

成人学位外语考试复习资料--Writing

Writing 1

My Best Friend

1. 我最好的朋友
2. 为什么我们是最好的朋友
3. 我对我们之间的友谊的态度

[范文]

My Best Friend

Li Ying is my best friend. She is of medium height and is on the slim side. She has curly black hair, and round face with a small chin, and big blue eyes.

One day, it rained heavily after the class was over, but I forgot to carry an umbrella to school the morning. So Li Ying sent me back. On the way, we had a long talk and found that there were so many similarities between us. We both like classic music and cartoon books, we both like sports, and even our favorite sportsman is the same person—Michael Jordan! Since that special day, we have become good friends.

I treasure our friendship very much. I will spare no efforts to help Li Ying anytime she needs me.

Writing2

Staying Healthy

1. 适当的营养
2. 充分的睡眠
3. 经常的锻炼

[范文]

Good health is the most valuable possession a person can have. It is important to remember that the body needs proper care in order to be healthy. There are three things that a person can do to stay in good health: one should eat the right foods, get enough sleep, and exercise regularly.

Proper nutrition is important for good health. Avoid foods with lots of sugar and fat. Eat plenty of high protein foods, vegetables and fruits. Do not overeat.

Getting the proper amount of sleep is also important. Without enough sleep, you feel tired and irritable. Allow yourself eight hours of sleep each night.

Finally, get plenty of exercise. Exercise improves your heart and lungs, and prevent you from gaining weight.

If everybody were to do so, there would be much less complaining about poor health.

Writing 3

The World Is Getting Smaller and Smaller

1. 现代化的交通工具越来越发达
2. 人与人之间的交往越来越频繁
3. 结论

[范文]

More and more often we hear people say, "The world is getting smaller and smaller!"

The first reason for that is we are now having more and more advanced transportation. From bicycles to private cars, from steam locomotives to electric locomotives, from airplanes to rocket planes, the highly developed transportation has greatly shortened the distance which seemed too far to cover.

Another reason is that in this modern society we need to contact frequently with each other. Everyday we must deal with a lot of people known or unknown to us to have our work done, and the rapid development of traffic transportation makes our frequent contact possible.

So we can reach the conclusion that the world will get smaller and smaller with the development of our society.

Writing 4

How to Do Well in an Examination

1. 以学习英语为例，如何经常练？
2. 考试前做些什么？考试时应该注意什么？

[范文]

A good way to pass an examination is to work hard every day in the year. You may fail in an examination if you are lazy for most of the year and then work hard only a few days before the examination. If you are taking an English examination, do not only learn rules of grammar. Try to read stories in English and speak in English whenever you can.

However, a few days before the examination you should start going to bed early. Do not stay up late at night studying and learning things. Before you start the examination, read carefully over the question paper. Try to understand the exact

meaning of each question before you pick up your pen to write. When you have at last finished your examination, read over your answers. Correct the mistakes if there are any and make sure that you have not missed anything out.

Writing 5

The importance of Confidence

1. 凡事均应有信心。
2. 缺乏信心的原因。
3. 建立信心是可能的。

Whatever one does, one should do it with confidence. If one has no confidence, there is little possibility that one would ever achieve anything, especially when one is faced with drawbacks or hardships. This truth seems to be self-evident. However, in reality, we do see a lot of people who always complain that they lack the ability to do something or that their difficulties are too great to overcome. For some, this might be true. But for many others, this only shows that they have lost heart.

Why do some people often feel frustrated even though they are capable of doing something? There are, among other, two main reasons. First, these people don't have a correct estimate of themselves. Second, they overestimate the difficulties.

It is possible to build up faith in oneself by having the right attitude towards one's own abilities. We should never underestimate our abilities but should believe in the proverb: "Where there is a will, there is a way." confidence is the promise for fulfilling a task successfully.