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TOEFL SAT ACT GRE GMAT AP IB

新托福写作

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考前冲刺必背手册

750个主题词汇 200个分级词汇 1000条必背短语
240个5.0满分句 20篇写作必背美文
《时坚技术写作法》必背词句文库



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读者对象 > 托福考生、急需提高写作能力的读者

一直以来，大多数国内的考生在备考托福时，都感觉到的，辛辛苦苦学习十几年，也没有掌握到有效的学习和考法，从而获得理想的成绩。其实，托福考试有其自身的规律，就像新托福考试，不仅在写作方面有“技术写作法”，在阅读、听力、口语等方面也有相应的“技术考试法”，这些都是我在这些年的教学过程中经过大量学生真实考试实践得来的，我真心希望从本书开始，“技术法”能够作为同学们应对英语考试的备考指南。

新托福iBT考试高分技巧指导丛书
时坚先生8年北美考试教学经验倾情奉献
中国第一套以技术分析见长的
新托福系列丛书



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新托福写作必背主题词汇

按主题学科分类记忆法就是技术记忆法：将同一个主题的词汇放在一起记忆，然后造句成篇练习，以高频考题和三年内机经题源反复使用练习写作，这样就可达到事半功倍的效果。

A 教育类词汇

1. 培养（素质）

- (1) 研究领域 a field of research
- (2) 促进学生身心发展 promote the student's physical and mental development
- (3) 心理健康 psychological soundness
- (4) 学习能力（先天就有的）aptitude/talent
- (5) 学习能力（后天学习到的）ability/skill
- (6) 学生接受的学校教育（名词）schooling
- (7) 儿童接受的家庭教育（名词）upbringing
- (8) 给学生以动力 give the students motivation to do something/
motivate the students to do something
- (9) 青少年 adolescents/youngsters/youths
- (10) 通过……学习 learn by V-ing
- (11) 增加某人的潜力 increase one's potential capability
- (12) 自学 learn by oneself
- (13) 培养在……方面的特长 develop expertise in
- (14) 使用学校设备 use the school facilities
- (15) 职业准备 career preparation



- (16) 对……有很大影响 have a strong impact on
- (17) 建学校 build/establish a school
- (18) 增加教育预算 increase the education budget
- (19) 提供教育机会 offer an educational opportunity
- (20) 现实生活经验 real life experience
- (21) 出国留学 study abroad
- (22) 上私立学校 go to private school
- (23) 对……有强烈的好奇心 have a strong curiosity about

2. 传授知识

- (1) 上课 attend classes
- (2) 上大学 attend college/university
- (3) 主修 major in
- (4) 开始正规教育 begin formal education
- (5) 灌输高尚的道德观念 instill high moral values
- (6) 给学生以灵感 stimulate the students/give the students inspiration
- (7) 家长教育子女的方式(名词) parenting/upbringing
- (8) 教学法 teaching methodology/pedagogical methodology
- (9) 适应(动词) adapt to do something/adjust oneself to do something/
become accustomed to do something
- (10) 适应能力 adaptability
- (11) 学生对老师所教授的知识的掌握 students' grasp/command of what
has been taught
- (12) 就业技能 employable/marketable skill
- (13) 拓展知识 expand one's knowledge
- (14) 参与课堂讨论 participate in a class discussion

- (15) 选修科目 optional subjects
- (16) 理清思路 organize one's thoughts
- (17) 受到良好的教育 get a good education
- (18) 获得最新信息 gain updated information
- (19) 从……中获得知识 gain knowledge from
- (20) 获得学分 earn a credit
- (21) 取得好成绩 get a good grade

3. 限制创造力的发展

- (1) 打击学生的积极性 dampen/sap the students' enthusiasm 或 frustrate the students
- (2) 产生不必要的压力 beget/create undue pressure
- (3) 塑造某人的性格 mould one's character
- (4) 责任感 a sense of obligation
- (5) 学生不应该只是被动的接收简单知识 student should not be treated as passive receptacles of predigested ideas
- (6) 死记硬背 learn something by rote
- (7) 感到来自同龄人的压力 feel peer pressure
- (8) 预防校园暴力 prevent school violence

4. 记忆方程式、公式、定理、定律

- (1) 应用 apply
- (2) 盲从 follow something blindly/indiscriminately
- (3) 用填鸭式教学教育学生 force-feed the students
- (4) 为了记忆而记忆 memorize for memorization's own sake



5. 把学生分开教育 (比如根据智力或者课堂上的表现)

- (1) 来自于其他同学的压力 peer pressure
- (2) 逆境 adverse circumstances/adversity
- (3) 团队精神 team spirit
- (4) 独立思考 think independently
- (5) 经历青春期 go through puberty
- (6) 面对问题 face a problem

6. 在理解的基础上学习

- (1) 鼓励学生用辩证的眼光看问题
encourage students to think critically
- (2) 学生的反馈 students' feedback 或者 students' input
- (3) 学生评价老师的教学
students appraise/evaluate their teachers' performance
- (4) 讲座 lecture in class
- (5) 进行有关……的讨论 have a discussion about

7. 学生学习的各门功课加在一起

- (1) 具体的一门课的内容 syllabus
- (2) 课外活动 extra-curricular activities
- (3) 参与户外活动 be/get involved in outdoor activities
- (4) 必修科目 compulsory subjects
- (5) 与小组一起学习 study with group
- (6) 参加……的新生引导课程 take an orientation course for
- (7) 学校是社会的缩影 a school is society in miniature
- (8) 有机会…… have the opportunity to do something
- (9) 给某人布置家庭作业 assign homework to someone

- (10) 参加夏令营 attend a summer camp
- (11) 住宿舍 live in a dormitory
- (12) 穿校服 wear a school uniform
- (13) 组成学习小组 form a study group
- (14) 在……的帮助下 with the help of
- (15) 作为团队工作 work as a team
- (16) 不遵守纪律 (名词) indiscipline/misbehavior/mischief
- (17) 不遵守纪律的 (形容词) 学生 disruptive/unruly students
- (18) 与某人同住一室 share a room with someone
- (19) 在……方面有才能; 能胜任…… be competent in
- (20) 必须……; 被要求…… be required to do something
- (21) 优先考虑…… put a priority on
- (22) 有……的选择 have a choice of
- (23) 有……的文凭/学历 have a diploma in
- (24) 提倡创造性思维 promote creative thinking
- (25) 追求个人兴趣 pursue one's individual interest
- (26) 因……给某人奖励 give someone a prize for

8. 理论知识

- (1) 通才 generalist
- (2) 专才 specialist
- (3) 全面发展的 well-rounded/versatile
- (4) 为社会健康发展做贡献 contribute to societal well-being/welfare
(注意这里的welfare不是“福利”的意思)
- (5) 在……方面做出贡献 make contribution to
- (6) 与某人分享观点 share ideas with someone



9. 大学学科的分类

- (1) 人文学科 (包括文学、历史、语言学等) humanities
- (2) 社会科学 (包括政治、经济、社会学等) social sciences
- (3) 艺术 (包括音乐、雕塑等) arts
- (4) 文科的总称 liberal arts/liberal studies
- (5) 理科 (包括物理、化学、生物等) sciences
- (6) 工科 (包括工程、自动化等) engineering
- (7) 学科 discipline
- (8) 基础科学 basic sciences
- (9) 应用科学 applied sciences
- (10) 小学教育 primary/tertiary-level education
- (11) 中学教育 secondary-level education
- (12) 大学教育 higher education
- (13) 职业教育 vocational education/training
- (14) 中学 a secondary school
- (15) 从学校毕业 graduate from school

10. 教育小话题

- (1) 考研热 the craze for graduate school
- (2) 网上冲浪 surf the Internet
- (3) 网络空间 cyberspace
- (4) 复合型人才 inter-disciplinary talent
- (5) 毕业生分配 assignment of graduates
- (6) 网友 net friend
- (7) 应试教育 examination-oriented education
- (8) 因材施教 teach students according to their aptitude

- (9) 素质教育 quality-oriented education
- (10) 义务教育 compulsory education
- (11) 网吧 internet bar
- (12) 成人教育 adult/continuing education
- (13) 远程教育 distance education
- (14) 校园文化 campus culture
- (15) 双向选择 two-way selection
- (16) 勤工俭学 work-study program
- (17) 双学位 double degree
- (18) 走读生 non-resident student
- (19) 寄宿生 resident student
- (20) 自学考试 self-taught examination
- (21) 自学成才 become well-educated through self-study
- (22) 学生减负 to reduce study load
- (23) 沉湎于上网 web-addiction

11. 知识与智能

- (1) 知识, 学问; 认识; 知道 knowledge
- 知识获取 knowledge acquisition
- 知识体系 knowledge hierarchy
- 知识结构 structure of knowledge
- 全面的知识 comprehensive knowledge
- 知识面 scope of knowledge
- 知识价值 value of knowledge
- 知识产业 knowledge industry
- 知识管理 knowledge management



知识老化 the aging of knowledge

传播科学知识 spread scientific knowledge

求知欲 thirst for knowledge

学无止境 (学海无涯) Knowledge is infinite./There is no limit to knowledge.

知识渊博的; 有见识的 knowledgeable

知识化、专业化 become knowledgeable and professional

(2) 博学, 博识; 学问; 知识 erudition (n.)

博学的, 有学问的; 博学之士, 有学问的人 erudite (adj./n.)

(3) 有学问的, 博学的; 精通某门学科的 learned (adj.)

学者 a learned man

(4) 知识; 学问 learning (n.)

书本知识 book learning

博学之上, 学问高深的人 a man of great learning

学识浅薄 have little learning

一门新兴的学问 an emergent branch of learning

(5) (哲) 知识 episteme (n.)

(哲)(关于)认识的; (关于)知识的 epistemic (adj.)

(6) (用作单或复) 文学; 学问; 文化修养 letters (n.);

文人 a man of letters

(7) 学问, 知识; (有关某一学科的) 全部知识 lore (n.)

(8) 学术成就; 学问, 学识; 奖学金 scholarship (n.)

(9) 学者气质的; 学者风度的 scholarly (adj.)

(10) 学术的; 大学的, 学校的; 学会的; 大学教师, 学究式人物 academic (n./adj.)

学术成就 academic achievements

学术讨论 academic discussion

学术报告 academic report

学术自由 academic freedom

国际学术交流活动 international academic exchanges

学术价值 academic value

B 媒体类词汇

- (1) 时事 current affairs
- (2) 新闻界 the press
- (3) 印刷媒体 (如报纸、杂志) the print media
- (4) 报道新闻的机构 news outlets
- (5) 电子媒体 the electronic media
- (6) 无处不在的 prevalent/ubiquitous/pervasive
- (7) 充斥着 be awash with/be inundated with/be saturated with something
- (8) 审查 censor
- (9) 删除 delete/eliminate/excise
- (10) 过多的暴力与色情内容 excessive/gratuitous violent and pornographic contents
- (11) 有误导性的 misleading/misrepresented/distorted
- (12) 诈骗性的 fraudulent
- (13) 虚假的 false/bogus
- (14) 报道非常详细的细节 report something in graphic detail
- (15) 媒体炒作 media hype
- (16) 夸大事实 exaggerate things/sensationalize things/blow things out of all proportion (最后一个为口语化说法, 但作文中也可用)
- (17) 客观公正的 objective and balanced
- (18) 揭露 expose/reveal



- (19) 侵犯隐私 violate/intrude on/infringe on/someone's privacy
- (20) 毁坏某人的名誉 tarnish/sully/smear/besmirch one's reputation
- (21) 狗仔队 paparazzi (复数名词, 不能加s)
- (22) 名人 a celebrity/celebrities(plural)
- (23) 丑闻 scandals
- (24) 掩盖(丑闻或罪行等) cover up/gloss over/whitewash
- (25) 不客观的, 不公正的 biased/skewed
- (26) 如实描写 factual accounts
- (27) 可信的 reliable/trustworthy/dependable
- (28) 及时的(后者比前者更及时) up-to-date/up-to-the-minute
- (29) 信息量大的 informative
- (30) 娱乐性强的 entertaining
- (31) 有新闻价值 newsworthy
- (32) 道德准则 code of ethic/code of conduct



旅游类词汇

- (1) 旅游景点 tourist attraction/tourist spots/places of interest
- (2) 开阔眼界 push back/expand one's vision/horizons (注意 horizons 必须是复数)
- (3) 游客与当地人互动 Tourists can interact with the locals.
- (4) 促进文化交流 promote cultural communication
- (5) 吸引 draw/attract/appeal to/be a magnet for somebody
- (6) 亲身体验(名词) first-hand experience
- (7) 多种感官体验的(形容词)(如听觉、触觉等) multi-sensory
- (8) 冲突(名词) conflict (vi.+with)
- (9) 争端 discord/dissension

- (10) 把游客和当地人隔绝 seclude/isolate the tourists from the locals
- (11) 商业化 (动词) commercialize/commodify
- (12) 欺骗游客的手段 tourist traps
- (13) 间接体验 (比如通过电视或者互联网) (名词) second-hand experience/vicarious experience
- (14) 文化遗产 cultural heritage
- (15) 互联网不会让旅游业过时 The Internet will not render tourism obsolete.

D 政府类词汇

- (1) 当局 authorities
- (2) 老百姓 citizens/the citizenry (全体公民) (不可数)
- (3) 规范, 管理 (动词) regulate/administer
- (4) 实施 implement
- (5) 立法 legislate/make laws
- (6) 严禁 strictly prohibit/ban altogether
- (7) 严格的法律 stringent laws/legislation
- (8) 监督 scrutiny (n.)/scrutinize (vt.)/monitor (vt.)
- (9) 为……拨款 allocate money to something/subsidize (vt.)/be a patron of/invest in/finance (vt.)/fund (vt.) dedicate money to something
- (10) 预算 budget
- (11) 税收 tax revenue
- (12) 政府在某方面的开支 the government spending/expenditure on something
- (13) 削减 curtail



- (14) 增加 augment
- (15) 当务之急 priority
- (16) 把……当成当务之急 give priority to something
- (17) 责任 obligation/responsibility
- (18) 军备竞赛 arms race
- (19) 自卫 self-defense
- (20) 国土安全 national security/homeland security
- (21) 缺乏远见的政策 short-sighted policy
- (22) 侵略、扩张 expansion/aggression
- (23) 谋求霸权 seek/pursue hegemony
- (24) 恶性循环 a vicious circle
- (25) 地区不稳定因素 destabilizing factor
- (26) 规章制度 rules and regulations
- (27) 太空竞赛 space race
- (28) 武器 arms/weapons/armaments
- (29) 下岗工人 laid-off workers/downsize workers
- (30) 失业 unemployment/joblessness
- (31) 基础设施 infrastructure
- (32) 电力网 power grid
- (33) 管道 pipelines
- (34) 排水系统 drainage system
- (35) 民主与开放的政府 a democratic and open government

E 社会热点类词汇

- (1) 希望工程 Project Hope
- (2) 信息革命 information revolution

- (3) 豆腐渣工程 jerry-built projects
- (4) 人口爆炸 population explosion
- (5) 传染病 epidemic disease
- (6) 失学儿童 dropout students
- (7) 再就业工程 reemployment project
- (8) 克隆技术 clone technology
- (9) 民工 migrate laborer
- (10) 打假 crack down on counterfeit goods/fake products
- (11) 贬值 devalue
- (12) 扩大内需 expand domestic demand
- (13) 国有企业 state-owned enterprise
- (14) 通货紧缩 deflation
- (15) 通货膨胀 inflation
- (16) 充值卡 rechargeable card
- (17) 畅通工程 Smooth Traffic Project
- (18) 防伪标志 anti-fake label
- (19) 扶贫 poverty alleviation
- (20) 基础设施建设 infrastructure construction
- (21) 性别歧视 gender discrimination
- (22) 心理素质 psychological quality
- (23) 消费结构 pattern of consumption
- (24) 消费者协会 Consumer Association
- (25) 绿色食品 green food
- (26) 拜金主义 money worship
- (27) 奥委会 Olympic committee
- (28) 举办城市 host city
- (29) 申办奥运会 bid for Olympic



F 动物类词汇

- (1) 动物权益保护主义者 animal rights activists
- (2) 医学研究 medical research
- (3) 残忍的 cruel/merciless/inhuman/callous/brutal
- (4) 活体解剖 vivisection
- (5) 麻醉剂 anaesthetic
- (6) 减轻动物的痛苦 alleviate/ease animals' pain
- (7) 宠物是主人的伙伴 Pets are companions of their masters.
- (8) 给主人心理安慰 afford their masters consolation and comfort
- (9) 偷猎 poach (vi., vt.)/poaching (n.)
- (10) 某一种事物是没有替代物的 There are no replacement/substitutes/alternatives for something.

G 语言 & 文化类词汇

- (1) 一种可以通用的语言（比如英语）a lingua franca/a universal language/a global language
- (2) 英语的广泛应用 the proliferation of English
- (3) 英语的统治地位 the dominant role/the ascendancy/the hegemony of English
- (4) 方言 dialect/vernacular/the indigenous language
- (5) 小语种将会消亡 Lesser-known language will become extinct/obsolete.
- (6) 小语种的消亡 the extinction/demise of lesser-known languages
- (7) 文化遗产包括有形跟无形两种，有形的指历史遗迹，无形的指风俗、仪式、传统道德观念等。Cultural heritage can be