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赵建昆 主 编  
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# 考神团队

## 英语专业八级

## 写作 30 天速成胜经



- 专业成就专业，精练成就高分
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教·育·出·版·中·心

## 图书在版编目 (CIP) 数据

考神团队英语专业八级写作 30 天速成胜经/赵建昆主编.  
—北京: 中国石化出版社, 2014. 12  
ISBN 978-7-5114-3132-5

I. ①考… II. ①赵… III. ①大学英语水平考试-写作-自学参考资料 IV. ①H315

中国版本图书馆 CIP 数据核字 (2014) 第 290673 号

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### 中国石化出版社出版发行

地址: 北京市东城区安定门外大街 58 号

邮编: 100011 电话: (010) 84271850

读者服务部电话: (010) 84289974

<http://www.sinopec-press.com>

E-mail: [press@sinopec.com](mailto:press@sinopec.com)

北京科信印刷有限公司印刷

全国各地新华书店经销

\*

787×1092 毫米 16 开本 15.25 印张 387 千字

2015 年 1 月第 1 版 2015 年 1 月第 1 次印刷

定价: 35.00 元

# Preface

## 前言

TEM-8(Test For English Major-Grade Eight)全国高校英语专业八级考试,简称专八。国内英文等级测试中含氧量最高资格认证,没有之一。所有英语专业的同学,都把专八证书作为自己毕业前最后一份志在必得的“大礼”。

但是这份“大礼”却真心不是想得就得,编者手头数据显示,2013 年,全国专业八级考试,通过率平均不到 55%。

所以,专八之难,一言难尽。

### 一、专业到家的考题设置

专业八级考试包含了需要完全盲听加笔记的迷你演讲,国际范儿十足的新闻听力,定位模糊的长篇阅读,百科知识汇集的人文知识,看不出错误在哪里的改错,原文都看不大懂的翻译和写到手发酸的作文。

另外,考试时间 195 分钟,长到令人窒息。

### 二、无力吐槽的考试日期

专八考试一般定在每年三月第二个或第三个周六进行,且考生多为大四学生。在这个考试时间之前,他们普遍经历的考试可能有:六级、期末、公务员以及考研;他们一定经历的节日有:圣诞、新年、春节、情人节(选过);他们可能经历的纠结有:感情、学业、求职……但是,在大学最后一个学期开始的刹那,他们又迎来了——专八。不知你拿到本书时距离专八考试还有多久,我们希望,越早越好。万“试”皆可裸考,唯独专八除外。这场考试确定无疑,要调动你本科四年英语的积累,而大三或大四的你可能诸事缠身,你需要指引和帮助。我们的建议是:

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 3 月考前 3 个月内做完,第二本在 3 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/100 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。这套专业八级备考丛书,是一个向导,是一个罗盘,是一个灯塔,指明你努力的方向。本书主编赵建昆老师(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,我们把很多教学思路糅合进书籍的编写,定能让你在专八备考之时,拨云见日,化繁为简。

如果你对本系列书籍有任何使用意见和建议,我们期待你的反馈。你可以在新浪微博:@建昆老师 @曲根老师 @老师王菲 里和我们进行实时互动。

期待你的专八高分!

编者

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## 第 1 天

## 英语专业八级写作介绍

高校英语专业八级考试大纲写作部分规定:写作部分设一题,20分,要求能根据所给题目及要求撰写各类体裁的文章,文章长度约400个单词,做到内容充实、语言通顺、用词恰当、表达得体。考试时间45分钟。

就写作体裁来看,迄今为止,历年真题考的都是议论文;就出题形式来看,都是给出背景和题目的写作;就写作内容来看,考到的基本上都是考生比较熟悉的关于大学生的话题或社会常见话题。

以下为评分标准和样卷范文。

### 评分标准

BAND	SCORE	DESCRIPTION
5	20~18	<p>EFFECTIVE COMMUNICATION WITH ACCURACIES</p> <ol style="list-style-type: none"><li>1) The writing effectively addresses the writing task.</li><li>2) It demonstrates a well developed logical organizational structure with clearly stated main ideas and sufficient supporting details.</li><li>3) It has almost no errors of vocabulary, spelling, punctuation or syntax, and it displays an adequate ability to use the language with appropriacy.</li><li>4) No difficulty is experienced by the reader.</li></ol>
4	17~15	<p>GOOD COMMUNICATION WITH FEW INACCURACIES</p> <ol style="list-style-type: none"><li>1) The writing adequately addresses almost all of the writing task, though it deals with some parts more effectively than others.</li><li>2) It demonstrates a generally well developed logical organizational structure with main ideas and supporting details.</li><li>3) It has relatively few significant errors of vocabulary, spelling, punctuation or syntax, and it displays an ability to use the language with appropriacy.</li><li>4) Very little difficulty is experienced by the reader.</li></ol>

BAND	SCORE	DESCRIPTION
3	14~12	<p>PASSABLE COMMUNICATION WITH SOME INACCURACIES</p> <p>1) The writing adequately addresses most of the writing task.</p> <p>2) On the whole, it demonstrates an adequately developed organizational structure, though there may occasionally be a lack of relevance, clarity, consistency or support.</p> <p>3) It has occasional errors of vocabulary, spelling, punctuation or syntax, which may, from time to time, obscure meaning, and for the most part it displays some ability to use the language with appropriacy.</p> <p>4) Occasional difficulty is experienced by the reader.</p>
2	11~9	<p>PROBLEMATIC COMMUNICATION WITH FREQUENT INACCURACIES</p> <p>1) The writing only addresses some of the writing task.</p> <p>2) It demonstrates an inadequate organizational structure, and there may quite often be a lack of relevance, clarity, consistency or support.</p> <p>3) It has frequent errors of vocabulary, spelling, punctuation or syntax, and it displays a limited ability to use the language with appropriacy.</p> <p>4) Some difficulty is experienced by the reader.</p>
1	8~6	<p>ALMOST NO COMMUNICATION</p> <p>1) The writing almost completely fails to address the writing task.</p> <p>2) It has neither an organizational structure nor coherence.</p> <p>3) Almost all sentences contain errors of vocabulary, spelling, punctuation or syntax, and it displays no ability to use the language with appropriacy.</p> <p>4) Even after considerable effort on the part of the reader, the text is largely incomprehensible.</p>

## 样卷范文

### 2005 年写作真题

**Directions:** Interview is frequently used by employers as a means to recruit prospective employees. As a result, there have been many arguments for or against the interview as a selection procedure. What is your opinion? Write an essay of about 400 words to state your view.

*In the first part of your writing you should state your main argument, and in the second part you should support your argument with appropriate details. In the last part you should bring what you have written to a natural conclusion or make a summary.*

*You should supply an appropriate title for your essay.*

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

### 参 考 范 文 ①

#### Interview as an Effective Selection Procedure

The English proverb "Seeing is believing" well addresses the importance of face-to-face communication. It also highlights the point of conducting job interview on the part of employers. For benefits of both employers and prospective employees, interview is an effective selection procedure. And I base my points of view on the following reasons.

To begin with, interview provides a golden opportunity of mutual understanding between the recruiter and job applicants. Thanks to job interview, the employer can have an overall knowledge of the various qualities of a candidate. This proves to be very time-efficient, compared with other possibilities such as subjecting applicants to a series of tests like IQ test, aptitude test, English proficiency test, skill test, to name just a few. In an interview, the recruiter may design his or her questions with a clear-cut purpose of finding out the most desirable qualities from a group of candidates. By means of questions and answers, it is relatively easy to recognize the intelligence, critical thinking and problem solving of an interviewee. And in the meanwhile, job applicants may seize this chance to learn about the business, and obtain a concrete understanding of the corporate philosophy he or she is going to work under. It will lay a good foundation for the satisfying cooperation between management and labor in the future and avoid unnecessary friction as a consequence of misunderstanding. And interview appears critically important for new university graduates because there exists a multitude of cheaters in the job market, online want advertisements in particular. Job hunters' decision should be based on face-to-face communication instead of some fancy propaganda.

Furthermore, by means of interview employers may single out some false information of the candidates in resumes. With the increasing pressure of job hunting, there appears such a tendency of polishing resumes. Some applicants even go to the extreme of making their CV into a fancy document without any correlation to their actual caliber. Interview serves as a workable approach to screen dishonest practice and to relieve the HR staff of their headache.

Finally, interview functions as an effective way to measure the EQ of a candidate. What kind of person is the candidate? Is he or she optimistic, thoughtful, tolerant, cooperative, patient or otherwise? The answer to those questions is as meaningful to employers as schooling, professional training, degree and so on. A problem staff member may bring threat, disharmony and discredit to the company. In that case the loss for the business is more than financial. Fortunately interview can be a helpful sieve.

Given the above analysis, we may arrive at the conclusion that interview is an effective

and practical selection procedure for the sake of both employers and prospective employees. Like a bridge between recruit and applicant, interview shortens the distance between verbal description and reality.

## 参 考 范 文 2

### The Interview Should Be as a Selection Procedure

Interview is frequently used by employers as a means to recruit prospective employees. As a result there have been many arguments for or against the interview as a selection procedure. As far as I see it, the interview should be as a selection procedure.

Firstly, interview is a very significant method to measure the employee's competence. For example, imagine numerous employees hunt for the same job at one time, the difficult situation will crop up. The employers are in dilemma, they are hard to choose which one is the best or the suitable for their business. The only way is by means of interview. The employers can choose the employees who are characterized by energetic, enterprising strong potential. Interview is indispensable in job market, especially in recent years. Therefore, as a standard interviews shouldn't be ignored.

Secondly, interview is an indirect way that promote college students to work harder. As is known to all, as a multitude of college students graduate every year, they must face with the job hunting. Interview is the first step. If they can't perform well in the interview, it will detrimental to them. Therefore, college students have to work harder and harder so as to get a great deal of certificates, such as CET-6, TEM-8, NCRE-2 and so on. By their strenuous efforts they can obtain significant advantages when competing against their peers.

Thirdly, interview plays a role in exercising one's perseverance. For instance, if an employee failed in the interview at the first time, he could try another one again. Interview is helpful to exercise one's characteristics.

In a word interview should be as a selection procedure. As to college students, only through dedication to study and training at school can we be best prepared for the glamorous future.

## 参 考 范 文 3

### Interview—a Selection Procedure

Nowadays, interview is frequently use by employers as a means to recruit prospective employees. As a result, there have been more and more arguments for or against the interview as a selection procedure. In my point of view, interview should be a procedure to select employees. I will list my reasons here.

The first reason is that through interview, employers can form direct aspects know a employee, vividly and clearly. Before interview, employers get some information of employee only from pictures and introductions. They know employees' major and hobby, but they don't know the ability of employees. In a interview, talking in English can show the ability of

communication and oral English; dressing and action can bring deeper impression to employers. These aren't able to find from pictures. For short, interview can give employers information of employees from three aspects at least.

1. Dressing and action
2. Real abilities of employee's major
3. Communication with others

Secondly, employees in interview can get more information about the company. They will decide that the post is fit or not. Interview is also a good opportunity to show themselves for employees. They prepare carefully through interview to give future boss a first good impression. A good interviewee always grasp talk to show his abilities and knowledge which can be find from the introductions on paper. Besides of these, polite action is another way to show. Interview gives employees the first door to enter the company.

However, interview has some negative things. It is not very objective. For instance, employers and employees maybe have a nice talk and a good impression has been established. This feeling is not objective. And interview is not a good opportunity for some people who has poor oral ability but good work ability. Although interview is not the best selection procedure, it is still a better one than other ways.

Interview, for employers or interviewees, is a good procedure to choose each other.

## 第 2 天

## 历年写作真题与参考范文(一)

### 2014 年写作真题

**Directions:** Nowadays, some companies have work-from-home or remote working policies, which means that their employees do not have to commute to work every day. Some people think that this can save a lot of time travelling to and from work, thus raising employees' productivity. However, others argue that in the workplace, people can communicate face to face, which vastly increases the efficiency of coordination and cooperation. What is your opinion?

Write an essay of about 400 words on the following topic:

### My Views on Working from Home

In the first part of your essay you should state clearly your main argument, and in the second part you should support your argument with appropriate details. In the last part you should bring what you have written to a natural conclusion or make a Summary.

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

### 参考范文

### My Views on Working from Home

With traffic jam deteriorating in urban life, the work-from-home policy has attracted increasing attention of the public. Some sing high praise of its advantages, regarding it as a savior for daily commuters, where as others insist that the scheme might pose a latent threat to team spirit. As for me, this policy is a double-edged sword; if implemented wisely, it can tremendously raise employees' work efficiency and promote companies' development; if not, it will do more harm than good to both employees and companies.

On the one hand, the benefits of working from home could be easily seen. Firstly, remote working policies can help reduce traffic congestion, thus not only saving employees' time and energy to improve work efficiency for the company, but also relieving traffic pressure for the society and diminishing environmental pollution. Secondly, the new policy provides employees with more flexibility to allocate their time, which will be particularly welcomed by those



working parents who need to make a balance between taking care of their kids and fulfilling job responsibilities. Thirdly, working at home, employees can surely enjoy more relaxation with comparably less work pressure; hence they might exhibit more creativity in their jobs, for inspirations are prone to knock at a loose door.

On the other hand, the drawbacks of the work-from-home mode should never be underestimated. First, short of face-to-face communication, teamwork can barely be nurtured under this work mode, while team work spirit is one of the most crucial driving forces for the enterprise's sustainable growth. Second, with too many distractions at home, such as housework, children and even pets, many employees cannot concentrate on their jobs, not to mention efficiency improvement. Third, this work pattern makes it quite difficult for companies to monitor and evaluate their employees' performance, which would definitely inhibit their development in the long run.

In view of the merits and demerits mentioned above, the remote working policy needs to be exploited cautiously. Generally, job nature has a say in whether this new work mode is suitable or not. For those highly technical jobs, like designers and network engineers, such a policy may be applicable, while for those positions responsible for management and communication, it may not be plausible. In some cases, people can make a combination of working from home and at office. All in all, working from home has both advantages and disadvantages, and the key always lies in how to make the best use of it.

### 2013 年写作真题

**Directions:** *Is our society hostile to good people? According to a recent survey by China Youth Daily, 76.1 percent of the respondents say that our current society provides a "bad environment" for good people doing good things. On the other hand, the more optimistic would argue that each individual should try his or her best to do good things and be nice to others, instead of waiting for the "social environment" to improve. So, what do you think? Is a sound social environment necessary for people to have high moral standards and be good to others? Write an essay of about 400 words on the following topic:*

#### **Is a Sound Social Environment Necessary for People to Be Good to Others?**

*In the first part of your essay you should state clearly your main argument, and in the second part you should support your argument with appropriate details. In the last part you should bring what you have written to a natural conclusion or make a summary.*

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

### 参 考 范 文

#### **Is a Sound Social Environment Necessary for People to Be Good to Others?**

It seems that an virtue in traditional culture, helping others in struggle has been questioned than ever. Nowadays, for fear of getting into trouble, many people dare not offer