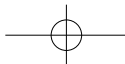


★ 北京新东方指定培训教材 ★

TOEFL 烧香短语 1.0

北京新东方学校北美研发中心

编写



作者介绍



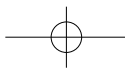
高文成

北京新东方北美研发中心研发员，从事和写作相关的内容研发和收集。教授托福，SAT和ACT写作，托福写作单项满分。硕士毕业于University of California, Irvine，并通过University of California, Los Angeles社会心理学硕士课程。留美期间多次参与ETS举办的考试论坛，对阅卷规则和评分标准有细致的解读。课堂组织基于学员作文批改展开。过多年的教学经验和批改经验，微观上纠正学生的遣词造句的习惯，内容衔接不清楚的毛病；宏观上弥补学员结构不清晰和层次感不强的不足。课堂上，对难点知识的讲解深入浅出，重点知识的强调清晰明确，帮助学员把握写作核心。学员提分效果显著。



Francesca

Francesca Torlai Triglia graduated from the University of London, in England with a M.A. in Human Rights. She obtained her B.A. in Chinese Studies from Ca' Foscary University, in Venice. She had lived in China for almost three years now and she is fluent in both Chinese and English. She has joined the New Oriental Team as Research Specialist last June. She has a fist hand experience of TOELF and IELTS, and has spend months studying the TOEFL sections: their format, content and constituents.



前言

TOEFL写作拿低分难——即便对于高中生而言，获得低于15分的分数，也是一个较小概率的事件；但同样，拿到高分，也较困难——26分以上的学生，寥寥无几，其可能性要远低于阅读和听力。

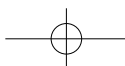
原因在于，写作要想获得高分，语言上必须更加考究。评分标准对于独立题5分档的要求是，syntactic variety（句法多样）、appropriate word choice（合适的选词）、idiomaticity（地道）——这三点，尤其是后两点，对于大多数考生，较难达到。

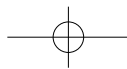
要达到appropriate word choice和idiomaticity，我们的教学经验是，使用地道的短语是一个很好的手段。比如，当遇到和科技相关的文章时，用cutting-edge technology表示“高科技”；当遇到和政府相关的文章时，用polarization of the rich and poor表示“贫富分化”。

作为一个教授写作超过8年的教师，我很高兴的推荐这本《TOEFL写作烧香短语》。它将TOEFL写作常用的短语分为6个大类，并配上了外教撰写的例句，更加便于读者学习。

北京新东方研发中心

史禺





使用说明

烧香短语的托福系列是基于2006.9.15年以来大陆和北美托福独立写作真题以及范文整理出的一套精选短语。短语以托福常见话题为主同时结合考生的不同水平，分为了“6大话题, 3个梯度”。

6大话题是：教育，工作，科技，政府职能，社会生活和环境资源；

3个梯度：入门短语；必备短语；高手短语。

读者是识记的过程中，可以根据自己的水平，循序渐进：首先掌握入门的短语；随着分数的提高，逐步掌握必备短语；对于看中写作分数的读者，高手短语则是不二的选择。他们能够帮助大家实现写作满分的梦想。

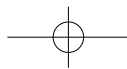
同时，为了方便大家掌握，短语后面标注了短语的“词性”和例句。“词性”是为了在使用过程中避免语法错误；例句则是为了让短语的使用更加得体 and 连贯。

对于烧香短语也会持续的为大家更新。同时，对阅读过程的错误也可以通过扫码反馈。



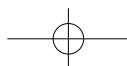
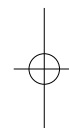
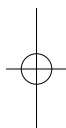
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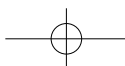
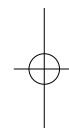
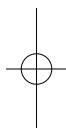
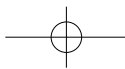
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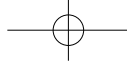


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1

工作

operating costs

01

释义 *n.* 经营成本

例句 In order to turn a profit, companies must ensure that their returns are higher than their operating costs.

feel a sense of accomplishment

02

释义 *v.* 成就感

例句 At the end of the day, employees always crave to feel a sense of accomplishment when they have completed the tasks they were assigned.

go bankrupt

03

释义 *v.* 破产

例句 Firms like the Lehman Brothers go bankrupt as a result of financial malpractice and can contribute to global financial crises.

excessive workload

04

释义 *n.* 工作负担

例句 It is important for those who are assigned with an excessive workload to take plenty of breaks, so as to not burn out and have to take sick days.

work under enormous stress

05

释义 *v.* 在压力下工作

例句 Surgeons work under enormous stress everyday, as their every move could affect the life and death of their patients.

an employee-friendly environment

06

释义 *n.* 雇员友好的环境

例句 Google touts itself for having an employee-friendly environment, equipped with plenty of break rooms and cafeterias staffed with world class chefs.

work ethic

07

释义 *n.* 工作伦理

例句 A firm can help develop employees with a strong work ethic by fostering creativity and giving recognition to the work of individuals.

be an indicator of ability

08

释义 *adj.* 能力指标

例句 A graduate's grades back in college should not be an indicator of ability at work, as most of the skills required are developed through on the job training anyways.

job prospects

09

释义 *n.* 工作前景

例句 The young war veteran goes to the Veteran Affairs office every morning in search of job prospects but always leaves disappointed.

routine work

10

释义 *n.* 常规工作

例句 With every position, there are times when one can be caught up with routine work, such as replying to emails, taking calls, or attending meetings.

be well-staffed

11

释义 *adj.* 好员工的

例句 The priority for the restaurant is that it be well-staffed with servers, so that the customers can be quickly attended to at all times.

a stressful and time-consuming job

12

释义 *n.* 一份有压力和浪费时间的工作

例句 A month of long hours at work and an unending to-do list have left her sleep-deprived and extremely grumpy.

job security

13

释义 *n.* 工作稳定性

例句 Job security was a phenomenon enjoyed for years by the baby-boomer generation but has become much less of a reality during the recent global economic decline.

have a market share of

14

释义 *v.* 市场份额

例句 Realizing that their firm currently only has a market share of 5%, the board members urge the CEO to adopt a new sales and marketing strategy.

increasingly intense competition

15

释义 *n.* 越发激烈的竞争

例句 Facing an increasing intense competition is an inevitable event in industries where the product can be easily replicated and produced at a lower cost.

go-getters

16

释义 *n.* 干将

例句 Firms will hire students straight out of universities even prior to their graduation, because these youngsters will be hungry and the new breed of go-getters.

have a craving for sth

17

释义 *v.* 对...有渴望

例句 Firms overcome an economic recession by downsizing and pursuing innovative ways of maximizing profit.

remarkable

18

释义 *adj.* 出色的

例句 The distillery has a remarkable history of producing some of the best mescal in Mexico and led to the development of its worldwide exports.

a rags-to-riches story

19

释义 *n.* 一个白手起家的故事

例句 A typical rags-to-riches story is one in which an immigrant living on the streets, through hard work and dedication, makes it big and becomes a CEO.

get into the swing of things

20

释义 *v.* 适应情况

例句 Because it takes a while for a new employee to get into the swing of things, it is the responsibility of the manager to provide proper training and guidance.

be in short supply

21

释义 *adj.* 供不应求

例句 When the iPhone 6 first came out, it was in short supply because initial production could not keep up with the tremendous demand.

frown on...

22

释义 *v.* 皱眉

例句 The Internal Revenue Service frowns on companies that deliberately cheat on their taxes by keeping their revenue in offshore bank accounts.

be united solidly

23

释义 *adj.* 团队合作

例句 A team that is united solidly in its common goals and interests will be a cohesive unit and be good for business.

the traditional nine-to-five office routine

24

释义 *n.* 传统的朝九晚五的工作

例句 Those working in a cubic environment are familiar with the traditional nine-to-five office routine, where they need to clock in before and after work.

office-bound workers

25

释义 *n.* 办公室工作

例句 Telecommuters, unlike office-bound workers, have more flexible work schedules and can devote more time to their spouse and offspring.

monitoring system

26

释义 *n.* 监控系统

例句 A large supermarket will require several security monitoring systems to keep an eye on the customers, the employees, and all of the inventory.

job promotion

27

释义 *n.* 工作晋升

例句 On her contract, along with the usual perks of bonuses and vacation days, was a clause that outlined the potential opportunities for job promotion.

perform one's duties

28

释义 *v.* 履行职责

例句 In order to perform one's duties properly, one must be provided with the necessary tools and a suitable work environment.

clear up misunderstanding

29

释义 *v.* 消除误会

例句 The HR's role in a company is to clear up misunderstanding between any employees before they develop into major conflicts.

social networking

30

释义 *n.* 社交网络

例句 Many IT firms these days rely on social networking to acquire new clients and maintain a channel of communication with them.

underdeveloped social skills

31

释义 *n.* 欠缺的社交技能

例句 Activities that discourage productivity in the workplace include excessive checking of cell phones and long chats at the water cooler.

boost the economy

32

释义 *v.* 刺激经济

例句 The tourism industry will always boost the economy of Italy, as iconic monuments like the Colosseum and Sistine Chapel bring in millions of tourists every year.

charge higher prices

33

释义 *v.* 收取更高的费用

例句 Managers shouldn't, out of loyalty, maintain employees who clearly slack off at work, as it demonstrates unfair favoritism.

compensate for

34

释义 *v.* 补偿

例句 Her choice in obtaining greater stock options with the firm will compensate for her lower salary and other benefits.

make ends meet

35

释义 v. 入不敷出

例句 Some employees with the fast food industry can barely make ends meet, leading the legislators to pass a law requiring the raise of the minimum wage.

lower the interest rate

36

释义 v. 降低利息

例句 Banks can lower the interest rate of loans to encourage small startups to flourish in an economy.

minimize one's cost of living

37

释义 v. 减小生活成本

例句 New associates must carefully consider how to minimize their cost of living, as the rate of starting salary is often low.

split the cost of

38

释义 v. 分摊成本

例句 Some firms arrange housing for their employees so that roommates can split the cost of rent and other expenses to reduce spending.

submit one's resume

39

释义 v. 提交简历

例句 The first step of hunting for a job often involves submitting one's resume to prospective employers at job fairs.

transfer someone to another department

40

释义 v. 调职到另一个部门

例句 With trainees at a large firm, a manager will often decide to transfer someone to another department in order to fill vacancies.

understand the market principle

41

释义 v. 了解市场规律

例句 The warranty from this IT firm guarantees the free exchange or return of a defective product for up to one year.

urge someone to do

42

释义 v. 督促做某事

例句 The Silicon Valley has been criticized for being a male-dominated society, where women have a hard time earning the same level of respect to rise in the ranks.

risky behavior

43

释义 n. 有风险的行为

例句 Those in positions of power should be concerned about engaging in risky behaviors, such as excessive drinking, as their public image affects the company they work for.

make a significant contribution to

44

释义 v. 做出杰出的贡献

例句 Employees that make a significant contribution to the firm's profits are often recognized with bonuses at the end of the month.

make a big fortune

45

释义 v. 赚取财富

例句 CEOs who only dream of making a big fortune and put profit before people will fail miserably as successful companies rely on its employees.

lay a solid foundation

46

释义 v. 奠定坚实基础

例句 The founders of a successful company will often have laid a solid foundation for those who come after them in terms of company culture.

impose more rigid control over

47

释义 v. 施加更严格的控制

例句 Firms that are overspending must impose a more rigid control over any unnecessary expenses.

identify one's career interests and goals

48

释义 v. 认清职业兴趣和目标

例句 Human Resources can often help one with identifying one's career interests and goals should one consider leaving a job and finding opportunities elsewhere.

financially beneficial

49

释义 *adj.* 有经济效益的

例句 The basic economics of running a business is that the transactions are financially beneficial for both the firm and the clientele.

fair and square

50

释义 *adj.* 公平公正

例句 They believe that the severance package they are offering is fair and square, but why they fail to consider is the emotional stress that job loss has on individuals.

2

政府

high on the government's agenda

01

释义 *adj.* 政府议程上

例句 The issues regarding health care are high on the government's agenda, so they will be solved promptly.

regulate and oversee

02

释义 *v.* 监管

例句 The government has set up a special department to regulate and oversee the other bureaus' spendings.

impose a ban on sth.

03

释义 *v.* 对...施加禁令

例句 In the past years there has been an increase in underage drinking, so the government has imposed a ban on the sale of alcoholic beverages to minors.

allocate money to

04

释义 *v.* 分配资金

例句 After the earthquake, the government has allocated money to the reconstruction of the area affected.

contribute to societal well-being

05

释义 *v.* 为社会福利做贡献

例句 In order to be considered a responsible citizen, one must be polite, help others and contribute to societal well-being.

population explosion

06

释义 *n.* 人口爆发

例句 To prevent a population explosion the Chinese government has established the One-child Policy.

a enlightened society

07

释义 *n.* 开明的社会

例句 The Buddhism explores the advantages of creating an enlightened society. / The Buddhism sustains that the creation of an enlightened society would be beneficial to the general well-being of the population.

give priority to sth.

08

释义 v. 优先性

例句 The head of the department requested that we give priority to researching new sales techniques.

ease tension

09

释义 v. 缓解紧张

例句 In vain attempt to erase the tension David made a joke.

generate tax revenue

10

释义 v. 产生税收

例句 In these times of crisis the governments are trying to generate tax revenue, to pay off their public debts.

be hopelessly addicted to...

11

释义 adj. 无可救药的沉迷于

例句 Unfortunately I am hopelessly addicted to smoking, I tried quitting multiple time and it never worked.

perfect social welfare system

12

释义 n. 完善的社会福利制度

例句 There is no such a thing as a perfect social welfare system, every system has its flaws.

strictly prohibit

13

释义 v. 严令禁止

例句 My mother has strictly prohibited me from missing even one day of school.

national security

14

释义 n. 国家安全

例句 Since the attack was a matter of national security, it was classified immediately.

unemployment rate

15

释义 n. 失业率

例句 There is a strong correlation between the state of a country's economy and its unemployment rate.

take stopgap measures

16

释义 n. 采取应急措施

例句 The best we can do right now is to take stopgap measures, while we wait for more definitive solutions.

be moderately better off

17

释义 adj. 小康的

例句 It would be moderately better off for parents to send their children experience foreign culture at least once before college.

edge into the advanced ranks

18

释义 v. 进入先进的行列

例句 The marine has followed orders, taken on extra tasks, and committed several years of his life with the hope of edging into the advanced ranks.

uphold an ordered society

19

释义 v. 维持有序的社会

例句 Unfortunately, several societies? today believe that is acceptable to use extreme violence to uphold an ordered society.

fulfill the long-cherished wishes

20

释义 v. 完成夙愿

例句 All I hope for is to fulfill the long-cherished wishes of my grandmother.

integrate theory with practice

21

释义 v. 理论结合实际

例句 In my experience is always better to integrate theory with practice./Integrate theory with practice means to combine your academic knowledge with your practical skills.

science and technology constitute a primary productive force

22

释义 n. 科学技术是第一生产力

例句 Many believe that science and technology constitute a primary productive force.

self-defense

23

释义 n. 自我防卫

例句 When he was accused of murder he claimed that it was self-defense.

suicide rate

24

释义 n. 自杀率

例句 Due to the increasing work related stress the suicide rate of the area increase exponentially.

at the expense of

25

释义 n. 以...为代价

例句 Society favors beauty at the expense of talent and hard work.

be ashamed of

26

释义 adj. 以...为耻

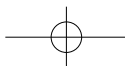
例句 Some politicians should be ashamed of their immoral and sordid behaviors.

curb the increase

27

释义 v. 抑制增长

例句 The police is taking all possible measures to curb the increase of street violence.



deprive sb. of

28

释义 v. 剥夺

例句 You loved playing the piano, why you chose to deprive yourself of such joy?

disrupt the order

29

释义 v. 扰乱秩序

例句 The loud protesters and the huge crowd disrupted the order of the city.

relieve boredom

30

释义 v. 缓解无聊

例句 There are a lot of ways to relieve boredom, one could: watch a movie or a TV series, read a book, go for a walk, etc.

solidify cooperation

31

释义 v. 团结协作

例句 This program will help the two parties to solidify cooperation among them, and hopefully set a milestone for future projects.

be associated with

32

释义 adj. 与...有关系

例句 Inflation is usually associated with economic crisis.

be closely interrelated

33

释义 adj. 与...紧密相关

例句 All branches of the government are closely interrelated and must communicate effectively with one another in order to ensure social stability.

booming tourist industry

34

释义 n. 增长的旅游业

例句 No one expected that the booming tourist industry could have such a positive impact on the country economy.

enhance its appeal

35

释义 v. 提升吸引力

例句 Obama's recently stated goal to create positive change in the United States had enhanced his appeal to the general public.

explore one's strengths

36

释义 v. 探索优势

例句 I suggest you take a closer look to yourself, and explore your strengths.

generate jobs, income and tax revenues

37

释义 v. 创造工作, 收入和税收

例句 I reckon that the opening of a new company in our town will generate jobs, income and tax revenue.

give publicity to

38

释义 v. 宣传

例句 Her recent stunt at the Oscars has given her movie a lot of publicity.

have no apparent connection to

39

释义 v. 没有明显的联系

例句 Last week terroristic attack have no apparent connection to the famous criminal syndicate operative in the area.

improve the investment environment

40

释义 v. 改善投资环境

例句 To improve the investment environment we need to make it more secure and approachable.

indecent behavior

41

释义 n. 不雅行为

例句 Indecent behaviors are sign of bad manners and poor education.

be sentenced to life imprisonment

42

释义 adj. 被判处无期徒刑

例句 He was charged with murder, and later on sentenced to life imprisonment.

lose one's temper

43

释义 v. 发脾气

例句 During a presidential campaign candidates should not loose their temper, instead they should maintain control over every situation.

preserve historic and cultural heritage

44

释义 v. 保护历史文化遗产

例句 Volunteers have joined the experts in their attempts to preserve historic and cultural heritage from vandalism.

promote a nation's image

45

释义 v. 促进一个国家的形象

例句 Hosting the next olympics games will promote the nation's image immensely.

promote domestic demand

46

释义 v. 促进国内需求

例句 The government is trying to promote domestic demand of local products in order to boost the nation's economy.

promote understanding and friendship

47

释义 v. 增进了解和友谊

例句 Many international organizations are trying to promote understanding and friendship between different cultures.

stimulate consumption

48

释义 v. 刺激消费

例句 Mid season sales are a successful way to stimulate consumption of certain products.

struggle for victory

49

释义 v. 为胜利而奋斗

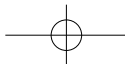
例句 Wars are a constant struggle for victory, but most of the time there is not an actual winner.

tourist attraction

50

释义 n. 旅游景点

例句 The Colosseum is a famous tourist attraction, moreover it is also one of the seven wonders of the world.



3

教育

impart knowledge

01

释义 v. 传授知识

例句 The main goals of our education system are to impart knowledge and create responsible social individuals.

expand one's knowledge

02

释义 v. 扩大自己的知识

例句 To expand one's knowledge one must read a lot, study a lot and be very interested in the subject.

kindle someone's interest in sth.

03

释义 v. 点燃对...的兴趣

例句 The exhibition you took me to see kindled my interest in modern art, and especially in Chinese modern painter.

extracurricular activities

04

释义 n. 课外活动

例句 What kind of extracurricular activities did you take on when you were in college?

academic performance

05

释义 n. 学业成绩

例句 Academic performances are measured by your level of commitment during class, your attendance records and your exam scores.

have a diploma in

06

释义 v. 获得文凭

例句 I have a diploma in chemistry, however I work in IT.

slack off

07

释义 v. 懈怠

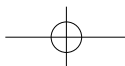
例句 Students that slack off during their junior year of high school might not be admitted to the university of their choice.

a healthy / positive outlook on life

08

释义 n. 对生活的一种健康的、积极的人生观

例句 Having a positive outlook on life can help you achieve more than you think: in fact, negativity will only hold you back, while being positive will give you the strength to go on.



the responsibility for sth. falls on sb.

09

释义 *n.* 对某事的责任落在某人身上

例句 The responsibility for this project falls on Jeremy, yet Sarah is doing all the work and taking all the blame. This is not fair.

deny sb. the freedom to do sth.

10

释义 *v.* 拒绝某人做某事的自由

例句 I went to have a chat with my supervisor, and he denied me the freedom to pursue my true interest in regards to my dissertation. He said that what I wanted to do was to extreme.

academic attainment

11

释义 *n.* 学术造诣

例句 Mr. Smith, I can see from your resume that your academic attainments are quite numerous; very impressive.

elective courses and compulsory courses

12

释义 *n.* 选修课程和必修课程

例句 An academic program is made up of elective course and compulsory courses: the former are up to the students to pick, while the latter are mandatory.

adjust oneself to sth

13

释义 *v.* 调整适应某事

例句 If you want to move to college you will need to adjust yourself to many things: living alone, faster routine, managing your finances, studying, etc.

students' feedback

14

释义 *n.* 学生的反馈

例句 At the end of this course we will ask for students' feedback to better asses the quality of it.

acquire knowledge and skills

15

释义 *v.* 获取知识和技能

例句 I choose this class because it will help me acquire the knowledge and skills that I will need for my future job.

student-centered education

16

释义 *n.* 以学生为中心的教育

例句 It has been proven that a student-centered education is beneficial for student's academic performances.

mastery of...

17

释义 *n.* 掌握...

例句 Mastery of a foreign language can open several international career opportunities.

promote the students' psychological well-being

18

释义 v. 促进学生心理健康

例句 Schools should have programs that promote the students' psychological well-being.

a sense of obligation

19

释义 n. 责任感

例句 Teachers should feel a strong sense of obligation towards motivating students and helping them succeed both in and outside of the classroom.

a secondary school

20

释义 n. 中学

例句 Every child is required to attend a secondary school.

assign homework to someone

21

释义 v. 布置家庭作业

例句 When the teachers assign homework to their students means that they are asking their students to do extra work after school.

be/get involved in outdoor activities

22

释义 v. 参与户外活动

例句 You should be getting involved in outdoor activities, you cannot spend all your days at home studying!

be competent in

23

释义 adj. 有能力

例句 Everyone is competent in something, someone might be competent in computer science, others in chemistry, while others may excel in languages; but the point is that everyone has its special skill.

career preparation

24

释义 n. 职业准备

例句 Our school offers a series of seminars on career preparation: they help you write your curriculum, examine different career paths, build your confidence for future interviews, and so on.

go through puberty

25

释义 v. 经历青春期

例句 Once you get through puberty, all of your skin problems will disappear.

gain updated information

26

释义 v. 获得更新的信息

例句 I asked my secretary to gain updated information about this subject, the one we have are very old.

have a strong curiosity about

27

释义 v. 有强烈的好奇心

例句 Children have a strong curiosity about anything new, meaning that they are attracted to what they don't know.

increase one's potential capability

28

释义 v. 增加一个人的潜在能力

例句 Introducing children to different hobbies will increase their potential capabilities, because they will learn about different aspects of life.

increase the education budget

29

释义 v. 增加教育预算

例句 Governments are considering the possibility to increase the education budget. / My parents have increased my education budget so that I could go to a private school.

major in

30

释义 v. 以...为专业

例句 For my bachelor I majored in law, then I picked a different speciality for my master.

participate in a class discussion

31

释义 v. 参与课堂讨论

例句 Sarah rarely participates in a class discussion.

promote creative thinking

32

释义 v. 促进创造性思维

例句 Universities promote creative thinking by offering a wide range of courses, so that the students will develop their own ideas.

pursue one's individual interest

33

释义 v. 追求个人兴趣

例句 The best way to be successful is to pursue one's individual interest, one should not compromise on one's passion.

put a priority on

34

释义 v. 重点

例句 Put a priority on your education, you will not regret it!

use the school facilities

35

释义 v. 使用学校的设施

例句 Students are free to use the school facility as they please.

abandon oneself

36

释义 v. 放弃自己

例句 Even in times of despair one should not abandon oneself, nor one's dreams.

academic atmosphere

37

释义 *n.* 学术氛围

例句 After you graduate, you will miss the academic atmosphere of college.

acquaint oneself with

38

释义 *v.* 熟悉

例句 It took about a week to acquaint myself with my new computer and its various features.

acquisition of knowledge

39

释义 *n.* 知识的获取

例句 Acquisition of knowledge has been extremely important to mankind throughout history.

adhere to the tradition

40

释义 *v.* 坚持传统

例句 My college strictly adheres to the traditions, and students need to follow all sorts of traditional rules.

admission examination

41

释义 *n.* 入学考试

例句 Did you take the admission examination for this class??

advanced science

42

释义 *n.* 先进的科学

例句 Advanced science is one of the compulsory courses of my degree program.

anti-social behavior

43

释义 *n.* 反社会行为

例句 Stop it with your anti-social behavior, go out there and make some friends!

artistic value

44

释义 *n.* 艺术价值

例句 This painting has strong artistic values, so it has been sold to a collector.

associate with

45

释义 *v.* 联想

例句 Usually good grades are associated with hard work.

attach importance to

46

释义 *v.* 重视

例句 In my personal opinion, you attached too much importance to this episode; after all it was just a joke.

be devoted to sth. wholeheartedly

47

释义 *adj.* 全心全意致力于某事

例句 Be devoted to something wholeheartedly takes courage, you have to be willing to give up everything else.

be addicted to

48

释义 *adj.* 沉溺于

例句 Recently I am addicted to coffee, I just cannot do without my morning shoot.

be exposed to

49

释义 *adj.* 面对…

例句 You have been exposed to a lot of misfortune lately, so I think you should take a break.

be held accountable for

50

释义 *adj.* 负责

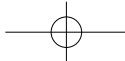
例句 Your group will be held accountable for all the equipment that you broke.

generation gap

51

释义 *n.* 代沟

例句 Communications between people of different ages is more challenging because of the generation gap.



4

环境

endangered species

01

释义 *n.* 濒危物种

例句 It is prohibited to hunt endangered species because of their likeliness to become extinct.

the extinction and endangerment of wild species

02

释义 *n.* 濒危和灭绝的野生物种

例句 Big game hunters are obviously not concerned with the extinction and endangerment of wild species.

use sth. wastefully

03

释义 *v.* 浪费地使用...

例句 People who use water wastefully really bother me because they don't seem to understand that it's a limited resource!

the survival of the fittest

04

释义 *n.* 适者生存

例句 Charles Darwin believed that the basis of evolution was survival of the fittest, which means that only the strongest and healthy species reproduced offspring.

industrial waste

05

释义 *n.* 工业废物

例句 You can usually tell if industrial waste has leaked into a lake nearby a factory because the water will be discolored or have a thick consistency.

upset the ecosystem

06

释义 *v.* 破坏生态系统

例句 You can upset an ecosystem by killing an entire species that lives in it.

consume natural resources

07

释义 *v.* 消耗自然资源

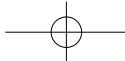
例句 We should be more mindful of how much we consume natural resources since they are limited.

car emissions

08

释义 *n.* 汽车排放

例句 Collectively, car emissions are a significant contributor to pollution.



adverse effect

09

释义 *n.* 不良效应

例句 Constant pollution can have an adverse effect on a person's happiness.

reusable material

10

释义 *n.* 可回收材料

例句 Plastic, when recycled, is a reusable material.

ecological degradation

11

释义 *n.* 生态系统的退化

例句 Allowing waste to leak into ecosystems will cause ecological degradation.

be permanently damaged

12

释义 *adj.* 永久性损坏

例句 The rainforest is permanently damaged due to deforestation.

desertification

13

释义 *n.* 荒漠化

例句 Farming can cause desertification of lands if the farmer tries to harvest crops every season.

oil shortage

14

释义 *n.* 石油短缺

例句 An oil shortage is a concept that we need to consider if we plan to continue using fuel-powered cars.

be in short supply

15

释义 *adj.* 供不应求

例句 Before a crisis, water might be in short supply as people stock up on necessities for an emergency.

fossil fuel

16

释义 *n.* 化石燃料

例句 Fossil fuel is a natural resource found deep in the earth's crust.

sustainable development

17

释义 *n.* 可持续发展

例句 Sustainable development means developing at a rate that doesn't compromise future generation's needs.

non-renewable resources

18

释义 *n.* 非可再生资源

例句 We should seek alternative means to fossil fuel because it is not a renewable resource.

take harsh actions

19

释义 v. 采取严厉的措施行动

例句 Taking harsh actions is sometimes the only way to get something important done.

elevate the public awareness of sth.

20

释义 v. 提升公众对某事的意识

例句 The presidential candidate broadcasted commercials in order to elevate public awareness about his positions.

put a strain on the resources

21

释义 v. 资源限制

例句 We need to consider alternative fuel methods because we have already begun to put a strain on the resources available to us.

stretch resources to the limit

22

释义 v. 提高资源的限制

例句 Emergency response teams will stretch resources to the limit in order to save lives.

disposable items

23

释义 n. 一次性物品

例句 You should first consider donating disposable items before throwing them out.

fertile land

24

释义 n. 肥沃的土地

例句 Crops will thrive in fertile land.

boost crop yield

25

释义 v. 提高农作物产量

例句 Spraying plants with pesticides might boost crop yield because pesticides deter bugs that feed on crops.

pursue a green life

26

释义 v. 追求绿色生活

例句 I pursue a green life by using reusable containers for my food and recycling plastic, glass, and paper.

adjust to nature

27

释义 v. 适应自然

例句 You must adjust to nature when you go camping.

atmospheric pollution

28

释义 n. 大气污染

例句 Burning coal emits gases that contribute to atmospheric pollution.

densely-populated area and sparsely-populated area 29

释义 *n.* 人口稠密的地区和人口稀少的地区

例句 Cities are considered densely-populated areas and villages are considered sparsely-populated areas.

cure fatal disease 30

释义 *n.* 治疗致命的疾病

例句 A team of doctors worked to cure the fatal disease that was ravishing parts of the country.

land clearing 31

释义 *n.* 清理土地

例句 You might consider hiring a land clearing team to make room for a home if you're building one in a forest.

natural selection 32

释义 *n.* 自然选择

例句 Evolution is based on natural selection, or the selection of the most favorable traits in species.

on the brink of 33

释义 *adj.* 在...的边缘上

例句 The stock market was on the brink of collapse after the exponential growth of the economy over the past three years.

rare animals 34

释义 *n.* 珍稀动物

例句 You can see rare animals at the local zoo.

take revenge on 35

释义 *v.* 报复

例句 You might feel like you want to take revenge on someone that has harmed you.

temporal interest 36

释义 *n.* 暂时兴趣

例句 The president had temporal interest in Middle Eastern countries after discovering they were rich in oil.

toxic chemical 37

释义 *n.* 有毒化学品

例句 Lead is a toxic chemical if ingested.

waste disposal 38

释义 *n.* 废物处置

例句 The city certainly had a problem with waste disposal because it was spilling from the sewers.

water body pollution

39

释义 *n.* 水体污染

例句 Water body pollution remains an issue despite our best efforts to clean up the river.

vegetation destruction

40

释义 *n.* 植被破坏

例句 Vegetation destruction can cause erosion and landslides.

the overexploitation of resources

41

n. 资源的过度开发

例句 Humans have caused a decrease in fish populations because of overexploitation of resources.

enhance environmental awareness

42

释义 *v.* 提高环保意识

例句 Creating a website listing facts about how we are destroying the environment will lead to enhanced environmental awareness among citizens.

strengthen pollution control

43

释义 *v.* 加强污染控制

例句 The government can strengthen pollution control by fining factories that disobey the laws.

advocate green activities

44

释义 *v.* 倡导绿色活动

例句 The Environmental Club advocated green activities by placing signs throughout campus with ways to go green on them.

apply new exploitation methods

45

释义 *v.* 采用新的开采方法

例句 A company might apply new exploitation methods to another resource after depleting another.

curb environmental pollution

46

释义 *v.* 遏制环境污染

例句 The amount of cars on the road should be decreased if we want to curb environmental pollution.

supply food for human beings

47

释义 *n.* 为人类提供食物

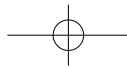
例句 Humanitarian aid efforts supply food for human beings living in impoverished areas.

lack the awareness of saving water

48

释义 *v.* 缺乏节约用水的意识

例句 Those that waste water lack the awareness of saving water.



strengthen the greening of the city

49

释义 v. 加强城市绿化

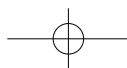
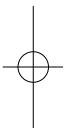
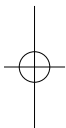
例句 Advertisements urging citizens to recycle can strengthen the greening of the city.

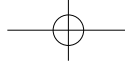
provide habitat for a huge number of wild animals

50

释义 v. 提供大量野生动物的栖息地

例句 Zoos provide habitats for a huge number of wild animals.





5

科技

surf the Internet

01

释义 v. 上网

例句 Nowadays it is so easy to surf the internet: all you need to do is open up your computer, phone or tablet and you can use all kind of apps to access the internet.

transfer a file

02

释义 v. 转一个文件

例句 Could you lend me a flash drive, I need to transfer a file form my old computer to my new one.

space exploration

03

释义 n. 太空探索

例句 Space exploration was considered a dream only few years ago; yet human kind has already traveled to the moon, and sent different space mission to various planets.

become widely available

04

释义 v. 变得广泛可获得

例句 At the beginning computers were extremely rare, only few institutions had one; but lately they have become widely available and there is at least one computer in every house.

break new ground

05

释义 v. 开辟新天地

例句 The company has decided to invest in a kind of technology that will break new ground in its field. / Break new ground is to try something new and unprecedented, it is surpassing one's limits and expectations.

scientific breakthroughs

06

释义 n. 科学突破

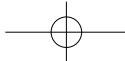
例句 Scientific breakthrough used to be very uncommon, but lately new significant scientific discoveries are made every day.

the advent of sth.

07

释义 n. ...的到来

例句 The advent of the computer completely changed modern society; its discovery was significant for every aspect of human life.



genetic engineering

08

释义 *n.* 基因工程

例句 Genetic engineering could be extremely beneficial in preventing hereditary diseases, however scientist are still cautious when talking about control and architect human DNA.

genetically-modified food

09

释义 *n.* 转基因食品

例句 Genetically-modified food was widely discussed few years ago, many believed that genetically-modified food was harmful to people's health.

social networking websites

10

释义 *n.* 社交网站

例句 What do we use to keep in contact with our? friends? What do we use to share our ideas, and interests? What do we use to look for a new job? Social networking websites are a powerful modern resource that help us in every aspect of our life.

e-mail fraud

11

释义 *n.* 邮件欺诈

例句 Last week I received a suspicious email, it was most certainly an e-mail fraud, so I deleted it.

a high-tech gizmo

12

释义 *n.* 一个高科技小发明

例句 I was looking at your new hyper technological watch, that is really a great high-tech gizmo!?

information overload

13

释义 *n.* 信息超载

例句 Nowadays, many people are overwhelmed by information overload in the workplace, and in life in general.

information explosion

14

释义 *n.* 信息爆炸

例句 Information explosion happens every day due to social media; for instance, a video can go viral, amassing millions of views, in just a few hours.

popularize sth.

15

释义 *v.* 使...普及化

例句 Michael Jackson popularized the moonwalk in the early 80s, by showcasing it during a live performance of "Billie Jean".

the extensive use of the Internet

16

释义 *n.* 因特网的广泛使用

例句 The extensive use of internet has lead to a progressive fall of the paperback newspapers and books market.

minimize the risk of sth.

17

释义 v. 减少某物的风险

例句 Doctors guarantee that this procedure will minimize the risk of further complications, moreover it will significantly improve the patient ability to recover.

make an on-line purchase

18

释义 v. 在线购物

例句 Making an on-line purchases of many products has become easier that going to the store to buy the item yourself.

transfer the file

19

释义 v. 转一个文件

例句 Could you lend me a flash drive, I need to transfer a file form my old computer to my new one.

assembly line

20

释义 n. 流水线

例句 In 1913, Henry Ford installs the first moving assembly line for the mass production of an entire automobile.

mass production

21

释义 n. 大规模制造

例句 Mass production of goods is a fairly recent phenomenon, it is a consequence of great industrialization of our society.

the virtual world

22

释义 n. 虚拟世界

例句 The virtual world is very different form the real world, and you can be a very different person when you are surfing the internet.

reshape people's lives

23

释义 v. 重塑人们的生活

例句 Many of the technological advancement that our society has experienced in the past centuries has reshaped people's life.

enhance/boost efficiency

24

释义 v. 提高效率

例句 To better boost you efficiency at work you should create a stimulating environment, and take many breaks to restore your creativity.

..be at our fingertips

25

释义 v. 触手可及

例句 The development of the internet has allowed informations to be at our fingertips.

27

promote the development of...

26

释义 v. 促进...的发展

例句 Big technological companies should promote the development of more ecological products.

attach a file to an email

27

释义 v. 给邮件加附件

例句 Is very easy to attach a file to an email, all you need to do is click on the icon and select the file you want to send.

be under the gravity of

28

释义 v. 在...的重力之下

例句 create an online community ?

face-to-face communication

29

释义 v. 创建一个在线社区

例句 A lot of person have created online communities to share their interest, and keep in touch with their friends.

cut off spam

30

释义 v. 切除垃圾邮件

例句 Luckily, my email provider cuts off spam automatically.

develop a nuclear weapon

31

释义 v. 开发核武器

例句 There are not many countries in the world that have been able to develop nuclear weapons.

explore outer space

32

释义 v. 探索外太空

例句 Countries have many programs devoted to explore outer space.

expose someone to something

33

释义 v. 让某人接触某物

例句 If you want to broaden your mind, you should expose yourself to something new.

handle something improperly

34

释义 v. 处理不当

例句 Sarah was given the responsibility for this project, but she handled it very inappropriately.

gain access to information

35

释义 v. 获取信息

例句 There are many ways by which you could gain access to information, the most reliable one is to go to the source.

interact with

36

释义 v. 和...互动

例句 When you interact with someone, you give them your attention.

program a computer

37

释义 v. 给电脑编程

例句 After you finish this class, you will be able to program a computer. / He programmed his computer to make it shut off automatically.

keep in step with globalization

38

释义 v. 跟上全球化的步伐

例句 Today it is easier than ever to keep in step with globalization because of easy access to information and commodities.

make a difference

39

释义 v. 与众不同

例句 I really want to make a difference in this company.

make a significant breakthrough

40

释义 v. 做出一个重要的突破

例句 We have been stuck on this problem for weeks, then we finally made a significant breakthrough.

stay up to date with technology

41

释义 v. 在科技上保持与时俱进

例句 I bought a new phone to stay up to date with technology.

make an adjustment

42

释义 v. 作出调整

例句 The head of the department looked over your proposal, and he wants you to make an adjustment to the final part.

make an in-depth analysis of

43

释义 v. 对...作出有深度的分析

例句 My latest goal is to make an in-depth analysis of the current market situation.

make wireless communications

44

释义 v. 无线沟通

例句 Living in a globally connected we are able to make wireless communications from everywhere.

process information with a computer

45

释义 v. 用电脑处理信息

例句 Going over all these documents is very time-consuming, is there any way to process informations with a computer??

reach a remote place

46

释义 v. 达到偏远地区

例句 After hours of walking up the mountain we finally reached a remote place where we could camp.

send a space probe to

47

释义 v. 发送航天探测器

例句 Recently the U.S. government was able to send a space probe to Mars.

transfer a file

48

释义 v. 转一个文件

例句 Can you lend me a flash drive, I need to transfer a file from my old computer to my new one.

double-edged sword

49

释义 n. 双刃剑

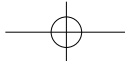
例句 In ancient times skilled murderer used a double-edged sword as a weapon.

endless possibilities

50

释义 n. 无限的可能

例句 This world offer us endless possibilities for our future.



6

生活

joys and sorrows

01

释义 *n.* 喜乐和哀愁

例句 When you get married, you should expect to share all of your joys and sorrows with your spouse.

be passionate about

02

释义 *v.* 对...热衷

例句 You should be passionate about the career you choose.

make good companions

03

释义 *v.* 成为很好的伴侣

例句 When you travel abroad, you make good companions that are from all over the world.

endure hardship

04

释义 *v.* 忍受困境

例句 Sometimes you must endure hardship before making it on your own.

provide good nutrition for

05

释义 *v.* 给...提供好的营养

例句 It's important to provide good nutrition for a growing baby.

take a break from one's routine

06

释义 *v.* 与常规习惯不同, 休息一下

例句 Every once in awhile, we should take a break from our routines and have a little fun.

deepen mutual understanding

07

释义 *v.* 深化互相的理解

例句 Leaders should learn about the customs and traditions of their allies and enemies in order to deepen mutual understanding between countries.

aerobic exercise

08

释义 *n.* 有氧运动

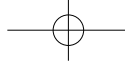
例句 In order to get aerobic exercise, I like to go jogging every morning.

reality show

09

释义 *n.* 真人秀

例句 Reality shows can be so trashy and explicit.



trustworthy

10

释义 *adj.* 可信赖的

例句 I'd like to find a trustworthy friend who will be there during tough times.

blow sth out of proportion

11

释义 *v.* 夸张

例句 He had blown it out of proportion and now everyone was in a pandemonium.

be awash with

12

释义 *v.* 充斥着

例句 After Hurricane Katrina, New Orleans was awash with seawater.

midlife crisis

13

释义 *n.* 中年危机

例句 People say that when you turn 50 you will experience a midlife crisis.

rid off worries

14

释义 *v.* 摆脱困扰

例句 It's easy to rid yourself of your worries when you are surrounded by nature.

get away from the daily grind

15

释义 *v.* 从日常琐事中挣脱

例句 Every now and then you should get away from the daily grind of working to unwind and have a bit of fun.

lift one's spirit or one's spirit sink

16

释义 *v.* 让某人情绪高涨和某人情绪低落

例句 Seeing old friends always lifts my spirits.

strengthen family bond

17

释义 *v.* 加强家庭感情

例句 In order to strengthen our family bond, we all took a camping trip together.

socialize with

18

释义 *v.* 与...交往

例句 It's fun to go out and socialize with people who turn into friends.

nuclear family and extended family

19

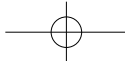
释义 *n.* 核心家庭

例句 My mom and dad are apart of my nuclear family and my grandparents are apart of my extended family.

family reunion

20

释义 *n.* 家庭团圆



例句 We traveled to New England to our family reunion where I would see a lot of old family members.

pin great hopes on children

21

释义 v. 对孩子寄予厚望

例句 You shouldn't pin great hopes on children because they need time to be silly and imaginative children.

disobey parents

22

释义 v. 违背父母

例句 Sometimes you might disobey your parents, but they'll always forgive you.

ease the strain

23

释义 v. 减轻压力

例句 You should research the destination extensively in order to ease the strain of traveling to a new place alone.

fitness craze

24

释义 n. 健身热

例句 Sometimes you enter a fitness craze and work out much more than you usually do.

show consideration for

25

释义 v. 对...体贴 / 体谅

例句 You should show consideration for pregnant women on the subway and give them your seat.

appeal to

26

释义 v. 吸引

例句 The politician tried to appeal to the Hispanic population by giving her speech in Spanish.

be physically and mentally damaging

27

释义 v. 对身体和心理是有创伤的

例句 Drugs can be both physically and mentally damaging.

be void of

28

释义 v. 没有..., 缺乏...

例句 After a death in the family, you might feel void of all emotion.

be supplementary to

29

释义 v. 对...的补充

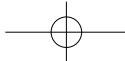
例句 A higher education is supplementary to a career that you enjoy.

complement each other

30

释义 v. 互补

例句 Colors across from each other on the color wheel complement each other.



eating pattern

31

释义 *n.* 饮食习惯

例句 You should maintain a regular eating pattern beginning with breakfast, followed by lunch, and finally dinner.

find favor in one's eyes

32

释义 *v.* 获得青睐

例句 Students try to find favor in the eyes of their teachers by bringing them small gifts and being attentive during class.

improper eating habit

33

释义 *n.* 不良的饮食习惯

例句 The doctor warned me against improper eating habits, but I just can't help eating chocolate every night after dinner.

lower the risk for diabetes

34

释义 *v.* 降低糖尿病的风险

例句 You should avoid eating sugary and fatty foods in order to lower your risk of diabetes.

residential area and downtown

35

释义 *n.* 居民区和市中心

例句 The realtor told us that there was a difference between the residential area and downtown. In the residential area, we'd be able to buy a single-family home, but we'd only be able to rent an apartment downtown.

be committed to

36

释义 *v.* 致力于

例句 Partners in marriage should be committed to each other.

have a close relationship with

37

释义 *v.* 与...关系亲近

例句 I have a close relationship with my mother and I consider her one of my closest confidants.

have a tendency to

38

释义 *v.* 往往/倾向于做某事

例句 I have a tendency to become very forgetful after a long week.

participate in community activities

39

释义 *v.* 参与社区活动

例句 When I was in high school, I was required to participate in community activities, so I spent my weekends at a soup kitchen feeding the homeless.

remind someone of something

40

释义 *v.* 提醒某人某事

例句 My friend asked me to remind her of something... but I can't seem to remember either.

engage in a cultural activity

41

释义 v. 参与文化活动

例句 You will have many opportunities to engage in cultural activities when you live abroad.

make a reservation

42

释义 v. 订位, 预订

例句 Before we went to the restaurant, we had to make a reservation because the restaurant is always packed.

model oneself on someone

43

释义 v. 效法, 以某人为榜样

例句 I try to model myself based on my biggest role models.

recommend someone to

44

释义 v. 把某人介绍给...

例句 The mother asked me if I could recommend someone to take care of her children while she ran errands.

replace something with something

45

释义 v. 以……代替……

例句 I accidentally broke her flower vase, so I replaced it with a new one.

subscribe to a newspaper

46

释义 v. 订阅报纸

例句 Wherever I live, I like to subscribe to the newspaper so I have a better idea of what's happening in the community.

save money for a rainy day

47

释义 v. 未雨绸缪, 居安思危

例句 My parents always tell me not to spend my money, but to save it for a rainy day in case something unforeseen happens.

persist in

48

释义 v. 坚持

例句 Innocents all over the world cannot continue to persist in peril or persecution.

comfort sb

49

释义 v. 安慰某人

例句 Sometimes, when I'm feeling blue, I need someone to comfort me and help me feel better.

happy-go-lucky/carefree

50

释义 adj. 随遇而安的, 无忧无虑的

例句 I think happy-go-lucky and carefree are ideal character qualities to possess, as long as you balance them with occasional seriousness and hard work.

