**前进类（论证positive）**

1. **be supposed to**

In fact, going on a diet is supposed to be more than just eating little. It should also be about eating healthily.

1. **Hold fast to**

In his biography, the message of perseverance and holding fast to one’s dreams in the face of adversity is very strong.

“珍视”：Put a premium on/ set considerable store by/ put a high value on/ treasure (vt.)/cherish (vt.) /value (vt.) = put emphasis on / attach great importance to

1. **Bear in mind that… 牢记……**

① Bear in mind that the next generation of cell phones is just around the corner.

② It’s important to bear in mind that an assessment based on the data is only a predication. The results are not carved in stone.

Be based on= on the basis of…

Be not carved in stone “某事不是一成不变的”

1. **There’s no better way to… than to… “……是去做某事的最好方式”**

There’s no better way to connect with and truly understand the diverse experiences and talents of students and their families than to be a visible member of their community.

1. **Go a long way “非常有效”**

Sincere praise, encouragement and appreciation go a long way --- even just saying “thank you” leaves a lasting impression.

Come a long way

In 1858, the selling of human beings was legal in America. In January 2009, an African American officially became President of the United States. The country had come a long way.

1. **It’s worthwhile to…=be worth doing sth.**

Before you vote for a certain candidate in an election, it’s worthwhile to find his/her true worth.

1. **Give sb. the credit for…“把……归功于某人”= take the credit for…**

It’s generally recognized that Edward Jenner should be given the credit for defeating the disease of smallpox.

1. **Enable sb. to do sth. / equip sb. with the ability to do sth. “让某人可以去做……”**

Technically, the new bill enables the president to shut down the Internet when major threats to cybersececurity are identified.

1. **Draw on 借鉴（经验等）**

As a friend and mentor, she drew on humor, a beautiful spirit and her faith in the Aboriginal culture to accomplish her work.

1. **Boost efficiency / productivity “提高效率/生产率”**

Automation substantially boosts productivity even though it may make jobs even more stressful.

1. **Give sb. a competitive edge 给某人竞争优势**

Foreign language skills give people a competitive edge in this age of globalization.

1. **… is a gateway to… = is a passport to… ……是通向某一目标的途径**

Students’ performance on standardized tests has become a gateway to the opportunities that lie before a student when they complete their studies.

1. **enlarge one’s outlook= broaden one’s horizons 开阔某人的眼界**

Encouraging students to study a foreign language is a way to expand their outlook and raise their cultural awareness.

1. **Is a good vehicle for… （vehicle，承载信息的手段）**

Humor is generally considered a good vehicle for cross-cultural communication.

1. **Generate… (employment) opportunities 创造（就业）机会**

International trade can generate more employment opportunities for the domestic job market.

1. **Dedicate A to B = spend A on B 把A（金钱、时间、精力等）用到B这个目的上**

Multibillionaires like Bill Gates and Richard Branson have dedicated colossal amounts of money to humanitarian initiatives.

Our high school is committed to recognizing and responding to the needs of the local community.

1. **Assume/ shoulder the responsibility for…**

Educators should assume the responsibility for ensuring that cultural, language and learning differences are addressed in teaching.

1. **Be mindful of = pay close attention to 关注**

The big companies should be more mindful of and sensitive to the environmental needs of the local communities.

1. **A wealth of 大量（有益的东西）**

The library brightened up the kids’ drab lives, offering them a wealth of educational entertainment and an atmosphere in which they can enjoy it.

1. **… is a lifelong process 是持续一生的过程**
2. **Put… into practice 把……投入实践**

Putting new ideas into practice is far more difficult than having them.

1. **Fulfill one’s potential 发挥某人的潜**力

His management style derives from the belief that working under pressure helps employees fulfill their potential.

Stretch sb. / make sb. stretch

① There is no shame in not meeting all of our goals, as long as our goals make us stretch. For example, if we want to run a marathon in under three hours, we’ll train differently than if we want to run it in four hours.

② My present job doesn’t stretch me, so I’m looking for something more demanding.

1. **From within… 来自内心深处**

When you feel uncomfortable with your circumstance, listen to yourself, your own experiences, your own thoughts and your gifts from within, which are real and true.

1. **Remove the barrier for 为（发展、交流等）消除障碍**

Machine translation was intended to help remove the barrier for communication between people who do not speak the same language.

1. **Be in tune with… 与……一致，与……和谐**

Some American scholars argue that John Dewey’s thought is thoroughly in tune with the Asian philosophies.

1. **Keep pace with… 与……同步发展**

For the first time in five years, senior executives’ salaries didn’t keep pace with inflation.

1. **Promote the development of… 促进……的发展**

The extensive use of English as a global language has helped promote the development of a host of international organizations.

1. **Raise people’s awareness of…提高人们的某种意识**

The electronic media, therefore, have the obligation to help raise the public awareness of the crisis.

1. **… has found one’s niche 找到了属于自己的一片天地（适合自己的工作或事业，在公司找到了适合自己的定位）**

Chris has found his niche as a high-school baseball coach.

1. **Be the cornerstone of… 是……的基石**

The strong belief in individualism has been the cornerstone of American throughout its history.

Be in the bedrock of…

Marriage and children are the bedrock of family life.

1. **Be an essential ingredient of… 是……的必备条件**

The development of new products is an essential ingredient of corporate success.

1. **①play a pivotal/crucial role in在……中起关键作用**

Architects play a pivotal role in the improvement of the modern cityscape.

**② A is an essential/integral/indispensable part of B. A是B不可缺少的一部分**。

Over the past decades, digital technology has emerged as an essential part of our everyday life at work and at home.

Parents are an indispensable part of preschool education.

1. **③is part and parcel of… 是……最核心的部分**

This program was part and parcel of his election campaign.

1. **Sharpen one’s intellect 提高某人用知识去分析问题的能力。**

Our friends are not all the same： One friend brings out our athletic side --- we run or go to the gym together. Another sharpens our intellect with debate and discussion. Yet another is our favorite companion for going to the movies or out to dinner.

1. **Achieve and maintain sth. 实现并且保持某种状态**

One of the keys to achieving and maintaining a healthy weight is portion control.

1. **Be a positive alternative… 某事是有益的替代方**式

Clearly, this is a positive alternative for motivated parents and their children.

对比：the mainstream of… 主流

Due to the ever-increasing concern over climate change, environmental ideas have been absorbed into the mainstream of American politics. But what truly matters is action, not talk, as President Obama aptly remarked about the Copenhagen Accord.

1. **Participate in 参与 = take part in**

Encouraging kids to participate in an organized sport like soccer, gymnastics, ice hockey, or figure skating, is another great way to get them involved in physical activity.

1. **Afford people the sense of belonging / the sense of fulfillment/ the sense of achievement**

**给人们归属感/成就感**

The sense of belonging to a team or working community also contributes to job satisfaction as colleagues help each other enjoy their working lives.

1. **… is a main driving force behind… 是……的主要推动力**

Competition has been a main driving force behind productivity throughout the history of the market-oriented economy.

1. **Reverse the damage to… 挽回对……的破坏**

They’re constructing facilities to reverse the flood damage to the town.

1. **Is a perfect complement to… 是对……的极好补充**

This system has the potential to develop into a perfect complement to antivirus software and firewalls.

比较：complementary adj.

1. **Be in accordance with 与……一致，符合 =be in line with = be in keeping with**

The authorities must ensure that things proceed in accordance with the law.

反义：be incompatible with / be at odds with/ clash with

1. **Catch a glimpse of… 很快地了解一下某种事物，类似“走马观花”**

Visitors to the gallery caught a glimpse of the painters’ observations and fantasies.

1. **Integrate / incorporate…into… 将……结合进……**

This project brought together a group of teachers who created multimedia learning objects that incorporate innovative uses of technology into the curriculum to enhance students’ learning and illustrates new ways of thinking.

近义：get the best of both worlds“两全其美”

1. **Give priority to sth. 把……放在优先位置**

The finite （≈limited）budget requires the government to give priority to the optimization of its financial resources.

1. **Inject…into… 把……注入，赋予……**

Even though the world fairness is somewhat elusive, Americans have managed to inject many meanings into it.

1. **Explore every avenue toward… 去探索完成……的各种途径**

The American government will explore every avenue toward peace in this region.

1. **Awaken the conscience of society 唤起社会的良知或者责任感**

They worked in Women’s Shelter to protect the battered and abused women, to awaken the conscience of society and to arouse compassion for the weak.

1. **Unravel the mystery / the detail of… 解释清楚本来很难理解的情况**

Life science has not completely unraveled the mystery of genes yet.

1. **Far from being… 完全不是……**

①Far from being amateurs, these kids know the game rules inside out.

1. **Know… inside out：对……了如指掌**

②The space trash problem is far from being solved. In fact, all efforts to bring down space trash have failed glaringly and, ironically, have led to even more trash in the outer space.

1. **Fail glaringly：惨重的失败**
2. **…, ironically, .,.有讽刺意味的是……**
3. **Satisfy/accommodate the needs of… 满足……的需求**

We should make sure that the needs of individual students’ are accommodated and the assessment practices are aligned to (与……一致) the learning process.

1. **Are obligated to… 有义务去做某事**

In some American universities, graduates are not obligated to have their advisor as their supervisor for their thesis.

1. **Make it a point to… 确保去做某事 = make sure/ ensure that**

Journalists make it a point to know very little about an extremely wide variety of topics. This is how we stay objective.

1. … **is a milestone/milepost in… 在……的过程中是一个标志性（/里程碑似的）事件**

① Moving out of his parents’ home was a milestone in the entrepreneur’s life.

② The bill is an important milestone in preserving American natural resources.

1. **… is the cradle of… 是……的发源地**

Boston, or more specifically (“或者更具体地说”), Faneuil Hall, is sometimes referred to as the Cradle of Liberty.

1. **… take sanctuary in… 在……中找到避风港**

If I want some peace and quiet, I take sanctuary in my study.

比较：Home is my sanctuary, the place where I can escape the world. But it’s also a convenient, comfortable place to introduce activity into my lifestyle.

1. **Gain/gather/ lose momentum 某件事情的势头更强劲或者势头减弱了**

A switch to renewable energy resources has been gaining momentum in many portions of the Western U. S. in response to the environmentalists’ concerns.

1. **Rise to the occasion 迎难而上**

Being prepared gives one enough confidence to rise to the occasion and deliver what he/ she knows best.

1. **Exude confidence/ sympathy/ an air of wealth and power （某人）浑身散发着某种品质**

FDR was approachable and exuded optimism and vision.

1. **A labor of love 发自内心心甘情愿地去做的努力。**

He did all this as a labor of love. He didn’t need any recognition for it.

1. **Get into the swing of things 去努力熟悉、适应身边的事物**

Don’t be too hard on yourself. Moving to a new country can be really stressful and it’ll take a while for you to get into the swing of things.

**倒退类（论证negative方面常用）**

**be at risk处在风险中**

例句：If a company cannot keep profits well above the break-even point, its future is at

risk.

近义：①run the risk of… 冒……的风险

②be in peril 意思接近，但是语气更强，一般是很大的危险

③be at stake 例如：Thousands of lives will be at stake if emergency aid （紧急援助）doesn’t arrive in the city soon.

④put...to the test 让……经受考验

1. **… few of us have ever stopped to think about... 很少有人去考虑……**

例句：Probably few of us have ever stopped to think about how our present-day concept of time and ways of measuring it came about.

**be concerned about... 对……很关注，担忧**

例句：Canada is deeply concerned about losing its professionals to the United States. Taxes are a big factor in this “brain drain”. But the average families living in the United States are not necessarily better off in terms of disposable income (可支配收入）, than their Canadian counterparts.

1. **have a hard time doing sth. 很难实现或者完成某事，美语中极为常用的表达，而且不仅可以用于□语，新托福写作中也很常用**

例句：You’ll have a hard time falling asleep or wake up earlier than desired if you continue to think and worry.

1. **be at odds with sth. 与……不符，与……冲突**

例句：Their findings were at odds with the previous research results, which suggested that there might be some problems with the methods used in the previous experiments.

近义：动词短语 clash with sth. / be incompatible with

1. **be threatened with... 受到……的威胁**

例句：Large numbers of animals and plants are being threatened with extinction, mainly as a consequence of human activities.

比较：主动形式pose a threat to... 对……构成威胁

1. **abide by / comply with / conform to 遵守(法律、规定等）**

例句：We swear that we will take part in these Olympic Games sportsmanship and that we will respect and abide by the rules for the glory of sport and the honor of our country.

1. **... very little, if any, ... 只有很少，如果有的话**

例句：Some scientists believe that human activity has very little, if any, impact on the recent warming trend on Earth.

1. **be overly dependent/reliant on 对某事过度依赖的**

例句：Technology, originally intended to liberate we humans, has successfully made us overly dependent on it. (be intended to do sth.：被用来实现……的目的）

1. **be hard-pressed to... = find it difficult to..**.

例句：During the Christmas season, people are hard-pressed to find a nice restaurant with empty seats.

1. **be in short supply 供应短缺**

例句：In some developing countries, school classes are very large, ranging from 50 to 100 students and classroom resources are in short supply.

表示短缺的名词：lack / shortage / scarcity / dearth

1. **widen the gap between... and… 加大两者之间的差距**

例句：At present, the technology available to individuals is actually widening the gap between the rich and the poor rather than narrowing ( narrow 在这里作动词）it.

反义：narrow the gap between / bridge the gap between / close the gap between

1. **in part because... / partly because...部分因为……**

例句：In America, those who often move long distances are generally the kind of people who play the major role in holding the community together, in part 7 partly because they are more confident and have better career opportunities.

1. **frown on... 对……皱眉头，反对（当你已经对oppose, object to这样的阶级斗争大词感**
2. **到十分疲惫，frown on就会显得平淡是真了）**

例句：Many American citizens frowned on the astronomical budget deficit (天文数字的财政赤字）of their government.

1. **If..., …will ensue如果……，某种结果将跟随而来**

例句：Disasters will ensue if they remain unready like this.

1. **hover at high levels 居高不下**

例句：The unemployment rate has been hovering at historically high levels this year.

1. **be inundated with sth. / be saturated with sth.充斥着 (一般跟负面的东东）**

例句：The upcoming video game will be saturated with blood and nudity (裸露镜头）

1. **be subject to… 这里的subject是形容词，不是学科，而是"经受、遭受……”**

例句：Homeschooled children are less subject to the stress and pressure experienced by conventional students who spend six, seven，or eight hours a day with their peers.

1. **A can be attributed/ascribed to B A可以归因于B，偶尔也用于正面含义，但多数时候都用于负面情况**。

例句：Many cases of eating disorders can be attributed to anxiety or a sense of guilt.

近义：① A is attributable to B. A 的根源是B。

近义：② B is the root cause of A, A 的根源是B。

例句：The population explosion has been the root cause of the persistent water scarcity （长期存在的水短缺）.

近义：③A stems from B. A的根源是B。

例句：Their disagreement mainly stemmed from misunderstanding.

1. **be susceptible to容易受到来自……的负面影响**

例句：Children tend to be more susceptible to advertising, especially when they view the advertising alone.

1. **distract sb. from... 分散某人的注意力**

例句：There are educational video games that, instead of distracting students from their classes, actually make students more academically-motivated.

1. **at the expense of... 以……为代价**

例句：The economy should not be developed at the expense of reckless depletion (不顾后果的开采）of natural resources and degradation of the environment (环境的恶化)

近义：at the cost of...

比较：be sth. down the drain是白白扔掉的

例句：You’ve already spent a lot of money fixing your car. Spending even more will just be money down the drain.

1. **run contrary to与……背道而驰**

例句：Their arguments run contrary to the overwhelming evidence that technology enhances efficiency in almost all fields.

1. **erode the cultural identity / national pride 侵蚀文化特性/民族自豪感**

例句：Extinction of native languages has been eroding the cultural identity of Native Americans.

1. **It’s wrong to equate... with... 把……等同于……是错误的**

例句：It’s wrong to equate happiness with a bigger house or a bigger bank account.

1. **be confronted with sth.面对挑战、危机、困难等，写作里经常可以用它来代替face这个大家最爱用的“面对"**

例句：Today, the American parents who are confronted with a plethora of (过量的）violent and pornographic (色情的）TV shows are actually divided about this issue.

1. **copy sth. mechanically 机械地抄袭**

例句：Today, some public-school young teachers have no alternative (替代物)but to copy, very mechanically, the techniques used by their own teachers fifteen years ago.

1. **... is not a panacea for... 某种方案并不是解决某个问题的万能药**

例句：Charter schools are not a panacea for the deficiencies (缺陷或不足)found in American public schools.

1. **be addicted to sth. / be preoccupied with sth. 对负面事物上癖，对应的还有 be absorbed in... / be engrossed in...但这两个后面跟的不一定是坏事物**

例句：Many American teens are so addicted to social networking websites like Facebook and Twitter they spend hours on them daily.

1. **drive up the crime rate导致犯罪率上升**

例句：The unprecedentedly high unemployment rate is driving up the already alarming violent crime rate.

1. **exert detrimental influence upon / have adverse effect on 对……有负面的影响**

例句：Long-distance flights are a classic trade-off. On the one hand, they make things a lot easier for international travelers and multinational companies. On the other hand, a great deal of detrimental influence has been exerted upon the environment by the jumbo jets (巨型飞机）.trade-off指为了获得好处而必须付出代价的处境， 也可以用"It cuts both ways."等类似表达。北京孩子用得最多的则是a double- edged sword

1. **sth. is unwarranted / unjustifiable 某种做法很不合理**

例句：Performance of experiments upon lab animals without effort to alleviate (减轻）their pain is unwarranted.

1. **spin out of control 失去控制**

例句：The demand for economic growth is helping make the American consumerism spin out of control.

比较：lose track of失去对某事的管理

例句：It’s easy for people to lose track of time when they use the Internet.

1. **are not compatible with. . / are incompatible with... 与……不一致或不协调**

例句：We want to be safe, but we also want to be adventurous, even though the two don’t seem compatible with each other.

1. **be likely to fall prey to/ be vulnerable to容易成为 的受害者（作文里经常当作比喻用**
2. **法，比如暴力电子游戏或者环境污染）**

例句：Some medical professionals assume (设想）that the elderly may be vulnerable to the side effects of H1N1 vaccination.

1. **sth. should be condemned rather than condoned某事应该被谴责而不是被宽恕**

例句：The spokesman should be condemned rather than condoned for what were, essentially, racist remarks.

1. **What’s the good of...9新托福高分范文中时常出现的反问句：……又有何好处呢**？

例句：What’s the good of having more advanced public transit if it’s increasingly difficult to transport industrial and agricultural products?

1. **live in poverty/ misery/ frustration/ anxiety 生活在贫穷/ 困苦/沮丧/焦虑中**

例句：Living in misery, these people have no chance to receive education, which might be the only way that can lift them out of poverty.

1. **diminish individuals’ leisure time 减少人们的休闲时间**

例句：The accelerating (加速的）pace of urban life seriously diminishes individuals’ leisure time and causes psychological strain (持续的）心理压力.

1. **stifle creativity 扼杀创造力**

例句：In the same year, some scholars began to argue that copyright laws might stifle creativity.

**41. be afflicted by 遭受……**

例句：Interestingly, not just many women, but many men as well, are afflicted by compulsive shopping (不可控制的购物欲望，有这样倾向的人就叫shopaholic。2009年在美国 还专门有部电影就叫Confessions of a Shopaholic,情节老套但里面的名牌儿可真不少！）.

1. **be oblivious to对……完全无视**

例句：Oblivious to our limits, we attempt things that we can’t really handle.

1. **cause grave concerns 引起严重关注**

例句：The H1N1 epidemic has caused grave concerns and the elderly, pregnant women, children and health care workers have been encouraged to get vaccinated against the virus.

近义：Concerns have arisen about...

Legitimate concerns have been raised about... (legitimate：有根据的）

4**4. spell disaster / trouble for...某事意味着灾难 / 麻烦** 例句：The new policy could spell disaster for many businesses in this country.

**45. deprive someone of sth.剥夺某人的（自由、权利或者某种生活方式）**

例句：As humans, we cannot function (vi. ) properly when we are deprived of sleep.

**46. take... for granted这个大家应该很熟悉，而且它确实在美国相当常用**

例句：Many young Americans take the comforts of living in America for granted. They would become more grateful for that if they saw more of the world.

**47. poorly-informed, uninformed or misinformed about... 媒体类话题常用，（公众）关于某事了解很少，完全不了解或者错误了解**

例句：Many Americans believe that they have been poorly-informed, uninformed or misinformed about the war in Iraq.

**48. A has rendered B +形容词或者名词作宾语补足语 “A让B变成某种状态”**

例句：New technology keeps rendering old computers obsolete (过时的，没人用了的）

**49. lower one’s expectations降低某人的期望值**

例句：To keep from being disappointed, we sometimes lower our expectations or avoid taking **challenges. There may be good reasons for this, but it can limit what we experience.**

**50. go from bad to worse 越来越糟**

例句：Things went from bad to worse and in the end, Obama’s Treasury Secretary nominee (财政部长提名候选人）apologized for tax mistakes.

**51. There’s no guarantee that... 无法保证……**

例句：There’s no guarantee that the UN climate conference in Copenhagen can produce any concrete results.

最终达成的the Copenhagen Accord被很多环境科学家称为“an abject failure” (惨败）

**52. (a certain problem) has reached such proportions that... 问题已经到了……的程度**

例句：The H1N1 epidemic has reached such proportions that global control efforts must be made immediately. Otherwise, tourism, economy and public health may suffer irreparable harm (无法挽回的损失）.

**中间类（论证不好不坏/可好可坏方面常用）**

1. **on the basis of... 基于……**

例句：The child laborers felt insulted when employers hired them solely on the basis of their size and appearance.

1. **are likely to.../ are unlikely to**

例句：① Men suffer from heart are more likely to disease, even though heart disease is still the number one killer of women in America.

② It’s important to know events happening around the world, even though sometimes they are unlikely to affect your daily life.

名词形式：likelihood

例句：There is every likelihood that more jobs will be lost this year.

There is little likelihood now that interest rates will come down further.

1. **The +形容词比较级……，the +形容词比较级……：越……，就越……**

例句：The greater the population there is in a locality,丨he greater the need there is for water, transportation, and disposal of refuse.

1. **old and young alike年长的人和年轻的人都……，类似的在美语里还经常可以见到friends and family alike, teachers and students alike 等写法**

例句：The comic strip (报纸或者书里面那种一串小方块的连环画)is fun for old and young alike.(这里习惯上不在old前加the)

1. **…is a fact of life. ……是必须面对的人生(事实)**

例句：Outsourcing (外包）is a fact of life now in America and we can’t escape it.

对比：... is a daily occurrence.某事每天都在发生着。

例句：Even in a world where change is a daily occurrence, it’s not easy to push forward reforms about healthcare and environmental policies.

1. **hinge on取决于……**

例句：Success of such efforts hinges on contribution from the authorities.

1. **It’s little / no wonder that...毫不奇怪，……**

例句：① It’s little wonder that many female voters feel turned off by the male-dominated politics.

② It.s no wonder that at class reunions, former classmates take it in turns to amuse one another with funny stories from bygone years.

1. **More than anything,... 最关键的是，……**

例句：More than anything, the medical professionals debated the name of this health problem.

1. **This (trend) is not restricted to...这个（趋势）不仅仅限于……**

例句：This trend is not restricted to wealthy students who have the money to do this, but is also evident (明显的）among poorer students.

1. **It’s rare for sb. / sth. to... 某人（事）很少会怎样**

例句：It’s rare for any type of market structure to run with absolute efficiency.

1. **It’s not uncommon for... to... 双重否定句型，就等于“通常……**”

例句：With the arrival of fall, it’s not uncommon to see painters and photographers working on the sides of roads or shorelines capturing the scenery in New England.

1. ... **may not... otherwise. 否则……就不会……**

例句：Supporting children with mentors and after-school programs will give them opportunities and guidance that they might not receive otherwise.

1. **make a difference用于褒义比较常见：做贡献**

例句：There are so many small things we can do to help preserve the earth, from turning the lights off when I leave a room to recycling cans and bottles to... These may seem insignificant, but if everyone acted in this way, it would make a big difference.

1. **think in terms of... +名词或者名词短语 “以某种方式思维”**

例句：Americans continue to think in terms of the “mainstream” and the “other”. If we take a moment to think historically, we can see that our civilization is actually composed of many strands from diverse backgrounds.

1. **be aimed at sth. 目标是**……

例句：In the conventional classroom, most lessons are aimed at the middle level of ability. Thus，some students are dragged along much faster than is optimal (适宜的，最优化的）for them.

近义：target sth.

1. .**.. lie at the heart of... 处在核心地位**

例句：Economic issues lied at the heart of the three Obama-McCain presidential debate.

倒装用法：At the heart of the function of these machines is motion (运动)，which is the source of input to the machine.

1. **the proliferation of...名词短语：（污染、互联网等）的大量扩散**

例句：The proliferation of fast-food restaurants in America has made it even harder for Americans to eat healthy lunches.

1. **in all likelihood 很可能**

例句：In all likelihood, these decisions would be made by government officials who don’t necessarily understand the problems any better.

1. **… , by no means,… ……绝不是**

例句：Yet the U. S. is, by no means, the world’s only economic dynamo (本意是发电机，这里指动力源）.

1. a**re not entirely unfounded不是完全没有根据**

例句：Persistent (长期存在的)American fears of being overshadowed ( = seem less important because of sb. /sth. else ) economically by China are not entirely unfounded.

**21. put sth. in perspective 客观地看待**

例句：This important medical report has helped people put the medicine in perspective.

1. **be interrelated and interdependent 相互联系，互相依赖的**

例句：① Everything in this world is interrelated and interdependent. Science suggests that something as trivial as the beating of a butterfly’s wings in the Amazon can influence the formation of a tornado in Texas. Even our smallest acts can have major effects.

②Nations are increasingly interrelated and interdependent in this age of economic and cultural globalization, which means no matter how far away it may be geographically, no country is really isolated (孤立的）.

1. **There’s no substitute for... 某事物是无法替代的**

例句：Vitamin pills are no substitute for a healthy diet.

1. **cease to...动词短语：不再**……

例句：It should be noted that the Internet is in a constant state of change： While all the activities online have been based around websites with some stability, it’s possible that some sites may cease to be accessible all of a sudden.

比较：has never ceased to... 从未停止过

例句：Antonio Gaudi’s poetic architecture has never ceased to amaze people.

1. **can be traced back to... 可以追溯到……**

例句：① Comic books, graphic novels and the Sunday comics can all trace their heritage back to book illustrations, which have been around as long as the printed word.

② How did the English alphabet come about? It was based on Latin letters whose roots can be traced back to Greece and eastern Mediterranean.

1. **It’s no exaggeration to say that... 可以毫不夸张地说 (虽然这里是say，但这个句型在书面文章里也经常会见到）**

例句：lt’s no exaggeration to say that every human being is fooled by his/her own ideas once in a while.

比较：It’s too simplistic to say that… 片面的(虽然being simple 未必是缺点，但是 being simplistic 一般都是缺点）

例句：It’s too simplistic to say that today’s Republicans are yesterday’s Hamiltonians and today’s Democrats are descended from (是 的后代）Thomas Jefferson’s party.

1. **... is an exception. 是一个例外**

例句：① Most people like to know they have a good sense of humor and pride them-selves on making others laugh. Teachers are no exception.

②With the possible exception (可能出现的例外）of the Olympics, no other sports event in history has attracted as much interest from such a broad audience as the Super Bowl.

1. **It’s hard to overstate the significance of 怎样说……的重要性也不为过**

例句：It’s hard to overstate the significance of reading and writing skills in the twenty-first century.

1. **a major shift in... 某方面的重要转变**

例句：The last two decades have witnessed a major shift in the global distribution of economic power. (Kaplan)

1. **sth. is consolidating its status as the... 某事物正在不断加固它作为……的地位**

例句：English has been consolidating its status as the dominant (占统治地位的）language in the world.

1. **require/necessitate/call for... 需要 (如果主语是人就只能用need，但如果主语是事情，就可以用这三个词表示比较正式的“need”）**

例句：Reduction in government spending will necessitate further cuts in public services.

**32. distinguish between A and B 区分 A 和 B**

例句：The five-year-old’s lack of capacity (能力)to distinguish between right and wrong should have been taken into consideration.

近义：differentiate between

例句：They don’t differentiate between their workers on the basis of ethnic origin.

1. **... sound as if... 听起来似乎……（其实并不是那么回事儿）**

例句：Days with no work to do sound as if they would be heavenly (天堂般的）.Usually, though, if we stay in bed or read a book for too long, our legs start twitching to get up and move about. And there’s nothing good on television anymore.

1. **is an important factor in determining... 是……的决定因素**

例句：The scores that students receive on tests like the SAT or ACT are important factors in determining the college or university that a student attends in the United States.

近义：①is an important element of... 是……的重要因素

例句：Job satisfaction is an important element of individual wellbeing.

近义：② can make or break sth. .

例句：Your decision can make or break this business.

近义：③ is a key determinant of sth.

例句：Nine years into the new millennium (千年），we Americans are still divided over whether schooling can be a key determinant of individual success.

1. **Quite the opposite, ... 正好相反，…**…

例句：Of course, equality in the classroom does not mean everyone receives the same amount of something or is treated exactly the same. Quite the opposite, to me, equality means students get what they need in order to create a learning experience that meets their individual needs.

1. **is a hallmark of... 是……的显著特**色

例句：Universal public education is a hallmark of American society. Across this country, a system of public schools ensures that all children have access to a primary or secondary education, regardless of their race, gender, intelligence, family income, social status or other personal characteristics.

1. **be bent on/be bent upon…全身心地投入去做某事（可好可坏），美式写作里极为常用 的一个句型，但在国内却很少能看到有朋友用**

例句：To develop the resources of a new country required energetic people, bent upon using their energies — not only for the rewards that would result to themselves, but even more importantly, to the community.

1. **sth. is inherent in... 某种品质是……固有的**

例句：No matter how efficient they are, how safe, or how inexpensive, trains simply cannot offer the thrill that is inherent in automobiles.

1. **There’s a definite link between A and B 在 A 和 B 之间有密切联系**

例句：① It has been scientifically proven that there is a link between the rise in global temperature and the increase of C〇2 emissions.

② In America, there’s been mounting evidence of a link between obesity and some forms of cancer.

比较：link 也可以作动词：A diet that is rich in calcium has been linked to a markedly reduced risk of cancer.

1. **sth. is sb.’s stock-in-trade这个跟贸易没关系，而是指"某事是某人的拿手好戏"**

例句：The journalist’s work has been published far and wide (习惯用语：很多地方，到处）.Telling tales on the celebrities is his stock-in-trade.

1. **A create (or bring about/ generate/ breed/ cause / engender/ spawn/ induce) B A产生B**

例句：Technological innovations (创新）have brought about profound changes to the political, economic and cultural arenas (领域）.

区分：create后面可以跟的宾语比较广；

bring about通常是大范围内带来的结果；

generate 后面一般跟 opportunities / tax revenue 这类词汇；

breed, cause 和 engender后面跟让人担心的事物多一些；

spawn跟新事物，比如inventions；

induce则跟抽象名词比较多，比如induce drowsiness (困倦）。

近义："领域"除了 area和field,作文中还经常可以使用sphere, domain, arena, realm等近义词替换。

对比：is a contributing factor to sth.是 的导致因素之一

例句：Any illness can be traced to one of three factors： genetic, environmental or poor nutritional habits. And of these, the food one eats or doesn’t eat is the most important contributing factor to ill health.

1. **someone would be well-advised to do sth. ( =sb. should)某人应该做某事**

例句：People who have been infected with the H1N1 virus would be well-advised to stay home until the fever is gone.

1. **resemble 动词：像……**

例句：The city resembled a battle field after the devastating (破坏极大的）earthquake.

1. **... abound 动词：大量存在**

例句：Old structures abound in many European cities.

比较：它的形容词形式abundant也经常表示类似的意思

例句：Cheap consumer goods are abundant in this region.

1. **reflect / represent / mirror / embody 动词：体现，反映**

例句：The growth of sales of video games mirrored the rapid developments in computer technology that offers even the technophobes (恐惧科技的人们）entertaining introductions to the technological world.

1. **sth. impels/ prompts sb. to do... 促使某人去…**…

例句：Peer pressure often impels youngsters to spend excessively (过度的)on fancy

(新奇的) clothes and accessories (首饰).

近义：spur ( vt.)

例句：Spurred by her early success, Stephenie Meyer went on to write more novels, which were equally successful.

1. **an indication of...名词短语：显年出……，反映出…**…

例句：Success is normally an indication of human qualities such as intelligence, integrity, ambition and perseverance.

近义动词：reveal / represent / indicate / embody / mirror (这里是动词)

反义动词：conceal / mask (这里是vt.)

例句：These statistics mask a troubling truth. For more than two decades, while household income and wealth may have been increasing, it was mostly the wealthiest Americans who benefited from the nation’s economic gains.

1. **be inseparable from... 与……密不可分**

例句：Budget planning is inseparable from the strategy for reducing the deficit.

1. **... is inextricably intertwined with... 与……密不可分，如果用更地道的中文说法就是“与…… 有着千丝万缕的联系”**

例句：All individuals are inextricably intertwined with their communities, regardless of their own competence.

1. **eclipse sth.动词：使……相形见绌**

例句：① The economy has eclipsed all the other issues during this election campaign.

② Twitter is sometimes described as the " SMS of the Internet" since the use of its application programming interface for sending and receiving short text messages by other applications often eclipses the direct use of Twitter.(这是书面语，在□语里用手机给人发短信一般就说“I’ll text you.”而不要过于实诚地说“I’ll send you a short message.")

1. **be mutually helpful /beneficial/exclusive/dependent互助的/互利的/相互排斥的/相互依存的**

例句：Some Americans scientists have been trying to prove that science and religion are

not mutually exclusive.

1. **is the exact antithesis of... 与……截然相反**

例句：Jessica is so pretentious. She’s the exact antithesis of what I would find attractive in ladies.

近义：represent the opposite end of the spectrum

例句：The two opinions represent the opposite ends of the spectrum.

1. **lean on...本意是靠在某人身上，作文里经常作比喻用法，指依靠某种方式或者手段，有 时候可以代替depend on / rely on**

例句：Obama’s campaign leaned heavily on twenty-first century technology and techniques, from sending Election Day voting reminders to cell phones to using websites to raise money and organize grassroots efforts (草根的、平民的努力）.

1. **beyond our wildest expectations 超出了我们一切的预期**

例句：The pace of change has increased beyond our wildest expectations, which has been largely driven by technological breakthroughs occurring on an almost daily basis ( = almost every day).

1. **take steps / take measures to do sth. 采取措施去做某事**

例句：Preventing a health problem is always better than treating it and there are some steps you can take to protect yourself from the potential damage.

1. **convert... into... 把……转变成……**

例句：“Let me assert my firm belief that the only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror that paralyzes needed effort (导致必要的 努力，陷入瘫痕）to convert retreat into advance.” — FDR

1. **be accountable to sb, / be accountable for sth. 向某人/某事负责。这个句型的意思很接近于be responsible to sb. / to responsible for sth.，只是语气更正式一些，而且主语也更多的是 the manager, the president, the administrators, the government, the organization, the hospital等比较正式的职务或者机构**

例句：The tax reform will make the government accountable for its spending.

1. **a variety of / a wide range of / a wide array of 各种各样的**

例句：There’re many things to like about fall — the huge variety of colors, the cool crisp air in the morning and of course the kids heading back to schools.

1. **the whole spectrum of... 其实就是the whole range of...的升级版**

例句：① A wide spectrum of opinions was heard at the conference.

② The bill drew support from across the whole political spectrum.

1. **The bottom line is... 根本考虑因素是……**

例句：The bottom line is that all students should be respected and be encouraged to learn how to apply the principles of equality so that each one of them can feel included.

1. **Looking back, ... / In retrospect,... 回过头来看，……**

例句：In retrospect, my university years seem more enjoyable than they really were.

对比：With the wisdom of hindsight, I should have ... 其实早该……

例句：With the wisdom of hindsight, I should have taken the job.

**62. be a watershed说某事是"重大转折"，各位都爱用turning point，其实在美语里有个**

**单词叫watershed，在政治、经济和生活中都极为常见**

例句：That year was a watershed in her life — she changed her career and changed her partner

**6个俗不可耐却依然没被美国人淘汰的句型**

1. **(develop / advance) by leaps and bounds突飞猛进，这个短语已经俗到一定境界了，但在美国确实还挺常用的，语气更强的还有一个叫a quantum leap forward**

例句：The IT industry had grown by leaps and bounds in Silicon Valley until the dot-com crash.

1. **The advent of………的来临（引发了）……，同上面那句一样，这句也十分corny (老掉牙的），但在美国还是被每天重复地**写着

例句：The advent of automobiles greatly increased the demand for petroleum.

类似：the dawn of the new century

1. **embark on.../embark upon 进入（某个阶段）**

例句：They have encouraged thousands of young Americans to embark on their own personal voyage of discovery.

1. **…, and there seems to be plenty of research findings to confirm this. 看起来有足够的研究证明这个观点。其实是很空洞的话，除非后面确实能跟一堆研究成果**

例句：Teaching students in groups helps them grow into social, responsible individuals, and there seems to be plenty of research findings to confirm this.

**5. is a blessing in disguise表面上看是坏事其实却是好事，有一点像中文的"因祸得福”。**

例句：When we got there, that Greek restaurant was packed with people. But it was just a blessing in disguise: We found a better one.

1. **social fabric / the fabric of society这个句型国内的朋友们用得不多，但在美国已经 fabric本来指服装的面料或者纺织品，在这个句型里基本就是“社会的凝聚力”**

例句：Drug abuse poses a major threat to the fabric of our society.