

Why People Attend College or University? » The Influence of Television and Movies » The Role of Luck in Success » Other Types of Communication » Spending Money on Earth » Young Children and Education » The Young Can Teach the Old » Win or Lose, Games Are Fun »
A Windfall for the School » Computers vs. Library Books

刘 毅 编 著

TOEFL

Writing

托福作文 155 篇

千 锤 百 炼 ★ 篇 篇 经 典

★ Topics in this book may appear in your actual TOEFL test

★ You should memorize these writings before you take the TOEFL test

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

托福作文 155 篇

刘 毅

编著

(美) Laura E. Stewart 校阅

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

(京)新登字 155 号

京权图字: 01-2003-0223

图书在版编目(CIP)数据

托福作文 155 篇/刘毅主编. -北京: 外语教学与研究出版社, 2002
ISBN 7-5600-3213-3

I. 托… II. 刘… III. 英语-写作-高等教育-自学参考资料
IV. H315

中国版本图书馆 CIP 数据核字(2002)第 102518 号

© Learning Publishing Co., Ltd. 2003

All rights reserved. No part of this publication may be reproduced, stored or transmitted by any means without the prior permission of the publishers.

This edition is published by arrangement with Learning Publishing Co., Ltd. It is for sale in the mainland territory of the People's Republic of China Only.

本书由台湾学习出版有限公司授权外语教学与研究出版社出版

托福作文 155 篇

主编: 刘毅

* * *

责任编辑: 窦中川

出版发行: 外语教学与研究出版社

社址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com.cn>

印 刷: 北京国防印刷厂

开 本: 850×1165 1/32

印 张: 16.5

版 次: 2003 年 1 月第 1 版 2003 年 1 月第 1 次印刷

书 号: ISBN 7-5600-3213-3/H·1653

定 价: 22.90 元

* * *

如有印刷、装订质量问题出版社负责调换

制售盗版必究 举报查实奖励 (010)68917826

版权保护办公室举报电话: (010)68917519

如何准备托福作文

一、托福作文怎么考

托福考试主办单位 ETS (Educational Testing Service) 事先公布 155 个英文作文题目, 考试时, 从中选出一个, 让考生写作。例如, 其中一道题目如下:

Some people think that human needs for farmland, housing, and industry are more important than saving land for endangered animals. Do you agree or disagree with this point of view? Why or why not? Use specific reasons and examples to support your answer.

“有人认为人类对耕地、住房和工业的需求要比保留土地以拯救濒临绝种的动物更重要。你同意还是不同意这种看法? 为什么同意? 为什么不同意? 给出明确的理由和例子来支持你的看法。”

二、考生对托福作文的恐惧

看到以上的题目, 考生心中的恐惧大约可分为四种:

- 没有足够的词汇和短语供作文使用;
- 作文要求的内容不是很熟悉;
- 即使勉强写出一些东西, 对文字的正确性仍没有把握;
- 不知所写的内容是否符合 ETS 的评分标准。

三、准备托福作文的方法

(一) 至少背诵 50 篇范文

准备托福作文最直接有效的方法就是背诵范文。由于托福作文考题固定,所以直接背诵本书的范文即可。本书 155 篇范文如果不能全背,那么至少背 50 篇。这样做至少有两个好处:第一,背诵一举消除了上述的四种恐惧,如果考试题目是背诵过的,必得高分。第二,一个人的作文能力与背诵的文句之量成正比,故背诵可以提高写作程度,增强信心。如果考试题目是没背诵过的,有了这 50 篇的基础,作文能力已经大为提高,只要事先对其他题目稍加练习,考试时就会有不错的表现。

(二) 事先练习

对于背诵过的范文,每过一段时间就要从中抽题试答,直到完全正确为止。对于没有背诵过的范文要精读,如有不熟悉的词汇和短语,要翻看注释或查词典,务必将之学会。要整理出范文内容纲要,将纲要熟记,然后模仿范文试写。

四、本书的编写

本书由受过良好教育的美籍老师执笔,依 155 个托福作文题目的要求,并参考 ETS 作文评分标准,写成 155 篇托福作文范文。为方便读者参阅,每篇范文均附中文翻译,生词也酌加注释。范文、翻译及注释均经再三校对,如仍有疏失,还望读者不吝指正。

编者

CONTENTS

目 录



1. Why People Attend College or University?	
人们为什么要上大学?	2
2. Parents Are the Best Teachers / 父母是最好的老师	5
3. Changing Food, Changing Lives	
不同的食物,不同的生活	8
4. Book Knowledge vs. Experience	
书本知识与实际经验	11
◆ ◆ ◆	
5. A Factory near the Neighborhood / 住家附近的工厂	14
6. Changing My Hometown / 改变我的家乡	17
7. The Influence of Television and Movies	
电视和电影的影响	20
8. The Effects of Television on Communication	
电视对沟通的影响	23
9. The Advantages of City Life / 都市生活的优点	26
◆ ◆ ◆	
10. The Role of Luck in Success	
运气在成功里所扮演的角色	29
11. Money for Sports Activities / 资助体育活动	32
12. Why People Visit Museums?	
人们为什么要参观博物馆?	35
13. Home Cooking / 在家做饭	38
14. Class Attendance Should Not Be Compulsory	
不应该强制规定必须上课	41

15. Good Neighbors / 好邻居	44
16. A New Restaurant / 一家新餐厅	47
17. Learning with a Teacher / 跟着老师学习	50
18. The Important Qualities of a Good Supervisor 优秀的主管应具备的重要特质	53
19. Improving Public Transportation 改善公共交通工具	56
20. Childhood in the Countryside / 乡间童年	59
21. Living Longer / 活得更加	62



22. Important Characteristics of a Co-worker 同事的重要特质	65
23. Sometimes It Is Better Not to Tell the Truth 有时候不说实话比较好	68
24. Teenagers and Part-time Jobs / 青少年与打工	71
25. Advantages and Disadvantages of My Town 我居住的城镇的优缺点	74
26. A Shopping Center in the Neighborhood 社区里的购物中心	77



27. A New Movie Theater / 一家新电影院	80
28. Doing Things We Don't Enjoy 做我们不喜欢做的事	83
29. The Media and Famous People / 媒体与名人	86
30. Human Activity and the Earth / 人类活动与地球	89
31. A New High School in the Community 在社区里兴建新的高中	92
32. Staying in One Place / 一直住在同一个地方	95

33. The Advantages of Saving Money / 存钱的好处	98
34. A Gift of Money / 别人送的一笔钱	101
35. Choosing a Teacher / 选择老师	104
36. Lifetime Employment / 终身雇用	107
37. A Good Leader / 优秀的领导者	110
38. The Automobile / 汽车	113
39. Is Progress Always Good? / 进步一定是好的吗?	116
40. Learning from the Past / 从过去中学习	119



41. Never, Never Give Up / 永不放弃	122
42. The Effects of Technology on Learning 科技对学习的影响	125
43. Games Are Not Just for Children 不是只有小孩适合玩游戏	128
44. The Benefits of Prizes and Awards / 得奖的好处	131
45. Saving Land for Endangered Animals 保留土地给濒临绝种的动物	134
46. An Important Skill / 一项重要的技能	137
47. Resolving Problems / 解决问题	140



48. Self-confidence / 自信	143
49. The Attraction of Dangerous Activities 危险活动的吸引力	146
50. The Importance of Hard Work / 努力的重要性	149
51. Helping Teenagers Make Decisions 帮助青少年做决定	152
52. Traveling with a Companion / 结伴旅行	155
53. Being an Early Bird / 早起的人	158

54. A Good Son or Daughter / 孝顺的儿女	161
55. The Advantages of Working for a Small Company 在小公司上班的好处	164
56. Reasons to Work / 工作的理由	167
57. Face-to-face vs. Other Types of Communication 面对面沟通与其他的沟通方式	170
58. The Advantages of Trying New Things 尝试新事物的好处	173
59. Planning for Success / 为成功做计划	176



60. A Change in My Hometown / 家乡的一项改变	179
61. Money Is Not the Most Important Aspect of a Job 金钱不是工作中最重要的部分	182
62. Judging a Person by His Appearance / 以貌取人	185
63. Making Important Decisions / 做重要的决定	188
64. Money for the Environment / 资助环保	191
65. Entertaining Movies / 娱乐片	194
66. Making a Profit / 赚取利润	197
67. Living Life at a Slower Pace / 过步调较缓慢的生活	200



68. Spending Money on Earth / 把钱用在地球上	203
69. The Best Way to Reduce Stress 减轻压力最好的办法	206
70. A Teacher's Pay / 老师的薪水	209
71. A Representative Object / 具有代表性的物品	212
72. Choosing a Roommate / 选择室友	215
73. Money for Computer Technology / 资助电脑科技	218
74. Working by Hand / 手工制作	221

75. Evaluating Teachers / 评价教师	224
76. Perseverance / 毅力	227
77. Science vs. the Arts / 科学与艺术	230
78. University Housing / 上大学的住所	233
79. Train Travel / 坐火车旅行	237
80. Higher Education for All / 全民高等教育	240
81. Learning About Life / 学习人生	245
82. Keeping Customs / 保存习俗	250



83. Spending Time with Friends / 和朋友在一起	254
84. Small and Large Groups of Friends 一小群朋友和一大群朋友	257
85. Young Children and Education / 儿童与教育	262
86. A New University / 一所新大学	265
87. The Influence of Friends on Young Adults 朋友对年轻人的影响	268
88. Planning Activities / 规划活动	271
89. Learning by Doing / 从做中学	276
90. Choosing Friends / 选择朋友	279



91. Habit vs. Change / 习惯与改变	282
92. The Influence of Clothes / 服装的影响力	287
93. Quick Decisions / 仓促的决定	290
94. First Impressions / 第一印象	293
95. People Are Never Satisfied 人是永远不会满足的	298
96. The Value of Reading Widely / 博览群书的重要性	301
97. The Importance of Science and Mathematics 科学和数学的重要性	304



98. Art and Music Classes / 艺术和音乐课程	307
99. The Young Can Teach the Old 年轻人可以教导老年人	310
100. The Pleasure of Reading Fiction 阅读小说的乐趣	313
101. Exercise in School / 校内运动	316
102. Business Research vs. Agricultural Research 商业研究与农业研究	319
103. Children and Sports / 儿童与运动	322



104. Money and Success / 金钱与成功	325
105. A New Invention / 一项新发明	329
106. The Importance of Childhood / 童年的重要性	334
107. Household Tasks / 家务事	337
108. School Uniforms / 学校制服	340
109. Win or Lose, Games Are Fun 乐趣第一, 比赛第二	343
110. Elective Courses / 选修课程	346
111. Be a Leader / 当一个领导者	349



112. The Most Important Room in the House 房子里最重要的房间	352
113. An Important Change at School / 学校的重大改变	355
114. The Best Gift for a Child / 给儿童最好的礼物	358
115. Student Vacations / 学生的假期	361
116. A Traditional House / 传统住宅	364
117. Advertising / 广告	367
118. Spending Time Outdoors / 从事户外活动	371
119. A Windfall for the School / 学校的意外之财	374

120. Playing Games Teaches Us about Life	
从游戏中学习人生	377
121. Receiving Some Land / 获得一些土地	380
122. The Most Important Animal in My Country	
我国最重要的动物	383
123. Save the Forests / 拯救森林	388
124. The Value of Zoos / 动物园的价值	391
125. Smoking in Public Places / 在公共场所吸烟	394
126. An Important Plant / 一种重要的植物	398



127. Visiting a Foreign Country / 出国	401
128. The Advantages of Studying at Traditional Schools	
就读传统学校的优点	404
129. Should We Pay Attention to the Opinions of Famous People?	
我们是否应该注意名人的意见?	407
130. The Most Important Change of the 20th Century	
20 世纪最重要的改变	412
131. Complaining About a Product / 产品投诉	415



132. Why People Remember Special Gifts or Presents?	
为什么人们会记得特别的礼物?	418
133. The High Salaries of Athletes and Entertainers	
运动员与演艺人员的高收入	421
134. The Importance of Literacy / 识字的重要性	426
135. Staying Healthy / 保持健康	429
136. Volunteering / 担任义工	434
137. Computers vs. Library Books	
电脑与图书馆藏书	437

138. Why Students Study Abroad?	
学生为什么要出国留学?	440
139. Why Music Is Important to People?	
音乐为何对人们很重要?	443
140. The Importance of Groups and Organizations	
团体与组织的重要性	446
141. Packing for a Year Abroad / 打包行李, 出国一年	451
142. Helping New Students Adjust	
帮助新生适应环境	454



143. Borrowing Money from a Friend / 向朋友借钱	457
144. My Generation / 我们这一代	461
145. The Benefits of Class Participation / 课堂参与的好处	466
146. A New Holiday / 一个新节日	471
147. A Vacation vs. a Car / 度假与买车	476
148. What the 21st Century Will Bring	
21 世纪会带来什么	479
149. A Good Parent / 称职的父母	484



150. The Popularity of Movies / 电影受欢迎的原因	489
151. The Need to Preserve Land / 保留土地的必要性	492
152. Pets Are Not Family / 宠物并不是家人	495
153. Learning from Films / 从电影中学习	500
154. Studying with Others / 和别人一起学习	505
155. The Advantages of Owning a Business	
拥有企业的好处	508

附: 美语、英语元音音标对照表

WRITING

- Read the essay question carefully.
- Think before you write. Making notes may help you to organize the essay.
- It is important to write only on the topic you are given.
- Check your work. Allow a few minutes before the time is up to go over your essay and make changes.
- In the actual test, you must stop writing at the end of 30 minutes. If you continue to write, it will be considered cheating.
- If you finish your essay in less than 30 minutes, click on Next and Confirm Answer.

When you are ready to continue, click on Dismiss Directions.

When finished reading directions click on the icon below

Dismiss Directions



Click on this icon

Time



Quit

Writing

People attend college or university for many different reasons (for example, new experiences, career preparation, increased knowledge). Why do **you** think people attend college or university? Use specific reasons and examples to support your answer.

Cut

Paste

Undo

Time

Help
?

Confirm
OK

Next
Next Page

1. Why People Attend College or University?

There are many advantages to a college or university education. Students have ample opportunity to explore a variety of interests, increase both their general and specific knowledge, prepare for a chosen career and develop independence. All of these are valuable goals to achieve, but it is my belief that most students today pursue higher education in order to prepare for their future careers.

In the past, only the rich and privileged had the opportunity to attend a university and their goals were very different. Coming from wealthy families, few of them would have to compete for a job after graduation, and most wished only to be considered well-educated. Today's students are more practical. They must be able to compete in a very competitive job market; *therefore*, a practical education is very important. *Furthermore*, higher education is a big investment and so most students want to get all they can out of it. For these students, it is better to have clearly defined career and education goals rather than to try and find themselves in college. *Of course*, all students want to increase their knowledge, but I believe that most students today want that knowledge to be relevant to their future careers.

The world has changed a great deal since universities were established. They are still wonderful places for acquiring broad knowledge and for personal development. *However*, in today's competitive world these pursuits must be balanced with the pursuit of more specific goals. That is why I think most students view higher education as a valuable tool in career preparation.

1. 人们为什么要上大学？

大学教育有很多优点。大学生能有充分的机会去探索自己感兴趣的各種事物、增长一般与特定的知识、为自己所选定的职业生涯做准备，并培养独立的个性。这些全都是值得追求的宝贵目标。但是我认为，现今大多数的学生接受高等教育是为了要对未来的职业生涯做准备。

在过去，只有富人及特权阶级才有机会上大学，而且他们的目标相差悬殊。因为他们出身于富有的家庭，所以毕业后很少有人必须要和别人竞争，以取得工作机会，大多数只是希望让别人觉得他们受过良好的教育。现在的学生实际得多。由于必须在竞争激烈的就业市场和别人竞争，因此，讲求实用价值的教育就变得很重要。此外，高等教育是一项重大的投资，所以大多数的学生都会竭尽所能，想从中得到一切。对这些学生而言，最好是有明确的职业和教育目标，而不是在大学中才试着自己去寻找。当然，所有的学生都想要增长知识，但是我认为，现在大多数的学生都希望获得跟未来职业相关的知识。

自从大学设立以来，世界已有了重大的改变。大学仍然是一个获得广泛知识和寻求个人发展的极佳的场所。然而，在这个竞争激烈的世界里，在追求这些目标的同时，还必须有更明确的目标来加以平衡。那就是为什么我会认为大多数的学生都视高等教育为职业准备的一项宝贵的工具。

【注释】

- ample ['æmpl] *adj.* 充足的 explore ['ɪk'splɔr] *v.* 探索
a variety of 各式各样的 specific [spi'sɪfɪk] *adj.* 特定的
chosen ['tʃɒzn] *adj.* 选出来的 pursue [pə'su] *v.* 追求
higher education 高等教育 privileged ['prɪvɪlɪdʒd] *adj.* 有特权的
practical ['præktɪkl] *adj.* 实际的
competitive [kəm'petətɪv] *adj.* 竞争激烈的
furthermore ['fəðə'mɔr] *adv.* 此外
investment [ɪn'vestmənt] *n.* 投资 define [dɪ'faɪn] *v.* 界定；下定义
relevant ['rɛləvənt] *adj.* 有关联的 acquire [ə'kwɪr] *v.* 获得
broad [brɔd] *adj.* 广泛的 pursuit [pə'su:t] *n.* 追求
view A as B 视 A 为 B (= see A as B)