

英语

高考微写作解题思路剖析

——以 2023 年北京高考阅读表达微写作题型为例

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阅读表达是 2021 年起北京高考新增的考查内容，该题型旨在对学生的读写结合能力进行考查。该题要求学生阅读一篇短文，并在理解文段内容的基础上，按照题目要求回答四个小题。三年来，高考选取的阅读文本虽体裁不一，但小题题型基本保持一致。第一二题为细节理解题，主要考查学生获取信息和理解信息的能力。第三题为改错题，主要考查学生阅读理解中推理判断的能力。第四题为阅读表达题，要求学生写一个 40 词左右的文段。例如：1. In addition to improving emotional health, what do you think are some other benefits of resolving an argument? (2021 年北京) 2. Among Tom's qualities, which one(s) do you think will be important for us? Why? (2022 年北京) 3. What benefit(s) have you got from one of your good habits? (2023 年北京) 以上三个写作任务均要求学生就已给语篇相关主题发表个人观点和看法并阐释理由。

下面以 2023 年北京高考英语试题为例，剖析答题要求，解析答题思路，总结答题方法，以帮助考生通过日常写作训练，增强语言表达和逻辑思维能力。

Habit formation is the process by which behaviors become automatic. People develop countless habits as they explore the world, whether they are aware of them or not. Understanding how habits take shape may be helpful in changing bad habits.

Habits are built through learning and repetition. A person is thought to develop a habit in the course of pursuing goals by beginning to associate certain cues (刺激) with behavioral responses that help meet the goal. Over time, thoughts of the behavior and ultimately the behavior itself are likely to be triggered (触发) by these cues.

A “habit loop (环)” is a way of describing several related elements that produce habits. These elements are called the cue, the routine, and the reward. For example, stress could serve as a cue that one responds to by eating, which produces the reward—the reduction of stress. While a routine involves repeated behavior, it's not necessarily performed in response to a deep-rooted urge, as a habit is.

Old habits can be difficult to shake, and healthy habits are often harder to develop. But through repetition, it's possible to form new habits. The amount of time needed to build a habit will depend on multiple factors, including the individual and the intended behavior. While you are able to pick up a new habit in a few weeks, it takes many months to build a healthy habit.

Take some time to think about what leads to bad habits and re-evaluate what you get out of them. Consider and keep in mind why you want to make a change, including how the change reflects your values.

本文是一篇说明文，主要介绍良好习惯养成的过程和特点有助于改掉坏毛病。最后一道题的写作任务是 What benefit(s) have you got from one of your good habits? (In about 40 words)。该题要求考生表达观点并陈述理由，需结合自身经历说说自己的一个好习惯以及它所带来的益处。

学生在阅读文章并完成前 3 道题的作答之后，已对

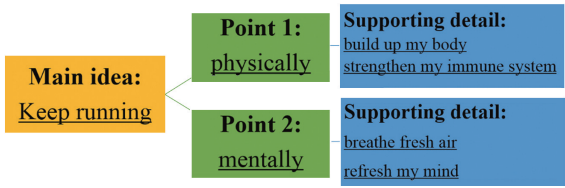
文章大意和部分细节信息有了较为准确的理解。在进行阅读表达题作答时，考生可从以下几个步骤作答：

第一，仔细审题，精准解读。 建议学生在审题时通过圈点勾画的方式，抓住题眼，例如本题中的“one”“your good habit”和“benefit(s)”是非常重要的信息，强调的是考生自己的一个好习惯及其益处。这些信息在审题时值得关注。

第二，头脑风暴，科学取舍。 每个人的日常生活好习惯有很多，如 going to bed early and getting up early (早睡早起)，keeping reading (坚持阅读)，doing exercise (坚持锻炼) 等。在这些好习惯中如何进行取舍非常重要，考生可以参照本题的考查要求进行筛选。这是一道考查考生创造性思维和逻辑思维的语言表达题。考生应结合自身情况，选择与自己书面表达水平相匹配且能体现创造性思维的立意最佳，例如一些学生选择了 making a to-do list (列计划清单)，keeping a journal (写日记) 等不错的想法，他们能用准确的语言和恰当的逻辑对上述想法进行准确表达，那就是最佳选择。

第三，简列提纲，拟定要点。 通过观察和学生访谈我们发现，部分考生确定立意后没有构思和列提纲的过程就直接开始写作。因时间和字数限制等问题，上述做法并不能很好地完成写作任务。因此，建议考生在正式写作前养成列提纲的习惯，以使结构清晰、逻辑有序。例如，某考生选择的好习惯是跑步，并在写作前拟定从身体和心理两方面论证它的好处，这篇习作将采用总分结构展开论述。这样一来，写作基本框架的搭建就为形成条理清晰的习作奠定了基础。

第四，确定逻辑，合理论证。 每一个要点和支撑细节之间如何衔接是对考生逻辑思维能力的考查，对考生来说极具挑战性。本次的写作任务是描述好习惯及其益处。通过分析，我们可以得出要点和细节之间应选择因果论证的逻辑关系，以此构建主要内容间的隐性逻辑，使论证更加充分。例如，某考生在正式写作前列出了如图所示的写作提纲，做好了写作准备。



第五，精选语言，准确表达。 内容的隐性逻辑已经确定，如何用 40 词的语言将提纲中的内容准确呈现呢？具体来说，每个部分内容的功能不同考生应选择的语言表达也不尽相同。例如，有关主题句的写作有以下三个表述：

A. Keeping running every morning benefits me both physically and mentally.

B. I have developed a good habit of doing exercising like jogging half an hour every day, and it benefits me a lot.

C. I have formed a habit of running in the morning every day since I was 7 years old, which has helped me a lot in different ways.

通过比较，大家一致认为 A 表述更简练清晰。据此，我们得出主题句的写作启示——简练地表达主题。

要点信息的呈现需要体现层次性，以清晰呈现作者的主要论据，例如提纲中作者选择了 physically, mentally 两个词很好地呈现了两个主要方面。此外，考生还可以选择如 First (ly)...Second (ly)...//For one thing..., For another...// First of all...; Moreover/ what's more/ in addition / besides... 等来清晰呈现层次和结构。

要点和细节间的隐性逻辑关系则需要恰当的逻辑衔接词将其显性化，如在本题中，考生可以选择常用的连词、副词或词组如 because, since, as, for, due to... 来引出细节原因；so, therefore, consequently, thus, as a result... 来引出结果；还可以巧用一些动词及其相关句式来表达益处如 benefit sb. a lot..., benefit greatly from..., be beneficial to/for..., help sb. to do..., enable sb. to do..., allow sb. to do... 等。但是，显性的语言表达方式只有通过合理的隐性内容逻辑才能起作用，否则并不能充分地展现考生的逻辑思维能力。例如：

A. Running can make me feel relaxed so that I can have a good mood and be energetic in the whole day.

B. Running can help me keep a better balance between study and relaxation, which definitely means I can study efficiently.

A 和 B 两种表述分别使用了 so that 和 which 两组连词形成了两个复合句。但经过仔细分析，我们发现 B 中的跑步并不一定有助于更好地保持学习和放松之间的平衡，所以要点和细节间的逻辑不成立。完成一篇短小精悍、符合主题、结构清晰、逻辑合理、语言准确的习作并不是一蹴而就的，需要考生不断增强篇章、结构和逻辑意识，辅之以不断的强化训练。考生需要在日常训练中养成自我评价和修正的好习惯，下面是具体可操作的评价量表，考生可参考。只有通过不断地练习、评价和修订，才能形成行之有效的微写作解题方法和思路。

评价量表

评价维度	评价标准	评价结果
内容	1. 是否紧扣主题 2. 是否有简明扼要的主题句	好习惯：_____ 词数：_____
逻辑	1. 是否选择了恰当的论证方式 2. 是否有适切的逻辑连接词使结构清晰、语义连贯	论证方式：_____ 论点与论据逻辑是否强相关：_____
语言	1. 语言是否准确 2. 表达是否丰富	语法错误_____处 优美语言示例：_____

优秀习作赏析

My habit of writing down daily tasks has benefited me a lot. First, it makes my tasks clear and decrease the possibility for me to miss something important. And also, it helps me to manage my time properly and make my whole day well-organized. So I think it is beneficial. (50 words)

教师点评：该文段紧扣主题，表达准确，结构清晰，逻辑严谨，论证充分。