



趴趴教育·托福



微信号



公众号

趴趴托福

## 2022年托福真题-独立写作

1、2022 年 1 月 5 日

**The most important goal of education is to teach people how to educate themselves.**

It is true that in the 21st century society, self-study ability is undoubtedly a vital ability. The world is in development at a high speed and new things are emerging every day, which requires us to educate ourselves to deal with all difficulties.

First of all, equipping students with the ability of educating themselves can enable students to get through their demanding campus life. Nowadays, people are more advocating quality education. In addition to their compulsory courses, many students will also participate in many extracurricular activities to expand their interests and explore their potential, such as debate competitions, speech competitions, skiing and so on. These activities require them to have the ability of rapid self-learning. After efficiently completing the academic tasks in the class, they can quickly self-study master communication skills, expression skills and so on. Not to mention that in universities, students need to complete a large number of reading tasks before class, and complete interview research, group work, paper and report after class. Without good self-study ability, it is difficult for students to improve their competitiveness and achieve success.

Secondly, self-education skills are also conducive to students' work and life after graduation. A very common phenomenon is that students' majors are even irrelevant to their work content. At this time, they must quickly learn new knowledge to keep up with the pace of work, which is actually very difficult. For example, students majoring in



趴趴教育·托福



微信号



公众号

literature may study mathematics, and students majoring in physics may study business knowledge. Moreover, in the workplace, we should quickly adapt to PPT display, public reporting and getting along with colleagues, which are inseparable from good self-study ability to deal with the fierce workplace competitive environment.

Finally, with the rapid development and change of this era, we all inevitably have to accept new things. For example, the elderly should learn how to use catchwords, and the young should learn how to face the endless stream of new technologies. Self education ability is our attitude towards the world, which symbolizes our common progress and growth with the world. Therefore, I think the most important goal of education is to teach people how to educate themselves.

## 2、2022 年 1 月 8 日上午

**At one high school, more of its students than ever before have been caught cheating on their homework assignments; for example, many students have asked other students to provide them with answers for assignments. The school is considering making a change to help decrease the number of students who cheat on homework. Which ONE of the following actions do you think will be most effective, and why?**

**-Asking parents to monitor their children as they do their homework and confirm that their children have not cheated**

**-Increasing the penalty ( punishment) for cheating**

**-Asking teachers to create homework assignments that will make it more difficult for students to cheat**

Honesty is the most basic principle of life. We should cultivate this precious quality of students in our student period. In order to prevent students from cheating in homework and enable them to better absorb knowledge. The school has put forward several means to prevent students from cheating. Among them, I think it is the best way for teachers to assign homework that is difficult to cheat.

First of all, the teacher's assignment of homework that is difficult to cheat can solve the root cause of cheating and promote the development of students' learning ability. When



趴趴教育·托福



微信号



公众号

homework is difficult to cheat, students can only complete it by themselves, so as to improve their learning ability and solve the phenomenon of cheating. For example, teachers can leave some open-ended homework without standard answers. This kind of homework needs more thinking and exploration, so students have to think deeply by themselves. When there is thunder in the answer of homework, it is also easy to identify the students who plagiarize, which can greatly reduce the possibility of cheating.

In contrast, increasing the punishment for cheating may have a negative effect. Once students cheat, they will be punished. In order to avoid punishment, many students are likely to improve their cheating skills and eventually cause more cheating. In addition, parental supervision of children may destroy the parent-child relationship, which is not a good method. Most of the children in school are in the period of juvenile rebellion. If they are supervised by their parents when doing their homework, they will feel more pressure. They feel constrained and distrusted, thus distrusting their parents, resulting in a negative impact on the parent-child relationship.

To sum up, increasing punishment for cheating is the best way to prevent cheating in the exams.

### 3、2022 年 1 月 8 日下午

三选一，哪种方式工作效率更高？

1. 安静的环境
2. 完成有奖励
3. 做感兴趣的事情

In today's heavy task, improving work efficiency is a very important content. Some people think that rewards and interests can improve work efficiency. Indeed, but rewards and interests are relatively rare things, and a quiet environment can stimulate people's self-discipline and work efficiency.

On the one hand, eliminating interference and diverting attention can make me quickly enter the state and focus on my work. On the one hand, turning off mobile notifications



趴趴教育 · 托福



微信号



公众号

can significantly improve my work efficiency. Nowadays, people tend to stare at their mobile phones all day: email, SMS, phone, Internet access and calendar. In other words, if you are always online, the workflow will be interrupted all the time, which often leads to the inability of the work to be completed. Therefore, not taking my cell phone, disconnecting from the Internet, or turning off notifications can make me more focused on my current work. Moreover, whether it is the busy workers around or the noise of buildings outside the window, it will disturb my inner peace.

Besides, the other two options are not necessarily conducive to my work efficiency. First of all, rewards sometimes even destroy my enthusiasm for work. This is because when I know that some of my jobs will be rewarded, especially those I am really interested in, such as blogging, I feel as if I am completing another job, rather than satisfying my interests and creativity. In short, external motivation makes work boring and makes people feel controlled.

Secondly, if you always rely on interest to complete the work, a lot of work can not be completed. For example, as an English writing teacher, I really like most of my work. Nevertheless, there are still many trivial but important tasks that have to be completed, such as correcting students' homework, revising grammatical errors, sorting out duplicate materials and so on. If you give up or slack just because you have no interest, the whole workflow will be damaged.

Therefore, I am most efficient when I work in a quiet environment.

4、2022 年 1 月 15 日

**Many people want to protect and improve the natural environment. Which ONE of the following three actions is MOST useful for individuals to do in their daily lives if they want to help the environment? Why?**

- Walking or bicycling instead of driving a car to work or school**
- Recycling and reusing objects instead of throwing them in the trash (rubbish) can**
- Buying locally grown, organic foods (grown without pesticides)**



趴趴教育·托福



微信号



公众号

On earth, environmental problems are becoming more and more serious, such as global warming, land desertification and sand disasters, and soil erosion. These phenomena have triggered a heated discussion about what individuals should do to help protect the environment. Some people believe that the most effective solution may be walking / cycling to work and school, or buying organic food. But I think recycling and reuse is a better choice.

First of all, garbage classification makes it possible for each of us to do things within our reach, even at no cost. We can easily classify plastic, metal, paper, glass and other items in domestic waste and then put them into the recycling point. After recycling and processing through reverse logistics, these wastes can be used to manufacture recycled paper, plastic bags and other products, effectively reducing the plastic pollution crisis. This is a daily thing that individuals can do, and the difficulty is very low.

Secondly, although walking or cycling can reduce carbon emissions and achieve environmentally friendly travel, it is very inefficient. When we have something urgent, driving is still our first choice, and the overall efficiency is very high. Therefore, it is difficult for people to make fundamental changes in transportation. In addition, it is difficult for us to often buy locally grown pesticide free food. The price of organic food in the market is generally higher than that of non organic food. Although it is more friendly to the natural environment, the high price will make ordinary people refuse.

In short, based on the above discussion, I can safely conclude that individuals can protect the environment by recycling and reusing items, rather than walking / cycling to work, school and buying organic food.

## 5、2022 年 1 月 19 日

有的孩子在选专业时，想选文学课，但是家长要他们选择物理专业。因此，学生应该自由选择专业，而不应该收到家长的干预控制。

Whether to follow the advice of parents when choosing a major may be a problem for high school graduates who are about to go to college. Students must want to follow





趴趴教育·托福



微信号



公众号

their interests to choose a major, while parents generally want their children to choose a field that can bring rich careers. I think it is very necessary to listen to parents' opinions when choosing a major.

First of all, as parents, they will be more mature than their children and think more long-term. Parents generally prefer their children to go to a major with bright career development direction and rich salary. Because for most individuals - ordinary people - high salaries are real. Money is very practical. Today's social competition is very fierce. People should first pursue more practical things, such as putting food on the table. Choosing a career that is easy to find a job can make a person less worried about material support in life, but after the economic foundation is stable, he has time and energy to really pursue his hobbies. For example, my cousin doesn't like computers very much. Her interest is linguistics. But she chose computer science as her major and has now found a good job. She was able to use her spare time to visit foreign linguists, attend lectures and forums, and gained great satisfaction.

Moreover, children's interests are unstable. They don't know what will happen in the future. Their interests may not be suitable for a career. When my cousin decided on his major, the whole family opposed his idealistic pursuit of personal interest in history. The young naive man seems to have a convincing reason to stick to his choice. He will live a meaningful life, otherwise he will regret his life because of giving up his interest. However, in the first two years of college, he changed his mind, but unfortunately, the change came too late because he realized that learning history might mean some interest, but as a major, he would accomplish nothing, at least for ordinary people like him who need a high salary to pay many bills. Of course, we understand that interests are important to a certain extent; However, the pursuit of personal interests may be the Utopian pursuit of idealists.

## 6、2022年2月19日

**Some hold the view that children from 5 to 10 should take one hour-long class then have a rest or play some games, while others say that they should take longer**



趴趴教育·托福



微信号



公众号

**classes and have a full rest at noon to increase the time they can focus. Which one do you prefer?**

When children are 5 to 10 years old, they may just enter primary school and start their long learning journey. They have a lot of potential. If these potentials are properly exploited, they can become important figures and active contributors to the future society. Therefore, there has been a heated discussion on how to explore these potentials. Some people claim that these children should receive more than an hour of education to improve their ability to concentrate and better prepare for future challenges. However, in my opinion, the curriculum for children aged 5 to 10 should not exceed one hour.

First, shorter courses can help children focus better in class. While some might say that children have all kinds of potential and that longer courses can allow them to focus on their potential, this is not the case. Children, especially young children, are physically unable to focus on one thing for a long time, and their attention is easily diverted. For example, when children lose their toys and lose their temper, parents usually turn their attention to other things to comfort them. Children may soon forget their lost toys completely, which means they can't really focus on one thing for a long time. If they are forced to take longer classes, they may not be able to concentrate, even if they are still sitting in the classroom. Therefore, time will be wasted. However, a one hour course allows children to turn their attention to other things during recess and then concentrate on their study.

In addition, long class hours may hinder students' learning. If the class time is too long, the children must have learned a lot of new knowledge in this class, and there will be more knowledge they don't understand. There will be problems that some knowledge can not be absorbed and some knowledge can not be understood at all. Education is gradual, and the learning of any knowledge should have its corresponding process, especially for children aged 5-10.



趴趴教育·托福



微信号



公众号

In addition, when the class time is too long, children may lose interest. For example, a teacher is having a two-hour math class. Children may spend two hours learning addition and subtraction. In these two hours, they should have solved hundreds of math problems, which may be boring. As a result, children may decide not to take math classes. In contrast, when there is only one hour in math class, children only need to solve a few math problems after the teacher explains them. Before they realize this, the course will end and their interest in mathematics can last longer. This is like, no matter how much children like a food, they should not get a lot at a time, otherwise they will soon lose interest and may never want it again.

Since shorter courses help children aged 5 to 10 to concentrate, promote their learning and maintain their interest in the subject, it is certainly better to provide shorter courses for children.

## 7、2022年2月20日

**Your university will spend money on dormitory to improve the life quality of students.**

**Which of the following do you think is the best way?**

- Providing a room for quiet study**
- Building an exercise room**
- Providing an entertainment place ( watch films)**

Now, the school continues to improve the dormitory conditions and provide students with a better rest and even learning environment, so that students can enjoy a better dormitory in the school. In this case, some people point out that schools should provide students with an additional dormitory learning place, because the library is always crowded; Others may think it necessary to build places of entertainment. However, in my opinion, building an exercise place is actually the best choice.

First of all, building an exercise place can help students relax. It is normal for students to bear great pressure when facing hours of courses and a lot of homework every day. In





趴趴教育·托福



微信号



公众号

this case, if students can do some sports, such as running, weight lifting, sit ups, push ups, etc., they will feel incomparably relaxed. After the exercise is completed, we can better face the tasks and challenges that must be completed. At present, there is no gym in the school, so most students go outside the school to find a place for fitness exercise. Therefore, if the school can build an exercise room for students in the dormitory, students can find an easy place to stretch, so they can often go to the exercise room to avoid excessive pressure.

In addition, building a study room is a waste of space. When students want to find a place to study, they often go to the library or classroom, because these places not only provide them with a quiet place to study, but also provide them with a place for group discussion. However, the self-study room in the dormitory can only allow students to study quietly, which may be very inconvenient, because many assignments are group assignments, so they need group discussion. In addition, when students encounter difficulties in homework, they can find books in the library at any time, which can ensure that they can complete their homework with high quality, and if they choose to study in the self-study room, they cannot obtain additional reference materials.

Last but not least, places of entertainment are not suitable to be built in schools. Entertainment places are usually used for watching movies, listening to music, singing karaoke, etc. In order to fully enjoy movies, music or games, students may tend to turn up the volume to block all other sounds so that they can immerse themselves in movies, music or games. However, this can cause trouble for other students in the dormitory who try to sleep or study. If the students in the entertainment room are asked to reduce the volume, they will lose interest and give up the entertainment place completely. As the study place will waste space and the entertainment room will be too noisy, it is best to build an exercise place for students to relax.