

北大清华托福备考联盟慕课
携手开启托福课程免费时代

TOEFL

SPEAKING SECTION

听说读写四门课，讲遍精华八小时；
只要干货省时间，不要灌水凑课时；
我们用最短的时间精通备考，
我们有更多的时间锤炼高分。

课程主讲：李文勍

清华大学建研院 6A2 建筑室主任
(本套慕课发布时已申请离职)

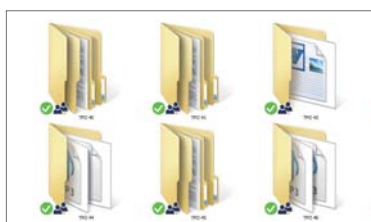
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从托福 86 小白到 118 几近满分的过来人

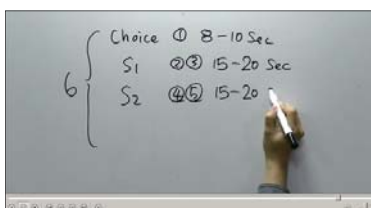
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四科精选备考资料一次搜齐
省心踏实地练



备考疑难问题留言订制答疑
无忧无虑地考



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托福考试总体介绍

TOEFL iBT 简介

托福TOEFL (Test of English as a Foreign Language) 是由美国教育测验服务处ETS (Educational Testing Service) 举办的英语能力考试, 是留学标准化考试中针对申请人的语言能力进行的测试, 分数要求可查询各学校官网。中国大陆采用的考试形式是TOEFL iBT (Internet Based Test) 基于互联网的测试。

考试科目、分数、时间

考试一般安排在周末, 成绩的申请有效期是两年。考试分为阅读、听力、口语、写作四科, 每科30分, 总分120分。考完阅读和听力, 休息10分钟, 再考口语和写作。考试时间因加试不同因人而异, 整个考试持续约3.5-4个小时左右。

托福考试四科概况

四科总分 120 分	考试内容	题量	时长	加试
阅读 30 分	3 篇阅读文章	每篇 12-14 道题目	60 分钟	+1 篇阅读 +20 分钟
听力 30 分	2 段对话	每篇 5 道题目	60 分钟	+1 段对话 +2 段讲座 +30 分钟
	4 段讲座	每篇 6 道题目		
中间休息			10 分钟	
口语 30 分	2 道独立口语 2 道读听说综合口语 2 道听说综合口语	6 道题目	20 分钟	无
写作 30 分	综合写作 (读听写) 独立写作 (命题作文)	2 道题目	50 分钟	无

托福考试报名

包括账户注册、报名、预定考位、查询成绩、成绩复议、更改考期、邮寄成绩都在网站上操作; 考试须携带国家法定证件, 考试当天需要拍照并签署协议。

中国大陆报名 教育部考试中心托福报名网站: <http://toefl.etest.net.cn/cn/>

海外报名 ETS官网注册考试: <http://www.ets.org/toefl>



English Language Learning
教育部考试中心托福®网考报名网站 NEEA TOEFL iBT ONLINE REGISTRATION

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登录

请输入您的NEEA用户ID和密码登录。

NEEA用户ID:

密码:

验证码: 看不清楚?

新用户?

注册新用户将为您创建个人档案, 以记录所有与您相关的考试信息。

公告

关于开放2013年托福考位的通知和重要事项提醒

自即日起开放2013年中国托福考试报名。请考生在报名前务必仔细阅读托福考试相关服务条款和规定。

重要提醒事项: 1. 自2013年1月托福考试起, 考试日到达考点报到时间提前到上午8:30。晚上8:30到场的考生将被拒绝入场。请考生根据本网提供的考场地址, 提前了解所报考场周边交通情况, 妥善安排考试日交通, 避免迟到; 2. 托福考试要求中国大陆考生必须持二代身份证原件并经过核验后才能参加考试。为避免因身份证原因不能通过核验影响如期考试, 请考生提前检查所持二代身份证是否有破损、电子芯片失效、过期等问题。未办理二代身份证的考生, 特别是未成年考生, 请先到户籍所在地派出所办理二代身份证, 再进行托福考试报名。3. 考生报名时提交的个人邮寄地址 (包括中文和英文) 将被用于向考生邮寄重要通知和考试成绩, 请慎重准确填写。

1/12 托福口语-上机操作

口语考试安排（独立任务Independent + 综合任务Integrated）							
问题		类型	综合内容	时间			
				阅读	听力	准备时间	答题时间
独立任务	Q1	Preference 描述个人经历	N/A	N/A	N/A	15 秒	45 秒
	Q2	Choice 多选一作解释	N/A	N/A	N/A	15 秒	45 秒
综合任务	Q3	Announcement Discussion 复述对话观点 并用对话中的 例子解释观点	读 + 听 + 说	45-50 秒 100 词	90 秒 200 词	30 秒	60 秒
	Q4	General Specific 用讲座的例子 解释阅读原文 中的学术话题					
	Q5	Problem Solution 复述对话问题 以及两种建议 选一种做解释	听 + 说	N/A	2 分钟 300 词	20 秒	60 秒
	Q6	Summary 总结讲座内容					

1. 测试话筒：听力考试之后有10分钟休息，休息结束后，进入口语考试。我们需要先测试话筒，带上耳麦模拟作答，测试通过后点【CONTINUE】进入下一步。

TOEFL iBT Complete
Practice Test V12 Speaking

PLAYBACK RESPONSE
RECORD AGAIN
CONTINUE
VOLUME

PAUSE TEST

Adjusting the Microphone

In order to adjust your **microphone volume**, please answer the practice question below, using your normal speaking tone and volume. Wait until you hear a beep to respond.

You will have 15 seconds to speak. If you finish responding before 15 seconds are finished, you can click on **Stop Recording**. After you are done recording, click on **Playback Response** and listen to your recording. If you cannot hear your response clearly, make necessary adjustments and repeat the microphone check.

We do not recommend the use of a microphone with a voice activation feature. If you use a microphone with a voice activation feature, the first few seconds of your responses may not be recorded.

"Describe the city you live in."

RESPONSE TIME

00 : 00 : 14

Stop Recording

1/12 托福口语-上机操作

2. 口语热身：在正式开始口语考试前，会有口语分项说明，我们不用全部听完，可以模仿原声跟读几十秒，让唇、齿、舌有个热身过程，答题的状态会更理想；

在综合口语任务的听力播放过程中，如果发现对话或讲座的听力音量不合适，可以在操作区点击【VOLUME】调节音量。

3. 口语第1题：首先是独立口语部分。进入第1题，在显示题目的同时，会有播音员读题。读完题目后，进入15秒准备时间，倒计时结束后进入45秒答题时间。

TOEFL iBT Complete
Practice Test V11 Speaking

Question 1 of 6

PAUSE TEST SECTION EXIT

PLAYBACK RESPONSE RECORD AGAIN CONFIRM RESPONSE VOLUME

Talk about an interesting book you have read. Explain why you thought the book was interesting. Give specific details and examples to explain your answer.

Preparation Time: 15 Seconds
Response Time: 45 Seconds

PREPARATION TIME

00 : 00 : 07

4. 口语第2题：第1题答题结束后，直接进入第2题，在显示题目的同时，会有播音员读题。读完题目后，进入15秒准备时间，倒计时结束后进入45秒答题时间。

TOEFL iBT Complete
Practice Test V11 Speaking

Question 2 of 6

PAUSE TEST SECTION EXIT

PLAYBACK RESPONSE RECORD AGAIN CONFIRM RESPONSE VOLUME

Some people think that children should be allowed to watch whatever television programs they choose to. Others think that parents should exercise control over the television programs their children watch. Which do you agree with? Explain why.

Preparation Time: 15 Seconds
Response Time: 45 Seconds

RESPONSE TIME

00 : 00 : 42

Stop Recording

1/12 托福口语-上机操作

5. 口语第3题：首先阅读短文，内容选自学校公告或学生的公开信，时间45秒；

TOEFL iBT Complete Practice Test V11 Speaking

PAUSE TEST SECTION EXIT

Question 3 of 6

00 : 00 : 42

REPLAY TALK PLAYBACK RESPONSE RECORD AGAIN CONFIRM RESPONSE VOLUME

Reading Time: 45 seconds

Housing Renovations Planned

Over the last ten years, the number of Central College students living on campus in dormitories has decreased by twenty percent. In an effort to counteract the trend, the college has announced a plan to renovate its on-campus housing. The renovations will take two years, and they will include improvements to the bathrooms, lighting, and heating in the dormitories. "A lot of people are moving off campus because the dorms aren't in great shape," explained the college president. "By renovating the dorms, we can make them more appealing than off-campus housing, and more students will choose to remain on campus."


阅读结束后，直接播放听力，是一男、一女针对刚才的阅读内容发表意见。

TOEFL iBT Complete Practice Test V11 Speaking

PAUSE TEST SECTION EXIT

Question 3 of 6

REPLAY TALK PLAYBACK RESPONSE RECORD AGAIN CONFIRM RESPONSE VOLUME



Progress bar

听力结束后，显示题目，同时会有播音员读题。读完题目后，进入30秒准备时间，倒计时结束后开始60秒答题。

The woman expresses her opinion about the college's plan.
State her opinion and explain the reasons she gives for holding that opinion.

Preparation Time: 30 Seconds
Response Time: 60 Seconds

Answer box

1/12 托福口语-上机操作

6. 口语第4题：首先阅读短文，内容引自学科文献节选，时间45秒；

TOEFL iBT Complete
Practice Test V11 Speaking

REPLAY TALK
PLAYBACK
RESPONSE
RECORD
AGAIN
CONFIRM
RESPONSE
VOLUME

PAUSE
TEST
SECTION
EXIT

Question 4 of 6

00 : 00 : 41

Reading Time: 45 seconds

Outsider Art

Outsider Art is a term used to describe art that is made by people who choose to live and work outside society. The artists who produce this kind of art--Outsider Artists--work in isolation from other artists and have little or no formal artistic training. Because they do not learn conventional artistic techniques from teachers or other artists, Outsider Artists must invent their own ways of doing things. As a result of the unconventional methods that Outsider Artists often use, their work can look strange and not at all like traditional art to the observer.


阅读结束后，直接播放听力，一位教授讲授具体案例来阐述阅读中的学术话题。

TOEFL iBT Complete
Practice Test V11 Speaking

REPLAY TALK
PLAYBACK
RESPONSE
RECORD
AGAIN
CONFIRM
RESPONSE
VOLUME

PAUSE
TEST
SECTION
EXIT

Question 4 of 6



听力结束后，显示题目，同时会有播音员读题。读完题目后，进入30秒准备时间，倒计时结束后开始60秒答题。

Explain why Henry Darger is considered an Outsider Artist.

Preparation Time: 30 Seconds
Response Time: 60 Seconds

RESPONSE TIME
00 : 00 : 58

Stop
Recording


1/12 托福口语-上机操作

7. 口语第5题：首先听一段对话，是一男、一女针对某个问题讨论解决方法；

TOEFL iBT Complete
Practice Test V11 Speaking

REPLAY TALKPLAYBACK RESPONSERECORD AGAINCONFIRM RESPONSEVOLUME

PAUSE TESTSECTION EXITQuestion 5 of 6



听力结束后，显示题目，同时会有播音员读题。读完题目后，进入20秒准备时间，倒计时结束后开始60秒答题。

TOEFL iBT Complete
Practice Test V11 Speaking

REPLAY TALKPLAYBACK RESPONSERECORD AGAINCONFIRM RESPONSEVOLUME

PAUSE TESTSECTION EXITQuestion 5 of 6

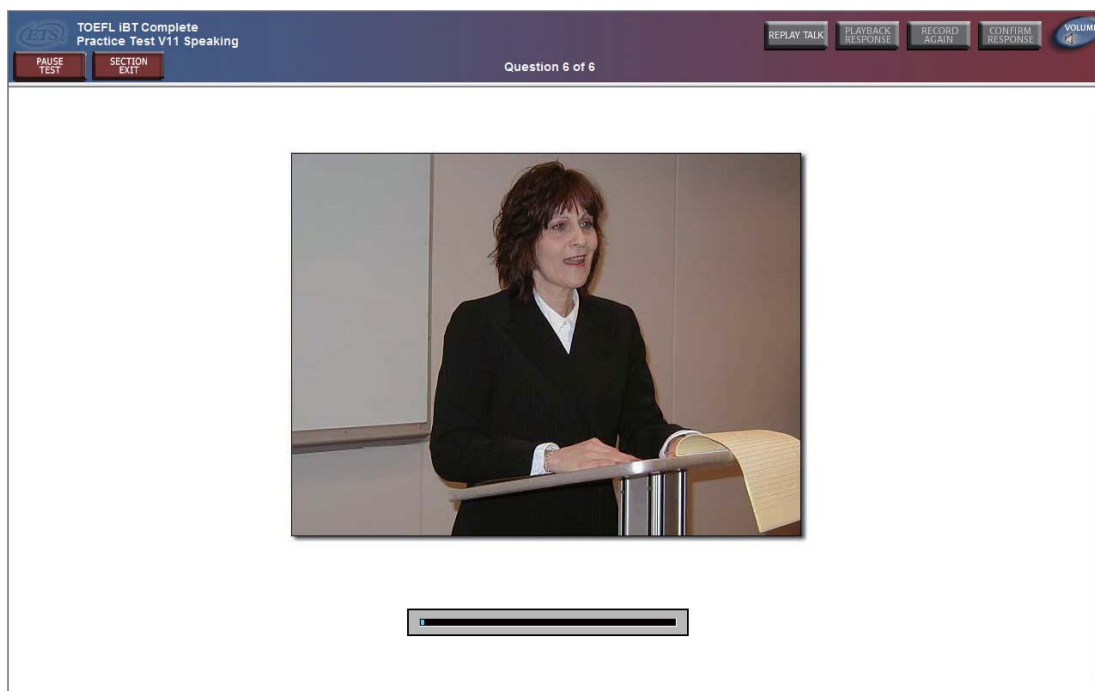
The students discuss a problem and two possible solutions. Briefly summarize the problem. Then state which of the two solutions you prefer and explain why.

Preparation Time: 20 Seconds
Response Time: 60 Seconds

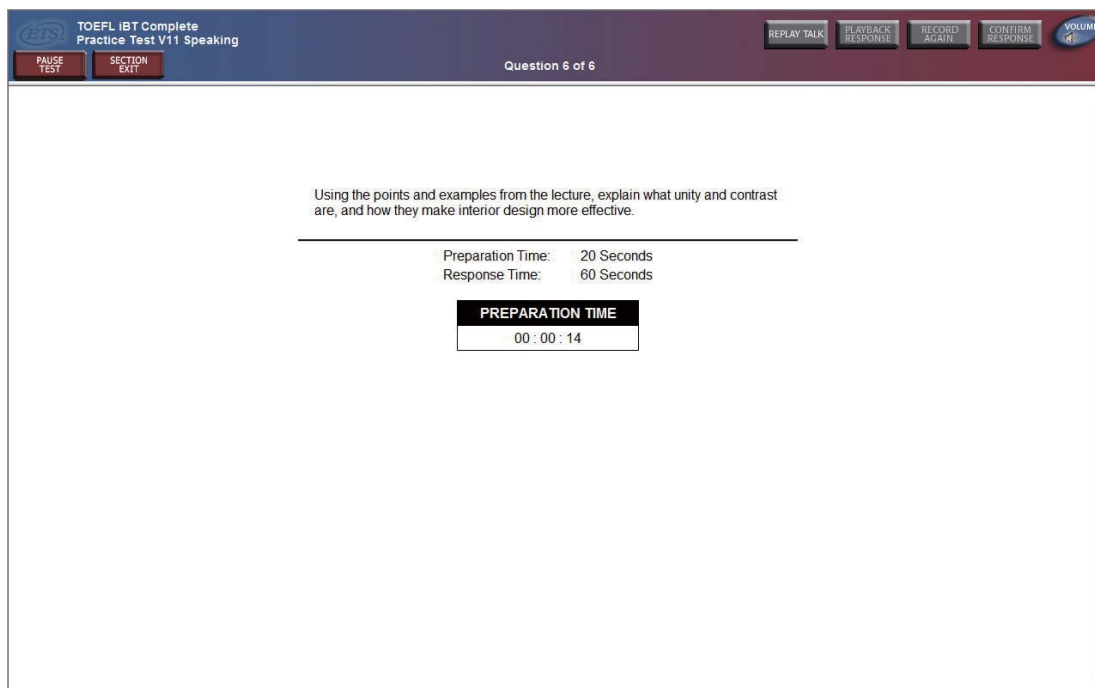
PREPARATION TIME
00 : 00 : 19

1/12 托福口语-上机操作

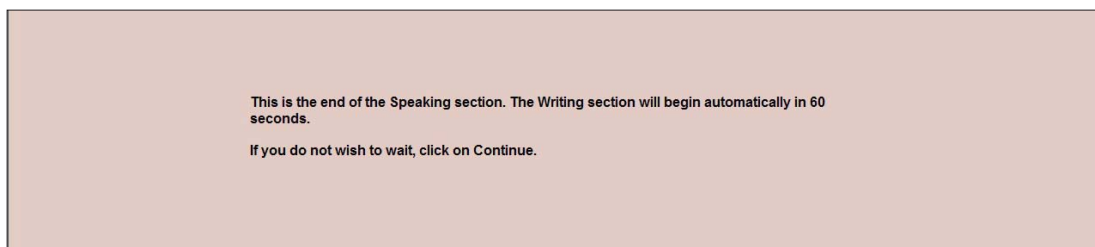
8. 口语第6题：首先听一段教授的讲座，针对某一学科话题展开阐述；



听力结束后，显示题目，同时会有播音员读题。读完题目后，进入20秒准备时间，倒计时结束后开始60秒答题。



9 结束考试：第6题答完后，提示口语考试结束。



2/12 托福口语：口语心态 & 评分标准

口语备考心态		
1	活着就说	就像我们学中文一样，口语最大的秘诀就两个字“多说”。如果每天说英语没有超过1个小时，那就叫“你今天没有练过口语”。我们只有保证每天固定的时间投入，才有机会理解题型要求，掌握答题方式，发现自身不足，改进发音语调。
2	留学大神	学习口语是为了留学不受憋。美国非常看重学生的交流能力，试想口语烂成渣的，操着各种方言版 Chinglish 的同学，教授听着费劲，同学们听着痛苦。没有交流，留学就失去了意义。
3	直面弱点	不要不好意思大声练口语，那样只能让自己的弱点一直被掩盖，找到口语练习的小伙伴，互相监督，随时用口语题来发问。将自己的回答录下来，按照评分标准仔细分析，找语伴互批。
4	机经利弊	很多同学在大陆受应试教育影响，依然想找到所谓的“考试捷径”，网上流传的“黄金XX题”，“万能口语模板”，“最全机经”也就帮你拿个22分左右，但想再提高只能靠自己。
5	美国标准	我们练习托福口语，是要说给以英语为母语的美国人听的；所以，只有像美国评分人一样思考，才能把托福口语练好，考出好成绩。所以我们要牢记ETS给出的以下评分标准！

评分标准			
1	Delivery 表达清楚	How clear your speech is. Good responses are those in which the speech is fluid and clear , with good pronunciation, natural pacing , and natural-sounding intonation patterns.	清晰流利； 发音到位； 语速均匀； 没有过长的停顿。
2	Language Use 语言应用	How effectively you use grammar and vocabulary to convey your idea. Raters will be listening for how well you can control both basic and more complex language structures and use appropriate vocabulary .	使用恰当的语法和词汇答题，词和句子类型丰富不单一。
3	Topic Development 话题展开	How fully you answer the question and how coherently you present your ideas . Good responses generally use all or most of the time allotted , and the relationship between ideas and the progression from one idea to the next is clear and easy to follow.	针对问题要求，展开顺畅连贯，时间精准。
注意： ①在发音上不必苛求完美；要学会断句，用重音强调重点；避免语法错误； ②不需要用到华丽的写作词汇，但也不要出现guys这样的俚语； ③可以使用缩写：can't, doesn't, I'd, I've, could've, would've, 但不要把going to说成gonna，也不要把want to说成wanna。 ④口语答题中建议使用3个音节以内的词：get, able, few, since, allow, attract			

3/12 托福口语：改良发音

发音练习方法

1	掌握规则	找到权威的发音教程，烂熟发音规则：连读，失爆，语调；
2	跟读模仿	和发音标准的音频学习，慢速播放，逐句模仿，发现不足；
3	录音矫正	录下自己的音频，比对模仿样本，有针对性地重点改进；
4	尽力而为	如果考试时间紧迫也不要强求发音，但必须保证清晰可辨。

发音推荐教材

	阶段	教材	时间进度
1	音标	网址： http://www.aepronunciation.com/ 操作：点击听音标示范，单词示范，跟读每个发音。	随时
2	单词 短语 句子	视频：Andy Krieger's 《Accent Reduction》 The 5-Step Method: ① Speak more SLOWLY ② Tongue and lips in EXACT positions ③ Take in air GENTLY ④ FORCE OUT air ⑤ Add a LONG VOWEL to every word 操作：DVD 3.5 小时，每天观看视频课程的10分钟。	20天 一个循环
3	句子 对话	音频：TPO 1-10 操作：每天跟读一个对话，0.75倍速慢放； 体会每一个词的发音，句子的断句和语音语调； 带着感情：配合面部表情，加上肢体语言跟读。	20天
4	演讲 剧情	除了上述基础材料以外，有精力的同学可以找一些“泛学习”材料模仿演练。所谓“口语听力不分家”，英文演讲、美剧电影都适用，让自己融入一天4个小时的英语环境中，每天积累两三个小时，远比一天把10集美剧全刷完要有效得多。	随时

全文在线朗读引擎

自己写完了答题逐字稿，想跟着相对标准的朗读发音练习，可以用在线朗读
网址：<http://www.entts.com/>

操作：

- ① 把自己的口语答题逐字稿拷贝到在线文本框中；
- ② 选择语速，还可以选择朗读声是【男声】还是【女声】；
- ③ 点击【开始朗读】，会听到基本上很标准的英文脚本朗读；
- ④ 如果文章较长无法完全朗读，可以点击【分段朗读】；
- ⑤ 自己跟着在线发音，模仿语音语调，根据答题需要调节断句和强调重读。

3/12 托福口语：改良发音

1. Minimal Pair (最小对立体)							
		A	B	C	D	E	F
1	[i:]	feet	beat	team	keen	sleet 冻雨	neat 整洁
2	[i]	fit	bit	Tim	kin 亲戚	slit	nit 幼虫
3	[æ]	can	tan 黄褐色	bat	sat	tax	mat
4	[e]	ken 视野	ten	bet	set	tex	met
5	[ʌ]	but	pun 双关语	lust 渴望	cut	fun	fuss 激怒
6	[a:]	bart	part	last	cart 手推车	farn	fast
7	[ei]	kate	fate	bate 减弱	vain		
8	[ai]	kite	flight	bite	vine		
9	[e]	let	pen	get	wet	sell	ret 浸水
10	[ei]	late	pain	gate	wait	sail	rate
11	[əu]	goat	note	hope	own	coat	
12	[ɔ:]	got	not	hop 跳跃	on	cot 小床	
13	[əu]	wrote	chose	blow	coal	soap	
14	[u:]	root	choose	blue	cool	soup	
15	[ai]	life	bike	like	climb	mike	kite
16	[a:]	laugh	bark	lark 云雀	calm	mark	cart
17	[v]	leave	save	prove	carve	live	very
18	[f]	leaf	safe	proof	calf 牛犊	life	ferry 渡运
19	[z]	as	seize	lose	parse	zeal 热心	zinc
20	[s]	ass	cease	loose	pass	seal	sink
21	[t]	bet	late	sat	heart	sight	feet
22	[d]	bed	laid	sad	hard	side	feed
23	[θ]	breath	worth	north	south	bath	
24	[ð]	breathe	worthy	northern	southern	bathe	
25	[θ]	thin	think	thick	thank	thumb	theme
26	[s]	sin 罪恶	sink	sick	sank	some	seem
27	[r]	reap 收获	rid	rent	rack	wrong	root
28	[l]	leap	lid	lent	lack	long	loot
29	[n]	knock	known	snow	snip 剪	number	night
30	[l]	lock	loan	slow	slip	lumber	light
31	[n]	ton	sin	win	kin	tan	pin
32	[ŋ]	tongue	sing	wing	king	tang 味道	ping

3/12 托福口语：改良发音

2. Liaison [li'eɪzən] (语音连读)

在连贯口语表达中，同一个意群内，相邻的两个词，前一个词以辅音结尾，后一个词以元音开头，要将辅音和元音连接成一个音节，像一个单词一样朗读。

		A	B	C
1	2 words	work out	good idea	speak English
2		an hour	put on	take off
3		an egg	come in	keep on
4		an end	stand up	above all
5	3 words	in an hour	let him in	
6		look at it	back in a minute	
7		in an instant	not at all	
8	3 words + it	read it again	take it away	put it on
9		pick it up	leave it alone	put it up
10		put it on	take it off	take it out
11		take it along	make it up	
12	3 words + of	think of it	all of us	a bottle of ink
13		first of all	one of us	a bowl of rice
14		best of all	a cup of tea	a box of sweets

Plosive ['plɒsɪv] (语音爆破)

三组爆破音：[t] & [d], [p] & [b], [k] & [g]。当两个爆破音相连时，前一个爆破音“失爆”，只做出爆破音的口型但不输出气流，使发音更加连贯。

		A	B	C
1	全失爆	wet ground	hot bed	take care
2		active	blackboard	post-card
3		September	hard times	quite different
5	擦音 半失爆	a second choice	a black jacket	a good job
6		a big tree	a hard journey	a fast train
7		white chalk	a great change	loud cheers
8		a good try	a good child	a bit dry
9		a sweet dream	a cold drink	
10	鼻音 半失爆	good morning	attend meeting	not mine
11		help me	don't know	at noon
12		not now	odd numbers	good night
13		quite near	a loud noise	an important matter
14		a different meaning	good news	urgent needs

4/12 托福口语: Q1 - Personal Preference

Question 1 - 话题分类		
口语第1题是日常生活中最常见的话题。根据问题对象，分为四类话题： 【Person】 人物， 【Place】 地点， 【Object】 物体， 【Event】 事件。		
Question 1 - 解题步骤		
Talk about a book you have read that was important to you for some reason. Explain why and give specific details to explain your answer. (TPO 1)		
Step 1	Examining the Topic 审题	1. A book. (哪类话题→ 【Object】 物体分类) 2. Important to you. (积极? 消极? 中性? →积极) 3. Why? Specific detail. (对 Important 详细解释)
Step 2	Brainstorming Outline 答题要点	快速笔记: KongFu Panda KF P - Interesting Plot -Inter - Educational Storyline -Edu
Step 3	Detail 补充细节	细节神器：答出记叙文6要素中的4个就足够 Interesting (1) 时：2008；(2) 人：各种角色，有趣的动物； (3) 因：加入中国元素；(4) 果：收获中国粉丝； Educational (1) 人：主角阿宝；(2) 因：接受乌龟师傅教化； (3) 展：刻苦练习；(4) 果：借助团队战胜敌人； ↓ KF P- - Intere-: anm-, CHN, fans - Edu-: Paul, prac-, team
Step 4	Sentence 组织句子	KF P: No doubt, the screen writing of KF P has got to be really important to me. - Inter- I was fascinated by the interesting background of the movie of the same name. anm-, CHN, fans The director created a fantastic setting including vivid animal characters and traditional Chinese elements, which have grabbed tons of fans in China since 2008. - Edu- KFP enjoyed an educational storyline which has been a positive influence to the reality. Paul, prac-, team The leading role, Paul, who was inspired by Master Oogway, rendered a model to encourage people to overcome challenges by practicing toughly.

4/12 托福口语：Q1 - Personal Preference

Step 5	Logic Words 逻辑信号词	观点: I'd like..., In my opinion, I believe, For me 列举: first, also, in addition, moreover, for one thing 因果: because (of), since, for the reason that, due to 举例: for example, for instance 转折: yet, but, however, although, whereas, instead 对比: in contrast, rather than, on the other hand 强调: indeed, in fact, literally, surely, particularly 总结: therefore, so, in brief, as a result, in summary
Step 6	Conclusion 结论平衡时间	Therefore , the screen writing of KF P is essential for me to study a masterpiece.

Question 1 - 结构时间控制 (逐字稿字数 80 Words 起步, 不要超过 110 Words)

Sentence	Structure	Description	Duration
1	Topic	State your opinion directly	5s-8s
2-3	Support 1	Give your 1st reason and details	15s-20s
4-5	Support 2	Give your 2nd reason and details	15s-20s
6	Sum Up	Emphasize your opinion	5s

演练：投入感情，肢体语言 Preparation: 15s; Response: 45s

No doubt, the screen writing of KF P has got to be really important to me. **For the reason that** I was fascinated by the interesting background of the movie of the same name.

First, the director created a fantastic setting including vivid animal characters and traditional Chinese elements, which have grabbed tons of fans in China since 2008. **Also**, KF P enjoyed an educational storyline which has been a positive influence to the reality. **For example**, the leading role, Paul, who was inspired by Master Oogway, rendered a model to encourage people to overcome challenges by practicing toughly.

Therefore, the screen writing of KF P is essential for me to study a masterpiece.

1 V 5

1	【Event】 Which of the following library volunteer would you want to choose to do? Helping people find the right material, reading to kids or keeping bookshelf organized. (131214 NA)
2	【Person】 Describe a person who you would like to spend time with. Explain why you want to spend time with him or her. (100221 CN)
3	【Person】 Describe a special friend in your childhood. Explain why this friend is special to you. (140316 CN)
4	【Event】 A school plans to add an activity for students. What activity would you recommend? Using details and explain why. (140302 CN)
5	【Person】 Describe a person that you look up to as a role model. Explain how and include details. (110529 CN)

口语第2题也是日常生活中的常见话题。很多语料素材都可以和第1题通用。因为不同话题对象供选择Which do you prefer?可以使用赞一个、贬一个的对比答题。选择哪个没有对错之分，请选择在短时间能够快速输出语料的一方。

Question 2 - 解题步骤

Some prefer to work on class assignments by themselves. Others believe it is better to work in a group. Which do you prefer? Explain why. (TPO 3)

Step 1	Examining the Topic 审题	1. Class assignment. 2. By themselves. 3. Work in a group.
Step 2	Brainstorming Outline 答题要点	快速笔记： Group Study G - Efficient - Eff- - Potential - Poten-
Step 3	Detail 补充细节	细节神器：答出记叙文 6 要素中的 4 个就足够 Efficient Workflow (1) 时：上学期竞赛；(2) 人：团队成员们； (3) 展：搜集分析排版；(4) 果：高效完成任务 Team Spirit Potential (1) 人：团队成员们；(2) 因：各自有课都很忙 (3) 展：使用工具协调；(4) 果：团队意识提高 ↓ G- - Eff-: comp-, tasks - Poten-: coop-, team s-
Step 4	Sentence 组织句子	G-: I prefer to work on my study in a group. - Eff- A group has extra hands. It has been the best way to work efficiently. comp-, task Last semester I joined in a competition with a team. We assigned information collection, data analysis, and layout composing to different members, which literally improved the efficiency to finish the project - Poten- That group work cultivated my team spirit potential. coop-, team s- Every team member had own schedule. We must respect one another, and use time management tool to balance the conflict, which enhanced our team spirit.

5/12 托福口语: Q2 - Choice

Step 5	Logic Words 逻辑信号词	观点: I agree/disagree with the idea that..., I prefer... 列举: first, also, in addition, moreover, for one thing 因果: because (of), since, for the reason that, due to 举例: for example, for instance 转折: yet, but, however, although, whereas, instead 对比: in contrast, rather than, on the other hand 强调: indeed, in fact, literally, surely, particularly 总结: therefore, so, in brief, as a result, in summary
Step 6	Conclusion 结论平衡时间	In contrast , working alone can't offer the benefits above for a student to grow.

Question 2 - 结构时间控制 (逐字稿字数 80 Words 起步, 不要超过 110 Words)

Sentence	Structure	Description	Duration
1	Topic	State your opinion directly	5s-8s
2-3	Support 1	Give your 1st reason and details	15s-20s
4-5	Support 2	Give your 2nd reason and details	15s-20s
6	Sum Up	Emphasize your opinion	5s

演练: 投入感情, 肢体语言 Preparation: 15s; Response: 45s

I prefer to work on my study in a group.

Simply because a group has extra hands. It has been the best way to work efficiently. **For example**, last semester I joined in a competition with a team. We assigned information collection, data analysis, and layout composing to different members, which literally improved the efficiency to finish the project. **Also**, that group work cultivated my team spirit potential. **For the reason that** every team member had own schedule. We must respect one another, and use time management tool to balance the conflict, which enhanced our team spirit.

In contrast, working alone can't offer the benefits above for a student to grow.

1 V 5

1	【Person】Some people would like to seek advice from other people while others like to make the decision based on their own experiences and knowledge. Which way do you prefer? (140111 NA)
2	【Event】Some people speak out in class, others prefer to listen and quietly observe. Which do you think leads to greater success in school? Explain why you think so. (131019 NA)
3	【Person】One job requires you to work with other employees in a group and the other requires you to work individually. (131207 NA)
4	【Event】A school plans to add an activity for students. What kind of activity would you recommend? (140302 CN)
5	【Event】Some prefer to have friends who share the similar views. Others prefer those who have different standpoints. (121202 CN)

6/12 托福口语: Q3 - Announcement & Discussion

Question 3 - 公告与讨论		
口语第3题以校园话题为背景, 先阅读一篇讨论校园新政策的公告或公开信; 然后听一段对话, 一男一女两位同学针对阅读材料发表意见。对话结束, 题目要求考生总结对话中占主导一方的学生观点: 赞同或不赞同以及详细的理由。		
Question 3 - 解题步骤		
Step 1	阅读 45 秒	阅读笔记: 做出什么改变及支持的理由 (一般有两个)
		Volunteer Teaching Program to Be Discontinued (1) State University has decided to discontinue its volunteer teaching program at the end of the current semester. (2) For the last two years, there simply has not been enough interest by the student body in volunteering to teach elementary school students. (3) The number of students participating does not justify the money the school is spending on the program . (4) Additionally , many parents of the students being taught have complained that our student volunteers are not trained teachers , so their children are not getting the best possible education .
Step 2	听力 对话	听力笔记: 双方对话, 针对阅读中的主题, 对话主导方是支持还是反对, 以及理由 (一般有两个)。
		M Janet, you do volunteer student teaching, don't you?
		W ①Yeah, and I must say that I'm crushed the programs being cancelled.
		M How so?
		W ②Well, even though the school is far away and difficult to get to, it's been a great opportunity for me. ③I'm majoring in business, not education, you know.
		M Right.
		W ④Well, without this volunteer program, there would've been no way for me ever to get this kind of opportunity to teach young children.
		M Yeah, I can see that. ⑤But it seems like the children weren't really getting a quality education though. That's what the notice said.
		W ⑥I completely disagree with that. ⑦Since I started last semester, I've been able to watch all of the students grow, and I must say that their progress has been amazing.
		M But what about those complaints?
		W ⑧I have no idea where they're coming from. ⑨In fact, many students and teachers have complimented me on my work. It's such a shame the school's doing away with this program. ⑩It's going to hurt the children.
Step 3	审题	第 3 题的提问大都相似。回答时必须抓住对话主导方的鲜明观点和逻辑, 如果缺少逻辑且细节不完整, 即便答题流利也被扣分。
		The woman expresses her opinion of the discontinuation of the volunteer teaching program. State her opinion and explain the reasons she gives for holding that opinion.

6/12 托福口语：Q3 - Announcement & Discussion

Step 4	30 秒 准备 60 秒 答题	准备时间 30 秒：整理笔记，标出关键词，组织答题结构。	
		w	m
		× far ^ opp- ↑ ≠edu- =biz- ×pro- → ×tea- yng- × ^ stu- ↑ → ↑★ tea- & par- → √ × pro- → kid↓	^ × qua- N ^ comp-?

Question 3 - 结构时间控制
 (逐字稿字数 120 Words 起步，不要超过 145 Words)
 不要花时间概括阅读细节，阅读只是背景；答题不要加个人观点

Sentence	Structure	Description	Duration
1	Opinion	Agree or Disagree	5s - 7s
2		Reading Brief	8s - 10s
3	Reasons	Reason 1	16s - 20s
4-5		Detail 1	
6		Reason 2	16s - 20s
7-8		Detail 2	
9	Conclusion	Agree or Disagree	3s - 5s

演练：注意动词时态
 Preparation: 30s; Response: 60s

① **The woman strongly opposes** a university announcement which states that (1) it's going to abandon a volunteer program for elementary school students.

The first reason is that ③ **since** she's not majoring in education but is in the Business Department instead, ④ she would never have gotten a chance to teach without the program. ② **Even though** the school is located somewhat far away, she feels that the program has been a positive addition to her life.

Also, according to the woman, ⑦ the student-teachers have helped the elementary students make improvements. ⑤⑥ **This is contrary to the claim** made in the notice. ⑦ **The woman says** the students have made great progress and ⑨ that many students and teachers have complimented her on her ability to help the students learn, ⑩ **so** cancelling the program is going to hurt the elementary school students.

(That's why she's against the notice from the university.) (135+10 Words)

7/12 托福口语: Q4 - General & Specific

Question 4 - 概括与具体		
<p>口语第4题以学术话题为背景, 先阅读一篇关于某学术话题的小短文; 然后听一位教授的讲座, 教授针对阅读中的学术话题展开讨论。讲座结束, 题目要求我们根据教授的讲座回答问题: 尽可能多地、准确全面地传达讲座的关键要点。</p>		
Question 4 - 解题步骤		
Step 1	阅读 45 秒	<p>阅读笔记: 对学术原理、现象、概念初步认识, 注意标题。</p> <p style="text-align: center;">Creative Destruction</p> <p>(1) Many companies, particularly in the twentieth century, have introduced new products or inventions that revolutionized their industries. (2) When this occurs, an existing industry is often either completely destroyed or is reduced greatly in stature and ability to transform a profit. (3) This is referred to as creative destruction. (4) While the invention wipes out one field in the industry, it creates another new one, which in turn often spurs dramatic economic growth. (5) One example of creative destruction is the invention of the automobile. (6) While sales of automobiles dramatically rose, the horse and buggy disappeared as an industry.</p>
		<p>听力笔记: 抓住教授针对阅读中的学术话题, 所提供的讲解案例, 重点关注对比因果的逻辑和例证细节。</p> <p>I need to speak for a bit about creative destruction. ①Now, we live in a time where radical technological innovations change our world, or, at least, part of it, with stunning regularity. ②Oftentimes, when something comes up that causes creative destruction, it sparks an entire new industry while simultaneously killing off another.</p> <p>③I'm sure some of you remember computer discs. There were five-and-a-quarter-inch floppy discs and then the smaller three-point-five-inch hard discs. Remember them? Well, what happened to them? Anyone? You don't see them anymore, do you? Why not? ④Well, now that we use CD-ROMs to record and save much more information, no one needs computer discs anymore. ⑤The invention and use of CD-ROMS caused creative destruction in the computer industry. ⑥They literally killed the computer disc format, but they started an entire new one of their own.</p> <p>⑦Okay, how about another? Let's think about digital cameras. ⑧Do you know of anyone lately who's purchased a camera that uses film? I sure don't. ⑨Digital cameras are cheaper and better than regular cameras, and you can manipulate your pictures with a computer to a much greater extent than you can with film in the darkroom. ⑩The film camera industry isn't dead yet, but it's certainly on its way to being replaced completely by digital cameras.</p>
Step 3	审题	<p>题目关注教授针对某一学术概念展开的某个或两个方面, 要求我们转述解释。抓住讲座内容, 不要浪费时间在阅读内容上。</p>
		<p>The professor describes two advances in technology. Explain how these advances are related to creative destruction.</p>

7/12 托福口语: Q4 - General & Specific

Step 4	30 秒 准备 60 秒 答题	准备时间 30 秒: 整理笔记, 标出关键词, 组织答题结构。 笔记记下关键术语, 努力记下发音, 不要因为笔记耽误听力。	
		R 记主题定义, 例子不用记	L ★★★ 尽可能记下所有例证!
		new tech-↑ → old ind-↓ CD: N-\$↑, O-\$↓	CD: inno- → new↑ & anoth-↓ - comp- disc = × ∴ CDR = info↑ → × disc mkt CDR → CD → new own√ - DC, ×fm cam- ∴ DC= \$↓ & cheap, pic comp- & ×dk rm fm cam- ↓ re- by DC

Question 4 - 结构时间控制 (逐字稿字数 120 Words 起步, 不要超过 145 Words) 不要花时间概括阅读细节, 答题重点在听力; 答题不要加个人观点			
Sentence	Structure	Description	Duration
1	General	Brief	6s - 8s
2		Definition	10s - 12s
3	Specific	Example 1	16s - 20s
4-5		Detail 1	
6		Example 2	16s - 20s
7-8		Detail 2	
9	Conclusion	Related to the Reading	3s - 5s

<p>演练:</p> <p>涉及主题学术词汇时语速不要太快</p> <p>Preparation: 30s; Response: 60s</p>	
<p>The subject of the lecture is ①②how dramatic changes in technology can cause existing technology to disappear or become unpopular. The professor provides two examples to articulate Creative Destruction, (1) ① which occurs when a radical development causes (2) ②an existing technology to disappear while in turn creating a different, new one.</p> <p>The first ③concerns the computer industry. ④While people used to use computer discs, as soon as CD-ROMs were invented, people began using them since they had more storage space than computer discs. ⑤⑥This caused the computer disc industry to die while creating the CD-ROM industry.</p> <p>The second example is ⑦about cameras. The professor mentions that ⑧since digital cameras are better and cheaper than regular film-using cameras, ⑧no one's buying regular cameras nowadays. ⑩The result is that the camera industry is dying while the digital camera industry is growing.</p> <p>(137 Words)</p> <p>注意动词时态, 描述教授用一般现在时; 讲解案例发生在过去用一般过去时。</p>	

8/12 托福口语: Q5 - Problem & Solution

Question 5 - 问题与解决			
口语第5题以校园话题为背景，听到一男、一女的对话，会是学生与学生、学生与教授、学生与校职工。对话围绕学生遇到的问题展开，提出两种解决方法和各自利弊。题目要求总结问题和两种解决方法，选择一种并给出选择理由。			
Question 5 - 解题步骤			
Step 1	听力对话	笔记标出对话中是男、女哪一方遇到问题。尽全力记下两种解决方法和各自利弊。注意：男女双方都有可能提出解决方法。	
		M Professor Edgers, I've got a problem and need some advice	
		W OK, let me know what's going on.	
		M As you know, I'm double majoring, so I've got a lot more work than most other students. ① Well, I've, uh, got to submit two separate papers in different classes by next week, and that's going to be too much work for me to do in that short of a period of time.	
		W One of those papers is for my literature class, right?	
		M Yes, ma'am. And the other's in history.	
		W Well, ② why don't you start writing your literature paper tonight instead of waiting until the last minute? Then you could work on your other paper, uh, next week.	
		M I'd love to do that, ③ but I have lots of reading home-work in another class, so I've got to do that first.	
		W In that case, ④ have you considered using the same topic for both of your papers? Then you could just write one paper and turn it in to both classes. I wouldn't mind.	
		M Hmm... ⑤ I'd have to ask for Professor Goldberg's opinion before doing that, and he's liable to dislike that idea. ⑥ I heard another student asked him the same thing once, and he refused to allow her to do that.	
	笔记	M	W
		doub-maj-, 2+ work ↑ 2 Ps diffe- cls nx wk → × time	lit- cls?
		✓ & hist- cls	wri- lit- tonite, × wait; other P nx wk
		∧ rd hw in hist- ↑ → 1st	same top- for both? 1 P for 2 cls
		ask prof G = × like ano- stu- → ×	

8/12 托福口语：Q5 - Problem & Solution

Step 2	审题	The student discuss two possible solutions to the man's problem. Describe the problem. Then state which of the two solutions you prefer and explain why ?
Step 3	20 秒准备	1. 首先描述问题（简洁一句话即可，不要太多细节） 2. 再说解决方法（越简短越好，细节留给下一步） 3. 选择一个解决方法，无所谓对错，只要相对好解释就行； 4. 把大量时间留给解释选择的原因（至少 25 秒），这个原因可以是先简述另一个方法的弊端，再补充选择方法的合理性，最后加上自己发挥的内容，只要合理，符合对话背景逻辑即可。
	60 秒答题	注意：第 5 题需要针对问题提出自己的看法。这与第 3 题不同。第 5 题在提出解决方法时，有时会用到虚拟语气： 对现在假设：if 从句过去式，主句 would\should\could+ 动原； 重点在于集中精力论证自己赞成的方案，提供的细节越多越好。

Question 5 - 结构时间控制 (逐字稿字数 120 Words 起步，不要超过 145 Words)

Sentence	Structure	Duration
1	Describe the Problem	10s - 15s
2	Solution 1 & Solution 2	10s - 15s
3		
4		
5	Choose a Solution & Provide Reason 1 (Original Context)	20s - 30s
6		
7		
8	Provide Reason 2 (Personal Preference)	8s - 10s
9		

演练：像讲故事一样去答题 Preparation: 20s; Response: 60s

The man's problem is that ①he has two research papers due next week, but there is not enough time to finish them.

The woman suggests two solutions. First, ②working on his literature paper this evening and not to wait to do them both at the end. Second, ④using the same topic for both papers.

If I were the man, I would support writing the literature paper first. Because ⑤⑥sharing the same topic may be rejected by another professor teaching in history. **However, if he started working tonight, he could finish the two papers on time. Even writing a little every day, he can make efficient use of time.**

In addition, ③he shouldn't be worried about reading homework in his history class. **He should put his graded work ahead of his reading and start writing his papers immediately so as to finish them on time.**

(144 words)

Question 6 - 讲座总结		
<p>口语第6题以学术话题为背景, 会听到一段某学术话题的小讲座, 教授先介绍一个概念或现象, 然后通过举两个例子或者强调两个重要方面来深入解释, 要迅速抓住核心概念及提供的两个分要点。题目要求概述核心概念和展开例证。</p>		
Question 6 - 解题步骤		
Step 1	听力对话	<p>听力笔记: 抓住核心概念、原理、分要点, 以及支撑要点的例子, 记录的细节越多越好。边听边思考归纳, 陌生专业术语记下发音。</p> <p>Listen to a lecture about an academic subject</p> <p>We've discussed a lot of different aspects about marketing, but there's one thing that's the most important of all. You need to know this. So let me tell you what it is... ①A successful marketer will ensure that his product grabs people's attention, which will then convince people to purchase that product. I think I can best explain this by providing a couple of examples.</p> <p>You've all probably gone shopping for cereal at the local supermarket. There are so many colorful boxes you'd just think that they'd all stand out, wouldn't you? Well, ②one cereal company once decided to market the same product in two different ways to determine which one was better.</p> <p>The first way ③it did that was by designing a colorful cereal box that was filled with the most amazing pictures and descriptions of its product. It was a complete masterpiece. ④Unfortunately, when it went on the store shelves, it didn't look any different from the dozens of other cereal boxes that were right next to it. ⑤So, shoppers failed to notice it. ⑥Accordingly, it failed to make significant sales.</p> <p>However, ⑦the company also marketed the same cereal in a plain, while box that simply had the word "Cereal" written across the front of it in big, black letters. While you might think that this was a nonsensical design, the box's plainness made it stand out from the other cereal boxes. People noticed it. ⑧And they started purchasing that cereal because they had noticed it. The company found that ⑨its sales of the cereal in the plain box began increasing rapidly. That box, while simple, was an example of successful marketing.</p>
	笔记	<p>mkt: prod- → peo- att-↑ → pur-↑ cereal comp- → mkt same prod- = 2 ways → 2+?</p> <p>1. clr bx → ★pic- & desc- ^ × diff- othr bx ∴ × noti- → × sale</p> <p>2. sm bx = plain, bg blk ltr out fm oths, √noti- → pur- ↑ ∴ plain bx → sale ↑</p>

9/12 托福口语：Q6 - Summary

Step 2	审题	Using points and examples from the lecture, explain what marketers need to do to ensure that their product sells well .
Step 3	20 秒准备	1. 概括核心概念，提供背景信息便于理解，但不要花太多时间； 2. 随后提供细节和例子来说明核心概念，细节越丰富越好； 3. 至少留出 30 秒的时间用于表述解释和例子； 4. 答题时除了专业术语外，其他尽量采用改述方式； 5. 语速不要太快，核心要点必须重读强调。
	60 秒答题	注意： ①对于不理解的学科内容，不要慌张，只要说清楚逻辑，把自己理解的表述到位即可。 ②强化训练记笔记，没听清楚的术语要尽一切努力记下发音。

Question 6 - 结构时间控制 (逐字稿字数120 Words 起步，不要超过145 Words)

Sentence	Structure	Duration
1	Describe the Academic Concept	10s - 12s
2	Transition (The Prof. gives two examples...)	8s - 10s
3	Example 1	15s - 22s
4		
5		
6	Example 2	15s - 22s
7		
8		

演练：像和老师交流一样去答题； Preparation: 20s; Response: 60s

The main idea is that ①in order for a product to sell well, marketers need to guarantee that their product will somehow attract people's attention.

②**The professor gives two examples of** the same company selling the same product but with different marketing strategies.

The first is that ③the company made a colorful, attractive cereal box with lots of pictures and descriptions. **However**, ③the professor points out that this box wasn't any different from the other cereal boxes, ⑤**so** no one noticed it. ⑥**Therefore**, the cereal sold poorly.

On the other hand, ⑦when the same cereal was put in a plain, white box with the word "Cereal" in big, black letters, ⑨it stood out from the other boxes and **therefore** sold quite well. ⑧**The reason is that** the simple design made the box look different from the other boxes, so more people noticed it.

(143 words)

注意时态：描述教授用一般现在时，教授举例发生在过去，用一般过去式。

10/12 托福口语：综合口语 – 常用结构句式

综合口语常用句式	
Q3	<p>开头导入：</p> <p>① The man doesn't agree with the university's plan to...(阅读)</p> <p>② The woman opposes the university's plan which states...(阅读)</p> <p>③ The man agrees with the writer of the letter which declares...(阅读)</p> <p>④ The woman supports the university's policy which mentions...(阅读)</p>
	<p>原因解释：</p> <p>① First, he claims that...(原因) For example, he mentions...(细节)</p> <p>② First, she states that...(原因) The student points out...(细节)</p> <p>③ Also, according to the man...(原因) He then points out that...(细节)</p> <p>④ In addition, she claims that...(原因) Also...(细节), So...(细节)</p>
	<p>结尾总结：</p> <p>① Based on the reasons above, he/she supports/opposes...(阅读)</p>
Q4	<p>开头导入（简述学科概念）：</p> <p>① In this lecture, the professor focuses on...(概念)</p> <p>② The professor begins her lecture by mentioning that...(概念)</p>
	<p>概括例证：</p> <p>① The professor gives two specific examples to illustrate...(概念)</p> <p>② He introduces this by providing two examples of this...(概念)</p> <p>③ Her first example is (例 1)...The second example given is...(例 2)</p>
	<p>结尾总结（提及与阅读内容相关）：</p> <p>① The examples are related to the...(概念) introduced in the reading.</p> <p>② These are both examples of...(概念) stated in the reading passage.</p>
Q5	<p>开头导入（简述遇到的问题）：</p> <p>① The man's problem is that...(问题)</p> <p>② The woman is facing a problem that...(问题)</p>
	<p>概括例证：</p> <p>① There are two solutions. First, ... (方法 1) Second, ... (方法 2) I recommend... (你支持的)</p> <p>② The man plans to...(方法 1) Also, the woman tells the man...(方法 2) I support... (你支持的)</p>
	<p>解释理由：</p> <p>① Simply put, first, ...And she...In addition, although..., ...</p> <p>② First, ...So, ...Furthermore, even though..., ...</p>
Q6	<p>开头导入（学科概述）：</p> <p>① The topic of the lecture is...The professor mentions two...</p> <p>② The main idea of the lecture is that...The professor provides two...</p> <p>③ The professor covers...He offers two examples to articulate...</p> <p>④ The lecture focuses on... The professor gives two examples...</p>
	<p>概括例证：</p> <p>① The first one he discusses...The second example is that...</p> <p>② First, the lecture mentions...The second explanation focuses on...</p> <p>③ In her first example...The professor then discusses...</p> <p>④ He first discusses... The professor then points out that...</p>

11/12 托福口语：评分标准 & 练习自查

独立口语满分评分标准 Independent Tasks (Q1 & Q2) - Good Level		
1	Delivery 表达	① Generally well-paced flow (fluid expression). ② Speech is clear . ③ It may include minor lapses, or minor difficulties with pronunciation or intonation patterns, which do not affect intelligibility.
2	Language Use 语言应用	① The response demonstrates effective use of grammar and vocabulary . ② It exhibits a fairly high degree of automaticity with good control of basic and complex structures (as appropriate). Some minor (or systemic) errors are noticeable but do not obscure meaning.
3	Topic Development 话题展开	① Response is sustained and sufficient to the task . ② It is generally well developed and coherent ; relationships between ideas are clear (or clear progression of ideas).

综合口语满分评分标准 Integrated Tasks (Q3, 4, 5, & 6) - Good Level		
1	Delivery 表达	① Speech is generally clear, fluid, and sustained . ② It may include minor lapses or minor difficulties with pronunciation or intonation. ③ Pace may vary at times as speaker attempts to recall information . ④ Overall intelligibility remains high.
2	Language Use 语言应用	① The response demonstrates good control of basic and complex grammatical structures that allow for coherent , efficient (automatic) expression of relevant ideas. ② Contains generally effective word choice . ③ Though some minor (or systematic) errors or imprecise use may be noticeable, they do not require listener effort (or obscure meaning).
3	Topic Development 话题展开	① The response presents a clear progression of ideas and conveys the relevant information required by the task . ② It includes appropriate detail , though it may have minor errors or minor omissions.

口语练习自查 Self-check List		
1	答题文本	① 内容切题；② 例证细节丰富；③ 逻辑信号清晰； ④ 词句多样化；⑤ 避免语法错误；
2	练习录音	① 发音清晰；② 避免口头语 (you know)；③ 声音洪亮，自信； ④ 避免 3 秒以上的停顿；⑤ 语速是否过快或过慢；⑥ 准时完成

12/12 托福口语：精炼步骤 & 备考规划

精练步骤
Step 1 录入题目
TPO 16.1 If you could have any career you wanted, which would you choose and why?
Step 2 输入逐字稿（粗体标出语料并加入自己的语料库）
I would like to begin my career as a movie producer. The choice is influenced by my college study and work experience. First, my major is film production, which offers me a systematic education including professional study, such as screen writing, film editing, photography, and media management. These courses enable me to get occupational skills to become a producer. Another reason is that my professor introduced me to a studio in Hollywood which provides plenty of opportunities to promote my potentials. I need to coordinate various occupations, financial section, and a production unit. No doubt, both specialty study and working practice can enhance my career pursuit to be a producer. (111 words)
Step 3 练习（每题15遍）
将逐字稿拷贝到在线朗读引擎，跟读模仿。然后至少练习 10 遍，建议 15 遍。 ① 1-5 遍：熟悉语料；② 6-10 遍：时间平衡；③ 11-15 遍：烂熟于心。
Step 4 录音存档
练习 15 遍后录音，积累自己的练习音频，每天录一个。
Step 5 语伴突击
一起备考的小伙伴互相监督：早起、吃饭、见面的任何场合都可以突击检查对方口语的 1、2 题。答不出来的，罚 10 个俯卧撑。

托福口语26+的百天备考规划（清华附中、人大附中实测）		
阶段	时长	备考任务
Phase 1	五周 1-10套 TPO	1. 矫正发音，每天10分钟Andy教程循环两遍，跟读TPO 1-10； 2. 周1-5每天1道独立口语题，附加1V5思路练习； 3. 周六1-2道综合口语题，周日复习本周口语题；
Phase 2	五周 11-20套 TPO	1. 周1-5每天1道独立口语题，附加1V5思路练习； 2. 周六1-2道综合口语题，周日复习本周口语题； 3. 可以尝试模仿跟读美剧、公开课等泛听材料；
Phase 3	五周 21-30套 TPO	1. 周1-5每天1道独立口语题，附加1V5思路练习； 2. 周六根据自己能力，可加大综合口语练习量，周日复习本周口语题，严格计时； 3. 抽查之前所有练过的口语题及语料1V5能力；
注意：TPO 会一直出新，但托福考试依然没变：学术语言能力的测试，不要偏听偏信一些无良培训机构所谓“独家现场真题”的噱头。请坚信：托福是打磨我们语言能力的工具，不要做考试的奴隶，今日投机取巧，他日加倍偿还；语言实力为本，高分水到渠成。一个从 86 小白到 118 几近满分的过来人，与诸位学弟学妹共勉！		

附录：口语第 3、4、5、6 题笔记示范

口语第3题笔记示范
(原文参考第16页)

R	W	M
T-Prop → x	x	
$\left\{ \begin{array}{l} \text{stu} \downarrow \$? \\ \text{comp-kid} \downarrow \end{array} \right.$	$\left\{ \begin{array}{l} \text{far} \wedge \uparrow \\ \text{edu-} \\ \vee \text{biz-} \end{array} \right.$	
		x qm-? (P)
	$\left\{ \begin{array}{l} \text{x}^{\wedge} \text{stu} \uparrow \\ \text{ten-} \& \text{par.} \odot \\ \vee \end{array} \right.$	
	x → kid ↓	

口语第4题笔记示范
(原文参考第18页)

R	L
New ↑ → old ↓	CD → create {Xinding / coll}
: CD {O: \$ ↓ N: \$ ↑}	- Comp - disk → x see?
	CDR → info stored
	$\left\{ \begin{array}{l} \text{x disk} \\ \text{CDR} \rightarrow \text{CDes-} \left\{ \begin{array}{l} \text{x dis Mkt} \\ \vee \text{new own} \end{array} \right. \end{array} \right.$
	- Dig: Cam {change / better}
	Film ? → x
	$\left\{ \begin{array}{l} \text{pic comp} \\ \text{x film dlc rm} \end{array} \right.$
	for cam → it
	rep - by dig: cam

口语第5题笔记示范
(原文参考第20页)

M	W
db-mj	
work ↑ > other	
2Ps - diff ds	
no wk → x time	
	lit-?
v & hist-	
	Wri lit tolte
	X wait
	othe - Pr No wk
^ read hw	
in one ds-	
1st ✓	
	Some topi - both
	1P < 2 ds-
ask Prof - X like	
ans stu → x	

口语第6题笔记示范
(原文参考第22页)

what & prod → pcc att ↑
by J

Comd coupon prod
same prod -
2 ways → ?

1. clor bxs → A pic -
des - ✓

^ v diff othrs bxs
no it -
in x notie - x selc

2. Same bxs - plain
by bblac

Source for othrs ↑

v notie - by J

2 pl - bxs → same J

Singha → what ✓