考研英语作文高级表达语料库

第一部分 单词类高级表达

重要性、影响与评价

基础表达	高级单词	中文含义	推荐搭配
important	**significant**	重要的；意义重大的	significant impact / change
important	**crucial**	至关重要的	a crucial factor / role
necessary	**essential**	必不可少的	essential skills / resources
necessary	**indispensable**	不可或缺的	an indispensable part
good	**beneficial**	有益的	beneficial effects
good	**favorable**	有利的	favorable conditions
bad	**detrimental**	有害的	be detrimental to health
bad	**adverse**	不利的	adverse effects
obvious	**evident**	明显的	It is evident that...
obvious	**apparent**	显而易见的	become increasingly apparent
serious	**severe**	严重的	severe problems / consequences
serious	**acute**	严峻的；紧迫的	an acute shortage
possible	**feasible**	可行的	a feasible solution
possible	**viable**	切实可行的	a viable alternative
lasting	**enduring**	持久的	enduring value / influence

行为、变化与发展

基础表达	高级单词	中文含义	推荐搭配
improve	**enhance**	提高；增强	enhance efficiency / awareness
promote	**facilitate**	促进；推动	facilitate communication
change	**transform**	改变；转变	transform society
increase	**boost**	提升；促进	boost confidence / productivity
increase	**escalate**	加剧；迅速增加	escalating costs
decrease	**diminish**	减少；削弱	diminish motivation
reduce	**alleviate**	缓解	alleviate pressure

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基础表达	高级单词	中文含义	推荐搭配
reduce	**mitigate**	减轻；缓和	mitigate negative effects
cause	**trigger**	引发	trigger a discussion / crisis
create	**generate**	产生；创造	generate opportunities
develop	**cultivate**	培养	cultivate good habits
develop	**foster**	培养；促进	foster creativity
maintain	**sustain**	维持	sustain development
solve	**tackle**	处理；解决	tackle a problem
solve	**address**	应对；处理	address the issue
prevent	**curb**	遏制	curb pollution
prevent	**deter**	阻止；威慑	deter improper behavior
protect	**safeguard**	保护；捍卫	safeguard public interests
show	**demonstrate**	表明；证明	demonstrate the importance of
show	**illustrate**	说明；阐明	illustrate a social phenomenon

个人品质

基础表达	高级单词	中文含义	推荐搭配
hard-working	**diligent**	勤奋的	a diligent student
persistent	**persevering**	坚持不懈的	a persevering attitude
responsible	**accountable**	负责任的	be accountable for
independent	**self-reliant**	自立的	become self-reliant
careful	**prudent**	谨慎的	a prudent decision
creative	**innovative**	有创新精神的	innovative thinking
flexible	**adaptable**	适应能力强的	highly adaptable
honest	**trustworthy**	值得信赖的	a trustworthy person
calm	**composed**	沉着冷静的	remain composed
cooperative	**collaborative**	合作的	a collaborative spirit
ability	**competence**	能力；胜任力	professional competence
skill	**proficiency**	熟练程度	language proficiency
knowledge	**expertise**	专业知识	technical expertise

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基础表达	高级单词	中文含义	推荐搭配
courage	**resolution**	决心；坚定	show great resolution
confidence	**assurance**	自信；把握	speak with assurance

社会、教育与问题分析

基础表达	高级单词	中文含义	推荐搭配
problem	**issue**	问题；议题	address the issue
problem	**challenge**	挑战	face a challenge
reason	**factor**	因素	a contributing factor
reason	**driver**	驱动因素	a major driver of
result	**outcome**	结果	a positive outcome
result	**consequence**	后果	serious consequences
influence	**impact**	影响	have an impact on
trend	**tendency**	趋势；倾向	a growing tendency
gap	**disparity**	差距	income disparity
lack	**deficiency**	缺乏；不足	a deficiency in
many	**numerous**	众多的	numerous examples
common	**prevalent**	普遍存在的	a prevalent phenomenon
choice	**alternative**	可供选择的方案	a practical alternative
goal	**objective**	目标	achieve an objective
chance	**opportunity**	机会	seize an opportunity

评价与价值判断

基础表达	高级单词	中文含义	推荐搭配
noticeable	**noteworthy**	值得注意的	a noteworthy phenomenon
surprising / impressive	**remarkable**	显著的；非凡的	remarkable progress
important / well-known	**prominent**	突出的；重要的	a prominent role
excellent	**outstanding**	杰出的；出色的	outstanding performance
helpful and positive	**constructive**	建设性的	constructive criticism

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基础表达	高级单词	中文含义	推荐搭配
wanted / worth having	**desirable**	可取的；值得拥有的	a desirable outcome
reasonable and proper	**legitimate**	合理的；正当的	legitimate concerns
debatable	**controversial**	有争议的	a controversial issue
convincing	**compelling**	令人信服的	compelling evidence
hopeful	**promising**	有希望的；有前景的	a promising future

程度、数量与规模

基础表达	高级单词	中文含义	推荐搭配
large / important	**substantial**	大量的；重大的	substantial progress
fairly large	**considerable**	相当大的；可观的	considerable pressure
deep / great	**profound**	深刻的；深远的	profound influence
sudden and great	**dramatic**	巨大的；急剧的	a dramatic increase
neither high nor low	**moderate**	适度的；中等的	moderate growth
very small	**marginal**	微小的；边缘的	a marginal decline
enough	**adequate**	足够的；适当的	adequate resources
more than enough	**abundant**	丰富的；充足的	abundant opportunities
not enough	**scarce**	稀缺的；不足的	scarce resources
main / dominant	**predominant**	占主导地位的	the predominant factor

原因、推动与强化

基础表达	高级单词	中文含义	推荐搭配
cause	**induce**	引起；诱发	induce behavioral change
cause a reaction	**provoke**	引发；激起	provoke public debate
cause someone to act	**prompt**	促使	prompt people to act
encourage development	**stimulate**	刺激；促进	stimulate consumption
make faster	**accelerate**	加快；促进	accelerate development
make stronger	**intensify**	加剧；增强	intensify competition

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基础表达	高级单词	中文含义	推荐搭配
make stronger or firmer	**reinforce**	强化；巩固	reinforce the tendency
damage	**impair**	损害；削弱	impair one’s health
prevent progress	**hinder**	阻碍	hinder development
limit	**constrain**	限制；约束	constrain personal choices

解决问题与实施管理

基础表达	高级单词	中文含义	推荐搭配
solve	**resolve**	解决；化解	resolve a conflict
correct a problem	**remedy**	补救；纠正	remedy the situation
correct something wrong	**rectify**	纠正；整改	rectify improper behavior
remove	**eliminate**	消除	eliminate barriers
completely remove	**eradicate**	根除	eradicate poverty
successfully deal with	**overcome**	克服	overcome difficulties
control by rules	**regulate**	规范；管理	regulate online platforms
watch and direct	**supervise**	监督；管理	supervise the process
observe continuously	**monitor**	监测；持续关注	monitor environmental quality
become involved	**intervene**	干预；介入	intervene effectively

学习、认知与思考

基础表达	高级单词	中文含义	推荐搭配
learn or gain	**acquire**	获得；习得	acquire knowledge
take in information	**absorb**	吸收；理解	absorb information
remember	**retain**	保留；记住	retain knowledge
fully accept and understand	**internalize**	内化	internalize values
explain or understand	**interpret**	解释；理解	interpret information
examine carefully	**analyze**	分析	analyze the causes
judge the value	**evaluate**	评价；评估	evaluate performance
measure or judge	**assess**	评估；判断	assess the risks

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基础表达	高级单词	中文含义	推荐搭配
study an idea	**explore**	探索；探究	explore the possibility
examine systematically	**investigate**	调查；研究	investigate the problem

表达观点与展开论证

基础表达	高级单词	中文含义	推荐搭配
say with reasons	**argue**	主张；论证	argue that...
strongly argue	**contend**	主张；认为	contend that...
continue to believe	**maintain**	坚持认为	maintain that...
state confidently	**assert**	断言；坚称	assert that...
publicly support	**advocate**	提倡；主张	advocate doing something
admit or recognize	**acknowledge**	承认；认可	acknowledge that...
stress	**emphasize**	强调	emphasize the importance of
draw attention to	**highlight**	突出；强调	highlight the need for
express disapproval	**criticize**	批评	criticize somebody for
formally suggest	**propose**	提议；提出	propose a solution

个人品质与行为特征

基础表达	高级单词	中文含义	推荐搭配
able to recover	**resilient**	有韧性的；恢复力强的	resilient individuals
able to control oneself	**disciplined**	自律的	a disciplined lifestyle
devoted	**committed**	尽心尽力的	be committed to
very careful and responsible	**conscientious**	认真负责的	a conscientious student
understanding others' feelings	**empathetic**	有同理心的	be empathetic toward others
accepting differences	**tolerant**	宽容的	be tolerant of
strongly motivated to succeed	**ambitious**	有抱负的	ambitious young people
thoughtful toward others	**considerate**	体贴的	be considerate toward others

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基础表达	高级单词	中文含义	推荐搭配
able to do many things	**versatile**	多才多艺的；多功能的	a versatile individual

社会发展与公共生活

基础表达	高级单词	中文含义	推荐搭配
economic success	**prosperity**	繁荣	economic prosperity
people’s health and happiness	**welfare**	福利；福祉	public welfare
fairness in access	**equity**	公平；公正	educational equity
variety	**diversity**	多样性	cultural diversity
acceptance and participation	**inclusion**	包容；社会融入	social inclusion
unity	**cohesion**	凝聚力	social cohesion
advanced society	**civilization**	文明	modern civilization
traditions from the past	**heritage**	文化遗产	cultural heritage
protection of nature	**conservation**	环境或资源保护	energy conservation
long-term continuation	**sustainability**	可持续性	environmental sustainability

科技、网络与媒体

基础表达	高级单词	中文含义	推荐搭配
making things digital	**digitization**	数字化	the digitization of education
using machines automatically	**automation**	自动化	industrial automation
ease of obtaining something	**accessibility**	可获得性；便利性	educational accessibility
ability to remain connected	**connectivity**	连接性	digital connectivity
believability	**credibility**	可信度	information credibility
personal information protection	**privacy**	隐私	protect individual privacy
openness	**transparency**	透明度	improve transparency
false information	**misinformation**	错误信息；虚假信息	online misinformation

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基础表达	高级单词	中文含义	推荐搭配
excessive reliance	**dependency**	依赖	technological dependency
ability to produce results quickly	**efficiency**	效率	improve work efficiency

环境、资源与可持续发展

基础表达	高级单词	中文含义	推荐搭配
becoming worse	**degradation**	退化；恶化	environmental degradation
pollution of something	**contamination**	污染；玷污	water contamination
gas released	**emission**	排放物；排放	carbon emissions
variety of living things	**biodiversity**	生物多样性	protect biodiversity
able to be replaced naturally	**renewable**	可再生的	renewable energy
relating to the environment	**ecological**	生态的	ecological balance
use of resources	**consumption**	消耗；消费	energy consumption
serious shortage	**scarcity**	稀缺；短缺	water scarcity

合作、交流与社会参与

基础表达	高级单词	中文含义	推荐搭配
work together	**collaborate**	合作；协作	collaborate with others
organize together	**coordinate**	协调	coordinate different departments
discuss to reach agreement	**negotiate**	协商；谈判	negotiate with others
restore a good relationship	**reconcile**	调和；和解	reconcile different interests
communicate with each other	**interact**	互动；交流	interact with others
take an active part	**engage**	参与；从事	engage in activities
join an activity	**participate**	参加；参与	participate in
provide help or value	**contribute**	作出贡献	contribute to society
combine into a whole	**integrate**	融合；整合	integrate theory with practice

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基础表达	高级单词	中文含义	推荐搭配
consider and accept needs	**accommodate**	顾及；适应	accommodate different needs

高级副词

基础表达	高级单词	中文含义	推荐搭配
more and more	**increasingly**	日益；越来越	increasingly important
greatly	**substantially**	大幅地；实质上	improve substantially
greatly	**considerably**	相当地；大幅地	reduce considerably
unavoidably	**inevitably**	不可避免地	inevitably lead to
possibly	**potentially**	潜在地；可能地	potentially harmful
mainly	**primarily**	主要地	primarily because
especially	**particularly**	尤其；特别	particularly important
only	**merely**	仅仅；只不过	not merely...
finally / in the end	**ultimately**	最终；归根结底	ultimately depend on
together	**collectively**	共同地；集体地	act collectively

正面评价

基础表达	高级单词	中文含义	推荐搭配
worthy of praise	**commendable**	值得赞扬的	a commendable effort
worthy of respect	**admirable**	令人钦佩的	admirable courage
serving as a good example	**exemplary**	堪称典范的	exemplary conduct
giving satisfaction	**rewarding**	有益且令人满足的	a rewarding experience
worth the effort	**worthwhile**	值得投入的	a worthwhile investment
useful and important	**valuable**	有价值的	valuable experience
having real meaning	**meaningful**	有意义的	meaningful interaction
suitable	**appropriate**	合适的；恰当的	an appropriate response
based on reason	**rational**	理性的	a rational decision
sensible and reliable	**sound**	合理可靠的	sound judgment

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负面评价

基础表达	高级单词	中文含义	推荐搭配
unwanted	**undesirable**	不良的；不可取的	undesirable consequences
causing difficulties	**problematic**	存在问题的	a problematic assumption
doubtful	**questionable**	值得怀疑的	a questionable practice
impossible to accept	**unacceptable**	不可接受的	unacceptable behavior
not fair or sensible	**unreasonable**	不合理的	an unreasonable demand
lacking responsibility	**irresponsible**	不负责任的	irresponsible conduct
producing the opposite result	**counterproductive**	适得其反的	a counterproductive measure
causing a wrong impression	**misleading**	误导性的	misleading information
lacking depth	**superficial**	表面的；肤浅的	a superficial understanding
greater than necessary	**excessive**	过度的	excessive consumption

重要性与紧迫性

基础表达	高级单词	中文含义	推荐搭配
extremely important	**vital**	至关重要的	play a vital role
extremely important	**critical**	关键的；极其重要的	a critical issue
basic and important	**fundamental**	根本的；基础性的	a fundamental principle
most important	**central**	核心的	a central concern
necessary as part of a whole	**integral**	不可缺少的	an integral component
playing a key role	**pivotal**	关键的	a pivotal role
determining the result	**decisive**	决定性的	a decisive factor
having strong influence	**influential**	有影响力的	an influential figure
requiring immediate action	**urgent**	紧急的	urgent action
needing immediate attention	**pressing**	紧迫的	a pressing problem

状态与特征

基础表达	高级单词	中文含义	推荐搭配

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基础表达	高级单词	中文含义	推荐搭配
strong and effective	**robust**	强健的；稳固的	a robust economy
easily damaged	**fragile**	脆弱的	a fragile ecosystem
easily harmed	**vulnerable**	易受伤害的	vulnerable groups
difficult and complicated	**complex**	复杂的	a complex issue
continuously changing	**dynamic**	动态的；充满活力的	a dynamic process
peaceful and balanced	**harmonious**	和谐的	a harmonious society
giving equal attention	**balanced**	均衡的	balanced development
logically connected	**coherent**	连贯的；条理清晰的	a coherent argument
able to compete successfully	**competitive**	有竞争力的	a competitive advantage
not definite	**uncertain**	不确定的	an uncertain future

频率、范围与程度

基础表达	高级单词	中文含义	推荐搭配
happening often	**frequent**	频繁的	frequent interaction
happening sometimes	**occasional**	偶尔的	occasional fluctuations
continuing all the time	**constant**	持续不断的	constant exposure
continuing for a long time	**persistent**	持续存在的	a persistent problem
existing in many places	**widespread**	广泛存在的	widespread concern
applying to everyone	**universal**	普遍的；全体的	universal access
uncommon	**rare**	稀少的；难得的	a rare opportunity
not enough	**insufficient**	不充分的	insufficient funding
extremely strong	**overwhelming**	巨大的；压倒性的	overwhelming pressure
too large in comparison	**disproportionate**	不成比例的	a disproportionate burden

变化与演进

基础表达	高级单词	中文含义	推荐搭配
become larger	**expand**	扩大；扩展	expand access to education
become smaller	**contract**	收缩	the economy contracted

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基础表达	高级单词	中文含义	推荐搭配
become fewer or lower	**decline**	下降；衰退	decline gradually
become gradually fewer	**dwindle**	逐渐减少	resources dwindled
increase rapidly in number	**proliferate**	激增；大量涌现	online platforms proliferated
collect gradually	**accumulate**	积累	accumulate experience
move or change direction	**shift**	转变；转移	shift one’s priorities
make different	**alter**	改变	alter people’s behavior
make partial changes	**modify**	修改；调整	modify the plan
return to a former condition	**restore**	恢复	restore public confidence

发展、支持与赋能

基础表达	高级单词	中文含义	推荐搭配
help progress	**advance**	推进；促进	advance scientific knowledge
make stronger	**strengthen**	加强	strengthen supervision
make achievements firmer	**consolidate**	巩固	consolidate achievements
make as effective as possible	**optimize**	优化	optimize resource allocation
make richer	**enrich**	丰富	enrich one’s experience
give ability or authority	**empower**	赋能；使有能力	empower individuals
make something possible	**enable**	使能够	enable students to learn
support gradual growth	**nurture**	培养；培育	nurture young talent

损害与阻碍

基础表达	高级单词	中文含义	推荐搭配
gradually weaken	**undermine**	削弱；损害	undermine confidence
put in danger	**threaten**	威胁	threaten public safety
put at serious risk	**jeopardize**	危及	jeopardize one’s health

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基础表达	高级单词	中文含义	推荐搭配
interrupt normal activity	**disrupt**	扰乱	disrupt daily life
deliberately block	**obstruct**	阻碍	obstruct social progress
make less willing	**discourage**	使泄气；阻止	discourage participation
prevent expression or growth	**suppress**	压制；抑制	suppress creativity
limit	**restrict**	限制	restrict access
prevent someone from having	**deprive**	剥夺	deprive people of opportunities
place pressure on	**burden**	加重负担	burden low-income families

政策制定与措施实施

基础表达	高级单词	中文含义	推荐搭配
put into practice	**implement**	实施；执行	implement a policy
make people obey	**enforce**	执行；强制实施	enforce the law
develop systematically	**formulate**	制定	formulate a strategy
create formally	**establish**	建立	establish a mechanism
begin to use	**adopt**	采用	adopt an effective approach
distribute resources	**allocate**	分配	allocate public funds
provide resources for benefit	**invest**	投入；投资	invest in education
treat as more important	**prioritize**	优先考虑	prioritize public welfare
change or correct	**revise**	修订	revise existing regulations
change a system	**reform**	改革	reform the education system

态度、选择与个人行动

基础表达	高级单词	中文含义	推荐搭配
regard in a certain way	**perceive**	看待；感知	perceive failure as an opportunity
become aware of	**recognize**	认识到	recognize the importance of
fully understand the value	**appreciate**	认识并欣赏	appreciate cultural differences

小红书：问问Why

基础表达	高级单词	中文含义	推荐搭配
regard as important	**value**	重视；珍视	value cooperation
willingly accept	**embrace**	欣然接受	embrace technological change
refuse to accept	**reject**	拒绝；否定	reject an assumption
fight against	**resist**	抵制；克制	resist temptation
fail to give attention	**neglect**	忽视	neglect one’s responsibility
accept differences	**tolerate**	容忍；包容	tolerate different opinions

信息表达与沟通

基础表达	高级单词	中文含义	推荐搭配
communicate a message	**convey**	传达	convey a message
express clearly	**articulate**	清楚表达	articulate one’s opinion
make clear	**clarify**	澄清；阐明	clarify a misunderstanding
spread widely	**disseminate**	传播	disseminate knowledge
make widely known	**publicize**	宣传；公布	publicize a policy
give information	**inform**	通知；告知	inform the public
make someone agree	**persuade**	说服某人行动	persuade people to act
make someone believe	**convince**	使某人相信	convince people that...

就业、经济与消费

基础表达	高级单词	中文含义	推荐搭配
amount produced efficiently	**productivity**	生产率；工作效率	labor productivity
having jobs	**employment**	就业	employment opportunities
having no job	**unemployment**	失业	the unemployment rate
ability to start businesses	**entrepreneurship**	创业精神	encourage entrepreneurship
ability to compete	**competitiveness**	竞争力	global competitiveness
ability to afford something	**affordability**	可负担性	housing affordability
money spent	**expenditure**	支出	public expenditure

小红书·问问Why

基础表达	高级单词	中文含义	推荐搭配
means of supporting life	**livelihood**	生计	secure one’s livelihood
unequal income distribution	**inequality**	不平等	income inequality
something encouraging action	**incentive**	激励因素	financial incentives

环境与资源

基础表达	高级单词	中文含义	推荐搭配
harmful substance	**pollutant**	污染物	air pollutants
natural biological system	**ecosystem**	生态系统	protect the ecosystem
natural home of animals	**habitat**	栖息地	wildlife habitat
reuse of waste materials	**recycling**	回收利用	waste recycling
gradual reduction of resources	**depletion**	消耗；枯竭	resource depletion
removal of forests	**deforestation**	森林砍伐	prevent deforestation
land becoming desert	**desertification**	荒漠化	combat desertification
environmental effect of activity	**footprint**	环境足迹	carbon footprint
long-term weather conditions	**climate**	气候	climate change
planting forests again	**reforestation**	重新造林	reforestation programs

科技与网络主题词

基础表达	高级单词	中文含义	推荐搭配
system deciding online content	**algorithm**	算法	recommendation algorithms
online service environment	**platform**	平台	online platforms
electronic tool	**device**	设备	digital devices
existing through technology	**virtual**	虚拟的	virtual interaction

小红书·问问Why

基础表达	高级单词	中文含义	推荐搭配
created by humans or machines	**artificial**	人工的	artificial intelligence
protection of computer systems	**cybersecurity**	网络安全	strengthen cybersecurity
continuous observation	**surveillance**	监控；监视	digital surveillance
loss of attention	**distraction**	分心；干扰	constant distraction
inability to stop using	**addiction**	成瘾	smartphone addiction
major new development	**breakthrough**	突破性进展	a technological breakthrough

文化与传统主题词

基础表达	高级单词	中文含义	推荐搭配
something left by earlier generations	**legacy**	遗产；传承	a cultural legacy
sense of who a group is	**identity**	身份认同	national identity
quality of being genuine	**authenticity**	真实性；原真性	cultural authenticity
protection from change or damage	**preservation**	保护；保存	cultural preservation
return to popularity	**revival**	复兴；重新流行	cultural revival
passing culture to later generations	**transmission**	传承；传播	cultural transmission
traditional way of behaving	**custom**	风俗；习俗	traditional customs
symbolic meaning	**symbolism**	象征意义	cultural symbolism
quality of being original	**originality**	独创性	artistic originality
unbroken development over time	**continuity**	连续性；延续性	cultural continuity

政府与社会治理

基础表达	高级单词	中文含义	推荐搭配
government department	**authority**	有关部门；权力机构	relevant authorities
laws as a whole	**legislation**	法律；立法	environmental legislation

小红书：问问Why

基础表达	高级单词	中文含义	推荐搭配
official plan of action	**policy**	政策	public policy
established organization	**institution**	机构；制度	educational institutions
system for producing a result	**mechanism**	机制	a regulatory mechanism
management of public affairs	**administration**	行政管理	public administration
making laws obeyed	**enforcement**	执法；执行	law enforcement
observation by the public	**supervision**	监督	public supervision
knowledge of an issue	**awareness**	意识	environmental awareness
responsibility for decisions	**accountability**	问责；责任制	institutional accountability

身心健康与幸福感

基础表达	高级单词	中文含义	推荐搭配
health and happiness	**well-being**	身心健康；幸福	emotional well-being
physical energy	**vitality**	活力；生命力	physical vitality
extreme tiredness	**fatigue**	疲劳	chronic fatigue
strong worry	**anxiety**	焦虑	social anxiety
lasting emotional sadness	**depression**	抑郁	suffer from depression
mental pressure	**stress**	压力	academic stress
reason or desire to act	**motivation**	动力；积极性	learning motivation
feeling of contentment	**satisfaction**	满意感	job satisfaction
achievement of personal meaning	**fulfillment**	满足感；成就感	personal fulfillment
ability to resist disease	**immunity**	免疫力	strengthen immunity

逻辑连接与论证副词

基础表达	高级单词	中文含义	推荐搭配
without doubt	**undoubtedly**	毫无疑问地	undoubtedly important
it must be admitted	**admittedly**	诚然；不可否认	Admittedly, ...

小红书：问问why

基础表达	高级单词	中文含义	推荐搭配
especially worth mentioning	**notably**	尤其；值得注意的是	Notably, the figure...
for that reason	**accordingly**	因此；相应地	act accordingly
as a result	**consequently**	因此；结果	Consequently, ...
in the same way	**similarly**	同样地	Similarly, ...
in the opposite way	**conversely**	相反地	Conversely, ...

规则、义务与责任

基础表达	高级单词	中文含义	推荐搭配
requirement to act	**obligation**	义务；责任	fulfill an obligation
keeping rules	**compliance**	遵守；合规	ensure compliance
failure to obey	**violation**	违反；侵犯	a violation of regulations
permission by law	**authorization**	授权；批准	obtain authorization
rule limiting behavior	**restriction**	限制规定	impose restrictions
official punishment	**penalty**	处罚；惩罚	impose a penalty
responsibility for damage	**liability**	法律责任	bear legal liability
standard of conduct	**ethics**	道德规范；伦理	professional ethics

需求、选择与决策

基础表达	高级单词	中文含义	推荐搭配
strong need	**demand**	需求	growing demand
personal preference	**preference**	偏好	consumer preferences
choice between options	**selection**	选择；挑选	careful selection
process of choosing	**decision**	决策	informed decisions
careful consideration	**deliberation**	审慎考虑	after careful deliberation
willingness to choose	**inclination**	倾向	personal inclination
something considered first	**priority**	优先事项	top priority
willingness to accept risk	**readiness**	准备；意愿	readiness to change

小红书·问问why

基础表达	高级单词	中文含义	推荐搭配
balance involving sacrifice	**trade-off**	权衡；取舍	a trade-off between A and B
standards used to choose	**criterion**	标准	a selection criterion

社会问题与风险

基础表达	高级单词	中文含义	推荐搭配
possible danger	**risk**	风险	potential risks
dangerous situation	**hazard**	危害；隐患	a health hazard
weak point	**vulnerability**	脆弱性	social vulnerability
situation causing difficulty	**obstacle**	障碍	remove obstacles
difficult choice	**dilemma**	困境；两难	face a dilemma
disagreement	**conflict**	冲突	social conflict
disorder or disturbance	**disruption**	扰乱；中断	economic disruption
unfair treatment	**discrimination**	歧视	gender discrimination
separation from society	**isolation**	孤立；隔离	social isolation
unfair preference	**bias**	偏见；倾向性	unconscious bias

小红书·问问why

第二部分 词组类高级表达

表示重要性

高级词组	中文含义	推荐用法 / 适用场景
play a pivotal role in	在……中发挥关键作用	play a pivotal role in education
be of paramount importance to	对……极其重要	be of paramount importance to students
serve as a cornerstone of	作为……的基石	serve as a cornerstone of success
be indispensable to	对……不可或缺	be indispensable to personal growth
deserve close attention	值得密切关注	This problem deserves close attention.
cannot be overemphasized	再怎么强调也不为过	Its importance cannot be overemphasized.
carry far-reaching implications	产生深远影响	carry far-reaching social implications
attach great importance to	高度重视	attach importance to practical ability

表示原因与结果

高级词组	中文含义	推荐用法 / 适用场景
be attributed to	归因于	The change can be attributed to...
stem from	源于	The problem stems from...
arise from	由……引起	Conflicts often arise from misunderstanding.
give rise to	导致；引发	give rise to social problems
lead to	导致	lead to serious consequences
contribute to	促成；导致	contribute to personal success
account for	解释；占据	account for the phenomenon
be driven by	由……推动	be driven by technological progress
be closely associated with	与……密切相关	be associated with health
exert an influence on	对……施加影响	exert an influence on young people

小红书：问问MY

问题与负面影响

高级词组	中文含义	推荐用法 / 适用场景
pose a threat to	对……构成威胁	pose a threat to public safety
take a toll on	对……造成严重损害	take a toll on physical health
be confronted with	面临……	be confronted with serious challenges
fall victim to	成为……的受害者	fall victim to online fraud
at the expense of	以牺牲……为代价	at the expense of long-term interests
undermine public trust	损害公众信任	undermine public trust
widen the gap between	扩大……之间的差距	widen the gap between urban and rural areas
place a heavy burden on	给……带来沉重负担	place a burden on families
fail to live up to expectations	未能达到预期	fail to live up to public expectations
distract people from	使人们无法专注于……	distract people from serious work
have detrimental effects on	对……产生不利影响	have detrimental effects on health

措施与建议

高级词组	中文含义	推荐用法 / 适用场景
take concrete measures	采取具体措施	take concrete measures to solve the problem
address the root causes	解决根本原因	address the root causes of the phenomenon
raise public awareness of	提高公众对……的认识	raise public awareness of environmental protection
strengthen relevant regulations	完善相关规章制度	strengthen relevant regulations
allocate resources efficiently	高效配置资源	allocate educational resources efficiently
strike a balance between A and B	在 A 和 B 之间保持平衡	strike a balance between work and life
encourage active participation	鼓励积极参与	encourage active participation
provide equal access to	提供平等获得……的机会	provide equal access to education
create a favorable environment for	为……创造良好环境	create a favorable environment for innovation

小红书：同词斯义

高级词组	中文含义	推荐用法 / 适用场景
form a joint effort	形成合力	form a joint effort to address the issue
put theory into practice	将理论付诸实践	put theoretical knowledge into practice
translate ideas into action	将想法转化为行动	translate environmental awareness into action

重要性与核心地位

高级词组	中文含义	推荐用法 / 适用场景
lie at the heart of	处于……的核心	lie at the heart of personal growth
be central to	对……至关重要	be central to social development
be fundamental to	是……的根本	be fundamental to long-term success
constitute an essential component of	构成……的重要组成部分	constitute an essential component of education
occupy a prominent position in	在……中占据重要地位	occupy a prominent position in modern society
hold particular significance for	对……具有特殊意义	hold particular significance for young people
be a key determinant of	是决定……的关键因素	be a key determinant of success
function as a powerful engine for	充当推动……的强大动力	function as an engine for economic growth
provide strong support for	为……提供有力支持	provide support for sustainable development
remain a top priority for	仍然是……的首要任务	remain a top priority for the government

积极作用与价值

高级词组	中文含义	推荐用法 / 适用场景
bring tangible benefits to	给……带来切实好处	bring tangible benefits to local residents
open up new possibilities for	为……开辟新的可能性	open up possibilities for personal development
pave the way for	为……铺平道路	pave the way for future success

小红书：问问MY

高级词组	中文含义	推荐用法 / 适用场景
inject fresh vitality into	为……注入新的活力	inject vitality into traditional culture
improve the overall quality of life	提高整体生活质量	improve people's overall quality of life
promote well-rounded development	促进全面发展	promote students' well-rounded development
foster a healthier lifestyle	培养更加健康的生活方式	foster a healthier lifestyle among young people
reinforce a sense of belonging	增强归属感	reinforce students' sense of belonging
strengthen social bonds	加强社会联系	strengthen social bonds within communities
create lasting value for	为……创造持久价值	create lasting value for society

原因与来源

高级词组	中文含义	推荐用法 / 适用场景
result largely from	主要源于	result largely from inadequate supervision
be deeply rooted in	深深根植于；根源在于	be rooted in traditional beliefs
be traceable to	可以追溯到；源于	be traceable to several social factors
be explained in terms of	可以从……方面解释	be explained in terms of changing lifestyles
be fueled by	受到……推动；因……而加剧	be fueled by commercial interests
be reinforced by	被……进一步强化	be reinforced by social media
emerge as a consequence of	作为……的结果而出现	emerge as a consequence of urbanization
reflect the combined influence of	反映……的共同影响	reflect the influence of multiple factors
derive from the interaction between A and B	源于 A 与 B 之间的相互作用	derive from the interaction between technology and demand

作用机制

高级词组	中文含义	推荐用法 / 适用场景

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高级词组	中文含义	推荐用法 / 适用场景
encourage a tendency to	强化做……的倾向	encourage a tendency to pursue convenience
make individuals more inclined to	使人们更倾向于……	make individuals more inclined to consume
create the necessary conditions for	为……创造必要条件	create conditions for innovation
set the stage for	为……创造条件；为……铺路	set the stage for future development
act as a catalyst for	成为……的催化剂	act as a catalyst for social change
constitute a contributing element in	构成……的促成因素	constitute an element in the decline
play a role in shaping	在塑造……方面发挥作用	shape people’s attitudes
reinforce the widespread belief that	强化人们普遍认为……的观念	reinforce the belief that success comes easily
prompt a growing number of people to	促使越来越多的人……	prompt people to change their lifestyles
prevent individuals from doing something	阻碍人们做某事	prevent students from concentrating

教育与人才培养

高级词组	中文含义	推荐用法 / 适用场景
bridge the divide between theory and practice	弥合理论与实践之间的差距	bridge the divide between theory and practice
equip learners with essential skills	使学习者具备必要技能	equip learners with essential skills
encourage lifelong learning	鼓励终身学习	encourage lifelong learning
arouse intellectual curiosity	激发求知欲	arouse students’ intellectual curiosity
promote equal educational opportunities	促进教育机会公平	promote equal educational opportunities
improve the availability of quality resources	提高优质资源的可获得性	improve the availability of quality resources
respond to diverse learning needs	满足多样化的学习需求	respond to diverse learning needs
build a learner-centered environment	建立以学习者为中心的环境	build a learner-centered environment
ease excessive academic pressure	缓解过重的学业压力	ease excessive academic pressure

小红书 · 问问why

高级词组	中文含义	推荐用法 / 适用场景
support intellectual and emotional development	促进智力与情感发展	support intellectual and emotional development

科技与人工智能

高级词组	中文含义	推荐用法 / 适用场景
harness the potential of technology	充分利用科技的潜力	harness the potential of artificial intelligence
keep pace with the latest advances in	跟上……的最新发展	keep pace with the latest advances in technology
adjust to digital transformation	适应数字化转型	adjust to digital transformation
streamline working processes	简化并优化工作流程	streamline working processes
remove barriers to information	消除获取信息的障碍	remove barriers to information
enable real-time communication	实现即时交流	enable real-time communication
reshape the manner in which people work	重塑人们的工作方式	reshape the manner in which people work
extend the reach of education	扩大教育的覆盖范围	extend the reach of education
raise serious concerns about data security	引发对数据安全的严重担忧	raise serious concerns about data security
develop excessive reliance on technology	对科技形成过度依赖	develop excessive reliance on technology

传统文化与文化传播

高级词组	中文含义	推荐用法 / 适用场景
preserve a valuable cultural legacy	保护宝贵的文化遗产	preserve a valuable cultural legacy
transmit traditions across generations	将传统代代传承	transmit traditions across generations
revitalize traditional art forms	使传统艺术形式重新焕发生机	revitalize traditional art forms
combine traditional elements with modern design	将传统元素与现代设计相结合	combine traditional elements with modern design
embody shared cultural values	体现共同的文化价值	embody shared cultural values
reinforce a sense of national identity	增强民族认同感	reinforce a sense of national identity

小红书：同词hy

高级词组	中文含义	推荐用法 / 适用场景
promote cross-cultural understanding	促进跨文化理解	promote cross-cultural understanding
make traditional culture accessible to a wider audience	使传统文化能够被更广泛的受众接触	make traditional culture accessible to a wider audience
retain distinctive cultural features	保留鲜明的文化特色	retain distinctive cultural features
guard against uncritical imitation	避免不加思考地模仿	guard against uncritical imitation

环境保护与绿色发展

高级词组	中文含义	推荐用法 / 适用场景
cut greenhouse gas emissions	减少温室气体排放	cut greenhouse gas emissions
conserve finite natural resources	节约有限的自然资源	conserve finite natural resources
embrace an environmentally responsible lifestyle	采用对环境负责的生活方式	embrace an environmentally responsible lifestyle
restore damaged ecological systems	修复受损的生态系统	restore damaged ecological systems
protect endangered species	保护濒危物种	protect endangered species
decrease dependence on fossil fuels	减少对化石燃料的依赖	decrease dependence on fossil fuels
accelerate the transition to clean energy	加快向清洁能源转型	accelerate the transition to clean energy
minimize unnecessary waste generation	尽量减少不必要的废物产生	minimize unnecessary waste generation
increase the recycling rate	提高回收利用率	increase the recycling rate
pursue coordinated economic and environmental development	追求经济与环境协调发展	pursue coordinated economic and environmental development

个人层面的措施

高级词组	中文含义	推荐用法 / 适用场景
develop an informed understanding of	对……形成全面、理性的认识	develop an informed understanding of the issue
exercise appropriate restraint	进行适当克制	exercise appropriate restraint
make decisions on the basis of reliable evidence	根据可靠证据作出决定	make decisions on the basis of reliable evidence

小红书·问问MY

高级词组	中文含义	推荐用法 / 适用场景
assume responsibility for one’s behavior	对自己的行为承担责任	assume responsibility for one’s behavior
adjust one’s daily routines	调整日常生活习惯	adjust one’s daily routines
resist the lure of immediate gratification	抵制即时满足的诱惑	resist the lure of immediate gratification
organize one’s time in a disciplined manner	有条理且自律地安排时间	organize one’s time in a disciplined manner
remain dedicated to long-term goals	坚持长期目标	remain dedicated to long-term goals
reflect critically on one’s behavior	对自己的行为进行批判性反思	reflect critically on one’s behavior
seek expert advice when necessary	必要时寻求专业建议	seek expert advice when necessary

政府、学校与社会层面的措施

高级词组	中文含义	推荐用法 / 适用场景
adopt precisely targeted measures	采取有针对性的措施	adopt precisely targeted measures
increase financial investment in	增加对……的资金投入	increase financial investment in education
upgrade supporting facilities	完善配套设施	upgrade supporting facilities
intensify public education and guidance	加强公众教育与引导	intensify public education and guidance
impose proportionate penalties on	对……施加适当处罚	impose proportionate penalties on violators
conduct periodic inspections	开展定期检查	conduct periodic inspections
develop an effective early-warning system	建立有效的预警机制	develop an effective early-warning system
clarify the division of responsibilities	明确责任分工	clarify the division of responsibilities
promote collaboration across different sectors	推动不同部门之间的合作	promote collaboration across different sectors

让步、限定与辩证分析

高级词组	中文含义	推荐用法 / 适用场景
be far from flawless	远非完美	The approach is far from flawless.

小红书·河河Wby

高级词组	中文含义	推荐用法 / 适用场景
need to be approached with caution	需要谨慎对待	The issue needs to be approached with caution.
not necessarily amount to	未必等同于	Convenience does not necessarily amount to efficiency.
by no means imply that	绝不意味着	This by no means implies that...
despite its undeniable merits	尽管它具有不可否认的优点	despite its undeniable merits
under carefully controlled conditions	在得到谨慎控制的条件下	under carefully controlled conditions
provided that adequate safeguards are in place	前提是有充分的保障措施	provided that adequate safeguards are in place
avoid regarding something as a universal remedy	避免将某事视为万能解决方案	avoid regarding technology as a universal remedy
present both opportunities and challenges	同时带来机遇与挑战	present both opportunities and challenges
outweigh the associated risks	超过与之相关的风险	benefits outweigh the associated risks

小红书：问问Jiny