**话题8：教育类：学习的热情**

**学生厌学的原因：**

1. 效率、科技。教学方法传统，学生不感兴趣。

背景：学生的注意力很难集中，完成一些重复的学习任务会觉得无聊。解释：学校可能担心各种科技影响学生学习，老师上课使用传统的教学方法，譬如说书本等，很难吸引学生注意。

▲词伙

short attention span, repetitive learning tasks, conventional methods, grab attention/generate interest

▲翻译

One reason why young people have a negative attitude towards education is that the teaching methods of teachers fail to engage students. Due to short attention span, children can feel bored if they are required to complete repetitive learning tasks. Schools do not pay attention to this problem, and they never consider the use of multimedia and electronic devices to present information in more engaging ways, because they see technology as a distraction rather than a powerful tool. Teachers are trained to teach every lesson in traditional ways, such as using textbooks, which cannot generate students' interest in class activities.

2. 收入。学习的内容太过理论化。背景：学生发现所学的知识和毕业以后的工作需要相差很大，学生觉得无用，对找工作也没有用。解释：学校老师自身没有工作的经验，他们经常教授理论，概念，对找工作用处不大。他们会怀疑学习的价值，对学校教育产生厌学情绪。

▲词伙

course content, show little interest

▲翻译

Another reason why students are not interested in school work is that they think the knowledge is theoretical and even useless to their job in the future. Most teachers do not have experience working in industry, and they teach theories, formulas and concepts that are possibly not used widely in the workplace. Students spend hours doing homework and digesting course content, but they may find this kind of knowledge is of little value when they graduate. They will raise questions about the value of attending school and show little interest in schooling.

3. 个人发展。学校学习的内容也是学生厌学的理由之一。背景：学校学习以考试为主，课程也是为考试负责的。解释：老师只会教授考试技巧，而不是培养学生的兴趣爱好，丰富技能。学生觉得学的东西和他们没有关联，这让学生觉得学习没有乐趣。

▲词伙

exam-oriented, exam techniques, develop interests/ hobbies, diversify skills

▲翻译

Another reason is that the school curriculum does not help students develop talents and skills. Schools are all exam-oriented, and classes are all designed for teaching exam techniques. Teachers hardly pay attention to developing students' interests/ hobbies and diversifying their skills. They lose the motivation to study hard if they realise that they are not gifted in what they learn.

4. 家庭，朋友。家长老师对学生忽视也是导致学生学习没有兴趣的原因之一。

解释：老师要教很多学生，没有精力照顾有学习问题的孩子，家长上班很忙也无法顾及到他们的孩子。学生学习差，没有兴趣学习。

▲词伙

learning difficulties, school work, stay well-motivated

▲翻译

Exposure to neglect is also considered as a cause for students' negative

attitude towards school education. Teachers do not have energy to care for all students in the classroom, especially those who experience learning difficulties, while parents are busy at work and do not have time to give children sufficient support in school work. As a result, students may not stay well-motivated in education.

5. 朋友。 同学或者朋友的行为导致其他学生的厌学。解释：在学校可能受到欺凌，很害怕，不愿意去学校。解释2：身边小伙伴有些不好的行为，模仿，影响学习的成绩，对于学习没有信心，不感兴趣。

▲词伙

school bullying, copy wrong behaviour, taking drugs, school performance, low self-esteem

▲翻译

Another factor is the peers students spend time with at school. Some children are unwilling to go to school because they are the victim of school bullying. Meanwhile, some children tend to copy misbehaviour/wrong behaviour of their peers, such as playing games, taking drugs and smoking. This can have an impact on school performance/grades. They might lack confidence and have low self-esteem. That is also another reason why they are not willing to go to

school to study.

**提高学生兴趣的方法：**

1. （效率）使用高科技和现代教学方式，解释：内容比较有趣，有图像、声效，吸引学生的注意，让他们对课程更感兴趣。

▲词伙

teaching aids, make every class interesting and engaging, visual input, sound effects

▲翻译

One useful way to fuel students' enthusiasm for studies is to use modern

technology. Teachers can use some hi-tech teaching aids, such as projectors, which have stimulating content, including visual input and sound effects. This might attract students' attention and arouse their interest in courses.

2. （知识）其中一个解决方法是因材施教 背景：学生不同的特点，需要不同的材料、教学方法等等。解释：学生更加容易理解和掌握学习内容，对学习更加有自信和兴趣学习。

▲词伙

tailor courses to the levels and needs of students, build confidence

▲翻译

Additionally, teaching can be individualised to provide students with relevant support, thus stimulating students' interest in school education. Students have different characteristics, meaning that they need different teaching materials or methods. If teachers can tailor courses to match the needs of learners, students can grasp course content more easily. Thus students will be motivated to study harder.

3. （赚钱）另一个解决方法是让学生去实习。解释：让学生去实习和提高他们的动手能力，将理论和实践相结合，让他们感受到学习的实用性，更加感兴趣。

▲词伙

do work experience, apply theory to practice, practical implications

▲翻译

Another practical method to deal with the students' aversion to education might provide them with internship opportunities. Schools can work with some companies to allow students to do work experience and apply theory to practice. Students can see the practical implications of what they learn at school and put more effort in studies.

4. (自我提升) 关注学生的天赋。背景：每个人擅长的东西不同。解释：提供不同课程，不只是用必修课的成绩来衡量学生的优秀程度，认可学生不同科目上的天赋，这样才可以给学生自信，他们才觉得在学校可以找到自我。l

▲词伙

natural ability, excel at, measure of excellence, build confidence, a sense of pride

▲翻译

Schools should also respect the talents of students. They may have the natural ability to excel at different skills or subjects. Schools should provide different courses, instead of using the performance of some core subjects as the only measure of excellence of students. The education system should recognise their aptitude in respective areas of study, thereby helping them build confidence. This is how they can gain a sense of pride in schooling.

5. （休闲娱乐）给孩子娱乐和玩耍的时间，学习不至于压力很大。

背景：小孩没有那么强的学习能力和精力去应付很多的作业。解释：控制作业量，让小孩觉得自己可以理解，跟得上别人，知道劳逸结合，也会更加容易保持热情。

▲词伙

reduce pressure

▲翻译

It is also important to give children time for play and leisure activities, so

education will be less demanding. They do not have nergy or cognitive skills to handle tough workloads. It is therefore necessary to reduce the amount of homework to a degree where children can fully digest all information and catch up with peers. If they balance studies and leisure, they can maintain enthusiasm more easily.

6. (自我提升) 给学生鼓励和奖励。背景：小孩对于自己未来的发展思维不清晰，他们很多时候需要别人的认可来知道自己的选择是对的。解释：老师可以通过表扬来认可学生的努力，奖品来认可他们的出色。结果：他们会更加努力。n

▲词伙

recognise progress

▲翻译

Teachers can give students encouragement and rewards. Children do not have a clear idea what they intend to achieve in the future, and therefore, they need the positive reinforcement of others to gain confidence in their choices. Teachers can praise them to recognise their effort and present some rewards to acknowledge their success. They will continue to put their efforts in attaining other academic objectives.

相关大作文练习题

Q1: 只有成绩好的学生才可以被奖励？

Q2: 学生是不是可以评论和批评老师

Q3: 混合班级，还是分班好？

Q4: 早点入学还是七岁入学

Q5: 选择喜欢的科目，还是政府决定科目

Q6: 死记硬背的好坏处

Q7: 电脑在哪方面的教育

Q8: 根据学术能力选择小学生，还是不同能力在一起学习

Q9: 对学习的负面态度

Q10: 不能专注学习的原因和解决方法

**话题14：科技类：农业技术**

**现代农业技术带来什么积极的变化？：**

**1. 经济：促进经济发展**

解释：例如，化学肥料的应用和高产作物的发展，加快了粮食作物的生长，从而提高了产量。同时，化学物质可以用来延缓水果的成熟并延长新鲜农产品的保质期，因此农民生产的食物更有可能被送到食客手中，而不是腐坏或腐烂。最后，转基因食品的发明，如抗虫害和干旱的食品，可以增加丰收的机会。粮食生产和销售得越多，个人和企业会挣钱越多。

▲词伙

boost the economy,application of chemical fertilisers, the development of

high-yield crops,speed up the growth of food plants, increase crop yields,delay

ripening of fruit ,extend the shelf life,be delivered to , be resistant to pests

and droughts, increase the chance of good harvests

▲翻译

Technological advances in farming and food production can boost the economy. The application of chemical fertilisers and the development of high-yield crops, for example, speed up the growth of food plants, thereby increasing yields. Meanwhile, chemicals can be used to delay ripening of fruit and extend the shelf life of fresh produce, so the food produced by farmers is more likely to be

delivered to eaters, rather than being spoiled or rotten. Finally, the invention of GM food, such as those resistant to pests and droughts, can increase the chance of good harvests. If more food is produced and sold, individuals and businesses can certainly make more money.

**2. 生活质量：** 解决粮食短缺问题，增加选择性，提高生活水平 解释：

现代饲养方法，如在有限空间圈养动物，可以防止能量损失，保证所有农场产肉率增加。这种措施可以稳定食品供应量并解决世界性的饥荒。另外，新品种食物，如无籽瓜和人造肉等，增加了饮食的多样性。此外，食品运输和制冷服务及设施可以远距离、跨区域向消费者提供食品。这些在满足胃口的同时，也帮助我们建立了均衡的饮食。e

▲词伙

address the food shortage,give people more choices, contemporary farming

methods,keep animals in small enclosures, prevent energy loss, deal with food

security issues,fight hunger worldwide, add more choices to our diet,food

transportation,refrigeration services and facilities ,travel long distances

to,satisfy our appetite for food,have a balanced diet

▲翻译

The increase in food production can also address the food shortage and give

people more choices, thereby improving the standard of living. Contemporary

farming methods, such as keeping animals in small enclosures to prevent energy loss, can ensure that more meat is produced by every farm. It can deal with food security issues and fight hunger worldwide. Additionally, the creation of some new food varieties, such as seedless melon and some man-made meat products, can add more choices to our diet. What's more, the development in food transportation and refrigeration services and facilities allow food to travel

long distances to consumers in different regions. It not only satisfies our appetite for food but also helps us to have a balanced diet.

**3. 费用：**先进农业技术，降低食物成本。

解释：转基因技术已成功培育出具有特殊性能的新品种，如抗病毒、抗虫、抗寒、耐盐、耐碱等。因此，食物可以在恶劣的条件下生产。更高的食物产量可以稳定甚至降低食品成本，降低大都数消费者的生活成本。

▲词伙

lead to lower food prices, transgenetic technology, cultivate new species ,virus

and pest-resistant, cold-resistant,salt and alkali-resistant,harsh

conditions,cut food costs ,reduce the cost of living

▲翻译

The innovations in food technology can also lead to lower food prices. Transgenetic technology has successfully cultivated new species which have special qualities, like virus and pest-resistant, cold-resistant,salt and alkali-resistant. It means that food can be produced in harsh conditions. Higher

food yields can help stabilise or even cut food costs for most consumers, reducing the cost of living for them.

**4. 环境：**农业先进技术，减少对自然资源的使用

解释：一些创新的耕作做法可能有利于环境。这些做法减少了对土地等自然资源的使用。例如，室内农业和无土壤农业不使用可耕地，却可以供应食物。这意味着农民不需要清理土地和砍伐树木来耕作。同时，集约化耕作等方法也可以减少土地的使用。

▲词伙

innovative farming practices,be beneficial to the environment,reduce the use of

natural resources,indoor farming and soil-free farming,arable land,clear land

and cut down trees,intensive farming

▲翻译

Some innovative farming practices can be beneficial to the environment. These

practices reduce the use of natural resources, such as land. For example, indoor

farming and soil-free farming can provide food without using arable land. This

means that farmers do not have to clear land and cut down trees for farming.

Meanwhile, methods such as intensive farming can also reduces the use of land.

**现代农业技术带来什么问题？：**

**1. 环境：**破坏和污染环境。

解释：人造化肥和农药在农业中的大量使用会引起土地退化，这些有毒物质也会污染地下水源。食物生产中使用的机械和不同的交通工具会增加排放。集约农业会增加能源消耗，因为动物供暖会消耗更多电能。更让人心忧的是转基因植物的栽培会减少作物多样性，因为人们逐渐舍弃传统作物。这对生态系统的影响是不可估量的，因为基因库会从根本上发生改变。

▲词伙

cutting-edge agricultural technology，damage and pollute the environment,massive

use of man-made fertilizers and pesticides，cause land degradation, pollute

underground water sources ,machinery and different means of

transportation,increase emissions，increase energy consumption, keep animals

warm,cultivation of GE crops, reduce diversity of crops, change the gene pool

fundamentally

▲翻译

On the other hand, cutting-edge agricultural technology can damage and pollute the environment. The massive use of man-made fertilizers and pesticides in farming can cause land degradation, and toxins can pollute underground water sources. Machinery and different means of transportation used in food production can increase emissions. Intensive farming can increase energy consumption, as more electricity is used to keep animals warm. An even more worrying problem is the cultivation of GE crops, which can reduce diversity of crops, as people gradually abandon those conventional plants. The effect on the ecosystem is immeasurable as the gene pool can be changed fundamentally.

**2. 健康：**可能会对身体有害。 解释： 在植物和动物生产过程中使用的化肥和农药这些有毒物质或者抗生素等，会导致毒素残留在植物或动物体内，从而引起食用者食物中毒。而有些转基因生物产品也可能含有有毒物质和过敏源，会对人体健康产生不利影响，严重的甚至可以致癌或导致某些遗传疾病。

▲词伙

do harm to,chemical fertilizers and pesticides , toxic substances or

antibiotics, poisoning of food users, genetically modified biological

products,contain toxic substances and allergens, have adverse effects on human

health, cause cancer or lead to certain genetic diseases

▲翻译

Another negative effect is the possible harm the modern technology may do to

human beings.Chemical fertilizers and pesticides used in the production of

plants and animals, such as toxic substances or antibiotics, will cause toxins

to remain in plants or animals, which will lead to poisoning of food users. Some

genetically modified biological products may also contain toxic substances and

allergens, which may have adverse effects on human health, and may even cause cancer or lead to certain genetic diseases.

相关大作文练习题

Q1: 改变食品质量和品种的科技

Q2: 化肥和机器

**话题26：生活价值观：快乐、压力、工作**

**如何定义一个好的工作和提高工作满意度？：**

1. 生活质量：收入好，解决基本的需求，提升生活质量。

解释：生活成本与日俱增，商品越来越消费不起。而高收入，不仅能支付生活基本开支，如水电账单、房贷、孩子学费等，还能用来购买保险和储备养老；而且，收入高，人们还可以度假、买奢侈品或花钱买高科技设备，生活质量得以提升。

▲词伙

give priority to sth.,search for a job, cover basic needs,improve the quality of

life, high living costs,afford expenses,house mortgage, buy insurance,prepare

for retirement,thanks to, high-paying jobs, take a vacation, afford luxuries,

hi-tech gadgets

▲翻译

People give priority to income when searching for a job as income can cover basic needs and improve the quality of life. Living costs are higher than ever and goods are less affordable. With the high income,it is easy for people to afford expenses, such as water and electricity bills, house mortgage, children's tuition and so on, and the rest can be used to buy insurance and prepare for retirement.Additionally, thanks to the high-paying jobs,people can take a vacation, afford luxuries and spend money on hi-tech gadgets, which can improve the standard of living.

2. 成就感：提高收入可以给员工成功感

解释：大家一般都觉得一个人的收入反映了他或她对雇主赚钱的价值。如果员工得到更高的薪水，他们会感到自己受到重视，并明白他们的才华、努力和贡献得到了公司的认可。他们会觉得自己的事业进步了，获得了幸福感。

▲词伙

pay rise, increase job satisfaction, create a sense of fulfilment,value to, feel

valued be recognised by,advance one’s career,gain a sense of happiness

▲翻译

A pay rise can increase job satisfaction by creating a sense of fulfilment. It is logic to think that one's income reveals his or her value to the profit-making of the employer. If staff are offered a higher salary, they will feel valued and understand that their talent, effort and contribution are recognised by the company. They will feel that they have advanced their career and gained a sense of happiness.

3. 生活质量： 工作稳定，保障好，有安全感。

解释：商业环境日新月异，因此很多人关注工作保障。有人愿意长期在大公司工作，因为这些公司通常会提供额外福利，如带薪假期、医疗保险，甚至住房福利。雇主也会加入社会养老计划，因此，雇员离开职场后可以享受舒适的退休生活。

▲词伙

a sense of security, provide job-related benefits, business environment,be of

concern to sb.,in the workplace, be interested in, work for big companies

permanently, provide fringe benefits,paid holidays, medical insurance,housing

allowances, pension scheme of the country,enjoy a comfortable retirement

▲翻译

A good job is also expected to give people a sense of security by providing job-related benefits. The business environment is constantly changing, and job

security is of concern to many people in the workplace. Some of them are interested in working for big corporations permanently, and these companies normally provide fringe benefits such as paid holidays, medical insurance and even housing allowances. Employers also participate in the pension scheme of the country, so employees can enjoy a comfortable retirement at the end of their working lives.

4. 社会关系： 健康和平等的合作关系是好工作的重要指标，因为人们在合作中可以找到归属感。

解释：人有时会自信心不足，如果能一直从同事或上级那得到支持和建议，他们会表现上乘。当他们表达对公司政策或工作做法的想法时，无需担心被报复或惩罚。因此他们对公司发展和个人职业发展都抱有信心，就会对工作很满意。

▲词伙

healthy and supportive relationships, the key to a satisfying job,a sense of belonging to a strong group,lack confidence in sth.,gain support and advice from sb., perform duties well,express ideas about sth.,work practices, worry about retaliation or punishment, have a positive attitude towards,be satisfied with the job

▲翻译

Healthy and supportive relationships with colleagues and supervisors are also the key to a satisfying job as people find a sense of belonging to a strong group. People sometimes lack confidence in their ability to complete their work. If they gain support and advice constantly from coworkers or superiors, they will be able to perform their duties well. When they express their ideas about company policy or work practices, they do not need to worry about retaliation or punishment. They will have a positive attitude towards the future development of the company as well as have optimism about their career advancement, they will be satisfied with the job.

5. 知识：职业培训，更能应付工作挑战，对工作满意。

解释：职业培训是决定员工对工作看法的另一因素。现代社会竞争激烈，无数求职者进入职场时，不具备足够技巧和知识来处理高难度工作。因而，他们对能提高技能和拓宽知识面很感兴趣。有员工培训体制的公司能吸引渴求事业成功的人。他们有进步的感觉，即使竞争白炽化也会保持积极的心态。

▲词伙

job training,perception of,be highly competitive,enter the workforce, sufficient

skills and knowledge,sharpen skills, expand the knowledge base, get prepared for challenges,staff training system, attract people, intend to do sth.,a sense of

progress,fierce competition,stay positive

▲翻译

Job training is another factor that determines employees' perception of a job.

The modern world is highly competitive, and countless job-seekers enter the

workforce without sufficient skills and knowledge to handle demanding jobs. They are interested in the opportunities to sharpen skills and expand the knowledge base to get prepared for challenges in their careers. If companies have staff training systems, they can attract people who intend to have a successful career. They have a sense of progress and stay positive even when competition is fierce.

6. 家庭：家庭友好政策，工作家庭平衡，员工满意。

解释：大部分员工有孩子，如果为了工作牺牲家庭生活，他们会愧疚和不开心。他们希望参与孩子的抚养，而不是缺席某些重要事件，如家庭成员的生日会等。如果公司能考虑到这些需求，并能给员工扮演不同角色提供灵活性，那么员工会很忠诚。

▲词伙

family-friendly policies, the key to sth.,job satisfaction,strike a balance between work and life,keep a good mood,feel guilty and unhappy,sacrifice sth. for, be involved in sth.,upbringing of children, be absent from,birthday parities,consider this need, offer flexibility, juggle different roles, inspire loyalty

▲翻译

Family-friendly policies are also the key to job satisfaction as employees can strike a balance between work and life and always keep a good mood. A considerable number of employees have children and they feel guilty and unhappy if they have to sacrifice their family life for their jobs. They want to be

involved in the upbringing of children, rather than absent from some major events, such as birthday parties of their family. If companies consider this need and offer workers more flexibility in juggling different roles, it can inspire loyalty.

7. 个人价值： 完成梦想，实现个人价值。

解释：大部分年轻人在不需要担心基本生活需求的环境里长大，他们越来越关注是否能通过达成个人目标和完成梦想而过上有价值的生活。如果公司为他们提供职位、资金或项目以发挥潜力，他们将受到激励，并有动力努力工作。这让他们在工作中有一种深深的满足感。

▲词伙

be popular with sb.,allow sb. to do sth.,achieve ambitions,show talents, a large

proportion of people,worry about the access to food, survival needs, be

increasingly concerned about,lead rewarding lives,achieve personal targets,

reach potential, be stimulated/motivated to do, a sense of contentment

▲翻译

A job can be popular with people if it allows them to achieve ambitions and show their talents. A large proportion of young people grow up in a world where they do not worry about the access to food, or other survival needs. They are increasingly concerned about whether they can lead rewarding lives by achieving their personal targets and making their dreams come true. If companies offer them positions, capital or projects to reach potential, they will be stimulated and motivated to work hard. This can give them a deep sense of contentment in their jobs.

1. 自我提升：工作要对社会有意义。解释：如果选择一家公司从事有意义的事业，他们很自豪，而不是关注该职位的经济回报。他们愿意看到自己的努力和努力对弱势群体的生活质量产生积极的影响，对社会产生影响。当他们为使世界变得更好而做的事情受到赞扬时，无论他们的收入如何，他们都能获得成就感。

▲翻译

People also consider whether their jobs can contribute to society. They take

pride in choosing a company to do something for worthy courses, rather than pay attention to financial rewards of the position. They are willing to see their

hard work and effort make a positive difference to the quality of life of disadvantaged people and to the community. They can gain a sense of accomplishment when they receive compliments on something they do to change the world for better, regardless of income.

**压力的原因：**

1. 失业率高，经济不好, 生活困难，经济压力大

▲词伙

tough economic times, live in poverty

▲翻译

Unemployment and financial difficulties can put strain on people, especially in

tough economic times.

2. 科技发展很快，需要不断学东西

▲词伙

technology is changing rapidly, increase new knowledge

▲翻译

Technology is changing rapidly. People are pressured to increase new knowledge and keep up with the modern world.

3. 拜金，注重物质财富，喜欢攀比，长时间工作

▲词伙

money-oriented, material possessions, work long hours

▲翻译

People are increasingly money-oriented and obsessed with material possessions. They tend to work long hours. This can put them under pressure.

4. 时间管理有问题，东西没做完

▲词伙

time management

▲翻译

Poor time management skills can be a cause of stress as well. People feel stressed out if they fail to complete work.

5. 家庭关系不好，社会生活不好，孤独和压抑

▲词伙

poor family relationships, weak social connections, experience a sense of loneliness

▲翻译

People experience a sense of loneliness due to poor family relationships and

weak social connections. This can cause stress.

6. 缺乏运动和饮食均衡，疾病增加，对未来没有信心

▲词伙

lack of physical activity, do not have a nutritionally balanced diet, prone to health problems, do not have a positive outlook on life

▲翻译

Some people are prone to health problems due to a lack of physical activity and

a nutritionally balanced diet. This is a source of stress because they do not have a positive outlook on life.

**如何减少压力？：**

1. 效率：加强自我管理，提高工作效率。

解释：压力来自于无法有效地处理工作负荷：当人们不能有效地完成工作时，他们就会觉得紧张、焦虑、沮丧和害怕。因此，人们应该掌握一些基本技能，如管理时间，制定待办事项清单，在日历上标明主要的约会和最后期限。这样，他们就能够按时完成所有任务，而不是等到最后一刻才完成工作。.

▲词伙

Self-management,arise from, the inability to do, handle workloads,complete work efficiently,feel anxious,feel stressed, feel frustrated, feel scared, acquire

basic skills,make a to-do list,mark major appointments on ,leave work undone

▲翻译

Better self-management is definitely the key to stress management. Stress arises from the inability to handle workloads effectively: when people are not able to complete work efficiently, they will feel anxious, stressed, frustrated and

scared. For this reason, people should acquire some basic skills, such as managing time, making a to-do list, marking major appointments and deadlines on the calendar, so they are capable of completing all tasks on time rather than leave work undone until the last minute.

2. 健康：身体健康，可以轻松应付压力。

解释：健康的人通常都能对慢性压力未雨绸缪。原因一，身体条件好的人一般把事情安排得井然有序，例如：早起和分配时间在家做饭。这意味着他们也规划自己的工作，在最后期限之前可以完成任务。另一个原因是：健康给人以应付压力所必需的能量、耐力和信心。很健康的人可以冷静应对压力，也鲜少会出现精神崩溃。

▲词伙

be well prepared to do sth.,handle chronic stress, enjoy satisfying physical

condition, keep everything in order, get up early,allocate time to sth., plan

one’s work, meet deadlines, energy, stamina and confidence,cope with stress, a

high level of fitness, react to stress calmly, suffer from nervous breakdown

▲翻译

Healthy people are normally well prepared to handle chronic stress. The first

reason is that people who enjoy satisfying physical condition keep everything in order, for example, getting up early and allocating time to home-cooking. This means that they also plan their work as well and have no problem in meeting deadlines. Another reason is that health gives energy, stamina and confidence which are required for coping with stress. With a high level of fitness, people react to stress calmly and hardly suffer from any nervous breakdown.

3. 知识：专业知识，冷静处理压力。

解释：当人们觉得自己不太可能解决一些问题时，压力会对他们产生毁灭性的影响。唯一预防方法是：增加知识和提高技能。受过良好教育的人，如果在解决棘手问题方面有丰富的经验，就会在面临压力的情况下保持冷静。他们知道用什么方法去解决问题。，

▲词伙

have a devastating effect on, be unlikely to do, deal with some problems,

prevent sth. from doing,increase knowledge and upgrade skills,well-educated

people, have considerable experience, solve thorny problems,how to approach a problem

▲翻译

Expertise also holds the key to stress management. Stress can have a devastating effect on people, when they feel that they are unlikely to deal with some problems. The only way to prevent this from happening is to increase knowledge and upgrade skills. Well-educated people who have considerable experience in solving thorny problems will stay calm in the face of stressful situations. They understand how to approach a problem and solve it.

4. 心理健康和心态：调整期望值，制定合理的目标。

解释：高期望值有时迫使人们追求一些不切实际或无法实现的目标。如果不能达到目标，他们会产生一些消极情绪，沉溺于自我怀疑，这会雪上加霜。如此一来，即便是简单的任务看起来也很有挑战性和很大的压力。所以，人们应该降低期望，设定更多可实现的目标。他们可以轻松地达成期望。

▲词伙

adjust expectations, an integral part of dealing with stress,high expectations pressure sb. to do, fail to attain their objectives, experience some negative emotions ,indulge in self-doubt, add the stress level,avoid this situation,lower one’s expectations,set more achievable targets,match sth. at ease

▲翻译

Adjusting expectations is also an integral part of dealing with stress. High expectations sometimes pressure people to pursue some unrealistic or unattainable goals. If they fail to attain their objectives, they will experience some negative emotions and indulge in self-doubt, which can add the stress level. In the future, even some easy tasks appear to be challenging and highly stressful. To avoid this situation, people should lower their expectations and set more achievable targets. They can match such expectations at ease.

**影响工作满意度的因素：**

1. 基本收入是否可以满足基本生活水准，是否可以养活家人，家人是否生活安稳

▲词伙

maintain a basic standard of living, feed the family, live a comfortable life

▲翻译

The salary people earn can determine job satisfaction because with money, they can maintain a basic standard of living, feed the family and live a comfortable life.

2. 是不是有提升工作，职位提升的机会

▲词伙

job promotions

▲翻译

People are satisfied with a job if they see the prospect of job promotions.

3. 工作环境是不是轻松、安全、舒适、健康，是不是有好的积极性和心情

▲词伙

relaxing, comfortable, a good mood, positive attitude

▲翻译

Working conditions are important to people who are interested in a relaxing,

comfortable office. They can maintain a good mood when working in a well-furnished workplace.

4. 有没有假期、灵活工作时间去解压，陪伴家人，有社会生活，娱乐和运动

▲词伙

take a vacation, flexible work hours, wind down, enjoy the company of family,

have a rich social life

▲翻译

People are happy to work for companies which allow for flexible work hours and offer paid holidays. They can thus have more opportunities to wind down, enjoy the company of family and have a rich social life.

5. 工作关系，是否可以获得同事和上司的支持

▲词伙

work relationships, colleagues are supportive

▲翻译

Work relationships also affect people’s satisfaction with a job. They want to

have supportive colleagues and a good atmosphere in the workplace.

6. 是否能够获得技术和知识，职业不断发展，在公司决策里占据更重要的地位，有更多的职务

▲词伙

gain skills and knowledge, progress one’s career, play a key role, perform more

duties

▲翻译

In a good job, people can gain skills and knowledge to progress one’s career.

They desire to play a key role in decision making at some point in the future and perform more duties.

7. 是否能够找到合适的职位、公司和行业去实现自己的才华，实现自己的梦想

▲词伙

develop one’s talents, realise one’s ambitions

▲翻译

People are happy with accepting a job in which they can develop talents and realise their ambitions.

**经常换工作的缺点：**

1. 不够专注，很难专业

▲词伙

fail to develop expertise

▲翻译

People who change jobs frequently fail to develop expertise because it requires commitment.

2. 雇主觉得你不够忠诚，不会给很高的工资，也缺乏不断晋升的机会

▲词伙

offer a high salary, climb the corporate ladder

▲翻译

Employers may have doubts about the loyalty of people who have a varied career. Companies are unwilling to offer a high salary. They may find it difficult to climb the corporate ladder.

**在家工作的好处：**

1. 不用通勤

▲词伙

reduce the need for commuting

▲翻译

Working remotely can reduce the need for commuting.

2. 雇员不用因为个人原因而离职，譬如说生孩子，搬家，照顾老人等.

▲词伙

quit jobs, conceive a child, move to a new home, look after ageing members of

family

▲翻译

Without travelling to work every day, people are less likely to quit jobs for

personal reasons, such as conceiving a child, moving to a new home and looking

after ageing members of family.

3. 雇员省路费，雇主减少办公室成本

▲词伙

offer savings in transportation, cut overheads

▲翻译

Teleworking offers savings in transportation. Companies can cut overheads if

there are few people working in the office.

**在家工作的坏处：**

1. 和同事缺乏交流，合作

▲词伙

lack communication, cannot work collaboratively

▲翻译

Teleworkers lack communication with colleagues working in the central office,

meaning that they cannot work collaboratively.

2. 缺乏交流导致雇员不能够成长，想出新的东西

▲词伙

grow personally, brainstorming, come up with new ideas

▲翻译

People who work from home may miss out some opportunities to grow personally as they are less likely to brainstorm with fellow workers face to face and come up with new ideas.

3. 家庭会影响工作

▲词伙

interfere with performance in the workplace

▲翻译

Families can interfere with performance of people who work remotely as they are distracted from time to time.

相关大作文练习题

Q1: 工作时间和经济的关系

Q2: 高层是不是应该获得高收入

Q3: 经济发展和快乐的联系？

Q4: 随便选择工作，还是现实为上？

Q5: 早点定职业，还是不断换工作？

**话题32：环境类：能源的消耗和开发**

**能源危机和资源缺乏的原因：**

1. 人口增长，农业产量增加，能源消耗增加

▲词伙

population expansion, population growth, energy consumption

▲翻译

As a result of increased food yields, the world’s population has expanded

rapidly, and energy consumption has accelerated.

2. 人们追求好的生活，使用各种电器和交通工具

▲词伙

household equipment, different means of transport

▲翻译

People crave for a good standard of living, and they tend to use different

household appliances and rely on different means of transport, including cars.

3. 企业没有兴趣发展可替代资源

▲词伙

alternative, renewable energy sources

▲翻译

Companies in the energy sector have no interest in the development of renewable energy sources.

4. 人们收入提高，支付得起电费，还有汽油费，不注意节约资源

▲词伙

earn higher income, energy bills, fuel costs, economise on fuel/ use energy in

environmentally responsible ways.

▲翻译

People have money to pay electricity bills and cover fuel costs, so they no

longer feel the need to use energy in environmentally responsible ways.

**能源消耗的问题是什么？：**

1. 收入：对经济有负面影响。解释：能源价格上升，经营成本上升，很多公司可能入不敷出，最后会倒闭。解释：国家需要花很多钱去治理环境，处理一些污染问题，解决疾病，导致国家的财政赤字。

▲词伙

depletion of water, spread of diseases

▲翻译

The overreliance on energy can have a negative effect on the economy. Soaring

energy prices can raise the cost of operation of companies, and some companies may go bankrupt since they fail to make ends meet. Another reason is that the country has to spend heavily in restoring the environment, cleaning up pollution and increasing health care provision. This can cause budget deficit of a country and hurt the economy.

2. 健康：破坏健康。 解释：产生废气，可能导致呼吸道疾病。解释2：开采煤炭产生污水。 医疗开销增加。

▲词伙

energy prices soar, reduce the quality of life

▲翻译

The strong appetite for energy use can be harmful to health. Fumes created by

burning fuels can increase the instances of respiratory diseases. Coal mining can cause water pollution, and many people may suffer from some water-related health conditions. People are more likely to visit doctors, and Medical costs are therefore higher.

3. 生活标准：导致生活成本上升，生活标准下降。解释：能源有限的，替代资源供应也不是很稳定。价格上升，其他方面的钱比较少。

▲词伙

raw materials, the manufacturing cost is higher, damage the economy,

▲翻译

The growing demand for energy can lead to a higher cost of living, which can

affect the quality of life. Some resources are finite, and alternative energy sources fail to secure a supply of energy. Energy bills increase, and people have less money for other aspects of their lives.

4. 环境：破坏环境。原因1：消耗能源，使用化石能源产电，导致大量的废气。原因2：开采石油天然气和煤炭，破坏环境，产生一些污染物会导致污染。原因3：石油运输有可能漏油，污染海洋。

▲词伙

oil exploration, coal mining, damage the environment, cause environmental

degradation, cause pollution

▲翻译

Energy consumption can cause damage to the environment. The first reason is that using fossil fuels to generate electricity can create emissions. Meanwhile, oil and natural gas exploration can damage the ecology and create some pollutants. Finally, oil spills can pollute the marine environment.

**什么是解决能源缺乏的最好方法？**

1. 知识：提高意识。解释：人们要知道资源浪费的环境影响、经济的影响、对健康的危害，他们会采取一些行动，注意节能，减缓能源的消耗。

▲词伙

raise environmental awareness, save energy, reduce consumption/ a wasteful use of energy

▲翻译

Another solution is to raise people's awareness of the urgency of tackling the

energy crisis. People need to have a good understanding of environmental

consequences, the economic costs and public health issues of overusing energy. They will thus take action to save energy, which can slow the depletion of

energy.

2. 立法：改变行为。解释：加税，一些能源税，能源的价格上升，人们可能就会减少能源的使用。解释2：惩罚，惩罚一些高排放的企业，公司愿意使用可替换资源，或者减少能源使用。

▲词伙

impose a tax, curb energy use

▲翻译

Another way is to enforce laws to change the behaviour of individuals and

businesses alike. A heavier tax can be imposed on fuel, and this can lead to a

higher fuel cost, thereby discouraging people from using energy excessively.

Another regulatory change is to impose sanctions on/fine heavy polluters, and

this can encourage companies to use clean energy sources or cut down on energy consumption.

3. 科技：节能增产。解释1：发展一些科技减少能源的消耗。解释2：开发新能源。

▲词伙

technological innovations/advances, alternative energy

▲翻译

The shortage of energy can be tackled by achieving fuel economy and developing alternative energy sources. Technological innovations can be promoted to cut the use of energy. Renewable resources can also be developed to prevent our reliance on conventional fuels.

**替代能源的缺陷：**

1. 核能有核事故的危险，核垃圾很难处理

▲词伙

nuclear accidents, nuclear waste, radioactive waste

▲翻译

One drawback of nuclear energy is that nuclear accidents have dire consequences and nuclear waste cannot be disposed of safely.

2. 大部分的替代资源，包括太阳能价格和成本很高，很难推广

▲词伙

solar power, promoted on a large scale/used commercially

▲翻译

The cost of converting solar power or other clean energy sources into electricity is normally costly, and it is difficult to promote these resources on a large scale.

3. 风能的风塔会伤害鸟类，也会影响自然环境

▲词伙

windmills, hurt birds, reshape landscape, destroy the environment

▲翻译

Massive windmills can hurt birds and destroy the environment.

4. 科技不够发达，经济开发的可能性不高

▲词伙

financially viable, financially feasible

▲翻译

Progress is limited in making the development of clean energy financially

feasible.

**极端天气会有什么不好的影响？**

1. 环境：对环境带来很大的伤害。解释：冰川融化，海平面上升，海洋环境受影响，生活在极地的动物和鸟类生存受到威胁。解释2：旱灾或者水灾影响森林等，影响动植物的栖息地，和食物的来源。

▲词伙

melting iceberg, rising sea level, marine environment, coastal cities

▲翻译

The changing climate can also cause environmental degradation. Glacier melts

faster and the sea level rises rapidly, changing the marine ecosystem. It also poses a threat to animals and birds traditionally dwelling at arctic areas. The increase in floods and droughts can destroy forest and affect animal habitat. The food sources for wildlife have also been affected by significant temperature

variances.

2. 经济：影响经济。解释1：极端天气会影响交通、工厂的运作。解释2：水灾和干旱等会影响农作物的生长。

▲词伙

extreme weather, crop failures

▲翻译

Global warming has a negative effect on the economy. Extreme weather conditions can affect traffic and the operation of factories. The revenue of businesses will drop. Meanwhile, floods and droughts can lead to crop failures. Therefore, the income of farmers will be affected as well.

4. 健康：导致很多疾病。解释：高温会导致很多病毒滋生，人们会患上一些疾病。

▲词伙

diseases are carried by mosquitoes

▲翻译

Global warming/ the rising world temperature can cause numerous diseases. It can cause the spread of viruses, and people are likely to contract diseases, such as malaria.

5. 生活成本：增加额外的支出。解释：生活的一些费用，譬如说暖气、空调等要增加。解释2：人们需要交多点税去承担各种设施和救援的费用，譬如说防洪堤，等。

▲词伙

electricity consumption

▲翻译

Climate change can also raise the cost of living for the public. They have to spend extra money on energy bills, since they need more air conditioning or heating when the weather is either extremely hot or unseasonably cold. In addition to this, they have to pay more tax to cover the expenditure on facilities and rescue efforts, such as flood defense, protect some cities from extreme weather events.

**适应全球变暖，而不是阻碍全球变暖的原因：**

1. 阻碍全球变暖意味着加税，企业利润下降，伤害经济，不花钱去使用环保科技

▲词伙

impose a tax, a drop in profit, damage the economy, green technology

▲翻译

To fight global warming, many countries choose to imposing a tax on businesses and households. This can normally lead to a drop in profit and damage the economy, reducing resources available for developing green technology.

2. 为了适应全球变暖，开发科技

▲词伙

develop technology to adapt to a warmer planet

▲翻译

Companies may develop technology, such as building materials to keep homes cool, to adapt to a warmer planet.

相关大作文练习题

Q1: 资源的消耗和解决方法

Q2: 核能是不是最好的能源？

Q3: 可替代资源的使用

**话题44：全球化：旅游业发展的影响**

**旅游对人有什么坏处？：**

**1. 知识：**旅游让人们造成对一些国家错误的看法，让他们加深误解。解释：呆的时间很短，看到一个东西进行一个猜测和判断，以偏概全，又没有足够的时间去纠正错误的看法。解释2：语言不通，用自己的文化知识去解释自己所看到的一些情况，也有可能产生误解，又不能够问当地人问题来纠正这种看法。这种错误的观念会影响交流和相处。

▲词伙

develop misconceptions, reinforce stereotypes, take a long vacation, make

assumptions, correct misconceptions, language barriers, biased views

▲翻译

One problem of travelling abroad is that tourists may form some misconceptions about another country and a trip can possibly reinforce their stereotypes about the host country. They may not take a long vacation, and therefore, they tend to make assumptions or judgments based on what they see, and sometimes over-generalise. They have no time to correct misconceptions. Meanwhile, because of language barriers, they tend to interpret the customs and social norms of local communities by their own cultural knowledge. They are not able to communicate with locals to revisit their ideas. Their biased views can affect their communication with people from these countries.

**2. 健康：**生病。解释：水土不服。 解释：有些国家疾病蔓延，卫生条件不好。

▲词伙

fall ill, acclimatise, contract diseases, poor sanitation, spread of viruses

▲翻译

Some tourists may fall ill during their trips. They are not able to adapt to the local environment/acclimatize. They are also likely to contract diseases in some countries due to poor sanitation and the spread of viruses.

**3. 费用：**花钱。解释：交通，住宿，饮食，门票，买礼物。 问题：增加生活成本。

▲词伙

admission fees, increase the cost of living

▲翻译

If people travel frequently/spend a luxury holiday, it can increase the cost of

living. They have to spend money on transportation, accommodation, food,

admission fees and buying gifts, which can add the cost of living.

**旅游对人有什么好处？：**

**1. 知识：**可以开拓视野，增加知识。解释：和当地人交流，参加一些名胜古迹和文化景点，与此同时，阅读书籍等。 好处：人会变得开明，知道不同思维方式和做事方法。

▲词伙

broaden minds, increase knowledge, places of historical interest, ways of

thinking

▲翻译

Travelling enables people to broaden their minds and increase knowledge. They can achieve this by talking to locals, including tour guides, by visiting places of historical interest, and by reading books. Therefore, they will become open-minded as they are aware of different ways of thinking and dealing with problems.

**2. 休闲：**可以放松。解释：远离每天枯燥的生活，不用工作。解释2：可以亲近大自然，可以尝试一些有趣的活动，譬如说远足，蹦极，让自己释放压力和不好的情感。

▲词伙

go on holiday, way of unwinding, escape the grind/monotony, get close to nature,

relieve stress, release negative emotions

▲翻译

Going on holiday is also an effective way of unwinding. People do not need to work, and they also have opportunities escape the grind/monotony of everyday lives. In addition, they can get close to nature and try some exciting activities such as hiking and bungee jumping, which relieve stress and release negative emotions.

**3. 个人发展：**提高很多能力。 解释：让你逃离自己舒适区，做很多之前没做过的事情，譬如说：怎么和陌生人交流，怎么处理突发的事情，怎么很好的控制旅程的预算。

▲词伙

develop skills， move out of the comfort zone, handle emergencies, make a budget

▲翻译

Another benefit of travelling is that people can acquire some new skills. They will move out of the comfort zone and do something they never experience before, such as talking to strangers, handling emergencies in an unfamiliar environment and budgeting each trip.

**4. 收入：**人们可能会捕捉到一些商机。 解释：人们可以去到不同国家考察，挖掘和发现商业机会，譬如说，当地人卖的一些商品，或者经营的一些技巧，等等。

▲词伙

explore business opportunities, exposed to some novel ideas, business techniques

▲翻译

People can visit different countries, where they can discover and explore business opportunities. They can be exposed to some novel ideas about selling some products which are not available in the domestic market, and business techniques which can help grow sales. If they apply such ideas to their own work or business, they may make some breakthroughs.

**旅游对国家有什么好处？：**

**1. 经济：**提升一个国家或者地区的收入。解释：游客会消费，譬如说订酒店，就餐，购物，等等。具体的好处：产生大量就业机会，对于某些经济一直发展很慢的地区有用。旅游的收入可以投资在各种设施上，可以吸引更多投资。

▲词伙

driver of economic growth，create jobs，sluggish economies, reinvest revenue,

attract investment

▲翻译

Tourism can become a major driver of economic growth. Tourists' expenditure on hotels, services of restaurants and shopping can bring cash to local communities and encourage local businesses to hire more people. Employment can spur the development of some sluggish economies. Tourism revenue can be reinvested in different facilities, which can attract even more investment.

**2. 知识：**有利于文化和习俗的保护。 解释：旅游带来了收入，当地人知道自己文化和习俗的价值，文化认同感加深了，加以保护。

解释：有助于某些文化的宣传，官方网站和游客的游记等。

▲词伙

Preserve traditions, a source of revenue, age-old traditions, a sense of

cultural identity

▲翻译

The tourism boom may help preserve the traditions and cultural attractions of

some communities or countries. Tourism is a source of revenue, which may draw attention to the value of some age-old traditions, such as traditional ways of preparing food and making handicrafts. This can reinforce the sense of cultural identity. As some communities attract more visitors than before, some of their traditions will grab attention of conservation groups. They are publicised by official websites of high-profile travel agencies and the diaries, blogs and travel books written by well-travelled persons.

**3. 环境：**有利于保护当地的环境。解释：旅游带来了收入，当地人慢慢放弃一些传统的谋生手段（减少对环境的破坏）。

▲词伙

protect the local environment, generate income, traditional livelihoods, reduce

the environmental damage

▲翻译

If the revenue of tourism increases, it can help protect the local environment.

As tourism generates income, it can encourage locals to give up traditional

livelihoods. If locals stop farming, logging and hunting, it can reduce the

damage to the environment.

**旅游对国家有什么好处？：**

**1. 知识：**不利于文化和习俗的保护。解释：当地人改变传统去迎合游客。简化一些仪式去多赚钱，或者增加一些活动去赚钱，但是这些活动违背了传统的一些观念。

解释2：当地人的生活方式会改变。

▲词伙

cater for the needs，values underlying traditions

▲翻译

The expansion of the tourism sector may present a challenge to the preservation of some traditions and cultures. Locals may change traditions to cater for the needs of tourists, for example, simplifying some traditional rituals to entertain more visitors, or altering some celebrations to keep the audience

interested, but these changes are inconsistent with the values underlying some

traditions. Meanwhile, the lifestyles of local residents may be changed due to

the arrival of tourists.

**2. 环境：**破坏环境。解释：增加了很多的设施，破坏当地的自然环境。

解释2：游客产生很多的垃圾，交通工具产生的废气，导致污染。解释3：人多了，生态环境比较脆弱很容易被破坏。

▲词伙

cause damage to the environment, create waste, a source of pollution, fragile

ecosystem, overrun by tourists

▲翻译

if the number of tourists increases, it can cause the damage to the environment. The surge in facilities such as hotels and roads can change the local environment remarkably. Tourists can create waste and the emissions of different means of transport are also a source of pollution. Finally, the fragile ecosystem can become more vulnerable, as some attractions are overun by tourists.

相关口语练习题

Q1: Do teenagers spend much more money than before?

Q2: Do you think money is important?

Q3: Do most Chinese people think that money is important?

Q4: Would you like to stay at home or go outside for holiday?

Q5: What do people normally miss when being away from home?

Q6: Describe places people in your country like to visit?

相关大作文练习题

Q1: 旅游产生矛盾

Q2: 科学家和游客去遥远的地方

Q3: 是不是应该用文化传统来吸引游客？

Q4: 旅游是带来偏见，还是让人更加开明？

Q5: 游客是否能够保护文化和环境？

Q6: 看电视上网理解国外，还是出国旅游？