

without these materials. If you have time, read through your notes before you begin.

Include topic sentences at the beginning of each paragraph. 3. Start each of your paragraphs in an essay exam with a topic sentence so that your instructor will be able to see that your ideas progress in a clear, direct manner.

Ask a friend to read your essay. Having a friend or classmate take a look at your work can be helpful as well. 4, because you have been looking at the document so much.

5. Reading your essay aloud can help you to catch simple errors that you might not have caught otherwise. Read your essay out loud slowly and have a pencil nearby. As you read, correct any errors that you find and underline anything that you think could be improved, such as by adding more details or clarifying the language.

- A. Before you start to write
- B. Read your essay out loud
- C. If you use any sources at all in your essay
- D. You cannot write a good essay in 10 minutes
- E. Focus on improving the content of your essay first
- F. Topic sentences signal to readers what a paragraph will discuss
- G. Someone else may catch simple errors or notice something else that you missed

(广东省吴川市第三中学 李华军)

(六)

Many people want to achieve success in life, but it's easier said than done. Sometimes there are so many distractions (令人分心的事) that it can be challenging to discipline (管教) oneself to accomplish a goal. By keeping the following advice in mind, however, you can dramatically increase your chances of becoming successful.

1 Identify the things you love to do, the things that give you satisfaction. Once you identify what you love to do, use this information to find the purpose of your life or the objective of your life.

Define the meaning of success as you see it. 2 Everyone views success differently and using someone else standard for success is like eating another person's lunch and expecting to love it. Set clear goals and be realistic.

3 If you want to be a famous speaker, for example, you need a broad vocabulary, subject knowledge, speech writing, and presentation skills. This is identifying short term objectives to achieve long term goals.

Surround yourself with other people who are successful. When you're surrounded with people who are highly-driven, it's

encouraging. You can bounce ideas off people, and they can even connect you with other people. 4

Be persistent (坚持). You're going to fail — that much is a given. Never hesitate to be a failure, since life gives many chances. What will define you is how you pick yourself up after you've fallen. Don't give up. 5

- A. Accept that life is unfair.
- B. Find the purpose or goal of your life.
- C. If your first attempt didn't work, don't quit.
- D. Identify the skills needed to achieve your objectives.
- E. You cannot have success if you do not know what it means for you.
- F. Surrounding yourself with driven, successful people is a way to create a culture of success.
- G. You will be surprised how effective you can be when your thoughts are guiding your actions.

(广东省吴川市第三中学 李华军)

(七)

Four Tips Start a Day in a Healthy Way

Mornings can be very busy and sometimes it's hard to remember to be healthy. 1, there are simple things that help you start a day in a healthy way.

2. If you don't have much structure to your mornings, make a plan to change that. Having a good morning routine can help you to wake up feeling like you have a direction and purpose. If your morning routine has not been working out for you, make a plan to change the way you wake up and start your day.

Exercise in the morning. Morning exercise is a great way to get your day off to a healthy start. 3, but even 15 minutes of exercise in the morning can help you to feel more energized and healthy all day. Some research has even found that morning exercise helps improve sleep and getting enough sleep is essential to having a healthy start to your morning.

4. Getting up and hopping in the shower first thing in the morning can help you to feel more alert, but it can also help start your day on a more relaxing and pleasant note. Use body wash and other products that smell nice and allow yourself plenty of time for a luxurious shower.

Eat a good breakfast. 5. Eating a healthy breakfast every day has been show to help people maintain a healthy weight, have more strength and concentrate better on difficult tasks. Make sure that you are eating a breakfast that includes complex carbohydrates, fruit, and some lean protein.

- A. Take a morning shower
- B. Develop a morning routine
- C. You should aim for 30 minutes of exercise every day