

2020 年初赛答案及解析



Part I

Listening Comprehension

(30 marks)

Section A

1. W Hello Mr. Smith, what's your address here?

M Oh. It's 24 Cherry Road. The postcode is CB1 5AW.

Question Which is the correct postcode?

A 【解析】题目问正确的邮编是什么。对话中提到邮编是 CB1 5AW。故选 A。

2. M Excuse me, can you tell me the way to Cambridge Language College?

W Yes. Go back to the street, just across the street, on the steps of St Martin-in-the-Fields church, and then the college is next to it.

Question Where does the man want to go?

B 【解析】题目问男士想去什么地方。对话中男士问如何去剑桥语言学院。故选 B。

3. W John, can you pass me the salt, please?

M Sure. Here you are.

Question Where does the conversation most probably take place?

D 【解析】题目问对话最可能在什么地方发生。对话中女士问男士能不能把盐递给她,由此可知对话很可能发生在餐厅。故选 D。

4. M Miss Jones, what's the tour plan for the weekend? There's a change of plan, I heard.

W On Saturday, we're going on a day trip to Leeds, leaving here at 8:10 in the morning.

Question What time do they start the journey?

C 【解析】题目问旅行何时开始。对话中女士说周六早上 8:10 出发。故选 C。

5. W I also have a quite small bag. Can I take it with me?

M You are allowed one piece of hand baggage plus a laptop-sized handbag. Your main piece of hand baggage is up to the dimensions 56cm × 45cm × 25cm, which indicate length, height and width.

Question What is the maximum width of the hand baggage?

C 【解析】题目问手提包最大宽度是多少。从对话可知,最大宽度为 25cm。故选 C。

Section B

Conversation One

- M Yes. Here, you here at the front.
- W What is a typical day like for you when you're in Africa, Dr. Goodall?
- M Well, (6) when I am in Gombe, I get up at a quarter to seven. (9) For breakfast I usually have a piece of bread and a cup of coffee. Then I go and find the chimps.
- W What happens when you find the chimps?
- M I spend the day following them in the forest. It can be very tiring following the chimps, crawling through the jungle...but it's always interesting, as I never know where I'm going to go!
- W Do you stop for lunch?
- M Oh, I usually don't bother with lunch when I'm out.
- W What's the hardest part of the day?
- M I am used to living in the jungle now. That has never been difficult for me, actually. But in the day I normally feel most tired around 3 o'clock.
- W When do you stop following the chimps and go back home?
- M When it starts to get dark. The chimps choose a place to rest. The young ones play up in the branches. It's lovely in the sunset after a hot day. When I know they are settling down, I head for home.
- W How do you spend your evenings?
- M The Gombe evening is magical. It's dark by 7:30 pm. I jump into Lake Tanganyika. (10) The clear, fresh water makes all the tiredness go away. Then I cook something like beans, onions and tomatoes over an open fire.

6. T 【解析】男士在贡贝时,早上 6:45 起床。表述正确。
7. F 【解析】对话中没有提及纳米比亚的信息。表述错误。
8. F 【解析】对话中没有对黑猩猩属类进行划分,并且黑猩猩为陆地动物。表述错误。
9. T 【解析】男士通常早餐吃一片面包,喝一杯咖啡。表述正确。
10. T 【解析】男士描述坦噶尼喀湖为清澈的淡水湖。表述正确。

Conversation Two

- W (11) Hi, did you know New Student Orientation will be held on Thursday, August 22 and Friday, August 23? I received the official notice yesterday.
- M Oh really? (12) My computer's crashed unfortunately and I'm getting it fixed. Can you tell me a bit more about it?
- W Hang on. Let me just start my computer and we can go through it quickly.
- M Many thanks.
- W Ah, here we go. It says the orientation will begin at the University Club at B23 University Place.
- M Yes, I see. Oh, (13) the registration starts at 8:00 am. That's quite early, isn't it?

- W Yeah. And from 8:30 to 9:30 we will be hearing from university administrators about general academic policies and student services.
- M Let me see. It includes messages from the head for student affairs and education, computing and library system, and also academics and career services.
- W And at 9:30 am. We will be meeting new and continuing students in the department.
- M That sounds great.
- W It says here we will also be meeting leaders of student organizations and learn how you will participate in activities and contribute to our self-governance.
- M Sounds exciting. (14) I am eager to learn what student clubs or societies there are at the university.
- W And the department orientation will be starting from 10:30 and the dean of the department will tell us about specific academic requirements for our public health degree.
- M Not just requirements, opportunities also, it says here.
- W Right.
- M Oh, you can't believe it. We will also experience Subject in Action in the community in that orientation.
- W Yes, it will be on Friday, August 23 and (15) we will be visiting the local community and see how our subjects are applied there.

11. C 【解析】新生入学指导时间是8月22日和8月23日,为期2天。故选C。
12. B 【解析】男士的电脑坏了,自己正在修。故选B。
13. C 【解析】报到早上8点开始。故选C。
14. D 【解析】男士迫不及待想要知道大学都有哪些学生俱乐部或学生团体,但对话并未提到具体的俱乐部或学生团体。故选D。
15. A 【解析】女士要去当地社区看看他们的科目是如何应用的。故选A。

Section C

16. The Ministry of Finance is drafting a consumption tax law, which will focus on reforming the current tax system. To improve the consumption tax policy, a part of the tax income will be transferred from the central government to the local governments, which will increase tax sources and supplement fiscal revenue for the local governments, said a professor at the Beijing National Accounting Institute.

B 【解析】根据新闻定位句可知,地方政府会收到从中央政府转移的一部分税收。故选B。

17. Two-time world champion Taylor Phinney said on Wednesday he is quitting cycling at the age of 29 to concentrate on becoming an artist. The American, who races for Education First, will compete for the final time at the upcoming Japan Cup, bringing the curtain down on a career that yielded the world individual pursuit title in 2009 and 2010.

C 【解析】根据新闻定位句可知,泰勒·菲尼称29岁将放弃骑自行车,专注成为一名艺术家。故选C。

18. Chinese traditional ink paintings are simple in presentation, but rich in images of the natural environment that mimic human nature. To fully appreciate Chinese art, these elements need to be understood. The bamboo is a symbol of elegance, and the hollow stem suggests modesty. The plum blossom is an element representing nobility and strength, emerging while the snow is still on the ground.

D 【解析】 根据新闻定位句可知,梅花象征着高贵和力量。故选 D。

19. Asia has reinforced its position as the largest destination of patent filings, as it received approximately two-thirds of all applications worldwide in 2018. China's National Intellectual Property Administration received a record 1.54 million applications, accounting for 46.4 percent of the world's total. Following China, the US ranked second with nearly 600,000 filings and Japan, third with 313,567 applications.

A 【解析】 根据新闻定位句可知,中国国家知识产权局收到了 154 万份申请。故选 A。

20. For its thousand years' tradition, how can Traditional Chinese Medicine's profundity be summarized? Most prominent is the "unity of man and nature"—the concept of life which lays much stress on the relations between man and nature. Considering the universe as an indivisible whole, the human body can be seen as a "microcosm" and the universe an "enlarged person." Internally, the human body is also a perfect system, consisting of the sub-physiological systems of the five viscera, six hollow organs, meridians, qi and blood and so on. They complement and influence each other functionally and pathologically.

B 【解析】 根据新闻定位句可知,人体是一个“微观世界”,宇宙是一个“放大的人”。故选 B。

Section D

Dictation

China's inflation as (21) measured by the consumer price index rose to 3 percent year-on-year last month, versus 2.8 percent in August, as tighter pork supplies continued to (22) push up food prices, the National Bureau of Statistics said on Tuesday. To avoid stirring inflationary pressure while (23) bolstering growth, officials are expected to refrain from a massive monetary stimulus but to resort to structural easing and fiscal stimulus in the coming months. From January to September, the CPI rose on average by 2.5 percent, below the 3 percent annual control target. Policymakers will need to strike a balance between maintaining economic (24) expansion within a reasonable range and (25) containing consumer inflation in the fourth quarter, said Liu Chunsheng, an associate professor of international trade at the Central University of Finance and Economics.

Summary

(26) One-third of the world's nearly 700 million children under five years old are undernourished or overweight and face lifelong health problems as a consequence, according to a grim United Nations' assessment of childhood nutrition released on Tuesday. (27) Problems that once existed at opposite ends of the wealth spectrum have today converged in poor and middle-income countries, the report showed. (28) Despite a nearly 40 percent drop in stunted growth in poor countries from 1990 to 2015, 149 million children aged four or younger are today still too short for their age, a clinical condition that impairs both brain and body development. (29) Another 50 million are afflicted by wasting, a chronic and debilitating thinness also born of poverty. At the same time, half of

youngsters across the globe under five are not getting essential vitamins and minerals, a long-standing problem UNICEF has dubbed "hidden hunger". (30) Over the past decades, however, another form of child malnutrition has surged across the developing world: excess weight.

26. **a consequence**

【解析】根据原文可知,全球近7亿5岁以下儿童中,有三分之一营养不良或超重,并因此面临终身健康问题。因此,填入 a consequence。

27. **existed**

【解析】根据原文可知,曾经存在于富裕范围的两极问题,如今已在贫穷和中等收入国家聚集。因此,填入 existed。

28. **in stunted growth**

【解析】根据原文可知,贫困国家的发育不良下降了近40%。因此,填入 in stunted growth。

29. **afflicted**

【解析】根据原文可知,有5,000万人受到消瘦的折磨。因此,填入 afflicted。

30. **excess weight**

【解析】根据原文可知,另一种形式的儿童营养不良在发展中国家激增:超重。因此,填入 excess weight。

Part II

Vocabulary&Grammar

(15 marks)

31. A **译文** 波士顿由英国清教徒于1630年建立,成为马萨诸塞湾殖民地的首都。

【解析】本题考查所有格形式。空白处缺少宾语,排除C和D选项,首都和马萨诸塞湾殖民地存在所属关系。故选A。

32. B **译文** 轮船和飞机上的航海家使用指南针来确定他们前进的方向。

【解析】本题考查句子成分位置关系。空白处缺少 determine 的宾语, the direction 充当 determine 的宾语。in which 引导的是定语从句。故选B。

33. D **译文** 夜晚从地球看去,木星的亮度在行星和恒星中排名第三,仅次于金星和火星。

【解析】本题考查主从复合句的用法,主从句主语一致,都是 the planet Jupiter, 所以从句主语省略了。前半句是状语从句,后半句是主句,不能用 and 连接,也不能成为另一个从句。故选D。

34. C **译文** 今年夏天我到贵系做访问学者,我想要对各位的帮助表达感激之情。

【解析】本题考查词义辨析。选项A为“满足”;选项B为“乐意”;选项C为“感激”;选项D为“真诚”。根据句意,故选C。

35. B **译文** 整个村庄被突如其来的洪水冲毁,他们不得不待在帐篷里。

【解析】本题考查主从复合句的用法。本题的主句和从句的主语不一致,所以从句的主语“the whole village”不能省略。A选项和主句的时态不一致。如果是C、D选项的话,在后半句主语 they 前面加上并列连词 so,使本句变成并列句也可以。故选B。

36. C **译文** 送礼物可以传达你对他们热情好客的感激之情以及你对这段关系的重视。

【解析】本题考查词义辨析。选项A为“团结”;选项B为“优先”;选项C为“热情好客”;选项D为“优势”。根据句意,故选C。

37. C **译文** 由于这个项目的细节相当模糊,我们决定拒绝这个建议。

解析 本题考查词义辨析。选项 A 为“回收”;选项 B 为“辞职”;选项 C 为“拒绝”;选项 D 为“像”。根据句意,故选 C。

38. **B 译文** 从很早的时候起,人们就带着兴趣研究周围的世界。

解析 本题考查强调句型。题干为 it is...that...强调句。故选 B。

39. **D 译文** 要是我们在计算中没有犯任何错误就好了!。

解析 本题考查连词辨析。选项 A 为“要不是”;选项 B 为“没有”;选项 C 为“让”;选项 D 为“要是……就好了”。根据句意,故选 D。

40. **A 译文** 毫无疑问,税收将是总统竞选的关键问题。

解析 本题考查句子成分。空白处缺少主语和谓语部分,句子为陈述句,使用陈述句语序。故选 A。

41. **C 译文** 如果你早上看到街道是湿的,你就会推断夜里一定下过雨。

解析 本题考查词义辨析。选项 A 为“减少”;选项 B 为“勾引”;选项 C 为“推断出”;选项 D 为“诱导”。根据句意,故选 C。

42. **B 译文** 研究人员正在寻找解决这个问题的新方法。

解析 本题考查词义辨析。选项 A 为“缩短”;选项 B 为“着手处理”;选项 C 为“浓缩”;选项 D 为“丢弃”,常与 of 搭配使用。根据句意,故选 B。

43. **D 译文** 医学院的学生学习区分“急性”和“慢性”,前者表示近期发病,后者表示可能会持续相当长一段时间。

解析 本题考查词义辨析。选项 A 为“黑暗的”;选项 B 为“临时的”;选项 C 为“艰难的”;选项 D 为“大量的”。根据句意,故选 D。

44. **C 译文** —你好,约书亚。

—你好,林。你好吗?

—我很好,谢谢你。事实上,我正在考虑今年夏天和我的家人去加拿大旅游。我可以问你一些关于申请加拿大签证的问题吗?

—当然。请说。

解析 本题考查交际用语。选项 A 为“小心”;选项 B 为“见到你很高兴”;选项 C 为“请说;继续”;选项 D 为“明白了”。根据句意,故选 C。

45. **A 译文** —你好,威廉姆斯教授。感谢您接受我关于美国地区文化差异的采访。

—我很乐意。

—首先,为什么美国有这么多文化差异?

—大家都知道,美国是一个国土面积超过 900 万平方公里的国家,相距遥远的地区会有明显的差异,这并不奇怪。另一个原因是,这个被称为“大熔炉”的国家不断有人从世界各地迁移过来。

解析 本题考查交际用语。根据句子意思,距离遥远造成差异这一点并不奇怪,故选 A。

Part III

Cloze

(10 marks)



46. **ensuing**

解析 该句的意思是“在接下来的 350 年的时间里,自然科学和数学领域发表了大约 5000 万篇研究论文和无数书籍”。前一个句子提到 17 世纪后期这个时间,空白处描述的是随后 350 年时间里发生的事情,再

根据首字母线索,填入 ensuing。

47. more

解析 该句的意思是“现代高中生所掌握的科学知识可能比牛顿还多……”。根据空白处后面的 than 可知,这是一个比较句;再根据意思,填入 more。

48. specialized

解析 该句的意思是“科学家们对付这座大山的方法之一就是变得越来越专业化”。空白处前面的 more and more 表明,空白处填入形容词。再根据提示词,故填入 specialized。

49. strategy

解析 该句的意思是“应对信息大山的另一种策略是几乎无视它。”空白处前一句 one way 是说一种方法,空白处前面 another 表明是另一种方法,再根据首字母提示线索,填入 strategy。

50. knowing

解析 该句的意思是“懂得很多并不一定就成为一名科学家。”空白处和前面出现的 know a lot 是同一个表达,需变成动名词作主语。填入 knowing。

51. than

解析 该句的意思是“无知总是比知识增长得更快”。空白处所在句子出现 more,说明是比较级,再根据意思,填入 than。

52. alike

解析 该句的意思是“科学家和外行人都会同意,尽管我们已经知道了很多,但还有更多我们不知道的。”根据所给单词可知句子意思,alike 此处为副词,表示“两者都”。因此,填入 alike。

53. with

解析 该句的意思是“不是那种与缺乏好奇心或受教育相关的无知,而是一种有教养的、高质量的无知”。be associated with 为固定搭配,表示“和……有关”。故填入 with。

54. threatening

解析 该句的意思是“它使科学不那么具有威胁性,而是更友好,事实上是更有趣。”空白处在 less 后面,表明应填入形容词,再结合提示词可知,应填入 threatening。

55. accessible

解析 该句的意思是“问题也更容易得到,通常比答案更有趣。”空白处前面为 more,判断填入形容词,再根据所给单词和句意,因此填入 accessible。

Part IV

Reading Comprehension

(30 marks)

Section A



56. adheres

解析 文章第一段第三句话提到,图像会附着在纸张上。故填入“adheres”。

57. prime

解析 文章第一段首句提到,木刻和雕刻是两个主要的例子。故填入“prime”。

58. textile decoration

解析 文章第二段第二句提到,木刻传入欧洲后首先用于纺织品装饰。故填入“textile decoration”。

59. fifteenth

解析 文章第三段首句提到,版画起源于15世纪中叶。故填入“fifteenth”。

60. **Woodcut**

解析 文章第四段第四句提到,木刻更加线性化。故填入“Woodcut”。



Section B

61. **Water.**

解析 文章第一段末句提到,水在人类的发展中起着重要作用这一论断将具有更大的意义。即将来,水在我们的生命中更为重要。由此可知本题答案。

62. **Humankind's relationship with water.**

解析 文章第二段提到,人类与水的关系是,一方面,人类从水中获得巨大的利益,另一方面,水有非常具有破坏性和危及生命的一面。因此人类与水的关系具有两面性。由此可知本题答案。

63. **The North American continent.**

解析 文章第七段倒数第二句提到,50年来第一次,格兰德河未能到达墨西哥湾,导致地区与地区争夺水源,遭受了最严重的干旱。格兰德河位于北美。由此可知本题答案。

64. **Planting trees.**

解析 文章第六段第三句提到,植树是一种更便宜、更有吸引力的解决方案。由此可知本题答案。

65. **Coastal regions.**

解析 文章第八段首句提到,随着极地冰盖的融化,沿海地区和一些低洼岛屿极有可能被海水淹没。因此,未来沿海地区可能在水下。由此可知本题答案。



Section C

66. **flight**

解析 文章第二段第一句提到,典型的鸟类的解剖结构都以某种方式进行了修改是为了增强其飞行能力。因此,应填入 flight。

67. **teeth**

解析 文章第二段第六句提到,现代鸟类没有牙齿。因此,填入 teeth。

68. **metabolic heat**

解析 文章第三段第二句提到,鸟类利用自身代谢的热量来保持温暖和恒定的体温。因此,填入 metabolic heat。

69. **internal**

解析 文章第五段第三句提到,受精须在体内进行。因此,填入 internal。

70. **ancestor of birds**

解析 文章最后一段第二句提到,鸟类的祖先被大多数研究者视为是一种有羽毛的兽脚亚目恐龙。因此,填入 ancestor of birds。

Part V

Translation

(15 marks)

Section A

71. 在威胁要对铝材、葡萄酒等各种商品加征关税之际,中美两国在进行着另一场经济战,而这场战役有可能决定谁将掌控下一波计算浪潮。中国的高校和美国国际商业机器公司、微软等科技企业正在竞相研发量

子计算机,这种数据处理方式预计性能非常强大,足以革新制药企业、农业公司和汽车制造商发现化合物和材料的方式。量子计算利用亚原子粒子的运动来处理现代计算机无法应对的大量数据。

句式分析

1. 该段第一句为翻译难点。as 引导时间状语从句,表示“在……时候;当……”。that 引导定语从句,先行词为 battle。who 引导宾语从句。句子主干为: nations...are waging...economic battle。其中, wage a battle 意为“发动、继续斗争”。

2. 该段第二句为翻译难点。句子主干为 Chinese universities and the US technology companies are racing to develop quantum computers。a type of...为 quantum computers 的同位语。that 引导定语从句。International Business Machines Corp. 和 Microsoft Corp. 分别指国际商业机器公司和微软公司。

高频词汇

threaten v. 威胁,恐吓

impose v. 推行,强制实行

tariff n. 关税

aluminium n. 铝

quantum n. 量子

transform v. 使改变

Section B

72. There is a consensus among Chinese people that the novel of *A Dream of Red Mansions* has no rival.

解析 题干要求使用 consensus,表示“共识”,可使用 there is a consensus that...这个句型。“红楼梦”用 *A Dream of Red Mansions*。“可以比肩”用 have no rival。

73. *A Dream of Red Mansions* claims hundreds of millions of readers with many mysteries.

解析 题干要求使用 claim 表示“获得,赢得,取得”。“亿万读者”使用 hundreds of millions of readers。“带有众多谜团”使用 with 结构。

74. The novel is the Chinese classical masterpiece, not only comprehensible by ordinary cultured people, but even the most learned person dare not say that he can get at the secrets as well.

解析 题干要求使用 comprehensible,表示“可理解的,能懂的”。“古典的”使用 classical;“巅峰之作”使用 masterpiece 或 masterwork。“有学问的人”使用 the learned person。“尽解其奥妙”使用 get at the secrets as well。

75. In nearly a hundred years the novel has been translated into many languages.

解析 题干要求使用 translate 表示“翻译”,需使用被动语态。

76. The novel is winning more and more readers and playing a positive role in spreading of Chinese culture in foreign countries.

解析 题干要求使用 positive,表示“积极的”。“起到积极的作用”使用 play a positive role in...。

Part VI

Error Correction

(10 marks)

77. has→have

解析 该句的意思是“在人类历史的大部分时间里,人们对能源的主要关注都集中在能源带来的好处上”。句子主语是 concerns,谓语动词使用原形 have。因此需将 has 改为 have。

78. harvested→harvesting

解析 该句的意思是“用于采集和转换能源资源的技术不足,因此不便利并限制其增长”。介词 for 后面

使用动词 ing 形式。因此需将 harvested 改为 harvesting。

79. ✓

80. the→a

解析 该句的意思是“20 世纪 70 年代代表了一种转变,能源成本过高可能造成的威胁与供应不足的威胁不相上下”。on a par with sth. 表示“与……不相上下”,为固定搭配。因此需将 the 改为 a。

81. upon

解析 该句的意思是“人们也有可能认为,扩大某些形式的能源供应可能会造成成本超过收益”。it became possible...为系表结构,possible 之前不需要加上 upon。因此需将 upon 去掉。

82. at / beginning→the

解析 该句的意思是“20 世纪 90 年代初的关键问题是,始于 70 年代的这种趋势是暂时的还是永久性的”。at the beginning of...表示“在……开始”,为固定用法。因此需加上 the。

83. eras→era

解析 该句的意思是“廉价能源的时代真的结束了还是新资源、新技术和不断变化的地缘政治会让廉价能源回归”。era 此处不可数。因此需将 eras 改为 era。

84. staggeringly→staggering

解析 该句的意思是“决定答案的一个关键因素是,100 年来人口增长和工业需求带来的惊人的能源需求规模”。staggeringly 后面是名词词组 scale of energy,此处应该用形容词修饰名词词组。因此需将 staggeringly 改为 staggering。

85. underly→underlying

解析 该句的意思是“除了中东蕴藏着巨大的石油储量,最便宜的石油和天然气已经不复存在”。underly 为动词,其所在的句子成分为介词结构作状语,因此需将 underly 改为 underlying。

86. country→countries

解析 该句的意思是“对大多数国家来说,石油和天然气将不得不越来越多地来自地下更深处,以及无法保证其可靠性且昂贵的进口”。“大多数国家”需要使用复数,因此,将 country 改为 countries。

Part VII

IQ Test

(10 marks)

87. ELECTRIC

解析 题干要求将大写单词的字母重新排列,得到的新的单词使句子有意义。句子的意思是“暴风雨刮倒了一根电线”。答案为 ELECTRIC。

88. LEAP

解析 题干要求重新组合所给字母,得到新的单词,新的单词同前面两个单词相关。bound 意思是“跳跃着跑”,jump 的意思是“跳跃”,两个单词都表示动作。根据所给信息,重新组合可得到 leap,意思是“跳”,符合题干要求。因此,答案为 leap。

89. felt

解析 题干要求找到规律,改变第三组词的第一个单词字母顺序,得到新的单词。通过观察前两组单词发现,第二个单词是第一个单词的第三个字母排在第一个位置,第二个字母排在第二个位置,第一个字母排在第三个位置,第四个字母排在第四个位置。根据这个规律,得到符合题意的单词是 felt。因此,答案为 felt。

90. STAR

解析 题干要求找到规律,在空白处填上一个单词,此单词从空白前后共计两个单词中得到。通过观察前三组单词发现,中间的单词前两个字母为前一个单词的最后两个字母,后两个字母为后一个单词的前两个字

母。根据这个规律,得到符合题意的单词是 STAR。因此,答案为 STAR。

H	E	A	R	T
U				R
M				I
P				C
S	T	A	L	K

解析 题干要求根据线索填写单词,要求将所给单词全部填入。通过观察,所给单词中,第三个字母为 i 的只有 trick,因此,第一个填入的单词为 TRICK,位置为最右侧竖行;再根据 t 和 k,分别填入最上方横行单词 heart 和最下方横行单词 stalk;最后填入剩下的最后一个单词 humps 到最左侧竖行。

Part VIII

Writing

(30 marks)

Section A

I. **写作点金**

审题时,要抓住重点词“心理健康”。本题要求针对此话题展开论述,发表个人的观点。根据题意,可先表达心理健康问题引起的原因,之后引出话题:如何保持心理健康。接着论述保持心理健康的方法。一是要有好的情绪;二是正确处理坏情绪;三是培养个人爱好,丰富精神生活。

范文

How to Keep Psychologically Healthy?

With the increasing pressure on work, life and study, more and more people may have mental health problems. How to keep mentally healthy? Here are some tips.

First, stay in a good mood. A good mood is the result of a clear sense of self and good self-management. Good moods, in turn, will promote positive development. Second, be good at using appropriate ways to deal with bad emotions. For example, talk to family members or friends and ask them for help. Avoid spending too much time alone when you're feeling down. Seek the help of a psychologist if necessary. Finally, cultivate your hobby and spend time and energy on it. Hobby is a spiritual pursuit. It is an important part of good mental health.

All in all, people are paying more and more attention to mental health. We can tackle mental health problems in a variety of effective ways.

高频词汇

- mentally *adv.* 精神上地
- self-management 自我管理
- appropriate *adj.* 合适的,恰当的
- tackle *v.* 解决

Section B

II. **写作点金**

审题时,要抓住重点词“重要性”。本次作文为命题作文,需要紧紧围绕话题展开。根据题意,先简单介绍春节联欢晚会,表示出它十分重要。接着论述重要的原因,一方面春晚是主流文化的风向标,为文化方向举起大旗;另一方面春晚是我国文化力的象征,反应的是综合国力的一部分。最后表达如今春晚众口难调的一种困境。

The Significance of the Spring Festival Gala

The Spring Festival Gala, or CCTV Spring Festival Gala Evening, is a national program presented annually on New Year's eve in order to celebrate the New Year. The gala includes singing, dancing, acrobatics, magic, crosstalk shows and other forms of art. It is significant both at home and abroad.

On one hand, the Spring Festival Gala presents a mainstream culture, guiding a right culture direction for the whole nation. Since 1983, it has become a very crucial part of the spring festival. After dinner, the whole nation sit in front of TV to enjoy the "food" for mind.

On the other hand, the Spring Festival Gala indicates our nation's culture strength. It is not only a celebration of the advent of new year, but also symbolizes our nation's culture strength, which indirectly shows our comprehensive national strength to the world.

Nowadays, it becomes more and more difficult for the Spring Festival Gala to satisfy the demands of all citizens. With the improvement of living conditions, people require more to meet their tastes!

高频词汇

gala *n.* 庆典, 盛会

crosstalk show 相声

mainstream *n.* 主流思想

crucial *adj.* 重要的

advent *n.* 到来