



2016

# 专八作文

## —100篇—

上海外国语大学

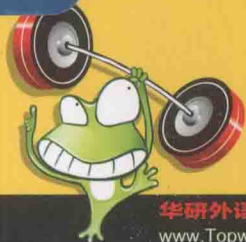
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**6**类作文话题，全面覆盖考点

**3大写作素材**

- ✓ 6个作文模板
- ✓ 110条万能句型
- ✓ 100条名言谚语

**MP3**  
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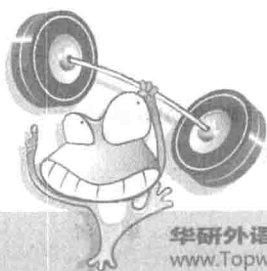
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# 专八作文

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# 前言

面对专八考试作文题目时,考生最痛苦的莫过于:话题陌生,无从下笔;缺乏素材,无话可写;思路不清,字数难凑。

《专八作文》应运而生,专为需要攻克英语专业八级作文的考生量身定做。本书具有以下特点:

## 一、6类热点话题,全面覆盖考点

本书编者精研英语专业八级作文命题,精选出6类易考作文话题,涵盖100个命题,全面覆盖了专八写作的考点,预测性强。

## 二、100篇精品范文,易于模仿背诵

熟读唐诗三百首,不会作诗也会吟。本书为100个命题提供了100篇精品范文,这些范文逻辑清晰,层次分明,论据充分,非常易于背诵。考生在背诵的基础上进行有针对性的写作模仿,写作能力可大大提高。

## 三、超详解析,帮助学以致用

本书所有范文均提供超详解析,包括写作思路、全文翻译、亮点词汇、万能句型等,帮助考生读透考题,学以致用。

- ◆ **写作思路**——演示如何审题,如何谋篇布局,进而确定各段的写作要点。
- ◆ **全文翻译**——提供准确、流畅的译文,帮助理解范文。
- ◆ **高分点评**——提供范文鉴赏、分析写作手法,帮助提高语言能力。
- ◆ **亮点词汇**——总结范文中的精彩词汇,方便考生积累。
- ◆ **万能句型**——归纳经典句型,帮助考生写作时套用,提高表达能力和写作速度。

## 四、3大写作素材归纳,方便考前储备

很多考生在写作时总是无话可写,或者写不够字数,究其原因,往往与考前没有储备充足的素材有关。鉴于此,本书在附录中为考生精心归纳了3大写作素材,供考生临考突击之用。包括:6个作文模板,110条万能句型,100条常用名言谚语。考生在考前积累一定量的实用素材,考场实际写作时,不管是模仿套用还是即兴发挥,都有望做到文思泉涌、下笔如有神。

## 五、100篇范文录音,随时随地背诵

有别于市面上那些只提供范文的写作书,本书所有范文均提供发音纯正、清晰的MP3录音。此外,所有录音均带字幕,同步显示录音原文,考生可随时随地背范文,效率更高。

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# 第一章

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## 熟悉专八作文

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# 第一节 大纲要求及评分标准

## 一、大纲要求

**测试要求:**能按照所给题目及要求撰写一篇说明文或议论文,文章长度约 400 个单词;能做到内容充实、语言通顺、用词得体、结构合理、文体恰当,具有说服力。

**测试形式:**本部分为主观试题,共一个作文题目,考试时间为 45 分钟,分值 20 分。

**测试目的:**按照《大纲》的要求测试学生的写作能力。

## 二、评分标准

评价一篇八年级作文的得分主要参照以下四个尺度:内容(content)、组织(organization)、语法(grammar)和得体性(appropriacy)。这四个尺度中,前两个尺度是关于内容结构的,属于谋篇布局部分;后两个尺度是关于语言的,属于表达部分。在八年级考试的作文评阅中,一般将作文分为五个等级:

### ◆ 18-20 分 优秀作文 EFFECTIVE COMMUNICATION WITH ACCURACIES

The writing effectively addresses the writing task. It demonstrates a well developed logical organizational structure with clearly stated main ideas and sufficient supporting details. It has almost no errors of vocabulary, spelling, punctuation or syntax, and it displays an adequate ability to use the language with appropriacy. No difficulty is experienced by the reader.

该分数段的作文观点清晰,结构合理,论点表达清楚,论据丰富,语言运用得体,基本没有语言错误。

### ◆ 15-17 分 良好作文 GOOD COMMUNICATION WITH FEW INACCURACIES

The writing adequately addresses almost all of the writing task, though it deals with some parts more effectively than others. It demonstrates a generally well developed logical organizational structure with main ideas and supporting details. It has relatively few significant errors of vocabulary, spelling, punctuation or syntax, and it displays an ability to use the language with appropriacy. Very little difficulty is experienced by the reader.

该分数段的作文观点明确,结构合理,有明确的论点和充分的论据,语言运用较得体,稍有语言错误。

### ◆ 12-14 分 及格作文 PASSABLE COMMUNICATION WITH SOME INACCURACIES

The writing adequately addresses most of the writing task. On the whole, it demonstrates an adequately developed organizational structure, though there may occasionally be a lack of relevance, clarity, consistency or support. It has occasional errors of vocabulary, spelling, punctuation or syntax, which may, from time to time, obscure meaning, and for the most part it displays some ability to use the language with appropriacy. Occasional difficulty is experienced by the reader.

该分数段的作文观点明确,结构完整,内容偶有不相关或阐述不清楚,说话运用的得体性一般,语言错误不少,影响到作文的理解。

### ◆ 9-11 分 问题作文 PROBLEMATIC COMMUNICATION WITH FREQUENT INACCURACIES

The writing only addresses some of the writing task. It demonstrates an inadequate organizational structure, and there may quite often be a lack of relevance, clarity, consistency or support. It has frequent errors of vocabulary, spelling, punctuation or syntax, and it displays a limited ability to use the language with appropriacy. Some difficulty is experienced by the reader.

该分数段的作文观点不甚明确,结构不完整,内容匮乏,语言得体性较差,语言错误较多,影响到作文的理解。



## 6-8分 失败作文 ALMOST NO COMMUNICATION

The writing almost completely fails to address the writing task. It has neither an organizational structure nor coherence. Almost all sentences contain errors of vocabulary, spelling, punctuation or syntax, and it displays no ability to use the language with appropriacy. Even after considerable effort on the part of the reader, the text is largely incomprehensible.

该分数段的作文基本没有达到写作要求,几乎无结构和内容可言,通篇充斥语言错误,无语言得体性可言,读者难以理解,得分在6-8分或以下。

# 第二节 六个黄金技巧攻克专八作文

## 怎样审题?

### 技巧1:分清类型 透析话题

专八作文大体上有三种命题形式:表达看法型、现象解释型、支持与反对型。“表达看法型”的题目,一般有 what is your opinion? 这一设问。此类题目可写的范围比较广,因此题目后面通常会有一个范围稍窄的追问(Should...或 Do you think....)。考生可把论述的重点放在这一追问上。“现象解释型”的题目一般是对所举现象的原因、解决方案或过程进行探讨,也就是说题目已规定了考生写的是“原因”、“解决办法”或“过程”,考生无需在其他方面赘言。“支持与反对型”的题目,一般会有 Do you agree or disagree...这一设问。解答这类问题通常可以一边倒(即:要么同意,要么不同意),也可以折中,写成 to what extent I agree or disagree...

从涉及的题材而言,专八写作大体上有以下几类:品德修养类、社会生活类、求职就业类、人际交往类、校园学习类、文化教育类。在考试的时候,考生需要用3分钟左右快速审题,弄清楚题目的类型及涉及的话题。以下是三例专八真题作文的写作要求,请考生迅速指出相应的类型及题材。

#### 例1:

*According to a recent newspaper report, many famous sites of historical interests in China have begun or are considering charging tourists higher entry fees during peak travel seasons. This has aroused a lot of public attention and also public debate. What is your opinion? Should famous Chinese sites of historical interest charge higher fees during peak travel seasons?* 【2011年专八真题】

点评:该题目要求考生就“在旅游高峰时期提高一些著名景点的门票价格”发表自己的看法。由题中的“What is your opinion?”和其后限定的写作范围“Should famous Chinese sites...”可判定该作文属于“表达看法型”,涉及的题材为“社会生活类”。

#### 例2:

*Joseph Epstein, a famous American writer, once said, “We decide what is important and what is trivial in life. We decide (so) that what makes us significant is either what we do or what we refuse to do. But no matter how indifferent the universe may be to our choices and decisions, these choices and decisions are ours to make. We decide. We choose. And as we decide and choose, so are our lives formed. In the end, forming our own destiny is what ambition is about.” Do you agree or disagree with him?* 【2006年专八真题】

点评:该题目要求考生就“是否同意美国著名作家约瑟夫·艾本斯坦的言论”写一篇文章,由题中的“Do you agree or disagree with him?”可判定该作文属于“支持与反对型”,涉及的题材为“品德修养类”。

#### 例3:

*The Internet is about to take off in China. As many as 9 million people are online, a number that is estimated to hit 20 million by the end of 2000. It is predicted that this phenomenal growth will have great impact on our society and economy. Choose ONE aspect of our society or economy where you think the impact will be most strongly felt, and write an essay of about 400 words entitled “The Impact of the Internet on...”* 【2001年专八真题】

点评:该题目给定作文标题,要求考生就“网络迅速发展所带来的影响”进行阐释,属于“现象解释型”,涉及的题材为“社会生活类”。

## 如何布局?

### 技巧 2:四、五段式定结构

审完题目后,考生需要用 5~6 分钟来谋篇布局。在这一阶段,考生要按照题目的类型及所涉及的题材来“头脑风暴”,把能想到的观点、例子、引言、好词好句都快速写在草稿纸上。然后,考生根据自己想到的材料来决定到底是用四段式还是五段式。所谓的四段式就是开头 1 段,中间部分 2 个观点各占 1 段,最后总结 1 段。五段式是开头 1 段,中间部分 3 个观点各占 1 段,最后总结 1 段。一般而言,如果考生对某一话题的了解比较深入,掌握的例子与相关知识也多,那么建议使用五段式;如果考生对题目的认识比较表面,那么建议用四段式。

## 如何开头?

### 技巧 3:七种方式 开好头

开头的方式有以下这几种:(1)以大背景开头;(2)以正/反方观点开头;(3)以个人故事开头;(4)以引言/典故开头;(5)以设问开头;(6)以数据开头;(7)以实例开头。通常在考场中,考生比较喜欢的方式是以个人故事开头或以正/反方观点开头。但是,考虑到考生人数众多,要脱颖而出,就要标新立异。因此,考生平时可多积累背景知识、名人名言,甚至是一些常见的数据,这样能在开头给阅卷老师留下好的印象。以下是后面范文所用到的开头方式的范例。

#### 例 4:第 42 篇 Mandatory Retirement Age Should Be Imposed

In China, we compare people of above 60 years old as those in second golden age. By golden, it means a carefree and lay-back life style and having much more time to spend with their children and grandchildren.

点评:在是否应强制退休年龄的话题下,以中国颐养天年的背景开头。

#### 例 5:第 32 篇 Seniors' Home: a Sensible Choice

How to care for the old is always a significant issue in modern society. However, as the society gets more and more competitive, many young people live under so much pressure and get so busy that they can no longer take care of their parents by themselves and have to send them to seniors' home. Some people think that it is against filial piety.

点评:在养老院的话题下,以反方的观点(把老人家送到养老院有悖孝道)开头。

#### 例 6:第 47 篇 Unpaid Internship Pays Off

Two years ago, when one of my friends graduated from university, she took an unpaid internship in a company. I was skeptical about this internship offer. Three months later, owing to her excellent performance, she was hired as a regular employee with a handsome salary.

点评:在免费实习的话题下,以身边朋友的例子开篇。

#### 例 7:第 5 篇 Right the Wrongs

"But he isn't wearing anything at all!" We all recall the naked truth uttered by the kid in the fairytale of *The Emperor's New Clothes* by Hans Christian Andersen.

点评:在小孩子回答“我要当贪官”的话题下,以安徒生童话《皇帝的新装》开篇。

#### 例 8:第 92 篇 Don't Say "No" to Cyber Language

Do you happen to know the meaning of "3Q" (which means "thank you")? How about "shen ma" (literally god-horse)?

点评:在网络语言的话题下,以两个网络语言的设问开篇。



### 例 9: 第 70 篇 Keep Yourself Psychologically Healthy

With heavy pressures from study, work and personal relationship, some college students find themselves increasingly depressed and unaccomplished. According to a sample investigation on college students in Beijing, 23.6% of the investigated population suffered from depression.

点评: 在大学生心理问题话题下, 以一个大学生的统计数据开头。

### 例 10: 第 82 篇 Civilization on Bulldozers

In 1951, a stone fell from an ancient memorial archway in Chaozhou City and killed a postal worker. In light of this accident and a busy traffic flow, 150 archways in the city were all torn down. Not until 2009 were 22 of them on Taiping Road restored.

点评: 在拆除文化古迹的话题下, 以潮州一个现实的例子开头。

## 如何写主题句?

### 技巧 4: 点词成句

正文部分不管是由两段还是三段组成, 都可以按照“主题句+论证”这样的结构来行文。主题句一般放在该段的段首。考生在写主题句时可参照构思时想到的例子、观点, 把相类似的部分组合在一起, 然后围绕着该部分用一个单词或一个词组概括出来, 再扩展成一句话, 便是该段的主题句。如本书第 27 篇 *The Advantages of DIY* 正文部分的第一段, 作者举夫妻二人组装柜子的例子, 指出自己动手能收获生活的愉悦, 并能增进感情。这一段如果一个词来概括可以是 pleasure, 因此, 主题句可以写为 *DIY offers the pleasure that could not be found in the job.*

## 如何论证?

### 技巧 5: 五种方式 以理服人

论证的形式一般有以下几种: (1) 举泛例实例; (2) 举具体的实例; (3) 引用名言/专家观点; (4) 引用数据; (5) 说理。以下通过后面范文论证时所用到的范例, 简要说明这五种论证方式是怎样构成的。

### 例 11: 第 27 篇 The Advantages of DIY

Just imagine the cabinet boards you and your wife are piecing together. It is surely a great joy to do it by you both, during which you can talk and discuss. Once the cabinet is done, I'm sure a sense of achievement will be hovering over you. 【举泛例论证】

### 例 12: 第 28 篇 Should Talent Shows Be Restricted on TV Channels?

Many so-called fans are in fact “fans”, bought and prearranged. A friend of mine, who used to be a fan of one of the “Happy Boys” contestants, admitted that the fan club she joined resembled a cult, where everyone was brainwashed into contributing money to the group and no criticism of the “star” was allowed. 【举具体的实例论证】

### 例 13: 第 34 篇 Naked Marriage: Stripping Away the Material Protection?

Secondly, huge pressure from life might induce the collapse of a marriage. As is maintained by Dr. Joyce Brothers, an American psychologist, “Marriage is not just spiritual communion and passionate embraces; marriage is also three meals a day, sharing the workload and remembering to carry out the trash.” 【引用名言/专家观点论证】

### 例 14: 第 25 篇 No Smoking in Enclosed Public Places

When people smoke, the hazardous substances not only harm the smokers, but also those who breathe in the smoke, known as second-hand smoking or passive smoking. It is estimated that China is



home to more than 300 million regular smokers, and over 700 million people are routinely exposed to harmful second-hand smoke. 【引用数据论证】

#### 例 15: 第 27 篇 The Advantages of DIY

As CPI is soaring, some couples, with their moderate salaries, cannot afford great living expenses. Paying extra fees for home improvement projects might make the situation worse, and might be the last straw to break their backs. Fortunately, DIY provides an alternative. 【说理论证】

在考试场合,通常比较常见的论证方式是举泛例、具体的实例和说理,而对于引用名言/专家观点和引用数据这两种方式则需要平时广泛涉猎、不断积累,才能在考场上“妙手偶得”。考生需注意的是,在专八作文中,不要只用一种论证方式。例如,不要只使用说理这一论证方式,这样会让文章显得索然无味,考生需要综合使用 2~3 种论证方式,让文章读起来有理有据,以理服人。

## 如何写结尾段?

### 技巧 6: 同义修辞 收好尾

结尾段是对整篇文章的概括性总结,一般而言,出于考试时间和作文字数限制的考虑,结尾段的篇幅无须过长。考生基本上可使用“同义反复”的技巧,把上文提到的观点用另外的表达方式再说一遍,与前文形成呼应,结构也就显得完整了。当然,对于一些语言功底比较好,而且平时积累多的考生,也可以考虑用名言或使用修饰手法作总结。

#### 例 16: 第 24 篇 Entry to Museums Should Be Free

【开头】As far as I am concerned, museum entry should be free, which will increase public exposure to cultural knowledge and fuel the growth of the pillar industries.

【结尾】In conclusion, free entry to museums is a magnet to attract public interests in cultural knowledge and an engine to drive the pillar industries. We should not attach a price tag to this valuable facility, the benefits of which are supposed to be shared by all.

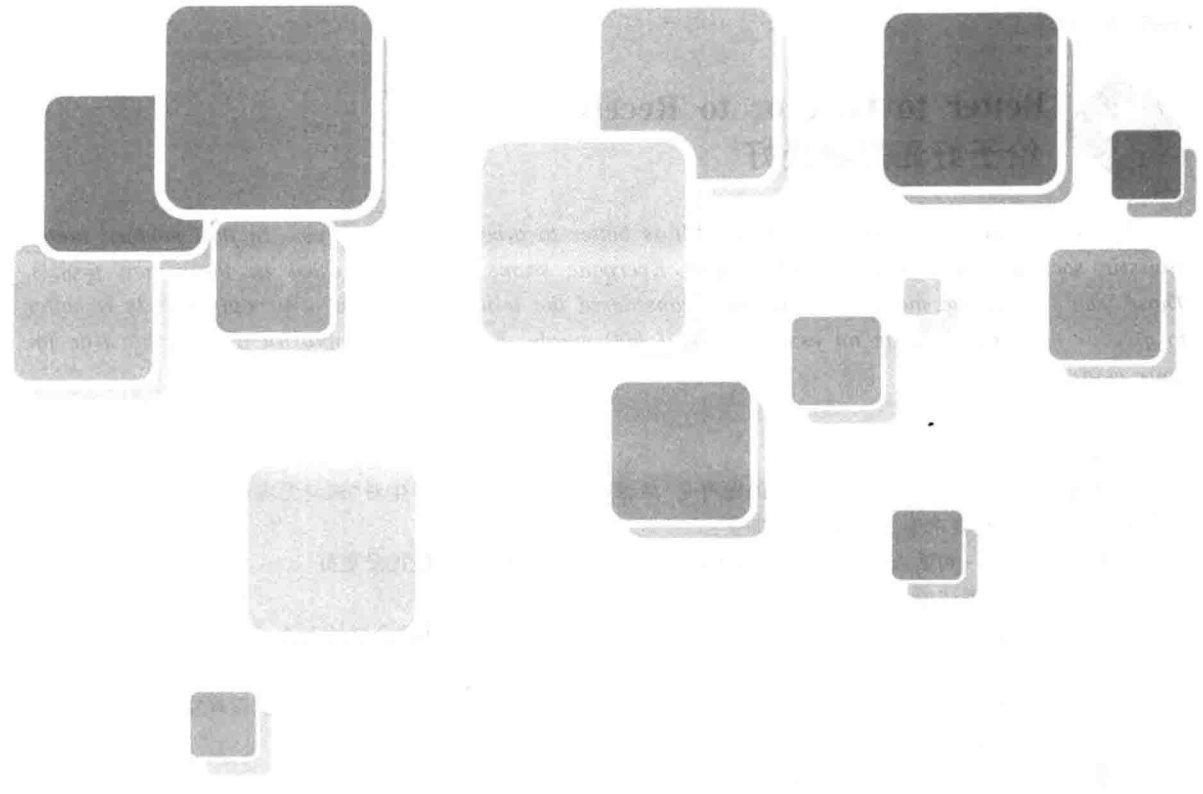
【点评】注意到 increase public exposure to cultural knowledge 与 attract public interests in cultural knowledge, fuel the growth of the pillar industries 与 drive the pillar industries, should be free 与 should not attach a price tag 这三对词组是同义反复的。此外,作者还用了比喻的修辞手法,把博物馆比喻为磁石和引擎,使结尾更具特色。

#### 例 17: 第 73 篇 Beauty Is Only Skin-deep

【开头】I do not think high school and college students should take cosmetic surgery.

【结尾】To sum up, high school and college students should not take cosmetic surgery because of the high risk of health and the low-mindedness of narrow definition of beauty. As the famous saying goes, “beauty is only skin-deep”. Older people should guide the young to form an informed and mature decision.

【点评】作者开头用了“do not think high school and college students should take cosmetic surgery”, 结尾则用 high school and college students should not take cosmetic surgery 重复了主题句,并用 high risk 和 low-mindedness of narrow definition of beauty 简洁重申了正文内容,首尾形成呼应。此外,作者还引用了俗语,使文章的结尾更有说服力。



# 第二章

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## 专八作文 100篇

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> 品德修养类 | <input type="checkbox"/> 社会生活类 |
| <input type="checkbox"/> 求职就业类 | <input type="checkbox"/> 人际交往类 |
| <input type="checkbox"/> 校园学习类 | <input type="checkbox"/> 文化教育类 |
- 





## 1

## Better to Give or to Receive

## 给予好还是收受好

We are all familiar with the saying, "It is better to give than to receive." In this modern materialistic society, this concept is challenged. Everyone seems to be interested in their own profits. Those who receive the most are sometimes considered the winners. What is your opinion? Is it better to give or to receive? Write an essay of about 400 words. You should supply an appropriate title for your essay.

## 写作思路

本题属于“表达看法型”论说文,涉及的题材是“品德修养”。该题要求考生对“施与受应作如何选择”提出个人的意见。按照题目的要求型,可谋篇布局如下:

**开头:**由圣经的一句话入题,指出在中国也有施予的例子。由此,指出施比受更好。

**主体:**分两方面阐述原因。

1. 给予比收受带来更多的开心。列举神经学的研究成果以及哈佛大学社会学的调查,证明给予的人比收受的人更开心。

2. 收受的人通常社会地位比给予的人要低一些。以一个幽默故事为例,并说明在过去和现在的社会,给予的人社会地位都比收受的人要高。

**结尾:**重申观点,在快乐与社会地位这两方面而言,给予要胜过收受。

## 精品范文

## Better to Give

"It is more blessed to give than to receive." This biblical reference has **been integrated into** numerous sermons and comments, which constitutes the spiritual core of the western culture. Similarly, in China, the virtue of **generosity** is **extolled** and promoted, as we all recall the story of two mates in an army sharing a bun in the wartime. Therefore, I think it is universally acknowledged that "it is better to give than to receive".

First of all, giving will result in more happiness than receiving. Some people might claim that the more you receive, the richer you will be, and hence you will be happier. The logical **fallacy** of this thought is to equate wealth with happiness. There are times when you suffer from sleepless nights, just because you have received valuable gifts from others and have no idea how to return the favors. According to scientific research, when we give away presents, more **neurons** associated with happiness in the brain are activated. Besides, a sociological study by Harvard University also **testifies to** the fact that for those in a given income level, the more money they donate, the happier they will be. These two studies all assure us that giving is better than receiving.

What is more, receivers are usually inferior to givers in terms of social status. A mildly humorous story goes like this.

“施比受更有福。”《圣经》的这句话已在无数布道和观点中体现出来,并构成了西方文化的精神核心。同样,在中国,慷慨的美德是受颂扬的。我们都还记得在战争时期两个战友分吃一个馒头的故事。因此,我认为“施比受更好”这是举世公认的。

首先,施比受会带来更多的快乐。有人会声称,收到越多,就会越富有,因此会更快乐。该想法犯了一个逻辑谬误,把财富与快乐划上等号。有时因为收到别人送的昂贵礼物而不知道如何回报时,你会受失眠之苦吧。据科学研究,当我们送出礼物时,在大脑里更多与幸福相关的神经元被激活。此外,美国哈佛大学社会学研究也证明,在一个特定的收入水平下,捐款越多,就会越快乐。这两项研究都向我们证实了:给予比收受更快乐。

另外,受者通常在社会地位方面逊色于施者。有这样一个小幽默故事。两个男人死后到天堂见上帝。上帝给他们来





Two men were dead and went to heaven to meet God. God gave the men two options for their next life: always receiving things and always giving out things. The greedy man of the two answered immediately that he wanted to be the receiver. The other man had no choice but to agree that he would become the giver. As it turned out, the greedy man turned into a beggar, while the other a billionaire. This story mocks the greedy man and in its implicit way tells us that givers usually enjoy higher social status than receivers. This was especially true in the old society where the **patrons** often **doled out** rice or supplies to the poor. In modern society, givers would establish their **esteemed** status and beneficial social network through generous donation and many other charity acts. There is no doubt that being a **philanthropist**, an extremely unselfish giver, is highly recognized in our society.

To conclude, giving is better than receiving in at least two senses: happiness and social status. Whilst there is nothing wrong to be a rightful receiver, we could be better off to give more.

生两个选择:总是受,总是施。其中贪婪的那个人立即回答,他想成为收受者。另一名男子别无选择只好同意成为施者。结果,贪婪的人变成一个乞丐,而另一个人变成了亿万富翁。这个故事嘲笑了贪婪的人,并以含蓄的方式告诉我们,施者通常比受者享有较高的社会地位。在旧社会尤其如此——资助人经常派发大米或用品给穷人。在现代社会,施者通过慷慨捐赠并从事许多其他的慈善活动,建立自己受尊敬的地位和有益的社会网络。毫无疑问,作为一个慈善家,一个非常无私的施者,在社会上是受高度认可的。

最后,至少在快乐和社会地位这两方面,施比受更好。虽然做一个合理的收受者也没有什么问题,但如果我们给予更多,就更好了。

### ◆ 高分点评

本文以圣经的一句话开篇,结合中西方文化,指出给予比收受要好是具有普遍性的。引用名句和举例子来指出论点,使得文章一开始就颇具说服力。

正文由两个部分组成,分别从快乐与社会地位两个方面来论述。第一部分,作者指出施比受会带来更多的快乐。作者举了神经学和社会学的研究成果来证明该论点,论据十分充分有力,让人信服。第二部分,作者指出收受的人通常社会地位比给予的人要低一些。作者用了一个幽默故事来阐述其观点,使文章更加生动,而不是古板的说教。此外,作者有条理地把过去与现在给予的人以何种方式体现出社会地位来做类比,使论述全面,也反映出作者的知识面广泛。正文的论述有理有据,突显了主题。

最后的总结,作者再次点明观点,使文章论点非常明确。

### ◆ 亮点词汇

**be integrated into** 统一到……中

**extol** /ɪk'stəʊl/ *v.* 赞美

**neuron** /njuəron/ *n.* 神经细胞

**patron** /'peɪtrən/ *n.* 资助人

**esteem** /i'sti:m/ *v.* 尊敬

**generosity** /dʒenə'rɒsɪti/ *n.* 慷慨

**fallacy** /'fæləsi/ *n.* 谬论

**testify to** 证实

**dole out** 少量地发放

**philanthropist** /fɪ'lænθrəpɪst/ *n.* 慈善家

### ◆ 万能句型

1. I think it is universally acknowledged that... (首段表达作者看法)

我认为……是被广泛承认的。

2. ... also testifies to the fact that... (正文提出论据)

……同样证实了……的事实。

3. ... have no choice but to agree that... (正文指出某人意见)

……别无选择,只好同意……

4. There is no doubt that... (提出论据后进行小结)

毫无疑问,……