  
己所不欲勿施于人 do as you would be done by  
兼听则明偏信则暗 you will be enlightened by listening to both sides  
见利忘义 disregard moral principles in pursuit of profit  
骄者必败 pride goes before a fall

矫枉过正 go beyond the proper limits in righting a wrong

脚踏实地 in a down-to-earth way

身正不怕影斜 a clean conscience is a sure card

近朱者赤 keep good men company and you shall be of the number

精益求精 seek for ever greater perfection

井底之蛙 a person with a very limited outlook

九层之台起于垒土 from small beginning come great things

口是心非 consent outwardly but disagree inwardly

滥竽充数 make up a number without active work

乐极生悲 extreme joy gives rise to sorrow

两害相权取其轻 between two evils choose the lesser

临渊羡鱼不如退而结网 one should have a down-to-earth style of working to attain one's goal

律己正人 he that would command must serve

满招损谦受益 humility often gains more than pride

没有规矩不成方圆 rules and regulations must be adhered in handling affairs

名实不符 have an undeserved reputation

宁缺毋滥 put quality before quantity

弄巧成拙 make a fool of oneself in trying to be smart

盘根究底 try to get to the heart of a matter

棋错一招满盘皆输 a false step may lose the whole game

千里之堤毁于蚁穴 a small leak will sink a great ship

千里之行始于足下 step by step one goes far to Rome

轻重缓急 order of priority

求大同存小异 seek common ground on major questions while reserving minor differences

取长补短 draw on the strong points of others to make up for one's own weak points

取其精华去其糟粕 absorb what is good and reject what is bad

权衡轻重 weigh the comparative importance

人云亦云 echo the views of others

融会贯通 gain a thorough understanding of the subject through mastery of all relevant material

舍本逐末 pay attention to trifles but neglect essentials

慎思而后行 second thoughts are best

实事求是 seek truth from facts

随大流 follow the general trend

损人利己 profit at the expense of others

团结就是力量 union is strength

外强中干 strong in appearance but weak inside

外柔内刚 gentle in manner but firm indeed

妄自菲薄 have an undue sense of inferiority

物极必反 no extreme will hold long

相辅相成 be inseparably interconnected

言必有信 be as good as one's words

眼高手低 have sharp eyes in criticizing others but clumsy hands in doing things oneself

一步登天 have a sudden rise in life

一孔之见 one-sided view

一劳永逸 once and for all

一叶障目不见泰山 have one's view of the important overshadowed by the trivial  
一知半解 know only superficially  
以己度人 judge others by oneself  
以其人之道还治其人之身 fight fire with fire  
因材施教 suit the instruction to the student's level  
因噎废食 give up doing sth necessary for fear of a slight risk  
欲速则不达 more haste, less speed  
纸上谈兵 indulge in empty talk

### 开放作文常用句型:

#### ◇ 描述部分: (开头句)

- ◆ As we can see in the picture, there are two people staring at a plant growing in a pot.
- ◆ In the picture, we can see a bucket made of wooden board in different length.
- ◆ As can be seen in the picture, a man sitting at the table is ready to eat the fish in the plate.
- ◆ In the wind stands a big tree, which is blown to one side and almost broken into two halves.
- ◆ On the surface of the big clock are two people, one of whom is an old man and the other a young boy.
- ◆ In the middle of the picture is a man dressed in old fashioned clothes is cutting the bushes into the same shape.
- ◆ Just as we can see in the picture, the dominoes are standing close to each other, forming a design like a semicircle.
- ◆ In the eyes of the man on the left, the plants will grow thick and tall, while in the other's view, the plants will be dying pretty soon.

#### ◇ 议论部分: (开头句)

- ◆ This picture sets us thinking.
  - ◆ It is obvious that the picture has a profound/hidden/irony meaning.
  - h ◆ This picture sets us thinking and we may gain enlightenment from what the artist really means.
  - ◆ The picture arouses our interest of guessing what the artist wants to tell us and at the same time we can learn something from it.
  - ◆ While the picture looks very funny, it really has a profound meaning for us to take into consideration.
  - ◆ The purpose of the artist who draws the cartoon picture is clear and instructive as well.
  - ◆ Obviously, we can learn a lot from the cartoon picture.
- What the picture tries to tell us is that ....

#### ◇ 议论部分: (结尾句)

- ◆ In my view, no matter where we are working, we ought to cooperate with our colleagues well. And only in this way can we create a harmonious working atmosphere and work more efficiently.
- ◆ From my perspective, weak as the grass is, it can stand strongly in the big wind when the big tree breaks in half. In other words, the grass appears weak, but it has a strong mind. The tree looks stronger, but it cannot conquer difficulties and even gives up hope in the end. So we can learn a lesson from the picture – a person's inner strength is much powerful than physical strength.
- ◆ We ought to hold a positive attitude towards our life. Only by this means can we live happily and healthily.
- ◆ The picture tells us that we ought to help someone in our team to complete himself. Only by this means can our team work better and achieve success in the end.
- ◆ Only when we see others' advantages can we learn from them and make greater progress day by day.
- ◆ Only by choosing the most suitable methods for our studies can we gain as much knowledge as possible in the end.

## Building blocks of first-class compositions

### school

#### Our school

Be situated in

Be occupied by

With a pleasing environment

Be well equipped with all the facilities needed for...

Entering the gate, you are greeted by a fountain and blooming flowerbeds

Earn an enduring fame

Possess a huge collection of books

Rules for behavior

Cultivation of talented people

Attach importance to enriching one's spiritual wealth

A well-copied motto on the wall

#### Life at school

Elective courses which are both informative and instructive

Never fail to sparkle new thoughts

Facilitate instead of hindering one's mental development

Arouse concern from

To put such a serious problem to an end

Adopt dishonest methods

Despise and fight dishonest behaviors

View integrity as the precondition to an upright and responsible citizen

Set an example for sb by behaving truthfully

Study a subject thoroughly

Participate in Social investigation

An enjoyable atmosphere of study

nurture one's thoughts

stimulate one's inspiration

Aim at a comprehensive cultivation

A commonly recognized standard

Reach maturity

maintain mental health

settle psychological issues through self-adjustment

erase the uncertainty towards the future

tend to be indulged in the games

too much exposure to the computer undermine students' health

relieve the pressure to achieve high marks

lessen the burden of study

associate oneself with different kinds friends

acquire a broader perspective of life

be granted freedom in doing sth

be burdened with heavy assignments

develop a passion for learning  
no success comes from nothing  
practice one's sociable abilities  
students' associations  
sense of belonging  
the stand around the playground is packed with spectators  
the parade of the opening ceremony  
cope with demanding courses

### **teachers and students**

be strict at times but never severe or stern  
neither too tough nor too permissive  
deserve one's love and respect  
teaching is a sacred profession  
not only impart knowledge to students but also train their moral character  
personal charm  
a capacity for sympathy  
be intellectually honest  
remain mentally alert to develop one's teachership  
find one's teaching satisfactory and rewarding  
make one's teaching process enjoyable and productive  
achieve academic excellence  
lectures are always well-prepared and clearly delivered  
an intellectually stimulating teacher  
learning should be a process of exploring and understanding of one's own initiative  
arouse students' interest and eagerness in study  
take great trouble in correcting papers  
obtain the assistance of  
examine oneself frequently  
no diligence, no accomplishment  
possess good morality

### **schoolmates and friends**

remain true to each other in times of difficulty  
hardly did we spend a day without doing sth  
cooperation is absolutely indispensable  
have a appealing quality about sb  
appear fragile physically but possess a strong will of her own  
be thoughtful of others

### **sports**

a match between the host and a visiting team  
the match turned out to be an even one  
the hosting team finally carried the day  
the score came to 36:30 in one's favor  
manage to turn the tables



shoot the decisive ball

the coach was tossed into the air after victory

### **vocation**

expecting a holiday to lift the heavy load of intense study

one's favorite pastime

make a social investigation

enjoy what one fancies

### **way of study**

a broader perspective of life

a straight-A student

books bring unlimited additional experience

books serve as an ideal supplement to one's mind

books make one more resourceful

learn with an analytical and critical eye

challenge the authority and generate one's own ideas

avoid distractions from

keep uninterrupted concentration

be confused by a mass of unrelated facts

have initiative in giving full play to one's talents

be inspired to make tremendous efforts to improve one's studying method

one will get something new in looking over one's old studies

### **language and communication**

drive one's ideas home in simple and clear language

achieve mutual understanding

the mastery of a foreign language needs painstaking efforts

have a good command of English

bring one's study to fruition

men are related to the environment

there is no end in learning

there is no royal road to learning

remove obstacles

give publicity to china's glorious and magnificent culture

Chinese is the crystallization of the splendid culture

enlarge one's circle of friends

make one's remarks get enthusiastic nods and claps

provide a safeguard against misunderstanding

### **way to success**

pride goes before a fall

modesty is the color of virtue

temporary achievement is nothing to be proud of when compared to the dream in our heart

endure hardship

endeavor to reach one's destination

competition makes people original and creative

diligence, devotion and perseverance are three fundamental factors in success

perseverance can sometimes equal genius in its result

successful people owe their success to their singleness of purpose and perseverance

perseverance is essential to anyone who undertakes great deeds

the way to success is like a zigzag path to the mountain peak

opportunity knocks but once

opportunities will not run into you voluntarily

opportunities seem to favor those who have inflexible determination and resolute perseverance

work efficiency is closely linked with better quality of work result

keep one's spirits up

confidence is the precondition for fulfilling a task successfully

**bear in mind that you are stronger and more capable than you believe yourself to be and then you will find few hurdles you face will be as high as they at first appear**

the fear of ill exceeds the ill we fear

we can hardly afford wasting time, making merry, indulging in fantasy and living in idleness

time lost in youth cannot be compensated in age

are as ignorant as when they were young

we are too often indifferent to the loss of an hour or of a day

we have all faced moments in our lives when the pressure mounts beyond what we feel we can handle

it doesn't seem fair that life should demand more of us when we feel we have given all we can

**it's up to us to decide whether we will open our eyes to the blessings hidden in disorder or close ourselves off from opportunities hiding behind obstacles**

overcome obstacles placed in the way to achieve success in whatever we set out to do

those who persist in their efforts systematically will succeed sooner or later

the realization of a common success requires the joint efforts of all concerned

one is supposed to have a sound wish and a well-founded ideal

achieve personal fulfillment in the interest of society

discontent is really a progressive force

strong will is universally regarded as a very praisable quality

self-reliance means depending on one's own power or judgment

**when we no longer resist change and instead regard it as a opportunity to grow, we find that we are far from helpless in the face of it**

actually, challenges more often than not bring out the best in us

in fact, we carry within us everything it takes to make progress on our paths to self-realization

**we may find our wishes go unfulfilled, our expectations go unmet, our plans are blocked by circumstances and our lives are subject to forces beyond our conscious control**

we can give in to our fear and anxiety, or we can surrender to this great mystery with courage

## interpersonal relationship

**to foster a harmonious relationship, we need to do our best to relate to the unique universes they inhabit**

**you can go a long way toward encouraging mutually satisfying relations by reaching out to others in the spirit of sympathetic comprehension**

sharing our grief is what creates truly close bonds in our relationships

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it is easier for us to see solutions to other people's problems than to see answers for our own

**faced with the twists and turns of fate, we are supposed to open our hearts in love instead of closing them in fear**

meeting our obligations to others is an important part of being human

a small kindness can make our journeys lighter and more enjoyable

kindness is universally recognized as a powerful virtue

kindness acts as the oil that makes the engine of our world move more smoothly with less friction

**we are less dependent upon the opinions and feedback of others since we become our own greatest admirers**

**one approach to community responsibility is to consider what you have to offer and find ways to bring that into your community**

our companions' loving presence nurtures and encourages us to rise to challenges

**if loneliness is a temporary condition based on an incomplete understanding of what we are made of, we can respond by testing the boundaries we believe separate us from life within and all around us**