

## 摘抄了那么多好词好句为什么用不上：四个原因与改正练习

很多同学的摘抄本厚厚一本，作文里却一个都用不上。这不是记性问题，是摘抄方法有四个坑，每个坑都有对应的改正练习，练两三天就能把摘抄本变成有用的东西。

坑一：只抄不分类。摘抄本从第一页抄到最后一百页，词是散的，写作文时自然调不出来。改正练习：给摘抄本分三个标签页——害怕、坚持、成功，每抄一个词先问它属于哪一页。「心跳加速」进害怕页，「破水而出」进成功页。分过类的摘抄本，找词像查字典，不用碰运气。

坑二：好词脱离场景。抄「心跳加速」的时候不记它是在哪发生的，用的时候想不起它能用在哪儿。改正练习：每个词后面必须补一行「在哪发生的」，比如「心跳加速——第一次跳水，耳朵里咚咚响」。这一行就是场景，写作文时先想起跳水，词自己就跟着出来了。手脚并用也一样，补一行「漂腿练到第七组，四肢互相帮忙」。

坑三：大词优先。摘抄本上全是感叹式的夸张词，「激动万分」「欣喜若狂」抄了一排，作文里读起来全是喊。改正练习：每抄一个大词，必须同时抄一个小的——「破水而出」旁边配「深吸的第一口气又甜又凉」。以后写作文，小的优先，大的删掉。

坑四：抄别人喜欢的句子，不抄自己见过的。看到「像一条自由的鱼」觉得美就抄，可你根本没见过自己游泳的样子，用出来也空。改正练习：每周从摘抄本里挑三个词，各写一个「我真的见过」的句子。比如写「手脚并用」，不许抄范文，只许写自己哪天练到哪一步、胳膊怎么沉的。写不出「真的见过」的句子，说明这个词还不属于你，划掉换下一个。

四个练习各做一周：分类、补场景、大小配对、写真见过。之后翻摘抄本会发现，能用的词比原来少了一半，但每一个都能立刻进作文。摘抄的多少从来不是目的，能用上几个才是。素材积累这件事，到这一步才算入门。

## Why All Those Copied Good Words Never Get Used: Four Causes with Correction Drills

Many students fill thick copying notebooks yet use none of it in essays. This is not a memory problem – the method has four traps, and each has a matching drill that turns the notebook into something usable within two or three days.

Trap one: copying without sorting. The notebook runs straight through a hundred pages with loose words, so nothing can be retrieved while writing. Drill: give the notebook three tabs – fear, persistence, success – and before copying any word, ask which tab it belongs to. 'Racing heartbeat' goes to fear; 'breaking the surface' goes to success. A sorted notebook lets you look up words like a dictionary instead of by luck.

Trap two: words detached from scenes. Copying 'racing heartbeat' without noting where it happened means you cannot recall where it fits. Drill: after every word add

one line - 'where did it happen', for example 'racing heartbeat - first dive, thumping inside my ears'. That line is the scene; recall the dive and the word follows. Same for 'hands and feet together': add 'kick drills at the seventh set, limbs helping each other'.

Trap three: big words first. Notebooks full of exclamatory phrases - rows of 'extremely thrilled' and 'overjoyed' - read like shouting in essays. Drill: for every big word copied, also copy a small one - beside 'broke the surface', add 'the first breath in was sweet and cold'. When writing later, prefer the small one and delete the big one.

Trap four: copying sentences others like, not ones you actually saw. 'Like a free fish' looks beautiful, but you never saw yourself swimming like one, so it comes out hollow. Drill: each week pick three words from the notebook and write one 'I really saw this' sentence for each. For 'hands and feet together', no copying model essays - only your own practice day, which set your arms started sinking, how they sank. If you cannot write a 'really saw' sentence, the word is not yours yet; cross it out and move on.

Run the four drills one week each: sorting, adding scenes, pairing big with small, writing only what you saw. Afterwards the usable words will be half as many as before, but every one enters an essay immediately. How much you copied was never the point; how many you can use is. Material accumulation only truly begins here.