

预测话题：心理健康：2011年6月18日英语四六级作文终极预测 PDF转换可能丢失图片或格式，建议阅读原文

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考试将于6月18日开考，英语六级考试近在眼前，考生们千万不要过于紧张，放松、再放松！点击进入[#ff0000>2011年6月英语四六级考试试题答案专题](#)。 预测话题：心理健康

社会对于大学生心理健康问题越来越关注，如何保持心理健康成为社会关注话题。 For this part, you are allowed 30 minutes to write a composition on the topic: How to Keep Psychologically Healthy?

You should write at least 120 words following the outline given below in Chinese. 1 . 心理健康问题往往是导致疾病的原因 2 . 分析

人们产生心理健康问题的原因(可从失业、压力过重、缺乏支持、缺乏人际交往能力等方面分析) 3 . 你认为人们应如何保持心理健康

How to Keep Psychologically Healthy? One in four people will experience some kind of mental problem in the course of a year. When you fail to manage these problems, they are likely to cause various mental illnesses. The cause of mental health problems often varies a lot from one case to another. In today ' s society, a good number of people are suffering from heavy pressure. Others lack communication skills. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit. There are a lot of ways to curb mental health problems and keep

psychologically healthy. Firstly, find the real cause of your mental health problem and see whether you can do something about it. Secondly, learn to relax yourself and take exercises to release the

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pressure. Lastly, you may find it helpful to talk to your partner or friend about your problem, or seek support and advice from a psychological consultant. 2011年英语六级成绩查询时间：英语六级考试成绩将会在考后两个月内公布（8月下旬）。点击进入2011年6月英语六级成绩查询时间>>编辑推荐：2011年6月英语六级考前每日一练2011年6月英语六级考前冲刺专题题型写作快速阅读听力仔细阅读完型填空翻译试题#0000ff>写作试题#0000ff>快速阅读试题#0000ff>听力试题#0000ff>仔细阅读试题#0000ff>完型填空试题#0000ff>翻译试题答案#0000ff>写作答案#0000ff>快速阅读答案#0000ff>听力答案#0000ff>仔细阅读答案#0000ff>完型填空答案#0000ff>翻译答案 特别提醒：为方便大家能及时准确的查看2011年6月英语六级试题答案，建议各位考生收藏#333333>百考试题英语六级考试频道点击收藏，我们会第一时间发布相关信息。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](http://www.100test.com)