



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品 高考复习方案

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专版

多维提升词汇——补短板 拿高分
精准提升写作——攻难点 强思维
新课程标准2025年修订版新增196词

英语 BS 背记手册

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第一部分 词汇背记与检测

词汇背记一 词形变化

I. 名词/动词变形形容词

(1) 名词变形形容词

规则	例词
-ful 表示“充满……的”, -less 表示“无……的”	success→successful 成功的 peace→peaceful 和平的 faith→faithful 忠实的 joy→joyful 高兴的 cheer→cheerful 高兴的 use→useful 有用的→useless 无用的 pain→painful 痛苦的→painless 不痛的 harm→harmful 有害的→harmless 无害的 power→powerful 强有力的→powerless 无力的 care→careful 小心的→careless 粗心的 colour→colourful 多彩的→colourless 无色的 hope→hopeful 抱有希望的→hopeless 无望的 help→helpful 有帮助的, 愿意帮忙的→helpless 无助的 meaning→meaningful 有意义的→meaningless 无意义的 speech→speechless 说不出话的 end→endless 无休止的 home→homeless 无家可归的 self→selfless 无私的 aim→aimless 无目标的 price→priceless 珍贵的, 无价的 breath→breathless 上气不接下气的
-y 表示“具有……特征的”	sun→sunny 阳光灿烂的 health→healthy 健康的 dirt→dirty 脏的 wealth→wealthy 富有的 greed→greedy 贪婪的 taste→tasty 美味的 rain→rainy 多雨的 wind→windy 有风的 snow→snowy 被雪覆盖的 storm→stormy 有暴风雨的 fog→foggy 多雾的 ice→icy 冰冷的 mud→muddy 泥泞的 dust→dusty 布满灰尘的 smell→smelly 臭的 salt→salty 咸的 hill→hilly 多山的 smoke→smoky 冒出大量烟的

(续表)

规则	例词
-able, -(s)ible 表示“能被……的, 可以……的, 易于……的”	comfort→comfortable 舒服的 remark→remarkable 非凡的 favour→favourable 支持的 honour→honourable 高尚的; 值得钦佩的 value→valuable 有价值的 port→portable 便携的 change→changeable 多变的 reason→reasonable 合理的 access→accessible 易接近的 response→responsible 负责的 terror→terrible 糟糕的
-(i)ous 结尾的形容词	envy→envious 嫉妒的 humour→humorous 幽默的 adventure→adventurous 冒险的 danger→dangerous 危险的 caution→cautious 小心的 poison→poisonous 有毒的 mountain→mountainous 多山的 ambition→ambitious 有野心的 nerve→nervous 紧张的 religion→religious 宗教的
-ish 结尾的形容词	fool→foolish 愚蠢的 child→childish 孩子气的 self→selfish 自私的
-al, -ial 结尾的形容词	culture→cultural 文化的 agriculture→agricultural 农业的 practice→practical 实际的 music→musical 音乐的 globe→global 全球的 condition→conditional 有条件的 environment→environmental 环境的 chemistry→chemical 化学的 medicine→medical 医学的 origin→original 原始的 politics→political 政治的 emotion→emotional 感情的 nation→national 国家的

(续表)

规则	例词
-al, -ial 结尾的形容词	nature→natural 自然的 person→personal 个人的 occasion→occasional 偶尔的 mind→mental 精神上的 physics→physical 身体上的 accident→accidental 偶然的 education→educational 教育的 technique→technical 技术上的 race→racial 种族的 type→typical 典型的 benefit→beneficial 有益的 face→facial 面部的 industry→industrial 工业的 finance→financial 金融的
-tive 表示 “有……能力/倾向的”	talk→talkative 健谈的 effect→effective 有效的 produce→productive 多产的
-tic, -fic 结尾的形容词	system→systematic 系统的 romance→romantic 浪漫的 sympathy→sympathetic 有同情心的 energy→energetic 精力充沛的 science→scientific 科学的
-en 结尾的形容词	wood→wooden 木制的 gold→golden 金色的 wool→woolen 羊毛的
-some 结尾的形容词	hand→handsome 英俊的 awe→awesome 令人敬畏的 trouble→troublesome 令人烦恼的

(2) 动词变形形容词

规则	例词
-ing 表示 “令人……的”, 修饰物, 表主动特征	surprise→surprising 令人吃惊的 excite→exciting 令人激动的 frighten→frightening 令人恐惧的 amaze→amazing 令人惊叹的
-ed 表示 “感到……的”, 修饰人, 表被动特征	surprise→surprised 惊讶的 excite→excited 激动的 frighten→frightened 感到恐惧的 amaze→amazed 感到惊叹的

(续表)

规则	例词
-able 表示 “能被……的, 可以……的, 易于……的”	avoid→avoidable 可避免的 forget→forgettable 易被忘记的 believe→(un)believable(不)可信的 rely→reliable 可靠的 enjoy→enjoyable 令人愉快的 suit→suitable 合适的 bear→bearable 可忍受的 afford→affordable 支付得起的 adapt→adaptable 适应力强的 renew→renewable 可更新的
-ive 表示 “有……能力/倾向的”	create→creative 有创造力的 attract→attractive 迷人的 protect→protective 保护的 instruct→instructive 有教育意义的 relate→relative 相关的 compete→competitive 有竞争力的

II. 形容词变名词

规则	例词
-ble 变为 -bility	able→ability 能力 responsible→responsibility 责任 possible→possibility 可能性 capable→capability 能力 stable→stability 稳定性 flexible→flexibility 灵活性
adj. + ness	eager→eagerness 渴望 kind→kindness 友好 happy→happiness 幸福 lonely→loneliness 孤独 quiet→quietness 安静 careless→carelessness 粗心 helpless→helplessness 无助 aware→awareness 意识 bitter→bitterness 苦 blind→blindness 盲目 calm→calmness 冷静 clever→cleverness 聪明 fair→fairness 公平 foolish→foolishness 愚蠢 fit→fitness 适合 ill→illness 疾病 lazy→laziness 懒惰 sad→sadness 悲伤 sweet→sweetness 甜 thick→thickness 厚度 tired→tiredness 累 cold→coldness 冷, 冷淡 nervous→nervousness 惶恐不安 homesick→homesickness 思乡 hopeless→hopelessness 无望

(续表)

规则	例词
<i>adj.</i> + th	warm→warmth 温暖 true→truth 真理 dead→death 死亡 strong→strength 力气 long→length 长度 wide→width 宽度 deep→depth 深度 注意:high→height 高度
<i>adj.</i> + dom	free→freedom 自由 wise→wisdom 智慧
-t 变为-ce	absent→absence 缺席 confident→confidence 自信 different→difference 不同 evident→evidence 证据 patient→patience 耐心 silent→silence 沉默 convenient→convenience 方便 diligent→diligence 勤奋 distant→distance 距离 important→importance 重要 independent→independence 独立 innocent→innocence 天真, 无辜 intelligent→intelligence 智力 violent→violence 暴力
-t 变为-cy	frequent→frequency 频率 fluent→fluency 流利 efficient→efficiency 效率

III. 动词变名词

规则	例词
-ment	amaze→amazement 惊奇 improve→improvement 改进 achieve→achievement 完成 agree→agreement 同意 arrange→arrangement 安排 employ→employment 雇用 advertise→advertisement 广告 astonish→astonishment 吃惊 announce→announcement 通告 assess→assessment 评估 develop→development 发展 disappoint→disappointment 失望 encourage→encouragement 鼓舞 entertain→entertainment 款待, 娱乐 equip→equipment 装备 govern→government 统治, 政府 manage→management 管理

(续表)

规则	例词
-ment	punish→punishment 惩罚 require→requirement 要求 settle→settlement 定居地, 定居处 state→statement 声明, 陈述 treat→treatment 对待, 治疗 accomplish→accomplishment 成就, 完成
-tion	introduce→introduction 介绍 describe→description 描述 interrupt→interruption 打断 direct→direction 方向, 指导 connect→connection 连接 starve→starvation 挨饿 realize→realization 实现, 领悟 invite→invitation 邀请 produce→production 生产 reduce→reduction 减少 adopt→adoption 采纳, 收养 prevent→prevention 防止 receive→reception 接收, 接待处 suggest→suggestion 建议 edit→edition 一份, 版本 exhibit→exhibition 展览 intend→intention 打算, 意图 recognize→recognition 认出 protect→protection 保护 instruct→instruction 指令 construct→construction 建设 reject→rejection 驳斥 object→objection 反对 collect→collection 收集 select→selection 挑选 elect→election 选举 conserve→conservation 保护 observe→observation 观察 organize→organization 组织 examine→examination 考试 determine→determination 决定 form→formation 形成 imagine→imagination 想象 devote→devotion 奉献 transport→transportation 运输 expect→expectation 期待 adapt→adaptation 改编, 适应 prepare→preparation 准备 explore→exploration 探索 consider→consideration 考虑 declare→declaration 宣布 decorate→decoration 装饰 inspire→inspiration 激发, 灵感 relax→relaxation 放松, 休闲 communicate→communication 交流

(续表)

规则	例词
-tion	occupy→occupation 占用,职业 satisfy→satisfaction 满足 apply→application 申请,应用 recommend→recommendation 推荐 combine→combination 结合 operate→operation 操作,手术 hesitate→hesitation 犹豫 educate→education 教育 locate→location 定位 indicate→indication 表明 participate→participation 参加 appreciate→appreciation 欣赏,感激 associate→association 联想,协会 separate→separation 分离 investigate→investigation 调查 celebrate→celebration 庆祝 congratulate→congratulation 祝贺 translate→translation 翻译 accelerate→acceleration 加速 donate→donation 捐赠 liberate→liberation 解放 motivate→motivation 动力 concentrate→concentration 集中 contribute→contribution 贡献 distribute→distribution 分发 promote→promotion 促进 frustrate→frustration 沮丧
-sion	decide→decision 决定 discuss→discussion 讨论 depress→depression 沮丧 impress→impression 印象 express→expression 表达 possess→possession 拥有,财产 expand→expansion 扩大 extend→extension 延伸 admit→admission 承认 permit→permission 允许 conclude→conclusion 结论 explode→explosion 爆炸 confuse→confusion 迷惑
-al	arrive→arrival 到达 approve→approval 赞成 bury→burial 埋葬 propose→proposal 提议 refuse→refusal 拒绝 remove→removal 移除 survive→survival 幸存 dismiss→dismissal 解雇 deny→denial 否认 withdraw→withdrawal 撤出

(续表)

规则	例词
-ance	resist→resistance 抵抗;抵抗力;电阻 ignore→ignorance 忽视 guide→guidance 指导 appear→appearance 出现,外表 enter→entrance 进入 accept→acceptance 接受 perform→performance 履行 insure→insurance 保险 assist→assistance 帮助 tolerate→tolerance 容忍
-ence	persist→persistence 坚持;毅力;韧性 exist→existence 存在 differ→difference 不同 refer→reference 参考 occur→occurrence 发生 prefer→preference 优先权,偏好
-ing	hear→hearing 听力 save→saving 节省 train→training 训练 find→finding 发现 suffer→suffering 痛苦 greet→greeting 问候 paint→painting 绘画 farm→farming 农业 warm→warming 变暖 mean→meaning 意思 cross→crossing 十字路口 belong→belonging 归属感 shoot→shooting 射击 feel→feeling 感受
-y	recover→recovery 康复 discover→discovery 发现
-ure	please→pleasure 快乐 fail→failure 失败 mix→mixture 混合 press→pressure 压力 depart→departure 离开 expose→exposure 暴露 sign→signature 签名
-ce	advise→advice 建议 present→presence 出席

(续表)

规则	例词
-age	marry→marriage 婚姻 store→storage 储存 pack→package 包裹 pass→passage 通道
其他	choose→choice 选择 vary→variety 多样性 tend→tendency 趋势 sell→sale 销售

IV. 形容词变动词

变化方式	规则说明	例词
-en 结尾	最常见的方式,表示“使……变得更……”	dark→darken 使变暗 wide→widen 使变宽 deep→deepen 使变深 bright→brighten 使变亮 broad→broaden 使扩宽 weak→weaken 使变弱 soft→soften 使变软 short→shorten 使变短

(续表)

变化方式	规则说明	例词
en-前缀	表示“使……进入某种状态;使能够……”	able→enable 使能够 large→enlarge 使扩大 rich→enrich 使丰富 sure→ensure 确保
-ify 结尾	表示“使……成为;使……化”	simple→simplify 使简化 pure→purify 使纯净 intense→intensify 加强 clear→clarify 澄清
-ize/-ise 结尾	表示“使……变成;使……化”	modern→modernize 使现代化 popular→popularize 使普及 real→realize 实现,意识到 industrial→industrialize 使工业化
不规则变化	无固定后缀,需单独记忆	clean→clean 清洁 empty→empty 倒空 dry→dry 使干燥 free→free 释放

V. 名词

名词变复数:大部分名词变复数在词尾加-s即可,特殊情况需要熟记变化规则。

规则	例词		
辅音字母加 y 结尾的,将 y 变为 i,再加-es	ability→abilities activity→activities baby→babies boundary→boundaries candy→candies century→centuries community→communities diary→diaries dictionary→dictionaries discovery→discoveries directory→directories eighty→eighties enemy→enemies factory→factories family→families hobby→hobbies	industry→industries lady→ladies library→libraries story→stories study→studies society→societies victory→victories worry→worries battery→batteries agency→agencies charity→charities company→companies category→categories celebrity→celebrities dormitory→dormitories dynasty→dynasties	entry→entries facility→facilities gallery→galleries grocery→groceries identity→identities injury→injuries opportunity→opportunities policy→policies priority→priorities quality→qualities quantity→quantities strategy→strategies supply→supplies territory→territories variety→varieties

(续表)

规则		例词		
s、x、sh、ch 结尾的,加-es(右侧词汇都加-es)		actress address approach beach boss box brush	business branch bunch coach dress flash fox	glass gas genius match mass tax
o 结尾的	有生命的加-es	hero→heroes; potato→potatoes; tomato→tomatoes		
	无生命的加-s	zoo→zoos; zero→zeros; photo→photos; radio→radios; video→videos; piano→pianos; studio→studios		
	两个 o 结尾,直接加-s	bamboo→bamboos		
fe 或 f 结尾的	将 fe 或 f 变为 v 再加-es	knife→knives; shelf→shelves; wife→wives; thief→thieves; half→halves; life→lives		
	有的直接加-s	roof→roofs; belief→beliefs		
	两种均可	handkerchief→handkerchiefs/handkerchieves		
其他	单复数同形: sheep; fish; deer; means(方法,手段); species; series 特殊: foot→feet; tooth→teeth; man→men; ox→oxen; child→children; analysis→analyses; mouse→mice			

VI. 形容词变副词

(续表)

规则	例词
直接加-ly	absolute→absolutely actual→actually real→really helpful→helpfully careful→carefully hopeful→hopefully polite→politely fortunate→fortunately apparent→apparently definite→definitely
以辅音字母加 y 结尾的,将 y 变为 i,再加-ly	lucky→luckily busy→busily angry→angrily easy→easily healthy→healthily happy→happily heavy→heavily noisy→noisily
以-ble/-ple/-tle 结尾的词,去 e 加-y	simple→simply possible→possibly probable→probably

规则	例词
以-ble/-ple/-tle 结尾的词,去 e 加-y	comfortable→comfortably flexible→flexibly favourable→favourably incredible→incredibly gentle→gently
在-ic 结尾的词后面,加-ally(但 public→publicly)	specific→specifically dramatic→dramatically economic→economically basic→basically scientific→scientifically automatic→automatically energetic→energetically authentic→authentically academic→academically enthusiastic→enthusiastically periodic→periodically
特殊变化需识记	shy→shyly full→fully true→truly whole→wholly due→duly(按照预期地;按时地;适当地)

词汇背记二 介词

序号	介词	基本词义	示例
1	with	用; 附带有; 和; 随着	with this method 用这种方法 with a pencil 用铅笔 with the development of 随着……的发展 have an appointment with sb 和某人有个预约 with the theme of 主题是…… “with + 复合宾语”结构 如: with the target audience aged between 20 and 28 目标观众年龄在 20 至 28 岁之间 a lady with a book in her hand 一位手里拿着书的女士
2	on	一……就……; 是……一员; 在具体的某一天; 关于; 在……上	on his arrival 他一到达就…… be on a research team 是研究队的一员 on a cold winter night 在一个寒冷的冬夜 a report on environmental protection 一份关于环境保护的报告 have a great influence on 在……方面有很大影响 on a farm 在农场
3	at	在(地点、时间、空间); 以(某种价格、速度等); 朝; 表示“原因、方面、方向”	at 4 o'clock 在四点 at the appointed hour for a dinner 在约定的晚餐时间 at a speed of 120 km/h 以每小时 120 公里的速度 at the university level 在大学层面 at the expense of 以……的代价 have a go at doing 尝试去做
4	against	违背; 反对; 对……不利; 倚靠; 衬托; 与……较量, 对垒	against her will 违背她的意愿 against the wall 靠着墙 against the blue sky 在蓝天衬托下 in a race against time 赶时间 He is against changing the sports meeting to next month. 他反对把运动会改到下个月。 The bad weather is against us. 糟糕的天气对我们不利
5	beyond	超出……的范围, 为……所不及	beyond one's control 无法控制 beyond words 无法用语言描述 beyond sb 某人不理解 beyond description 无法描述 beyond imagination 无法想象 beyond one's reach 够不着 beyond lines 言外之意
6	within	在……之内; 在……里面	within reach 伸手可及 within 24 hours 24 小时以内 within this black box 在这个黑盒子里
7	over	在……期间; 在……上, 俯视; 胜过; 支配; 利用; 在上方; 超过; 通过(传播工具)	over lunch 在午饭期间 over time 长期以来 have advantages over... 比……有优势 have power over her follower 对她的追随者有影响力 have some control over 对……有一些控制权 over the telephone 在电话里

(续表)

序号	介词	基本词义	示例
8	across	从表面穿过	across the river 过河 across the street 横穿马路 too tight across the shoulder (衣服)在肩膀处很紧 A big smile spread across her face. 她脸上洋溢着灿烂的笑容。 across cultures 跨文化
9	through	从内部穿过;通过……方式	through the village 穿过村庄 through the street 穿过街道 through collaboration 通过合作 support themselves through work 通过工作养活他们自己 through trial and error 通过试错 Habits are built through learning and repetition. 习惯是通过学习和重复形成的。 through questionnaires or interviews 通过问卷或访谈
10	despite	尽管(后接名词短语或宾语从句)	despite the bad weather 尽管天气不好 despite what others say 不管他人说什么
11	by	表示程度或增减的幅度;按……来计算,依据;乘(交通工具);经由	We defeated the visiting team by 3 goals. 我们以三个球的优势击败来访的球队。 by the hour 按小时计算(工资) know sb by name 知道某人的名字 by bus 乘公交 by themselves 他们自己 by the back door 从后门 by trying something new 通过尝试新事物 by experimenting with watercolours 通过尝试水彩 by my fourth year 到我第四年为止 by learning when to ask for help 通过学习何时寻求帮助 by working with others 通过与他人合作 by the time 到……时间为止 little by little 一点一点地 by running through a global campaign 通过开展一场全球性活动
12	for	给,对;为;为了得到;对……来说;达;向;对于;支持;因为	I have a present for you. 我有个礼物给你。 She looks young for her age. 就她这个年龄来说,她显得年轻。 The questions are too difficult for 10-year-olds. 这些问题对 10 岁的孩子来说太难了。 Best wishes for this great event! 对这一盛大的活动致以最美好的祝愿! needs/demands/requirements for sth 对……的需求 ask for help 求助 desire for academic challenges 对学术挑战的渴望 for this reason 因为这个原因 show great passion for 对……表现出极大的热情 for short 简称 for better or worse 无论好坏 for two years 达两年 leave for 动身前往…… head for 朝……走去 a challenge for sb 对某人的一个挑战 be for sth/doing sth 支持某事/做某事

序号	介词	基本词义	示例
13	off	远离;从……上移开; 在……海岸;休息; 减价	off the main freeway 远离主高速路 off the coast 沿海 You look tired. Why don't you take tomorrow off? 你看起来很累。 明天为什么不休假? If you buy more than ten, they knock 10% off. 如果你买超过十件, 他们会打九折
14	without	没有;在没有……的 情况下	without your timely help 没有你及时的帮助 without noticing 没注意到
15	in	在……内;在(年、月、 季节);在……方面; 当……时	in summer 在夏天 in length 长度 in all the confusion 在一片混乱中 in conclusion 总之 in business 在商业中 in their minds 在他们心中 in red 穿着/用红色 in the ninth grade 在九年级 in my defence 为我辩护 in the 1980s 在二十世纪八十年代 in science fiction 在科幻小说中 be lost in thought 陷入沉思 be absorbed/buried in 沉浸在
16	to	朝;向;对;达到;去 做;对于	think to oneself 心里想 to our surprise 使我们感到惊讶的是 read the essay to the class 把文章读给全班同学听 be open to 对……是开放的 hold the key to 掌握……的关键 give strong consideration to 给予……重点考虑
17	from	从;从……开始;来自; 使免受;与……不同	from... to... 从……到…… from July 10th to August 5th 从7月10日到8月5日 from memorizing words to applying them 从记忆单词到运用单词 come from 来自 keep/stop... from... 阻止……做某事 protect... from... 保护……免受……伤害 free from 免于;摆脱 tell... from... 区分……和……
18	between	在(两者)之间	A lot of students spend a year abroad between high school and university. 很多学生在高中和大学之间会花一年时间在国外。 the space between two desks 两张桌子之间的空间 the difference between the two words 两个单词之间的不同
19	among	在(三者及以上)之间	among scientists 在科学家中
20	about	关于……	debate about sth 关于……的争论
21	behind	在……后面;滞后于	behind the tree 树后 behind schedule 进度落后
22	under	在……下;少于,低于; 在进行中;处于…… 之下	under the desk 在桌子下 children under 12 12岁以下的儿童 under repair 正在维修 under construction 正在建设 under control 得到控制 under threat 受到威胁

(续表)

序号	介词	基本词义	示例
23	above	在……上方;超过	above average 超过平均值 Her name comes above mine on the list. 名单上她的名字排在我前面。 It's on the shelf just above your head. 就在你头顶上方的架子上
24	throughout	贯穿,自始至终	throughout our junior year 在我们的大学期间
25	since	从……以来	since 2002 自 2002 年以来
26	until	直到……	until midnight 直到午夜
27	after	在……之后	after graduation 毕业后
28	before	在……之前	before finishing my homework 完成我的作业之前
29	as	作为	as a student 作为学生
30	besides	除……之外还有	I have two other books besides this one. 除了这本书,我还有两本其他的书
31	like	像……一样	like this 像这样的
32	than	比……	than before 比以前

词汇背记三 高考常考短语

常考动词短语搭配

第 1 组

- | | |
|--|--|
| 1. account for(数量、比例上)占……;是……的原因;解释;说明 | 15. approve of sb/sth 赞成/同意…… |
| 2. add up to 加起来是…… | 16. arrive at/come to/draw/reach a conclusion 得出结论 |
| 3. add to 增加,加入,加到 | 17. attend to 照料,处理 |
| 4. add up 加起来 | 18. base sth on/upon sth 以……为基础(或根据) |
| 5. agree on 对……取得一致意见 | 19. bear...in mind 记住……;把……记在心里 |
| 6. agree to 同意,赞成 | 20. begin with sth 从……开始 |
| 7. agree with sb 同意某人的话 | 21. belong to 属于 |
| 8. amount to 总计 | 22. benefit from sth 从……中受益 |
| 9. answer for sth = be responsible for sth 对……负责 | 23. blow down 刮倒 |
| 10. apologize to sb for doing sth 为做……向某人道歉 | 24. blow out 吹灭 |
| 11. appeal to sb to do sth 呼吁某人做某事 | 25. break out 爆发 |
| 12. appeal to sb 吸引某人,使某人感兴趣 | 26. break in 打断,破门而入 |
| 13. apply for 申请,请求 | 27. break into 闯入,强行闯入 |
| 14. apply...to... 把……运用于…… | 28. break away from 脱离 |
| | 29. break down(机器、车辆)出故障,摧毁,分解 |
| | 30. break through 突破 |

第 2 组

- | | |
|-------------------------|-----------------------------|
| 31. bring out 使显现,阐明,出版 | 32. bring up 养育,培养,教育,提出,呕吐 |
|-------------------------|-----------------------------|

第二部分 写作素材背记

写作背记一 写作亮点句型

1. 告知信

(1) I'm writing to inform you of the adjustment to our group's volunteer activity, **which was originally scheduled to be held next Saturday.**

我写信是要通知您,我们小组原定于下周六举行的志愿者活动有所调整。

(2) The speech contest **with the theme of "My Motherland and I"** is intended **to arouse students' patriotic enthusiasm.**

以“我和我的祖国”为主题的演讲比赛旨在激发学生的爱国热情。

(3) Due to the temporary maintenance of the digital centre, the activity **will be postponed to the following Saturday** (October 21st) and will start at 9:00 am as planned.

由于数字中心临时维护,活动将推迟到下周六(10月21日)进行,并将按计划于上午9:00开始。

(4) We have also added a small interaction session with the elderly residents, **where you can share interesting life stories or help them with simple tech issues.**

我们还增加了一个与老年居民的小互动环节,你可以分享一些有趣的生活故事,或者帮助他们解决一些简单的技术问题。

(5) If you have any questions about the new arrangement or need further help, **feel free to contact me** via phone at 13800012345—I'm always here to assist you.

如果您对新安排有任何疑问或需要进一步的帮助,随时可以通过电话 13800012345 联系我——我随时为您提供帮助。

2. 推荐信

(1) I'm delighted to know that your school is planning

a trip to China for you students. I'm writing to **give you my suggestions about which place to choose to visit.**

我很高兴得知你们学校正计划为你们学生安排一次中国之旅。我写这封信是想给你一些建议,告诉你选择哪个地方去参观。

(2) **Compared with traditional lectures, group discussion as an activity form is more effective in stimulating students' thinking and improving their ability to cooperate with others.**

与传统的讲授法相比,小组讨论作为一种活动形式,更能激发学生的思维,提高他们与他人合作的能力。

(3) This college **stands out for its diverse course system** and experienced teachers, who can help students develop cultural communication skills and broaden their horizons.

这所大学以其多样化的课程体系和经验丰富的教师团队脱颖而出,他们能够帮助学生发展文化沟通技巧,并开阔视野。

(4) What makes this book *The Little Prince* worth reading is **its profound insights into human nature**, which are conveyed through simple stories that even teenagers can easily relate to.

《小王子》这本书之所以值得一读,是因为它通过简单的故事传达了对人性的深刻见解,这些故事即使是青少年也能轻松理解并产生共鸣。

(5) I have no doubt that **choosing the recommended option will bring you great benefits**, and feel free to turn to me if you need more specific information to make your decision.

我确信选择推荐的选项将为您带来巨大的好处,如果您需要更具体的信息来做出决定,请随时向我咨询。

3. 建议信

(1) I'm writing **to put forward some practical suggestions concerning the improvement of our school's library service**, which I hope will make it more convenient for students.

我写这封信是为了就改善我校图书馆服务提出一些切实可行的建议,希望能让学生们使用起来更便捷。

(2) To encourage more students to read widely, **it's advisable for the library to update its book collection regularly**, especially adding popular science books and classic literary works.

为了鼓励更多学生广泛阅读,图书馆宜定期更新藏书,尤其是增添科普书籍和经典文学作品。

(3) Another suggestion is that **we should extend the library's opening hours on weekends**, as most students are free then and have a stronger demand for reading space.

另一个建议是延长图书馆周末的开放时间,因为大多数学生周末有空,对阅读空间的需求也更强烈。

(4) **It would also be helpful** if the library could set up a special study area for group discussions, where students can exchange ideas freely without disturbing others.

如果图书馆能设立一个专门的小组讨论学习区,让学生们可以自由交流想法而不打扰他人,这也会很有帮助。

(5) **I sincerely hope these suggestions will be feasible**, and I'm convinced that they will contribute to making the library a more welcoming place for all students.

我真诚地希望这些建议可行,并且相信它们将有助于让图书馆成为一个更受全体学生欢迎的地方。

4. 邀请信

(1) **It is a great privilege for me** to invite you to participate in the Chinese Contest for foreigners to be held in the lecture hall of my school on July 1st, 2026.

我很荣幸邀请您参加将于2026年7月1日在我校讲堂举行的外国人中文比赛。

(2) Knowing you **have a keen interest in traditional Chinese Culture**, I can't wait to invite you to a lecture on traditional Chinese medicine which will be hosted in my school.

我知道你对中国传统文化很感兴趣,我迫不及待地想邀请你去我校将主持的中医讲座。

(3) As scheduled, the party falls on this Saturday, lasting from 6 pm to 8 pm, **during which time a wide variety of wonderful performances will be put on**.

按照计划,派对将在本周六举行,从下午6点持续到晚上8点,期间将上演各种精彩的表演。

(4) **Would it be convenient for you to participate?** If so, please contact me at 1234567 at your earliest convenience.

你方便参加吗?如果方便,请尽早拨打1234567与我联系。

(5) We would appreciate it if you **could confirm your participation at your early convenience**. I am sincerely looking forward to your presence/involvement/professional guidance.

如果您能在方便的时候尽早确认您的参与,我们将不胜感激。我真诚地期待您的出席/参与/专业指导。

5. 道歉信

(1) I am writing to **express my heartfelt apology** to you for my being unable to travel with you.

我写信是为了对我不能和你一起旅行向你表示衷心的歉意。

(2) I'm sorry to say that **I might have no choice but to break my promise** of going to the bookstore with you.

很抱歉,我别无选择,只能违背和你一起去书店的承诺了。

(3) Unexpectedly, I am chosen to take part in the CCTV national English speech contest next weekend, **which really means a lot to me**.

没想到,我被选中参加下周末的中央电视台全国英语演讲比赛,这对我来说真的意义重大。

写作背记二 满分作文背诵

1. 生活与学习

(一) [2026·北京朝阳高三期中质量检测]

假设你是红星中学高三学生李华。你的外国好友 Jim 的学校正在组织“校园文化建设”(Shaping School Culture)的创意征集活动。Jim 打算参加,为此发来邮件,就创意内容询问你的建议。请你用英文给他回复,内容包括:

1. 你的建议;
2. 说明理由。

【优秀习作 1】

Dear Jim,

I'm delighted to know that your school is organizing an idea-collecting event **themed “Shaping School culture”**, and I'm glad to offer my advice.

From the perspective of a Chinese student, I **strongly recommend** shaping your school culture with cultural diversity. **For instance**, you can set up a school magazine **that focuses on the cultural differences internationally** by inviting students **who have a multi-nation background** to contribute. Besides, you can put up informative posters **that introduce interesting while educative facts of people all over the world**.

The reasons of my suggestion **are as follows**. **Not only can it enrich students' geographic knowledge and boost harmony** between people from different cultures, but also it will make your school culture vibrant and provide students with a thorough insight into the globalization trend. With an open culture **that welcomes cultural diversity and invites communication**, your school will become better.

Hope my advice can help and look forward to your reply.

Yours,
Li Hua

【优秀习作 2】

Dear Jim,

Exceedingly delighted to learn that your school is organizing an idea-collecting activity **entitled “Shaping School Culture”**, I'm willing to offer my suggestions.

Given that your school combines students from all over the world, what I recommend is to decorate teaching buildings with cultural elements of different countries, like the paper-cutting from China, pictures of sushi in Japan.

The reason why I recommend this lies in that it not only serves as a platform for students to savour the charm of different cultures, **but also** enables them to get an insight into each other. **I believe that** this event will definitely ignite students' passion for learning culture and bridge the cultural gap, **contributing to a more colourful campus**.

Sounds exciting, right? **Should you need further help**, feel free to reach out.

Yours,
Li Hua

(二) [2025·北京朝阳高三一模]

假设你是红星中学高三学生李华。你校正在举办以“美丽校园”为主题的原创作品征集活动,交换生 Jim 打算参加,发来邮件询问你的建议。请你用英文给他回复,内容包括:

1. 建议创作内容;
2. 就以上建议简要说明理由。

【优秀习作】

Dear Jim,

Excited about your plan to **participate in** the “Beauty of Campus” activity! I'm eager to share my suggestions about what to create.

I believe it would be a wonderful idea to shoot a video **highlighting the heartfelt bonds between students and teachers**. You can capture footage of bustling offices **where teachers diligently help students with their academic challenges**. To add a more heart-warming touch, you could interview students and incorporate their appreciation of their teachers' guidance, support, and the positive impact **they've had on their lives** into the video. Their honest remarks would **not only beautifully show the dynamic campus life, but also portray the beauty of characters**.

What do you think of my ideas? Feel free to ask me any questions during your shooting.

Yours,
Li Hua

(三) [2025·北京西城高三二模]

假设你是红星中学高三学生李华。你校校报英语专栏在举办“我最难忘的一节课”(My most unforgettable class)征文比赛。请你用英文投稿,内容包括:

1. 介绍这节课;
2. 说明最难忘的原因。

【优秀习作】

The most unforgettable class **I've ever attended** was an English class **focusing on the concept of EQ**.

Rather than mere instruction, our teacher presented a real-life conflict between two students, **born from careless words and actions**. In class, she first let us identify their low-EQ behaviour. After that, she challenged us to craft solutions rooted in empathy. Finally, she wrapped up the class with universal truths for navigating such conflicts—lessons **extending far beyond the classroom**.

What makes this class unforgettable is not just its engaging case study, but the profound truth it uncovered: **to show empathy for others and manage our own emotions** is to cultivate harmony within and without. This realization, simple yet timeless, **will serve me well for the rest of my life**.

(四) [2025·北京丰台高三二模]

假设你是红星中学高三学生李华。你打算创建一个自媒体账号(self-media account),向外国人介绍如何学习汉语。请给你的外国朋友 Jim 用英文写一封邮件,内容包括:

1. 账号的形式和内容;
2. 征求对方的意见。

【优秀习作】

Dear Jim,

I hope this e-mail finds you well. I'm excited to share **that I plan to create a self-media account to help foreigners learn Chinese**, and I'd love to hear your thoughts!

The account will **feature short videos, posts, and interactive live sessions**. I plan to use posts or visuals to **illustrate how different characters**

developed over time. I might also share some short videos **to demonstrate tones and role-play conversations, making the learning process both engaging and effective**. Plus, I'll hold live Q&A sessions occasionally to help foreign friends solve problems **they encounter while learning**.

Since you've been learning Chinese, your input would be invaluable. What topics interest you most? Also, I'd love to hear your advice **on the best formats to present the content and any unique cultural angles that might be overlooked**.

Looking forward to your suggestions!

Best wishes,
Li Hua

2. 做人与做事

(一) [2025·北京西城高三一模]

假设你是红星中学高三学生李华。你的英国笔友 Jim 在你们学校的网站看到你们学校组织了“我的年度词”(My Word of the Year)学生活动,发来邮件询问你的年度词。请你用英文给他回复,内容包括:

1. 你的年度词是什么;
2. 你选该词的理由。

【优秀习作】

Dear Jim,

So glad to hear from you! I'm thrilled to share my Word of the Year with you.

My Word of the Year is “transformation”, **as this year has been an all-around journey of personal growth for me**. The stress of exams and those endless late-night study sessions have shaped me into a more resilient and competent individual. **Turning 18 was also a milestone in this transformation. Stepping into adulthood** is a bit nerve-wracking, but it has motivated me to **shoulder more responsibilities, not only for myself but also for others**. This year has been like a caterpillar turning into a butterfly: slow, tough, yet beautiful. **That's why** “transformation” feels so right.

How about you? What's your Word of the Year? I can't wait to see what word you choose.

Yours,
Li Hua