

慎小疑

# 十天突破

## 雅思写作必备短语集



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多年教学实战经验 切实针对中国考生难点

剑10版


### Pat's Ten-Day Step-by-Step Guide to the IELTS Writing Test The IELTS-10 Era

Good schooling at all three levels — primary, secondary and post-secondary — has five common characteristics: ① It encourages students to think independently and critically. Students are empowered to evaluate their teachers' performance honestly, and are expected to have their own ideas rather than just repeat what their teachers have said. ② Good educational institutions are responsive to social needs and are committed to high standards with integrity and a strong sense of social responsibility. These institutions provide not only knowledge but also moral values, and help students hone their




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随时随地背  
phrases



就雅思写作而言,如果你感觉一个词看起来太大、太难或者太“假”,那么最好的办法就是——不去记它



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# Part 1 6.5 分必背的 120 急救短语和扩展短语

标 ★ 表示是这类理由的最高频短语

## 技能类短语 (Skill)

(包含学生、儿童、员工的技能)

### 1 develop their skills 发展他们的技能

十类常考技能：

thinking and learning skills

思考和学习的能力

reading and writing skills 读写技能

foreign language skills ★ 外语技能

creative skills ★ 创造力

artistic skills ★ 艺术才能

problem-solving skills ★ 解决问题的能力

computer skills ★ 电脑技能，计算机技能

social skills ★ 进行社会交往的技能

communication skills 沟通能力

teamwork skills ★ 团队合作的能力

## 2 improve their academic skills

提高他们的学术技能

### 【扩展短语】

achieve good grades ★

(学生) 获得好成绩

broaden their knowledge about ... ★

扩展他们关于……的知识

broaden their knowledge and skills

扩展他们的知识和技能

can gain a better understanding of ... ★

(儿童、学生、游客) 可以加深对……的理解

### 【略难的扩展短语】

improve their analytical skills

提高他们的分析能力

improve their academic performance

提升学生们的学业表现

develop logical thinking

发展逻辑思维

develop independent thinking skills ★

发展独立的思考的能力

3 gain practical experience ★

获得实践经验

【扩展短语】

lack practical experience ★ 缺乏实践经验

4 develop good learning habits

形成良好的学习习惯

【扩展短语】

study more efficiently 更高效地学习

**短语家族——develop good habits:**

develop good eating habits ★

形成良好的饮食习惯

develop good reading habits

形成良好的阅读习惯

develop good spending habits ★

形成良好的消费习惯

develop good driving habits

形成良好的驾驶习惯

5 increase their independence ★

(活动、经历等) 增强他们的独立性

### 【扩展短语】

become more independent ★ (孩子、年轻人、低收入家庭、受援助国家等) 变得更独立

become more independent and confident ★  
变得更独立而且更加自信

### 【略难的扩展短语】

build their self-confidence and self-esteem  
树立自信和自尊

damage their self-confidence ★  
打击他们的自信

### 短语家族——build:

build good relationships 建设良好的关系

build understanding and trust  
建设相互理解和信任

build a successful career 建设成功的事业

build a productive workforce for the future ★  
为未来建立一支高效的劳动力

6 have more creative ideas 更有创意

### 【扩展短语】

think creatively ★ 有创意地思考

express their feelings creatively ★  
用有创意的方式表达自己的情感

【略难的扩展短语】

have a talent for ...

对（语言、音乐、艺术等）有天赋

learn by rote 通过机械重复来学习

- 7 work closely with their classmates /  
work closely with their colleagues  
与同学（或者同事）密切地合作

【扩展短语】

cooperate with their classmates

与同学（或者同事 colleagues）合作

cooperation skills 合作的能力（名词短语）

teamwork skills 团队合作的能力（名词短语）

【略难的扩展短语】

cooperation and sharing

合作与分享（名词短语）

effective teamwork

有效的团队合作（名词短语）

- 8 improve their life skills  
提高他们的生活技能



### 【扩展短语】

manage their time well ★

(学生或员工) 管理好自己的时间

manage their money well

(消费者) 管理好自己的财务

manage their budget well ★

(消费者) 管理好自己的开支预算

achieve a work-life balance ★

(员工 employees) 实现工作和生活之间的平衡

achieve a work-family balance ★

(家长们) 实现工作和家庭之间的平衡

### 【略难的扩展短语】

time-management skills ★

管理时间的能力 (名词短语)

money-management skills

管理财务的能力 (名词短语)

## 9 broaden their interests ★

扩展他们的兴趣爱好

### 【扩展短语】

broaden their knowledge and skills ★

扩展他们的知识与技能 (注意: knowledge

不能用复数)

improve their social skills ★

提高他们的社会交往技能

develop their artistic skills ★

发展他们的艺术才能

【略难的扩展短语】

take part in extra-curricular activities ★

参加课余活动

expand their minds 开阔他们的思维

boost their teamwork skills

提升他们的团队合作能力

## 10 prepare them for employment ★

帮助他们为就业做好准备

【扩展短语】

vocational training ★ 职业培训 (名词短语, 请注意: vocational 的前两个字母是 vo)

enter the job market 进入就业市场

have more job opportunities

有更多的就业机会

【略难的扩展短语】

career guidance 就业指导 (名词短语)

increase their employability ★

增强他们的就业适应性

compete for jobs in a global market

在全球化的就业市场上竞争工作机会

the knowledge-based economy ★

以知识为主导的经济（名词短语）

### 短语家族——prepare them for:

prepare them for the job market ★

帮助他们适应就业市场的需求

prepare them for the future workforce

帮助他们满足未来对于劳动力的要求

prepare them for adult life ★

帮助他们为成年之后的人生做好准备

prepare them for the knowledge-based economy  
帮助他们适应以知识为主导的经济

## 11 upgrade their skills 升级他们的技能

### 【扩展短语】

update their knowledge 更新他们的知识

achieve career success ★

获取事业上的成功

computer skills 计算机技能

【略难的扩展短语】

achieve their career goals

实现他们的事业发展目标

professional skills 专业技能

the technology-driven economy

由科技推动的经济（名词短语）

12 achieve their potential ★

充分地发挥出他们的潜力

【扩展短语】

achieve their goals 实现他们的目标

效率类短语（Efficiency）

（包含学生、员工、生活、交通、  
媒体、经济的效率）

1 make learning more efficient （好的教学方法、新的教学科技等）让学习变得更高效

【扩展短语】

make working more efficient

（新的办公科技）让工作变得更高效

make shopping more efficient  
(网络商店) 让购物变得更高效

【略难的扩展短语】

make communication and cooperation more efficient  
(现代的通讯工具) 让沟通和合作变得更高效

**短语家族——动词 + more efficiently:**

work more efficiently ★ 更高效地工作

study more efficiently ★ 更高效地学习

travel more efficiently ★ 更高效地旅行

communicate and cooperate more efficiently  
更高效地沟通与合作

2 **increase their efficiency** ★ 提高他们的效率

【扩展短语】

reduce their efficiency ★ 降低他们的效率

【略难的扩展短语】

boost productivity ★ 提高生产率

boost farming productivity

提高农业的生产率

### 短语家族——boost:

boost economic growth 促进经济的增长

boost tourism ★ 促进旅游业的发展

boost crop yield 提高农作物的产量

boost national pride 提升公众的民族自豪感

boost their public image

(企业、私人机构等) 提升它们的公众形象

### 3 reduce distractions ★ 减少干扰

#### 【扩展短语】

cause distractions for ... (students / employees / drivers) ★

(对学生 / 员工 / 司机) 形成干扰

### 短语家族——concentrate on...:

concentrate on their studies 专心于学业

concentrate on their work 专心于工作

concentrate on driving 专心开车

### 4 make the best use of their time ★

更好地利用他们的时间

#### 【扩展短语】

lack self-control ★ 缺乏自控能力

## 5 boost their performance

提升他们（工作或者学习）的表现

### 【扩展短语】

academic performance ★

学业表现（名词短语）

job performance ★ 工作表现（名词短语）

boost students' academic performance

提升学生们的学业表现

boost employees' job performance

提升员工们的工作表现

increase their motivation 增强他们的动力

lack motivation 缺乏动力

### 【略难的扩展短语】

make them frustrated ★

让他们感到挫败感

cause frustration 导致挫败感

## 6 make our lives more convenient and comfortable 让我们的生活变得更方便、更舒适

### 【扩展短语】

high-tech equipment ★ 高科技的设备（名词短语，注意：equipment 不可数）

labour-saving equipment ★

可以节省人力的设备 (名词短语)

keep in touch with family and friends ★

和亲友保持联系

scientific research ★

科学研究 (名词短语)

**【略难的扩展短语】**

inventions and innovations ★

发明和创新 (名词短语)

scientific discoveries

科学的发现 (名词短语)

medical advances 医学的进步 (名词短语)

telecommunications networks 通讯网络

**7 make traffic more efficient**

让交通变得更高效

**【扩展短语】**

reduce traffic jams ★ 减少交通堵塞 (略难的写法: ease traffic congestion)

**减少交通堵塞的方法总结:**

control the number of cars 控制汽车的数量



improve public transport services

改善公共交通服务

【略难的扩展短语】

reduce the volume of traffic ★ 减少交通量

provide real-time traffic information to drivers  
向司机们提供实时路况信息

upgrade the road system

对道路系统进行升级

8 influence people's opinions ★ (广告、新闻节目、报纸等) 影响人们的看法

【扩展短语】

inform people about new products ★

(广告) 让人们了解关于新产品的资讯 (inform 是 information 的动词形式)

encourage people to buy things

(广告) 鼓励人们购物

boost the sales of products ★

(广告) 提升产品的销量

provide the latest news and information ★

(报纸、新闻节目等) 提供非常及时的新闻和资讯