

2023 考研英语作文主题词及写作素材

一、人生品质

persistence / perseverance 坚持
stick it out 坚持到底
constant pursuit 永不满足
endeavor / making efforts 努力
no short cut to success 成功无捷径
give up halfway / leave sth. unfinished 半途而废
prudence 谨慎
diligence 勤奋
patience 耐心
strong will 坚强的意志
teamwork / joint efforts / cooperation / coordination 合作
innovation / creativity / originality 创造力, 创新
ambition / aspiration 雄心壮志
self-reliance 自立
excessive reliance on others 过度依赖他人
positive attitude 积极的态度
optimism / holding an optimistic view of events 乐观
look on the sunny side of things 看到事物积极的一面
pessimism 悲观
be punctual 守时
self-confidence 自信
self-discipline 自律
modesty 谦逊
self-satisfied 自满
the spirit of competition 拼搏精神
deferred gratification 延迟满足
set goals 设定目标
confront challenges and seeking solutions 直面困难寻求解决
the power of actions 行动的力量
haste makes waste 欲速则不达
flexibly adapt to changes 灵活应变
stick to a routine 固守惯例
the down-to-earth spirit 脚踏实地
lead a meaningful life 过有意义的生活

二、自我提升

life-long learning 终身学习
independent learning 独立学习
step out of the comfort zone 走出舒适圈
long for more knowledge 渴求更多知识
update the knowledge base 更新知识库
learn new skills 学习新技能
explore our strengths 挖掘自身优势
critical thinking 批判性思维
independent thinking 独立思考
put into practice what we have learned 学以致用
cultivate comprehensive abilities 培养综合能力
strive for perfection 精益求精
combine theory with practice 理论与实践相结合
start from small things 从小事做起
pay attention to details 关注细节
seek advice and experience from others 向他人获取经验
develop personal specialties 培养专长
tap one's potentials 挖掘潜力
broaden one's horizons 开阔视野
stimulate one's interests 激发兴趣

三、道德文明

sense of responsibility 责任感
shoulder and undertake one's responsibility 承担责任
traditional virtues 传统美德
sense of public morality 公共道德
social conscience 社会良知
follow the morals 遵守道德
improve public morals 提升公共道德
charity 慈善
donation 捐款
thrift 节俭
eliminate bad habits 消除坏习惯
selfless devotion / dedication / commitment 无私奉献
be willing to lend a helping hand 乐于助人
respect the old and care for the young 尊老爱幼
care and support the elderly 关爱老人
mutual understanding 相互理解
mutual help / care 互帮互助
generation gap 代沟
the lack of moral sense 道德缺失
interpersonal indifference 人际关系冷漠

the corruption of public morality 公共道德下滑
immoral behaviors 不道德行为
dishonest behaviors 不诚实行为
uncivilized behaviors 不文明行为
false promise 虚假承诺
misleading advertising 误导性广告
food safety 食品安全
fake commodities 假货
academic corruption 学术腐败
plagiarism 抄袭
cheat on a test 作弊
data leakage 数据泄露
invasion of privacy 隐私入侵
avoid one's responsibility 逃避责任
bystander effect 旁观者效应
civilized travelling 文明出行
tourists without appropriate public manners 游客不文明行为

四、文化

cultural treasures 文化宝藏
adhere to the tradition 遵守传统
preserve the cultural relics 保护文化遗产
preservation of aged buildings 保护历史建筑
intangible cultural heritage 无形文化遗产
intercultural / cross-cultural communication 跨文化交流
“go-global” strategy “走出去”策略
culture shock 文化冲击
cultural diversity 文化多样性
cultural blending / integration 文化融合
remove prejudice and misunderstanding 消除偏见与误解
be exposed to new ideas and cultures 接触新文化
take the essence and discard the dregs 取其精华去其糟粕
cultural diplomacy 文化外交
Confucius Institute 孔子学院
cradle of culture 文化摇篮
cultural confidence 文化自信
cultural soft power 文化软实力
splendid and glorious cultural heritage and legacy 灿烂辉煌的文化遗产
interpretation of classics 解读经典
intensified cultural interaction 文化交流加强
mainstream culture 主流文化
popular culture 流行文化

local culture 地方文化
mass culture 大众文化
exotic culture 外来文化
minorities 少数民族
idol worship 偶像崇拜

五、教育

college enrollment 高校招生
higher education 高等教育
extracurricular activities 课外活动
optional course 选修课
textbook 课本
the craze for graduate school 考研热
prestigious / elite / top universities and colleges 名校
academic performance 学术表现
input in education 教育投入
exam-oriented education 应试教育
quality-oriented education 素质教育
high scores and low abilities 高分低能
teach students according to their aptitude 因材施教
teach by personal example as well as verbal instruction 言传身教
parenting / upbringing 子女抚养
schooling 学校教育
tuition 学费
degree / diploma 学位学历
education background 教育背景
undergraduate 本科生, 在校生
bachelor 学士
master 硕士
postgraduate 研究生
graduate school 研究生院
doctor 博士
scholarship 奖学金
educational innovation 教育改革
all-round ability training 综合能力培养
theoretical knowledge 理论知识
practical abilities 实践技能
e-learning / online study 线上学习
era of knowledge explosion 知识大爆炸时代
inequality in educational opportunities 教育机会不平等
household spending on kids' education 子女家庭教育支出

六、经济

economic globalization 经济全球化
economic crisis 经济危机
economic recovery 经济恢复
boom 经济繁荣
foreign investment 国外投资
the reform and opening-up 改革开放
low-income family 低收入家庭
purchasing power 购买力
disposable income 可支配收入
expand and drive domestic demand 扩大内需
infrastructure construction 基础设施建设
urban planning 城市规划
sustainable development 可持续发展
low-carbon economy 低碳经济
service industry 服务产业
after-sale service 售后服务
enterprise image 企业形象
premature consumption 超前消费
excessive consumption 过度消费
rational consumption 理性消费
commodity price 商品价格
credit card 信用卡
e-commerce 电子商务
online payment 线上支付
cashless society 无现金社会
innovative enterprises 创新型企业
brick-and-mortar store / physical store 实体店
advertisement campaign 广告活动
unfair competition 不公平竞争
subscription 订购
the market share 市场份额
consumption pattern 消费模式
ownership 拥有量
daily expenses 日常花销
live streaming industry 直播行业
order takeout 点外卖
dine out 外出就餐

七、科技

information age 信息时代
information superhighway 信息高速公路
information explosion 信息大爆炸
information overload 信息过载
cyberspace 网络空间
cloud computing 云计算
information security 信息安全
be addicted to electronic products 沉迷电子产品
smart phones 智能手机
mobile apps 移动应用
5G networks 5G 因特网
digital products 数码产品
distraction by digital devices 数码设备造成的注意力分散
be bombarded with so many messages 各种信息的狂轰滥炸
be harmful to personal relationships 有害于人际关系
online rumor 网络谣言
netizens / Internet users 网民
digital wallet 电子钱包
electronic payment / online payment 电子支付
artificial intelligence 人工智能
electronic books 电子书
e-reading 电子阅读
metaverse 元宇宙
virtual reality 虚拟现实

八、健康

health concern 健康问题
physical health 身体健康
mental / psychological health 心理健康
mental outlook 精神面貌
academic pressure 学业压力
psychological distress 心理困扰
isolation and loneliness 孤独寂寞
anxiety disorder 焦虑
coping mechanism 应对机制
emotional well-being 情感健康
sub-health 亚健康
chronic disease 慢性病
physical exercise 体育锻炼
reform of medical system 医疗体制改革
health care 医疗, 医保

nationwide fitness campaign 全民健身运动
enhance public health 提高公众健康
regular physical health 经常锻炼
well-balanced diet 平衡饮食
junk food 垃圾食品
cultivate / develop healthy habits 培养健康习惯
sacrifice one's health 牺牲个人健康
fast-paced life 快节奏生活
relieve tension and stress 缓解紧张压力
obesity 肥胖
live a healthy life 健康生活

九、环境

livable city 宜居城市
noise pollution 噪音污染
air pollution 空气污染
environmental degradation / deterioration 环境恶化
curb environmental pollution 抑制环境污染
bring the pollution under control 控制污染
green belt 绿化带
environmentally-friendly lifestyle / products 环境友好型生活 / 产品
raise environmental awareness 提升环保意识
carbon emission 碳排放
greenhouse effect 温室效应
traffic congestion 交通拥堵
low-carbon economy 低碳经济
white pollution 白色污染
potential hazards 潜在危害
smog 雾霾
pollutant emission 污染物排放
air monitoring 大气监测
garbage disposal 垃圾处理
clean energy 清洁能源
renewable resources 可再生资源
sustainable sources of energy 可持续能源
excessive exploitation / overexploitation 过度开采
power plants 发电厂
limit on emissions of greenhouse gases 限制温室气体排放
biodiversity / biological diversity 生物多样性
biosphere 生物圈
natural habitat 自然栖息地
ecological balance 生态平衡

endangered wildlife 濒危野生动物

species 物种

conservation zone 保护区

chain reaction 连锁反应

十、职场

job market 就业市场

employment intention 就业意向

job interview 求职面试

career prospects 职业前景

education background 教育背景

professional expertise 专业技能

résumé 简历

a decent job 体面的工作

a well-paid job 高收入工作

workplace 职场

office workers 上班族

job hunting 找工作

job seekers 求职者

be unemployed / lose one's job 失业

working environment 工作环境

first impression 第一印象

work overtime 加班

stress and strain 压力紧张

well-adjusted employees 适应能力强的员工

strengthen employment guidance for students 加强学生就业指导

personal initiative and motivation 个人积极主动性

qualified candidates 合格人选

fame and fortune 名利

continued self-education 持续自我教育

set long-term goals 制定长期目标

job security 工作稳定

business startup 创业

corporate culture 企业文化

internship 实习

career dilemma 职业困境

workforce 劳动力



新文道

小作文推荐介绍信素材补充

中国美食文化

People living in different parts of China have a wide variety of diets. Generally speaking, residents in provinces like Sichuan and Hunan favor spicy food, whereas those in Jiangsu and Zhejiang Provinces are keen on sweet dishes. However, even the same kind of food might vary in flavor with different cooking methods.

中国景点——大运河

The Grand Canal is the world's longest man-made river that runs from Beijing in the north to Hangzhou in the south. For a long time, the Grand Canal has been playing a vital role in China's economic development, great facilitating the flow of people and cultural interactions between the south and the north.

中国传统节日——中秋节

The Mid-Autumn Festival falls on the 15th day of the 8th month of the lunar month. It is a time for family members to gather together and enjoy the full moon, which is a symbol of abundance, harmony and luck. Adults usually indulge in fragrant mooncakes of various kinds with a good cup of hot Chinese tea, while the children run around with their brightly-lit rabbit lanterns.

中国城市——武汉

Wuhan, the capital of Hubei Province, is the largest city in the central region in China. Wuhan is rich in water resource and has about 180 lakes. And there are two big and long rivers, the Yangtze River and Han River. So Wuhan is also called the "City on Rivers." The Yellow Crane Tower has been regarded as the symbol of Wuhan.

中国著作——《西游记》

Journey to the West might be the most influential one among the Four Great Classical Novels of Chinese literature, and the most well-known one overseas. This novel depicts the suffering journey of the famous monk Xuanzang together with his three disciples, as they traveled through the western regions of China to India to bring back Buddhist scripture.

中国行业发展——新能源车行业

Considering the worsening condition of air pollution, at present a growing number of people choose to buy new energy vehicles and China's government adopt some measures to support the development of new energy automobile industry as well.

中国名人——郑和

In the 15th century, Zheng He sailed west and presented valuable gifts to show China's sincere desire to develop friendly relations with foreign countries. Zheng He's seven voyages spread Chinese civilization,

strengthened China's contacts and promoted cultural and economic exchanges with other countries in the world.



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