

附件 2:

# 2020 年全国中学生优秀英语作文征集活动

## 高一年级组作文题目

随着互联网和智能手机的高速发展,微信聊天、刷微博……正在成为人们闲暇之余最大的兴趣爱好。然而,人们享受着高科技带来的便利的同时,也不得不面对其带来的“孤岛效应”。互联网和智能手机是让人们之间更近了,还是更远了?请以“Closer or Farther?”为题,用英语写一篇短文。

写作要求:

1. 紧扣主题,语句通顺,内容完整,思想、情感、态度积极向上;
2. 字迹清楚、整洁;
3. 正确使用标点符号;
4. 词数:110 词左右;
5. 征文要求参加活动者用钢笔、中性笔或碳素笔在专用作文纸(附件 4)上书写。



(全国中学生优秀英语作文征集活动组委会办公室 提供)

# 2020 年全国中学生优秀英语作文征集活动

## 高二年级组作文题目

阅读下面短文,根据其内容写一篇 60 词左右的内容概要。

写作要求:

1. 语句通顺、内容完整;
2. 字迹清楚、整洁;
3. 正确使用标点符号;
4. 征文要求参加活动者用钢笔、中性笔或碳素笔在专用作文纸(附件 4)上书写。

### Train Your Brain

Is there anything you can do to have a better memory? Research shows that mental and physical exercise and lifestyle choices can affect memory. In fact, many experts agree it is possible to improve your memory. Here are some tips:



#### Avoid stress

Recent research shows that stress is bad for the brain. In fact, one study reveals that there is a close connection between worrying and memory loss. Therefore, if you can avoid stress in your life, you may also improve your memory. Relaxation techniques like yoga are one way to reduce stress.

#### Play games

Can brainteasers like *sudoku* (数独) puzzles improve memory? Some scientists say that mental activity might help memory. Puzzles, maths problems, even reading and writing, can probably all benefit the brain.

8					2	7	4	
6		9		4	1			
1	2						6	
			4	7	2			
	4		1	8			5	
			3	5	9			
	8						4	3
		5		2	7		6	
4	1	7						5

#### Get some rest

“Poor sleep before or after learning makes it hard to *encode* (把……编码)



new memories,” says Harvard University scientist Robert Stickgold. One study shows that by getting a good night’s sleep, people remember a motor skill (such as piano playing) 30 percent better.

#### Eat right

Your brain can benefit from a healthy diet, just like the rest of your body. Foods that have *antioxidants* (抗氧化物质), such as blueberries, are good for brain cells. This helps memory.

(全国中学生优秀英语作文征集活动组委会办公室 提供)

# 2020 年全国中学生优秀英语作文征集活动

## 高三年级组作文题目

阅读下面材料,根据其内容和段落开头语续写两段,使之成为一篇完整的短文。续写的词数应为 150 左右。

写作要求:

1. 语句通顺、内容完整;
2. 字迹清楚、整洁;
3. 正确使用标点符号;
4. 征文要求参加活动者用钢笔、中性笔或碳素笔在专用作文纸(附件 4)上书写。

### Career Choices

I'm often asked the question "How did you become a journalist?" You see, everybody expected me to follow in my father's footsteps and become a doctor. Well, during my last year of school I was given the opportunity to visit a career guidance counselor and I drove her crazy with my choices.

My first choice was a chocolate tester. Although my counselor wasn't very impressed, she got me the information. I discovered that chocolate testers earn a lot of money, so I was sure I had found my dream job. However, when I found out that chocolate testers don't just sit around eating chocolate all day, I lost my enthusiasm. It seems they are involved in the marketing and promotion of the product. I finally decided against it when I realized a university degree would be needed.

Next, I thought of becoming a soccer referee. \_\_\_\_\_

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Finally, I had this brilliant idea of becoming a dog stylist. \_\_\_\_\_

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To make a long story short, all this research made me realize I had a gift for investigation, so by the end of the school year I had decided to become a journalist.

(全国中学生优秀英语作文征集活动组委会办公室 提供)