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提纲环节第一步：写出开头段模块1：两面型提出观点开头（转折法开头）模板：It is widely accepted that \_\_\_\_\_（主题），\_\_\_\_\_（名扩插入语，对这个主题进行一些修饰），谓语动词扩展从句（有宾语可以使用定从，无宾语可以使用状从）However, others argue that \_\_\_\_\_（主题的近义词，避免与上一句重复），more often than not（副词做插入语），is harmful to the people \_\_\_\_\_ 例如：工作压力是好事还是坏事？

It is widely accepted that pressure in work, forcefully imposed on the employees in this competitive world, can bring some positive results on the grounds that it can stimulate the staff immensely. However, others argue that stress, more often than not, is harmful to the people who cannot assume excessive pressure in their work. 模块2：果因型提出现象Recently, one of the hottest (most controversial) topic/issue arousing general concern is that \_\_\_\_\_（主题），\_\_\_\_\_（名扩插入语，对这个主题进行一些修饰），谓语 + 宾语 + 定从。In my opinion, there are several factors responsible for this (phenomenon, increase, situation, problem.....) Recently, one of the hottest (most controversial) topic arousing general concern is that stress, more often than not, is harmful to the employees who cannot assume excessive pressure. It is no simply task to identify the negative effects of this phenomenon which involves several complicated factors./ In

my opinion, there are several factors responsible for this problem. 模块3： Nowadays, mounting attention has been turned to the \_\_\_\_\_ (主题), \_\_\_\_\_ (名扩插入语, 对这个主题进行一些修饰) Therefore it is high time that measures were taken to prevent this. Nowadays, mounting attention has been turned to the high pressure in work, invariably brought to everyone in this competitive world. The immediate consequence is the damage of individual employee ' s health. The longer-range result can be a decline in physic for the whole workforce since this problem has become more evident in each working unit. Therefore it is high time that measures were taken to prevent this. 第2步：中间段的提纲模块4：两面型中间段提纲第3步：写出最后段模块5：两面型结尾： As the proverb says “ No garden is without its weed ” . \_\_\_\_\_ (形容词) to some extent as \_\_\_\_\_ is ( as的倒装句 ), I still advocate \_\_\_\_\_ (自己的观点). 例如： Essential to some extent as work pressure is ( as的倒装句 ), I still advocate reducing it by efforts. 模块6：因果型结尾 From what has been discussed above, we may reasonably come to the conclusion that \_\_\_\_\_ (主题). We must call for an immediate action, because the current situation of (主题) \_\_\_\_\_, permitted to continue, will surely lead to the end/destruction/damage of/to \_\_\_\_\_./ 或 This situation/tendency will surely continue that it deserves more intensive research and public concern. 模块7：How型结尾 Following these suggestions may not guarantee the success/solution, but the pay-off might be worth the effort. It will help/benefit/contribute to \_\_\_\_\_ (效果) eventually.

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