

《四级作文范文12篇（带翻译）》

四级作文范文带翻译1：良好的行为举止

In today's world, people from all corners value good manners immensely. They serve as a mirror, reflecting one's education, upbringing, and respect for others. Good manners create a harmonious atmosphere, making social interactions pleasant and respectful.

In public places, displaying good manners is especially crucial. For instance, keeping one's voice down in libraries or museums shows consideration for others who are there to enjoy a quiet environment. Queueing patiently and not cutting in line demonstrates respect for public order. Additionally, saying "please" and "thank you" can brighten anyone's day and foster a friendly atmosphere.

If everyone cultivates good manners, society will undoubtedly become a better place. Kindness, politeness, and respect will permeate every corner, making everyday interactions a joy rather than a chore. Let us all strive to embody good manners in our daily lives, for a more civilized and harmonious world.

在当今世界，来自五湖四海的人们都极为看重良好的行为举止。它们就像一面镜子，反映出一个人的教育程度、成长背景以及对他人的尊重。良好的行为举止能够营造出和谐的气氛，使社交互动变得愉快且充满尊重。

在公共场合，展现出良好的行为举止尤为重要。例如，在图书馆或博物馆保持低声交谈，体现出对享受安静环境的他人的体谅。耐心排队、不插队，是对公共秩序的尊重。此外，常说“请”和“谢谢”能够点亮他人的日子，营造出友好的氛围。

如果每个人都培养起良好的行为举止，社会无疑将变得更加美好。友善、礼貌和尊重将渗透到每一个角落，使日常交往成为一种乐趣而非负担。让我们都在日常生活中努力践行良好的行为举止，共同创造一个更加文明、和谐的世界。

四级作文范文带翻译2：成功之路

Abraham Lincoln once said, "Give me six hours to chop down a tree, and I will spend the first four sharpening the axe." This remark highlights the importance of preparation in the pursuit of success. In my opinion, thorough preparation is the key to achieving our goals.

Firstly, adequate preparation enables us to identify potential obstacles and devise effective strategies to overcome them. Just as sharpening the axe before chopping down the tree, prior planning and preparation can make our tasks more manageable. Secondly,

being well-prepared boosts our confidence, which is essential for tackling challenges. When we are equipped with knowledge and skills, we are more likely to face difficulties with courage and determination. Lastly, preparation fosters good habits, such as time management and organization, which are vital for long-term success.

In conclusion, Lincoln's remark reminds us that success rarely comes overnight. It requires careful planning, persistent effort, and a readiness to adapt. By investing time and energy in preparation, we can pave the way for a successful future.

亚伯拉罕·林肯曾说过：“给我六个小时砍倒一棵树，我会用前四个小时来磨快斧头。”这句话强调了在追求成功的过程中准备的重要性。在我看来，充分的准备是达成我们目标的关键。

首先，充足的准备使我们能够识别潜在的障碍，并制定有效的策略来克服它们。就像在砍树之前磨快斧头一样，事前的规划和准备可以使我们的任务更加可控。其次，充分的准备增强了我们的信心，这对于应对挑战至关重要。当我们具备知识和技能时，我们更有可能以勇气和决心面对困难。最后，准备培养了良好的习惯，如时间管理和组织能力，这些对于长期成功至关重要。

总之，林肯的话提醒我们，成功很少一蹴而就。它需要精心的规划、持久的努力和适应的准备。通过在准备上投入时间和精力，我们可以为成功的未来铺平道路。

四级作文范文带翻译3：传统文化的流失

In recent years, the erosion of traditional culture has become a topic of widespread concern. With the rapid development of modern society, many traditional customs, festivals, and arts are gradually fading from our lives.

One of the main reasons for this decline is the overwhelming influence of Western culture. The younger generation, in particular, is more attracted to Western holidays and trends, leading to a neglect of traditional values. Moreover, the fast pace of modern life leaves people with little time to appreciate or preserve traditional culture.

To address this issue, it is imperative to raise public awareness of the importance of cultural heritage. Schools should include traditional culture in their curriculum, and the government should implement policies to protect and promote traditional arts and festivals. Only through collective efforts can we ensure the survival and prosperity of our traditional culture.

近年来，传统文化的侵蚀已经成为一个广泛关注的议题。随着现代社会的快速发展，许多传统习俗、节日和艺术正在逐渐从我们的生活中消失。

这种流失的主要原因之一是西方文化的强烈影响。尤其是年轻一代，更倾向于西方的

节日和潮流，导致对传统价值的忽视。此外，现代生活的快节奏让人们几乎没有时间去欣赏或保留传统文化。

为了解决这个问题，提高公众对文化遗产重要性的认识是至关重要的。学校应将传统文化纳入课程，政府应实施政策来保护和推广传统艺术和节日。只有通过集体努力，我们才能确保我们的传统文化得以生存和繁荣。

四级作文范文带翻译4：环境资源问题的紧迫性

In recent years, the topic of environmental resources has garnered significant attention worldwide. Issues such as air pollution, haze, and water scarcity have become increasingly prominent, posing severe challenges to global sustainability.

Air pollution, particularly the persistent haze that blankets many urban areas, not only impairs air quality but also poses serious health risks. Fine particulate matter, a major component of haze, can penetrate deep into the lungs and even enter the bloodstream, leading to respiratory and cardiovascular diseases.

Moreover, the scarcity of water resources is another pressing concern. With population growth and industrial expansion, the demand for water has surged, while clean water supplies remain finite. This imbalance has led to severe water shortages in many regions, threatening both human livelihoods and ecological balance.

Addressing these challenges requires concerted global efforts. Governments must enforce stricter environmental regulations to reduce emissions and promote sustainable practices. Additionally, individuals and communities should adopt eco-friendly lifestyles, such as reducing waste, conserving water, and using public transportation.

近年来，环境资源问题在全球范围内引起了广泛关注。空气污染、雾霾以及水资源短缺等问题日益突出，对全球可持续性构成了严峻挑战。

空气污染，特别是许多城市地区持续笼罩的雾霾，不仅损害了空气质量，还带来了严重的健康风险。雾霾中的细颗粒物能深入肺部甚至进入血液，导致呼吸道和心血管疾病。

此外，水资源短缺是另一个紧迫的问题。随着人口增长和工业扩张，对水的需求激增，而清洁水资源却有限。这种不平衡导致许多地区出现严重缺水，威胁着人类生计和生态平衡。

解决这些挑战需要全球共同努力。政府必须执行更严格的环境法规，以减少排放并促进可持续做法。此外，个人和社区应采用环保生活方式，如减少浪费、节约用水和使用公共交通。

四级作文范文带翻译5：给孩子配手机

An increasing number of parents are equipping their children with cell phones, primarily for safety concerns. They believe that a phone can ensure instant communication in case of emergencies, allowing children to seek help promptly.

However, this trend also gives rise to some issues. For instance, excessive phone use may distract children from their studies and outdoor activities. Moreover, the exposure to inappropriate content on the internet poses potential risks to their mental health.

In my opinion, while cell phones can be a useful tool for children, they should be given under strict parental control. It's crucial to set limits on phone usage and monitor the content accessible to children. This way, we can harness the benefits of cell phones while mitigating the negative impacts.

越来越多的家长给孩子配备手机，主要是出于安全考虑。他们认为，手机可以在紧急情况下确保即时沟通，让孩子能够及时寻求帮助。

然而，这一趋势也带来了一些问题。例如，过度使用手机可能会分散孩子对学习和户外活动的注意力。此外，接触互联网上的不适当内容对他们的心理健康构成了潜在风险。

在我看来，虽然手机对孩子来说可以是一个有用的工具，但在给予手机时应严格把控。设定手机使用限制并监控孩子可接触的内容至关重要。这样，我们可以在利用手机的好处的同时，减轻其负面影响。

四级作文范文带翻译6：上网搜答案

We Shouldn't Totally Rely on the Internet

In today's society, it has become a common practice for many people to turn to the Internet the moment they encounter a problem. While the Internet indeed provides quick and easy access to a vast amount of information, relying on it entirely may have negative consequences.

Firstly, excessive reliance on the Internet can hinder our critical thinking abilities. When we simply search for answers online, we miss the opportunity to analyze and solve problems independently. Secondly, not all information on the Internet is accurate or reliable. Misinformation can lead to misunderstandings or even serious mistakes.

In my opinion, we should use the Internet as a tool, but not as a crutch. We should develop the habit of thinking critically and verifying information from multiple sources. Additionally, we should cultivate the ability to solve problems on our own, which is

essential for personal growth and development.

在当今社会，许多人一遇到问题就上网搜索答案已经成为一种普遍现象。虽然互联网确实为我们提供了快速便捷地获取大量信息的方式，但完全依赖它可能会带来负面影响。

首先，过度依赖互联网可能会阻碍我们的批判性思维能力。当我们仅仅在线上搜索答案时，我们失去了独立分析和解决问题的机会。其次，互联网上的信息并非全部准确可靠。错误信息可能会导致误解甚至严重的错误。

在我看来，我们应该将互联网作为一个工具，而不是依赖。我们应该养成批判性思考的习惯，并从多个来源核实信息。此外，我们还应该培养独立解决问题的能力，这对于个人成长和发展至关重要。

四级作文范文带翻译7：挫折教育

It is universally acknowledged that frustration education plays a crucial role in the growth of college students. In today's society, where pressure and competition are increasingly intense, the ability to face and overcome setbacks is essential for young people.

Take myself as an example. During my college years, I encountered numerous challenges, both academically and personally. It was through these experiences that I learned to persevere and ultimately triumph over difficulties. Had I not been exposed to such frustration education, I might have crumbled under the weight of these setbacks.

To enhance frustration education among college students, several measures should be taken. Firstly, colleges should integrate frustration education into the curriculum, providing students with theoretical knowledge and practical skills to deal with setbacks. Secondly, teachers should encourage students to participate in extracurricular activities that involve challenges and competition, allowing them to experience and learn from failures. Lastly, parents and society should foster an environment that tolerates mistakes and values the process of learning from them.

In conclusion, frustration education is of great significance for college students. By implementing the aforementioned measures, we can better prepare young people for the challenges of life.

挫折教育在大学生成长中起着至关重要的作用，这一点得到了普遍认同。在当今社会，压力和竞争日益激烈，面对和克服挫折的能力对年轻人来说至关重要。

以我自己为例。在大学期间，我在学术和个人方面遇到了许多挑战。正是通过这些经历，我学会了坚持不懈，最终战胜困难。如果我没有接受过这样的挫折教育，我可能

会在这些挫折的重压下崩溃。

为了加强大学生的挫折教育，应采取以下几项措施。首先，高校应将挫折教育融入课程，为学生提供应对挫折的理论知识与实践技能。其次，教师应鼓励学生参与涉及挑战 and 竞争的课外活动，让他们体验并从失败中学习。最后，家长和社会应营造一个能够容忍错误并重视从错误中学习的的环境。

总之，挫折教育对大学生来说意义重大。通过实施上述措施，我们可以更好地为年轻人的人生挑战做好准备。

四级作文范文带翻译8：大学生的居住现状

In recent years, a series of terms such as "dwelling-narrowness", "ant tribe", and "rat clan" have emerged, reflecting the living conditions of college students. These terms symbolize the cramped living spaces and the challenging economic situations that many students face after graduation.

In my opinion, this phenomenon is a result of the increasing number of college graduates and the competitive job market. Many graduates find it difficult to secure well-paying jobs, which leads to their choice of living in small, affordable apartments, often in less desirable locations. This not only affects their quality of life but also adds to the pressure of urbanization.

To address this issue, I believe that both society and individuals should take action. Society should provide more opportunities for graduates and improve the job market. At the same time, college students should enhance their skills and adaptability to improve their competitive edge. By doing so, we can hope to alleviate the pressures of the "rat clan" phenomenon and improve the living conditions of college students.

近年来，一系列如“蜗居”、“蚁族”和“鼠族”等词汇涌现出来，反映了大学生的生活状况。这些词汇象征许多学生在毕业后面临的狭小生活空间和挑战性的经济状况。

在我看来，这种现象是大学毕业生数量增加和就业市场竞争的结果。许多毕业生发现很难找到高薪工作，这导致他们选择住在小而经济的公寓里，通常这些公寓位于不太理想的位置。这不仅影响了他们的生活质量，也增加了城市化的压力。

为了解决这个问题，我认为社会和个人都应该采取行动。社会应该为毕业生提供更多机会，改善就业市场。同时，大学生应该提升自己的技能和适应性，以提高自己的竞争力。通过这样做，我们可以希望减轻“鼠族”现象的压力，改善大学生的生活条件。

四级作文范文带翻译9：追求时尚

Nowadays, an increasing number of college students are pursuing fashion. They follow the latest trends in clothing, accessories, and even lifestyles. However, this preoccupation with fashion has led to some negative effects.

Firstly, the pursuit of fashion consumes a significant amount of students' time and money. Instead of focusing on their studies, they spend hours shopping for the latest styles. Secondly, it fosters a materialistic mindset among students, who may begin to value brand names over quality and practicality. Moreover, the pressure to keep up with fashion trends can lead to low self-esteem and even depression among those who cannot afford it.

In my opinion, while it is acceptable to pay attention to fashion, it should not be the primary concern for college students. We should prioritize our studies and personal development. It is more important to cultivate inner qualities and abilities, which will benefit us more in the long run.

如今，越来越多的大学生开始追求时尚。他们追随最新的服装、配饰甚至是生活方式的潮流。然而，这种对时尚的迷恋带来了一些负面影响。

首先，追求时尚消耗了学生大量的时间和金钱。他们没有专注于学业，而是花几个小时去购买最新的款式。其次，这助长了学生们的物质主义心态，他们可能开始重视品牌名称而忽视质量和实用性。此外，跟上时尚潮流的压力可能会导致那些负担不起的人自尊心低落甚至抑郁。

在我看来，虽然关注时尚是可以接受的，但不应成为大学生的首要关注点。我们应该优先考虑我们的学业和个人发展。培养内在的品质和能力更为重要，这将在长远来看对我们更有益。

四级作文范文带翻译10：社会责任感

What is social responsibility? Social responsibility refers to the sense of duty and commitment that individuals and organizations have towards society. It is the awareness that one's actions can impact the well-being of others and the environment.

How can we strengthen social responsibility? Firstly, education plays a crucial role in cultivating social responsibility. Schools and families should teach children to be aware of their actions and the consequences they may have on society. Secondly, companies should be encouraged to engage in corporate social responsibility activities, such as environmental protection and community service. Lastly, the government should set a good example by implementing policies that promote social welfare and sustainability.

Let's take on our social responsibilities. As individuals, we should be proactive in contributing to the betterment of society. Whether it's through small acts of kindness or

participating in volunteer work, every effort counts. Together, we can create a more harmonious and sustainable world.

什么是社会责任感?社会责任感是指个人和组织对社会应尽的责任和承诺。它是一种意识，即一个人的行为可能会影响他人和环境的福祉。

我们如何加强社会责任感?首先，教育在培养社会责任感中起着关键作用。学校和家庭应教育孩子意识到自己的行为及其可能对社会的后果。其次，应鼓励公司参与企业社会责任活动，如环境保护和社区服务。最后，政府应通过实施促进社会福利和可持续性的政策来树立好榜样。

让我们肩负起自己的社会责任。作为个人，我们应该积极为社会进步做出贡献。无论是通过小小的善举还是参与志愿工作，每一份努力都很重要。共同努力，我们可以创造一个更加和谐和可持续的世界。

四级作文范文带翻译11：聘请家教

Private tutoring is becoming increasingly common in China. Many parents are hiring private tutors for their children to improve their academic performance or to help them with their weaknesses.

There are both advantages and disadvantages to private tutoring. On the positive side, it allows students to receive individualized instruction, which can be tailored to their specific needs and learning styles. Additionally, private tutoring can help students reinforce what they have learned in school and fill in any knowledge gaps. However, private tutoring also has its downsides. It can be a financial burden for some families, and excessive tutoring may lead to added stress for students, leaving them with little time for rest and leisure activities.

In my opinion, private tutoring can be beneficial if used appropriately. It should complement, rather than replace, regular school education. Moreover, it is essential to consider the child's wishes and ensure that they have a balanced lifestyle.

家教在中国正变得越来越普遍。许多家长都在为孩子请家教，以提高他们的学术成绩或帮助他们克服弱点。

家教既有优点也有缺点。从正面来看，它允许学生接受个性化指导，这可以根据他们的具体需求和 学习风格 来量身定制。此外，家教可以帮助学生巩固他们在学校学到的知识，填补任何知识上的空白。然而，家教也有其不利之处。对一些家庭来说，它可能是一个经济负担，而过度的家教可能导致学生压力增加，使他们几乎没有休息和休闲活动的时间。

在我看来，如果恰当使用，家教可以带来益处。它应该补充而不是取代常规的学校教

育。此外，考虑孩子的意愿并确保他们拥有平衡的生活方式是至关重要的。

四级作文范文带翻译12：如何解决空气污染问题？

If I were the environment minister of my country, I would take the following measures to tackle the air pollution that has plagued us in recent years.

First and foremost, I would tighten the regulations on industrial emissions, imposing stricter standards and penalties on those who fail to comply. It is essential to ensure that factories and manufacturing plants adopt cleaner production methods and technologies.

Secondly, I would promote the use of public transportation and encourage the development of electric vehicles. By reducing the number of private cars on the road, we could significantly decrease the emission of harmful gases.

Thirdly, I would initiate a comprehensive afforestation campaign. Trees are natural air purifiers, and increasing our forested areas would not only absorb pollutants but also improve the overall ecological balance.

Lastly, I would launch a public awareness campaign to educate citizens about the importance of environmental protection and the role they can play in reducing air pollution.

In conclusion, solving the air pollution issue requires a multi-faceted approach, involving both strict regulations and public participation.

如果我是我国的环境部长，我将采取以下措施来解决近年来困扰我们的空气污染问题。

首先，我会加强对工业排放的监管，对那些不遵守规定的人实施更严格的标准和处罚。确保工厂和制造厂采用更清洁的生产方法和技术是至关重要的。

其次，我会推广公共交通的使用，并鼓励电动汽车的发展。通过减少道路上私家车的数量，我们可以显著降低有害气体的排放。

第三，我会发起一场全面的植树造林运动。树木是自然的空气净化器，增加我们的森林面积不仅能吸收污染物，还能改善整体生态平衡。

最后，我会发起一场公共宣传活动，教育公民环境保护的重要性以及他们可以在减少空气污染中扮演的角色。

总的来说，解决空气污染问题需要一个多方面的方法，既包括严格的监管，也需要公众的参与。

