

1.

➤ what I think is that ...

1. **What I think is that** hard-working people are usually the best role models for young people.
2. **What I think is that** traveling is the most relaxing thing in the world. **It's a great way to** recharge our batteries.
3. **What I think is that** some teenagers spend **way** too much time following their favorite singers and actors.

hard-working 刻苦努力的

role model 榜样

relaxing 令人感到放松的 relaxed (自己)感到放松的

recharge one's batteries 养精蓄锐、放松

way too much time 过多的时间

2.

➤ what I like (the most) about sth is that ...

4. **What I like the most about my hometown is that** it has a long history and therefore, tons of historical places to visit.
5. **What I like about what I study now is that** it's fun and challenging at the same time.

tons of 非常多

fun 有趣的

challenging 有挑战性的

at the same time 同时

3.

➤ what's great/interesting/surprising ... (about sth) is that ...

6. **What's great about doing team sports is that** not only is it good for our health, but it's also a great opportunity to make friends.
7. **What was really surprising was that** after I came back from the trip, my depression was gone.
8. **What's interesting about my neighbor is that** even though he's already in his 50s, he's still very into teddy bears.

depression 抑郁

be gone 没有了、消失了

in one's 50s 五十多岁了

be into ... 喜欢...

4.

➤ **there's no doubt that ... 毋庸置疑...**

9. **There's no doubt that** being well-read and well-spoken is key to becoming a good leader.
10. **There's no doubt that** the older we get, the wiser we become.
11. **There's no doubt that** photography enables us to have a record of what we have done and where we have been.

well-read=knowledgeable 博学的

well-spoken 口才好的

key to sth/doing sth ...的关键

wise 智慧的

have a record of ... 有一个对于...的记录

5.

➤ **it's important/necessary/difficult/convenient/ ... for sb to ...**

12. **It's incredibly important for us to** be able to use the computer these days, with everything done with the help of it.
13. **It's quite difficult sometimes for us to** tell what news is fake news on social media.
14. I love the fact that there's a subway station within spitting distance of my home. **It's very convenient for me to** walk there and take the subway to anywhere in the city.

incredibly 非常

these days=nowadays 当今

with the help of sth 通过...的帮助

tell 分辨

fake 假的

social media 社交媒体

6.

➤ **it's not uncommon for sb to do sth 表示普遍/常见**

15. **It's not uncommon for Chinese people to** eat out several times a week and the food we eat is not confined to Chinese food.
16. **It's not uncommon for university graduates to** want to work for multinational companies because they believe these companies offer bigger salaries.
17. **It's not uncommon to** run into internet trolls in today's world.

eat out 出去吃饭

be confined to ... 限于...

university graduate 大学毕业生

multinational company 跨国公司
a bigger salary 更高的薪水
run into ... 意外碰到...
internet troll 网络喷子

7.

➤ **every time I ...**

18. **Every time I** want to chat with my friends, I just send them a text message or voice message on WeChat.
19. **Every time I** feel bored, I just hop online and find a few funny videos to watch.
20. **Every time I** put pen to paper, I just can't help but hate my own handwriting.

chat with=talk with
a text message 短信 (文本信息)
a voice message 语音信息
feel/be bored 感到无聊的 *boring* 令人感到无聊的
hop online=go online 上到网上去
put pen to paper 动笔写字
can't help but ... 情不自禁...
handwriting 字迹

8.

➤ **whenever .../no matter when ...** 无论何时...
➤ **wherever .../no matter where ...** 无论何地...

21. **Whenever/No matter when** you go to a park in China, you will see tons of elderly people dancing there, to some music that usually doesn't appeal to young people.
22. **Whenever/No matter when** you go to a mall or department store, you will find that it's overcrowded. Shopping is most people's favorite pastime I think.
23. **Wherever/No matter where you go**, you will be stuck in traffic. There are just too many cars in our country.
24. **Wherever/No matter where you go**, you can find hotpot restaurants. It's our national favorite I guess.

elderly people=old people
dance to ... 伴着 (某种音乐) 跳舞
appeal to sb 吸引...
mall 商场
department store 百货大楼
overcrowded 非常拥挤的
pastime 消遣方式

be stuck in traffic 堵在路上

9.

➤ **my life revolves around sth** 我的生活围绕着...转

25. **My life revolves around** several things - music, food and my Labrador.
26. My mom keeps saying that **my life just revolves around** playing games on my phone, which isn't true at all.
27. **My life revolves around** traveling. My dream is to go to every country by the time I turn 40.

Labrador 拉布拉多

keep doing sth 总是...、一直...

by the time I turn 40 在我 40 岁之前

10.

➤ **sth plays a crucial/vital/an essential role in ...** ...在...中扮演重要角色

28. **Exercise plays a crucial role in my life.** It's healthy, fun, therapeutic and also allows me to go out and meet friends.
29. **Art should play a vital role in students' curriculum.** It teaches them how to appreciate beauty.
30. **My family plays an essential role in my life.** I love spending time with my folks.

therapeutic 治愈的

curriculum 全部课程

appreciate beauty 欣赏美

my folks 我的家人 (主要指父母)

11.

➤ **I can't emphasize enough the importance of sth** 表达重要性

31. **I can't emphasize enough the importance of** eating a healthy diet. Many health problems result from not paying attention to what we eat.
32. **I can't emphasize enough the importance of** reading news every day. We shouldn't live in isolation and not know what's going on in the world.

eat a healthy diet 健康饮食

result from ... 因...而产生、源自...

pay attention to ... 注意...

live in isolation 孤立地生活

what's going on in the world 世界上发生了什么

12.

➤ bring ... closer together 拉近...的距离

33. I think traveling **brings people closer together**. It gives us a better understanding of other cultures, traditions and lifestyles.

34. One benefit of gift-giving is that it **brings people closer together**. We tend to be closer to those we give us presents, hahah.

tend to ... 通常、往往...

13.

➤ allow/enable sb to do sth 使某人能够...

35. Technological developments in telecommunications **allow people to** communicate with each other no matter where we are.

36. Having a good map on our phones **allows us to** easily figure out how we can get to our destination.

37. Advertising **enables customers to** be aware of the available products and services on the market.

38. Having some time off once in a while **enables us to** get away from it all and leave all of our usual responsibilities behind.

technological developments 科技发展

telecommunications 电信

figure out 搞清楚、弄明白

advertising 广告业、广告行为

be aware of ... 了解、知道...

on the market 出售、有现货供应（这里用 on）

have some time off 休息一段时间

once in a while 偶尔、有时

get away from it all 去短途/短暂旅行

leave all of our usual responsibilities behind 把平日的任务/烦恼抛之脑后

14.

➤ so that .../in order to ...表示目的

39. I got out of bed super early that day **so that** I could catch the 7 o'clock flight.

40. My mom and I went shopping for a dress **so that** I would look presentable at the party.

41. It's always good to listen to some soothing music at night **in order to** fall asleep faster.

42. I have installed the Oxford dictionary app on my phone **in order to** look up words I don't

know.

get out of bed=*get up* 起床
catch ... flight 赶上...航班
go shopping for ... 去买...
presentable 像样的、体面的
soothing 令人镇静的
fall asleep 入睡
install 安装
look up words, look up a word 查询单词

15.

➤ **get a better understanding of sth/give sb a better understanding of sth** 更多/好地了解...

43. Old people are like history books. Talking with them allows us to **get a better understanding of** the past.

44. This program **gives me a better understanding of** the food I eat on a daily basis, which I've taken for granted.

take sth for granted 把...看作理所当然、(因习以为常)对...不够重视

16.

➤ **have no choice but to do sth**

45. From time to time, if I have a deadline to meet, **I just have no choice but to** stay up very late.

46. I usually take the bus to work, but sometimes, if there's a heavy downpour and it's hard for me to walk to the bus station, **I just have no choice but to** call a cab.

47. Generally, I work out every day. But sometimes, if I have a big test around the corner, **I just have no choice but to** exercise only once a week.

meet a deadline 赶在截止日期前做完某事
stay up late 熬夜到很晚
a heavy downpour 倾盆大雨
call a cab 叫一辆出租车
work out 健身
around the corner 要来了

17.

➤ **take its toll on ...** 对...产生严重后果/有危害

48. It's OK to sleep very little if it only occurs a couple of times a year. But if you're constantly

sleep-deprived, it'll definitely **take its toll on** your health.

49. Always being late certainly **takes its toll on** your reputation.

50. Using the internet in moderation is fine, but using it excessively will definitely **take its toll on us**.

occur=happen 发生

constantly 不断地

sleep-deprived 缺乏睡眠的

reputation 声望、名声

in moderation 适度

excessively 过度地、过多地

18.

➤ ... have/has ... over the last ... years/decades

51. My hometown **has changed significantly over the last 10 years**.

52. My all-time favorite singer, JJ, **has released 10 albums over the last 15 years**.

53. There **have been tons of differences** in terms our eating habits **over the last three decades**.

54. **I've been late three times over the last week alone**.

change significantly 巨大改变

all-time favorite 一直以来最喜欢的

release 发行

album 专辑

in terms of ... 在...方面

over the last week alone 仅仅在过去一周

19.

➤ ... is becoming increasingly/more and more ...

55. I think television **is becoming more and more behind the times**. Not many people still watch TV these days.

56. It's **becoming increasingly difficult** for me to choose gifts for my friends.

57. Yoga **is becoming increasingly popular** in China. Many people around me do yoga on a regular basis.

58. The competition in the job market **is becoming more and more fierce** with so many students graduating from university each year.

behind the times 过时的、落伍的

yoga 瑜伽

people around me 我周围的人

fierce competition 激烈的竞争

20.

➤ there will probably/definitely be ... who/which/that/doing ...

59. **There will probably be** many people in the future **who** will give virtual gifts to others.
60. **There will definitely be** more and more people **working** from home. In fact, a lot of people are already doing it now.
61. **There will definitely be** more legislation **banning** poaching because many species are at risk of dying out.

virtual 虚拟的

work from home 在家里工作

legislation 法律、法规

ban 禁止

poach v. 偷猎

species 物种

at risk of dying out 有灭绝的危险

21.

➤ it's quite likely that ...很有可能...

62. **It's quite likely that** we will see more and more rain in the coming years due to global warming.
63. **It's quite likely that** I will move to the south of China in a few years because I like the climate there.

in the coming years 在未来一些年

due to ... 因为...

global warming 全球气候变暖

climate 气候

22.

➤ what left a deep impression on me was that ... 给我留下深刻印象的是...

64. **What left a deep impression on me was that** he knew practically everything.
65. **What left a deep impression on me was that** that flight attendant's English was amazing, much better than other flight attendants I've seen.
66. **What left a deep impression on me was that** she got up at 4:30 without the help of an alarm clock.

practically=almost 基本上

flight attendant 空乘
without the help of ... 无需...
alarm clock 闹钟

23.

➤ **raise people's awareness of ...**提升人们对于...的认识/意识

67. I think public service advertisements are really important because they help **raise people's awareness of** many social issues like air pollution, deforestation and HIV/AIDS.

68. The first step to resolving the problem of climate change is to **raise people's awareness of** the gravity of it.

public service advertisement 公益广告
social issue 社会问题
deforestation 砍伐森林
HIV/AIDS 艾滋病
first step to sth/doing sth ... 的第一步
resolve 解决
climate change 环境变化 (基本等同于 *global warming*)
gravity 严重性、重大性

24.

➤ **the key to sth/doing sth is ...** ...的关键是...

69. I've always believed that **the key to doing** anything well is to devote yourself to it and work hard every day.

70. **The key to maintaining** good friendships is to be honest.

71. From what I've read on the internet, **the key to having** a good night's sleep is to have a comfortable sleeping environment.

devote oneself to sth 献身于...、在...上投入时间和精力
maintain 保持
honest 诚实的