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过神
团队

赵建昆 主编
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考神团队

英语专业四级

写作 30 天速成胜经

- 专业成就专业, 精练成就高分
- 大小作文类型齐全, 全真模拟, 助力高分



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Preface

前言

TEM-4 (Test For English Major-Grade Four) 全国英语专业四级考试, 简称专四。虽级别为“四”, 但因前方还有个“专”字, 于是高大上气息扑面而来。作为参考专八的必要前提、英语专业以及外语院校的专属, 不是任何一个大学生都可以参与的考试, 专四考试成绩的小红本, 当然意义非凡。

而它的意义, 绝不仅仅如此表面, 且看专四考试的测试特色:

1. 听力部分含有让全国考生胆战心惊的全文听写和国际范儿十足的新闻听力;
2. 阅读常来自于英美报刊杂志摘录;
3. 语法词汇部分除了考查差别极小的单词短语使用外, 还会用纯英文考查语法的使用。测试你一下, 看到这些单词, 你有没有眼晕?

appositive

subjunctive mood

subject-predicate relationship

imperative sentence

上述词汇, 或存在于题干, 或存在于选项, 任何不熟悉, 可能直接导致本题进入“海选”模式;

4. 写作有大小作文之分。

看到这, 有没有冷汗直流, 心头一紧? 不过, 你当然需要继续看另一面:

1. 虽然全文听写让人胆寒, 但是经过一定篇数训练, 听写反而成为得分大项;
2. 四六级阅读中常见的定位与同义替换, 专四阅读依然适用;
3. 那些语法词汇是难, 但是一共也就涉及到 20 多个;
4. 大作文有模板结构, 小作文有行文格式, 书中全部涉及。

看到这, 是不是又放心了?

恭喜你选择考神团队编著的专四系列图书。在每个专四备考的阶段, 都有一本适合你的进度, 让你从容应对专四。我们的建议如下:

第一、词汇书籍适合备考全程, 随时翻阅, 短时多次, 不断加深印象;

第二、真题集建议购买两本, 第一本在每年 4 月考前 3 个月内做完, 第二本在 4 月初作为自我抽查检测用书;

第三、在所有单科系列图书中, 30 天速成胜经强调做题方法与破题技巧, 而必练 200 题/500 题/50 篇则重视用练习消化所学。

我们从不否认坚持带来的量变, 但我们更强调方法带来的质变。这套专业四级备考丛

书,是一个向导,是一个罗盘,是一个灯塔,指明你努力的方向。它们现在就在你的手里,赶紧坐在桌前,打开笔记,握紧钢笔,为专四高分,走出正确而坚定的第一步吧。

考神团队全体成员,建昆老师(新浪微博:@建昆老师)曾开创和引领北京新东方学校专业英语培训项目,其专四听力的课程讲解更是独步天下。考神团队的其他成员,曲根老师(新浪微博:曲根老师)的精彩阅读和王菲老师(新浪微博:老师王菲)的经典写作更是全国知名。拥有考神团队的书籍,如虎添翼,体验考神团队的课程,有如神助!

期待大家专四高分,并继续为专八而战!

编 者

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第 1 天

英语专业四级写作大纲解析



一、《大纲》对写作部分的要求

1. 测试要求

1) 作文

能根据所给的作文题目、提纲或图表、数据等,写一篇 200 个单词左右的作文。能做到内容切题、完整,条理清楚,结构严谨,语法正确,语言通顺,表达得体。考试时间 35 分钟。

2) 便条

能根据所给提示写 50 至 60 个单词的便条、通知、请帖等。能做到格式正确,语言得体。考试时间 10 分钟。

2. 测试形式

本部分为主观试题,分两节:Section A 和 Section B.

Section A: Composition

本节是命题作文,文章体裁主要属于说明文、议论文或记叙文的范围。

Section B: Note-writing

本节是写便条。

3. 测试目的

按照《大纲》的要求测试学生书面表达的能力。



二、评分标准

1. 作文评分标准:

1) 说明文、议论文评分等级表

	优秀 (15~13分)	良好 (12~10分)	中等 (9~7分)	不及格 (6~4分)	低分 (3~0分)
思想内容 50%	观点清楚,前后不矛盾,并有充分、恰当的例证说明自己的观点	观点清楚,前后无矛盾但例证不足,有个别不恰当的例证	观点大体清楚,但前后有些矛盾之处,例证不足或不恰当	观点大体清楚,但前后有些矛盾之处,有观点、无例证,或有事例、无观点,或列举事例无说服力,不能说明自己的观点	看不清或没有观点,列举事例不清或与论点无关
组织结构 10%	细节安排有条理,叙述层次清楚,段落之间联系自然,句子连贯	细节安排不够有条理,但无伤大体	细节安排较乱,但读者能看明白大意	细节安排较乱,读者能勉强看明白大意	细节安排混乱,读者不得要领
语言	语法 20%	没有句子结构上的重大错误。拼写、标点、大小写等正确或有个别错误。引用原文适度,不超过作者文章的10%	句子结构基本正确,错误之处并不造成误解。拼写、标点、大小写有些错误,但无伤大体。引用原文适度,不超过作者文章的15%	句子结构错误较多,但能表达主要内容。拼写、标点、大小写错误较多,使读者感到有些困难。引用原文略多,达作者文章的25%~30%	句子结构错误较多,但能勉强表达主要内容。拼写、标点、大小写错误很多,使读者看不明白内容。引用原文过多,达作者文章的30%以上
	用词 15%	用词(包括习惯用语)准确、恰当	有些词用的不正确或不恰当,但尚能表达内容	用词不确切,表达不清楚	用词不正确,生硬地从汉语出发找对应词,使读者不得其解
	得体 5%	语言得体,语气恰当,以理服人,有说服力	语言较得体,语气也比较恰当,有一定说服力	文章语气不够恰当,说服力稍差	文章语气不恰当,含糊其词,缺乏说服力

2) 叙述文、描写文评分等级表

	优秀 (15~13分)	良好 (12~10分)	中等 (9~7分)	不及格 (6~4分)	低分 (3~0分)
思想内容 50%	包含所有重要的、必不可少的内容,没有任何无关紧要的或不切题的内容	包含所有重要的内容,有些无关紧要或不切题的内容,但无伤大体	遗漏了一些重要内容,有较多无关紧要或不切题的内容,但能反映问题或事物的全貌	遗漏了较多重要内容或较多无关紧要或不切题的内容,但能勉强反映问题或事物的全貌	重要内容遗漏过多,或根本不切题,不能达到要求的交际目的
组织结构 10%	细节安排有条理,叙述层次清楚,段落之间联系自然,句子连贯	细节安排较有条理,叙述层次较清楚	细节安排较有条理,叙述层次基本清楚	细节安排较乱,叙述层次不很清楚,但读者尚能勉强看明白大意	细节安排混乱,读者不得要领

		优 秀 (15~13 分)	良 好 (12~10 分)	中 等 (9~7 分)	不及格 (6~4 分)	低 分 (3~0 分)
语 言	语 法 20%	偶有个别句子结构等错误,但不造成误解,拼写、标点、大小写等正确或有个别错误	有少量句子结构错误,但不造成误解。拼写、标点、大小写有些错误,但无伤大体。	句子结构错误较多,但能表达主要内容。拼写、标点、大小写错误多,使读者理解内容有些困难	句子结构错误多,但能勉强表达主要内容。拼写、标点、大小写错误多,使读者感到写作者英语水平较差	句子结构受汉语影响,或缺乏基本的英语句法概念。拼写、标点、大小写错误很多,使读者看不明白内容
	用 词 15%	用词(包括习惯用语)准确、恰当	有些词用的不正确或不恰当,但尚能表达内容	少量词用的不确切,表达不清楚	较多词用得不够确切,表达不清楚,有的造成误解	用词不正确,生硬地从汉语出发找对应词,使读者不得其解
	得 体 5%	语言得体,能用恰当的文体表达思想,达到预期的交际效果	语言较得体,能用较恰当的文体表达思想,达到预期的交际效果	语言不很得体,文体不甚恰当,基本达到交际效果	语言不很得体,文体不甚恰当,勉强达到交际效果	语言不很得体,文体不恰当,不能达到交际效果

2. 便条评分标准:

评分构成		分值	要求	扣分标准
格 式	日 期	3	右上角, April 17th, 2011 17 April, 2011 Apr(.) 17, 2011 17/4/2011 4/17/2011 April 17th Apr(.) 17	凡不符合上述正确格式或要求均扣 1 分。结束语和谦称在同一行,人名没写或用××表示等均扣 0.5 分,最多扣 3 分。
	称 呼		在日期下一行左侧, Dear Jimmy, Dear Jimmy: Jimmy, Jimmy:	
	结 尾		右下方, Yours sincerely, Sincerely yours, Yours,	
内 容		3	涵盖三点提纲	少一点扣 1 分,最多三项内容扣 3 分。
语 言		3	语法、词法正确	严重词法、句法错误扣 1 分,一个句子或同类错误扣 1 分,拼写等小错误两个扣 1 分,最多扣 3 分。
语言得体性		1	总分在 8 分或以上可考虑加此分	
总字数			50~60 字(包括三部分格式)	少于 40 或多于 80 字扣 1 分

第 2 天

作文历年真题及范文(一)



一、大作文历年真题及范文

(一) 2000 (课外活动)

College life should be varied and colorful. And extracurricular activities are an important aspect of it. However, at present, there is much room for improvement in this regard. Write an article to the university radio entitled:

Write on ANSWER SHEET ONE a composition of about 150 words on the following topic:

The Importance of Extracurricular Activities

You are to write three parts.

In the first part of your article, you should clearly present your view, and in the second part you should support your opinion with appropriate details. In the last part you should bring what you have written to a natural conclusion or summary.

Marks will be awarded for content, organization and appropriacy. Failure to follow the above instructions may result in a loss of marks.

【参考范文】

The Importance of Extracurricular Activities

In recent years, there has been a big growth in the area of extracurricular activities. They are so popular on campus that they have become an indispensable part of college education.

Extracurricular activities contribute both to students' physical well-being and to their mental fitness. There is a new appreciation of the significance of after-class activities as students' bodies are increasingly weak and vulnerable to disease because of inactivity. School authorities, as well as students themselves, have realized that sports are especially necessary to a person who works with his brain most of the day. Besides, extracurricular activities offer

a healthy form of escape from their monotonous routine studies. Taking part in swimming, jogging and ball games can make their academic life richer and fuller. And most importantly, after-class activities help to promote the development of a student's personality. Such traits of character as competitiveness, self-discipline, teamwork and endurance—the things much needed in their later career and life—are encouraged and cultivated in sports.

Extracurricular activities play a vital role in a student's life, and it deserves further attention from colleges and universities.

(二) 2001(旅行)

Travel has become part of our life. And more and more of us have come to know the significance of travel through our own experience:

Write on ANSWER SHEET ONE a composition of about 150 words on the following topic:

Travel Broadens the Mind

You are to write three parts.

In the first part, state what the topic actually means to you.

In the second part, give one or two examples to illustrate your ideas.

In the last part, bring what you have written to a natural conclusion or make a summary.

Marks will be awarded for content, organization and appropriacy. Failure to follow the above instructions may result in a loss of marks.

【参考范文】

Travel Broadens the Mind

Travel is something we all crave for. Not only could it feast us on spectacular sceneries, it also broadens our minds. To travel is to discover the new and the unknown; it's a learning experience, which could expand our realm of knowledge of various kinds.

Travel is not just about packing up your lifestyle and taking them on the road; to a large extent, it means understanding different people and cultures. I still remember my first trip to Yunnan, where I was amazed by the unique marriage custom of the Mo Suo Minority, by the beautiful folk songs and legends of Bai people, by the Karst caves in the Stone Forest, and by the ideological concept as well as social structures constituted under different periods of times. During the journey, I kept meeting travelers from different places; we exchanged opinions on making travel plans and solving urgent problems encountered on the road. In a sense, travel does not only equip me with knowledge in geography and history, but also help to improve my communication skills.

Travel is more than the seeing of sights, it allows us to learn, to grow, to bring back lots

of newfound knowledge. In brief, travel broadens the mind.

(三)2002(健康)

Nowadays people are becoming increasingly aware of the importance of health. And they have different ways to stay healthy. For example, some exercise every day; others try to keep a balanced diet. What do you think is the best way to stay healthy?

Write on ANSWER SHEET ONE a composition of about 150 words on the following topic:

The Best Way to Stay Healthy

You are to write three parts.

In the first part, state what you think is the best way.

In the second part, support your view with one or two reasons.

In the last part, bring what you have written to a natural conclusion or make a summary.

Marks will be awarded for content, organization and appropriacy. Failure to follow these instructions may result in a loss of marks.

【参考范文】

The Best Way to Stay Healthy

As the living standard improves, more and more people are paying attention to their healthy conditions. Different people usually have different ways to stay healthy. In my opinion, the most important thing is to keep a healthy attitude toward life.

It is true that physical factors affect one's health conditions a great deal, but at the same time, we should not neglect the mental factors. Many scientific researchers have known that anger, suspicion and anxiety do great harm to human bodies, while being optimistic can cure some small diseases. We have also heard of a great many people who live much longer than doctors' prediction after they have been diagnosed incurable diseases. That is because they keep a good mood and struggle with the difficulties in life. Compared with those people who suffer serious physical pains, we healthy people are much luckier and therefore have more reason to maintain a healthy attitude to life no matter what kind of hardship life may give us.

People use all kinds of methods to keep healthy because they want to live happily. Then in my point of view, there is no other way than keeping a healthy attitude toward life can make people happier and healthier both physically and mentally.

(四)2003(心态)

People in modern society live under a lot of pressure, from education, career, or family.

So it is important for them to keep a good mood under whatever circumstances.

Write on ANSWER SHEET ONE a composition of about 150 words on the following topic:

The Importance of Keeping a Good Mood

You are to write three parts.

In the first part, state specifically what your view is.

In the second part, support your view with one or two reasons.

In the last part, bring what you have written to a natural conclusion or make a summary.

Marks will be awarded for content, organization and appropriacy. Failure to follow these instructions may result in a loss of marks.

【参考范文】

The Importance of Keeping a Good Mood

Modern people are supposed to endure a lot of pressure, from education, career or family. However, not all people can manage to tide them over. There are often reports of someone going insane or someone committing suicide. Those unfortunate people are not intelligently poor. Yet they were doomed only because they suffered troubled minds or mixed feelings. Based on their experiences, I would argue that keeping a good mood is all too important.

Living in a good mood under whatever circumstances is important in at least two ways. For one thing, it can help one foster friendly interpersonal relationship. Instead of treating colleagues or classmates as rivals or opponents, one will try to cooperate with them and benefit from them. One will work harder to keep paces with others or surpass them rather than complaining or getting consumed by jealousy all the time. For another, a good mood can help one put disappointments and frustrations in the right perspective. Thinking that failure is the mother of success, one can well survive the temporary blows and look forward to the bright future. Both friendship and optimism derived from keeping a good mood or mentality are effective outlets for pressures whatsoever.

Thus, we need not only to build a strong body but also keep a good mood in order to face the pressures or challenges of modern society. While most people are aware of the importance of the former, quite a proportion of people fail to recognize the significance of the latter.

(五)2004(电话与书信)

Nowadays young people tend to phone more often than write to each other. So, some say that phones will kill letter writing. What is your opinion?