

## 《英语四级作文模拟题及范文：网瘾》

假设你是李华，你在美国夏令营认识的朋友Mike 给你来信说他最近沉迷于电脑难以控制。请你给他回一封信，告诉他网瘾可能会导致成绩下降、健康状况恶化、损害家庭关系等问题，并提出一些建议。



参考范文：

Dear Mike,

I was sorry to hear that you've been struggling with computer addiction lately. I understand how tempting it can be to spend all your free time on the computer, but it's important to remember that excessive screen time can have serious consequences.

One of the biggest risks of computer addiction is the negative impact it can have on your academic performance. Spending too much time on the computer can lead to poor grades and decreased productivity. In addition, prolonged screen time can cause eyestrain, headaches and other health problems.

Furthermore, excessive computer use can also harm your relationships with family and friends. Communicating only through social media or online gaming can be isolating and prevent you from forming meaningful connections with others.

To help overcome computer addiction, I suggest setting a daily time limit for computer use and sticking to it. Consider taking up a new hobby or activity that doesn't involve screens, such as exercise or art. You could also try to schedule more face-to-face time with friends and family to improve your social life.

Remember, it's important to find a healthy balance between computer use and the other aspects of your life. I hope these suggestions help, and I look forward to hearing about your progress.

Take care,

Li Hua

译文：

尊敬的迈克：

听说您最近一直在与网瘾作斗争，我感到很遗憾。我理解电脑的诱惑力有多么强大，但是需要记住，过度使用电脑会带来严重的后果。

网瘾的最大风险之一是对您的学业表现产生负面影响。过度使用电脑会导致成绩不佳和效率降低。此外，长时间使用电脑还会导致眼睛疲劳、头痛和其他健康问题。

此外，过度使用电脑还会损害您与家人和朋友的关系。仅通过社交媒体或在线游戏进行沟通会使您感到孤立，无法与他人建立有意义的联系。

为了帮助您克服网瘾，我建议您设定每天使用电脑的时间限制，并坚持遵守。考虑尝试一些不涉及屏幕的新爱好或活动，例如运动或艺术。您还可以尝试安排更多面对面的时间与家人和朋友交流，以改善社交生活。

记住，找到电脑使用和生活中其他方面之间的健康平衡很重要。我希望这些建议能够有所帮助，并期待听到您的进展。

祝好，

李华