

第一章

SAT 写作官方指南解析

第一节 SAT 写作常见问题 Q&A

征服 SAT 的学习计划

1. 自测考试的环境如何?

你是否像对待真实的考试一样对待了 SAT 练习? 环境是否安静? 是否有书桌? 你是否严格进行了计时, 并不间断地完成了全部练习? 如果这次练习周围的环境不是很理想, 请在下一次注意改进。同时, 一定要注意那些会影响你发挥的因素, 例如, “计时表不灵”“房间太冷”“环境太嘈杂”或者“有电话打扰”。学会如何适应考试的题量和时间的限制, 以及如何抵抗周边环境的干扰, 对于发挥自己的实力来说是非常重要的。

记下练习的原始得分。在每一个 SAT 练习后面, 都有一个“分数换算表”。它解释了原始得分和真实得分的换算标准, 它还记录着你每周的进步。

2. 考试前的准备是什么?

考试前的行为会极大地影响考生的成绩。例如, 如果你刚和同学或朋友就某个问题大吵一架, 可能就会影响你的成绩。我们要求考生在做测试练习前至少有一个 8 小时的睡眠, 在起床后做 30 分钟左右的运动, 而且要吃一顿营养丰富的早餐。把考试前做的一些事情写在“考试前的准备”一栏, 例如“跑了 4 英里”“做了 15 分钟的瑜伽”。

3. 你是否做对了必须要完成的题目?

表格右上部分的格中给出了你想要达到的目标分数需要做对的题量百分比。考生需要分别设定各部分(阅读、数学和写作)合理并有一定挑战性的分数目标。然后, 在做完练习之后, 找出成绩和目标之间的差距。“完成”的百分比就是将做了的题量(无论对错)除以全部的题量(全套考试有 67 道阅读题、54 道数学题和 49 道语法题)所得到的比例。“做对”的百分比是每部分的原始得分除以对应部分的总分所得的比例。例如, 如果要得到 600 分的数学, 那么必须答对 67%, 也就是 $\frac{2}{3}$ 的题目。但是也不要回答过多问题, 以免因过于匆忙, 而犯下许多粗心的错误。一个好的解决方案是回答 85% 的题目, 留下 15% 的题目, 这样大约能保证 67% 的题目正确。

除了阅读题之外, 每个部分的题目都是从易到难依次排列的。如果在做题过程中想要放弃某些题目, 应该是最后的难题, 而不是开始的简单题。当然也不要在一道题上面花费过多时间, 即使它应该是“简单题”。考生的任务就是将自己的分数最大化, 所以如果有的题目看起来太难, 跳过它去, 继续做后面的试题。



4. 你回答问题是否过于匆忙?

对于大多数考生而言,匆忙答题是一个很糟糕的习惯。分析你曾经在匆忙中完成的试题,有没有因为匆忙犯下更多粗心的错误呢?如果有的话,下次即使跳过一些题不做,也要更加仔细地做题。记住:因为 SAT 有错题惩罚,跳过总比做错好。

5. 你想要达到的目标分数所需要的原始得分是多少?

只需要将原始得分和对应的得分进行比对就可以明确你需要达到的目标。用目标的原始得分减去你目前的得分,就得出了你需要努力提高的分数。

6. 你是否对答案进行了猜测?

很多考生总是不愿意空出题目不做;另一些同学则恰恰相反,他们认为除非能百分之百地确定,否则就绝对不能回答问题。这二者都是错误的策略。聪明的猜测能帮你提高自己的分数:如果能够排除选项中的一些错误答案,你就有可能做出最好的猜测。当再次浏览考卷时,看一下你做了猜测的题目,注意一下你是否抓住了题目的核心。

7. 你的每周学习计划是否合理?

一旦你制订了计划,就要开始学习了,但是不要过于紧张。你在学校的学习内容要比 SAT 的备考更重要——大学会关注你的学校成绩。如果坚持每天复习习题集三十分钟,你就会看到效果。很多学生会发现制订一个学习计划非常有效。

你还可以每天阅读重要报刊的专栏,例如,《时代周刊》或《华尔街日报》。重要报刊的专栏往往对于 SAT 的备考有着很好的促进作用:它们会帮助你熟悉时下发生的事情和观点,强化高级词汇,并给出好的作文例证。提高作文最好的方法之一就是阅读大量的专栏文章。

8. 如何坚持你的计划?

(1) 不管你信不信,在每天开始学习之前,进行至少 20 分钟左右的有氧锻炼是最好的热身运动。原因有两个:首先,经常锻炼的人往往比很少锻炼的人能坚持更长的时间,反应也更加快速;其次,锻炼身体的同时也在锻炼自己的精神力量。每天在户外进行 20~45 分钟的运动,会对复习产生积极的影响。在 SAT 考试当天的早上进行运动,能很好地帮助考生放松、集中注意力并更好地发挥。

(2) 如果你感觉到紧张,尝试做一些“专注力”训练,例如,瑜伽、深呼吸会帮助你集中注意力。

(3) 整理好你的书房。如果你学习的地方全都是电视、电脑或者其他干扰你集中注意力的东西,那么你就很难取得好的复习效果。如果在床上复习,你会很容易睡着。找一个安静、干净的地方来进行复习,把所有与学习有关的东西都放在你的手边:字典、单词卡、计算器、铅笔和橡皮等。

(4) 坐直并直视你的书。根据调查发现,直视书会比斜视具有更好的理解效果。自己做一个实验就可以发现,如果你躺着看书,一会就会发现头脑越来越慢,思维停滞。

(5) 如果你在学习之后感觉疲劳,休息 10 分钟,吃点东西,听几首你喜欢的歌。

SAT 究竟考查什么

与大众观点相反的是,SAT 并不是测试考生应对多项选择题或者写八股文的能力。它并非用来预测一个考生的大学学习成绩(因为大学成绩本身过于主观且无法规范

化)。SAT 既不是智力测试,也不是对高中知识的简单检查。它涉及的部分是学校考试中一般很少涉及的:它评估作为一个大学生所必须掌握的一系列学术能力。这些能力包括在压力情况下的思考能力、流利且具有说服力的写作能力、理解复杂问题的能力以及处理各种数学问题的能力。当然,要在大学中取得成功还有很多其他的重要能力:创造力、组织能力、社交能力、坚韧度等等。但是这些能力是无法在多项选择题中加以考查的。所以,大学的录取官员会从其他的申请材料中找到相应的证据——你的个人陈述、推荐信、课外活动等等。但是也不要轻视 SAT,分析性阅读、写作和数学都是大学学习中最重要技能。

七种最重要的推理能力

SAT 考生需要熟练掌握七种核心推理能力:找出问题、分析问题、简化问题、整理知识、替换手段、逻辑思维和检查答案。如果你将这些方法和步骤牢记心中,就可以解决 SAT 考试中最难的问题。接下来让我们仔细看看这七个步骤。

1. 找出问题

找出问题意味着你必须确定问题并对其进行解读。这就仿佛从一个卷轴中慢慢地抽出地图(请不要把了解和解决混为一谈,我们暂时还不需要找出完整的解决步骤)。地图不能告诉你最后的目的地(你必须要在其中找出最佳路径),但是你却可以找到一些与此相关的信息。这张图能够告诉你现在的位置,或者你未来的努力方向,抑或是你所拥有的技能。

如果你在一开始就犯了错误,你将永远都无法解决问题。那些在 SAT 上犯过大错误的考生大多是因为没有找出自己的缺点。很多人都认为自己是读题粗心,或者是理解错误,其实是自己没有明白真正的考点。比如说阅读部分,很多的阅读方法建议学生先读题,再读文章。看起来这种做法很好,似乎方便易行,但是定位问题很有可能导致无法了解阅读的重点。考生感觉自己掌控了考试的节奏,其实这种做法会被导向误区,而无法在 SAT 考试中取得好成绩。为什么呢?因为这样做本末倒置了。很多 SAT 的阅读题都属于“全局”题,他们考查考生对全文主旨或者结论的把握程度。如果你只是去扫视文章中与题目相关的一些内容,就会一叶障目,做错这些“全局”题。在作文部分,很多考生错误地认为需要在写作的时候使用所谓“华丽”的词汇、复杂的语言,动辄引用莎士比亚的名言。很多人认为他们需要掌握标准的五段式文章结构才能取得高分,结果却得了低分,那是因为他们误解了 SAT 作文写作的精髓。如何才能提高自己的作文成绩呢?在写作部分很多考生以为自己需要了解很多复杂的语法规则。比如,“永远都不要用 but 或者 because 来开始一个句子”,或者是“动词绝对不要用被动态”,又或者“绝对不能用介词来结束一个句子”。其实,这些都不是标准的英语语法。SAT 写作只测试你对大约 15 个标准语法规则的理解。

2. 分析问题

一旦你理解了问题,就必须结合它的各个部分思考如何解决它们了,这就叫做分析问题。要修理一块表,你需要了解它的内部结构是什么,是如何工作的。同理,要解决 SAT 的难题,你需要分析数学、句子、写作以及文章等的结构和内部关系。分析单词可能会挑战你的词汇。SAT 考试里会包含很多高难度词汇,其中有很多对考生来说可

能是全新的单词。你要如何来处理这些词呢？通过拆解词根和词缀就行了。如果你分析某一个单词的组成部分，那么你很可能会突破它们。

3. 简化问题

另一个 SAT 得高分的关键是简化难的数学题、难的写作题目和晦涩的阅读文章。你的记忆力一次只能记住 5~9 篇左右的信息。如果你能减少问题中的信息量，解决问题会更加容易。

4. 整理知识

尽管 SAT 考查了多种多样的推理能力，记忆一些必要的知识对于取得高分还是至关重要的。例如，在填空题中了解单词或者是词根的具体含义，在语法题中了解标准语法的规则，或者是在数学题中了解基本的概念或公式。虽然每次考试都会提供“参考公式表”，其中包括勾股定理、面积公式等，但是你还可能需要记忆如下的公式，比如平均值公式、整除和奇偶性规则以及斜率公式等。

5. 替换手段

很多考生在准备 SAT 考试时，总是试图记住各种 SAT 问题的“最佳解法”。其实 SAT 主要考查考生的就是举一反三的能力。很多 SAT 考题都有不同的解法，每一种解法对于不同的人来说可能就是“最优解”。举个例子，很多 SAT 的数学题可以从算术、几何、代数等多种角度来求解。以后在面对数学问题的时候，多问问以下问题：我能不能用一种不同的方法来进行分析？我是不是只用了传统的解题方法？能不能对选项进行猜测？有没有什么规律？可不可以先简化一下表达式？如果一道数学题你是从代数角度解决的，那么你也考虑一下是不是可以通过画图予以解决？让自己的解题思路灵活起来而不只是僵化地寻找“最佳”解法。

与此类似的是，很多考生认为写作总会有一个最优的“公式模板”，只有依据模板来写才能取得高分。实际上，能得到高分的方法有千千万万种，谋定而后动或许才是关键。思考一下：这个问题应该如何解决？有没有什么有趣的例子可以用来解决这个问题？我应该怎样来说服我的读者？我的读者可能用什么理论来反驳我？

6. 逻辑思维

逻辑是你在面对 SAT 考试时最为有效的推理工具：填空题要求你会分析句子的逻辑结构，阅读题要求你将逻辑假设转为逻辑推断。

7. 检查答案

很多考生在考试时总是犯一些奇怪的错误，而优秀的考生总是能将这类错误减到最少。请不要在完成试题之后就洋洋得意，更不要简单地重复一遍解题的过程（因为这样做无法找出错误）。下面提供一些检查的方法：

(1) SAT 数学，通过预估答案来进行检查。因为任何时候，如果答案离你的预估值相差太远，那么这个选择就可以予以排除了。

(2) 在完成句子填空时，多读一遍句子，把你选的答案代入其中就能够很好地进行筛选了。

(3) 在文章阅读中，检查你的答案是否符合文章大意相当关键。

四 关于 SAT 的常见问题

1. 如果要考 SAT，需要花多长时间来学习准备呢？

我们建议每一个 SAT 考生周一到周五每晚投入半个小时的时间，在每周六的上午花 4 小时来进行一次测试，如此往复，持续 8~10 周即可。你需要投入大量的精力，不

过只要努力,考试的成绩一定会让你满意。即使你每周只有几个小时来准备,本书也会尽可能帮助你。你至少应在每周花三段时间,每段持续 20~30 分钟来准备 SAT。每周末要用 3.5 小时来做 SAT 练习。

2. 大学是如何看待你的 SAT 成绩的?

优秀的大学非常明白,一个拥有 SAT 高分的考生能够更好地适应大学的学习生活,反之,则很有可能无法应对数学、写作或是阅读方面的难题。因此,SAT 被作为一个评价标准来评判考生的学术意愿和能力。大学要求考生提供 SAT 成绩还有一个重要原因:如果考生提供的 SAT 成绩高,能给学校增光。申请者的 SAT 平均分数越高,学校的排名和知名度也就越高。因此,学校一般只会接纳你多次 SAT 成绩中最高的一次(也就是说,如果你提交了三次 SAT 成绩,校方会选择你最好的阅读成绩、最好的数学成绩以及最好的写作成绩)。所以,不要担心参加多次的 SAT 考试,那样只会对你有帮助,而不会造成伤害。当然很多学校都会表示“SAT 分数可选”,原因是,这样愿意提供 SAT 成绩的考生都持有较高的成绩,可以提高该校录取考生的平均成绩。千万不要认为 SAT 成绩可有可无,恰恰相反,大学会很看重你的 SAT 成绩——而且分数要尽量高。

除了 SAT 成绩之外,绝大多数一流高校还关注考生的成绩、简历、推荐信、领导力、课外活动以及论文等。但是标准化的考试成绩对于大学录取来说变得越来越重要。SAT 考试成绩也不例外,它对于一个考生申请好的大学非常重要,无论该大学是否要求学生提交成绩。许多著名大学还将提高 SAT 考试成绩在录取中所占的比重,有的甚至划定了最低录取分数线。如果你想知道申请某一学校究竟需要多高的 SAT 成绩,学校的招生办公室工作人员会给你答复。

3. 应该什么时候报考,应该报考什么 SAT II 考试?

由于学校不同,考试的要求会有很大的不同。有的学校要求 SAT 成绩,有的学校则不要求。有的学校不需要提交 SAT II (专业考试)成绩,有的学校要求考生至少参加三门考试。如果你要申请出色的学校,我们建议在春季考两次 SAT,并考一次 ACT(如果你的 ACT 成绩更好,可以提交 ACT 成绩,比提交 SAT 成绩的效果会更好)。

即使你想申请的大学不要求标准化考试成绩,也要提供这些成绩。这样的话,会给你的申请加分不少。如果你是个优等生,但是你的化学得了一个 C⁻,那么你就可以用 SAT II 的数学成绩来弥补这个不足。

要是没考好,学校也没有要求。你就不要提交成绩报告了。

SAT II 考试要求考生对于所考科目非常熟悉,尽量在考试前集中时间复习。

4. 如何报考 SAT?

请登陆 College Board 官方网站获取最新信息,其中包括注册考试、选择考试地点、报考截止时间等等。

5. SAT 多少分才叫做好成绩?

SAT 考试共有 3 个部分,分别是阅读、数学和写作。每个部分的分值在 200~800 分之间。而每一个部分的普遍得分是在 490~530 分之间。因此,如果你的得分在 500 分以上,那么你就超越了大多数人,但是如果你要进入常春藤名校的话,还是要保证每个部分的得分都在 700 分以上——这意味着你必须跻身所有考生的前 5%。

另外一个评判分数好坏的标准就是招生学校的网站,一般在上面会发布学校历年新生的 SAT 平均成绩以及百分比。

6. 如果不知道答案的话能不能猜题?

如果是乱猜的话,帮助不大。但如果是有技巧性地猜测的话则不然,去掉绝对不可能的选项后,会大大提高你的猜测成功率。

7. 需要花额外的时间在 SAT 考试上吗?

除非你真正需要,否则没有必要。有的考生需要特别的准备才能参加考试,所以他们需要额外的时间来准备。需要注意的是,只有在专业的指导下,这种方法才是可行的。如果你认为有额外的时间来思考是件好事的话,那再好不过了。但令人惊讶的是,额外的时间通常会伤害很多考生,因为他们更难集中注意力了。分析你是否需要参加 SAT 的专业考试,如果你认为参加考试对你有益的话,请与你的指导老师联系或者登陆 College Board 的网站查询相关信息。

8. 什么时候可以获得 SAT 分数?

一般在考试结束之后的 2 到 3 周,就可以通过电话或者网络来查询 SAT 分数。再过 10 天,还会收到一份书面的免费成绩报告。同时被你选中递送成绩的学校也会得到一份完全一样的报告。当然,如果你要求快速投递的话,完全可以,只需加付相应的费用即可。

9. 能不能在获得分数的同时,拿到自己的考试卷?

如果你是在 1 月、5 月或者是 10 月考试的话,可以要求考试问答服务(Question and Answer Service),其中会包含考试册、答题纸、答案和难易分析。

10. SAT 有难易差别吗?

通过对考生 SAT 的分数统计来看,SAT 是没有难易差别的,是“公平的”。很多考生在第一次面对 SAT 考试时感觉非常紧张,但是他们把自己的表现不佳归咎于考试的难度,很多人甚至认为 SAT 的评分结果因为一些才貌双全孩子的参与而变得不公平。这些都是错误的。因为在每一次 SAT 考试之前,难度曲线就已经根据之前考试的“选考部分”确定了,以确保该次考试的难度和之前的难度是一致的。不要受到你朋友的误解的影响,按照自己的学习计划来进行复习。

11. 什么是 ACT 考试?

ACT 是在 20 世纪 60 年代开发的,用于职业学校、机械学校和农业学校的申请考试。它是作为 SAT 的替代品而出现的。今天,它也是很多大学接受的录取标准。尽管 ACT 考查的是最基本的能力,而非学术能力,但是如果你的 SAT 分数不够好,那么 ACT 可以起到替代的作用。

12. 考试前一天晚上应该怎么度过?

SAT 考试前夜需要放松。把学习放在你的身后吧——此时大量做题只能说是弊大于利。看看电影,和朋友出去吃顿饭,让已经疲劳的大脑休息一下。在睡觉前,把第二天考试需要的东西都收好。考试前夜,请收好以下东西,切勿遗忘:

- (1) 准考证
- (2) 身份证/护照
- (3) 几支 2B 铅笔和橡皮
- (4) 计算器(装上新电池)
- (5) 秒表
- (6) 小零食,诸如香蕉或者巧克力等

(7) 你的脑子

(8) 耳塞(如果你需要排除干扰的话)

(9) 考场的路线图

如果你对于考场位置不熟悉,那么一定要提前出发,或者提前几天去看一下实际考场的情况。最好是有人开车送你去考场会比较好。请在8点之前出发,给自己留出充足的时间,这样才能够避免紧张。

13. 考试当天早上应该做什么?

(1) 早餐要吃好,并适当锻炼,让身体热起来。

(2) 多穿几件衣服。热了可以脱,冷了也不怕。

(3) 别管别人做什么,根据自己的节奏做题,相信老天会眷顾勤奋的人。

(4) 如果看到了比较难的文章,不要慌——这就是 SAT。做到你的最好,别在一道题上浪费太多时间。

(5) 当你觉得紧张时,三次深呼吸可以很好地缓解状况。

(6) 思考要积极,心情要开朗。

第二节 SAT 例文详解

例文详解 1

Think carefully about the issue presented in the following excerpt and the assignment below.

Some people believe that there is only one foolproof plan, perfect solution, or correct interpretation. But nothing is ever that simple. For better or worse, for every so-called final answer there is another way of seeing things. There is always a “however”.

Assignment: Is there always another explanation or another point of view? Plan and write an essay in which you develop your point of view on this issue. Support your position with reasoning and examples taken from your reading, studies, experience, or observations.

参考范文

I admit with pride that I am a perfectionist. I see it as the force which motivates me to achieve high goals. I owe my good grades, my success as a dancer as well as my organized room to my drive to be perfect. However, others view my perfectionism as a flaw. Others see me crying over the “B +” I received on the math test and blame my “emotional instability”, as they call it, on my perfectionism. Whether one considers it is a vice or a virtue depends on his or her point of view.

May is AP test season and for me that means severely high levels of stress. I would be spotted walking down the halls of the school with my Barron's AP World History book under my right arm and a highlighter in my pocket. It was imperative that I study hard enough to receive a grade of "5" on the test. All my stress in it and constant studying gave me dark circles under my eyes and a bad cold. One day, shortly before the test, my French teacher approached me and asked me if I was ill. I explained that I was just tired and stressed from studying for AP. She paused when I finished speaking. Then she stared me straight in the eye and said, "Everyone chooses their own poison." I was dumbfounded. What did she mean? Then it dawned on me; she saw's my drive for perfection as the spring that feeds my ultimate downfall. My perfectionism is my vice, according to her and yet all this time I thought it was my greatest virtue.

Now I understand that my perfectionism is not "all good". It was after all responsible for the lack of plenty of sleep as well as being responsible for my head cold. However, I maintain that it is not "all bad" either. I continued to study for the AP World History test and although the scores are not back yet, I have a hunch that I did well on it. So is perfectionism a vice or a virtue? It depends on whom you are talking to.

Effective Organization

1. Question Type

Excerpt: _____

Assignment: _____

Think carefully about the issue presented in the following excerpt and the assignment below.

There are two kinds of pretending. There is a bad kind, as when a person falsely promises to be your friend. But there is also a good kind, where the pretense eventually turns into the real thing. For example, when you are not feeling particularly friendly, the best thing you can do, very often, is to act in a friendly manner. In a few minutes, you may really be feeling friendlier.

Adapted from a book by C.S. Lewis

Assignment: Can deception—pretending that something is true when it is not—sometimes have good results? Plan and write an essay in which you develop your point of view on this issue. Support your position with reasoning and examples taken from your reading, studies, experience, or observations.

2. Problems in Structure

(英)开门见山 E: writer-responsible

(中)层层剥笋 C: reader-responsible

Sample

How I Overcame My Difficulties in Learning English

Original

With the open-door policy, more and more foreigners come to China. They come to China for the purpose of business. For example, they establish joint ventures. Others come to China for traveling. Obviously, learning English becomes more and more important, because we need to use English to communicate with the foreigners.

Revised

With the adoption of the opening-up policy, English has become increasingly important in our life. Although many people are eager to master it, it is not easy for the Chinese. However, I find some effective ways to overcome the difficulties I have in learning the foreign language. (Thesis)

3. Seven Key Sentences

• View

e. g. Deception is sometimes justified.

e. g. Many people fall prey to lying mainly because it is so easy to do.

• Reason

e. g. When someone is trying to achieve an end, he or she must sometimes use deception as a means.

e. g. It involves no physical labor, no strenuous activity, no expenses, and no special skills.

• Illustration

e. g. On at least two occasions, the Confederate Army used deception in an attempt to overthrow the more powerful Union Army. Also in literature, Jay Gatsby uses deception to win over his true love.

e. g. All you have to do is open your mouth and let the words fall out.

• Hook

e. g. A conversation rather than a failure made me aware of my personal arrogance, which I had thought just the flaw of others.

• Conclusion

While this may be an extreme case, it still illustrates that lying, even though it may be as easy as breathing, can lead to very harmful results.

例文详解 2

“WANT TO GET AHEAD? TRY LYING” says a headline, with the idea that by always telling the truth, or by telling too much truth, we put ourselves at a disadvantage.

Stephen Lim tells the following story: “Walking through my way to school, I delivered special delivery mail for the U. S. Postal Service. Each morning the dispatcher handed drivers a pile of letters and packages. Before starting our route, we recorded the number of stops we had to make. While the other drivers padded their figure, I didn’t. This made me look bad in comparison lowering the supervisor’s opinion of my performance.”

Stephen paid a minor penalty for telling the truth. But others can suffer more serious consequences for being honest. Consider a few: Because they don’t cheat on assignments and tests to boost their grades, some students fail to get into the college of their choice. Job applicants don’t succeed in getting a coveted position because they refused to pad their resumes.

“In a nutshell, it’s harder and harder to be an honest person in today’s society,” says Stephen Lim. “After a while, you feel like a jerk when other people are getting ahead by taking shortcuts.”

Adapted from Stephen Lim, “Telling the Truth—Does It Pay?” Plain Truth, May/June, 2001

Does Stephen’s statement describe the way things actually are, or is it a cynical distortion of the truth? Plan and write an essay that discusses your point of view on the issue. Support your position with evidence and reasoning drawn from your reading, studies, experience, or observations.

参考范文

Many people fall prey to lying mainly because it is so easy to do. It involves no physical labor, no strenuous activity, no expenses, and no special skills. All you have to do is open your mouth and let the words fall out.

Lying is a major part of getting a job you are not totally qualified for. You write up a nice little resume with all the details of your life, most of which don’t pertain to the job at all, such as, your marital status or that you won the Noble Serf Award in eleventh grade, an award that you invent right on the spot. Just in case you are asked during the interview what the award was for, you prepare a lie ahead of time, maybe something like it’s an award for integrity, for being an extremely honest and trustworthy person. Also, you might not have quite enough experience for the job you are trying to get. So you fabricate a little more to show that you are used to hard work and responsibility. After all, what’s the harm in shading the truth a little?

While it’s true that your lies will have no immediate effect, what will happen if your employer checks on you, when he or she finds out that there is no such thing as the

Noble Serf Award, and that you were not the assistant manager of the supermarket at all but just a lackey who retrieved shopping carts from the parking lot? This is when you must face the consequence of your “harmless” little lies. If you are caught lying, after your face goes back to its normal color, you will most likely be looking for another job.

Does that mean it's okay to lie as long as you don't get caught? Nothing could be farther from the truth because the effects of lying can be more serious. If you claim credit for something that is not yours and you hurt somebody, then you have crossed over the line. You have become not only a liar but a thief, and you have lost your integrity. Or even worse, if someone causes pain to others because he or she believes in a lie you've told, the consequences can be very severe. Recently there was a male nurse who lied his way into jobs in several hospitals, and wherever he went the death rate of patients rose dramatically. For a long time no one noticed the correlation between him and the death rate, but by the time it was discovered, he had left a trail of dozens of innocent victims.

While this may be an extreme case, it still illustrates that lying, even though it may be as easy as breathing, can lead to very harmful results.

例文详解 3

Think carefully about the issue presented in the following quotations and the assignment below.

1. Honesty is an important value in every relationship. Whether interacting with a friend, a roommate, a spouse, a parent, or another loved one, individuals expect others to be honest and feel betrayed when they are deceived. Adapted from Jennifer Gescheidler, et al., “Deception of Parents during Adolescence”

2. Deception can actually make it easier for people to get along. In a recent study, for example, one out of every four of the lies told by participants was told solely for the benefit of another person. In fact, most lies are harmless social untruths in which people pretend to like someone or something more than they actually do (“Your muffins are the best!”).

Adapted from Allison Kornet, “The Truth About Lying”

Assignment: Is Deception Ever Justified?

参考范文

Deception is sometimes justified. When someone is trying to achieve an end, he or she must sometimes use deception as a means. On at least two occasions, the Confederate Army used deception in an attempt to overthrow the more powerful Union Army. Also in literature, Jay Gatsby uses deception to win over his true love.

In the first major battle of the Civil War, The First Battle of Bull Run, the Confederate Army gained a neat victory over the Union using deception. Although the

Union appeared to be winning the battle, General Stonewall Jackson was waiting with reserve troops. In fact, he surprised the overconfident Union Army, and drove them back with his delayed attack. Had Stonewall Jackson not used deception, the South would not have won that important battle of the Civil War.

Deception was actually a major element in the South's overall war strategy. Since they lacked the resources and the manpower of the North, they had to make due with what they did have—cleverness. They used tactics such as fierce rebel yelling and false reports to make the North believe that there were more Confederate troops than there actually were. General McClellan of the North often hesitated to take action because he was always concerned about sending his men into certain death. The South's facade worked for some time and they had the Union tricked out of attacking them.

We also see the necessity of deception in F. Scott Fitzgerald's *The Great Gatsby* when the protagonist uses the facade of his mansion and his parties to impress his love, Daisy. To him, his only goal in love is to win her over, which drives him to become wealthy and buy a huge mansion. He holds huge drinking parties merely for the sake of attracting Daisy to his love. To him, deception is necessary, or else he could not pursue true love for himself.

On many occasions, deception is necessary. The South had to deceive the North, and Gatsby had to deceive himself and Daisy. For deception to be justified, there must be some end that is necessary to achieve. However, deception must have a good cause. Enron's recent deception was unjustified, because their end was to steal and to embezzle. The Confederacy was defending its way of life and Gatsby was in pursuit of true love. Although deception was justified in these cases, mendacity in general should not be encouraged. Lying and stealing are forms of deception that lack a just end. Therefore, deception can be sometimes justified, but at other times not. Gatsby, however, does not fit into high society, and he merely uses these things to attract Daisy.

范文详解 4

If you rest, you rust—Helen Hayes

Assignment: The statement above argues that those who fail to strive regress. Write an essay supporting, disputing, or qualifying the statement. You may use examples from history, literature, popular culture, current events, or personal experience to support your position.

参考范文 1

Helen Hayes takes a firm stand against indolence when she says, "If you rest, you rust." Though indolence is commonly considered a sin at worst and a waster at best, our negative attitude toward rest is detrimental. Rest is critical to progress because it enables us to function well and it helps us set appropriate goals.

Rest is vital to our ability to function at our best. Recent news stories report that scientists are learning surprising things about the importance of sleep. Lack of adequate rest impairs brain function, so much so that sleep experts have been able to measure drops in IQ in patients who are deprived of sleep. Other studies have demonstrated a negative impact on brain function and coordination in sleep deprived subjects. It should not, therefore, be a surprise that the California Highway Patrol has stated that sleep-deprived drivers are as great a threat to road safety as are drunk drivers.

Rest is important for more than just brain function. Those who are caught up in extremely busy lives lack the time to think about what they are doing and gain perspective. Business may prevent “rust”, but it does not encourage us to maximize our potential. My older brother learned this lesson when he took a year off from school before college. In high school he had been a straight—a student, staying up late into the night in search of perfect grades. It was only when he took a year off from school to travel that he had the time to think about what he really wanted to do, to consider goals beyond grades. In that year off, my brother had a chance to figure out what he genuinely enjoyed. He returned to school knowing that he wants to be a writer, and this knowledge is helping him achieve something of real value.

Time off to sleep and think is critical to our ability to recognize what is important, and our ability to achieve it. It does not, however, follow from this that we would be better off on a permanent vacation. Rest is critical because it allows us to perform well when we work. It is not an end in itself.

参考范文 2

I was, according to my mother, bilingual in English and Spanish before I entered kindergarten. Now my mother, like most, enjoys bragging about my accomplishments, including some that border on the implausible, but I think she may be right about this particular one. I remember walking to the park and eating helado (ice cream) with my Salvadoran babysitter, and I remember being rocked to sleep as she sang “Dormite Ninito”. Today, however, I can scarcely navigate the menu at a Mexican restaurant. What happened to my fluent Spanish? I went off to “big boy” school. My babysitter moved on to another family with a pre-school-aged child, and I basically had no more opportunities to speak or to hear Spanish.

Helen Hayes was right when she observed that “If you rest, you rust”. As I stopped using Spanish, I not only failed to progress in that language, I fell behind, ultimately losing the ability that I had once possessed. This lesson, that one must strive and exercise in order to keep up with others, and in order to maintain what one has, is an important one because it holds true in every aspect of our lives.

The collapse of the U.S. auto industry is a perfect example of the risk inherent in failing to keep moving forward. For decades, Detroit had dominated the industry, and it felt no need to innovate. Ultimately, Japanese auto makers began to threaten Detroit's

dominance because they developed more efficient business practices and better engineered products. When Detroit rested on its laurels, it rusted, and the U.S. auto industry has yet to achieve a full recovery.

The problem with resting is not, however, limited to allowing others to pass you. Sometimes one actually loses one's ability, as I lost my fluency in Spanish. Muscles, for example, atrophy when they are not used—a lesson learned by everyone who has ever worn a cast for any period of time. Even the human brain loses its ability if it is not used. Conversely, recent studies of elderly patients have shown that doing memory exercises can improve memory and brain function. The lesson is simple: use it or lose it.

Our lives abound with examples of the importance of remaining active. It is the key to economic success, good health, and, even, speaking Spanish. I think I'll start my exercise by walking to the park and ordering helado for old times' sake.

例文详解 5

Fatalists believe that we must accept things as they are, that nothing can be done to change the world for the better. Martin Luther King had such people in mind when he remarked, "The hottest place in Hell is reserved for those who remain neutral in times of great moral conflict." Maya Angelou added, "If you don't like something, change it." And Phyllis Diller, putting it still another way, said, "Never go to bed mad. Stay up and fight."

Assignment: The first step in making things better is to recognize that a problem exists. Please plan and write an essay, in which you identify a school, local, national, or world condition or flaw that, in your opinion, needs to be corrected, and explain why you chose it.

参考范文

A trend these days is to speak up about the world's mistreatment of the environment. I am not just a tree hugger by saying that without improvement in environmental conditions, my generation and the future generations will suffer in ways too awful to ever imagine. At the end of the day you can say the survival of mankind is "hanging in the balance".

Many countries exploit the Earth's resources. In some countries, millions of acres of rainforest are being destroyed every year to make room for farmland or to cut lumber to export. Not only does this destroy the habitats of many animals, but kills species of trees and plants that may someday be found to cure cancer, AIDS, MS, or other diseases. In addition, rainforests produce the majority of oxygen that we need to live. The bottom line is that by clear-cutting rainforests, we are beginning to suffocate ourselves to death.

Other nations exploit the oceans. By dumping garbage, sewage and other hazardous waste into the oceans, they pollute the water. Eventually, the garbage washes back on shore, making the beaches filthy and swimming dangerous. The pollutants also kill and taint the fish in the ocean with toxic materials. Then we end up eating these fish, and the toxins enter our bodies. Many people I know have given up eating tuna fish for the reason they don't want to put poisonous mercury into their bodies.

Another way that the environment is abused is the treatment of the atmosphere. Until the famous Kyoto Treaty, most countries had no laws controlling the amount of harmful gases released by cars and trucks that causes global warming. Some countries still don't have such laws, and under the Bush administration, the United States withdrew from the Kyoto agreements. I think that governments around the world, including the U.S. need to force the corporations to reduce their burning of fossil fuels in order for less smoke to mix with clouds to form acid rain and to stop the trend to global warming.

These are just a few ways in which the world abuses the environment. When all is said and done, all people must do their part to leave the world a better place for their children and grandchildren.

例文详解 6

Think carefully about the issue presented in the following passage:

The moon belongs to everyone,

The best things in life are free,

The stars belong to everyone,

They gleam there for you and me.

The flowers in Spring,

The robins that sing,

The sunbeams that shine.

They're yours,

They're mine!

And love can come to everyone,

The best things in life are free.

"The Best Things in Life Are Free," song and lyrics by B.G. DeSylva, Lew Brown, and Ray Henderson for the musical *Good News*.

Assignment: Please plan and write an essay in which you discuss the validity of the sentiment expressed by the lyrics of the song, "The Best Thing in Life Are Free." Support your position with evidence and reasoning drawn from your reading, studies, experience, or observations.

参考范文

The idea that “the best things in life are free” is nothing except sentimental garbage, okay for a musical show but just a fantasy or a self-delusion in reality. Now almost everything costs money, and even if you don’t have to take out your Visa card and pay for it then and there, there are hidden costs that can’t really be calculated.

Take, for example, an ordinary walk in the park with a favourite girl, guy, or dog. Sure it’s free to enter the park and stroll along. No out-of-pocket expenses there, but think of all that it costs to have that walk. For one thing, there is clothes and footwear. There is the need for transportation to the park and home again, and the need to be able to contact a friend by phone or email to arrange the walk. Just living in a place that has a park to walk in also costs money—in taxes, rent, mortgages, and the regular expenses of maintaining a decent lifestyle.

Okay, walking in the park may be a trivial example. How about something more profound? What most people value above all else is freedom—not just the freedoms granted in the Bill of Rights but the freedom to be what we can be, the freedom to love and associate with whom we please, the freedom to live in a safe environment, free from violence and harm, freedom to go to school or go any place at any time without worrying about the government watching or breathing down your neck, and even the freedom to help others gain their freedom like the U. S. has done in Afghanistan and has been trying to do in Iraq at the cost of billions and billions of dollars, not to speak of the expense of death and human suffering.

It would be nice to believe that the best things in life are free, but only the blissfully ignorant could really believe it. Whoever said there’s no such thing as a free lunch knew what they were talking about.

例文详解 7

Think carefully about the issue presented in the following excerpt and the assignment below.

Many persons believe that to move up the ladder of success and achievement, they must forget the past, repress it, and relinquish it. But others have just the opposite view. They see old memories as a chance to reckon with the past and integrate past and present.

Adapted from Sara Lawrence-Lightfoot, *I’ve Known Rivers: Lives of Loss and Liberation*

Assignment: Do memories hinder or help people in their effort to learn from the past and succeed in the present? Plan and write an essay in which you develop your point of view on this issue. Support your position with reasoning and examples taken from your reading, studies, experience, or observations.

参考范文

Score: 6

Essay

Without our past, our future would be a tortuous path leading to nowhere. In order to move up the ladder of success and achievement we must come to terms with our past and integrate it into our future. Even if in the past we made mistakes, this will only make wiser people out of us and guide us to where we are supposed to be.

This past year, I was auditioning for the fall play, “Cat on a Hot Tin Roof.” To my detriment I thought it would be a good idea to watch the movie in order to prepare. For two hours I studied Elizabeth Taylor’s mannerisms, attitude, and diction, hoping I could mimic her performance. I auditioned for the part of “Maggie” feeling perfectly confident in my portrayal of Elizabeth Taylor. However, I was unaware that my director saw exactly what I had been thinking. Unfortunately, I didn’t get the part, and my director told me that he needed to see “Maggie” from my perspective, not Elizabeth Taylor’s.

I learned from this experience, and promised myself I would not try to imitate another actress, in order to create my character. Persevering, I was anxious to audition for the winter play just two months later. The play was Neil Simon’s “Rumors”, and would get the opportunity to play “Chris”, a sarcastic yet witty role, which would be my final performance in high school. In order to develop my character, I planned out her life just as I thought it should be, gave her the voice I thought was right, and the rest of her character unfolded beautifully from there. My director told me after the first show that “Rumors” was the best work he’d ever seen from me, and that he was amazed at how I’d developed such a believable character. Thinking back to my first audition I was grateful for that chance I had to learn and to grow, because without that mistake I might have tried to base “Chris” off someone I’d known or something I’d seen instead of becoming my own character. I utilized the memory of the Elizabeth Taylor debacle to improve my approach to acting and gave the best performance of my life so far.

Why this Essay Received a Score of 6

This essay effectively and insightfully develops its point of view (“In order to move up the ladder of success and achievement we must come to terms with our past and integrate it into our future”) through a clearly appropriate extended example drawing on the writer’s experience as an actor. The essay exhibits outstanding critical thinking by presenting a well-organized and clearly focused narrative that aptly illustrates the value of memory. The essay also uses language skillfully, demonstrating meaningful variety in sentence structure (“To my detriment I thought it would be a good idea to watch the movie in order to prepare. For two hours I studied Elizabeth Taylor’s mannerisms, attitude, and diction, hoping I could mimic her performance. I auditioned for the part of “Maggie” feeling perfectly confident in my portrayal of Elizabeth Taylor,