1. teenage problems 青少年问题
2. eat less and exercise more 少吃多锻炼
3. finish the food for you 替你吃完食物
4. almost drive me mad 几乎使我发疯
5. get low marks in exams 在考试中得低分
6. manage your time better 更好地管理你的时间
7. I don’t know how I should deal with it. 我不知道我应该如何处理它。

=I don’t know what I should do with it.

1. have no choice but to do sth 别无选择只能做某事
2. stay up late 熬夜到很晚
3. find it hard to stay awake the next day 发现第二天保持清醒很难
4. I hardly have any spare time for my hobbies like volleyball and music. 我几乎没有任何空余时间用于像排球和音乐这样的爱好。
5. cannot imagine my life without hobbies 无法想象没有爱好的生活

imagine doing sth. 想象做某事

This is the best way I can imagine to deal with the problem.这是我能想到处理这个问题的最好方式。

I can hardly imagine what our life will be like in 50 years.

我几乎想象不到五十年后我们的生活是什么样的。

1. I often doubt whether it is worth spending so much time on homework.我经常怀疑是否值得花这么多时间在作业上。

doubt后跟的连词是whether或if，don't doubt后跟的连词是that

worth是形容词，表示“值得的” be (well) worth doing sth. （很）值得做某事

The book is worth reading. 这本书值得读。（用ing表被动）

=It is worth reading the book.（尽量不要用）=The book is worth a read.

The detail is so important that it is well worth paying attention to.这个细节如此重要，以至于它很值得关注。

1. I dream of a long holiday so that I could have more time for my hobbies.

我梦想（有）一个长假，这样的话我就能有更多的时间用于爱好。

so that连用，后面的句子中通常都会有情态动词，表目的，如果没有情态动词，则表结果

1. offer me some suggestions/advice 给我提供一些建议
2. hope to hear from you soon 希望尽快收到你的来信
3. the cause of my problem 我问题的起因

任务型中，表示原因时，cause跟of，reason跟for

1. get into trouble 陷入麻烦
2. be strict with sb. 对某人严格
3. develop our hobbies 培养我们的爱好
4. achieve a balance between my schoolwork and my hobbies 在我的学业和爱好中达到一种平衡
5. look forward to your valuable advice 期待你宝贵的建议
6. make a list of... 做一个……的清单
7. work out how much time you need to finish it 计算出你完成它需要多少时间
8. choose your hobby according to the time you have 根据你有的时间选择爱好
9. I think your advice is worth taking. 我认为你的建议值得采纳。
10. forget about your homework 忘记你的学业
11. play football for an hour or two 踢一到两个小时足球
12. be of some value to you 对你有些价值
13. need silence 需要安静
14. I need someone to share my worry with. 我需要有人来分享我的忧虑。
15. What would life be like without hobbies? 没有爱好，生活将会是怎样的？
16. a youth worker 一个青年工作者
17. solve their problems 解决他们的问题 solve= work out≈deal with
18. get his replies 得到他的回复 reply to sb. 回复某人
19. I don’t know what films are on now. 我不知道什么电影在上映中。
20. call her a bookworm 叫她书虫
21. pay no attention to the classmates who laugh at her 无视嘲笑她的同学
22. seem much happier than before 似乎比以前开心多了
23. make little/much progress in my English 在我的英语方面几乎没有取得/取得很大进步（progress无论何时都不可数）
24. go over what you have learnt as often as possible 尽量经常复习你学过的东西
25. read English aloud 出声地朗读英语
26. pronounce all the words correctly 正确地发出所有单词的音
27. learn their pronunciation 学习它们的发音 （注意pronunciation和pronounce的拼写区别）
28. Don’t mention it. 不用谢。/没关系。/别再提这件事了。
29. be unhappy with your weight 对你的体重不满意
30. many students of our age 许多和我们同龄的学生
31. care too much about your marks 对你的分数关注太多
32. shout at people 对人们大喊大叫
33. ask for friends’ help 寻求朋友们的帮助
34. keep the problem to yourself 把问题藏在心里