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辞

# 英文应试◇写作话题 素材大全



主编 | 朱伟

Writing

第一本写作素材库，适用于大学及以上阶段的所有英语考生，  
尤其适合托福、考研、雅思类。

最高频的话题，最贴切的素材，最智慧的名言，最地道的表达，  
最万能的示例，最美丽的语言……即使不为应试，也值得收藏。



中央广播电视大学出版社

**恋练有辞**

# 英文应试写作话题素材大全

朱伟 主编

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朱伟 主编

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# 前言

你可有过这样的困扰，要写英文作文，全文结构是知道的，句型也有背过的模板，思路破题也有，但就是无从下笔，写不出来？笔者每年都会遇到很多这样的考生，带着苦恼来询问应该如何下笔写作。其实大家的问题只有一个：素材不够！素材就是连接抽象思维和最具体写作文字之间的桥梁。没有素材，抽象的思路无法显现出来；没有素材，空有万千模板句式，根本用不上。而这也是当前写作教学过程中教师普遍忽视的方面，毕竟讲解破题立意、遣词造句这些都是英文写作教师的老本行，但是素材这一重要环节，不是简单的“讲解”二字就可以很轻松带过的。考生们面对的话题千千万万，需要用到的思路可能只有几种，需要用到的句型更是不多。可是在不同的作文中，需要用到的素材何止千百万。这样大量的内容，在课堂教学中讲谈何容易。考生们最稳妥的获取素材的方式，还是大量的积累。

纵观现今市场，英文写作书籍层出不穷，但恰恰没有一本为考生积累素材提供素材库的书。笔者因此下定决心，为考生编写这样一本针对四六级考试、考研与托福考试的写作素材库，以供考生在写作时积累素材。国内的英文考试，如四六级考试与考研，看似与出国考试，如托福、雅思，风马牛不相及，其实这两类考试有着一定的联系。两者的常见作文题都是针对抽象的生活观点、思想态度的。比如，考研中考查过 confidence、teamwork 的作文题，而这些题目在托福考试中也常常出现。正是这些考查点、写作点把这两类看似风马牛不相及的考试牵在了一起。笔者整理了这两类考试中所有这些宏观人生哲学的考查点，针对每一点都编写了可用的素材，考生只需要根据破题立意时确定的思路，在本书中查找到合适的素材，带入文章中就可以完成写作。这一本写作素材大全就是写作的大词典。考生们有不懂的单词，只要去查英语大词典就一定能查到；考生在写作上有素材不足的问题，只要看这本书也就一定能解决。

参加四六级考试的考生该如何使用这本书呢？对于四六级考试的写作来说，只

有掌握适用于写作的英语素材，才能为有理有据地行文打下良好的基础。四六级考试侧重于校园类话题、社会热点类话题以及和青少年相关的各类主流思想。本书提供了近千个这样的论证素材以及相关的写作方式，涉及文化、社会、校园等多类主题。通过此书，考生还可以了解更多有关教育、文化、科技、历史等方面的内容。在写作时，开篇立意，接下来引用本书中的素材，即可使四六级考试的写作游刃有余。

而对于考研的考生来说，考研比四六级考试更加看重人生观、价值观和世界观，考生则可以不仅仅使用本书中的优秀格言警句，更可以参考每段中的实例展开，以确保自己写作的文章不仅含义深刻，更有丰富的内容。

出国考试类，如雅思、托福的考生们则需要特别注意，西方的写作观与东方的颇有不同，重线性思维与实例，轻虚无缥缈的理论内容。故考生需在使用书中素材的同时，特别注意西方写作观里的总分结构、线性展开。同时，考生还可以通过对书中的范例段的仿写，来提高自身的写作素养。

希望广大考生能够利用好这本素材大全，考出高分，实现自己的理想。

编者

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# Chapter

# 1

## Present 当下篇

时间是最美丽的东西，我们在时间中获得成长，获得一切；时间是最残酷的东西，我们在时间中失去生命，失去所有。

时间匆匆流走，人生无法回头。当我们在青春年少的青葱岁月遥望自己的未来，是否有期待？当我们在人之中年的不惑之时回望过去，是否有遗憾？人生长河中的丝丝感慨都来源于经历，那真实的、血淋淋的、镌刻着我们自己脚印的经历，不是惧怕让期待落空，不是担忧被遗憾充斥，毕竟人生不可能没有期待和遗憾，这一切只是为了让你我的人生更丰富，让你我在短暂的一生中，尽量看尽人世万象，不枉为人一回。

我们应该如何掌控时间、把握当下呢？雄辩的口才固然重要，但是更多时候，我们需要用行动武装自己，看清自己的位置，看清自己所处的环境，然后告诉自己，接下来要做什么，然后立刻开始着手去做。请记得，在奋斗的过程当中，口才只是点缀，它能让我们节省不必花费的精力和力气，但是奋斗的根本仍是行动力，我们的行动力直接决定了我们的未来，口才只能决定在路上让我们感到轻松或是沉重。

现在让我们一起来静心品读智者们对于如何掌控时间的一些至理名言，请记住，这些都是来自于智者那真实的、血淋淋的、镌刻着自己脚印的经历。

## Section

# 01

## Time. Present. Preparation.

### 时间、当下、准备

#### 至理名言 | time 时间

Time is a bird for ever on the wing.  
时间是一只永远在飞翔的鸟。

#### 必学词汇

**wing** [wɪŋ] *n.* 翅膀, 翼

#### 经典例句

The new products are displayed at the east wing.

新产品在东翼展出。

#### 至理名言 | past experience 过往经验

We know nothing of what will happen in future, but by the analogy of past experience.

除了凭着对过去的经验加以类推之外, 我们对今后的事一无所知。

#### 必学词汇

**analogy** [əˈnælədʒi] *n.* 类比, 类推

#### 经典例句

While this analogy seems obvious, this is essentially what we do in our lives.

虽然这个比喻有点浅显, 但这正是我们在生活中所做的事。

#### 真题题目

Do you agree or disagree with the fol-

lowing statement? Parents use strict rules to make their children have successful life.

#### 题目分析

典型的证明现象是否存在类的题目, 可以从解读关键词 successful life 出发, 分析构成成功生活的三个要素: 资金积累、知识储备和丰富的人力资源, 以此来证明严厉规则可以促成孩子未来的成功。当然也可以从否定的角度出发, 认为严厉的规则会对孩子的成功产生负面影响。

#### 应用展示

With respect to the past experience, some parents who rely on the analogy of past experience make the significant decisions in terms of their love. For instance, when we are hesitating about whether to hold on to the current secure and short-hour job or to take the risk to jump to a starting company where we can have greater influence and feel the gratification seeing it grow, parents can help us analyze the pros and cons, but critically, we need real life experience to fully understand the world and ourselves to make the right decision.

## 至理名言 | doubt 疑虑

The only limit to our realization of tomorrow will be our doubts of today.

实现明天的理想的唯一障碍是今天的疑虑。

### 必学词汇

**limit** ['lɪmɪt] *n.* 限制, 界限 *v.* 限制

### 经典例句

In the face of this uncertainty of science, the decision about whether or not to limit the use of mobile phones is a political decision, not a scientific one.

在这种面临科学不确定性的情况下, 是否限制移动电话使用的结论是一个政治决策, 而不是科学决策。

## 至理名言 | change 变化

Growth and change are the laws of all life. Yesterday's answers are inadequate for today's problems—just as the solutions of today will not fill the needs of tomorrow.

生长与变化是一切生命的法则。昨天的答案不适用于今日的问题, 正如今天的方法不能解决明天的需求。

### 必学词汇

**inadequate** [ɪn'ædɪkwət] *adj.*  
不充分的, 不适当的

### 经典例句

Your goal is not to rid yourself of negative feelings, but to empower

yourself to take action even when you feel inadequate.

你的目标不是要摆脱自己的消极情绪, 而是在你觉得不够格的时候也要让你自己采取行动。

### 真题题目

Do you agree or disagree with the following statement? Parents should allow children to make their own choices rather than determine their children's future for them.

### 题目分析

自己做决定还是父母做决定, 相信这是我们每个人都经历过的选择。随着社会的发展, 越来越多的年轻人能够自己做决定, 相信大家看到这个题目也会更倾向于自己做决定。论据可以从“获取知识”“拓宽人际关系”“独立”三个角度出发来证明孩子自己做决定的好处。

### 应用展示

Making choices by themselves, children are more likely to achieve success. The reason is not far to seek. When they decide the future, they would throw heart and soul into it and it's no doubt that the only way is to empower themselves to take action even when they feel inadequate. In contrast, if parents make decisions instead, their children may suffer from a defect lack of capability to make their own choices.

## Mr. Zhu's quotes

过去已成过往，无法改变，只能祭奠；未来还没到来，不能装饰，只能幻想；而只有现在，当下是真实的，是你某一个时间点上宇宙中唯一一段和你相符相印的时间。那一刻，你只存在于那段时间，对过去的记忆，对未来的憧憬，都是虚幻的。所以请做一个唯物主义者，不要让对过去和未来的缥缈思绪主导你当下的真实。沉湎于过去与未来是我们最大的敌人，时间往往就是在这种精神鸦片式的幻想中流走的，所以年轻的朋友们，让我们一起把握当前，把握现在！

### 至理名言 | present 当下

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

不要沉湎于过去，不要幻想未来，把精力都放在当下吧！

#### 必学词汇

**dwell in** 居住在，停留在……

#### 经典例句

Dwelling in the past, one will be finally stuck in the past.

沉湎于过去，一个人终将被限制在过去。

### 至理名言 | now 当下

Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.

从过去得到经验，对未来设立详细而清晰的目标，活在你唯一能左右的时刻：当下。

#### 必学词汇

**vivid** ['vɪvɪd] *adj.* 生动的，鲜活的

#### 经典例句

He can vividly retell almost every single detail of that epic literature after reading it for only once.

在阅读一遍之后，他几乎能生动地复述那本鸿篇巨作中的每一个细节。

### 至理名言 | today 今天

The best preparation for good work tomorrow is to do good work today.

为把明天的工作做好，最好的准备是把今天的工作做好。

#### 必学词汇

**preparation** [ˌprepe'reɪʃn] *n.*  
准备

#### 经典例句

Any migration of this type requires careful preparation and planning.

进行这种类型的迁移需要仔细的准备和计划。

### 真题题目

Do you agree or disagree with the following statement? It is easier for people to succeed today.

### 题目分析

这个题目讨论的是现在的年轻人是否比过去的年轻人更容易成功。很显然，从主客观条件来看，现在的年轻人更容易成功。这道题可以从题干的关键词 success 出发，分析构成成功的三个要素是否在当下更容易获得。众所周知，成功必备的三个要素有知识（能力）、人际关系以及财富储备。

### 应用展示

Nowadays, the young can easily gain financial independence. The reasons are twofold. For one thing, the colleges and universities can provide various scholarships with the increasing number of all kinds of donations, which would be a solid foundation for students to make the best use of their cherished time to accumulate knowledge. For another thing, the past years have witnessed the groundbreaking changes of economy and it's universally acknowledged that the possibility of granting a loan is increasing dramatically, giving rise to the preparation of the nutrition for the success.

### 至理名言 | today 今天

Never let the demands of tomorrow interfere with the pleasures and

excitement of today.

永远别让明天的期待，影响你享受今天的时光。

### 必学词汇

**interfere** [ˈɪntəˈfɪə(r)] v. 干涉，干扰

### 经典例句

Don't interfere in other's private concerns.

不要干涉别人的私事。

### 至理名言 | present 把握当下

Happiness is not something you postpone for the future; it is something you design for the present.

幸福不是你延后兑现的未来，而是你精心设计的现在。

### 必学词汇

**postpone** [pəˈspəʊn] v. 顺延；推迟；延期；延迟

### 经典例句

It won't hurt to postpone the meeting for a few more days.

会议再推迟几天也无妨。

### 真题题目

Do you agree or disagree with the following statement? Patience is usually not a good strategy. People should take action now rather than later.

### 题目分析

这道题目属于抽象话题或者证明现象是否存在类的题目，要用拆分举例的

方法。我们的论点可以选择不同意，也就是说要证明人们需要耐心。因为写作作为表达自己观点的方式，关键在于自圆其说。所以可以把 people 做拆分，从三类不同职业的人群出发来证明：耐心或许比行动更加重要。

### 应用展示

To begin with, it is patience that can contribute to the final destination. This is because the more time you get yourself to consider the condition you are in, the clearer your mind will be and then, the better ideas you can come up with. For example, Apple iPhone 4, Steve Jobs' second-to-last gadget prior to his tragic death, suffered from a signal receiver glitch. Steve's coworkers didn't hurry to solve this problem instantly, on the contrary they settle down to collect the best way to handle it. It was not until November 7th, 2010, three months after iPhone 4S' launch, that Steve and his engineering team came up with a feasible solution. Although the problems postponed the previous schedule, it brought no bad reputation to Steve's company, but more trust from its consumers. This effectively teaches us a lesson—when problems occur, a decision made with patience is a decision made with wisdom.

### 至理名言 | decay 流逝

Time drops in decay, like a candle burnt out.

时间一点一滴地流逝，如同蜡烛慢慢燃尽。

### 必学词汇

**decay** [di'keɪ] v. / n. 衰退，衰减，腐蚀

**candle** ['kændl] n. 蜡烛

### 经典例句

(1) The ancient Egyptians knew ways to preserve dead bodies from decay.

古埃及人懂得保存尸体、使之不会腐烂的方法。

(2) When the candle was only half an inch high it flickered out and the room became dark.

蜡烛只有半英寸（1英寸≈2.54厘米）长时，烛光忽闪忽闪地熄灭了，于是房间里一片漆黑。

### 至理名言 | questioning 求真

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

学于过往，活在当下，心怀希望。最重要的就是不要让你的求真之心停下。

### 必学词汇

**questioning** ['kwɛstʃənɪŋ] n. 质问，探求

### 经典例句

After a questioning of a period of 10 days, the suspects finally confessed all the criminal facts.

在一段长达10天的讯问之后，嫌疑人终于坦白了所有犯罪事实。

## Section

# 02

## Footprint. Perception. Advancement.

### 足迹、感知、进取

#### 至理名言 | experience 经验

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third, by experience, which is the bitterest.

我们可以通过三种方法来了解智慧：首先，通过反思，这是最高贵的；其次，通过模仿，这是最简单的；最后，通过经验，这是最艰难的。

#### 必学词汇

**imitation** [ɪmɪ'teɪʃn] *n.* 模仿

#### 经典例句

Scientists conduct a research on the human behavior imitation, and without any doubts, the chimpanzee wins.

科学家做了一项关于人类行为模仿的研究，毫无疑问，黑猩猩获得胜利。

#### 真题题目

Do you agree or disagree with the following statement? Students should have part-time jobs while they are students.

#### 题目分析

“学生是否应该做兼职”一直是一个具有争议性的话题。随着现代社会的

发展，越来越多的人认为学生应该通过做兼职来提高自己的综合素质。这个题目如果选择同意，可以通过经济独立、获取经验以及人际关系三个角度来论证。

#### 应用展示

Taking part-time jobs can contribute to practical skills. The reason is not far to seek. It is because that to get enrolled into various jobs, students will encounter all kinds of difficulties and problems, such as communication problems, organizing problems, planning problems and so on. Undoubtedly, students will be forced to consult people from all walks of life to get through such difficulties unconsciously or subconsciously. For instance, they can make the best use of the Internet to acquire skills or they can imitate their parents or peers to tackle the problems. Gradually, their life skills would be tremendously increased. In the long run, what happens is that with all the weapons they've obtained, they may easily keep a favorable position in the fierce job-hunting competition.

## 至理名言 | trail 足迹

Do not go where the path may lead, go instead where there is no path and leave a trail.

不要走前人留下的路，而是开拓未知的地方，并留下你的足迹。

## 必学词汇

**trail** [treɪl] *n.* 痕迹，踪迹

## 经典例句

She found the trail of rabbit.

她发现了兔子的踪迹。

## Mr. Zhu's quotes

把握当下，关键在于认清今天的自己。在各种美好的品性和事物中，一颗能够感知幸福的心是对当下最好的呼应。学会感知幸福，学会感恩他人，你将发现无论你在做什么、想什么，你的今天都是如此美好。请看下面这句名言：

## 至理名言 | happiness 幸福

Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness.

学会对你现有的和你自己感到幸福，并在这两方面慷慨，你就不再需要追寻幸福了。

## 必学词汇

**hunt** [hʌnt] *v.* 捕猎

## 经典例句

Job hunting is becoming rigorous to those fresh undergraduates.

找工作对于应届毕业生来说非常严峻。

## 真题题目

Do you agree or disagree with the following statement? Your job has a greater effect on your overall happiness than your

social activity.

## 题目分析

解题的关键在于找出影响幸福感的三个因素：压力、人际关系以及收获感。然后可以从这几个因素出发，比较工作和社会生活与幸福的关联度，从而可以得出自己的观点。比如说认为社会生活对幸福感影响更大，可以给出支撑分论点：丰富的社会生活可以结交新的朋友，开阔眼界以及收获好的人际关系，同时压力更小。

当然这个题目也可以持有让步或中立观点，认为工作和社会生活都会影响幸福感。

## 应用展示

If job and social life were two totally independent elements, the view that the influence of jobs far outweighs that of

the social life would be well accepted. However, on balance, when we take the merits of the social life into consideration, we must admit that we need to entangle job and social life together so that we can hunt for happiness.

### 至理名言 | hope 期望

Do not **spoil** what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.

不要因为那些你没有的而否定你已拥有的；记住你已有的东西都是你曾经期望得到的。

### 必学词汇

**spoil** [spɔɪl] v. 糟蹋，破坏

### 经典例句

It will not only **spoil** the kids, but also make them lose the importance of independence.

这不仅仅是溺爱，还会让孩子失去对独立的重要性的认知。

### 真题题目

Do you agree or disagree with the following statement? Parents are the best teachers.

### 题目分析

对于含有绝对化词语的题目，一般选择 disagree 更好处理，从逻辑上证明最好难度较大，而否定最好则可以举出反例，搜索三个在孩子的教育中发挥更重要作用的“老师”，如老师、朋友以及教育项目。

老师拥有专业的知识技能，在理工科或外语科目上往往能够帮助学生解决问题；朋友作为孩子的同龄人，他们之间没有代沟，所以孩子往往更愿意同朋友交流，显而易见朋友的影响力也很大；当前社会对教育的关注度不断提升，各种教育项目也不断涌现，教育项目的优势在于能够更加有效地教导孩子。

### 应用展示

Parents, as the earliest teachers in our life, have devoted all their time and energy instinctively to our growth. Never can we ignore their existence when we are asked to answer the question “Who are the best teacher in our life”. Nevertheless, this is not the whole picture. Since most parents lack the common sense of education, they may **spoil** their children unconsciously. When we take the hypes and deceptions of parents into consideration, hardly can parents be regarded as the best teachers. Also, other factors play a no less or even greater role in children's education, for instance, professional teachers, close friends and effective educational programs.

### 至理名言 | difference 不同

Insanity: doing the same thing over and over again and expecting different results.

疯狂就是反复地去做同一件事情并且期待出现不同的结果。