**2021年托福独立写作范文**

**(10月)**

卡通人物

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**写作部分**

**(Writing)  
1)题目: Do you agree or disagree with the following statement? During big events, such as weddings or graduations, some people choose to record videos and take pictures on their smartphones, while others decide to record few or no videos and pictures. Which choice or decision do you prefer and why?**

Living in the world dominated by advanced technology, almost everyone is getting used to storing important information by taking photographs, especially on significant moments like weddings or graduations. Many are opposed of doing so while I would firmly in support of taking pictures or record videos on these occasions.

To begin with, taking photos or recording videos serves as an amazing way to regain passion for life. Since we are living in an increasingly fast-running society, our lives tend to become much more crammed by all types of information coming from numerous sources. As a result of this, we are losing interests in most things in a way; we are too busy to set eyes on the clear sky or to admire the beauty of blossoming flowers in the breezes. Whereas every time when we take a picture, at least we have been meditated in a pleasant mood, which is quite favorable for picking up our inner love for life. There was a time I felt quite blue and unhappy about life. For this reason, it was quite difficult for me to embrace life. Fortunately, my cousin asked me to take photographs for her wedding ceremony and I accepted the errand. I made my efforts to act well as a photographer and it was definitely paid off as I was deeply touched by the sweet smiles and happy moments of both the happy couple and friends and relatives. I realized I should gather up and live for those moments. Therefore, taking photos or recording videos help us to light up our emotions.

In addition, visual records are a great help in terms of memorizing those moments for a very long time. Human memory works by its own way and might not last long without reinforcement. From this perspective, photographs and videos are much more reliable. I believe everyone has experienced this: when we are browsing some old photos, they remind us of many minor details that were long forgotten. Therefore, we are in great need of help from visual records to remember some major events. Take my beloved mother as an example. My mom had a craze for taking pictures on important occasions while I was far less enthusiastic about it. I still remember when I graduated from university, mom took tons of pictures before, during and after the ceremony. I considered her behavior only as being proud of seeing her daughter graduate. However, many years later, I mean now, every time when I see the photos, all those feelings are flooding into my memory, all the happiness, uneasiness for the coming life, pride, sadness of leaving the campus and my classmates... Now, I have understood my mother. Of course, she was right to take those photographs and videos for they assisted me by memorizing those moments as long as possible.

To sum up, the benefits of taking photographs and videos on essential occasions are so obvious that one should never overlook. In this case, everyone can enjoy the great pleasure of regaining passion for life and memorizing those moments for ever with proper care of the visual records.

**2)题目: Sometimes you are required to meet with another person to provide feedback about that person's work (for example, when you must give your opinions about a classmate's work on an assignment or your thoughts about a coworker's contribution to a project). when you have both positive and negative feedback to give about a person's work, do you believe it is more effective to give the positive comments first or the negative comments first? why?**

We are commonly in such a situation when we have to choose between providing positive or negative feedback first. As far as I am concerned, the positive one should be given in the first place.

First, it is obvious that presenting the positive feedback can smooth the communication. When we praise our partners first, they are more likely to feel comfortable and feel ready to listen to us. Therefore, the whole communication, which includes drawbacks of their performance, can be kept in an easy atmosphere. However, if the negatives are listed at first, the whole communication may be ruined as the mood of the listeners are gloomy. Take my cousin Lily as an example. She once was asked to give feedback to the performance of her partner Tom in a biology experiment. Without any second thought, she presented what Tom needed to improve. She could tell from Tom’s expressions that he was frustrated. Even though Lily later listed a few positive points, such as the careful attitude he held and how well he had cleaned the experiment tools, he did not seem to be cheered up. The whole process was not cheerful as what was first presented first was negative feedback. Aware of this, my cousin improved her way of giving feedback, telling others what they do well first. She says that this way is beneficial as it really makes the communication comfortable. As a result, we had better list what others perform well first.

In addition, it is well acknowledged that telling others what do well first can be beneficial to others as they are more likely to improve their disadvantages. It is because if in the first place we show the positive feedback, others can be encouraged and feel confident. The chances are great that they can accept the negatives we list later, which can contribute to their further improvement. However, if we directly say what others do not do well, they may feel accepted. If they believe their contribution is not approved, they lose heart and do not feel motivated to improve. Take myself as an example. In a peer evaluation in a math group, one group member judged me as not talented in math, which was a bad comment on my performance. The first response for me was sadness and then I felt denied and doubted whether I could learn math well. I did not care the positive feedback later and did not have interest to study math any more, let alone improving my math scores. After such an experience, I always praise others when giving comments. In one science class, when I told my partner how his idea was creative in the first place, he was so proud of himself. He then accepted my suggestion of being more careful in the experiment. I could see his improvement in the next class. We can see that giving positive feedback at first can encourage others to perform better in the future.

In conclusion, we should definitely tell others how brilliant they are first and then we present the negative feedback.

**3)题目: work alone/with other people**

In a time of worldwide social networking, human beings have become more dependent than less on each other. It seems that for many domains of our living, doing things in a team is more efficient and effective than doing alone. Hence, I agree for schools to require young folks to work together to learn many activities in lieu of working individually.

For one, children can learn from their classmates’ studying method. Each student has his or her own way of acquiring knowledge. Some prefer investing more attention on lecture and less on revision afterwards, while others prefer spending the semester pursuing personal projects and cram before the exam. One way or another, students can discover the most suitable method for themselves, and more so from their teammates. Group working allows kids plenty of occasions to observe and emulate their group mate’s living examples. Or else, they can simply teach each other. My own experience serves as a convincing example of this. In elementary school, my class was divided into six groups of five students. I remember my group mate, Kelly, taught me to keep my own flashcards every time we learnt a new word in French. In return, I taught Kelly a self-invented way to solve math problems which helped her to overcome her difficulty in understanding abstraction. Before long, we were the two richest kids in terms of our fund of vocabulary and mathematical tactics. Unfortunately, my junior and senior high school did not keep the same teaming spirit, and I struggled to update my learning method without help from classmates.

More importantly, teamwork allows children to develop social skills and make friends. As we all know, working with others, one will encounter a myriad of social contexts. Youngsters must learn to cooperate and deal with conflict in order to accomplish the assigned group project. This can in fact be the best catalyst for an enduring friendship, as so happened to my teammates and me. I remember we would spend entire afternoons planning for an upcoming school activity. Shy as I was, I tried to avoid the group discussion. As soon as my teammates understood my reluctance, they gave me the warmest receptance and encouragement. They never forgot to ask my opinion and would always acknowledge my contribution. Gradually, we became close friends and I learnt to speak openly and firmly about what I think. At times, I even was able to defend my own views and convince others. Today, I am the head of an HR department at a local company, and this is largely due to the social skills I developed with my childhood teammates, or better said, my friends.

For the reasons stated above, I believe children should be asked to work in team rather than alone at school.

**4)题目: If your friend wants to improve their health, which of the following advice will you give them?**

* **Be more disciplined and have a stronger will**
* **Work with people who share the same goal**
* **Consult a professional expert**

To pursue a healthy lifestyle demand self-discipline; it means that the pursuer will have to adopt a clean and bland diet and going against their limit in the gym. During the journey, I believe that finding a companion to work with would be the preferable option. Two reasons, namely creating a sense of happiness and ensuring constant monitoring, will be details as follows.

First, a companion can turn the arduous experiences into comforting episodes. Usually, people give up on their task when they are upset-for instance, after suppressing their notion of indulging themselves with their favorite food or feeling torn apart after excessive exercises. In the recognition of this, what they need is not another lecturing of what they should do, but an emotional relief from a companion that can understand them. Sharing the same goal, a partner can spend time alongside with my friend. They can exchange funny stories and comfort each other throughout the struggle. For example, Jack, my once chubby friend, told me that he really hated those “encouragements” when he experienced self-doubt after the weeks of exercise. He described those words as accusations and blame that created even more stress for him to bear. Instead, he is still thankful for the fact that I decided to go to the gym and eat the same diet with him for two months. He felt more relieved and enjoyable during the fit-keeping grind. Therefore, Jack’s remark demonstrates that a partner is crucial in supporting a friend’s pursuit.

Second, a companion can ensure a proper implementation of the everyday fit-keeping routine. What makes maintaining good health difficult is not on the intellectual part but discipline. Nowadays, with a few clicks, avalanches of scientific healthy lifestyle tips can be found on the internet. Yet, the hard part is whether one can block off the temptations, say, doing one less lap of an exercise routine or having one or two slices of pizzas after the salad. An expert like a nutritionist or fitness instructor may not be helpful in response to these problems; that is, they may not oversee you every time you eat or doing workouts. In contrast, another friend with the same goal could take the baton and stop their partners from making excuses. Extend the previous example. Jack told me that there were many times he decided to cut himself some slack, by skipping a few sets and putting in some fast food into the diet, but I just always found out and got him back to the track. Thus, Jack’s experience shows that having a partner can ensure the execution of one’s daily health-keeping tasks.

After all, there is so much one can achieve on their own. They need more than just a piece of heartless advice or information that is readily available on the internet, but support through company. As a result, a companion to work with would be the best option for them when adapting to a healthy lifestyle.

**5)题目: A university recognized that first year students have poor study skills. It is believed that the best way to address this problem is to require all first-year students to take courses on study skills, while others don’t agree with this requirement. What is your opinion?**

People don't agree with each other about the issue whether the nest way to help freshmen improve study skills is to require them to take courses. From my perspective it is a good measure but there are also other effective ways.

To begin with, requiring first year university students to take these courses can boost study skills in an efficient way. To be specific, in such classes, study skills and habits will be taught, like how to review and take notes, which benefits students directly. Therefore, it can help develop study skills effectively. Without such lessons, freshmen may have to try hard but still fail to acquire the necessary skills. Take my sister as an example. When she was in her first year in university, she was asked to

take such lessons. she said it was very useful as she acquired many scientific learning methods. For example, the best way to avoid forgetting is to review on the day when the new knowledge is learned. She applied these skills in her learning and found that her grades were improved. We can see that opening classes in which study skills are taught is necessary. However, when I was a freshman, I didn't get access to such lessons and I struggled in my learning, which was much more difficult and complicated than high school study. As a result, we can conclude that teaching freshman study skills in required courses is an effective way to improve study.

Besides, providing opportunities for freshmen to communicate with other students is an effective way as well. The main reason is that in the process of communicating with sophomores, juniors, seniors, freshmen can adopt the learning methods which were practiced and tested to be of high quality. By this kind of communication, freshmen are likely to learn these practical skills. However, if they are devoid of such chances, they may waste a lot of time and energy searching for useful learning skills. My experience can serve as a good example. When I was a freshman, the university held a seminar soon after we entered the school. The topic of the seminar is to let students from higher grades share their learning skills with freshmen. It benefited me a lot as what they speak was totally what I needed. For example, they told us we should organize our mind map in learning and complete it in the process of learning. That method turned out to be very effective and it helped me acquire high grades and scholarships. We can see that communicating with high-grade students about leaning methods is a good way as well.

In conclusion, requiring first year students to take courses on study skills is a good way to improve their study skills but there are also other ways such as allowing them to communicate with higher- grade students.

**6)题目: Imagine you are working on a group project with two co-workers, and the deadline (the time that the project should be submitted) is approaching. The project looks good but could be improved if you all work on it more; however, this would mean that you miss the deadline. One of your co-workers suggests submitting the project in its current condition to meet the deadline, while your other co-worker thinks it is better to wait and submit the project after the deadline so that it is perfect. Which approach is better in your opinion: meeting deadlines even if a project is not yet perfect or submitting a project after a deadline so that it is perfect? Why?**

To achieve excellence is a desirable urge for people, yet we should still observe the promise we made to others. In my opinion, no matter it is in school or work, disregarding a deadline is as bad as producing a sub-par work because it reflects our poor time management and possibly cause serious inconvenience to others.

First, submitting a project after the deadline demonstrates the incompetency of producing a great outcome in a given time. Time management is also an important assessment criterion for a teacher to evaluate their students. Even if the work is improved, it will not leave a good impression if it is submitted late. Comparatively, respecting the time limit shows our performance fair and square. Also, the result would compel us to reflect on and change our work routine in order that we can perform better in the future challenges. For instance, my college supervisor heavily penalized a group of students for submitting work a week after the deadline even though the group submitted an elaborated work because, as he explained, the exceeding time have clearly conveyed their low ability to organize their thought in time. Therefore, my college experience demonstrates that ignoring the deadline shows not competence but the otherwise, even if we improve on the work.

Second, handing in a project after the deadline breaches the contract we signed with our clients and acts outside of our discretion. At work, getting things done in time is the basic responsibility everyone ought to observe. To make the decision of doing otherwise deprives our customers of their right to enjoy the service and product in the promised time. In contrast, submitting a good work before deadline shows our professionalism as it avoids inconvenience of and shows respect to our customers. That is, we allow them the time to give us feedback and, if needed, re-negotiate a new due date under their consent instead of making all the decisions arbitrarily. For instance, imagine if the project is about preparing a wedding, do we have the power to postpone the event on behalf of the couples? Again, imagine if the project is about building a shopping mall, do we have the right to delay the construction which may possibly cost the builder millions of fines? These examples illustrate whether postponing a deadline is not the decision we can make but whom we made promise to. Therefore, meeting the deadline with a good job shows respect to our customers.

After all, to achieve excellence also takes account of the time limit we has guaranteed others. No matter how perfect a work we seek to produce, if we do not observe the deadline, we, ironically, highlight not only our poor time management skills but also disrespect towards our customers or superiors. Thus, meeting the deadline even if the work is imperfect is the better way to opt for in the situation.