

## 《2024年6月英语四级高频短语及例句100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、catch one's breath 喘气，松口气;屏息

例句：After running a long distance, she finally caught her breath.

跑了很长一段距离后，她终于喘上了气。

2、catch one's eye 引人注目

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

那件鲜红色的连衣裙在派对上吸引了所有人的目光。

3、catch sight of 看到，发现

例句：As I walked down the street, I caught sight of an old friend.

我走在街上时，发现了一位老朋友。

4、come into effect 生效;实施

例句：The new law will come into effect next month.

新法律将于下个月生效。

5、come into operation 施行，实行，生效

例句：The new system will come into operation at the start of the new fiscal year.

新系统将在新的财政年度开始时施行。



6、come to one's senses 醒悟;苏醒

例句：After the accident, it took him a while to come to his senses.

事故发生后，他过了一會兒才苏醒过来。

7、come true 实现

例句：All her dreams came true in the end.

她的梦想最终都实现了。

8、could not help 禁不住，忍不住

例句：I couldn't help laughing when I saw the funny video.

看到那个搞笑的视频时，我忍不住笑了。

9、cut short 中断，打断

例句：He cut short the conversation to answer an urgent phone call.

他中断了谈话去接听一个紧急电话。

10、do one's best 尽力，努力

例句：She always does her best in everything she does.

无论做什么事，她总是尽力而为。

11、enjoy oneself 过得快活

例句：We enjoyed ourselves at the beach yesterday.

我们昨天在海滩上玩得很开心。

12、fall in love with 爱上

例句：He fell in love with her at first sight.

他第一眼见到她就爱上了她。

13、find fault(with) 找茬

例句：He always finds fault with everything, even when it's perfect.

他总是吹毛求疵，即使事情已经很完美了。

14、gain an advantage over 胜过，优于

例句：By practicing regularly, she gained an advantage over her competitors.

通过定期练习，她胜过了竞争对手。

15、get hold of 得到，获得

例句：I'm trying to get hold of the book you mentioned.

我正在设法得到你提到的那本书。

16、get rid of 丢弃，摆脱

例句：I need to get rid of all these old clothes.

我需要把这些旧衣服都丢掉。

17、get the best of 战胜

例句：In the debate, he got the best of his opponent.

在辩论中，他战胜了对手。

18、get the better of 战胜，占上风

例句：She always gets the better of her younger sister in arguments.

在争论中，她总是占妹妹的上风。

19、get together 会面，装配

例句：We're getting together for a reunion next month.

我们下个月要聚会。

20、give rise to 引起，导致

例句：The new policy gave rise to a lot of debate and controversy.

新政策引起了大量的辩论和争议。

21、give way 让路，让步

例句：After much argument, he finally gave way and agreed to my proposal.

经过长时间的争论，他最终让步并同意了我的建议。

22、indifferent to 无兴趣，不关心

例句：He seems completely indifferent to the problems facing our community.

他似乎对我们社区面临的问题完全不感兴趣。

23、indignant with sb. 愤慨

例句：She was indignant with him for breaking his promise.

他违背诺言，她对此感到愤慨。

24、inferior to 级别低于，不如

例句：Their team is inferior to us in skill and experience.

他们的队伍在技术和经验上都不如我们。

25、innocent of 无……罪，无辜

例句：He was proven innocent of the crime.

他被证明无罪。

26、intent on 专心于

例句：She is intent on finishing her project before the deadline.

她一心要在截止日期前完成她的项目。

27、invisible to 不可见的

例句：The camouflaged soldier was almost invisible to the enemy.

伪装士兵对敌人来说几乎是不可见的。

28、jealous of 嫉妒

例句：She is jealous of her sister's success.

她嫉妒她妹妹的成功。

29、keep on 爱好，很喜欢

例句：She keeps on collecting stamps as a hobby.

她爱好集邮。

30、liable for 对……有责任

例句：The company is liable for any damages caused by its products.

公司对其产品造成的任何损害负有责任。

31、liable to 易于

例句：This material is liable to rust if not properly stored.

这种材料如果储存不当，容易生锈。

32、loyal to 忠于

例句：He has been loyal to the company for many years.

他多年来一直忠于这家公司。

33、mad at/with sb. 生气，愤怒

例句：She was mad at him for breaking her favorite vase.

她因为他打碎了她最喜欢的花瓶而生气。

34、mad with 因……发狂

例句：He was mad with the pain from his injury.

他因受伤的疼痛而发疯。

35、next to 下一个，其次

例句：She sat next to me at the meeting.

在会议上，她坐在我旁边。

36、necessary to/for 必要的

例句：It is necessary for us to learn a foreign language.

对我们来说，学习一门外语是必要的。

37、opposite to 在对面

例句：The store is opposite to the post office.

商店在邮局的对面。

38、open to 不限制，开放的

例句：The company is open to new ideas and suggestions from its employees.

公司欢迎员工提出新的想法和建议。

39、particular about 挑剔，讲究

例句：She is very particular about what she eats.

她对吃的东西很挑剔。

40、parallel to 与……平等，类似

例句：His career path is parallel to mine.

他的职业道路与我的类似。

41、peculiar to 独特的，独有的

例句：This plant is peculiar to the tropical rainforest.

这种植物是热带雨林所独有的。

42、patient with 有耐心

例句：She is very patient with her students.

她对学生很有耐心。

43、prior to 在……之前

例句：I had finished my homework prior to the deadline.

我在截止日期前完成了作业。

44、popular with 受……喜爱，爱戴

例句：The new teacher is popular with the students.

新老师很受学生喜爱。

45、admission of sth 承认

例句：He made an admission of guilt in the court.

他在法庭上承认了罪行。

46、advance in 改进，进步

例句：There has been a significant advance in technology in recent years.

近年来，技术取得了显著的进步。

47、advantage over 优于.....的有利条件

例句：She has a significant advantage over her competitors in terms of experience.

在经验方面，她比竞争对手有明显优势。

48、affection for/towards 爱，喜欢

例句：He has a deep affection for his hometown.

他深爱着自己的家乡。

49、answer to .....的答案

例句：Can you give me an answer to this question?

你能回答这个问题吗？

50、anxiety for sth 渴望

例句：She has an anxiety for success.

她渴望成功。

51、apology to sb for sth 道歉

例句：She offered an apology to him for her rudeness.

她为自己的粗鲁向他道歉。

52、appeal to sb for sth 恳求，呼吁

例句：We appealed to the public for donations to help the victims.

我们呼吁公众捐款帮助受害者。

53、appeal for 魅力，吸引力

例句：Her warm personality has a great appeal for others.

她热情的性格对他人有很大的吸引力。

54、appetite for 对.....的欲望

例句：He has a strong appetite for knowledge.

他渴望知识。

55、application 把.....应用于.....

例句：The new technology has found applications in many fields.

这项新技术在许多领域得到了应用。

56、approach to 类似，办法，通道 of sth/to sth

例句：He found a new approach to solving the problem.

他找到了解决这个问题的新方法。

57、argument 赞成/反对.....的理由

例句：There are several arguments for/against the proposal.

这个提议有赞成和反对的几种理由。

58、arrangement for 对.....的安排

例句：We made an arrangement for a meeting next week.

我们安排了下周的会议。

59、attack on 对.....的进攻，评击

例句：The newspaper launched a scathing attack on the politician's policies.

这家报纸对那位政客的政策进行了猛烈的抨击。

60、attempt at 尝试，企图

例句：She made an attempt at solving the puzzle, but gave up after a while.

她尝试解这个谜题，但过了一会儿就放弃了。

61、attention to 对.....的注意

例句：Please pay attention to the details of the project.

请注意这个项目的细节。

62、attraction for 对.....的吸引力

例句：The city has a strong attraction for tourists.

这座城市对游客有很大的吸引力。

63、balance between .....之间的平衡

例句：She manages to maintain a balance between work and family.

她设法在工作和家庭之间保持平衡。

64、barrier to .....的障碍

例句：Language can be a barrier to communication.

语言可能是沟通的障碍。

65、belief in 对.....的信仰，相信

例句：She has a strong belief in the power of positive thinking.

她坚信积极思考的力量。

66、candidate for 候选人，人选

例句：He is a strong candidate for the presidential election.

他是总统选举的有力候选人。

67、check on 检查，阻止

例句：The inspector did a thorough check on the factory's safety measures.

检查员对工厂的安全措施进行了彻底的检查。

68、claim for sth 要求

例句：She made a claim for compensation after the accident.

事故发生后，她提出了赔偿要求。

69、collision with sb/sth 碰撞，冲突

例句：There was a collision between the two cars on the highway.

高速公路上两辆车发生了碰撞。

70、comment on/about 对.....的评论

例句：She made a positive comment on the book's content.

她对这本书的内容给予了积极的评价。

71、complaint of/about 报怨，控告

例句：The customers filed a complaint about the poor service.

顾客们就服务不佳提出了投诉。

72、compromise between/on 折中，妥协

例句：Both sides agreed to a compromise on the issue.

双方就这个问题达成了妥协。

73、concentration on sth 专心，集中精力

例句：He needs to focus his concentration on his studies.

他需要集中精力学习。

74、concern about/for/over 担心

例句：She expressed concern for her sick friend.

她表示担心她生病的朋友。

75、confidence in 对.....的信任，相信

例句：I have complete confidence in his ability to succeed.

我完全相信他有能力成功。

76、connection between 关系，连接

例句：There is a strong connection between diet and health.

饮食和健康之间有密切的关系。

77、consent to sth 同意

例句：She consented to the plan after some hesitation.

经过一番犹豫后，她同意了这个计划。

78、contact with sb/sth 接触，联系

例句：Keep in contact with me while you're away.

你离开期间要保持和我联系。

79、contest for sth 争夺，竞争

例句：There was a fierce contest for the championship.

冠军争夺战异常激烈。

80、contradiction between 矛盾，不一致

例句：There seems to be a contradiction between his words and actions.

他的言行之间似乎存在矛盾。

81、contrast to/with sth 对比，对照

例句：The new design is a stark contrast to the old one.

新设计与旧设计形成了鲜明的对比。

82、contribution to 贡献，捐献，促成

例句：She made a significant contribution to the success of the project.

她为项目的成功做出了重大贡献。

83、conversation with sb 对话

例句：We had a pleasant conversation about our shared interests.

我们就共同的兴趣进行了愉快的对话。

84、conversion 转变，转换

例句：The company is undergoing a conversion to digital technology.

公司正在进行向数字技术的转变。

85、credit for sth 荣誉，赞扬

例句：He received credit for his innovative ideas.

他因创新思想而获得了荣誉。

86、damage to sth 损坏

例句：The storm caused extensive damage to the crops.

暴风雨对农作物造成了广泛的损害。

87、danger to sb/sth 危险

例句：There is a danger to public health from the polluted river.

受污染的河流对公众健康构成危险。

88、decision on/against 做/不做.....的决定

例句：After much deliberation, she made a decision on the course of action.

经过深思熟虑后，她决定了行动方案。

89、decrease in sth .....的减少

例句：There has been a significant decrease in the number of accidents on this road.

这条路上的事故数量显著减少了。

90、defence against 防御，保卫

例句：The country has been strengthening its defences against cyber attacks.

该国一直在加强防御，以应对网络攻击。

91、delegate to 参加.....的代表

例句：She was elected as the delegate to the international conference.

她被选为参加国际会议的代表。

92、demand for 对.....的需求

例句：There is a high demand for skilled workers in this industry.

这个行业对熟练工人的需求很高。

93、departure from 离开

例句：Her departure from the company was a big loss for us.

她离开公司对我们来说是一个巨大的损失。

94、desire for sth 渴望

例句：She has a strong desire for success.

她渴望成功。

95、difference 不同，差异

例句：There are significant differences between the two cultures.

这两种文化之间存在显著差异。

96、difference 分歧

例句：They had a serious difference of opinion on the issue.

他们在这个问题上存在严重的分歧。

97、dispute about 争论，辩论

例句：There was a heated dispute about the best way to solve the problem.

关于解决问题的最佳方式，他们进行了激烈的争论。

98、in itself 本质上，就其本身而言

例句：The book is not bad in itself, but it may not be suitable for young readers.

这本书本质上并不差，但可能不适合年轻读者。

99、in line with 与……一致

例句：Our company's policies are in line with the industry standards.

我们公司的政策与行业标准一致。

100、in memory of 纪念

例句：The monument was built in memory of those who died in the war.

这座纪念碑是为了纪念战争中牺牲的人们而建的。

