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Writing(30 points) Directions: In this part, you are to write an essay of about 200 words within 40 minutes. Your essay should be based on the information given in the outline below. [ Outline ] : 1.

Importance of confidence 2. Reasons for lack of confidence 3. How to build up confidence [ 参考范文 ] One possible version:

Whatever one does, one should do it with confidence. If one has no confidence, there is little possibility that one can achieve anything when faced with hardships. This truth seems to be self-evident. In reality, however, we do see a lot of people who always complain that they lack the ability to do something or that their difficulties are too great to overcome. For some, this might be true. But for the others, this only shows that they have lost heart. Why do some people often feel frustrated even though they are capable of doing something? I think there are two main reasons. In the first place, these people don't have a proper evaluation of themselves. They tend to underestimate their capabilities. Secondly, it is possible that they exaggerate the difficulties. In my opinion, one can build up confidence by oneself as long as he has a right attitude towards his own abilities. We should neither underestimate nor overestimate our abilities. Try to find your advantages and that is OK. As a proverb says, "Where there is a will, there is a way." With confidence we can certainly cope with any task we are faced with. 100Test 下载频道开

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