

清北托福备考联盟慕课  
开启托福课程免费时代

# TOEFL

## WRITING SECTION

聪明的同学，从自己的尝试中：总结经验  
更聪明的同学从别人的经验中：提炼借鉴  
我们把一路突破备考瓶颈的经验为你提炼  
助学弟学妹们最短时间精通托福：100+！

——清北托福慕课录制剪辑组

课程主讲：李文勍

从托福 80+ 起步，一步步考到 118 的留学老兵  
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突破高分，人手必备

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# 托福考试总体介绍

**托福考试简介**

托福考试TOEFL（Test of English as a Foreign Language）由美国教育测验服务处ETS（Educational Testing Service）举办，是对留学申请人的语言能力进行的测试。中国大陆采用的是TOEFL iBT（Internet-Based Test）互联网测试；包括“考场版（在考场应试）”和“家庭版（在家里按监考要求应试）”。

**考试科目、分数、时间**

用于留学申请的托福成绩，有效期是两年。考试科目共四科，按照考试顺序，分别是：阅读、听力、口语、写作；每科分数30分，四科总分120分。自2023年7月26日起，考试改革题量减少，考试时间由3小时缩短为2小时以内。

托福考试四科《考场版》和《家庭版》均遵循 2023 年 7 月 26 日改革			
考试部分	考试内容	题目数量	预估时长
阅读 30 分	2 篇阅读文章	每篇 10 道题目	35 分钟
听力 30 分	2 段对话	每篇 5 道题目	36 分钟
	3 段讲座	每篇 6 道题目	
口语 30 分	1 道独立任务 3 道综合任务	4 道题目	16 分钟
写作 30 分	1 道综合任务 1 道讨论写作	2 道题目	29 分钟
总分 120 分			总时长 在 2 小时以内

**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： <a href="https://toefl.neea.cn/">https://toefl.neea.cn/</a>
海外报名	ETS官网注册考试： <a href="http://www.ets.org/toefl">http://www.ets.org/toefl</a>



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2024年 1月

日	一	二	三	四	五	六
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

福：托福网考®考试日



在线客服

# 1/10 托福写作-上机操作

写作考试安排（新托福：2023年7月26日实行）				
题目	阅读	听力	写作字数	时间
Integrated Writing 综合写作	300 词 约 3 分钟	330 词 约 2 分钟	150-225 词	20 分钟
Writing for an Academic Discussion 学术讨论写作	X	X	多于 100 词	10 分钟

1. 综合写作：口语分项考试结束后，直接进入写作分项。首先是综合写作。

阅读短文。先读一篇短文，快速记下主题和支持的分论点，不要苛求记下所有细节，优先抓住每段主旨句和例子关系即可，阅读时间结束后，短文消失。

**TOEFL iBT Complete**  
Practice Test V11 Writing

REPLAY TALK  
VOLUME 4  
HELP 7  
NEXT

PAUSE TEST  
SECTION EXIT

Question 1 of 2

00 : 02 : 55

A recent study reveals that people, especially young people, are reading far less literature—novels, plays, and poems—than they used to. This is troubling because the trend has unfortunate effects for the reading public, for culture in general, and for the future of literature itself.

While there has been a decline in book reading generally, the decline has been especially sharp for literature. This is unfortunate because nothing else provides the intellectual stimulation that literature does. Literature encourages us to exercise our imaginations, empathize with others, and expand our understanding of language. So by reading less literature, the reading public is missing out on important benefits.

Unfortunately, missing out on the benefits of literature is not the only problem. What are people reading instead? Consider the prevalence of self-help books on lists of best sellers. These are usually superficial, poorly written, and intellectually undemanding. Additionally, instead of sitting down with a challenging novel, many persons are now more likely to turn on the television, watch a music video, or read a Web page. Clearly, diverting time previously spent in reading literature to trivial forms of entertainment has lowered the level of culture in general.

The trend of reading less literature is all the more regrettable because it is taking place during a period when good literature is being written. There are many talented writers today, but they lack an audience. This fact is bound to lead publishers to invest less in literature and so support fewer serious writers. Thus, the writing as well as the reading of literature is likely to decline because of the poor standards of today's readers.

讲座听力。随后，一位教授会针对阅读短文的主题和分论点提出“赞成”或者“反对”的意见，并予以详细论证，尽全力记下所有听力内容的论点和例证细节。

**TOEFL iBT Complete**  
Practice Test V11 Writing

REPLAY TALK  
VOLUME 4  
HELP 7  
NEXT

PAUSE TEST  
SECTION EXIT

Question 1 of 2

# 1/10 托福写作-上机操作

写作答题。听力结束后，阅读原文再现；屏幕右边是写作区。系统没有 Office Word 的纠错功能，尽全力减少打字的拼写错误。写作区的上方有计时器。

TOEFL iBT Complete  
Practice Test V11 Writing

REPLAY TALK VOLUME 4 HELP 7 NEXT

PAUSE TEST SECTION 1/2

Question 1 of 2

**Directions:** You have 20 minutes to plan and write your response. Your response will be judged on the basis of the quality of your writing and on how well your response presents the points in the lecture and their relationship to the reading passage. Typically, an effective response will be 150 to 225 words.

**Question:** Summarize the points made in the lecture, being sure to explain how they cast doubt on specific points made in the reading passage.

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2. 学术讨论写作：左侧是讨论话题导入，右侧是两位同学的讨论内容；在答题区的上方有【COPY】【CUT】【PASTE】键，和【Word Count】可以显示已经输入的单词数。倒计时结束后，托福考试结束。

Your professor is teaching a class on sociology. Write a post responding to the professor's question.

**In your response you should:**

- express and support your opinion
- make a contribution to the discussion


An effective response will contain at least 100 words.



Dr. Diaz


Over the next few weeks, we are going to look at lots of different materials about the role of television programs and television watching in people's lives. But first, I want to know what you think about this topic. So here's a question for the class discussion board:

What do you think is the most significant effect that watching television has on people? Why do you think television has this effect?



Kelly

I know that one way that television influences people's behavior is that when you are watching television, you are not moving around or exercising. This is especially true for children. When children spend a lot of time watching television, they have a greater tendency to be overweight.



Paul

I think the main effect that television has on people is to broaden their experience. There are so many programs devoted to nature and travel. Think of all the different places in the world you can experience through television! Last night I watched a program about life in Antarctica, and it was fascinating!

Cut Paste Undo

Word Count: 0

热身：将“学术讨论写作”的“基础答题框架”翻译成英文（计时5分钟）

①在我看来，一个大学学位可以为学生们进入社会做更好的准备。②学生们不仅可以学到与专业相关的书本知识，并且还可以学得不同的技能对毕业之后有所帮助。③大学始终鼓励独立思维和创新。④诸如学生社团和学生会的课外活动项目都可以通过组织、监办会议或管理资金来为学生们提供锻炼社会能力的机会。⑤因此，所有这些技能都对学生今后的事业发展大有帮助。



## 2/10 托福写作：用词拿分

用词准确、恰当、多样					
书面语	cannot, does not, do not, couldn't, wouldn't, shouldn't				
冠词用法					
冠词	(A / <b>An</b> ) even brighter future. ( <b>A</b> / <b>An</b> ) university I often watch TV with my father when there is (a / <b>an</b> ) NBA.				
	Getting a job will enrich their experience and build up their resume, better preparing them for (the future careers / <b>future careers</b> ).				
	A shopping center would include not only a supermarket but also entertainment such as ( <b>a</b> / the) cinema or ( <b>a</b> / the KTV).				
词的多样性					
托福写作用词，不是单词比赛，一些极其生僻的用词，可能提分效率并不高；托福写作要求“用词准确多样”，避免在一句话中的某个表达反复用一个词；如果用词贫乏，可以先从《7天精通托福造句》开始，B站搜索：BV13J411Y7vy					
1	近义词替换	如果一句话的某个表达反复使用一个单词，会给评分人“词汇贫乏”的低分印象。我们要积累【近义词替换】。			
		important	essential; crucial; significant; critical		
		expensive	costly; unaffordable; prohibitive		
		significant	substantial; considerable		
2	同根词替换	我们可以抓住【单词的词根】，衍生出更多的单词用法。			
		benefit & beneficial		accept & acceptance	
		alter & alteration		perceive & perceptible	
3	同意词组替换	可以使用【同义或近义】的词组替换，但要选择书面用语。			
		build		set up	
		neighborhood		nearby community	
		oppose		have an objection to	
		support		back up	
		cheap		cost-effective	
		lots of		a great number of	
词多样性的综合搭配					
Artificial Intelligence will	have bring produce exercise	deep		effects influences impacts	in our future life.
		significant			
		remarkable			
		critical			
		beneficial			
		desirable			
		profound			
		far-reaching			

同义词典：<http://www.synonym.com/>；<https://www.vocabulary.com/dictionary/>

## 3/10 托福写作：句型拿分

### 句式表达：长短搭配、句型多样

托福写作不要迷恋“超复杂的长句”，而是要以应试拿分为目标：每写一句都拿分。表达观点：用短句力求简洁；例证拓展：用长句细节丰富。

如果造句吃力，可以先从《7天精通托福造句》开始，B站搜索：BV13J411Y7vy

#### 12 种句式

主句和从句搭配，举例：状语从句 + 主句（主谓宾）+ 定语从句

1	形容词性   定语从句	<p>(1) 关系代词 (<b>who, which, that, whose, whom</b>)</p> <p>① People <b>who</b> have pets are usually kind and warm.</p> <p>② A lime is a green fruit <b>which</b> looks like a lemon.</p> <p>③ Not everything <b>that</b> is learned is contained in books.</p> <p>④ There are some children <b>whose</b> parents are so busy.</p> <p>⑤ Students read books <b>of which</b> authors are still alive.(= whose)</p> <p>⑥ People need friends <b>with whom</b> they can share secrets. = People need friends <b>whom</b> they can share secrets <b>with</b>.</p> <p>⑦ Some wish to find a place <b>in which</b> they live without laws.(=where)</p> <p>(2) 关系副词 (<b>where, when, why, how</b>)</p> <p>① I chose the place <b>where</b> I would spend my summer vacation.</p> <p>② Nobody can tell the time <b>when</b> our universe came into being.</p> <p>③ The reason <b>why</b> Billy was absent from school is not known yet.</p> <p>④ The Internet has changed the way <b>how</b> we get educated.</p> <p>(3) 限定性：规定先行词的类型</p> <p>① The student <b>who is sitting by the window</b> is dozing. (=that is...)</p> <p>② The City of New York is one of the most attractive cities <b>that I have ever visited</b>.</p> <p>(4) 非限定性：对先行词提供补充信息，不能用"that"和"why"引导</p> <p>① Mike, <b>who is sitting by the window</b>, is dozing.</p> <p>② I do not like to watch television shows, <b>which are often dumb and time-wasting</b>.</p> <p>(5) 将定语从句（即形容词性从句）简化为现在分词</p> <p>① Almost half of the people <b>attending</b> the meeting were not invited. (=who attended)</p> <p>② The road <b>leading</b> to success can be full of hardships. (=which leads)</p>
2	副词性   状语从句	<p>(1) 时间状语从句</p> <p>① <b>When</b> it comes to travel, the majority of people enjoy a lifetime.</p> <p>② He plans to study abroad <b>after</b> he graduates from university.</p> <p>③ Usually, I reserve judgment on someone <b>until</b> I get to know him.</p> <p>④ <b>Since</b> I graduated from high school, I have missed my uniform.</p> <p>⑤ We must learn a foreign language <b>as soon as</b> we start school.</p> <p>(2) 原因状语从句</p> <p>① I want to get a high paying job <b>because</b> I should support my family.</p> <p>② <b>Since</b> he cannot live alone, we should be responsible for him.</p> <p>③ <b>As</b> it is raining again, we have to cancel our picnic.</p> <p>④ I am in favor of space travel, <b>for</b> its merits far outweigh drawbacks.</p>



句式表达		
2	副词性——状语从句	<p>(3) 条件状语从句</p> <p>① <b>If</b> you want to fulfill one of your ambitions, you must make efforts.</p> <p>② <b>Unless</b> you want to lose your job, you should be punctual.</p> <p>③ <b>In case</b> you are in danger, you must carry a cell phone all the time.</p> <p>④ <b>As long as</b> you are healthy, you can do anything.</p> <p>(4) 目的状语从句</p> <p>① Millions of people have to spend more time on studying new technologies <b>so that</b> they can keep a favorable position.</p> <p>② He was <b>so</b> immoral <b>that</b> he took advantage of her weaknesses.</p> <p>③ Global warming is <b>such</b> a problem <b>that</b> we worry about the Earth.</p> <p>(5) 让步状语从句</p> <p>① <b>Although</b> this view is wildly held, there is little evidence that education can be obtained anywhere anytime.</p> <p>② <b>While</b> sports strengthen your body, the arts can enhance your soul.</p> <p>③ Rural areas are safe <b>whereas</b> some urban areas are dangerous.</p>
3	名词性——主语从句	<p>(1) That 和 Wh- 引导做主语</p> <p>① <b>That</b> the human brain develops even after puberty was reported.</p> <p>② <b>Whether</b> we will go for an outing tomorrow remains unknown.</p> <p>③ <b>Whom</b> we must study for is a question of great importance.</p> <p>④ <b>What</b> matters the most in the process is your confidence.</p> <p>⑤ <b>Whose</b> watch was lost is unknown.</p> <p>(2) 形式主语 <b>it</b> 放在句首，把真正的主语后置。</p> <p>① <b>It</b> was reported by scholars <b>that</b> the human brain develops even after puberty.</p> <p>② <b>It</b> is said <b>that</b> he has gone to Shanghai.</p> <p>③ <b>It</b> is suggested <b>that</b> the work should be done with great care.</p> <p>④ <b>It</b> seems <b>that</b> he has seen the film.</p>
4	名词性——宾语从句	<p>(1) That 和 Wh- 引导做宾语</p> <p>① Some people argue <b>that</b> children are easily influenced by environmental changes.</p> <p>② I have found out <b>that</b> new tees have been sold out.</p> <p>(2) 注意主句与从句时态</p> <p>① I only knew <b>(that)</b> he was studying abroad.</p> <p>② He told me <b>that</b> he had informed Lynn about the meeting already.</p> <p>③ The journalist asked <b>(that)</b> if the government would take necessary measures to reduce the emission of greenhouse gas.</p>
5	名词性——同位语从句	<p>That 和 Wh- 引导； 因为与修饰主体有同等重要地位，故称之为同位语从句。</p> <p>① I support the argument <b>that</b> all students should wear school uniforms.</p> <p>② It is indeed a question <b>why</b> the issue of the Internet security could arouse so much public concern.</p> <p>③ The view <b>that</b> homosexuality is also a personal freedom becomes more common.</p>

# 3/10 托福写作：句型拿分

句式表达		
6	强调句型	<p>(1) It is (was)+被强调部分；被强调的是复数，It后的谓语也是单数。</p> <p>① <b>It is</b> stability <b>that</b> destroys people's ambition.</p> <p>② <b>It was</b> Edison and Tesla <b>that/who</b> gave us much innovation.</p> <p>③ <b>It was not until</b> twelve o'clock last night <b>that</b> I went to bed.</p> <p>④ <b>It was</b> because of this policy <b>that</b> the urbanization could be achieved.</p>
7	被动语态	<p>(1) 动作执行者未知或故意隐瞒</p> <p>① Experiments are conducted at a cutting-edge laboratory.</p> <p>② Many applicants with high scores were also rejected.</p> <p>(2) 行为或受动对象比施动对象更重要</p> <p>① Natural environment should be protected.</p> <p>② Teenagers should be taught to take responsibility for themselves.</p> <p>(3) 进行客观陈述的时候</p> <p>① When it is cold enough, water will be turned into ice.</p> <p>② The sample was collected from the Mars.</p>
8	分词结构	<p>(1) 现在分词作形容词表示主动</p> <p>All environmentalists should protect every <b>living</b> creature.</p> <p>(2) 过去分词作形容词表示被动</p> <p>Highly <b>educated</b> people may get better incomes than others.</p> <p>(3) 分词短语做状语表示时间、原因、条件、让步、伴随。</p> <p>① <b>Traveling</b> into outer space, we should follow the physical laws. (=When you travel)</p> <p>② <b>Being</b> affected by the Internet stuff, children should be guided. (=Because they are)</p> <p>③ <b>Studying</b> with others, you will get distracted. (= If you study)</p> <p>④ <b>Hating</b> to stay up all night, I spend much time in my lab. (=Though I hate)</p> <p>⑤ <b>Wearing</b> his hoodie, my brother was removing snows. (=with his hoodie on)</p>
9	动名词 & 不定式	<p>(1) 动名词做主语</p> <p><b>Working</b> out regularly is crucial for your health.</p> <p>(2) 动名词做表语</p> <p>One of my extracurricular activities is <b>playing</b> piano.</p> <p>(3) 动名词作宾语</p> <p>I enjoy <b>surfing</b> the Internet in my spare time.</p> <p>(1) 不定式名词</p> <p><b>To read</b> textbooks in English is effective for improving your vocabulary.</p> <p>(2) 不定式形容词</p> <p>People's moral behavior has much <b>to do</b> with what speech they make.</p> <p>(3) 不定式副词</p> <p>No one is so comprehensive <b>to make</b> plans without others' advice.</p>

## 3/10 托福写作：句型拿分

句式表达		
10	虚拟语气	<p>①与现在相反： If从句用过去时，主句用would/could/should/might + 动词原形 If they just enjoyed an easy life and didn't take their work seriously, they would not be as successful as they are.</p> <p>②与过去相反： If从句用过去完成时，主句用would/could/should/might + 现在完成时 If my old brother had quit university to learn more useful skills, he might have landed a good job.</p>
11	插入语	<p>插入语用于附加说明和拓展；可以是一个词，一个短语或一个句子；位置变化灵活：句首，句中，句尾均可；一般用逗号或破折号分隔。</p> <p>① <u>To start with</u>, the government is ready to strengthen scientific research and education.</p> <p>② The Internet is the mainstay of our economy, <u>as human negotiates the barriers of the world</u>, restricted only by security policies.</p> <p>③ One can trace such pricing policy back to 1970s, <u>the time of the oil crisis occurred</u>.</p>
12	倒装句	<p>完全倒装：谓语全部置于主语前； 部分倒装：谓语的一部分（助动、系动、情态动）置于主语前。</p> <p>① Not only <b>does</b> the MIT employ famous professors, but it also provides great opportunities to expand horizons.</p> <p>② Only by creativity <b>can</b> a society gain progress.</p> <p>③ Never <b>should</b> researchers engage in illegal operation.</p> <p>④ Under no circumstances <b>should</b> students abandon passions.</p>

造句问题汇总		
1	句子成分冗余	<p>不要凑字，能用单词不用词组，能用词组不用从句。</p> <p>①例：第三，你可以学到基本的交流技能。            ✓ Thirdly, you can learn basic communication skills.            × Thirdly, you can learn some basic skills focused on how to communicate with others.</p> <p>②例：人可以凭智慧赚一笔钱和崇高声望，并获得有影响力的朋友。            ✓ With intelligence one can earn a great deal of money and a high reputation as well as influential friends.            × Because with intelligence one can earn lots of money and gain great reputation. The intelligence and help people makes a lot of friends which may be famous people.</p>
2	逻辑信号词	<p>例：因为未来并不确定，为将来之用做储蓄是最明智的。</p> <p>✓ Because the future is uncertain, it is smart to save money for the future.</p> <p>× For everything is changeable in the future, and no one can predict what will happen, saving some money for future use is necessary.</p>

## 3/10 托福写作：句型拿分

### 造句问题汇总

3	句子完整度	<p>例：事实上，看电视可以通过让我们了解到不同的话题和交流技能而对我们有所助益。</p> <p>✓ In fact, watching television benefits us by allowing us to learn various topics and communication skills.</p> <p>✗ In fact, watching television will benefit us a lot, more topics, more chances to exchange, and better communicating skills.</p>
4	主谓清晰	<p>例：在我的家乡北京城区建立一所大学，有优点也有缺点。</p> <p>✓ To build a university in my community, downtown Beijing, has several strengths and weaknesses.</p> <p>✗ For my community, the downtown of Beijing, there are both several advantages and disadvantages to build a university</p>
5	标点	<p>① Therefore, I believe the advantages of having part-time job outweigh the possible negative effects.</p> <p>② As she said, "A trip to the park can become a life journey."</p>
6	中式英语	<p>例：如果我们认可学校可以提供获取书本知识最好的方法，那么我们的社会就可以为我们提供获取街头智慧的的最好方法。</p> <p>✓ If we agree that school offers the best method for the acquisition of book knowledge, then our society offers us <u>the best method for acquiring "street smarts"</u>.</p> <p>✗ If we agree to say that school offers us the best book knowledge acquisition then our society offers us <u>the best surviving techniques in a hard way</u>.</p>
7	动词形式	<p>例：我认为，是智慧带来了财富和名望的成功。</p> <p>✓ So, I believe <b>it is</b> intelligence that <b>leads</b> to success in terms of (with respect to\when it comes to) financial wealth and reputation.</p> <p>✗ It is the intelligence that makes people successful and earn large sum of bucks and gain great reputation.</p>
8	平行结构	<p>(1) 词 Not every expensive handmade item is both <b>creative</b> and <b>artistic</b>.</p> <p>(2) 短语 <b>Working out</b> and <b>taking a rest</b> are the best ways to maintain health.</p> <p>(3) 从句 ① The media neither <b>gives us the information</b>, nor <b>does it tell us the truth</b>. ② The MIT <b>not only has</b> famous professors, <b>but it also provides</b> great opportunities to expand horizons.</p>

## 4/10 托福写作：学术讨论写作——答题流程

【学术讨论写作】答题流程			
步骤		操作	时间（共 10 分钟）
1	审题归纳	抓住“核心题眼”	50 秒内
2	论述提纲	“直给型”或“让步型”	10 秒内
3	写作观点	提出自己的观点	8 分 30 秒，不少于 100 词 （高分：建议大于 130 词）
4	支持理由	给予理由和例证	
5	检查排错	检查语法和拼写	30 秒

1. 审题归纳	
题目通常由 5 个部分组成	
<p>(1) 【写作要求】</p> <p>大都类似，比如“提出你的观点并论证支持，答题不少于 100 个单词”。</p>	<p>Your professor is teaching a class on sociology. Write a post responding to the professor's question.</p> <p><b>In your response you should:</b></p> <ul style="list-style-type: none"> <li>• express and support your opinion</li> <li>• make a contribution to the discussion</li> </ul> <p>An effective response will contain at least 100</p>
<p>(2) 【教授导入】</p> <p>套话居多，比如“课程稍后研究某某话题，需要同学们做学术讨论”。</p>	 <p>Dr. Diaz</p> <p>Over the next few weeks, we are going to look at lots of different materials about the role of television programs and television watching in people's lives. But first, I want to know what you think about this topic. So here's a question for the class discussion board:</p>
<p>(3) 【核心题眼】</p> <p>教授最后给出讨论主题，这才是写作重点，别写跑题。</p>	<p>What do you think is the most significant effect that watching television has on people? Why do you think television has this effect?</p>
<p>(4) 【学生 A】</p> <p>归纳第一种观点和理由。</p>	 <p>Kelly</p> <p>I know that one way that television influences people's behavior is that when you are watching television, you are not moving around or exercising. This is especially true for children. When children spend a lot of time watching television, they have a greater tendency to be overweight.</p>
<p>(5) 【学生 B】</p> <p>归纳另一种观点和理由。</p>	 <p>Paul</p> <p>I think the main effect that television has on people is to broaden their experience. There are so many programs devoted to nature and travel. Think of all the different places in the world you can experience through television! Last night I watched a program about life in Antarctica, and it was fascinating!</p>

【注意】虽然题目的阅读量看起来很多，但实际用于答题的是“第 3、4、5”这三个部分；因为考场时间有限，以拿分为目的——优先抓住第 3 部分“核心题眼”。基础弱的同学，如果实考真的没有时间仔细阅读“学生 A”或“学生 B”的观点，也可以把第 3 部分的“核心题眼”当作“命题作文”快速投入写作答题。

## 4/10 托福写作：学术讨论写作——答题流程

### 2. 论述提纲

(选任何一种都可以；考场时间有限，优先选择“可以快速答题输出”的提纲)

#### 直给型（建议至少 5 句话）

提纲参考		句式举例
第 1 句	直接认可一位同学的观点	I agree with Kelly's viewpoint that ...
第 2 句	新的支持理由	In addition, in my view, ...
第 3 句	解释陈述	Especially these days, ...
第 4 句	例证细节	For example, ...
第 5 句	总结观点	Therefore, ....

#### 让步型（建议至少 7 句话）

提纲参考		句式举例
第 1 句	让步认可一位同学的观点	Paul is right when...
第 2 句	让步认可的理由	Admittedly, some people ...
第 3 句	转折提出自己的观点	Nevertheless, I think...
第 4 句	给予新的支持理由	In my opinion, ...
第 5 句	解释陈述	In other words, ...
第 6 句	例证细节	For example, ...
第 7 句	总结观点	Therefore, ...

### 3 论证的【万能理由】

【注意】考试时间有限，无需论述完美；牢记万能理由，快速拓展例证！

1		2		3		4		5		6	
方便	效率	经济	耐久	安全	环保	交流	经验	乐趣	成就	情感	健康

### 4 支持的【例证细节】

例证通常有 4 种方法，选 1 种或多种搭配均可

1	记叙文法	时间、地点、人物，事件起因、发展、结果，选 4 个要素即可
2	引用数据	比如：According to the statistics provided by ...
3	对比分析	用对比信号引导，或虚拟语气假设，再论述一遍
4	名人名言	需要大量积累，记忆耗时，备考有一定难度



## 5/10 托福写作：学术讨论写作——论述训练

任何题目的论述，都能套用“万能理由”拓展“例证细节”											
1		2		3		4		5		6	
方便	效率	经济	耐久	安全	环保	交流	经验	乐趣	成就	情感	健康

### 【直给型】论述

步骤	示范 1	
抓住题眼	The university has a funding allocation and needs to determine <b>whether to prioritize the construction of a university library or the support of students' sports activities.</b>	
表明观点	支持学生的体育活动	支持建设升级图书馆
理由例证	<b>【健康】</b> 现在的大学生总熬夜，这会影响年轻人的健康。 <b>「例证」</b> 大学通过支持体育活动，诸如增加运动奖励，来鼓励大学生锻炼，这样有助学生保持健康。	<b>【成就】</b> 大学是学术机构，主要任务是教育和达成科研成就。 <b>「例证」</b> 新建的图书馆配备高速网络，帮学生们查阅学术资料，完成课题项目，获得学术成果。
步骤	示范 2	
抓住题眼	Regarding early childhood education, <b>is it better for children to grow up in a big city or be raised in the countryside?</b> Which environment is more favorable for their development?	
表明观点	在大城市更好	在郊区乡村更好
理由例证	<b>【经济】</b> 大城市比乡村经济发达，能提供更多的资源。 <b>「例证」</b> 大城市有很多教育资源，诸如博物馆、展览馆，让小孩开拓眼界，得到更多的兴趣发展。	<b>【环保】</b> 乡村比城市环境更好，有助于身体健康。 <b>「例证」</b> 乡村的环保更好；小孩做有新鲜的空气和更多蔬菜水果，这样可以保证身体健康。
步骤	示范 3	
抓住题眼	In the workplace and daily life, do <b>people occasionally need to do things that they do not enjoy doing.</b> Why?	
表明观点	需要做不喜欢的事	不用做不喜欢的事
理由例证	<b>【安全】</b> 很多工作要求是为了保证现场人员的人身安全。 <b>「例证」</b> 在建筑专业的实践期间，我们在工地被要求必须戴安全帽；虽然夏天很热，我们也要遵守规范。	<b>【效率】</b> 有时工作会要求外组员工来帮忙，工作效果很差。 <b>「例证」</b> 我的室友被临时调整到别的部门帮忙。他不愿意加班，但只能熬夜，工作效率很差。

### 【让步型】论述

步骤	示范 1	
抓住题眼	<b>In any relationship, people should always tell the truth.</b> Do you consider this to be the most important quality? Why?	
表明观点	先让步：诚实是好的品质，这有助于发展长期的友谊。 再表明：但也要因时而异，认为不是任何情况都适用。	
理由例证	<b>【情感】</b> 刚认识的新同学，因为情感生疏，直说容易打击自信。 <b>「例证」</b> 学校的摄影社团纳新。虽然老社员的技术更成熟，但在新生作品点评时，不会直接指出新同学的缺点，以免打击新生自信。	

## 5/10 托福写作：学术讨论写作——论述训练

【让步型】论述	
步骤	示范 2
抓住题眼	After graduating from college and entering society, <b>is it better to live in a big city or a small town in the future?</b>
表明观点	先让步：小城镇的工作压力更小，生活成本相对更低。 再表明：但大城市的竞争力更强，对年轻人的发展有帮助。
理由例证	【交流】大城市的企业很多，和各地人才的交流能拓展人脉网络。 「例证」很多城市的人才数据统计表明，在大城市工作的毕业生，换工作跳槽的机会更多。这主要因为企业人才汇聚，信息交流更多，有利于求职信息的获取。
步骤	示范 3
抓住题眼	With the changing pace of life and the abundance of online services, <b>some people prefer to dine out, while others prefer to eat at home. How would you choose?</b>
表明观点	先让步：当代工作节奏很快，很多人没时间做饭，选择外面吃。 再表明：但是基于经济的考虑，年轻人在家吃更划算。
理由例证	【经济】在家吃饭可以节省日常开销。 「例证」我和室友毕业后在异地工作，需要支付很贵的房租。为了储蓄，我们俩合租做饭。在家吃不但食材品质更好，而且能有更多的储蓄，用于假期的旅游，开拓视野。
步骤	示范 4
抓住题眼	Students need to decide <b>whether to live in university dormitories or in the local community</b> . If you were a new college student, which accommodation do you think would be better?
表明观点	先让步：在校外租房，房租选择范围大，可能比较省钱。 再表明：但校内住宿，可以有更多机会和老师、同学们交流。
理由例证	【交流】和老师讨论学术，和同学参与活动，交流更多了。 「例证」很多留学生刚入学，口语都不太流利，这需要多交流训练；在校内住宿舍，任何时间都有语境交流的机会；交流沟通越频繁，适应新环境的速度就越快，这对留学更有帮助。
步骤	示范 5
抓住题眼	People have different ways of personal growth. Do you think it is <b>better to listen to the advice of family and friends, or is personal growth through personal experiences faster?</b>
表明观点	先让步：从小在家长大，家人和朋友的建议都很有价值。 再表明：但成年后，个人成长环境不一样，个人经验更实用。
理由例证	【经验】很多同学读书都是在异地，故乡的朋友帮不上忙。 「例证」根据大学的统计，外地生源至少占到入学人数的 50%。也就是说，大部分学生都要通过自己的经验积累，才能更好地适应新环境，战胜学业和生活的挑战。

## 7/10 托福写作：学术讨论写作——实战演练

1. 审题归纳	
核心题眼 + 同学观点	
1. 题目要求	<p>Your professor is teaching a class on management. Write a post responding to the professor's question.</p> <p><b>In your response you should:</b></p> <ul style="list-style-type: none"> <li>• express and support your opinion</li> <li>• make a contribution to the discussion</li> </ul> <p>An effective response will contain at least 100 words. You will have 10 minutes to write it.</p>
2. 教授导入	<p><b>Dr. Gupta</b></p> <p>In our ongoing discussion about resource allocation, a thought-provoking topic has surfaced. Picture this scenario: the university has a limited budget and needs to prioritize different campus investment projects.</p>
3. 核心题眼	<p>What do you think should be the priority - <b>constructing a new library or promoting students' sports activities?</b></p> <p>Provide reasons to support your view.</p>
4. 学生 A	<p><b>Kelly</b></p> <p><b>I strongly support the construction of a new library.</b> It's an intellectual hub where students can access countless resources for learning. It houses books and scholarly journals. It's a cornerstone of the university, fueling the intellectual growth.</p>
5. 学生 B	<p><b>Andrew</b></p> <p><b>I'd argue in favor of sports.</b> Students often stay up late and have irregular daily routines, which is detrimental to their health. Supporting sports activities is beneficial for students to engage in research by reducing the risk of lifestyle-related diseases.</p>

2. 论述提纲		
让步型（建议至少 7 句话）		
提纲参考		长短搭配（100-135 词）
第 1 句	让步认可一位同学的观点	10-15 词【短句】
第 2 句	让步认可的理由	10-15 词【短句】
第 3 句	转折提出自己的观点	15-20 词【长句】
第 4 句	给予新的支持理由	10-15 词【短句】
第 5 句	解释陈述	20-25 词【长句】
第 6 句	例证细节	25-30 词【长句】
第 7 句	总结观点	10-15 词【短句】

## 7/10 托福写作：学术讨论写作——实战演练

### 3 万能理由

【注意】考试时间有限，无需论述完美；牢记万能理由，快速拓展例证！

1		2		3		4		5		6	
方便	效率	经济	耐久	安全	环保	交流	经验	乐趣	成就	情感	健康

### 英文答题示范（要求至少 100 词，建议大于 130 词）

答题格式【开篇顶格，不用分段，书面用语，标点空格】

第 1 句 让步认可	安德鲁提出了一个有说服力的论点，支持促进学生体育活动。 <b>Andrew presents a compelling argument in favor of endorsing student sports activities.</b>
第 2 句 让步理由	诚然，参与体育运动是促进学生身体健康的一个优秀手段。 <b>Admittedly, sports participation is a superb means to promote students' physical health.</b>
第 3 句 转折观点	然而，考虑到大学促进学术的责任，我偏向于优先建一个新图书馆。 <b>However, considering the university's responsibilities in fostering academic preeminence, I am inclined to prioritize the construction of a new library.</b>
第 4 句 万能理由	在我看来，一个新的图书馆可以增强教学和学术交流。 <b>In my view, a new library can enhance teaching and scholarly communication.</b>
第 5 句 解释陈述	一个设备完善的新图书馆，作为学术交流和合作的平台，不仅提供纸质图书的获取，还提供高速互联网连接和跨学科项目的数据库。 <b>A well-equipped library, serving as a platform for academic exchange and cooperation, not only provides access to print books but also offers high-speed Internet connectivity and databases for interdisciplinary collaborations.</b>
第 6 句 例证细节	例如，随着跨学科合作一直不断增加，我们建筑系的教师和学生需要建立一个能增强跨系网络的新图书馆，这样可以大大丰富跨学科合作的数据库。 <b>For example, as collaborative programs across disciplines continue to increase, both faculty and students in our Architecture Department require establishing a new library that enhances networks across departments, which will profoundly enrich the interdisciplinary collaboration database.</b>
第 7 句 总结观点	因此，我认为优先建一个新图书馆，通过整合各学科的资料，将极大地改善学术交流并增强我们的研究能力。 <b>Therefore, I firmly believe that giving priority to constructing a new library, through integrating multidisciplinary materials, will substantially improve scholarly communication and strengthen our research capabilities.</b>

## 8/10 托福写作：综合写作——实战演练

综合写作		
Reading	Listening	Writing
3 minutes	2-3 minutes	20 minutes
230-300 words	230-300 words	150-225 words

综合写作笔记策略 (听力为主, 阅读为辅; 阅读文章在写作答题时会重现)	
阅 读	<p>阅读属于总分结构。首段提出观点, 随后各段展开论证。</p> <p>① 首段: 记下阅读话题的主题, 以及作者的观点;</p> <p>② 三个分段: 记下 3 个支持观点的分论点, 一般在段首; 细节不用记太多。</p>
听 力	<p>教授支持或反对阅读的观点; 随后针对阅读的 3 个分论点逐一论述。</p> <p>① 记下教授的态度: 支持或反对, 以及教授提出的观点;</p> <p>② 针对阅读中的各分论点, 教授逐一论述的对比因果关系, 以及例证细节。</p>

Practice	
Reading (3 minutes)	
<p>The factory is a product of both the eighteenth, and even more so, nineteenth centuries. <b>The rise of factories began in England and eventually spread throughout the world. There were three primary reasons as to why this occurred.</b></p> <p>Prior to the creation of factories, the majority of work, including making clothes and even metal tools, was done by hand by people in their homes or in small shops. <b>The main technological achievement that enabled the rise of factories was the steam engine.</b> Originally developed in the mid-eighteenth century to pump water out of deep coal mines, <b>the steam engine provided its user with enough power to do the work of many people. The steam engines people owned, therefore, needed to be centralized in protective buildings to maximize their capabilities.</b> Factories were a direct result of this need.</p> <p>The steam engine and, later, the internal combustion engine, brought about improved transportation <b>thanks to the inventions of the railroad and steamship. Railroads could transport raw materials to a central point,</b> like a factory, where workers and machines could subsequently <b>transform them into finished products. The railroads and steamships</b> could then turn around and <b>transport these goods to markets throughout the world.</b></p> <p>Another key point in the rise of factories, particularly in England, was <b>property rights.</b> Subsistence farming had been a way of life for untold centuries. <b>However, many people did not own their own land</b> but merely farmed wherever they could. "Enclosures," land that was enclosed by hedges and fences and owned by individuals, became dominant features in England. <b>Those without any land became the suppliers of cheap labor in factories. Additionally, laws preventing private property from government seizure encouraged both the development of the land's resources and the further construction of factories.</b></p>	



## Listening

It's unquestionable that several, uh, unique circumstances in England enabled the rise of factories to occur. **But new technology, improved transportation methods, and advances in property laws are not the reasons why this happened.**

**Steam engines** were crucial components of the Industrial Revolution, **yet they needed to be built from something. In fact**, it was in iron foundries, where **the development of strong iron and then steel occurred, that the key aspect in the rise of factories** took place. Iron and steel were **integral components** for parts of **steam engines, for making trains and ships, and for building the factories** themselves.

**Nor can transportation account for the rise of factories. Many factories were built near the resources**, such as coal and water, which they required. That's why we've seen many industrial centers spring up near coal mines and rivers. Think of the Ruhr in Germany as an example. **Also, railroads weren't developed until the 1840s and didn't spread around the world until the end of the nineteenth century.** Consider that... **Factories have existed for decades prior to the development of railroads. Additionally, sailing ships were very much in use worldwide even into the early twentieth century**, so, well, transportation clearly wasn't that important to factories.

The rise of **individual property rights** in England encouraged the development of factories and provided a large labor pool. **However, this wasn't the case in many countries.** Let me see...In **Russia, the government or noblemen typically owned factories.** And many of **the first factories** in several countries, including England, **were used to make weapons** or gunpowder for the military. This production was centralized so as to have exact standards for weapons. **In fact**, there is much evidence that the concept of the **factory comes from their early usage as buildings for manufacturing arms.**

## Note

阅读简化笔记

F ↑

1. SE → power  
SE → Prot- → Bldg → F ↑
2. Trans-  
Rail → Raw to F  
Rail & SS → Trans- (Wld)
3. Prop- Rt  
Peo- (×Land) → Labor in F  
Law → Pri- ✓ - ×Gov- → F ↑



## 8/10 托福写作：综合写作——实战演练

综合写作的论述		
阐述听力讲座与阅读文章的逻辑关系，一般为 4-5 段：		
1	首段	概述阅读和听力的 Topic 以及听力“支持或反对”阅读的观点；
2	主体段 1	听力“支持或反对”阅读分论点 1+ 听力分论点 1 及支持细节；
3	主体段 2	听力“支持或反对”阅读分论点 2+ 听力分论点 2 及支持细节；
4	主体段 3	听力“支持或反对”阅读分论点 3+ 听力分论点 3 及支持细节；
5	(结尾段)	(若以上四段达到了篇幅要求，可省略此段) 改述阅读和听力的 Topic，以及听力“支持或反对”阅读。
注意：① 写作主要篇幅放在听力上，阅读细节不用过多；② 转述内容需要改写。		
Question		
Summarize the points made in the lecture you just heard, explaining how they cast doubt on specific points made in the reading. (150-225 words)		
首段		
观点	The author of the reading passage posits that an assortment of factors spurred the expansion of factories in England. However, a professor provides a compelling counterpoint, contesting these claims with well-structured arguments.	
主体段 1		
论点 1	Firstly, the professor challenges the author that the requirement to house steam engines was the primary driver of factory growth.	
论证 1	He posits a different perspective, emphasizing that the actual catalyst was the innovative application of resilient iron and steel in manufacturing steam engines. He highlights the multifaceted utility of these materials, used not only for factories but also in the production of trains, ships, and additional factories.	
主体段 2		
论点 2	Secondly, the professor refutes the author's claim that the inventions of railroads and steamships amplified the ubiquity of factories.	
论证 2	He argues that factories were strategically located close to resources, eliminating the need for long-distance transportation of raw materials. He also corrects a chronological misrepresentation, noting that factories existed well before the advent of railroads, and sailing ships' widespread use only commenced in the early twentieth century.	
主体段 3		
论点 3	Lastly, while the reading implies that property rights accelerated factory growth, the professor presents a dissenting view.	
论证 3	He stresses that these first factories were engaged in standardized weapons production, a practice that, in his opinion, played a significant role in facilitating factory growth. This counter-narrative suggests a complex interplay between industrial growth and military needs, shedding new light on the historical evolution of factories.	

## 9/10 托福写作：综合写作——句型替换

综合写作常用表达	
阅读文章指代	the reading passage, the reading, the author
听力讲座指代	the listening, the lecture, the professor, the lecturer
转述动词 (阅读听力均可)	introduces, argues, claims, states, discusses, points out, hold the view that, explains, proposes, suggests, it is said in the lecture that,
阅读听力逻辑	in contrast, conversely, however, on the other hand, while
	disagrees with, disapproves of, casts doubt on, objects to, challenges, opposes, rebuts, refutes, rejects,
句式变化	<p>① The lecture discusses_____ which differs from the main idea in the reading that_____.</p> <p>② The professor makes the point that_____. In contrast, the reading holds a different view that_____.</p> <p>③ Another important point introduced in the listening is that_____. The reading passage, however, proposes a conflicting idea that_____.</p> <p>④ According to the professor, _____. On the other hand the reading suggests that_____.</p> <p>⑤ The professor explains that_____. On the contrary, the author argues that_____.</p> <p>⑥ Contrary to the belief in the reading that_____, the professor explains that_____.</p> <p>⑦ Finally, the professor claims that_____ which challenges the standpoint made by the author who argues that_____.</p> <p>⑧ Generally, the professor points out the problem of_____ that the reading views from an opposing angle.</p>
答题活用	<p>The lecture is mainly discussing that_____. Thus, the lecture totally disagrees with what is stated in the reading.</p> <p>First, in contrast to the argument stated in the reading that_____, the professor claims that_____.</p> <p>In addition, the lecture contradicts the point made in the reading that_____. The profess explains that_____.</p> <p>Finally, while the passage introduces that_____, the lecture maintains a different point of view. The professor points out that_____.</p> <p>(In short, the contents in the reading are refuted by the lecture with different supporting ideas on the topics.)</p>

## 10/10 托福写作：写作自查 & 备考规划

【综合写作】满分标准 Integrated Writing		
A response at this level successfully selects the important information from the lecture and coherently and accurately presents this information in relation to the relevant information presented in the reading. The response is well organized, and occasional language errors that are present do not result in inaccurate or imprecise presentation of content or connections.		
【学术讨论写作】满分标准 Writing for an Academic Discussion		
<p>The response is a relevant and very clearly expressed contribution to the online discussion, and it demonstrates consistent facility in the use of language.</p> <ul style="list-style-type: none"> <li>• Relevant and well-elaborated explanations, exemplifications, and/or details</li> <li>• Effective use of a variety of syntactic structures and precise, idiomatic word choice</li> <li>• Almost no lexical or grammatical errors other than those expected from a competent writer writing under timed conditions</li> </ul>		
写作检查要点 Self-check List		
1	综合写作	① 听力和阅读的主题内容； ② 听力“支持或反对”阅读的论证清晰； ③ 听力的论证细节尽可能详尽丰富。
2	学术讨论写作	① 对讨论有新的贡献； ② 解释不跑题；例证细节丰富； ③ 句子结构多样，用词恰当灵活； ④ 基本没有语法和拼写错误。
托福写作29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	两周 造句基础	1. 第1周训练“中译英”，第二周二刷“中译英”； 2. 期间查补遗漏的语法知识；
Phase 2	八周 题型备考	积累论证理由和例证的套用； 1. 每周4-5道“学术讨论写作”【不计时】； 2. 每周1道“综合写作”【不计时】； 3. 每周留出1天巩固【句库和高级词汇】；
Phase 3	四周 计时批改	写作高分前辈给批改建议； 1. 每周4-5道“学术讨论写作”【计时+批改】； 2. 每周1道“综合写作”【计时+笔记优化】； 3. 每周留出1天巩固【常用的提纲句库】。
Phase 4	一周 模考	1. 总结自己的写作答题高分结构； 2. 模考 2-3 次。
注意：TPO 官方真题会一直出新，考高分要“以不变应万变”提高语言能力。 今日投机取巧，他日加倍偿还；语言实力为本，高分水到渠成！		

