

概要写作 第5小节 复习笔记

实例讲解二 Is sensitivity always beneficial?

1. 实例原文

Is sensitivity always beneficial?

Sensitivity is, for the most part, seen as an overall positive human characteristic. But it's not necessarily always beneficial to an individual. While there are certainly times that being sensitive can be advantageous, there are other times in which being overly sensitive can absolutely influence a person.

Sensitive people are able to see from a variety of perspectives. They almost live vicariously (间接感受到地) through other people's emotions, especially when dealing with people they truly care about. This leads to deeper human connections, as their loved ones will see how much the sensitive person really cares by how they react in a given situation. The reinforcement a sensitive person gives a loved one just by their response makes it clear that the person truly enjoys seeing others happy.

When things aren't going so well for your friends, you'll feel the weight of the world on your shoulders. Obviously, you just want everyone around you to be happy---but that won't always be the case. While it's obviously reasonable to be upset when your friend is feeling down and you're doing your best to help them out of the sadness, overly sensitive people are unable to separate themselves from the situation and realize the sadness of their loved ones is not their sadness.

Sensitive people pick up on the overall mood of a place or event immediately and instantly find themselves in that same mood, regardless of how they felt when they walked in. This allows them to fit into a variety of social situations, as they understand the appropriate way to act wherever they find themselves.

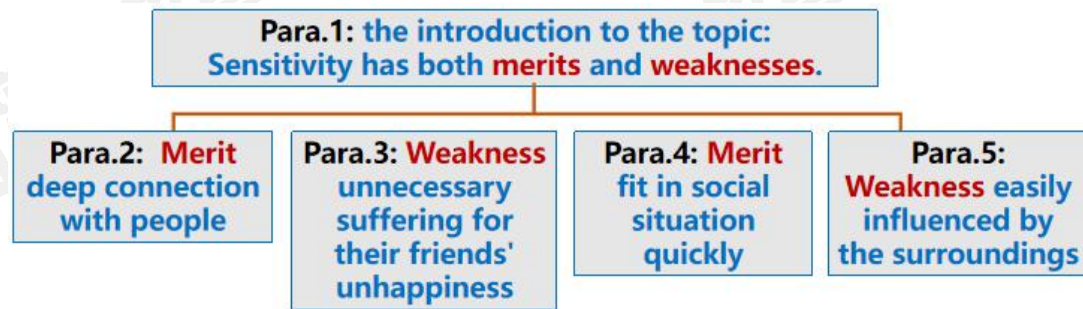
But sometimes, this is not a good thing. Sensitive people are incredibly in tune with minor fluctuations (波动) in an environment, so something as simple as a change in volume or brightness in area can have a negative effect on a sensitive person. When a sensitive person experiences pain, it's almost impossible for him/her to let it fall away.

2. 实例解析 - 全文

Main idea of the whole passage?

The merits and weakness of sensitivity.

The structure of the passage?



3. 实例解析 - Para.1

第一段原文：

Sensitivity is, for the most part, seen as an overall positive human characteristic. But it's not necessarily always beneficial to an individual. While there are certainly times that being sensitive can be advantageous, there are other times in which being overly sensitive can absolutely influence a person.

第一段解析：

Sensitivity is, for the most part, seen as an overall positive human characteristic. But it's not necessarily always beneficial to an individual. While there are certainly times that being sensitive can be advantageous, there are other times in which being overly sensitive can absolutely influence a person.

说明：红色部分是本段的主题：敏感总体被认为是一种积极的性格特点，但敏感也不总是给人带来好处。绿色的部分是对红色部分的解释，所表达的意思基本与前面的内容一致，无需概括到概要中。

Tips:

1. 在一个段落中，通常 but 后的内容是该段落的主题。但有的时候，but 或 while 的前后内容会是陈述一件事情的两个方面，那么在写概要时，两个方面都要涉及。

2. 要学会分析句间关系。如果前后两句话表达的内容几乎相同，或后一句是前一句的解释，那么概要写作时，只要保留第一句话的内容就可以。

第一段概要：

段落大意可概括为：

Sample 1: Generally perceived as a positive human personality, sensitivity can also affect people negatively.

Sample 2: Sensitivity is a complicated personality, sometimes bringing some bad influence to people other than benefits.

Sample 3: Sensitivity generally brings benefits to people, while sometimes being overly sensitive can be harmful.

4. 实例解析 - Para.2

第二段原文：

Sensitive people are able to see from a variety of perspectives. They almost live vicariously (间接感受到地) through other people's emotions, especially when dealing with people they truly care about. This leads to deeper human connections, as their loved ones will see how much the sensitive person really cares by how they react in a given situation. The reinforcement a sensitive person gives a loved one just by their response makes it clear that the person truly enjoys seeing others happy.

第二段解析：

Sensitive people are able to see from a variety of perspectives. They almost live vicariously (间接感受到地) through other people's emotions, especially when dealing with people they truly care about. **This leads to deeper human connections**, as their loved ones will see how much the sensitive person really cares by how they react in a given situation. ~~The reinforcement a sensitive person gives a loved one just by their response makes it clear that the person truly enjoys seeing others happy.~~

说明：本段讲述敏感的好处。红色划线部分是本段的主题；蓝色划线部分是解释主题的两点重要信息，即促成 deeper human connection 的两点原因：

1.能多角度看问题，感受别人的情绪；2.别人能看出他们对自己的关心。绿色部分是对上一句的解释，表达的意思基本与上一句一致，属于次要信息。

第二段概要：

段落大意可概括为：

Sample 1: On an interpersonal level, as sensitive people are very understanding and caring, they can build **stronger** bonds with others..

Sample 2: Sensitive people, with a great sense of empathy and sincere care for others, are more likely to **get deeply connected** with others.

Sample 3: **It** is easier for sensitive people to deepen connections with others as they can well understand others' emotions and react with great concern.

Tips:

3. 在写概要时，需要对原句的信息进行整合提炼。如在表达为什么敏感的人更容易与别人有 **deeper connection** 的时候，可以把两点原因进行整合提炼，即：有同理心(empathy)及对别人的关爱(sincere care)。

5. 实例解析 - Para.3

第三段原文：

When things aren't going so well for your friends, you'll feel the weight of the world on your shoulders. Obviously, you just want everyone around you to be happy---but that won't always be the case. While it's obviously reasonable to be upset when your friend is feeling down and you're doing your best to help them out of the sadness, overly sensitive people are unable to separate themselves from the situation and realize the sadness of their loved ones is not their sadness.

第三段解析：

When things aren't going so well for your friends, you'll feel the weight of the world on your shoulders. ~~Obviously, you just want everyone around you to be happy---but that won't always be the case. While it's obviously reasonable to be upset when your friend is feeling down and you're doing your best to help them out of the sadness,~~ **overly sensitive people are unable to separate themselves from the situation and realize the sadness of their loved ones is not their sadness.**

说明：本段讲述敏感的危害。红色部分是本段的主题，蓝色部分是对主题的进一步说明：敏感的人会承受巨大的压力，且不能从别人的负面情绪中抽身；绿色部分的内容是次要信息，无需概括到概要中。

第三段概要：

段落大意可概括为：

Sample 1: Meanwhile, they may also easily **take** their friends' negative emotions **personally** and therefore suffer unnecessarily.

Sample 2: However, they are more likely to **be burdened with** negative moods from other people, and worse still, hard to get themselves out of the bad feelings.

Sample 3: Nevertheless, they may **feel responsible for** their friends' negative emotions and easily get drowned in those bad moods.

6. 实例解析 - Para.4

第四段原文：

Sensitive people pick up on the overall mood of a place or event immediately and instantly find themselves in that same mood, regardless of how they felt when they walked in. This allows them to fit into a variety of social situations, as they understand the appropriate way to act wherever they find themselves.

第四段解析：

Sensitive people pick up on the overall mood of a place or event immediately and instantly find themselves in that same mood, regardless of how they felt when they walked in. **This allows them to fit into a variety of social situations**, as they understand the appropriate way to act wherever they find themselves.

说明：本段的结构与第二段的结构一致，讲述敏感的另一好处。红色划线部分是本段的主题；蓝色划线部分是解释主题的两点重要信息，即敏感的人容易 fit in different social situations 两点原因：① quickly pick up a mood of a place ② know how to act accordingly

第四段概要：

段落大意可概括为：

Sample 1: Sensitivity enables people to perceive the emotional atmosphere of a social setting, and thus to blend in easily with proper act.

Sample 2: Thanks to their quick comprehension of the atmosphere and proper behavior, sensitive people can easily get adjusted to different social occasions.

Sample 3: By behaving appropriately with a great sense of certain atmosphere of a social place, sensitive people are more adaptive to different situations.

7. 实例解析 - Para.5

第五段原文：

But sometimes, this is not a good thing. Sensitive people are incredibly in tune with minor fluctuations (波动) in an environment, so something as simple as a change in volume or brightness in area can have a negative effect on a sensitive person. When a sensitive person experiences pain, it's almost impossible for him/her to let it fall away.

第五段解析：

But sometimes, this is not a good thing. Sensitive people are incredibly in tune with minor fluctuations (波动) in an environment, **so something as simple as a change in volume or brightness in area can have a negative effect on a sensitive person.** When a sensitive person experiences pain, it's almost impossible for him/her to let it fall away.

说明：红色部分是本段的主题。蓝色部分是解释主题的重要信息。第二句话是并列句，前半部分表原因，后半部分是不良的后果，故后半部分是主要信息。最后一句话是对主题的进一步说明，也是主要信息，概要中要提及。

第五段概要：

段落大意可概括为：

Sample 1: However, they may also overreact to a slight change in the environment and have difficulty getting over the pain it causes.

Sample 2: Unfortunately, some slight changes can lead to their negative emotions and they may find themselves trapped in those bad moods, unable to let it go.

Sample 3: Meanwhile, they are overly sensitive to even minor changes around them and unnecessarily impose themselves into bad moods, stuck in pain.

8. 实例解析 - 范文

写作要点：

1. 用恰当的衔接词把每段的要点连接在一起。
2. 注意词数，不超过 80 词。
3. 通读一遍，看要点之间是否独立，内容是否连贯，逻辑是否通顺。
4. 检查语言的表达是否准确，有无语法、拼写及标点的错误。

范文一：

Sensitivity is a complicated personality with merits and weaknesses. (要点 1) **Interpersonally**, as sensitive people are understanding and caring, they can build stronger bonds with others. (要点 2) **However**, they may also easily take their friends' negative emotions personally and therefore suffer unnecessarily. (要点 3) **Meanwhile**, sensitivity enables people to quickly perceive the atmosphere of a social setting, and thus to blend in easily with proper act. (要点 4) **Unfortunately**, some slight changes around them may cause their lasting negative feelings. (要点 5) 73words

范文二：

Generally perceived as a positive personality, sensitivity can also affect people negatively. (要点 1) Sensitive people, with their empathy and sincere care for others, can deeply connect themselves with others. (要点 2) **However**, they may also be unnecessarily burdened with their friends' negative emotions. (要点 3) Thanks to their quick comprehension of the atmosphere of a place, sensitive people get well adjusted to different social occasions. (要点 4) **But** they may also overreact to a slight change in the environment and have difficulty getting over the pain. (要点 5) 67 words

范文三：

Sensitivity sometimes brings bad influence to people other than benefits. (要点 1) Sensitive people can bond with others as they can well understand others' emotions and react with great concern. (要点 2) **However**, they may feel responsible for their friends' negative emotions and suffer as well. (要点 3) **Meanwhile**, capable of sensing the atmosphere of a place, sensitive people are more adaptive to different social settings. (要点 4) **Unfortunately**, their sensitivity to even minor changes may also cause unnecessary bad moods, leaving them in pain. (要点 5)

76 words