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https://www.100test.com/kao_ti2020/122/2021_2022_CET_E8_80_83_E8_AF_95_E4_c84_122894.htm Direction: For this part you are

allowed 30 minutes to write a composition on the topic On Stress.

You should write no less than 120 words and base your composition on the online below:1.有的人害怕压力。 2.有的人认为压力并不是一件坏事。 3.我的看法。 On Stress

With the fast are pace of modern life, more and more people are living under great pressure. Some people are afraid of pressure. They think that the stresses and strains of work deprive them of joy and happiness. In their view, stress does harm to them both physically and mentally. That is why they prefer something less competitive and strenuous to something more demanding and challenging. Others argue that stress isnt as bad as it often supposed to be. Unless it is overwhelming, a certain amount of stress is vital to provide motivation and stimulation. With out stress, you may slack off and idle away your time. It gives purpose and meaning to an otherwise meaningless, dull life. People under stress tend to bring their potential into full play and to realize their goals. In my opinion, we shouldnt escape from stress but to face it as it is. What we can do is to adapt to the stress and to profit from it rather than to avoid it. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com