

**Should We Help Strangers?**

有人认为帮助陌生人是一种美德。

有人却认为帮助陌生人会给自己带来麻烦和危险。

我认为.....

**【范文】**

Helping strangers has always been considered as a treasured virtue of mankind. We need help from others throughout our life, whenever we travel to other places or stay at home. On the other hand, helping others can make us happy. We feel great joy when we are trusted, needed and able to give a hand.

However, some people are cautious when it comes to helping strangers. They say that helping others involves risks of getting hurt or cheated. Lending a hand to a stranger often puts us in a vulnerable position, for it means trusting someone we do not even know. Moreover, there are times when we have physical limitations. For instance, when we can't swim but a girl is drowning, what should we do? If we are blind to that limitation, giving a hand would conversely take our life.

In my opinion, we should still offer what we can do to help those needed strangers. Meanwhile, we should beware of getting cheated and use our common sense to tell whether the strangers are real needed people or just professional cheats. Detecting anything unusual, we should defend ourselves or turn to the police.

**Don't Rely Too Much on Computers**

现在许多人越来越依赖电脑。

过分依赖电脑会带来很多问题。

我的看法。

**【范文】**

With the development of science and technology, computers have played an increasingly important role in our daily life. Computers make our life more convenient. We can not only finish our essays online, but also buy some daily commodities and play games online.

However, it's estimated that people spend more than three hours on surfing the Internet every day. Now more and more people become weak and shortsighted. It is because they surf the Internet day and night but without rest. In addition, the reason why students rely too much on computers is that they can find many reference materials online. So students become less independent in thinking for themselves now.

All in all, we can't live without the computer, but we should try to go out to do some exercises with our friends. What's more, it is time for us to finish our assignments independently instead of finding references online.

**TV Talent Show**

有人赞成电视选秀节目。

有人则反对。

我的观点。

**【范文】**

Over the past couple of years, a variety of talent shows have emerged on TV across our nation, from *The Voice of China* to *Running Man* and so forth. This type of entertainment programs is intensely popular, especially among youngsters. It has produced profound impacts on their studies and life. They believe that TV talent shows can change their fate. At least, they say, such programs offer the opportunity to show themselves and develop their talents.

On the contrary, a number of people hold a negative attitude to TV talent shows. They maintain that TV talent shows today are like a fever that has risen to its flood level. It misleads the youths and makes them believe that they can make a fortune or become famous overnight. As a result, a great many students can't calm down to study during the show's season.

For my part, I believe that the TV talent show is like a double-edged sword and it is important for us to face it properly. For one thing, the TV studios are supposed to offer more stimulating and favorable shows. For another, the media ought to give people proper guidance and refrain from exaggerating the effects of the show.

**Killing Time Indoors**

现在很多人业余时间喜欢“宅”在家里。

人们对这种做法有不同的看法。

我的看法。

**【范文】**

Nowadays a growing number of people, especially the 20s or 30s, tend to stay indoors for most of their spare time, especially during holidays. Some spend the majority of their time online chatting, blogging, shopping, dating or playing

computer games. Some sit with their eyes glued to the television screen, day and night.

People's opinions vary when it comes to these ways of killing time. A great number of people maintain that staying indoors is cheaper, more comfortable, and most importantly, much safer. Others, however, frown upon staying indoors for too long. They are worried that lack of physical exercises and face-to-face communication with others will do harm to people's body and mind.

Personally, I don't think staying indoors for most of the day should be advocated. Instead, people in all ages, with their physical conditions permitting, should be encouraged to spend more time outdoors. The fresh air, the brilliant sunshine, the pleasant green space, the interactions with other people, etc. are all good for people's health, both physically and psychologically.

### **Restrict Mobile Phone in Library**

现在有不少人在图书馆的阅览区里使用手机。

这一现象可能带来的影响。

我的看法。

#### **【范文】**

As the number of students who have mobile phones increases, various problems also rise along with its popularity. One of the problems that have aroused students' attention is the use of mobile phones in the reading room of the library. And this phenomenon has become so common that you can always see someone using mobile phone whenever you go into the library.

There is no doubt that this behavior will have no good effect. On the one hand, students who use it cannot concentrate on their own studies when they constantly send or receive messages. On the other hand, with the ringing of the phone and people's talking over the phone, students around them may be distracted from their reading as well.

Therefore, the proper way of using mobile phones in the library must be emphasized. First of all, whenever you enter the library, turn your mobile phone into the mute or vibration mode so as to avoid disturbance to other students. Second, if you do need to make a call or send or receive messages, you'd better go out of the reading room or at least try to reduce the volume of your voice and your phone.

### **My Opinion on WECHAT**

目前越来越多人用微信。

微信会带来一些问题。

我的看法。

#### **【范文】**

As modern technology has exerted deep impact on human's modern life, especially on people's interaction with each other, WECHAT is becoming an important way for people to express themselves and communicate with others. Now, more and more people start to use WECHAT.

However, WECHAT might give rise to some problems as well. Some WECHAT users would express their thoughts and ideas by writing them down in the Friend Zone rather than communicate face-to-face with their friends or family members. Day by day, WECHAT tends to draw people away from real life. What's worse, WECHAT is a tool to spread rumor and gossip, which may do much harm to society.

In my view, WECHAT is a good platform for people to show their personal experiences and to communicate with others. However, WECHAT users should avoid spending too much time on it. After all, fixing your eyes on the mobile phone for long does no good to their health, physically and mentally.

### **Spam Message**

目前垃圾短信泛滥。

这种现象产生的原因。

如何解决这个问题。

#### **【范文】**

With the increasing use of cell phones, spam messages have become a heated issue. According to a survey, on average, people receive about 40 pieces of spam message per month. Spam messages may disturb, confuse, or even endanger people at any time.

Generally, there are two reasons for the spam epidemic. On the one hand, due to the fact that text message is a comparatively cheap channel, many companies take advantage of it to advertise their products or services. Whether people are willing to receive the message is neglected. On the other hand, operators, holding lots of information on cell phone users, sell the importance information and make money out of it.

To solve the problem of spam message, relative authorities and professionals should make joint efforts. The government should set up laws to severely punish the illegal advertisers and those who disclose users' information. Cell phone researchers and developers should upgrade the products and enable them to delete the spam automatically. Should people act together, they will be free from the spam message.

**Internet Slang/buzzword**

近年来，网络语言在青少年中很流行。  
人们对这一现象的看法不同。  
我的看法。

**【范文】**

Internet slang such as “mengmengda” (cute; “萌萌哒”) and “I am stunned” (“我也是醉了。”) flood into our life every day and enjoy great popularity among teenagers. In fact, it has become so popular that many items now cross from computer-mediated communication to face-to-face communication. Some teenagers even use them in spoken communication as well as in essay writing.

People have different opinions towards this phenomenon. Some people say that Internet buzzword is a brand new variety of language evolving and will enrich every language. But others disagree, saying that these new words don't “enrich” a language; they just ruin it. Furthermore, even if a slang word becomes common in the oral form of a language, its total effect on the language will be trivial.

In my opinion, Internet slang has little effect on language in general, but will greatly influence individuals, especially teenagers' language development. It is because overuse of Internet slang will undermine the mental health of the younger generation, and will undermine the general social environment of a nation.

**How to Relieve Stress**

现代人面临着各种压力。  
人们减压的方法各异。  
我的减压方法是……

**【范文】**

In today's fast-paced world and with the booming economy, stress is our constant companion. We may face stress from our jobs, families, peers, etc. Though stress adds flavor and challenge to life, too much stress can seriously affect people's physical and mental well-being, so it is necessary to handle stress properly.

When it comes to reducing stress, people vary in their ways. Some people talk with someone, perhaps a friend or a family member, about their anxieties and worries. Others allow themselves a mental “get-away”: a quiet country scene painted mentally can divert them from the tension of a stressful situation to a more relaxing frame of mind. There are also people who create a sense of peace by reading a good book.

The effective way to relieve stress for me is different from those mentioned above. I have several relaxation techniques. For examples, when stress occurs, I would take a deep breath and exhale and, if possible, I would take a warm bath. They prove to be very helpful. They help me calm down my mind and improve my response to the outer world.

**Whom Do You Turn to When in Trouble?**

有人遇到困难时向同学、朋友求助。  
有人则向老师、家长求助。  
你的主张。

**【范文】**

Just as the saying goes: life is not all roses. All of us will need someone else's help to deal with problems that we may encounter in our life. Here comes the question: whom will you turn to for help? Some say they will ask their classmates or friends for help, because they are peers, thus they can understand each other easily.

However, others have different choices when in trouble. They are inclined to tell their teachers and parents the difficulties they are faced with. In their opinion, teachers and parents, who are much older than them, can give them a hand with their rich experience.

As for me, close friends are always the people who come to my mind firstly when I am intrigued by something that cannot be solved by myself. If I cannot figure out a solution by my joint efforts, I will go to my teachers or parents for help. With their suggestions or instructions, I can finally find the best way to cope with my troubles.

**On Self-employment of College Graduates**

政府加大了鼓励大学毕业生自主创业的力度。  
产生这一现象的原因。  
我的看法是……

**【范文】**

Nowadays many college graduates set up their own companies with the fund from the government, which is part of the plans to help graduates to get employed. If graduates can put forward a creative and original plan, they will get the financial aid from the government. Our government is paying increasing attention to this program.

There are many reasons responsible for this program. It is intended to stimulate college graduates' creativity and

relieve their pressure of employment. First, there has been an expansion in universities and colleges. As a result, the rate of unemployment is on the rise in recent years because of the competitive job market. Second, some graduate employees are not satisfied with their present jobs and their enthusiasm for work has been frustrated, so they can't exhaust their potentials. Third, some brilliant and ambitious graduates are confronted with a shortage of start-up capital, so they find it hard to apply what they learn to practice, no matter how good their idea sounds.

Personally, I believe that the program will not only offer opportunities to graduates but also bring back their confidence in themselves and in the future. An increasing number of graduates will benefit from this program. What is more, the development of each graduate will surely promote the development of the whole society in the long run.

### Attending Classes Regularly

大学生迟到、早退、旷课现象越来越普遍；

保证学生的出勤率对大学教育的重要性；

作为大学生，我们应该……

#### 【范文】

In recent years, with the admission expansion of colleges and universities, there exists a common phenomenon that an increasing number of students are late for or even absent from classes, and a few students even slip out of the classroom before the teacher ends up the class. Class attendance is becoming one major problem waiting for immediate attention.

There is no doubt that class attendance is of crucial importance to students' development. In the first place, if students fail to attend a class timely, they will surely miss what the teacher adds to the textbook. In the second place, they demonstrate a lack of self-constraint which plays a vital part in their future. What is worse, they will definitely influence the smooth progress of the class, and his classmates fall victims to his violation of rule.

As college students, we should bear in mind that "Well begun is half done" and "Habits make nature". If we can develop a good habit and prevent ourselves from violating school rules, even the most trivial one, we will certainly strive straight toward the targets we have in mind. We should learn to discipline ourselves on campus; otherwise we may suffer a lot in our work place in the near future.

### Campus Certificate Craze

大学生“考证热”成为潮流；

出现这种现象的原因；

你的看法是……

#### 【范文】

If you stop a student on campus and ask him what he is busy with, chances are that he will tell you he is preparing for a certificate of some kind. Investigation points to the fact that it has become a craze for university and college students to get more certificates.

There are two main reasons for this phenomenon. To begin with, university and college students are faced with the pressure of finding a job after graduation. With the admission expansion of colleges, a lot more graduates have to compete for the limited jobs posts. How could one be more competitive? More certificates will doubtlessly impress employers, so students are compelled to run from one exam to another. Besides, more and more universities and colleges modify their education training which includes several creative credits. If students fail to get such credits, they cannot graduate. As a result, most students choose to pursue certificates.

As for me, I hold that students should have a more rational attitude toward certificates, because such certificates do not necessarily represent one's ability. For me, inner ability speaks louder than certificates which can only be compared to appearance. Opportunities only arise when you are excellent enough in your professional field.

### A Brief Introduction to the University

假设你是一名学生志愿者，要给你们学校参观的外国朋友介绍学校情况。内容应包括学校历史、规模、教学现状以及未来目标等。

#### 【范文】

Distinguished guests,

Welcome to our university. Before you start to look around, please allow me to give you a brief account of the school.

Founded in 1927, our university is one of this city's earliest universities of liberal arts. It is staffed with an excellent faculty, and has a total enrollment of over 10,000 students. In the past years, it has turned out numerous well-qualified students and found its graduates active in professions of all walks of life.

Since its establishment, the university has always steered itself toward the objective that its students have an overall healthy development. Not only does it provide the students with basic academic courses, but it manages to expose them to the up-to-date knowledge. Besides, students are free to participate in colorful campus activities and social practice, which are intended for broadening their mind and developing their potential talent.

Currently, both our faculty and students are making every effort to improve the quality of our education in the direction of a first-rate university. Thank you.

信函

1. 假设你是杨过，你的女朋友小龙女准备到你所在的城市来旅游，但你有事不能接待。写封信给她，解释你不能接待的原因，并说明你所做的安排。

【范文】

### A Letter to a Friend

February 14, 2015

Dear Sweetie,

I'm glad to know that you are coming to my city during the summer vacation.

However, I'm afraid there's some bad news. I'm planning to take part in an international martial arts competition to be held on Huashan Mountain during the time of your visit. All the top kungfu masters will show up at the competition. More importantly, I'm lucky enough to have been selected to demonstrate my kungfu. And I really can't miss it.

I understand that it'll be your first time to this city and you have longed for this trip for long. I've asked my roommate Master Huang of Medicine to meet you at the airport. He is a very nice person and he will show you around the city. Wish you a good stay in this city!

Yours,

Yang Guo

2. Suppose you are required to write a **Want Ad** for the Dean. You are supposed to base this ad on the outline given below:

*Student Consultant to the Dean Wanted*

*Duties: meeting with students; presenting oral and written reports; attending sessions*

*Requirements: full-time student with a strong sense of responsibility*

*Salary: 6000RMB an academic year*

*Time Commitment : 15h weekly*

*Deadline: Dec.23; to Li Meng at 74543322*

【范文】

### Student Consultant Wanted

The Office of Dean of Students is looking for a student consultant to the dean for the upcoming academic year.

Duties of this position will include: meeting with students as individuals and groups to discuss issues, opinions, problems, complaints, suggestions and recommendations regarding all areas of college policy; presenting regularly oral and written reports to the Dean of Students; and attending various college sessions in the capacity as the student spokesperson.

Candidates should be full-time students of this college. The ideal applicant will be skilled in report writing and oral communication; he/she will get along with other individuals, and will demonstrate a strong sense of responsibility.

The salary of this position is 6000 RMB an academic year, and the time required for this job is 15 hours a week. Applicants can make a telephone call to Li Meng before Dec.23. The phone number is 74543322.

3. 假设你过生日时收到了 **Lucy** 送来的鲜花，写信向她表示感谢。

你的信应包括：

1. 表达感谢之意；
2. 提出回报对方；
3. 期待对方做客。

【范文】

February 14, 2015

Dear Lucy,

I am writing to express my sincere thanks for your beautiful flowers. I'd like you to know how much your flowers meant to me. You have a positive genius for selecting the right gift. I not only enjoyed your flowers, but also the delicate vase. I shall ever remember this gift as one of the most precious things in my life.

I will not be very busy the following days. I hope to have the opportunity of reciprocating. Would you kindly let me know what time you are at convenience?

I will feel very happy if you have time to make me a call. How nice it would be to see you again and I am looking forward to seeing you next time!

I repeat my thanks again for your lovely flowers. Please give my kind regards to your family.

Yours truly,

Huck

### Online shopping

现在网上购物已成为一种时尚；  
网上购物有很多好处，但也有不少问题；  
我的建议。

Though one of the most fashionable trends today, online shopping has also unavoidably aroused a great controversy in society, just as the emergence of any new things does. A recent survey reveals that people in favor of it far outnumber those against it. Concerning this issue, its negative and positive aspects will be offered as follows in this essay.

When it comes to its positive aspects, we can't deny that it's very convenient and time-saving to do online shopping compared with traditional shopping. What you need to do is just clicking your mouse and waiting instead of going out by foot or driving. Moreover, the fact that online shopping offers more choices than traditional shopping proves to be another attraction to customers.

Nevertheless, despite all the convenience and choice of online shopping, we cannot turn a blind eye to its defects. Obviously, the quality problem is its major disadvantage. It's common to see that items at online shops aren't so good as are described, so that customers often buy fake commodities. What's more, it's troublesome and annoying for customers to make a change when they are not satisfied with what they have bought online.

As a college student, I like online shopping but I expect that effective measures should be taken to make it better. Specifically speaking, governmental agencies concerned should work out strict regulations and rules to prevent unfaithful and unlawful activities of online shopping, which will ensure a safe and pleasant shopping environment on the Internet.

### Protection of Non-Material Cultural Heritage

非物质文化遗产指的是.....  
保护非物质文化遗产很重要。  
为保护非物质文化遗产我们应该.....

【范文】

#### Protection of Non-Material Cultural Heritage

What is non-material culture heritage exactly? It refers to various manifestations of traditional culture handed down from generation to generation and closely related to people's life, including various practices, performances, festivals, traditional knowledge and skills, the related instruments, artifacts and culture places. For example, paper-cutting and Dragon Boat Festival have been regarded as non-material culture heritage not only by our country but also by the United Nations.

As we all know, non-material culture heritage, also called intangible culture, plays an important role in maintaining the continuity of the nation's civilization and sustainable development. But due to the development of globalization and other reasons, more and more non-material culture heritage is on the verge of distinction. So its protection has become an urgent and important task at present.

Then how can we protect the intangible culture? First of all, we can introduce special programs and columns on TV or in the newspapers and magazines to arouse people's awareness of its preservation. Second, we should have a rational attitude towards the acceptance of foreign culture. Last but not least, we can enforce laws to intensify the protection of non-material culture heritage.

### Registering Online with Real Names

目前互联网许多领域开始实行网络实名制；  
对于网络实名制，有人赞成，也有人反对；  
你的看法。

【范文】

#### Registering Online with Real Names

In China, netizens will have to begin registering with their real names when doing certain transactions on the Internet due to the new government regulations. Netizens may no longer post their comments on websites anonymously either. Because authorities will implement the real-name registration in communication sectors of cyberspace, such as bulletin board system, also known as BBS in short.

The new regulations have provoked different reactions from the public. Some people say that they will benefit the healthy and orderly development of China's Internet, e.g. protecting minors from Internet addiction and helping prevent irresponsible expression online. Others, however, oppose the regulations. They are concerned about web users' private information and personal safety.

Personally, I think we should tread online real-name registration objectively. For example, it's necessary to use your real name on games shopping websites, but online forums are designed to encourage web users to express their views freely. If required to use real names on bulletin boards, web users may not feel free to express their real thoughts.

## On the Creation of a Conservation-Oriented Campus

建设节约型十分重要；

原因是.....

为了建设节约型校园我们应该.....

【范文】

Nowadays, "conservation-oriented society" has become a household term to all of us. It is our government's strategy to maintain the sustainable development of society. Thus, the building of a conservation-oriented campus, which is a part of this plan, has great significance.

The creation of conservation-oriented campus can benefit not only the development of students but also the improvement of schools. On the one hand, students can form the good habit of thriftiness which can have a good influence on their future life. On the other hand, schools can use the savings to introduce more advanced facilities or recruit more talents which can help improve the quality of teaching.

Then how can we build a conservation-oriented campus? Here are several measures we can take. First, we can organize some programs to let students beware of the necessity and meaning of this proposal. Second, we can do some small things in our daily life, such as turning off the lights before leaving the classroom, taking care of the teaching facilities, all of which will contribute to the construction of a conservation-oriented campus.

## Low-carbon Lifestyle

目前低碳生活成为一种流行。

低碳生活指的是.....

作为大学生我们该怎么做？

【范文】

### Low-carbon Lifestyle

Ever since the World Climate Conference was held in Copenhagen, the term "low-carbon lifestyle" has become a buzzword in our daily life. Everyone, old or young, men or women, is talking about how to lead a low-carbon life and to achieve the low-carbon goal.

What on earth is low-carbon lifestyle? Low-carbon lifestyle means the lowering of the emission of carbon, especially carbon dioxide, by reducing the energy we use in our daily life. For common people like us, this is an attitude rather than a capacity. Low-carbon lifestyle calls for the active participation of all people in the process of saving electricity and gas, as well as recycling useful materials.

As college students, we should contribute to the revolution of low-carbon lifestyle by all means. Firstly, we should avoid using disposable products to reduce the emission of carbon dioxide. Secondly, taking public transport rather than driving is another effective way. Finally, both we and the earth will benefit enormously if we eat green food instead of junk food.

## Does Technology Widen the Gap between the Rich and the Poor?

有人认为科技扩大了贫富分化；

有人认为科技缩小了贫富分化；

你的看法。

【范文】

### Does Technology Widen the Gap between the Rich and the Poor?

People's opinions vary greatly when it comes to whether technology widens or narrows down the gap between the poor and the rich. Some people claim that technologies are widening the gap. The reason lies in the fact that poor people are less likely to get access to advanced technologies, especially considering the expenses.

Others, however, argue that technologies are indeed bridging the gap. Firstly, they say, the availability to the range of technology is making people's life more efficient, thus ensuring them more time to do some other things, such as a part-time job. Secondly, in the so-called Information Age when advanced technologies are vital, once people have a sound knowledge of technology, they can easily find a well-paid job.

Personally, I tend to regard technology more as a blessing than a curse. Due to the highly developing technology, most people are given more chances to be successful. For example, thanks to the popularization of the Internet, everyone can have access to the up-to-date information in both business fields and scientific researches, which is vital to their further development.

## Students' Rating of Their Teachers

学生给老师打分已经普遍

人们对其持不同态度

我的看法

### Students' Rating of Their Teachers

Nowadays, it has become as common in colleges and universities for students to grade teachers as for teachers to grade students. In some universities students' rating has even become the only source of information on teaching effectiveness.

This, however, has caused great controversy. Some are in favor of the rating system. They hold that since students attend the teachers' classes every day, they should have their opinions about their teachers' teaching effectiveness. Others, on the contrary, are strongly against it. They believe that there is much more to teaching than what is shown on students' rating forms. Students should not be expected to judge whether the materials they use are up-to-date or how well the teacher knows about the subject. These judgments require professional knowledge, which is best left for the teachers' colleagues.

I think students' rating of their teachers is necessary, but it should be conducted in a way that can really shed meaningful light on teachers' performance. Instead of rating the teachers' knowledge on the subject, students should be asked to estimate what they have learned in a course, and to report on such things as a teacher's ability to communicate with students, his or her relationship with students, and his or her ability to arouse students' interest in the subject.

### On a Harmonious Dormitory Life

1. 宿舍生活有时会出现不和谐的情况;
2. 一个和谐宿舍生活的必要性;
3. 如何创造和谐的宿舍生活。

### On a Harmonious Dormitory Life

Dormitory life is an indispensable part of college life. But sometimes the harmony in the dormitory may be disturbed in one way or another.

As is known to all, a harmonious dormitory life is important to college students and benefits all the members. On the one hand, we can have a good rest and put our heart into study. On the other hand, we will have a good mood and enjoy being together.

There are several ways to create and maintain a harmonious dormitory life. Firstly, you have to evaluate your life-style and try to get rid of your dirty habits, if there are any. Secondly, when an annoying situation arises, you'll just have to learn to tolerate each other and to co-exist. Thirdly, you'll have to share with each other and make good friends.

In conclusion, we should try our best to build a harmonious dormitory life for the sake of good study and good life.

### Environmental Protection

全球变暖对地球环境造成了很大影响;  
引起全球变暖的原因;  
我们需要采取的措施。

### Environmental Protection

No one, regardless of race, religion or nationality, can deny that the world we live in is becoming increasingly intolerable because of the effects of global warming. According to many experts, even greater impacts are still on the way.

There are numerous causes for this problem. On the one hand, human-related emissions of carbon into the atmosphere are already causing, and will in the future still cause significant global warming. On the other hand, the lack of knowledge about the importance of protecting the environment hinders the solution of the problem.

It is urgent that immediate and effective actions should be taken right away. First, more trees need to be planted to help improve and beautify the environment. Besides, stricter laws concerning global warming and irresponsible use of fuel resources have to be put into effect. In a word, there is a long way to go before we can take a comfortable world for granted again.

### Credit Cards

越来越多的人使用信用卡;  
信用卡的好处和弊端;  
你的观点。

Personal credit cards are becoming more common in China. Banks and other financial institutions are encouraging their customers to change the way they buy and sell things. Credit cards, otherwise known as "plastic money", are being offered on very good terms to encourage the change. Consumers will be able to "buy now, pay later", and many see this as an advantage.

But people need to be careful. There are dangers associated with credit cards. Some people find it very easy to exceed their budget. They are tempted to purchase goods that they do not really need, and can become quickly overburdened by debt. The credit cards often charge a high rate of interest, which exacerbates the problems for these people.

However, used wisely, credit cards can improve the quality of people's lives. They can give people access to money to meet sudden unplanned expenses. Properly handled, they can let people control their expenditure and the monthly



statements provide a record of where their money has gone.

### College Students' Involvement of Social Practice

社会实践的作用;  
可能产生的问题;  
提出建议。

Social practice has been more and more popular in universities and colleges. Students are asked to enter society and get some ideas of it. Surely social practice has many advantages. Firstly, social practice can offer students a chance to get in contact with society and meet different kinds of people. In this way students can gain some valuable social experience, which will be useful to their future career. Secondly, students can apply what they have learned in class to practical work, thus knowing themselves more clearly. Thirdly, social practice can bring them some financial reward and make them more independent of their family.

However, some problems may arise if no correct guidance is made. For example, some students get overly interested in social practice and want to work full-time and earn money, thus neglecting their studies. And some students are likely to get in touch with the dark side of society, which will affect their future studies.

In order to carry out social practice smoothly, students should first know its objective. They should put their studies in the first place and see social practice just as a useful supplement, so they ought to try to strike a balance between social practice and their studies.

### How to Keep Psychologically Healthy?

心理健康问题往往是导致疾病的原因;  
分析人们产生心理健康问题的原因(可从失业、压力过重、缺乏支持、缺乏人际交往能力等方面分析);  
你认为人们应如何保持心理健康。

#### How to Keep Psychologically Healthy?

One in four people will experience some kind of mental problem in the course of a year. When you fail to manage these problems, they are likely to cause various mental illnesses.

The causes of mental health problems often vary a lot from one case to another. In today's society, a good number of people are suffering from heavy pressure. Others lack communication with the outer world. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit.

There are a lot of ways to curb mental health problems and to keep psychologically healthy. Firstly, find the real causes of your mental health problems and see whether you can do something about them. Secondly, learn to relax yourself and take exercises to release the pressure. Lastly, you may find it helpful to talk to your partners or friends about your problems, or seek support and advice from a psychological consultant,

### Information Security

信息安全问题日益重要;  
信息安全事故可能导致的危害;  
如何做到信息安全。

#### Information Security

The human kind is stepping into the information age. The information industry develops very rapidly, so do the hackers, trick-playing teens, exploring children, fraudsters, and serious white-collar criminals. Thus, information security has become an impending important issue.

In case of information breach, the victims, be it a government department, an organization or a company, will inevitably suffer a great or small loss. The government may be threatened with national security. A company may lose opportunities to develop new projects.

Then how to deal with this issue? Technology is only a partial solution to information danger. What's more important is that organizations and companies should promote the awareness on information security to its staff. However, since no system can ever be 100 percent secure, a prevention-only approach to information security management is not enough. Organizations and individuals should adopt a dual approach to information security management by combing prevention and detection techniques.

### Teaching: Lectures or Discussions

一些学生赞成讲座式教学;  
另一些学生偏爱讨论式教学;  
你的看法。

There is a heated debate over the role of lectures and discussions in the classroom. Some people believe that lectures can help students learn more quickly. In contrast, others hold that discussions can stimulate students to learn by themselves.

Those who hold the first opinion suggest that students attend more lectures. In their view, by giving lectures

teachers help students master the knowledge they've accumulated over years of study and research. However, others think that in a discussion, the teacher usually guides the students instead of dominating them. They argue that to get involved in a discussion, students have to develop their ability to analyze problems independently.

In my opinion, I stand on the side of neither idea. First of all, either method has its disadvantages. Furthermore, each student has his or her preference. Thirdly, lectures are preferable to discussions in the teaching of science subjects, and on the contrary, discussions are preferable to lectures in studying the humanities. Therefore, we should adopt different teaching methods according to different subjects.

### **My View on Online Education**

目前网络教育形成热潮；

你认为这股热潮形成的原因；

你对网络教育的评价。

Being online is no longer something new or fresh in our life. To some extent, it has become part of our daily life. We can do a lot of things online, such as searching for information and communicating with friends far away. But recently another helpful online activity has become very "in". That is online education.

Why could online education be so popular within such a short period of time? Among other reasons, the quick development of the Internet should be an essential one, which makes all our dreams of attending class in the distance possible. Another underlying reason is the quick development of both society and technology. Today, modern science and technology is developing with fantastic speed. To catch up with this development we all feel an urgent and strong desire to study. However, due to the great pace of modern society, many people are too busy to study full time at school. Online education just comes to their aid.

Personally, I appreciate this new form of education. It's indeed a helpful complement to the traditional educational means. It can provide different learners with more flexible and versatile ways of learning. Best of all, with online education, we can stick to our jobs and at the same time study and absorb the latest knowledge.