

《四级英语作文题目及范文：双休日》

Directions: For this part, you are allowed thirty minutes to write a composition on the topic The Two-day Weekend. You should write at least 100 words and you should base your composition on the outline (given in Chinese) below:

1. 双休日给大学生带来的好处。
2. 双休日可能给大学生带来的问题。
3. 我应当怎样过好双休日。

范文：

Two-day weekend has its advantages for college students.

双休日对大学生来说有很多好处。

Firstly, it offers them much-needed rest after a week of studying. This time allows them to recharge and rejuvenate their minds and bodies. Secondly, weekends provide students with opportunities to pursue their hobbies and interests, helping them relieve stress and find balance in their lives. Additionally, weekends allow students to spend quality time with family and friends, strengthening relationships and creating lasting memories.

首先，它给他们提供了一周紧张学习后所需的休息。这段时间可以让他们充电并恢复他们的身心。其次，周末为学生提供了追求他们的爱好和兴趣的机会。他们可以参与他们喜欢的活动，如运动、艺术或音乐，这有助于他们舒缓压力，在生活中找到平衡。此外，周末还给学生与家人和朋友共度高质量时间的机会。他们可以加强彼此的关系，创造持久的回忆。

However, the two-day weekend can also bring challenges. Poor time management may lead to procrastination and unfinished tasks. Temptations like excessive partying or excessive screen time can negatively impact health and academic performance.

然而，双休日也可能给大学生带来一些问题。一些学生可能发现时间管理困难，导致拖延和未完成任务。其他人可能会被诱惑沉溺于不健康的行为，如过度聚会或过度使用电子设备，这可能会对健康和学业表现产生负面影响。学生们需要意识到这些潜在问题，并努力保持健康平衡的生活方式。

To make the most of the weekend, balance is key. Adequate rest is essential, along with time for relaxation and pursuing personal interests. It is also important to allocate time

for unfinished tasks and preparation for the coming week. By striking this balance, students can ensure they are well-rested, motivated, and ready for the challenges ahead.

为了充分利用周末，我认为平衡休息和生产力非常重要。我会从获得足够的睡眠开始，给自己一些休闲时间来放松心情。我还会抽出时间追求自己的爱好和兴趣，因为它们能给我带来快乐和满足感。此外，我会利用周末来完成未完成的任务和为下周做准备。

In conclusion, the two-day weekend provides opportunities and challenges for college students. Finding a balance between rest, leisure, and productivity is crucial to maximize the benefits and avoid potential problems, leading to a fulfilling and successful college experience.

通过这样做，我可以确保自己休息充足、积极主动，并为未来的挑战做好准备。总之，双休日对大学生来说带来了好处和挑战。在休息、休闲和生产力之间找到平衡至关重要，这样可以最大限度地享受好处，避免潜在问题，从而获得充实而成功的大学生活体验。

