

《2024年6月英语四级高频短语及例句58个》

进入大学后，四级是大学生朋友必考的一个科目，通过四级考试并取得高分，对之后进入社会找工作有极大的帮助。然而，要在四级考试中获得高分，首先得打好基础，而四级高频短语是夯实基础的第一步。

1、have/gain access to 可以获得

例句：Students need to have access to good educational resources.

学生需要能够获得优质的教育资源。

2、take...into account 考虑到，顾及，体谅

例句：When making decisions, we must take everyone's opinions into account.

做决定时，我们必须顾及每个人的意见。

3、take advantage of 占...的便宜，利用

例句：She took advantage of the opportunity to speak at the conference.

她利用了~~在会议上发言~~的机会。

4、pave the way (for) 铺平道路，为...作准备

例句：The research findings paved the way for future technological advancements.

这些研究成果为未来的技术进步铺平了道路。

5、pay attention to 注意

例句：Please pay attention to the teacher when he is explaining the concept.

老师解释概念时，请注意听讲。



6、do/try one ' s best 尽力，努力

例句：He did his best to finish the project on time.

他尽力按时完成项目。

7、get/have the best of 战胜

例句：In the debate, she got the best of her opponent.

在辩论中，她战胜了对手。

8、make the best of 充分利用

例句：We should make the best of the limited resources we have.

我们应该充分利用我们有限的资源。

9、get/have the better of 战胜，在...中占上风

例句：After a tough match, our team got the better of the opponents.

经过一场激烈的比赛，我们队战胜了对手。

10、catch one's breath 屏息;喘气，气喘;歇口气

例句：After running up the stairs, she needed a moment to catch her breath.

跑上楼梯后，她需要片刻时间喘气。

11、take care 注意，当心

例句：Take care when crossing the busy street.

过这条繁忙的街道时要小心。

12、take care of 爱护，照料

例句：Can you take care of my cat while I'm away?

我离开期间，你能帮我照料我的猫吗？

13、take a chance 冒险，投机

例句：She decided to take a chance and apply for the job.

她决定冒险申请这份工作。

14、take charge 开始管理，接管

例句：He took charge of the department after the manager resigned.

经理辞职后，他接管了这个部门。

15、keep...company 陪伴

例句：She enjoyed keeping company with her old friends.

她喜欢和老朋友在一起。

16、take (a) delight in 以...为乐

例句：He takes great delight in reading books.

他以读书为乐。

17、make a difference 有影响，起(重要)作用

例句：Her hard work made a difference in the company's success.

她的努力工作对公司的成功起到了重要作用。

18、carry/bring/put into effect 使生效，实行，实现

例句：The new policy will be put into effect next month.

新政策将于下个月生效。

19、come/go into effect 生效，实施

例句：The law came into effect on January 1st.

这条法律于1月1日生效。

20、take effect 生效，起作用

例句：The medicine started to take effect after a few hours.

几小时后，药效开始显现。

21、catch sb's eye 被某人看到，引起某人注意

例句：Her bright red dress caught everyone's eye at the party.

她在派对上穿的鲜红色连衣裙引起了大家的注意。

22、keep an eye on 留神，照看，密切注意

例句：Please keep an eye on the children while they are playing.

孩子们玩耍时，请留神照看。

23、make a face 做鬼脸

例句：The little boy made a funny face to make his sister laugh.

小男孩做了个滑稽的鬼脸，逗妹妹笑。

24、find fault with 抱怨，挑剔，找岔子

例句：She always finds fault with her husband's cooking.

她总是挑剔她丈夫做的饭。

25、catch (on) fire 着火，开始燃烧

例句：The building caught fire in the middle of the night.

这栋建筑在午夜时分着火。

26、make friends (with) 与(...)交朋友

例句：She made friends with her classmates quickly.

她很快和同班同学交上了朋友。

27、be friends with 与...友好

例句：I've been friends with him since childhood.

我从小就和他是朋友。

28、make fun of 取笑，拿...开玩笑

例句：Stop making fun of him; it's not nice.

别取笑他了，这样不好。

29、keep sb ' s head 保持镇静

例句：During the emergency, she kept her head and helped everyone stay calm.

在紧急情况下，她保持镇静，帮助大家保持冷静。

30、in the world 究竟，到底

例句：What in the world are you doing?

你到底在做什么？

31、lose sb ' s head 慌乱，仓皇失措

例句：When the fire broke out, he lost his head and didn't know what to do.

火灾发生时，他慌乱得不知所措。

32、lose heart 丧失勇气，失去信心

例句：Don't lose heart; things will get better soon.

别丧失信心，事情很快就会好转的。

33、get/catch/take hold of 抓住，得到

例句：She quickly took hold of the rope to steady herself.

她迅速抓住绳子以保持平衡。

34、keep house 管理家务

例句：She's very good at keeping house; the house is always tidy.

她很擅长管理家务，家里总是很整洁。

35、throw/cast light on/upon 使人了解，阐明

例句：His explanation threw light on the complex issue.

他的解释阐明了这个复杂的问题。

36、bear/keep in mind 记住

例句：Keep in mind that success doesn't happen overnight.

记住，成功不是一蹴而就的。

37、have in mind 考虑到，想到

例句：I have in mind a plan that could solve the problem.

我想到了一个可能解决问题的计划。

38、make up one's mind 下定决心，打定主意

例句：After much deliberation, she finally made up her mind to apply for the job.

经过深思熟虑，她终于下定决心申请这份工作。

39、bring/put into operation 实施，使生效，使运行

例句：The new software will be put into operation next week.

新软件将于下周投入运行。

40、come/go into operation 施行，实行，生效

例句：The new policy came into operation at the start of the new year.

新政策在新年伊始开始施行。

41、keep pace (with) 与(...)齐步前进，与(...)并驾齐驱

例句：To succeed in today's world, we need to keep pace with technology.

要在当今世界取得成功，我们需要与技术齐步前进。

42、play a part (in) 起作用，参与，扮演角色

例句：Everyone played a part in making the event a success.

每个人都为活动的成功发挥了作用。

43、take place 发生，进行，举行

例句：The annual festival will take place next month.

年度庆典将于下个月举行。

44、take the place of 代替，取代

例句：Computers have taken the place of many traditional jobs.

计算机已经取代了许多传统的工作。

45、put into practice 实施，实行

例句：We need to put our ideas into practice if we want to see results.

如果我们想看到成果，就需要将想法付诸实践。

46、make progress 进步，进展

例句：With hard work, he has made great progress in his studies.

通过努力学习，他在学业上取得了很大的进步。

47、give rise to 引起，导致为...的原因

例句：The new policy gave rise to a lot of debate within the community.

新政策在社区内引起了大量讨论。

48、make sense 讲得通，有意义，言之有理

例句：The explanation he gave made sense; it was clear and easy to understand.

他给出的解释讲得通，清晰易懂。

49、catch sight of 发现，突然看见

例句：She caught sight of her old friend across the crowd.

她穿过人群突然看见了她的老朋友。

50、(go) on the stage 当演员

例句：She dreams of going on the stage and becoming a famous actress.

她梦想着成为一名演员，并在舞台上发光发热。

51、take one's time 不着急，不慌忙

例句：There's no need to rush; take your time and do it properly.

不用着急，慢慢来，做好它。

52、keep track of 与...保持联系

例句：It's important to keep track of your expenses so you don't overspend.

保持追踪开支很重要，这样你就不会超支。

53、lose track of 失去与...的联系，不能跟上...的进展

例句：I've lost track of my old classmates; I haven't been in touch for years.

我已经和我的老同学们失去联系了，我们已经多年没有联系了。

54、make use of 利用

例句：We should make use of every opportunity to learn new things.

我们应该利用每一个机会来学习新东西。

55、put to use 使用

例句：The new tool has been put to use in the factory, improving efficiency significantly.

这个新工具已经在工厂里投入使用，大大提高了效率。

56、give way 让路;屈服，让步;倒塌，坍塌

例句：The driver gave way to the pedestrian crossing the street.

司机给过街的行人让路了。

57、make one's way 前往，行进，去

例句：After the concert, we made our way to the exit.

音乐会结束后，我们前往出口。

58、make way 让路，腾出地方或位置

例句：Please make way for the elderly and pregnant women on the bus.

请在公交车上给老人和孕妇让路。