

# 高 效 记 单 词

—— gress 02



# 大家的英语基础如何？

1. 小学
2. 初中
3. 高中
4. 大学
5. 六级以上

## 测试大家的词汇量

**1. progression**

**2. egress**

**3. ingress**

**4. congress**

**5. aggressive**

**1. confession**

**2. bounce**

**3. retreat**

**4. rebound**

**5. retract**



# 英语晓莉老师

1  
四级  
六级

2  
考研英语

3  
雅思  
托福

4  
BEC  
高级

5  
港中大  
硕士

6  
知名机构  
最佳老师奖

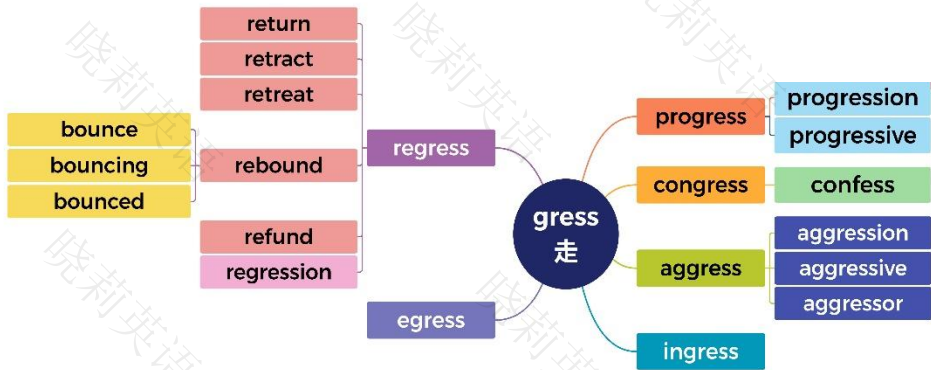
7  
全网600万  
粉丝

8  
全球30万  
学员

9  
一千学员  
是老师

# 高 效 记 单 词

—— gress 02



**progress** /'pra:gres/

初中/高中/CET4/CET6/考研/商务英语

**n.进步，进展**

**v.进步，进展**

✓ **technological progress**

✓ **make progress**

✓ **social progress**

**congress / 'kɑ:ŋgrəs /**

**CET4/CET6/考研/IELTS/TOEFL/GMAT**

**n.国会**

- ✓ **Biden called on congress to act on his proposals.**
- ✓ **national people's congress**

**aggress** / ə'gres / **SAT**

攻击；侵略

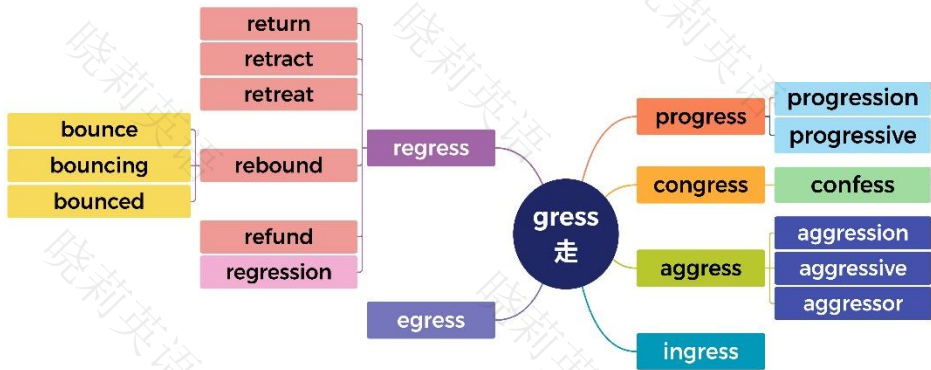
**wild animals aggressing their prey**

**a\_\_ + gress**

**a\_\_ + count**

**a\_\_ + sist**

**a\_\_ +tract**



**regress** / rɪ'ɡres /

**v.** 倒退，回归；（尤指因催眠或精神疾患）回到从前；（统计）回归

### **GRE/SAT**

- ✓ **She suffered brain damage from the car accident and regressed to the mental age of a five-year-old.**

**re-** 前綴 倒退 退回

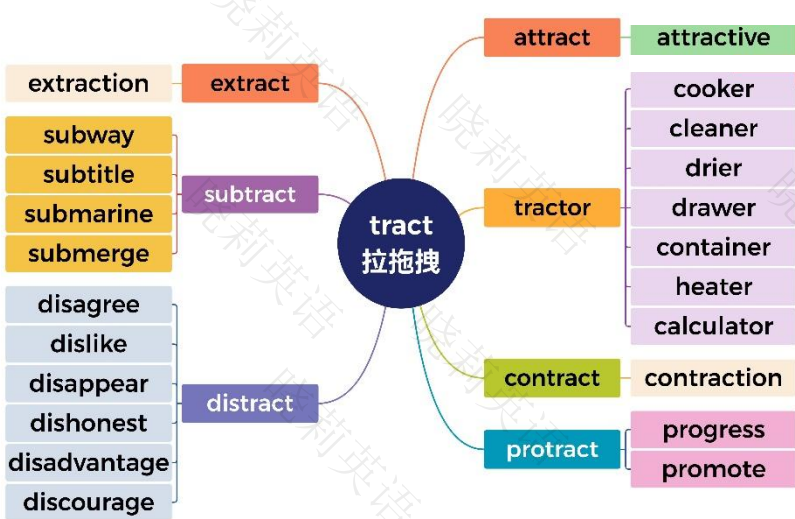
**return**

**retract**

**retreat**

**refund**

**rebound**



**retract / rɪ'trækt /**

**v. 缩回；缩进；撤销**

**TOEFL/GRE/SAT**

- ✓ **A cat can retract its claws, but a dog can't.**
- ✓ **Don't say anything you may have to retract.**
- ✓ **retraction**
- ✓ **retractable**

**retreat / rɪ'tri:t /**

**v. (军队) 撤退; 后退, 离开;**

**n. 撤军, 撤兵; 后退, 离开**

**CET4/CET6/考研/TOEFL/GRE/商务英语**

- ✓ **Nearby Russian forces are said to be retreating.**
- ✓ **Fire fighters had to retreat from the fierce heat.**

**refund / 'ri:fʌnd; rɪ'fʌnd /**

**n.退款，偿还金额**

**v.退还（钱款）；退款给，还钱给（某人）**

**CET6/考研/IELTS/TOEFL/GMAT/商务英语**

- ✓ **ask for a refund**
- ✓ **give sb a refund**
- ✓ **tax refund**
- ✓ **full refund**

**refund / 'ri:fʌnd; rɪ'fʌnd /**

**n.退款， 偿还金额**

**v.退还（钱款）； 退款给， 还钱给（某人）**

**CET6/考研/IELTS/TOEFL/GMAT/商务英语**

✓ **We'll refund your money if you are not satisfied.**

**rebound / rɪˈbaʊnd /**

**v.** (球或其他运动物体) 弹回; 回升, 反弹

**n.** 弹回, 反弹; 反弹球, 回弹球;

**IELTS/商务英语**

- ✓ **The ball rebounded from the wall.**
- ✓ **The data show the sales rebounded in April.**

**bounce / baʊns /**

**v.** 弹起，反弹；跳动，蹦；

**n.** 弹跳，跳动；弹性，弹力

高中/CET4/CET6/考研

/IELTS/TOEFL/GMAT/SAT/商务英语

/baʊns/

# bounce



U、蹦跳

## 弹动 跳动

现在式: **bounce**

现在分词: **bouncing**

过去式: **bounced**

过去分词: **bounced**

小试牛刀

跳动 弹动 -----

**bounce / baʊns /**

**v.** 弹起，反弹；跳动，蹦；

**n.** 弹跳，跳动；弹性，弹力

高中/CET4/CET6/考研

/IELTS/TOEFL/GMAT/SAT/商务英语

- ✓ **He bounced across the room.**
- ✓ **There was a bounce to his step.**

**rebound / rɪˈbaʊnd /**

**v.** (球或其他运动物体) 弹回; 回升, 反弹

**n.** 弹回, 反弹; 反弹球, 回弹球;

**IELTS/商务英语**

- ✓ **The ball rebounded from the wall.**
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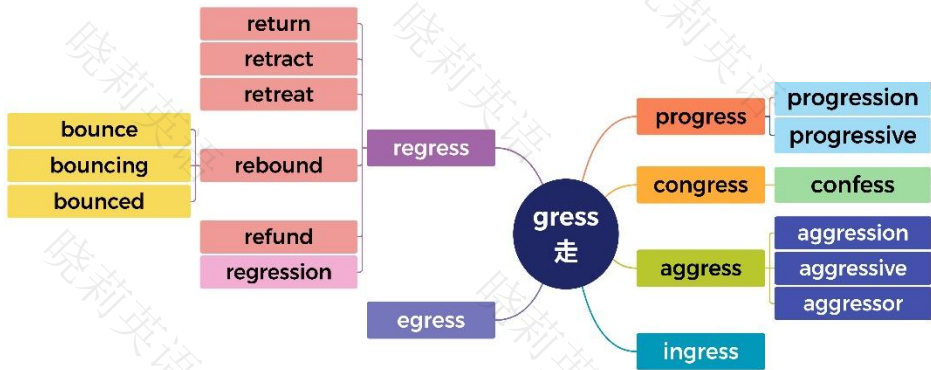
**n.** 弹回, 反弹; 反弹球, 回弹球;

**IELTS/商务英语**

- ✓ **The ball rebounded from the wall.**
- ✓ **The data show the sales rebounded in April.**

A medium shot of Kobe Bryant sitting on a red couch on a talk show set. He is wearing a dark blue suit jacket over a white button-down shirt. He has a wide, joyful smile, with his eyes closed and his head tilted slightly back. The background features a stylized cityscape with buildings and a night sky with stars. A silver microphone is visible in the lower right foreground.

**There is like a little break in the action,  
趁机赛间隙的时候**



**regress** / rɪ'ɡres /

**v.** 倒退，回归；（尤指因催眠或精神疾患）回到从前；（统计）回归

### **GRE/SAT**

- ✓ **She suffered brain damage from the car accident and regressed to the mental age of a five-year-old.**

**regression / rɪ'ɡreʃn /**

**n.后退，倒退；（思想或行为的）退化**

**GRE**

- ✓ **A regression has occurred in the overall political situation.**
- ✓ **regression to childhood**




**ingress** / 'ɪngres /

**n.** 进入； 入口； 准许进入； 入境

**GRE**

**egress** / 'i:gres /

**n.**外出； 出口

A close-up shot of a man with dark hair and a beard, wearing a dark shirt. He is holding a black smartphone to his ear with his right hand. The background is dimly lit with warm, out-of-focus lights, suggesting an indoor setting like a restaurant or office. The man has a serious expression.

I have an idea for that.  
我有个主意

# 尼基塔

**I have an idea for that.**


**What about the trade site?**

**You need to control it.**

**Ingress, egress, everything.**

**And the best way to do that is pre-selected  
mode of transportation.**

**I got some ideas for that too.**

A close-up shot of a man with dark hair and a slight beard, wearing a dark shirt. He is holding a black mobile phone to his ear with his right hand. The background is dimly lit with warm, yellowish light from a lamp, creating a moody atmosphere. The man's expression is serious and focused.

I have an idea for that.  
我有个主意



**We passed six people on our way in.**

**Four males, two females.**

**There's one ingress and egress road.**

**菜鸟老警**



## 小试牛刀 写出中文意思

**progress** \_\_\_\_\_

**ingress** \_\_\_\_\_

**regress** \_\_\_\_\_

**aggressive** \_\_\_\_\_

**egress** \_\_\_\_\_

**congress** \_\_\_\_\_

## 小试牛刀 拼写单词

进步 \_\_\_\_\_gress

入口 \_\_\_\_\_gress

倒退 \_\_\_\_\_gress

攻击性的 \_\_\_\_\_gress

出口 \_\_\_\_\_gress

国会 \_\_\_\_\_gress

小试牛刀

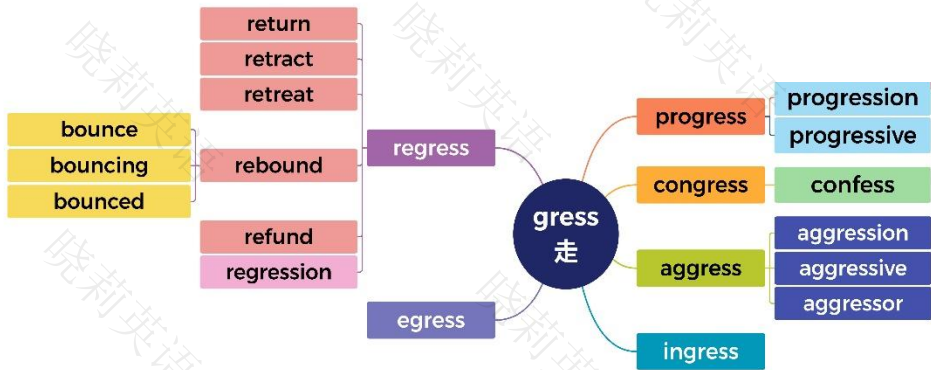
**She had a car accident and \_\_\_\_ to the mental age of a five-year-old.**

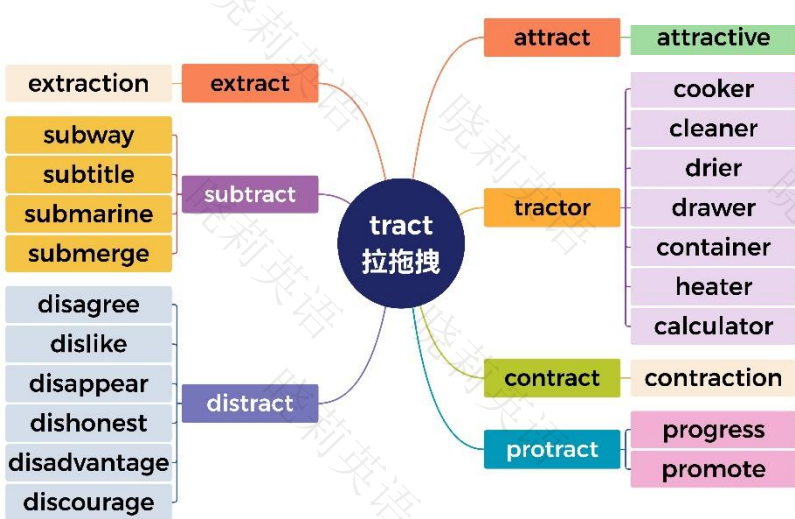
**A congress**

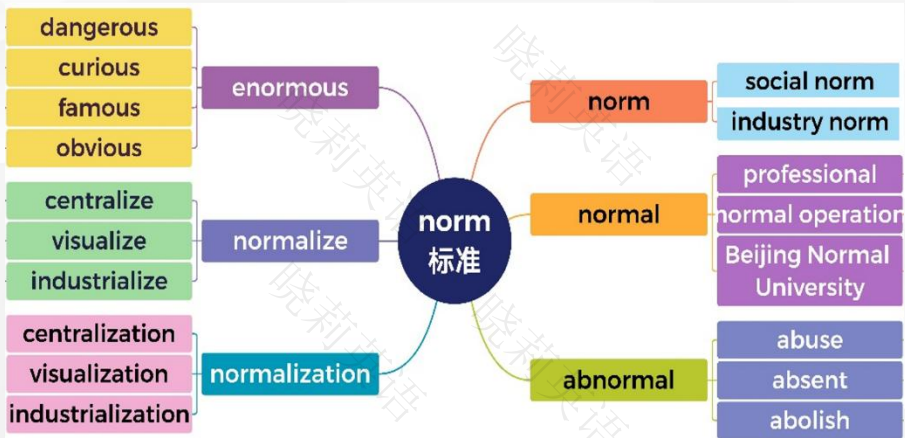
**B progress**

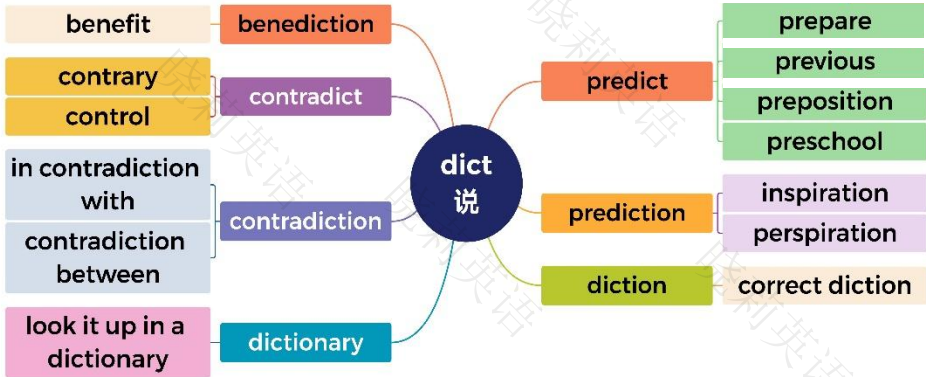
**C regress**

**D egress**









**ary  
ory  
dict**

visionary

adj.

- honorary
- imaginary
- stationary

n.

- dictionary
  - secretary
- salary
- library

contradictory

adj.

- advisory
- compulsory
- sensory

n.

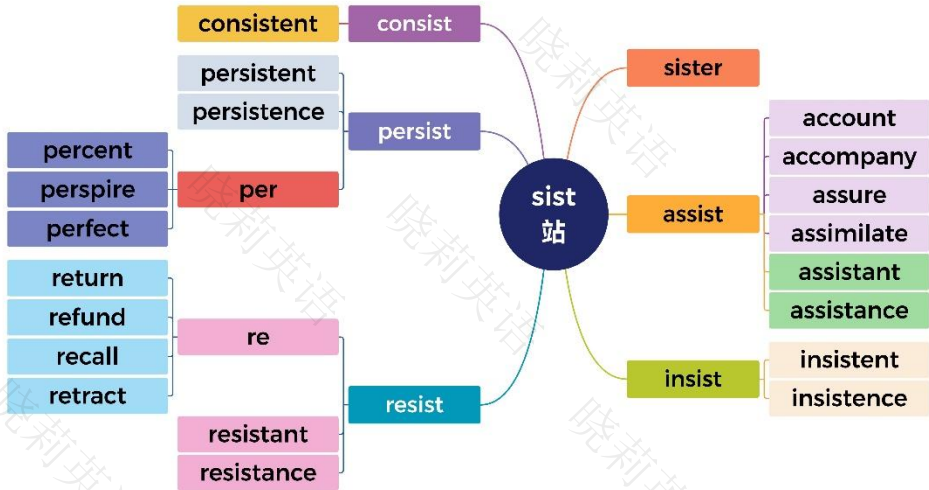
- factory
- victory
- inventory

dictate

ate

- graduate
  - operate
- appreciate
- communicate

dictation



**spect**  
看

aspire

aspect

inspect

inspector  
inspection

suspicious

suspect

expect

expectation

delicious

serious

precious

anxious

previous

respect

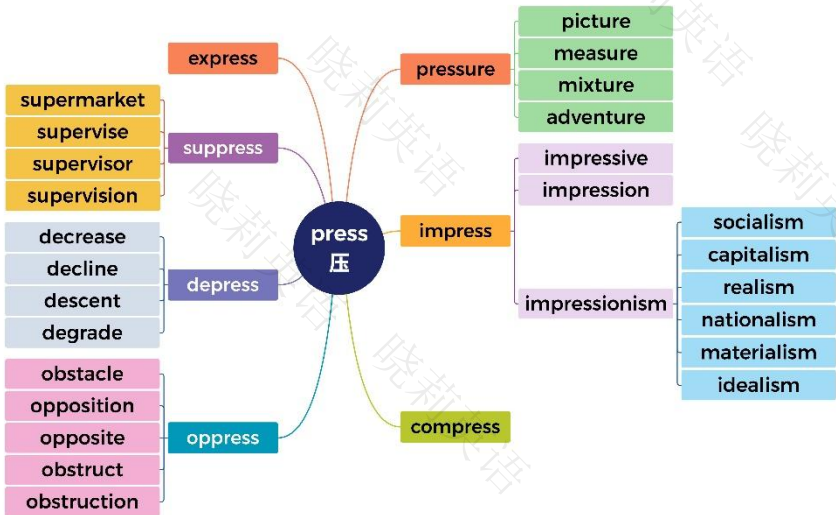
respectable  
respectful  
respective

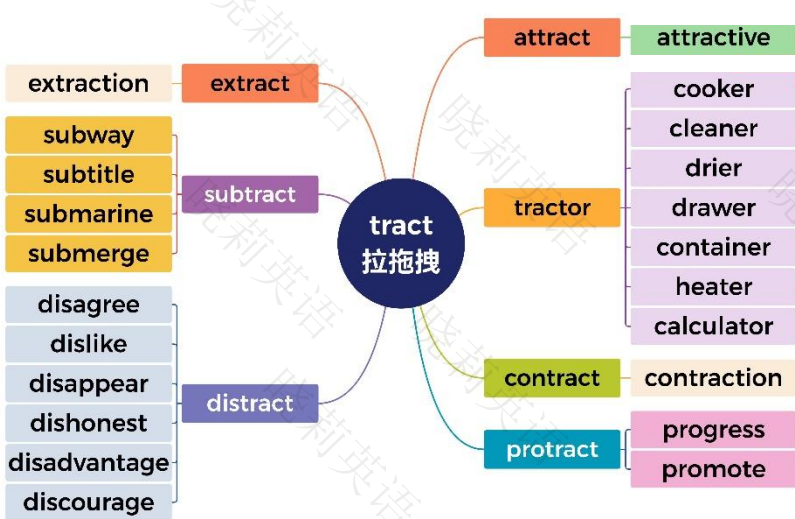
spectator

spectate

prospect

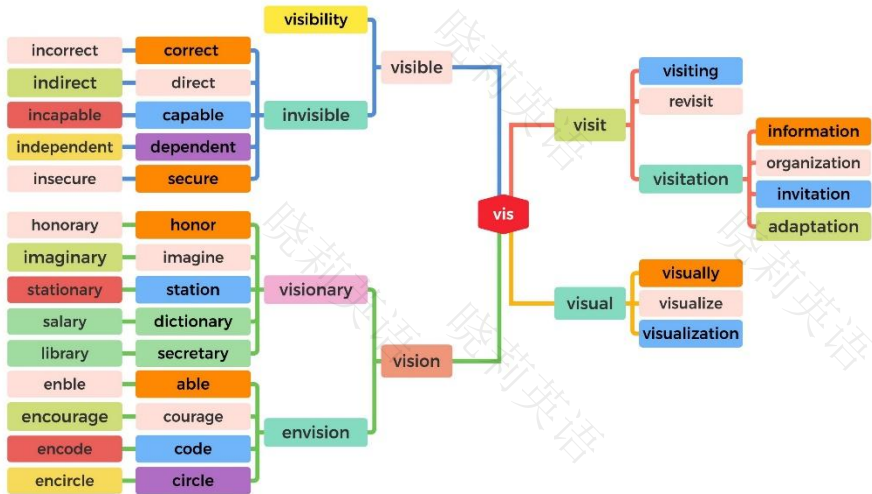
progress  
promote  
protract

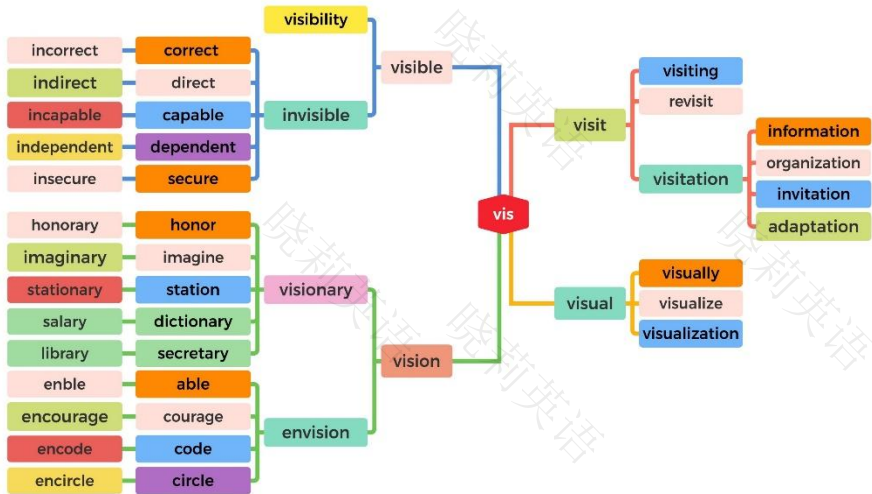


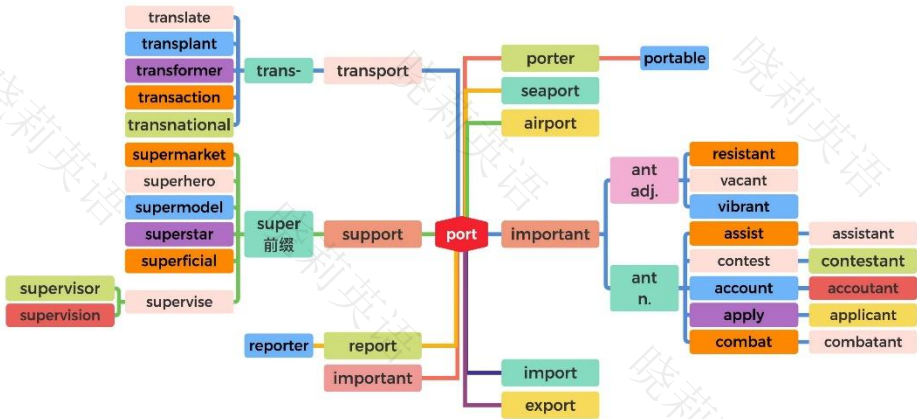


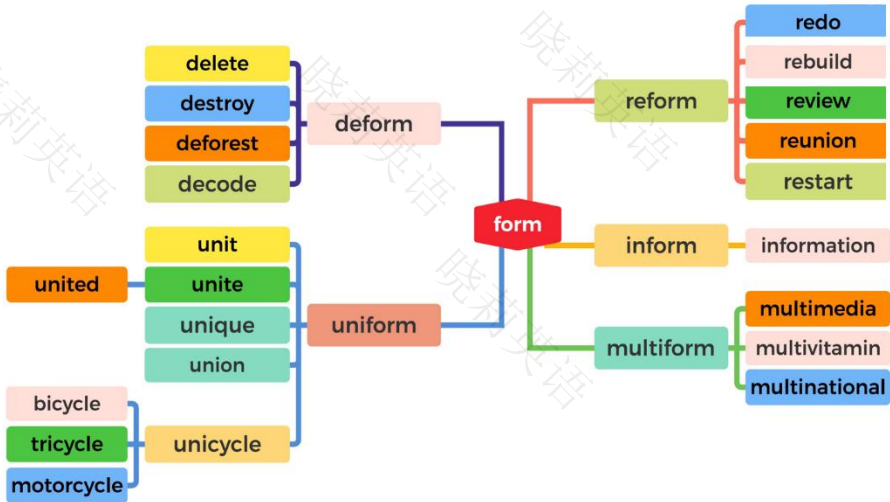


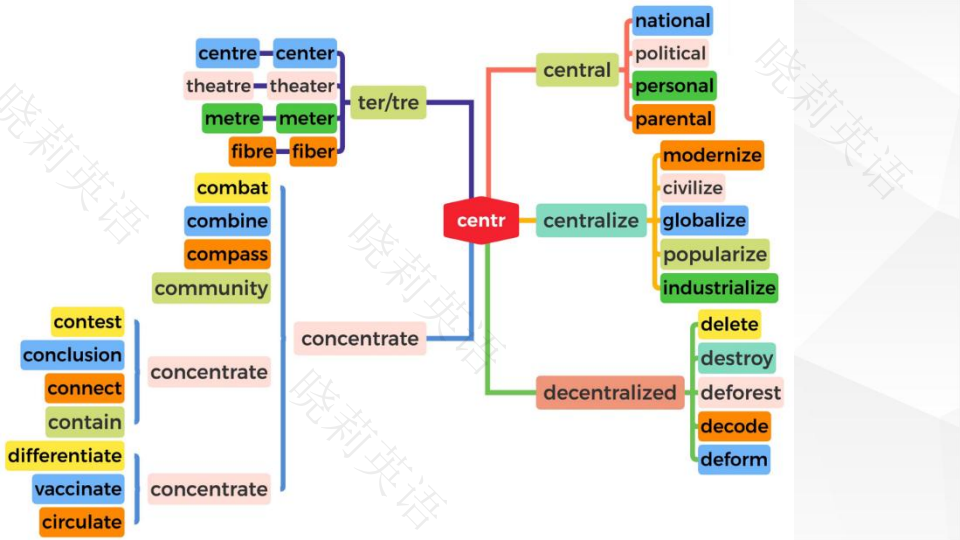














感谢您的观看

Thank you for watching.