# 大学英语压力作文范文共15篇

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*大学英语压力作文范文 第一篇Peer pressure means the influence given by a group of people around you, such as, parents, friends, classm...*

**大学英语压力作文范文 第一篇**

Peer pressure means the influence given by a group of people around you, such as, parents, friends, classmates, teachers and so on. Their influence will affect your attitude, behavior, conception or decision. As every side has two sides, this influence also has two sides. Let me explain my reasons.

同伴压力是指自己周围的人所形成的压力，比如，父母，朋友，同学，老师等。

他们的影响会影响到你的态度，行为，观念或者决定。正如事物都是有两面性的，这样的影响也是一样的。让我给我的观点吧。

For one thing, influence of peer pressure has positive effect. It depends on the specific thing. Sometimes, the influence of pressure will promote me get progress. For instance, my deskmate does well in one math exam, while I fall far behind her. As we are deskmates, i can’t let others look down on me. So i will take her as my good example to fight. And then next time, I can get a good mark by my effort. Take my parents as another example, they like clean. They don’t have the habit to throw rubbish at will. I won’t have this habit either living with them.

一方面，同伴压力的影响有积极的一面。这要具体情况而定。有时候同伴压力的影响会促进我们进步。比如，我同桌在一次数学考试中成绩突出，而我却落后她很多。因为我们是同桌，我不能让别人看低我。所以我会把她当成是我的榜样来奋斗。之后下一次考试，我也可以通过自己的努力取得一个好成绩。还有以我父母为例，他们喜欢干净。他们不会有乱丢垃圾的习惯。和他们生活在一起我也不会养成那样的习惯的。

For another, influence of peer pressure has negative effect. Sometimes the influence will be bad. For example, if my friends ask me to skip class to watch a basketball match with them, i go with them, even i don’t have that thought before. And one of my friends has gone through a lot, he always try to convince me that money is very important. As time passes, i may change my conception.

另一方面，同伴压力的影响也有消极的一面。有时候同伴压力的影响会有不好的影响。比如，如果我朋友叫我逃课陪他们去看球赛，尽管之前我没这想法，但是我可能会和他们一起走的。还有我一个朋友因为经历了很多，总是跟我说金钱的重要性。慢慢的，我也许会改变我的观念。

In summary, the influence of peer pressure has positive and negative sides. We have to advocate the good side and avoid the negative. We have to be clear about what is right and what is wrong and firm our position.

总之，同伴压力的影响有积极的也有消极的影响。我要提倡好的方面，避免不好的一面。我就得明辨是非，坚定立场。

**大学英语压力作文范文 第二篇**

Reduce stress

Less Pressure, Better Life Hello, boys and girls! Pressure is a serious problem in today’s world. Students in our class are under too much pressure. Some students can’t get on well with their classmates, while others may worry about their exams. I’m always under pressure, too. My parents want me to be the top student in class. So they send me to all kinds of training classes at weekends. Last Monday evening, I had a talk with my mother. I told her I was not lazy. I really felt tired. I needed time to relax. My mother agreed with me at last. So I think a conversation with parents is necessary to solve the problem. That’s all. Thank you!

更少的压力，更好的生活你好，男孩和女孩!压力是当今世界的一个严重问题。我们班的学生承受太大的压力。一些学生和他们的同学相处不好，而另一些学生则会担心考试。我总是在压力下。我父母想让我成为一流的学生。所以他们在周末送我去各种培训班。上个星期一晚上，我和我的妈妈说了一次。我告诉她我不懒。我真的感到很累。我需要时间放松。我妈妈终于同意了。所以我想和家长的对话是解决问题的必要的。这都是。谢谢你!

**大学英语压力作文范文 第三篇**

Those who live in cities around the world are likely going to have similar experiences about living and the associated challenges regardless of their location on the globe. Most of these challenges revolve around stress which studies have shown is a part of living. Regardless of what you do and your profession and place stress is not avoidable but could be minimized. Those who see stress as an enemy will probably live an irritable life which is quite unnecessary.

不管你生活在世界上哪一个城市,你都很可能会遇到类似的生活经历和各种各样的挑战．研究证明，大部分这些来自各种压力的挑战已经成为人们生活的一部分，无论你干什么，从事何种职业，身处何方，你都无法避免各种压力，但你却能最大限度的减少压力．因此人们大可不必将压力视为敌人从而使生活烦躁不安。

How then do we cope with stress? I am going to give you tips that have helped and are still helping me in coping with life in the city of Lagos Nigeria, the most populous African city, where orientation of people is quite different in many ways about stress and living with others.

那么我们应该如何应对压力呢？让我来告诉你一些小窍门，正是这些小窍门让我在尼日利亚的拉哥斯那样一个人口稠密，人们目标迥异的城市得以应付生活中的各种压力，处理各种人际关系。

1. Wrong views on stress

1 正确地认识压力

Get the right meanings and impression on stress. Those who misconstrued some daily activities or physical exercises as stress will likely be over burdened by what stress is not. You could read up some literatures, journals, or visit some websites and publications like this website to get to know more on stress. I believe when you can relate your activities and place them in right perspectives on what stress is then you could avoid being overwhelmed by some wrong thoughts about it.

2. Do not make stress an issue

2 不要过分担心压力

Those who will readily be devastated by stress are those who see it as an issue. It is better to ride on the wave of stress rather than be consumed and overtaken by it. So do not see stress as a problem but as a challenge of living that can be handled and live with, with few consequences.

被压力所催垮的往往是那些过分担心压力的人。我们应该把压力看作是可以应对的生活中的一些无法避免的挑战,它们并不会带来多么严重的后果,因为积极面对压力总比被它压倒好。

3. Schedule your activities right

3 合理安排好你的活动

It may sounds strange to be advised on scheduling your activities which you have been doing for many years. If you have been bothered by stress then I think it is advisable to reappraise your activities in the light of this understanding in order to identify some probable flaws that may hitherto be hidden. It could be revealing. Do not therefore live on assumption but know that the way you schedule your activities can out blow the impact of stress on you. For instance schedule only the number of activities you could take per day. Do not over estimate your abilities but take only the number of activities you think you could successfully carry out in a day. An uncompleted task could leave you spent.

有人建议你合理安排好你的活动,听起来也许觉得很奇怪,因为几年来你一直都在安排。我觉得如果你一直被压力所困扰的话,从这个角度出发重新安排你的活动是一种明智的做法。这样一来可以发现一些迄今为止仍然隐藏在你计划中不足.因此不要生活在假想中,你必须明确,你的安排可能会消除你的压力。比如说,拟定好你一天能完成的事情的数量,不要高估你的能力,只要列出你能在一天能成功完成的即可。因为没完成的任务会让你觉得筋疲力尽。

**大学英语压力作文范文 第四篇**

In recent years, learning Chinese has aroused a great attention all over the a new upsurge in learning Chinese is in the making in many foreign countries. As far as I am concerned, as a Chinese, learning Chinese is particularly important.

近年来，学习汉语已经引起了全世界的关注。汉语学习的新高潮正在国外许多国家中兴起。我觉得作为一个\*人，学习汉语是特别重要的。

There are several points accounting for my view. First, Chinese is a great treasure of our nation and learning Chinese well is a basic obligation of every citizen. Second, Chinese has become more and more popular and frequently-used all over the world with the fast development of world. Therefore, a person whose mother language is Chinese has no reason to refuse to learn Chinese. In addition, learning Chinese well is a basic of learning other languages. A large number of people put their all emphasis on learning other languages but cannot get a satisfied result because they neglecting Chinese learning. Therefore, when we are learning another language, we should keep learning Chinese as well.

原因有几点。第一，\*是中华民族的瑰宝，学好汉语是每个公民的基本义务。第二，随着世界的快速发展，汉语已经越来越受欢迎而且使用越来越频繁。因此，一个母语是汉语的人没有理由拒绝学习中文。此外，学好汉语学习其它语言的基础。很多人把他们的注意力放在学习其他语言上却并没得到满意的结果是因为他们忽视了汉语的学习。所以，当我们在学习另一种语言时，我们应该坚持学习汉语。

In a brief, learning Chinese is important particularly in new epoch. We had better make effort to learn it better.

简而言之，学习汉语是很重要的，特别是在新时代。我们最好努力把它学好。

**大学英语压力作文范文 第五篇**

Because of the high developing speed of the world, pressure has become a serious problem in nowadays.

由于世界的高度发展，压力已经成为现今一个严重的问题。

As our students, we also have to face with much pressure, such as the study pressure, exam pressure,relationship pressure and so on.

作为学生，我们也必须面对压力，比如学习压力，考试压力，关系压力等等。

But how can we cope with pressure? This is the most important.

但是，怎样缓解压力呢？这是最重要的。

Firstly, we should face the pressure appropriately. Pressure is inevitable in our daily life, so we can\'t be afraid of them and try our best to cope with them.

首先，我们应该正对面对压力。压力是我们日常生活中不可避免的，所以我们不能害怕她，要尽力去解决它们。

Secondly, tell our pressure to others. Talking is a very effective way to ease pressure, and during the talking, we may get some suggestions and solutions.

其次，向别人倾诉压力。聊天是缓解压力的有效方式，在聊天过程中，我们可能会得到一些建议和解决方法。

Finally, trust ourselves. We should believe ourselves that we can deal with any troubles by ourselves or by others\' help.

最后，要相信自己。我们应该相信自己我们可以通过自己或他人的帮助处理任何麻烦。

**大学英语压力作文范文 第六篇**

As the pace of modern life continues to quicken,many people are in the habit of rushing through admit that stress seems to be on the increase all the certain degree of stress is beneficial to us,but too much stress is certainly harmful,and sometimes may even harmful to our health and it is necessary to know how to reduce stress.

There are many ways that can help us solve this problem,but the following may be the most to come to terms with \'t set a goal that is too high because there are many things in this world that are beyond your to be content to go as far as you to come to terms with the world around \'t try to change other people or other are people and things in this world that you can do nothing learn to accept \'t be too interested in material things and don\'t try to xxxkeep up with the Joneses.xxxDon\'t harbor any jealousy,vanity or resentment to satisfied with what you in touch with your with them,share with them your happiness and will help to make you feel better.

These are not necessarily the only ways to solve the problem,and it is my hope that everyone can reduce the too much stress in his work and study and live a relaxed happy life.

**大学英语压力作文范文 第七篇**

Stress is an inevitable part in our normal life. Many kinds of things, such as natural disasters, war and death can cause too much stress in our life. But according to a psychologist, on a day-to-day basis, stress may result from the small things: taking an exam, waiting in line, and having too many things to do in a limited time.

We all need stress to add flavor, challenge, and opportunity to life, but too much stress can seriously affect our physical and mental well-being, It reduces the body\'s immunity and harms the brain, If the stress lasts a long time, it may cause physical illness, insomnia, headaches, backaches, ulcers, high blood pressure-even heart disease.

When stress does occur, it\'s important to recognize and deal with it. There ore some methods we can try. A large number of physical activities can reduce onxiety. Shoring our stress with others can be enormously helpful. Making time for fun such os listening to music may be good medicine. Sometimes even crying is on efficient way to releose stress.

压力的大学英语作文3篇（扩展4）

——压力英语作文附中文5篇

**大学英语压力作文范文 第八篇**

In recent years, college students find it increasingly difficult to get a job. It sounds strange since young college students are usually intelligent, well-educated and eager to bring their talent into full play. Then what underlies the strange phenomenon?

There are several reasons for this. To begin with, nowadays college students aim too high. All they want are “good” jobs which could offer good salary, comfortable working conditions, high social status among others. Consequently, most college students are unwilling to accept vacant jobs they consider not “good” enough. Another reason is that there is a big gap between the majors some students study in school and the demands of vacant jobs. So companies think some students are not fit for the jobs.

Solution to the problem requires efforts on both the society and the students. The companies should value the students, talent and knowledge while the latter should not merely aim at material gains. They should be down-to–earth in building up their career. Furthermore, they should face their weak points so as to improve themselves and be more competent.

近年来，大学生找工作越来越难。这听起来很奇怪，因为年轻的大学生通常很聪明，受过良好教育，渴望充分发挥自己的才能。那么这种奇怪现象背后的原因是什么？

造成这种现象的原因有很多。首先，现在大学生的目标太高了。他们想要的只是“好”的工作，可以提供高薪、舒适的工作条件、高社会地位等。因此，大多数大学生不愿意接受他们认为不够“好”的空缺工作。另一个原因是部分学生在校学习的专业与职位空缺的需求存在较大差距。所以公司认为有些学生不适合工作。

解决问题需要社会和学生共同努力。企业应该重视学生、人才和知识，而后者不应仅仅以物质利益为目标。他们应该脚踏实地地建立自己的事业。此外，他们应该正视自己的弱点，从而提高自己，提高自己的能力。

**大学英语压力作文范文 第九篇**

In modern society, most people are under the higher pressure than everbefore and some people cannot handle the stress well and choose some extremeways to avoid or settle their , is stress a bad thing? As far as Iam concerned, everything has two coins, and we also need to realize it from twoaspects.

For one thing, stress is a kind of mental burden caused by nervousness oranxiety. In modern society, stress is mostly caused by the high requirements orheavy burden from surroundings or us, such as stress from peers or stress ineconomy. If we cannot handle the stress well, we would be easy to be in anegative mood and lost our motivation and courage to keep going or struggle withdifficulties. In this aspect, stress is a threat for our body and mental.

However, for another, stress can also be changed into a kind of motivationif we handle it well. For example, when you find that you are surpassed by yourclassmates in an examination, you feel stressful but at the same time, you alsotell yourself that you need to work harder to surpass him next time. Under thisstress, you will find yourself have more motivation and energy to study. In thispoint, stress is a propeller for us to get more improvements.

Thus, we need to use a dialectical method to treat stress and handle itproperly。

**大学英语压力作文范文 第十篇**

Now that emotion is closely related to our life, learning, so, so in the face of pressure and bad emotions, we can actively optimize mood, release pressure.

First, we need to build confidence. There is no relationship between confidence and personal base. It\'s about changing yourself at the moment you have confidence, taking a positive and fulfilling path.

After all, no one\'s life is a smooth one, and ups and downs will always come when you least expect them to. When you wrestle in some obscure place, are your eyes only the yellow sands in front of you, or are you still looking at the infinite peaks that you want to conquer? Confident people can quickly adjust their emotions and focus on the future.

Second, we can give ourselves positive hints that a relaxed and happy life comes from self-suggestion. We can wake up to the mirror yourself xxxtoday I want to be a very abundancexxx xxxI believe it\'s going to make progressxxx xxxit\'s a nice day today, my mood will be goodxxx...

Believe that with such positive implication, they will learn more efficiently and will have a great day in life! In fact, this suggestion gives us a good mood, if our mood is relaxed, can the learning effect be bad? Can life be unpleasant?

Stress has its pros and cons. Moderate pressure can keep your mental tension, improve work efficiency, once the excessive pressure, however, are likely to suffer from mental diseases such as depression, anxiety disorder, obsessive-compulsive disorder, let a person. There is a limit to the psychological capacity of a person, and the person who exceeds that limit will collapse. Just like a balloon, if you blow it up, you eventually explode.

Pressure is everywhere, in the face of the pressure we have to do is not to suppress, but to learn to lead, know to put down, so can healthy growth, sustainable development.

In the face of the pressure, sometimes it is an effective way to give a good sense of the spirit of the ah Q.

Disappointments are inevitable in life, and all kinds of stress are accompanied by stress. We might as well adjust mentality face pressure, guide them towards a positive, positive direction, never let the stress accumulation, not suppress your spirit for a long time, so to enjoy the beauty of life, healthy, happy life.

**大学英语压力作文范文 第十一篇**

xxx I can‘t stand the pressure and competition,xxx explained one friend of mine when asked why he decided to quit his highly-paid but demanding position in his company recently. My friend may have his own reasons, but I don‘t think his decision is wise in reality.

It is true that my friend‘s case is not unique. In the last few years quite a number of men and women have chosen to do something less competitive at the cost of a comfortable, easy life a highly-paid job can obtain. They are afraid that the stresses and strains of work will rob them of joy and happiness and do them harm both physically and mentally. In fact, however, stress isn‘t the bad thing it is often supposed to be. Unless it gets out of control, a certain amount of stress is vital to provide motivation and challenge, and to give purpose and significance to an otherwise meaningless, idle life. People under stress tend to express their full range of potential and to actualize their own personal worth - the very aim of a human life.

Stress is a natural part of everyday life and there is no way to avoid it. What we can do is to develop our adaptive abilities to deal with it rather than to escape from it.

**大学英语压力作文范文 第十二篇**

Adolescent obesity is a very serious problem in the United States, because as early as under the influence of fast food culture, since the company invented fast food, it has been favored by people quickly. But today, with more and more experts criticizing this unhealthy way of eating, fast food companies are facing great pressure, but it still overcomes the crisis. Everyone knows that eating fast food is good for them On the other hand, it is not convenient for the children to enjoy the healthy lunch in the fast food area.

On the other hand, it is a good choice for people to enjoy the healthy environment when they go to work Healthy food is so beautiful that more and more people refuse to eat fast food, which leads to the bankruptcy of many fast food companies. However, leading brands are still favored by people because managers pursue creativity and capture their fans.

中文翻译：

青少年肥胖在是一个非常严重的问题，因为早在快餐文化的影响下，自从公司发明了快餐，很快就受到人们的青睐，但是今天，随着越来越多的专家批评这种不健康的饮食方式的快餐公司面临着巨大的压力，但它仍然克服了危机，每个人都知道吃快餐对他们的健康不好，但还是有很多人选择吃它一方面，这是非常方便的特别是对于上班族来说，他们喜欢去快餐店享受午餐时间另一方面，一些快餐品牌如麦当劳为人们提供了舒适的环境，人们可以坐在那里，玩玩对于家庭来说，电脑一直是孩子们的游戏区，现在提倡的健康饮食是多么美好，越来越多的人拒绝吃快餐，这导致许多快餐公司破产，但领导品牌仍然受到人们的青睐，因为经理们追求创造，抓住他们的粉丝。

**大学英语压力作文范文 第十三篇**

There are many ways that can help us solve this problem, but the following may be the most effective. First, learn to come to terms with yourselves. Dont set a goal that is too high because there are many things in this world that are beyond your reach. Learn to be content to go as far as you can. Second, learn to come to terms with the world around you. Dont try to change other people or other things. There are people and things in this world that you can do nothing about. So learn to accept them. Third, dont be too interested in material things and dont try to xxxkeep up with the Joneses.xxx Dont harbor any jealousy, vanity or resentment to others. Be satisfied with what you have. Finally, keep in touch with your friends. Talk with them, share with them your happiness and misery. This will help to make you feel better.

有很多方法可以帮助我们解决这个问题，但下面的可能是最有效的。第一，学习接受自己。不要设定太高的目标，因为在这个世界上有很多事情是超出你的能力范围的。学会尽量满足自己。第二，学习适应你周围的世界。不要试途去改变其他人或其他东西。这个世界上的有些人和有些事是你无法改变的。所以要学会接受他们。第三，不要过于关注物质的\'东西，不要试图攀比。“不要怀有任何嫉妒，虚荣，或者怨恨之心。满足于你所拥有的。最后，和你的朋友保持联系。与他们谈话，与他们分享你的快乐和痛苦。这将有助于使你感觉更好。

**大学英语压力作文范文 第十四篇**

Stress is a state of being upset that happens when we are under pressure. Both our feelings and our bodies get upset.

We can even get emotionally and physically sick if we have too much stress for too long. Stress can come at us from every direction. For instance, it can come from fights with other people. It can come when we have too many things to do and too little time to do them. It can also come when we do not have enough money to pay for what we want. Since stress can make us sick, we have to learn how to deal with it. There are good ways and bad ways to do so. We should deal with stress in good ways, of course. Good ways to cut down on stress include changing our lifestyles. For example, we can learn either to get along with people or to stay away from them. We can decide what to do now, what to do later, and what to leave off doing forever.

We can also figure out how to get money or we can cut down on what we want. We should not deal with stress in bad ways because bad ways to cut down on stress just lead to more troubles, for example, skipping out and leaving our work undone, blaming our problems on someone else, stealing or cheating.

**大学英语压力作文范文 第十五篇**

with the fast are pace of modern life, more and more people are living under great pressure. some people are afraid of pressure. they think that the stresses and strains of work deprive them of joy and happiness. in their view, stress does harm to them both physically and mentally. that is why they prefer something less competitive and strenuous to something more demanding and challenging. others argue that stress isn’t as bad as it often supposed to be. unless it is overwhelming, a certain amount of stress is vital to provide motivation and stimulation. with out stress, you may slack off and idle away your time. it gives purpose and meaning to an otherwise meaningless, dull life. people under stress tend to bring their potential into full play and to realize their goals. in my opinion, we shouldn’t escape from stress but to face it as it is. what we can do is to adapt to the stress and to profit from it rather than to avoid it.

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