

2023年6月·第1套英语四级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2023年6月·第1套 英语四级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第1套(2023-06) • 四级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence "Today there is a growing awareness that mental well-being needs to be given as much attention as physical health." You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 120 words but no more than 180 words.

【参考范文 • 172 词】 写作无唯一标准答案，以下为达标示范

Today there is a growing awareness that mental well-being needs to be given as much attention as physical health. This view deserves our serious attention, especially when modern life keeps us under constant pressure and quiet mental troubles often go unnoticed.

To begin with, ignoring our inner state can cost us dearly. Long-term stress and anxiety lead to sleeplessness and poor concentration, which in turn damage both our bodies and our performance. Take my own experience as an example: before an important exam, I was so anxious that I could not sleep for nights and ended up doing far worse than usual. Only after I talked to my friends and kept a regular routine did my mind settle down and my results recover. This taught me that the mind clearly deserves the same care we give the body.

In conclusion, we should value our minds as much as our bodies. Only when individuals pay attention to their feelings and society offers more support can we truly live a healthy and balanced life.

【参考译文】

如今，人们越来越意识到，心理健康需要得到与身体健康同等的重视。这一观点值得我们认真对待，尤其是在现代生活让我们持续承受压力、悄无声息的心理困扰常被忽视的当下。

首先，忽视我们的内在状态会让我们付出沉重代价。长期的压力与焦虑会导致失眠和注意力涣散，进而损害我们的身体与表现。以我自己的经历为例：一次重要考试前，我焦虑到接连几晚无法入睡，最终考得远不如往常。直到我向朋友倾诉、保持规律作息，我的心态才安定下来，成绩也随之恢复。这让我明白，心灵显然值得我们给予如同照料身体一样的呵护。

总之，我们应当像重视身体一样重视心灵。唯有当个人关注自己的感受、社会提供更多支持，我们才能真正过上健康而均衡的生活。

【第1段】抄句后接钩子。首句逐字照抄给定句 Today there is a growing awareness that mental well-being needs to be given as much attention as physical health., 紧接一句 This view deserves our serious attention 点题，落实了「抄句后立刻接钩子」，把给定句接成自己的论证起点。

【第2段】理由加例子。本段照「主题句→理由→例子→小结」展开：To begin with, ignoring our inner state can cost us dearly 是主题句，随后给失眠、注意力下降的理由，再用 Take my own experience as an example 引出考试焦虑亲历，最后 This taught me that... 回扣中心，兑现了「理由加例子撑满一段」。

【第3段】重申加呼吁。结尾仅两句：In conclusion, we should value our minds as much as our bodies 重申立场、呼应 as much attention as physical health; Only when... can we 句呼吁个人与社会共同行动，收得简短利落，未再展开新例。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

顺首句论证心理健康同等重要

要写一篇议论文，开头照抄 Today there is a growing awareness that mental well-being needs to be given as much attention as physical health., 然后用 make comments, cite examples or use your personal experiences 的方式展开论证：为什么心理健康该和身体健康一样被重视、该怎么重视。注意首句已经把中心论点给定了，你的活儿是论证它，不是再去讨论别的。

读者 • 语域

面向阅卷人的正式书面语

本题是纯议论大作文，没有具体收信人，所以无需称呼、无需署名，按面向阅卷人的正式书面语写即可：用完整句、避免缩写（don't 写成 do not）、不用口语化的 a lot of、kids 这类词。语域稳，是四级作文语言分的及格线。

中心立意

心理与身体健康应同等被重视

中心论点直接沿用首句已确立的观点：mental well-being needs to be given as much attention as physical health。正文全程为这一句服务，不推翻、不另立新主题。

要展开的要点

1. 忽视心理健康的代价

第一个要点回答「为什么重要」：长期忽视心理健康会带来真实代价，可落到学业与工作压力上——焦虑、失眠、注意力下降，最终连身体也跟着垮。这一点用 make comments 的评论方式展开。

2. 用个人经历佐证

第二个要点用 use your personal experiences 的方式落地：举一个考试焦虑（exam anxiety）的亲历，说明主动疏导情绪后状态如何改善，让论证有具体画面而非空喊口号。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文——对应。

第 1 段 照抄首句 + 点题

原样抄写 Today there is a growing awareness that mental well-being needs to be given as much attention as physical health., 再补一句表明本文要论证它、点出心理健康为何不可忽视。

第 2 段 主体论证

主体段：先评论忽视心理健康的代价（压力、焦虑会反噬身体与表现），再用一段个人考试焦虑经历佐证，理由 + 例子双管齐下。

第 3 段 结论呼吁

结尾段：重申心理与身体健康应同等对待，呼应首句，并以一句简短倡议收束全文。

第 1 段 首句 + 为何不容忽视

照抄 Today there is a growing awareness that mental well-being needs to be given as much attention as physical health., 再补一句：在快节奏的现代生活里，这一认识尤其重要，因为被忽视的心理问题往往悄悄拖垮一个人。

承接首句点题 · This view deserves our serious attention, especially when _____. (填「现代生活节奏快／压力普遍」等本题背景)

亮出本文走向 · In my view, _____ for two main reasons. (填本文要论证的核心判断)

第 2 段 代价 + 考试焦虑亲历

先评论：长期忽视心理健康会带来焦虑、失眠，反过来损害身体与表现，正应了 as much attention as physical health；再举个人经历：一次大考前我因焦虑彻夜难眠、成绩失常，后来通过倾诉与规律作息调整心态才恢复，亲身印证心理状态值得同等照料。

亮明分论点 · To begin with, ignoring _____ can cost us dearly. (填本段要谈的对象，如 our mental state)

引出个人例子 ·

Take my own experience as an example: _____. (填一句你的亲历概述)

小结回扣 · This taught me that _____. (填本段从经历得出、回扣中心的结论)

第3段 重申同等重视 + 呼吁

重申应像照顾身体一样照顾内心，呼应 as much attention as physical health；并呼吁个人主动关注情绪、社会给予更多支持，让心理健康真正被同等对待。

重申立场 · In conclusion, we should value _____ as much as _____. (填 our minds / our bodies 之类的本题对象)

收尾呼吁 · Only in this way can we _____. (填本题期望达成的结果，如 live a truly healthy life)

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题

全程服务首句论点

本题最易跑题处是把 mental well-being needs to be given as much attention as physical health 抛开去大谈身体健康或别的话题；达标关键是每段都回扣这句，并真的用上 cite examples or use your personal experiences。

结构连贯

三段各司其职

本题三段分别承担「首句点题 / 主体论证 / 结论呼吁」，段与段之间用 To begin with、In conclusion 串起；切忌通篇一段不分，那会直接拉低结构分。

语言准确

用准比喻用难

本题可用 as much attention as、as much as 这类同等比较结构呼应首句，但要保证 as...as 两边对称、不写残；与其堆砌生僻词，不如把 stress、anxiety、concentration 这些常用词用准。

字数格式

落在120到180

严守 at least 120 words but no more than 180 words：范文词数正落区间内；本题无收信人，不写称呼也不署名，按议论文格式直接成段即可。

典型低分写法 · 反面示例与改法

改写首句

反面示例开头：Nowadays many people think the mind is as important as the body. (这是把首句改写复述，违反照抄要求)。改法：原样照抄 Today there is a growing awareness that mental well-being needs to be given as much attention as physical health., 再接论证。

通篇空话

反面示例：Mental health is very important. We must pay attention to it. It is good for everyone. (三句都在重复「重要」，没有任何例子)。改法：换成考试焦虑导致失眠、成绩下滑的亲历，用 use your personal experiences 把观点撑起来。

重复凑字

反面示例：Health is important. Mental health is important. Physical health is also important. Both kinds of health are very important. (四句同义反复纯凑字)。改法：合并成一句立论，把省下的字数用于展开考试焦虑那个例子。

Part I	写作	本题
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →