

2024年12月·第2套英语六级写作·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2024年12月·第2套 英语六级写作原卷整理。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2套(2024-12) • 英语六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence "Nowadays, more and more students have realized the importance of self-discipline in their personal growth." You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words. You should copy the sentence given in quotes at the beginning of your essay.

【参考范文 • 164 词】 写作无唯一标准答案，以下为达标示范

Nowadays, more and more students have realized the importance of self-discipline in their personal growth. In an age flooded with short videos and endless distractions, the ability to control oneself has become the very foundation of academic success and character building.

A vivid example is my roommate Li Ming. When we entered university, he set himself a firm rule: no phone before finishing the day's study plan. While others drifted from one game to another, his steady self-management allowed him to master a difficult programming course and win a national scholarship. His experience convinced me that talent alone rarely decides how far a person goes; it is perseverance and daily self-control that truly shape our future.

Therefore, I firmly believe that cultivating self-discipline deserves our full attention. Rather than blaming the environment for our failures, we should learn to say no to temptations and stick to our own plans. Only by mastering ourselves can we grow into the people we truly wish to become.

【参考译文】

如今，越来越多的学生认识到自律在个人成长中的重要性。在一个充斥着短视频和无尽干扰的时代，管住自己的能力已经成为学业成功和品格养成的根基。

一个鲜活的例子是我的室友李明。刚上大学时，他给自己定下一条铁律：当天的学习计划没完成，绝不碰手机。当别人从一个游戏刷到另一个游戏时，他稳定的自我管理让他攻克了一门很难的编程课，并拿到了

国家奖学金。他的经历让我确信：单凭天赋很少能决定一个人能走多远；真正塑造我们未来的，是毅力与日复一日的自我约束。

因此，我坚信培养自律值得我们全力以赴。与其把失败归咎于环境，不如学会对诱惑说不、坚持自己的计划。唯有掌控自己，我们才能成长为自己真正想成为的人。

【第1段】照抄首句 + 一句点题。首段落实『首句当主题句破题』：开头一字不改照抄给定首句，第二句 In an age flooded with short videos and endless distractions... has become the very foundation of academic success and character building 用时代背景把抽象的『重要性』说实，定下全文基调。

【第2段】叙议结合的自律例子。第二段落实『例子叙议结合回扣』：A vivid example is my roommate Li Ming 引出例子，no phone before finishing the day's study plan 叙其自律，While others drifted... 作对比，末句 His experience convinced me that... 把例子回扣到『自律决定成败』的中心，并用了 self-management、perseverance、self-control 三个同义替换避免重复。

【第3段】重申 + 建议 + 倒装升华。第三段落实『重申加建议再升华』：Therefore, I firmly believe... 重申立场，Rather than blaming the environment... we should learn to say no to temptations 给出可操作建议，末句倒装 Only by mastering ourselves can we grow... 升华并呼应首句，形成闭环。

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

论自律对成长的重要性

核心任务是就一句给定观点写一篇议论文——write an essay that begins with the sentence，而这句话把主题彻底钉死为『自律对个人成长的重要性』，即须原样照抄的 Nowadays, more and more students have realized the importance of self-discipline in their personal growth.；随后用 You can make comments, cite examples or use your personal experiences to develop your essay. 里三种方式的一两种把它撑成整篇文章。

面向阅卷人的正式书面语

本题没有具体收信人，属纯议论大作文，读者即阅卷老师，用正式书面语即可，不写称呼、不落款、不署真名。唯一的格式硬点是首句地位——You should copy the sentence given in quotes at the beginning of your essay., 它必须原样出现在文章最开头，而不是埋在段中当过渡句。

自律是成长的根基

全篇中心一句话：自律是学业成功与品格养成的根基，尤其在充满诱惑的信息时代，能否管住自己往往决定一个人能走多远。这正是对首句 Nowadays, more and more students have realized the importance of self-discipline in their personal growth. 的顺承与坐实。

1. 时代背景下自律更稀缺可贵

短视频、游戏等诱惑遍地，能控制自己的能力反而成了稀缺品，从背景角度点明自律为何值得重视。

2. 具体例子证明自律决定成败

用一个身边人或亲身经历（如室友定规矩、坚持学习最终拿奖学金），落实 cite examples or use your personal experiences to develop your essay，证明决定成败的是自律而非天赋。

3. 呼吁拒绝诱惑坚持计划

结尾把中心推向行动：与其抱怨环境，不如学会对诱惑说不、坚持自己的计划，掌控自己才能成长。

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 照抄首句并点题

原样照抄 Nowadays, more and more students have realized the importance of self-discipline in their personal growth. 作主题句，再补一句把『重要性』说成具体的『为什么重要』，定下全文基调。

第 2 段 举例论证展开

用一个具体的人或亲身经历叙议结合，落实 cite examples or use your personal experiences to develop your essay，证明自律如何带来成长。

第 3 段 总结升华呼吁

重申自律值得重视，给出可操作的建议，并升华回扣首句，形成首尾闭环。

第 1 段 抄首句 + 点出自律是根基

照抄首句后，补一句：在短视频与无尽干扰泛滥的时代，管住自己的能力已成为学业成功与品格养成的根基，从而把首句的『重要性』说实。

照抄首句破题 · 开头逐字搬首句，一字不改：Nowadays, more and more students have realized the importance of ____ in their _____. (原样照抄，不可改写)

点题定调 · In an age flooded with ____, the ability to ____ has become the very foundation of _____. (用背景衬托，把抽象概念落到具体)

第 2 段 室友定规矩坚持终获奖学金

写室友立下『学习计划没完成不碰手机』的规矩，别人沉迷游戏时他靠 self-management 攻下难课、拿到国家奖学金，由此得出：决定人走多远的是 perseverance 与自律，而非天赋。

引出例证 · A vivid example is _____. When _____, he/she set himself/herself a firm rule: _____. (一句点名例子并交代背景)

对比反衬 · While others _____, his/her steady _____ allowed him/her to _____. (用别人反衬主角的自律成效)

由例回扣中心 · His/Her experience convinced me that _____; it is _____ that truly _____. (把例子拉回论点，防止叙议脱节)

第 3 段 重申 + 拒绝诱惑坚持计划 + 升华

重申自律值得全力重视，建议与其把失败归咎环境，不如对诱惑说不、坚持自己的计划，升华到『唯有掌控自己，才能成为想成为的人』，呼应首句。

重申立场 · Therefore, I firmly believe that _____ deserves our full attention. (一句回扣中心，不引新论点)

给建议对策 · Rather than _____, we should learn to _____ and _____. (把道理落到具体行动)

升华呼应 · Only by _____ can we _____. (用倒装收尾，升华并呼应首句)

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

紧扣自律并用例子展开

本题必须始终围绕『自律对成长的重要性』，且用上 You can make comments, cite examples or use your personal experiences to develop your essay. 中的方式；最易失分处是写着写着跑去谈『努力』『时间管理』等相邻话题，偏离自律主线。

结构连贯

三段清晰首尾呼应

本题达标要点是首段提出、中段证明、尾段收结分工清楚，且结尾 Only by mastering ourselves 呼应首句形成闭环；易失分处是通篇不分段或例子与结论之间缺过渡。

语言准确

自律同义替换 + 句式多样

本题应把 self-discipline 换用 self-control、self-management、perseverance 等避免全篇重复；六级层面还应有一两处像 Only by mastering ourselves can we grow 的倒装或从句提升语言分，但须确保正确、不为炫技牺牲准确。

字数格式

控词数并原样照抄首句

本题硬约束是 You should write at least 150 words but no more than 200 words. 且须 copy the sentence given in quotes at the beginning of your essay；最致命的失分是漏抄或改写首句，其次是为凑字数注水或超出上限。

典型低分写法 • 反面示例与改法

改写首句直接扣分

反面示例（改写了首句）：These days, students increasingly think that self-control matters a lot for growing up.——这是改写、不是照抄，直接丢掉硬性分。正确做法是原样搬：Nowadays, more and more students have realized the importance of self-discipline in their personal growth. 放在开头一字不改。

空喊口号论证空洞

反面示例（空洞）：Self-discipline is very important. Everyone should have self-discipline. Without it, no one can succeed.——三句同义反复、无支撑。改成有细节的：My roommate refused to touch his phone until his daily study plan was finished, and this habit helped him win a scholarship.

同义重复凑字数

反面示例（注水）：Self-discipline is important. It is really important. We all know it is important for us.——三句没增加任何信息。改成推进式：Self-discipline is important because it turns vague goals into daily action, which is exactly what most students lack.

全篇重复一个词

反面示例（重复）：Self-discipline helps us study. Self-discipline helps us grow. Self-discipline decides our future.——通篇 self-discipline。改成轮换：Self-control helps us study, self-management helps us grow, and perseverance ultimately decides our future.

英语六级 2024年12月·第2套 · 全卷构成

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 →