



# 托福基础写作3-个人生活类

By Cassie

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# 课程目标

真题回顾

话题分类

范文研读

头脑风暴

素材积累

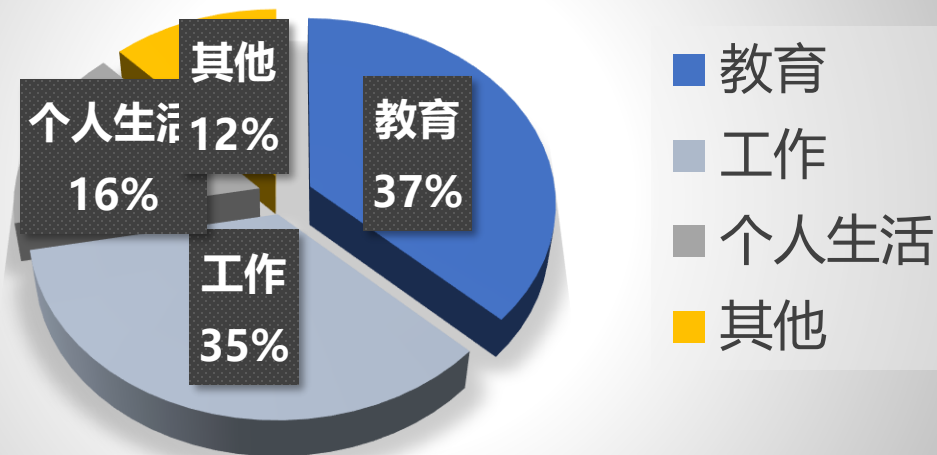
活学活用



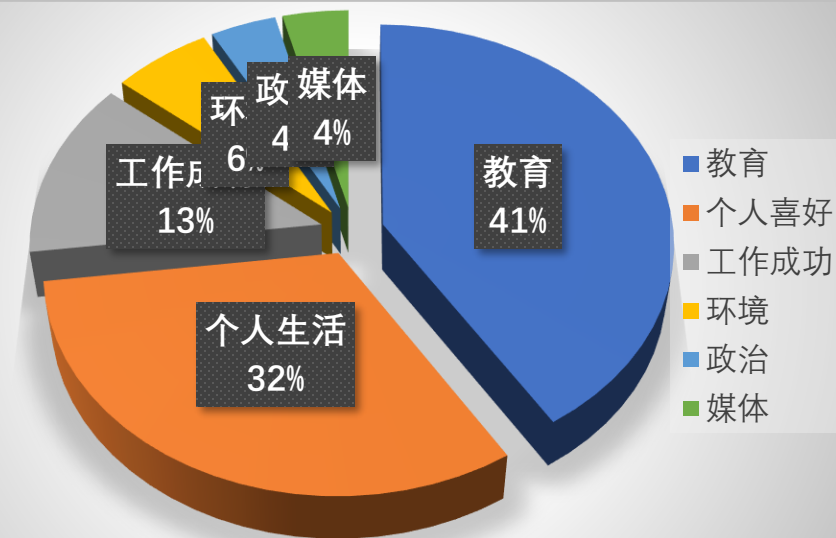
## 1 真题回顾

- I. 个人生活类话题在独立写作话题中的占比是？
- II. 个人生活类话题的分类是？

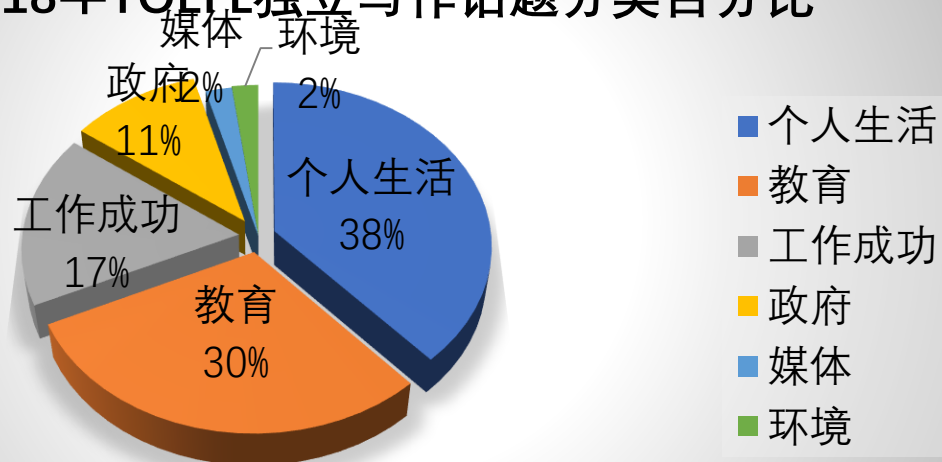
2016年TOEFL独立写作话题分类百分比



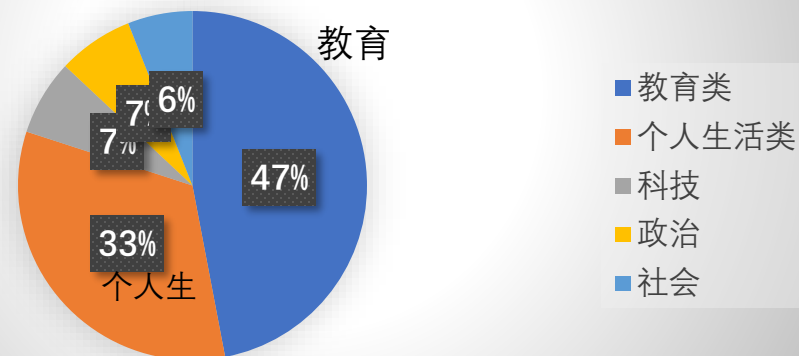
2017年TOEFL独立写作话题分类百分比



2018年TOEFL独立写作话题分类百分比



2019年TOEFL独立写作话题分类百分比





## 真题回顾

1. When you have a friend for a long time, whether you will continue the friendship even he or she does something you do not like.(170401) 朋友
2. A/D Nowadays it' s easier to maintain good health than it was in the past.(170826) 健康
3. Some people like to buy and eat their meals at restaurants frequently, while others like to do this at home. Which do you prefer? Why?(170610) 饮食
4. A/D: Physical exercise is much more important for the old than for the young.(180519) 运动
5. Nowadays, many movies or films are based on books. Some people prefer to read the original book before they watch the movie, other prefer to watch the movie before reading the book. Which one do you prefer? (171028) 看书/电影
6. Do you think which is better for people to travel abroad when they are younger or when they are older? (190112) 旅游

# 个人生活的子话题可能有哪些呢？

朋友

健康

休闲娱乐

饮食习惯

运动习惯

旅行

电影/电视

看书



## | 2 范文研读 |



# 健康类-范文研读



例题一：Some young people are free in the evenings or have days off at school, which ways can bring them the most benefit?

1. Accumulating work experience by taking a part-time job or volunteering in a community
2. Learning to play a sport
3. Learning to play a musical instrument

Use specific reasons and examples to support your answer. (20170423CN) / (P111 托福真经6)

20s

20s





# Let's brainstorm

1. Accumulating work  
experience or volunteering

2. Learning to play a  
sport

3. Learning to play a  
musical instrument



分小组讨论分论点 60s 找代表 在黑板上写关键词(英文)

# 1 Accumulating work experience or volunteering

## Advantage

- 1 earn/make money
- 2 social rules
- 3 a sense of responsibility
- 4 a sense of achievement
- 5 make acquaintance with neighbors
- 6 accumulate working experience

## Disadvantage

- ① low salary
- ② Time-consuming
- ③ Distraction
- ④ tired

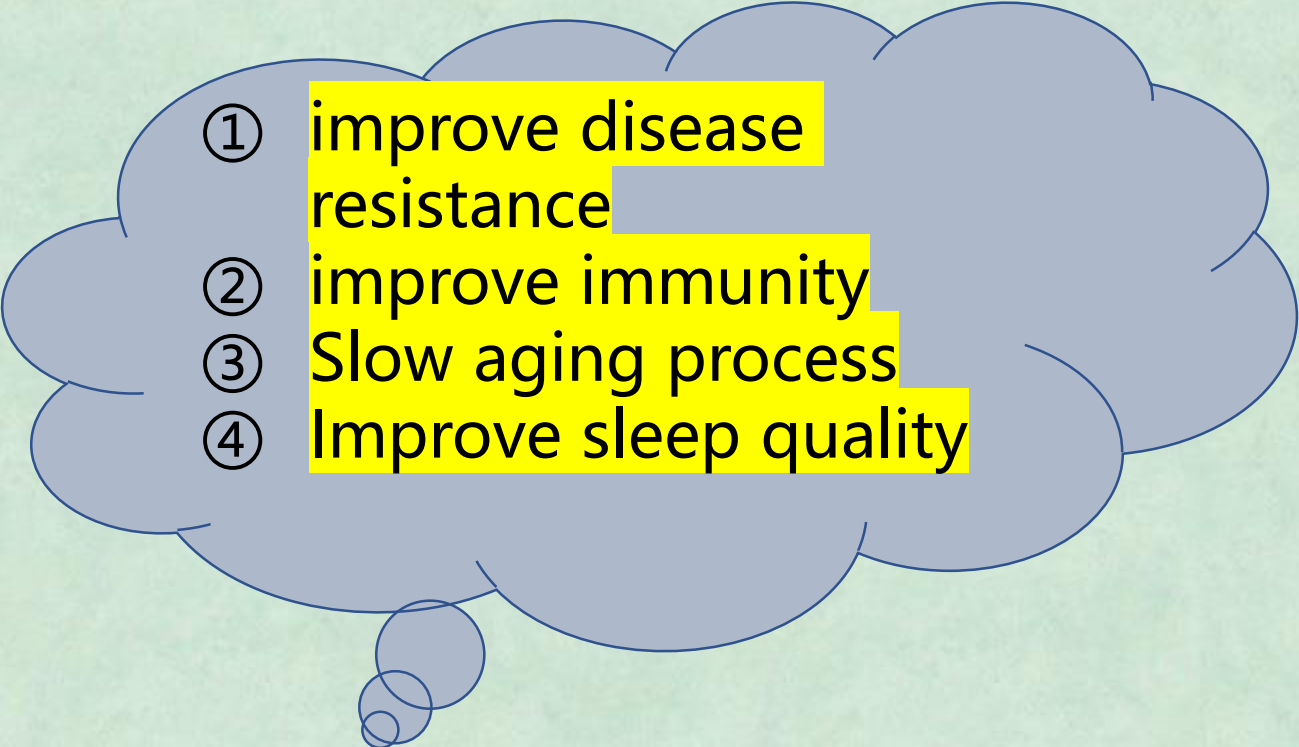
## 2 Learning to play a sport

### Advantage

- 1 keep healthy/maintain health
- 2 attractive appearance/keep fit

### Disadvantage

- 1 potential danger
- 2 infeasible

- 
- ① improve disease resistance
  - ② improve immunity
  - ③ Slow aging process
  - ④ Improve sleep quality



## 3 Learning to play a musical instrument

### **Advantage**

- 1 self-cultivation
- 2 build confidence
- 3 train patience
- 4 boost professional skills

### **Disadvantage**

- 1 expensive
- 2 inconvenience

# 词汇扩展-A sense of ..... 感

中文	英文
负罪感	A sense of guilt
如释重负	A sense of relief
归属感	A sense of belonging
使命感	A sense of duty
幽默感	A sense of humor
满足感	A sense of satisfaction
成就感	A sense of accomplishment
安全感	A sense of safety/security

# 词汇扩展-朋友的常见表达

好朋友	good friends
亲密的朋友	Close friends/ intimate friends
知己	Confidant/bosom friends
交朋友	Make friends with/ befriend (vt.)/make acquaintance with sb



## 1文中作者的立场? 2找出5个好词或者句型

Learning to play a sport or engaging in related sports activities, even just for a few minutes, will help to relax their muscles and relieve the tension in the face, neck, shoulders and other body parts. Despite the fact that the 8 hours after work or study can be a valuable resource one has to achieve one's ideal life, let's be honest first, the time when one is working or studying is the most valuable. It is imperative for either students or workers to make full use of this 'unfree' time for any academic pursuit or career advancement, in which case an investment of large amount of energy and attention is required. Then, physical and mental fatigue would unavoidably ensue. Therefore, the way I see it, when these young people are free in the evenings or have days off at school, relieving their tiredness should be given top priority. Alvin Oldman, a lead researcher of New Channel Health Center, emphasized that people who exercise regularly feel more energetic throughout the day, sleep better at night and feel more relaxed and positive about themselves and their lives.

## 1文中哪一句表示作者的立场？ 2找出5个好词或者句型

Learning to play a sport or engaging in related sports activities, even just for a few minutes, will help to relax their muscles and relieve the tension in the face, neck, shoulders and other body parts. Despite the fact that the 8 hours after work or study can be a valuable resource one has to achieve one's ideal life, let's be honest first, the time when one is working or studying is the most valuable. It is imperative for either students or workers to make full use of this 'unfree' time for any academic pursuit or career advancement, in which case an investment of large amount of energy and attention is required. Then, physical and mental fatigue would unavoidably ensue. Therefore, the way I see it, when these young people are free in the evenings or have days off at school, relieving their tiredness should be given top priority. Alvin Oldman, a lead researcher of New Channel Health Center, emphasized that people who exercise regularly feel more energetic throughout the day, sleep better at night and feel more relaxed and positive about themselves and their lives.



## 健康类-素材积累



- |                                    |               |
|------------------------------------|---------------|
| a. achieve one' s ideal life       | 1. 实现自己理想的生活  |
| b. academic pursuit                | 2. 学术追求       |
| c. career advancement              | 3. 晋升         |
| d. physical and mental fatigue     | 4. 身体上和精神上的疲劳 |
| e. relieve their tiredness/tension | 5. 释放疲劳/压力    |
| f. give top priority to            | 6. 给优先级       |



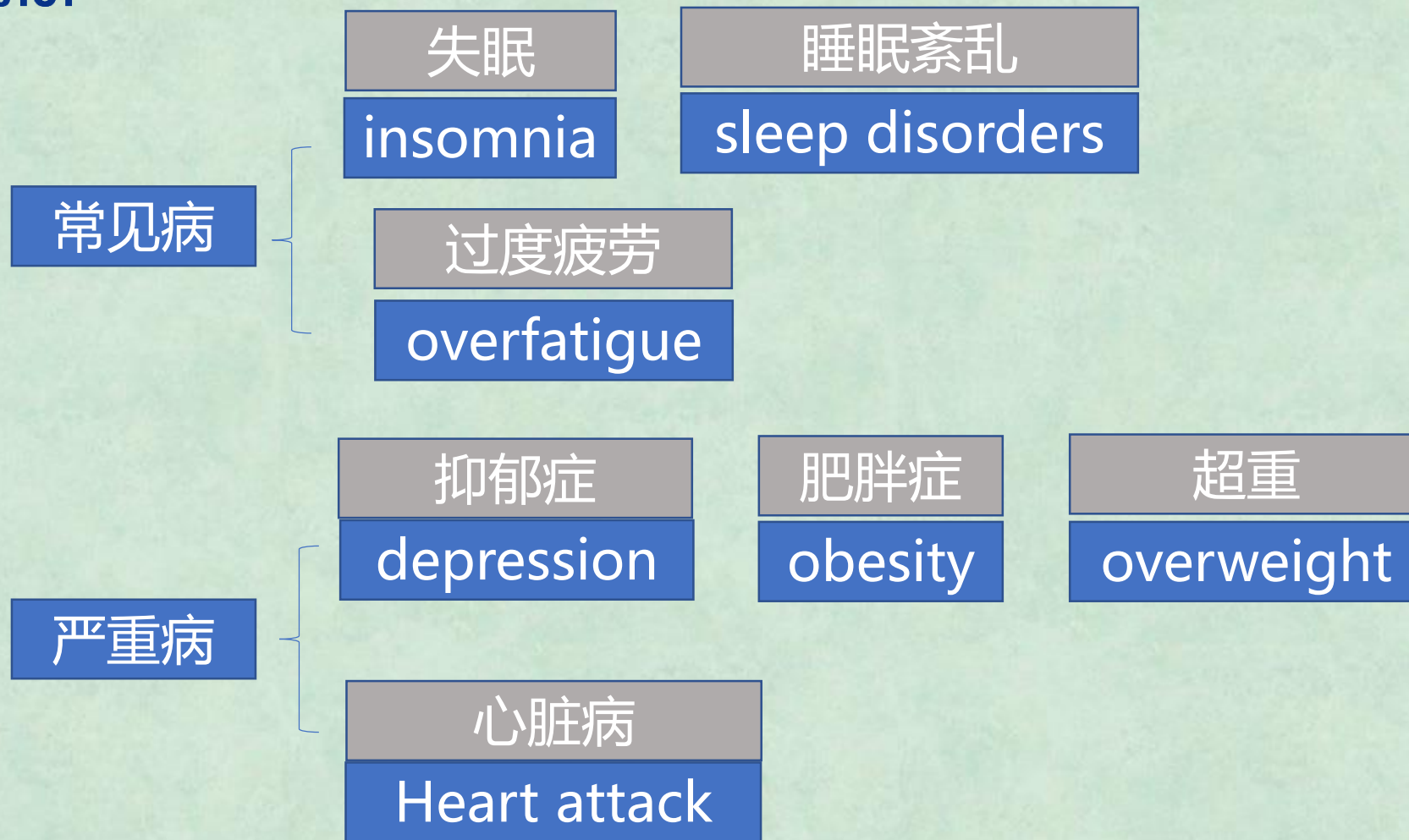
## 健康类-素材积累

1 紧急的, 重要的	imperative	It is ~ for sb to do 重要的
	同义词	Vital
2 无法避免的	unavoidable	unavoidably
	Inevitable	It is inevitable that
3 接着发生	ensue	Ensure from 继而发生

食品和药物短缺引起的问题

Problems that **ensue from** food and medical shortages.

# 表示疾病的单词有哪些呢？



# 健康类-活学活用

Do you agree or disagree: Nowadays it's easier to maintain good health than it was in the past. (20170826CN)

立场: disagree

现在的人遭受巨大的压力，导致他们更容易患病，比如抑郁症和失眠。

Nowadays, people are suffering great pressure, thus it is more likely for them to contract a disease, such as depression and insomnia.



# 健康类-范文研读

It is tempting to argue that playing sports helps to relax, so does learning to play a musical instrument and engaging in related musical activities. Nevertheless, further analysis would reveal that playing a musical instrument is not as easy as expected. A simple piece of music may require seven consecutive days of practice, thus people seldom would persist. Meanwhile, just hearing a couple of musical notes by touching the strings of guitar or hitting the keys of piano is neither likely to relive one mentally since no melodious music is produced nor likely to relieve one physically in the same way sports do

Task: 找出至少5个好词好句 45s

## 健康类-素材积累

诱人的 有吸引力的	tempting	
	It is tempting to do 很容易做某事	
	tempt 引诱 怂恿	
	resist temptation/face temptation	
泄露	reveal	
	reveal character	
	reveal a secret	
连续不断的	consecutive	nonstop/successive



# 健康类-活学活用

Do you agree or disagree with the statement: One can learn a lot about another person from the books and the movies that the person likes.(20181208CN)

立场: agree

用 **reveal character** 写一句英文的主题句。

一个人喜欢的电影或者书中的角色可以显示这个人的性格

The character that one likes can reveal this person' s character.



## 健康类-素材积累

Nevertheless	但是
表示但是的连词	Yet, but, however, nonetheless,
Meanwhile	in the meantime 同时
表示另外的连词	Besides, what' s more, moreover, furthermore, in addition,

## 健康类-素材积累

患病	Contract a disease
久坐的工作	A sedentary job
延长寿命	Extend life
精力旺盛的	Feel invigorated
近视的	Short-sighted
健康的	As fit as fiddle
注意健康的	Be health-conscious
医疗	Medical treatment/care
缺乏	<u>Be deficient in</u> /be lack of
富含	Be rich in/abundant/ <u>sufficient</u> in/adequate