

# 铁西大作文精讲笔记

2021年7月18日(周日)

精讲笔记

I-I took what I could get — a teaching job at what I considered a distant wild area: western New Jersey.

1.1-I took what I could get — a teaching job.

1.2-I took a teaching job.

1.3-I took a **job**, a teaching job.

1.4-I took a **position/occupation**, a teaching job.

1.5-I took a teaching job \_ (that/which) \_ I would accept.

1.6-I took a teaching job, **\_ which \_** I would accept.

1.7-I took a teaching job, one I would accept.

1.2--- at what I considered a distant wild area: western New Jersey.

**I took a job at western New Jersey, which I considered a distant wild area.**

举一反三: 主谓宾

I found the book.

I found what I want — the book.

I found the book (that) I was looking forward to.

I found the book, which I was looking forward to.

I found the book, the one I was looking forward to.

2-My characteristic optimism was alive only when I reminded myself that I would be doing what I had wanted to do since I was fourteen — teaching English.

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2.1-When I realized I would teach English, I **felt** optimistic.

2.2-When I realized I would teach English, I **was immediately taken over** by optimism.

2.3-**When** I realized I would teach English, my characteristic optimism **was aroused/awaken**.

2.4-**Upon realizing** I would teach English, my characteristic optimism was aroused.

2.5-**Upon realizing** I would teach English, I was immediately taken over by optimism.

2.6-**Realizing** I would teach English, I was immediately taken over by optimism.

**Considering** their future career, they would rather study in China.(x)

**Considering** 鉴于 their future career, studying in China is their preference. (x)

**Feeling** sorry, I sincerely make an apology. (v)

**Feeling** sorry, my mistake bothered you. (x)

consider类动词特殊，类似的还有：tracing back to the year.../according to.../generally speaking.../

To be honest, .../given考虑到，鉴于/...

2-My characteristic optimism was alive only when I reminded myself that I would be doing what I had wanted to do since I was fourteen — teaching English.

2.1- Though it was a little far, I felt optimistic when I realized that I could teach English.

2.2- In spite of/Despite the fact that it was a little far, I felt optimistic when I realized that I could teach English.

2.3- In spite of the fact that it was a little far, I was immediately taken over by optimistic character upon realizing that I could teach English.

2.4-**Upon realizing** I would teach English, my characteristic optimism was aroused.

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他们却没放弃

他们决定继续施救

施救过程的细节：敲门没开，呼喊没应声，不知道该怎么办了

2-Luckily, some neighbors passing by stopped and offered help.

一起把老头救了：

他们一起帮忙撞门，

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精练笔记

As the saying goes, "Time waits for no man". We can't stop time and we can't control 1- \_\_\_\_ it \_\_\_\_, although sometimes, in our minds, we think time flies. But if this year 2- \_\_\_\_ in \_\_\_\_ particular feels like it's passing more quickly than others have done, there could be a scientific 3- \_\_\_\_ (explain).  
explanation

Of course, we know a year is usually 365 days long. Clever scientists calculated this a long time ago. They also **worked out that** every four years, we **need** an extra day 4- 非谓语-called \_\_\_\_ (call) a **leap year** (闰年) to keep our calendar in *sync* (同步).

But 2021 isn't one of those years, and yet it's not behaving like 5- \_\_\_\_ a \_\_\_\_ normal year.  
normal -> abnormal 不同寻常

Scientists have done the math and discovered the Earth is moving faster than it ever has in the last 50 years, 6- \_\_\_ which \_\_\_ means that 2021 is going to be the shortest year in decades.

Apparently, this is 7- \_\_\_ because \_\_\_ the Earth is spinning faster, quicker than it has done in decades, and the days are therefore shorter. But they are only short by a tiny amount—around 0.05 milliseconds—so don't panic if you haven't noticed! However, long-term these milliseconds add up. Graham Jones from Time and Date told *The Independent newspaper*: "If the Earth's rotation continues to 8- do->quicken \_\_\_ (quick), we may at some point require a **negative leap second**.  
n/adj.+en ->v.

encourage :courage +en

widen: wide+en

skip classes 翘课

If this happens, our clocks would **skip** a second 9- \_\_\_ to keep \_\_\_ (keep) up with the hurrying Earth." Since 1972, 27 leap seconds 10- \_\_\_ have been added \_\_\_ (add) to our time.

In modern society loneliness can be seen as a **social phenomenon** and people can experience loneliness for many reasons.

It is a very common, though normally temporary, 11- \_\_\_ of a breakup, divorce, or loss of any important long-term relationship.

In these cases, loneliness may result both from the loss of a specific person and from the 12- \_\_\_ from social circles. The loss of a significant person in one's life will typically initiate a **grief-悲伤** response; in this situation, one might feel lonely, even while in the company of others.

1-A. type      B. concern      C. consequence      D. evidence

2-A. **withdrawal-撤销; 撤退**      B. absence      C. disappearance      D. presence

Loneliness may also result from any socially disruptive (破裂的) event, such as moving from one's home town into 13- \_\_\_ communities leading to homesickness. 思乡  
lovesickness 相思  
airsickness 晕机

Loneliness can also occur in places with low population densities-》density 密度 in which there are comparatively few people to 14- \_\_\_\_\_.  
desert n. 沙漠 v. 抛弃

3-A. informal -非正式的      B. uncertain      C. relevant      D. unfamiliar



4-A. turn to      B. interact with      C. long for 渴望      D. share with

There are many different ways used to \_\_5\_\_ loneliness. The first step that most doctors recommend to patients is **therapy**-》chemotherapy 化疗. Short term therapy typically occurs over a period of ten to twenty weeks. During therapy, emphasis is put on understanding the **cause** of the problem, \_\_6\_\_ the negative thoughts, feelings, and attitudes resulting from the problem, and exploring ways to help the patient feel connected.

Some doctors also recommend \_\_7-\_\_ therapy as a means to connect with **other sufferers** and **establish** a support system. It may take several attempts before a suitable anti-depressant medication is found.

depression 抑郁; 萧条

anti-depressant 抗抑郁

Some patients may also develop a resistance to a certain type of medication and need to \_\_8\_\_ periodically.

5-A. release      B. observe      C. monitor      D. treat

6-A. reversing      B. directing      C. measuring      D. pursuing

7-A. long-term      B. sightseeing      C. patient      D. group

8-A. quit      B. evolve      C. switch      D. exercise

Another treatment is animal-assisted therapy. Studies and surveys indicate that the presence of animal companions such as dogs, cats, rabbits, and **guinea pigs** can \_\_9\_\_ feelings of loneliness or depression among some sufferers.

Beyond the companionship the animal itself provides there may also be increased opportunities for \_\_10\_\_ with other pet owners.

According to the Centers for Disease Control and Prevention there are a number of other health benefits associated with pet ownership, such as lowered blood pressure.

In addition, some other **alternative** approaches may include exercise, dieting, etc, which many patients find have a \_\_11\_\_ effect on relieving symptoms. Results of a study also suggest that correcting maladaptive social cognition (认知) offers the best chance of \_\_12\_\_ loneliness.

maltreat 虐待-abuse

malnutrition 营养不良

9-A. confirm      B. protest-抗议      C. enhance      D. ease-缓解

- 10-A. socializing B. interfering C. comparing D. coping  
11-A. historic B. restorative (restore 恢复) C. decisive D. permanent  
12-A. promoting B. enhancing C. reducing D. striving 努力做某事

Nevertheless, loneliness can sometimes play an important role in the \_\_13\_\_ process. In some people, temporary or prolonged loneliness can lead to notable artistic and creative expression, for example, as was the case with poet Emily Dickinson, and numerous musicians. This is not to imply-indicate that loneliness itself ensures this creativity, \_\_14-rather 更准确地说\_\_, it may have an influence on the subject matter of the artist and more likely be present in individuals \_\_15\_\_ creative activities.

- 13-A. creative B. musical C. artistic D. poetic  
14-A. however B. therefore C. rather D. otherwise  
15-A. restricted to B. engaged in  
C. concerned about D. altered by  
restriction 限制  
alter 改变