

2011年英语专四考试预测作文，专四考试作文范文专四专八考试 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/645/2021\\_2022\\_2011\\_E5\\_B9\\_B4\\_E8\\_8B\\_B1\\_c94\\_645402.htm](https://www.100test.com/kao_ti2020/645/2021_2022_2011_E5_B9_B4_E8_8B_B1_c94_645402.htm) 2011年英语专业四级考试将于4月16日举行，百考试题网为答谢广大考友一直以来的支持，特别推出《2011年英语专四考试预测作文20篇》，供各位考友复习参考，预祝所有考生都能顺利通过考试！ 上篇回顾

：#0000ff>2011年英语专四考试预测作文（7） It is reported that mental health has become a troublesome issue. The number of people committing suicide is on the rise. You are required to analyze this phenomenon and contribute some suggestions on how to keep psychologically healthy. Write on ANSWER SHEET THREE a composition of about 200 words on the following topic: How to Keep Psychologically Healthy? You are to write in three parts. In the first part, state specifically what your view is. In the second part, provide one or two reasons to support your idea OR describe your idea. In the last part, bring what you have written to a natural conclusion or a summary. Marks will be awarded for content, organization, grammar and appropriateness. Failure to follow the instructions may result in a loss of marks. 范文 How to Keep Psychologically Healthy? Nowadays more and more people are concerned about mental health issue. It is reported that the number of people committing suicide is on the rise. Many of them committed suicide just because of some little frustration such as failing an exam. If they had paid more attention to their mental health, they might not have reacted in such an extreme way. How to

keep ourselves psychologically healthy? First, we should adjust ourselves to the new conditions. When we go to a university as freshmen, or go to work in a strange city, we may become nervous because everything is so unfamiliar. The only way out is to adjust ourselves to the new conditions and shake off the anxiety quickly. Second, we should know our-selves well and admit that we are just ordinary people. Knowing that ordinary people may not be good at everything, we can easily accept some small failures in our lives. Third, we should try to share our feelings with friends. By doing this, we are assured that any difficulty can be solved since we are not alone. It is very important for us to be psychologically healthy, and we should pay more attention to our mental health. 小编推荐：

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