

托福写作之常用的 100 个高频词语

1. 经济的快速发展 the rapid development of economy
2. 人民生活水平的显著提高/ 稳步增长 the remarkable improvement/ steady growth of people's living standard
3. 先进的科学技术 advanced science and technology
4. 面临新的机遇和挑战 be faced with new opportunities and challenges
5. 人们普遍认为 It is commonly believed/ recognized that...
6. 社会发展的必然结果 the inevitable result of social development
7. 引起了广泛的公众关注 arouse wide public concern/ draw public attention
8. 不可否认 It is undeniable that.../ There is no denying that...
9. 热烈的讨论/ 争论 a heated discussion/ debate
10. 有争议性的问题 a controversial issue
11. 完全不同的观点 a totally different argument
12. 一些人 ...而另外一些人 ... Some people... while others...
13. 就我而言/ 就个人而言 As far as I am concerned, / Personally,
14. 就...达到绝对的一致 reach an absolute consensus on...
15. 有充分的理由支持 be supported by sound reasons
16. 双方的论点 argument on both sides
17. 发挥着日益重要的作用 play an increasingly important role in...
18. 对...必不可少 be indispensable to ...
19. 正如谚语所说 As the proverb goes:
20. ...也不例外 ...be no exception
21. 对...产生有利/不利的影响 exert positive/ negative effects on...
22. 利远远大于弊 the advantages far outweigh the disadvantages.
23. 导致, 引起 lead to/ give rise to/ contribute to/ result in
24. 复杂的社会现象 a complicated social phenomenon
25. 责任感 / 成就感 sense of responsibility/ sense of achievement
26. 竞争与合作精神 sense of competition and cooperation

27. 开阔眼界 widen one' s horizon/ broaden one' s vision
28. 学习知识和技能 acquire knowledge and skills
29. 经济/心理负担 financial burden / psychological burden
30. 考虑到诸多因素 take many factors into account/ consideration
31. 从另一个角度 from another perspective
32. 做出共同努力 make joint efforts
33. 对...有益 be beneficial / conducive to...
34. 为社会做贡献 make contributions to the society
35. 打下坚实的基础 lay a solid foundation for...
36. 综合素质 comprehensive quality
37. 无可非议 blameless / beyond reproach
39. 致力于/ 投身于 be committed / devoted to...
40. 应当承认 Admittedly,
41. 不可推卸的义务 unshakable duty
42. 满足需求 satisfy/ meet the needs of...
43. 可靠的信息源 a reliable source of information
44. 宝贵的自然资源 valuable natural resources
45. 因特网 the Internet (一定要由冠词, 字母I 大写)
46. 方便快捷 convenient and efficient
47. 在人类生活的方方面面 in all aspects of human life
48. 环保(的) environmental protection / environmentally friendly
49. 社会进步的体现 a symbol of society progress
50. 科技的飞速更新 the ever-accelerated updating of science and technology
51. 对这一问题持有不同态度 hold different attitudes towards this issue
52. 支持前/后种观点的人 people / those in favor of the former/ latter opinion
53. 有/ 提供如下理由/ 证据 have/ provide the following reasons/ evidence
54. 在一定程度上 to some extent/ degree / in some way
55. 理论和实践相结合 integrate theory with practice

56. …必然趋势 an irresistible trend of…
57. 日益激烈的社会竞争 the increasingly fierce social competition
58. 眼前利益 immediate interest/ short-term interest
59. 长远利益. interest in the long run
60. …有其自身的优缺点 … has its merits and demerits/ advantages and disadvantages
61. 扬长避短 Exploit to the full one's favorable conditions and avoid unfavorable ones
62. 取其精髓, 取其糟粕 Take the essence and discard the dregs.
63. 对…有害 do harm to / be harmful to/ be detrimental to
64. 交流思想/ 情感/ 信息 exchange ideas/ emotions/ information
65. 跟上…的最新发展 keep pace with / catch up with/ keep abreast with the latest development of …
66. 采取有效措施来… take effective measures to do sth.
67. …的健康发展 the healthy development of …
68. 有利有弊 Every coin has its two sides..
69. 对…观点因人而异 Views on …vary from person to person.
70. 重视 attach great importance to…
71. 社会地位 social status
72. 把时间和精力放在…上 focus time and energy on…
73. 扩大知识面 expand one's scope of knowledge
74. 身心两方面 both physically and mentally
75. 有直接/间接关系 be directly / indirectly related to…
76. 提出折中提议 set forth a compromise proposal
77. 可以取代 “think” 的词 believe, claim, maintain, argue, insist, hold the opinion/ belief that
78. 缓解压力/ 减轻负担 relieve stress/ burden
79. 优先考虑/发展… give (top) priority to sth.
80. 与…比较 compared with…/ in comparison with
81. 相反 in contrast / on the contrary.

- 82.代替 replace/ substitute / take the place of
- 83.经不起推敲 cannot bear closer analysis/ cannot hold water
- 84.提供就业机会 offer job opportunities
85. 社会进步的反映 mirror of social progress
- 86.毫无疑问 Undoubtedly, / There is no doubt that...
- 87.增进相互了解 enhance/ promote mutual understanding
- 88.充分利用 make full use of / take advantage of
- 89.承受更大的工作压力 suffer from heavier work pressure
- 90.保障社会的稳定和繁荣 guarantee the stability and prosperity of our society
- 91.更多地强调 put more emphasis on...
- 92.适应社会发展 adapt oneself to the development of society
- 93.实现梦想 realize one's dream/ make one's dream come true
94. 主要理由列举如下 The main reasons are listed as follows:
95. 首先 First, Firstly, In the first place, To begin with
- 96.其次 Second, Secondly, In the second place
97. 再次 Besides, In addition, Additionally, Moreover, Furthermore
98. 最后 Finally, Last but not the least, Above all, Lastly,
99. 总而言之 All in all, To sum up, In summary, In a word,
- 100.我们还有很长的路要走 We still have a long way to go