

TOEFL

保蕾 编著

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教你写 托福作文

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经典范文高分必备

Success is the sum of small efforts,
repeated day-in and day-out.

If your life just got a little bit harder,
that probably means you just leveled up.

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推荐序

水清 401 教室的美丽传说

保蕾老师，被学生昵称为托福写作“一姐”。新东方水木清华校区 401 教室是 400 人大教室，也是中国托福培训行业的一个标志。从那里走出了对中国托福培训行业颇有影响力的名师，见证了中国托福培训行业的发展。管理者每年排课排到水木清华校区 401 教室的师资都会再三斟酌。保蕾老师从 2013 年起登上了水清 401 教室的讲台，学生打分和推荐率名列前茅。后来校区全面改造，再无 400 人教室，而保蕾老师也成为国内最后一批水清 401 教室老师。

“教你写”的前生今世

经过几年的积累，保蕾老师培养出无数高分学生，并得以亲眼见证他们从不会写到下笔如有神，从写不对到文笔优美。保蕾老师独创“陪伴式”学习，提倡学生用碎片时间，通过“保蕾教你写”微信公众号用打卡的方式坚持语言学习。平台上高质量的地道语料都出自保蕾老师之手，并通过造句、仿写、范文讲解等训练方法，让学生将知识内化为自己的语言实力。虽然是从单词入手，还是强调场景学习和功能性学习。这样使得所学知识可以灵活运用。

基本功绝对重要

不论是哪一种写作考试，文笔的重要性都毋庸置疑。所谓的文笔优美，不是指用大词难词，而是指准确使用。通过阅读词句和反复咀嚼，才能够做到准确理解和使用。

附加的惊喜

当然，这本书不仅仅是学习词句和范文这么简单。这本书里的录音是可以跟读和模仿的，对于你的口语水平也大有裨益。本书配套的微信和喜马拉雅频道的广播，是托福备考的指南，也是英语学习的明灯。在这里，不仅能学习语言，还能分享成功的感受，领悟人生的哲理。

拿起笔，跟着保蕾老师，开始写。

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12 岁
12 岁

自序

亲爱的读者，感谢你的选择。

我在新东方教书时间不算太久，5年来授课近5000小时，培训学员逾2万人次。从开始追求上大班，拼人气，到后来慢慢领悟，大班再热闹，都是以教师为中心的自嗨。在语言教学课堂里，学生若为看客，能带回家的语言能力有多少就很难说。所以，我逐渐意识到“陪伴式”的教学方式很重要。

于是，我创建了一个名为“保蕾教你写”的微信公众号，鼓励学生每天用坐车、排队、等人的碎片时间，读我写的推送，背我准备的语料，结果收到大量高分喜报，好评如潮。当然，这些正面反馈的同学大都有很强的自律性和学习动机。后来为帮助同学养成坚持的习惯，开始鼓励他们用微信或微博记录自己每天学习的印迹，一日不可落，称之为“打卡”。我每天坚持给同学准备地道表达，监督同学“打卡”，由此我感受到正能量的传递是一条双向道，也实践了自己的教学理想：“陪伴式”教学。

现在，我把所有话题语料进行了整理和修改，出书的目的就是想要让更多同学获益，同时也希望坚持的正能量可以在更多人身上延续下去。

对新东方我永存感激，她让我实现了教书梦；我也要感谢我的家人保允宏、周小引、宋小瑛、滕忠良，他们从未停止对我的支持和鼓励，没有他们的肯定就不会有我在工作中的追求与进步。吕蕾老师为促成本书给了我极大帮助，并且付出了我未想过的辛劳，感激感谢。另外，滕达、刘月、李思闻、张靖娴、吕依儒、陈志爽、张美荣、贾红梅、杨志也参与了编写和资料的整理，在此一并表示感谢。

保蕾

2016.6.30 于北京

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第1章

新托福写作高频话题

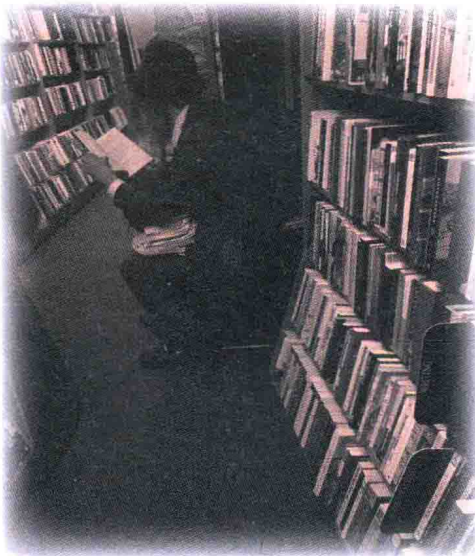
- * 校园教育
- * 家庭教育
- * 工作成功
- * 性格品质
- * 生活购物
- * 政府社会
- * 社交娱乐
- * 科技媒体



作者摄于美国公立高中 Brookline High School。

Open Door Policy 指的是学校要求每个课堂都保持教室大门敞开，随时接受访客或老师的听课。

B 校园教育 CAMPUS AND CURRICULUM



作者摄于哈佛大学旁的一家书店，
一位读者正静静阅读。

校园教育 100 组话题语料

1. instill...in sb. 向某人灌输……

*Many schools all try to **instill** perseverance in the face of adversity **in** their students.

许多学校都努力灌输给学生在面对逆境时应有的不屈不挠的精神。

*History **instills** a sense of cultural identity **in** students.

历史灌输给学生文化认同感。

*Through helping children with schoolwork, parents can **instill** children **with** values that will allow them to successfully pursue their ambitions.

通过辅导孩子的功课，父母可以灌输给他们以后能帮助孩子实现抱负的重要价值观。

2. adapt to sth. 适应

*Students who studied abroad claimed that their international schooling allowed them to **adapt** quickly **to** diverse workplaces.

出国留学的人都说自己的游学经历让他们很快能够适应不同的工作环境。

*Every newly minted college graduate may go through a hard time **adapting to** new work routines.

每个刚毕业的大学生都可能会经历适应新工作时的不易。(newly minted 新崛起的，新产生的)

3. have a grasp of 领会、掌握

*You will **have an accurate grasp of** your strengths and weaknesses after you take the test.

在你考试以后就能精准了解自己的优缺点。

*If you find it hard to keep up in class, hiring a tutor can help you out to **gain a better grasp**.

如果你在课堂上觉得很难跟上，找个家教能帮你更好掌握。

4. be of service to 对……有用；为某人效劳

*Volunteering helps young people to **be of service to** their community.

志愿者活动能帮助年轻人更好地服务自己的社区。

*The commitment to **be of service to** all humanity is a loyal ideal.

承诺要帮助全人类是十分崇高的理想。

5. **draw on** 吸取, 借鉴, 利用

*In every discipline, creativity also **draws on** skill, knowledge and control.

在每个学科中, 创新同样要利用技术、知识和管理力。

*The benefit of learning history is that people can **draw on** experience from the past.

学历史的好处是人们可以吸取过去的经验教训。

*In a group, people can **draw on** the expertise of colleagues and expand their own knowledge.

在一个团队里, 人们可以利用同事的专业技能并且扩展自己的知识。

*Ideally, group work can create discoveries that **draw on** the wisdom of collective experience.

理想情况下, 群组工作能创造出吸取了集体经验智慧的发现。

6. **on campus** 在学校里

on-campus [ɒn'kæmpəs] *adj.* 在学校里的

*If you're a college student looking for a part-time job, the best place to start your job search is right **on campus**.

如果你是个寻找兼职工作的大学生, 找工作的最佳场所就是在学校里。

*There are tons of **on-campus** job opportunities, and as a student, you'll automatically be given hiring priority.

有很多在校的工作机会, 而作为学生的你自然在招聘时会给予优先考虑。

(校外: off campus; 校外的: off-campus)

7. **academics** [ˌækə'demɪks] *n.* 学术, 学术知识

*Every college student has to balance between **academics** and extracurricular activities.

每一个大学生都要平衡好知识学习和课外活动的关系。

*If you're a college student looking for work but worried you won't have enough time to devote to **academics**, consider working as a study hall or library monitor.

如果你是个在找工作的大学生但是你又担忧没有足够时间贡献给学术, 那么可以考虑去自习室或者图书馆做管理员。

8. **get sidetracked** 跑偏, 分神

*Going off on a topic will consume a lot of resources and time, and the redesign may **get sidetracked** or never finished.

跑题会耗费大量的资源 and 时间, 返工也可能会跑偏或半途而废。

*I made this promise to myself because I knew if I **got sidetracked** from my goals then I'd never become a success.

我给自己许下诺言是因为我知道如果我偏离了目标, 那么我将永远无法成功。

9. **in full bloom** 全盛时期, 正在充分发展 (或发挥)

*Volunteering creates opportunities for the powerful force of caring for others to stay **in full bloom**.

志愿者工作能让你一直关心他人。

*I cannot afford to give up when the business is **in full bloom**.

生意正好的时候我不能就此放弃。

10. shift the emphasis from A to B 转换重心从 A 到 B

*Schools should **shift the emphasis from** academic growth **to** well-rounded education.

学校应该将重心从学术发展转到身心全面教育。

*As a start-up company, you have to **shift the emphasis from** material gain **to** building up sound reputation.

作为刚起步的公司，你应该把重心从物质利益转换到声誉。

11. open up job prospects 打开职业前景

*Work preparation can offer students a competitive edge and **open up job prospects**.

职业规划准备为学生们提供竞争优势并且打开职业前景。

In a less-than-ideal economy, job hunters may have a hard time **opening up job prospects.

经济不景气的时候，求职者想要打开职业前景就会有些困难。

12. alma mater 母校

*When people stand on their **alma mater's** campus, they would inevitably conjure up thoughts of their youth.

当人们站在自己母校校园时，就会想起自己年轻的时候。

*School funding won't be a problem because celebrities are quite willing to donate to their **alma mater**.

学校的资金不成问题；因为名人都愿意给自己母校捐钱。

13. a tough spot 处境艰难，困境

*People who learn to manage money from a young age are less likely to get stuck in **a financially tough spot** when they grow up.

那些从小就学理财的人在长大后不容易陷入经济危机。

*People in the past could manage fine without a college degree. But now they would really be in **a tough spot** if they cannot provide such educational credentials.

过去的人们没有大学学历也可以过得很好，但是现在如果他们有这样的教育证明就会陷入困境。

14. with gusto 满腔热情

*Kids should be encouraged to set their own goals and reach for them **with gusto**.

孩子应该被鼓励给自己设立目标并且以满腔热情去努力实现。

*In a sports team, you have opportunities to forge bonds while working towards a common goal **with gusto**.

在一个球队里，你们有机会满怀热情地为同一个目标努力而且同时磨练配合（锻造纽带）。

15. rise above 克服

*Successful men have the capacity to **rise above** challenges and obstacles in life.

成功人士有克服挑战和困难的能力。

*Community service provides students with opportunities to push some boundaries and **rise above** obstacles.

社区服务提供给学生挑战自我并且克服困难的好机会。

16. lag behind 落后

*If you find it hard to keep up in class, sign up for a course or hire a tutor. Don't **lag behind**.

如果你发现跟上班里的节奏很难，去报个班或是请个家教。别落后。

*Underachievers who have short attention spans are quite likely to **lag behind** in school.

容易走神的后进生在学就就很容易落后。

17. work toward a goal 向着某个目标去努力

*Active employee involvement enables the team to **work toward a common goal**.

让员工积极参与可以使得团队朝着同一个目标前进。

*Sure, a practical plan allows individuals to **work** steadily **toward** their personal and career **goals**.

当然，一个务实计划能让人们更平稳地为个人和工作目标去努力。

18. infuse sb. with sth. 向某人灌输（某种思想 / 理念 / 态度）

*Competitive sports **infuse** children **with** a self-centered cutthroat attitude.

竞技体育向孩子灌输一种自我而激进的态度。

*A good mastery of foreign cultures can help **infuse** students **with** a sense of globalization.

精通外国文化可以给学生灌输全球化的理念。

19. make or break 成败 (=stand or fall)

*Presentations are **make-or-break** moments in your professional career.

演出是决定你职业生涯成败的时刻。

*How you interact with your team can **make or break** the business deal.

你和团队的关系可以决定生意的成败。

20. have a knack for 在……上有天赋 (=be cut out for, be fit for, be suitable for)

*People with a short temper **are** not **cut out** for teaching.

急脾气的人不适合做老师。

*She **has a knack for** painting.

她在画画上有天赋。

*Nobody **is cut out for** excellence.

没人生来卓越。

21. be a breeze 易如反掌，小菜一碟 (=as easy as winking)

*Apply what you've learned in job preparation, the work will **be a breeze**.

把就业指导课学到的都利用起来，工作会变得轻而易举。

*Maybe for some, juggling work and school could **be a breeze**, but for the vast majority, this can still be a handful.

或许对于有些人来说，上学的同时还要打工轻而易举，但是对于绝大多数人来说，这还是有些难度的。

22. miss out on 错失，失去

*Many children have some exposure to TV, but if they become reliant on screen time to relax, chances are they will **miss out on** other meaningful experiences.

很多孩子都能接触到电视，但是如果他们太依赖于看电视来放松的话，他们可能会失去参加其他活动的宝贵机会。

*Employees should be brought into the decision-making process, otherwise the company will **miss out on** new thoughts and novel ideas.

下属应该参与决策的过程，否则公司就会错失很多新颖的想法。

23. **behind the scenes** 在幕后，在后台，秘密地

*A lot goes on **behind the scenes** at college libraries. If you want to land a job on campus, check it out to see what positions are available.

学校图书馆有很多幕后工作，如果你想在校园内找工作，看看那儿都有些什么职位可提供。

*If you work tirelessly **behind the scenes** but shy away from the spotlight, it's time to take center stage. 如果你总是不知疲倦地在幕后工作，而害怕走到台上的聚光灯下面，现在是你站上舞台的时候了。

*All of those events put on by student organizations—dances, concerts, comedy shows, and plays, for example—require a lot of work **behind the scenes**.

学生会组织的这些活动，比如舞会、音乐会、喜剧、戏剧，都需要很多幕后的工作。

24. **curricular** [kə'ɪkjələ(r)] *adj.* 课程的

co-curricular: activities that take place during the school day

extra-curricular: activities that take place outside of the school day

*One major factor is most arts programs are **co-curricular** while most sports are **extra-curricular**.

有一个重要原因是艺术项目是校内的课程活动而大部分运动是课外活动。

*Even though sports are a huge part of **extra-curricular** activities today, there are still a lot of students who do not fall into the athletic category.

虽然运动现在是课外活动很重要的一部分，但是还有很多学生对运动并不感兴趣。

25. **experiment with** 试验，尝试 (=take a crack at)

*We **experiment with** living in new places, hanging out with new people and seeing things from a new perspective.

我们尝试着去新环境生活，和新朋友结交，从新的视角看问题。

*Researchers are currently **experimenting with** art and music for therapeutic purposes.

研究者近期尝试着用艺术和音乐达到治疗的目的。

*Is learning efficiency positively correlated to the atmosphere? A survey conducted by *Huffington Post* **takes a crack at** answering it.

学习效率和气氛有明确关联吗？《赫芬顿邮报》的一项调查尝试着去回答这个问题。

*She used to be shy, but after she **took a crack at** networking websites, everything about going out became no longer that scary to her.

她曾经很羞涩，但当她试着使用社交网站后，外出结交朋友变得不再可怕。

experiment and explore 尝试 (头韵词组)

*Besides computers, there are multiple ways for children to **experiment and explore**.

除了电脑，还有很多方法能让孩子探索尝试。

*Youths need to grow not only intellectually but also emotionally, so traveling enables them to **experiment and explore**.

年轻人不但需要智力上成长还需要情感上成长，旅行能让他们探索尝试。

26. **run up against=brush up against=bump up against** 碰到(困难)

困难: setback, difficulty, obstacle, a bump in road, roadblock

*The ability to rise above setbacks you **bump up against** can give you an edge in the workplace.

克服你遇到的困难的能力能够在工作上给你一大优势。〔修饰成分在后置定语从句中担任宾语的话 that 可省略，更符合表达习惯〕

*When they **hit a roadblock**, they took it as an opportunity to rethink their approach.

当他们遇到困难的时候，他们把它当作一次反思自己方法的机会。

*When faced with **a bump in the road**, people in relationships tend to sever bonds rather than to maintain commitment.

面对困难时，相爱的人们更可能背离而不是维持承诺。(a bump in the road = problem or setback 困难)

*Self-discovery lasts until we begin to **run up against** our own limitations.

不断发现自我直到我们碰到自身的瓶颈。

***Brushing up against** obstacles can be a sure thing; don't lose faith when the reality doesn't measure up to your expectation.

遭遇挫折是一定的，当现实达不到你的预期时不要失去信心。

*Even when the adventure could **brush up against** all his aversions, he still decided to hang on to the end.

尽管这次冒险可能让他碰到所有他反感之事，他仍然选择坚持到底。

27. **around the corner** 即将来临

*There are people who cannot settle into a long-term relationship because they always have a gnawing feeling that there's someone better **around the corner**.

有些人总是没法投入一段长时间的感情，因为他们总觉得会有更好的人即将来临。

*Since the finals are just **around the corner**, many students have been cramming for their tests.

因为期末考试就要来了，很多学生都开始临时抱佛脚准备起来。

28. **take initiative to do** 做某事积极主动 (=show proactivity in doing)

*As creative employees do not believe in simply doing what they are asked to do, they **show more commitment and proactivity in** exploring other opportunities.

一个有创造力的员工不会安于只做被告诉的事情，他们会更积极地寻找机会。

*Highly motivated people **show great proactivity in** following things through.

驱动力十足的人积极主动坚持把事情做到底。

*I was able to make my first big leap by **taking initiative to** try.

在主动尝试下，我成功地迈出了一大步。

*College students should **take initiative to** experiment with new working experience and social practice.

大学生应该主动尝试新的工作经历和社会实践。

29. **instead of doing, sb. end up doing/instead of doing A, sb. end up doing B** 本想做 A, 结果做了 B; 没做成 A, 反而做了 B (表达事与愿违)

***Instead of** focusing on studying, I **end up helping** my group review.

结果我自己没法集中精力, 反而在帮着小组其他人进行复习。

***Instead of** attracting top students, universities (focusing too much on social activities) may send a wrong message and **end up with** people who just want to party.

本想吸引来顶尖的学生, 结果大学 (过度专注于社交活动) 可能发出了错误的信号导致大家都只是想参加派对。

30. **come in handy** 派得上用场, 有用

*Skills offered in work preparation programs will **come in handy** when students set out for job markets. 实习期学到的技巧在就业时派得上用场。

*Many college students attend social activities to network with like-minded peers because they believe such connections will **come in handy** later in life.

很多大学生参加社交活动来结识志同道合的同龄人, 因为他们相信这些人脉以后一定会派得上用场。

31. **stem from** 来源于

*A great deal of the pressure and anxiety about school **stems from** the college admissions race. 关于学校的很多压力和焦虑都来源于考大学的竞争。

*A person's commitment to learning something hard usually **stems from** interest and passion. 一个人学一个很难的科目的执着往往来源于兴趣和热爱。

32. **life goal** 人生目标

*Millennials rank contributing to society among their most important **life goals**. 千禧一代把贡献社会列为他们最重要的人生目标。

*By making a conscious effort to spend a few minutes per day working towards a major **life goal**, you will make slow, measured progress that might not be possible otherwise.

有意识地每天花几分钟向人生目标迈进, 你会慢慢地、有计划地取得一些进步, 而这些进步本来根本都是不可能实现的。

33. **fail a test** 考试没通过, 考试失败

*Young kids are terrified of **failing the standardized tests**. 小孩子很害怕考试不及格。

*Students who **fail tests** all the time stand a slim chance of great academic gains. 总是考试不及格的学生想要在学术上有收获很难。

34. **leave...by the wayside** 抛到一边, 忽视

= fall by the wayside/be out in the cold = does not get the attention sth. deserves

*Tight schedule at school is supposed to prepare student for college admission race, but this could end up **leaving** students' physical and mental health **by the wayside**.

学校时间安排的很紧本来是要让学生更好地为升学考试做准备, 但是这可能会使学生的身心健康受到忽视。

*Students need to grow not only intellectually but also emotionally, which is often **left by the wayside**. 学生不但需要在智力上成长还需要感情上成长, 而这一点经常被忽视。

*Arts education often **falls by the wayside**./Arts education seems to **be out in the cold**.

艺术教育经常被忽视。

*It's a shame that environment **does not get the attention it deserves**.

环境并不受重视是件羞愧的事。

35. **budget one's time** 计划、安排时间

*Kids should be taught to **budget their time** wisely **with** homework.

孩子应该被教会合理地安排写作业的时间。

*High schoolers who are over-scheduled should learn to **budget their time** more effectively.

时间总是被排得满满的中学生应该学会如何更有效地利用时间。

36. **over-scheduled/over-scheduling** 时间被排得满满的

两者区别类似于 interested/interesting, excited/exciting

*If you are seen **over-scheduled**, hyper and always on the go, your boss will feel this is a good way to be.

如果看到你时间安排得满满的、精神亢奋并总是很忙，领导会觉得这很好。

*This week-to-week grind leaves us feeling over-tired, **over-scheduled** and not able to enjoy life.

这周而复始的苦活儿留给我们的只有疲惫不堪，满满的安排，无法享受生活。

***Over-scheduling** schooldays can also take a toll on kids' friendships and social lives.

超负荷的学校时光对孩子的友谊和社交生活也会造成负面影响。

37. **enroll in** 参加；选课 (=sign up for)

*Many high-school students **enroll in** more Advanced Placement courses than they can handle, and then pile extracurricular activities on top.

很多高中生选了太多 AP 课自己都应付不来了，然后又加了一堆课外活动。

*If you decide to **enroll in** basic economics, make sure you can handle the hard work.

如果你决定选基础经济学课，要确保你能搞定功课。

*Nowadays education is a lot more accessible because people can **sign up for** online courses without even leaving the house.

教育更容易获得了，因为现在人们足不出户就可以在家报名线上课程。

38. **get (or start) off on the right/wrong foot** 好的 / 坏的开始 (=make a good/bad start at something)

*To **start off on the right foot**, you should probably go for a good teacher to learn from the best.

为了有个好的开始，你最好找个好老师以学到最好的。

*If you are looking for a shortcut, you'd **get off on the wrong foot**.

如果你想找捷径，那就误入歧途了。

39. **sleep deprivation** 睡眠不足，缺觉

*There has been a serious problem with **sleep deprivation**, because it makes you unable to concentrate even when you are awake.

睡眠不足会引起很多问题，因为它会使你即便醒着的时候也很难注意力集中。

*Students who suffer from **sleep deprivation** would end up with falling grades and poor performance at

school.

睡眠不足的小孩会成绩下降，在校表现不佳。

40. supply and demand 供给与需求；供求关系

*The market system is driven by **supply and demand**.

市场是由供需关系驱动的。

***Supply and demand** helps explain why last year's hit product is half the price the following year.

供需关系能够解释为什么去年卖得最火的产品第二年就半价了。

41. core subjects 核心科目

*Although the study of the arts has shown vast benefits for children, most people consider learning the **core subjects** such as math and science more important.

虽然艺术的学习已经显示出了对孩子的大量好处，但是大部分人还是觉得学诸如数学和科学这些核心科目更重要。

*In recent years, school curricula in the United States have shifted heavily toward common **core subjects** of reading and math, but what about the arts?

近些年，美国的学校课程正在向诸如阅读和数学这些核心科目倾斜，但艺术类课程就该无人问津了吗？

42. blossom ['blɒsəm] *n.* 开花；兴旺；成功发展

*If they are exploring and experimenting new ideas, then creativity has a chance to **blossom**.

如果他们能思索尝试新的想法，那么创造力就有机会开花结果。

*Why do some people take longer than others to **blossom**?

为什么有些人比其他人大器晚成呢？

也可以用 blossom into...

Their friendship **blossomed into** love.

他们的友情升华为爱情。

late bloomer 大器晚成的人

***Late bloomers** tend to be wiser, stronger and more sophisticated than their early blooming counterparts.

大器晚成的人往往比早就出名的人更睿智、更坚强、更深谋远虑。

*As **late bloomers** would tell you, it's never too late to achieve.

正如大器晚成的人会告诉你的一样，成就一番事业永远都不嫌晚。

43. cultivate a mindset 培养某种心态

*When a student studies music, many behavioral and cultural **mindsets are cultivated**: creativity and self expression, self discipline, self discovery, time management and increased interest in school.

当一个学生学音乐的时候，是可以陶冶情操的，他们能够获得创造力、自我表达能力、自律心、自我探索欲、时间管理的能力，以及会变得对学校更感兴趣。

*Despite your current location, you can **cultivate a more global mindset**, with the help of advanced technologies.

不论你目前身处何处，有了现代化科技你就能更具有全球化思维。

44. appreciate aesthetics 审美

*Learning to create and **appreciate visual aesthetics** may be more important than ever to the development of the next generation of children as they grow up.

随着下一代的成长，学会创造和欣赏美对他们来说比什么都更重要。

*Art and music enable children to **appreciate**, express, discover and create the **aesthetics**.

艺术和音乐能让孩子欣赏美、表现美、发现美和创造美。

45. motor skills 动手能力

*Many of the motions involved in making art, such as holding a paintbrush or scribbling with a crayon, are essential to the growth of fine **motor skills** in young children.

制作艺术品的时候包含的很多动作，比如手持画刷或者用蜡笔涂鸦，对于小孩子的精细动作能力培养是很重要的。

*Handwriting helps children learn letters and shapes, improves their composition of ideas, and may also boost fine **motor skills** development.

书法帮助孩子学习字母和形状，促进他们想法的形成，还可能使动手能力得到发展。

46. carry over into 延续到，带入

*The experience of making decisions and choices in the course of creating art **carries over into** other parts of life.

在艺术创作过程中的决策能力也会延续到生活的其他方面。

*Children may talk about what feelings are elicited when they see different styles of artwork; this ability to communicate and discuss can **carry over into** formal learning.

孩子或许在他们看到不同的艺术形式时谈论自己的感受，这种沟通和讨论的能力也会被带到学校学习中去。

*His artistic practice is clearly **carrying over into** his social thought.

他那充满艺术性的实践延续到了他的社交理念上。

*The productivity you can generate in your free time often **carries over into** the success of your professional endeavors.

你平时的效率往往会延续到你在专业上的成功。

47. a means of self-expression 一种自我表现的形式

*Music provides a medium through which students may learn to **express themselves**.

音乐提供了一种媒介，通过这种媒介学生或许能学会表达自己。

*Art and music can be seen as **a means of self-expression**, offering a multitude of benefits for students.

艺术和音乐被看作一种表现自我的方式，给学生提供了大量的好处。

48. the ease with 掌握……的容易程度

*Anyone who has ever practiced an instrument and learned to read music will know that self-discipline, the ability to focus, and **the increased ease with** abstract information are all by-products of that endeavor.

任何会演奏乐器或者会读乐谱的人都知道自律、专注力还有对于抽象信息的驾驭都是学音乐的副产品。

*People will be impressed by **the ease with** which children with musical backgrounds learn language.

人们会诧异于有音乐背景的孩子学语言会如此轻松容易。