

27：机智地解决问题的人（9-12月新题）

Describe a person who solved a problem in a smart way

You should say:

Who this person is

What the problem was

How he/she solved it

And explain why you think he/she did it in a smart way

Reciting English words has always been a challenge for me when I study English. I continuously find it arduous to repeatedly recite the English word because I find the process tedious and I frequently forget the words I have studied by the following day. Because I am aware my colleague Anna is very adept at the English language, I called on her for advice, in response she educated me in an excellent strategy for memorizing English words.

Anna confided in me that she also found word books were tedious and she seldom acquired English through them. She recommended I watch a selection of British or American TV series. When I encountered some valuable words or wonderful sentences, I could take screenshots and then transcribe them into my word book. This sorting process was additionally a learning process but watching American TV series was of far more interest to me. It was a relaxed and stimulating process to undergo the task of reciting words. After heeding Anna's advice, I started to watch a British series after dinner instead of local variety shows. After a period of time, my vocabulary ability was far superior to before. Anna was so intelligent, and her advice was so supportive!

Although Anna is not an English teacher, she resolved my problem of reciting words in a very educated way. As a colleague, I'm fortunate to have met such a companion who is willing to share her learning skills with me.

中文思路：

背单词一直是我英语学习中很苦恼的一件事。我发现自己对背单词这件事产生了异常的困难，因为我觉得这很无聊，而且我刚背完的单词，第二天就忘了。我同事 Anna 英语说得非常好。当我去请教她如何背单词的时候，他教给我一个非常好的方法。

Anna 告诉我单词书是很枯燥的，她建议我去看一些英剧或者美剧。如果遇到一些有用的单词，或者精彩的句子，可以截屏保存下来，然后抽空整理成自己的单词本。这个整理的过程也是学习的过程，看美剧是非常有趣的事。在一个轻松有趣的过程中就完成了背单词的任务。听了 Anna 的建议后，我把茶余饭后的综艺节目换成了英剧夏洛克，一段时间后，我的词汇量比原先好多了。我认为这个方法非常适合我。

Anna 虽然不是英语老师，但她用非常巧妙的方法解决了我背单词的难题。作为同事，她也乐于跟我分享学习的技巧。能遇到这样的朋友是我的幸运。

28: 浪费时间的场合 (9-12月新题)

Describe an activity you usually do that wastes your time

You should say:

What it is

How long you have been doing it

When do you usually do it?

And explain why you are still doing it knowing it is a waste of time

Mobile games are my preferred form of leisure activity, particularly the game, King of Glory. This is an immensely popular online game in China. Plenty of my friends revel in playing the game.

As a matter of fact, I've been a participant of King of Glory for about two years. The game catered towards user friendliness and fresh players find it easy to understand, moreover it is incredibly convenient to gather my companions to play since it is connected with everyone's Wechat account. There is nothing more jubilant than a group of companions playing a game together. Almost every night prior to when I go to bed, I automatically log on to the game and play for a period. Since I'm so overloaded with work during the day, the only personal time I can acquire is at night.

However, I am aware it's a waste of time and interferes with my rest. As an initial point, playing games fills me with such excitement that when I prepare to sleep, I am still obsessing about the game. As a consequence, it takes me a long time to fall asleep. As a further point, if I lose the game, I will become enraged and I would feel obliged to play again until I was victorious. Sometimes, if I'm unfortunate, I might play for hours on end.

Although I am aware that playing mobile games is a damaging and unhealthy habit, I can't find any other stimulating ways to relax. After all, the pace of modern life is rapid. Mobile games have no restrictions on time or location and are the most convenient and fastest way of relaxing. I've been searching for alternatives that can save time, but regrettably, I haven't succeeded in my search.

中文思路：

手机游戏是我最喜欢的休闲活动，尤其是王者荣耀。这是一款在中国非常流行的网络游戏，我身边的很多朋友都喜欢玩。

事实上，我玩这款游戏已经有两年的时间了。游戏设计的非常吸引人，一部手机就可以操作。我不仅可以自己玩，还可以邀请自己的微信好友，没有什么比一群朋友一起打游戏更开心的事了。几乎每天晚上躺上床，我都会不自觉的打开游戏。因为白天我的工作太忙了，只有在晚上睡觉前才有一点自己的时间。

但我知道这其实很浪费时间，并且影响我的休息。首先，打游戏会让我很兴奋，当我准备睡觉时，脑袋里还想着刚才的游戏。我需要很长一段时间才能入睡。其次，如果游戏输了，我会非常生气，我必须要再来一局，一直打到赢了为止。有时候运气不好，我可能会连续打好几个小时。不知不觉一晚上的时间就这么浪费掉了。

虽然我知道打游戏是个不好的习惯，但是我也找不到其他的放松方式。毕竟现代人的生活节奏太快。手机游戏对时间地点都没有限制，是最简单，最快捷的娱乐方式。我一直在寻找可以节约时间的替代品，但是很遗憾现在还没有找到。

29: 早起 (9-12月新题)

Describe a time when you got up early

You should say:

When it was

What you did

Why you got up early

And explain how you felt about it

A short while ago, I was dispatched out of town at short notice to attend a very urgent meeting. The meeting was to commence at ten o 'clock, thus I had to catch a 7 a.m. flight to Shanghai in the early hours of the day. I set the first 4:30 alarm in my life to ensure I would arrive to the airport before my plane took off at 7 a.m. Despite the fact I must arise early to commute to work every day, 4:30 in the morning sounds absurd and incredulous.

Although I attempted to fall asleep before 12 o 'clock, I was startled and confounded when the alarm clock sounded. It seemed as if I just closed my eyes and opened them immediately. It was a strenuous task to get out of bed. Fortunately, during my commute there was no delay, no accident, and everything went swimmingly. Ultimately, I pulled myself together and arrived at the airport punctually after a brief struggle. However, I was so drained that I fell asleep as soon as I got on the plane. I believe the couple hour's rest on the plane did me wonders, because afterwards I felt quite refreshed.

To be honest, when I attended college, I used to stay up till the early hours and still be energetic the following day no matter how early I arose. However, as the years pass by, I must admit that arising early is no longer a piece of cake for me.

中文思路：

不久前，公司临时通知我去外地参加一个非常紧急的会议。会议将在十点钟召开，所以我必须乘坐早上七点的飞机前往上海。七点是飞机的起飞时间，为了在六点前赶到机场，我设定了人生中第一个四点半的闹钟。虽然每天上班都需要早起，但是凌晨四点半这个时间听起来还是有些不可思议。

虽然我已经尽量在十二点前睡觉，但是闹钟响起的那一刻，我整个人都不敢相信。我似乎才刚刚闭上眼睛。起床这件事实在是太困难了。很庆幸，飞机没有延误，也没有意外情况发生，一切都很顺利。我强撑起精神，按时赶到了机场。只是我太困了，一上飞机我就睡着了。可能是因为在飞机上又休息了两个小时，之后的时间里我精神还不错。

实话说，以前上大学的时候我也经常通宵出去玩，不管多早起床一整天都能精力充沛。但是随着年龄的增长，我不得不承认，早起对我来说是一种沉重的负担。

30: 敬佩的商人 (9-12 月新题)

Describe a businessman you admire

Some instructions that you can follow:

Who this person is

How you knew this person

What kinds of business this person does

And explain why you admire this person

I really admire Facebook COO Sheryl Sandberg, who has been the social media giant Facebook's executive for years, charged with growing the company's advertisement business and handling its communications. The first time I knew her was on a piece of social news. She has, no doubt, succeeded handsomely. She used her business acumen to increase Facebook's revenue several times over. Sandberg was rewarded for her work with a position on the Facebook board of directors. She was also the first woman to join the board.

Apart from her business achievement, she has also inspired me a lot with her continuous dedication to encourage women to "lean in" and show confidence in the workplace. She published a book named "Lean In: Women, Work, and the Will to Lead." She also established a foundation named after the book to focus on women's issues in the workplace. The biggest impact has been a surge in women supporting women. In the past, helping each other was presented as a duty that, if ignored, would land you in "a special place in hell." Sheryl reframed this sisterly support as joyful and strategically smart. "Lean In" catapulted Sandberg into a household name and has changed so many women's lives. Sheryl is a role model and icon for me, as well as women across the globe.

中文思路:

我非常钦佩 Facebook 首席运营官谢丽尔·桑德伯格(Sheryl Sandberg)，她在社交媒体巨头 Facebook 担任高管多年，负责拓展公司的广告业务和处理沟通事宜。我第一次看到她的名字是在新闻上。毫无疑问，她取得了巨大的成功。她用自己的经营智慧让 facebook 的营收增加了好几倍。桑德伯格因她的工作而获得了 Facebook 董事会的席位。她也是第一个加入董事会的女性。

除了她在商业上的成就，她不断鼓励女性“向前一步”，在工作中展现自信，这也给了我很大的启发。她出版了一本名为《向前一步:女性、工作和领导意志》(Lean In: Women, Work, and the Will to Lead)的书。她还建立了一个以这本书命名的基金会，以关注职场中的女性问题。最大的影响是女性支持女性的人数激增。在过去，互相帮助被认为是一种责任，如果忽视了，就会把你带到“地狱里一个特殊的地方”。谢丽尔把这种姐妹式的支持定义为快乐和战略性的智慧。《向前一步》让桑德伯格一举成名，并改变了许多女性的生活。谢丽尔是我也是世界各地的女性的榜样和偶像，

31: 咖啡馆 (9-12月新题)

Describe a café you like to visit

You should say:

Where it is

What kinds of food and drinks it serves

What you do there

And explain why you like to go there

I like coffee a lot. Recently in the buzz is a super popular coffee chain brand in China, Manner Coffee. Originally just a boutique coffee shop set up on Nanyang Road in Shanghai covering 2 square meters and actually just a take-out window, Manner Coffee currently has hundreds of stores nationwide, covering six cities.

Their standard menu only offers a limited number of beverages, such as espresso and Americano with prices of 10 Yuan and 15 Yuan respectively, as well as latte, Australian white coffee, cappuccino, hand-brewed coffee, etc. At the same time, the store also sells coffee machines, coffee cups and other products like ear bags and other related products.

Manner Coffee has become my go-to choice after lunch. I usually just choose the store close to my workplace and ask for takeout. I like Manner for the following reasons. First, Manner's stores are equipped with expensive coffee machines that guarantee high quality and good taste. Second, Manner's price is very affordable. Manner offers a 5-yuan discount if customers bring their own cups. That is a pretty motivating offer! The average price of Manner's coffee is around 15-20 RMB. It is way lower than other players in the market such as Starbucks, Peet's or Costa. Last but not least, while most of Manner's stores are tiny, they are located either near or inside office buildings. This allows me to order first on my phone and pick up my coffee on my way to work.

中文思路:

我非常喜欢咖啡。最近，在中国极受欢迎的咖啡连锁品牌——Manner 咖啡(Manner coffee)正处于风口浪尖。最初只是上海南洋路上一家 2 平米的精品咖啡店，实际上只是一个外卖窗口。如今，Manner coffee 在全国 6 个城市拥有数百家门店。

他们的标准菜单只提供有限数量的饮料，如浓缩咖啡和美式咖啡，价格分别为 10 元和 15 元，以及拿铁、澳大利亚白咖啡、卡布奇诺、手工煮咖啡等。同时，该店还销售咖啡机、咖啡杯等产品，如耳袋等相关产品。

美纳咖啡已经成为我午餐后的首选。我通常只选择工作地点附近的店铺打包带走。我喜欢美纳咖啡原因如下。首先，Manner 的商店配备了昂贵的咖啡机，保证了高质量和好味道。第二，美纳咖啡的价格非常实惠。如果顾客自己带杯子，可以享受 5 元的折扣。这是一个非常激励人心的提议！美纳咖啡的平均价格在 15-20 元左右。它的价格远低于星巴克、Peet 's 或 Costa 等其他市场参与者。最后但并非最不重要的一点是，虽然大多数玛纳的商店都很小，但它们要么位于办公楼附近，要么位于办公楼内部。这让我可以先在手机上点餐，然后在上班的路上买咖啡。

32: 搬到新家/新学校（9-12月新题）

Describe a time when you moved to a new home/school

Some instructions you can follow:

When you moved

Where you moved

Why you moved

And how you felt about it

I remember moving into a new apartment during my second year of my graduate studies. I used to live a bit far from the campus in order to have something a bit more spacious and at a lower price point. Though graduate student workers who are U.S. citizens are allowed to find additional employment off campus to supplement their stipends, international students aren't allowed to due to visa restrictions. Without income, all I considered was to find an affordable place. But what I didn't account for were all the possible extra curricular activities I could partake in. For the dime I would be saving, I personally would be losing the college experience. Therefore, after a year, I decided to move to a community located within walking distance to the campus.

The new apartment is only within three blocks of all academic buildings. Most other either owners or renters are students, faculty, and staff from the college and other collegiate institutions. It is the perfect building for a grad student who is looking for a safe and secure place to live that is in close proximity to the campus. It has a neighbourhood park and is in close proximity to shopping. In addition, it is well served by public transportation and very pedestrian and bicycle friendly. While closer campus living meant higher rent per month, I felt it was needed, offering me greater access to a variety of campus activities and organizations, adding to my sense of community.

中文思路：

我记得我在研究生二年级的时候搬进了一个新公寓。我以前住得离学校有点远，这样可以住得宽敞一点，价格也便宜一点。虽然美国公民的研究生可以在校外找到额外的工作，以补充他们的津贴，但国际学生由于签证限制不允许这样做。没有收入，我只想找一个负担得起的地方。但我没有考虑到的是我可以参加所有可能的课外活动。为了节省一些钱，我将失去大学的经历。因此，一年后，我决定搬到一个步行就能到学校的社区。

新公寓离所有的教学楼只有三个街区的距离。大多数其他业主或租户是学生，教师，和学院和其他学院机构的工作人员。对于一个想要在校园附近找到一个安全的住处的研究生来说，这是一个完美的建筑。它有一个社区公园，离购物中心很近。此外，它有良好的公共交通，非常适合步行和骑自行车。虽然更近的校园生活意味着每月租金更高，但我觉得这是必要的，这让我有更多机会参加各种校园活动和组织，增加了我的社区意识。

33: 花费超过预期的物品（9-12月新题）

Describe an item on which you spent more than expected

You should say

What it is

How much you spent on it

Why you bought it

And explain why you think you spent more than expected

I am a planner and don't often buy more than expected. But recently, I learned that my mom's old phone broke down and she needed a new one. I told her that I would look at it and get one for her as a birthday gift.

Initially, my budget was around 5000 Yuan. After comparing various models, I decided to pick the latest iPhone for over 7000 Yuan. There are several factors contributing to my decision. Well, first, since her old one is also an iPhone, it can be considered an upgrade and can be traded to Apple to get a small discount. Also, my mom likes to take a lot of photos whenever she travels. The cameras on this phone have improved which means it can take more vivid and clear pictures. It also brought in a few features from the Pro models, such as a stabilization feature on the main camera to correct for even shaky hands. In addition, the battery life is better, easily lasting a full day, if not more, even with heavy use.

Since the new model just came out, I paid a premium to get it. If I could have waited a bit longer, the price would come down a little bit and I might even have gotten it within my budget range. That said, my mom's old phone is around 4 years old and sometimes it takes a long time to start or send messages. It is definitely something she urgently needed. Therefore, I do not regret buying it, even if it meant spending more on it.

中文思路：

我是个爱计划的人，通常不会买超出预期的东西。但是最近，我听说我妈妈的旧手机坏了，她需要一个新的。我告诉她我会看一看，然后给她买一个作为生日礼物。

起初，我的预算是 5000 元左右。在比较了各种型号后，我决定买一部最新款的 iPhone，价格超过 7000 元。有几个因素促成了我的决定。嗯，首先，因为她的旧手机也是 iPhone，它可以被视为升级，可以用它换到苹果，以获得小折扣。此外，我妈妈喜欢在她旅行的时候拍很多照片。这手机的摄像头改进了。可以拍出更生动和清晰的照片。它还引入了 Pro 机型的一些功能，比如主摄像头增加了防抖动功能，这意味着即使在运动的时候也能拍出清晰的照片。此外，电池寿命更好，即使大量使用，也能轻松维持一整天。

由于新型号刚刚上市，我付了额外的钱。如果我能再等一段时间，价格就会下降一点，我甚至可能在我的预算范围内买到它。也就是说，我妈妈的旧手机大约有 4 年了，有时启动或发送信息需要很长时间。这绝对是她迫切需要的东西。因此，我不后悔买了它，即使这意味着要花更多的钱。

34: 有趣的外国人（9-12月新题）

Describe a foreign person who you have heard or known that you think is interesting

You should say:

Who the person is

How you knew him/her

What kind of person he/she is

And explain why you think he/she is interesting

John, my college English teacher, is known for his quick wit and humor. He is an American, so his teaching style is quite different from that of other Chinese teachers. Very often his class would be scheduled just after lunch, so our response would be poor. However, the way he taught English was so much fun and interesting that within minutes, all of the students were upright and smiling. He kept giving running comments spontaneously and his sense of humor filled the class with loud laughter. It seemed he rarely lost his cool. Even if students behaved improperly, he would address the situation simply with his approach towards them.

His way of teaching was exceptional and practical, connecting it to our daily activities and the latest news. He often started speaking spontaneously about foreign movies, authors, rap songs, politics, etc. And he made us think with all kinds of funny, yet thought-provoking questions. He would encourage us to debate over a wide array of issues and assigned us a side that probably we didn't agree with, making the assignment a true challenge.

He was such an inspiring educator and also an interesting foreign teacher. I was deeply impressed by his humorous language and rich body movements. He is remembered not for the knowledge he imparted, but for the captivating way he encouraged our achievement.

中文思路：

我的大学英语老师约翰以机智和幽默而闻名。他是个美国人，所以和其他中国教师的授课方式区别很大。通常他的课安排在午饭后，所以我们的反应很差。然而，他教英语的方式是如此的有趣和有趣，几分钟内，所有的学生都坐直和微笑。他不停地即兴发表评论，他的幽默感使全班哄堂大笑。他似乎很少失去冷静。即使学生行为不当，他也会简单地用他的方法解决问题。

他的教学方式特别实用，与我们的日常活动和最新新闻联系在一起。他经常开始自发地谈论外国电影、作家、说唱歌曲、政治等。他用各种有趣又发人深省的问题让我们思考。他会鼓励我们就一系列广泛的问题进行辩论，并指定我们可能不同意的一方，这使任务成为真正的挑战。

他是一个不但一个非常鼓舞人心的教育家还是一个非常有趣的外教。他幽默诙谐的语言和丰富的肢体动作，让我印象深刻。人们怀念他，不是因为他传授的知识，而是因为他以一种迷人的方式鼓励我们取得成就。

35: 希望养成的习惯（9-12月新题）

Describe a habit your friend has and you want to develop

You should say:

Who your friend is

What habit he/she has

When you noticed this habit

And explain why you want to develop this habit

As started to put on years, I began to be concerned about my health as an increasing number of abnormal items appeared on my annual physical examination form. Everyone informs me that exercise is the optimal method to remain healthy and keep active, therefore, I intend to commence a regular exercise regime. My colleague Anna is very active, and she does appear younger and healthier compared to her peers.

Despite the fact Anna is in her thirties, her son is about to enter primary school. However, she is as slender as any of the youthful girls in our company because she maintains her great physique. No matter how overburdened she is, she attends the gym every week. She also goes jogging in the morning if she can arise early enough. We live a stone's throw from each other. When I venture out for breakfast in the morning, I occasionally bump into Anna running in our community.

Compared to Anna, I have the impression that I am an incredibly slothful person. I've despised exercise since I was a child. I would seldom sit at home if I could lie down. I used to announce that my motto was that the most important thing in life is to remain in an inert state. However, in recent years, a plethora of health problems has arisen. Thus, I began to ponder if I was truly living in an optimal way. I intend to commence exercising and get into the habit of exercising regularly. Perhaps in this process, I will discover the charm of sports.

中文思路：

随着年龄的增加，每年体检表上异常的项目越来越多，我开始担心自己的健康。我计划开始规律的运动，每个人都告诉我运动是保持年轻和健康的最佳方式。我的同事 Anna 就很喜欢运动，她的确比同龄人看起来要更年轻。

Anna 虽然已经 30 多岁了，她的儿子都快上小学了。但身材丝毫不比我们单位的年轻女孩差。整个人看起来状态非常好。不论工作多忙，她每周都会去健身房锻炼。如果起得来，早上他还会去晨跑。我们两个住的很近，有时我早上出门买菜，刚好会遇到在晨跑的 Anna。

比起 Anna，我感觉自己实在是太懒了。我从小就讨厌运动。在家里只要能躺着我绝对不会选择坐着。以前我经常说自己的座右铭是生命在于静止。但最近几年，一系列的健康问题逐渐发生。我开始思考自己的生活方式是否真的正确。我想试着开始运动，进而养成规律运动的好习惯。说不定在这个过程中，我会发现运动的魅力。

36: 等待重要事情 (9-12 月新题)

Describe a time when you waited for something important that would happen

You should say:

What you waited for

Where you waited

Why it was important

And explain how you felt while you were waiting

This happened before graduating college. I wanted to go to grad school right away. I would like to gain more specialized knowledge and I believed that the programs I chose would help get me there. The curriculum that I am interested in emphasizes a more practical application of knowledge with access to hands-on learning opportunities. I weighed my options, researched the benefits of a graduate education, and discovered the value of having an advanced degree. I anxiously waited for an answer after all the frantic work of putting together applications for several grad schools.

I made sure that I sent all my applications before the deadlines as some other friends did. For a long time, I waited anxiously at home every day. But I was getting a little bit frustrated when I found some friends had heard back and I hadn't. Postgraduate application is very important to me, and I have made a lot of efforts to this end. I refreshed my email every hour, and read on for the insider view on when I could expect university offers to come out. The pressure of waiting for the results felt worse than what I felt before sitting for any exam. However, I couldn't do anything about it, all I can do was to wait. It was such an unsettling experience I had ever had. Luckily, I received the offer at the last minute, and it was so unforgettable.

中文思路：

这发生在大学毕业之前。我想马上去读研究生。我想获得更专业的知识，我相信我选择的项目会帮助我达到这个目标。我感兴趣的课程强调知识的更实际应用，并提供动手学习的机会。我权衡了自己的选择，研究了研究生教育的好处，并发现了拥有一个高等学位的价值。在拼了好几个研究生院的申请表之后，我焦急地等待着答复。

我像其他一些朋友一样，确保在截止日期之前把所有的申请都寄出了。在很长的一段时间里，我每天都在家里焦急的等待。但当我发现一些朋友收到了回复，而我却没有时，我感到有点沮丧。研究生申请对我来说是一件很重要的事，为此我付出了很多努力。我每隔一小时就会刷新我的电子邮件，并在他们的官方网站上搜索关于我何时能收到大学录取通知书的最新消息。等待结果的压力比我在参加任何考试之前感到的更糟糕。因为我无法为此做任何努力，我能做的只有等待。这种感觉非常让人焦虑不安。幸运的是，我在最后时刻收到了 offer，那感觉实在是太难忘了。

37: 有名的运动员（9-12月新题）

Describe a famous athlete you know

You should say:

Who he/she is

How you knew him/her

What he/she has achieved

And explain why he/she is famous

Speaking of China's most famous athletes, I am sure most people, including me, would probably come up with the household name Guo Jingjing. Guo, originally from Hebei province, is considered one of China's greatest Olympians. If my memory serves me right, she has taken part in the Olympic Games for four times and won several gold medals.

Guo is famous because she had not lost a major international event, either individual or synchronized in diving. It is a remarkable achievement that seldom an athlete can achieve. Sometimes she is referred to as China's "princess" or "queen" of diving, which is in appreciation of what she has achieved. Especially after she won the gold medal in 2008 Beijing Olympic Games, she became more and more a household name, I believe there is almost no Chinese person who does not know her.

However, she is not only known for excelling at sports. After she retired from the national team and got married, she was also enthusiastic about charity activities. She and her husband regularly participate in UN charity activities and actively contribute to charities to promote good causes. Many sports stars may fade into obscurity after retirement, but Guo is so dedicated to public welfare that her image is even brighter in people's minds.

中文思路：

说到中国最著名的运动员，我相信大多数人，包括我在内，可能会想到郭晶晶这个家喻户晓的名字。郭晶晶来自河北省，被认为是中国最伟大的奥运选手之一。

郭晶晶之所以出名，无论是个人还是双人3米跳板，她从来都没有在重大的国际比赛中输过。她有时被称为中国跳水的“公主”，这是人们对她的成就的一种赞赏。如果我没记错的话，她参加了4次奥运会，取得了好几次冠军。尤其是她取得了2008年北京奥运会的金牌后，她变得更加的家喻户晓了，我相信几乎没有中国人会不认识她。

但她不仅以擅长体育而闻名。在她退役和结婚之后，她还热心参加公益事业。她和丈夫经常参加联合国的慈善活动，以及积极慈善机构捐款，推动公益事业。很多体育明星退役后可能就变得默默无闻了，但郭晶晶是如此地热衷于公益事业，这使得她在人们心中的形象越发高大。

38: 善待不喜欢的人（9-12月新题）

Describe a time you were friendly to someone you didn't like

You should say

When and where it happened

Who he/she was

Why you didn't like this person

And explain why you were friendly to him/her on that occasion

The other day, when I was entering the office, I overheard the front desk co-worker discussing with another colleague the Employee Award, which was being presented to a colleague who is originally from the rural area. The front desk employee was complaining that the award was being given to a migrant worker instead of the local runner-up. I didn't hear the entire conversation but enough that the context was clear.

Initially, I was a bit shocked and upset. Personally, I have many friends who are not born in the city but choose to work hard and stay to get a better life. I am a strong ally for them and the whole migrant worker community. It hurt to hear derogatory remarks like this. While I respect the right for someone to have whatever opinion they like on this or any subject, I believe that no one should hear that sort of disrespectful comment at work.

As much as I disliked her and what she said, I didn't choose to confront her to the extent of physical fights or verbal abuse (like a curse). I was instead being polite to her and said to her "What I heard was disrespectful and unkind. I can't make you think differently, but I want to ask you not to make comments like that in the office." I spoke up in a friendly manner only to signal that it is not okay. If I ever heard it again, I would report through established channels via an anonymous hotline, as our company specifically calls for non-discrimination policies in place.

中文思路：

有一天，当我走进办公室的时候，无意中听到前台同事在和另一个同事讨论“员工奖”，这个奖是颁发给一个来自农村的同事的。前台员工抱怨说，这个奖颁给了一名农民工，而不是当地的亚军。我没有听到整个对话，但已经足够清楚情况了。

一开始，我有点震惊和不安。就我个人而言，我有很多朋友，他们不是出生在城市，而是选择努力工作，留下来享受更好的生活。我是他们和整个农民工社区的坚定盟友。听到这样的贬损的话很伤人。虽然我尊重人们对这件事或任何话题有自己喜欢的观点的权利，但我认为，在工作中，任何人都不应该听到这种无礼的评论。

尽管我很不喜欢她和她说的话，但我并没有选择与她发生肢体冲突或言语虐待(比如诅咒)。相反，我对她很有礼貌，对她说：“我听到的是不尊重和不友好的。我无法让你改变想法，但我希望你不要在办公室发表那样的评论。”我以一种友好的方式说出来，只是想表示不行。如果我再听到这样的话，我会通过匿名热线的既定渠道举报，因为我们公司特别呼吁实行非歧视政策。

39: 有创造力的人 (9-12 月新题)

Describe a creative person whose work you admire

You should say:

Who he/she is

How you knew him/her

What creative things he/she has done

And explain why you think he/she is creative

The individual I desire to discuss is Messi, the football player. Messi is a gifted and creative footballer. I initially discovered him through a news report. The news testified that his club Barcelona achieved victory in the league championship that year.

In contrast to ordinary football players, Messi is a slight man, only standing at about one meter and six inches. Generally speaking, it is an impossible feat to be a world class football player with such a diminutive height. But Messi appears to have an innate talent for football. Perhaps, it's also because he's short, thus his movements are very quick and agile. Once the ball is at his feet, he is excellent at protecting it. So much so, that no matter how close the opposing team gets to tackling him, they fail at recovering the ball away from him. He is unaffected no matter whether it's two or three or even five opposing players. Messi always conceives of some masterful method to maneuver through defenders, pass the ball to teammates or score goals. That's why I believe he's very creative.

The average athlete will achieve victory through speed, but Messi is renowned for his technique. The way he plays cannot be imitated or studied because he is so ingenious. He can dribble past or pass the ball to others with uncanny footwork at any moment, and he can shoot at the slightest opportunity. It is a pleasure to witness him play.

中文思路：

我想说的人是足球运动员梅西。梅西是一个天赋卓越，有创造力的足球运动员。我第一次认识他是在一次新闻报道中。新闻报道他所在的巴塞罗那俱乐部赢得了当年的联赛冠军。

跟普通的足球运动员不一样，梅西个子很低，大概只有一米六几。一般来说，这样的身高是不可能成为一个优秀的运动员的。但梅西似乎有着与生俱来的足球天分。也许也是因为他个子低，所以重心低。只要足球到了他脚下，他控球的技术非常出众，无论对方球员怎么逼抢都没法从他脚下把足球抢过去。无论是两个人还是三个人，甚至是五个人都没办法。梅西总能以一些不可思议的方式来摆脱防守，把足球传给队友或者射进球门。这也是为什么我认为他很具有创造力。

一般的运动员都会以速度取胜，但梅西却偏偏已脚下技术所闻名。他的踢球方式是不可被模仿或者学习的，因为他太有创造力了。他可以随时以不可思议的运球方式过人或者传球，也可以抓住任何一个稍瞬即逝的机会射门。看他的比赛简直是一种享受。

40：困难的决定（9-12月新题）

Describe a difficult decision that you once made

You should say:

What the decision was

When you made your decision

How long it took to make the decision

And explain why it was difficult to make

Making my decision to study abroad for a Master's has probably been one of the most challenging choices I've faced to date. At first, the idea of studying abroad couldn't have been more appealing to me. The thought of travelling to a new place and immersing myself into another culture has always been up there on my bucket list. However, with the pressure to finalize my decision fast approaching, the idea had lost some of its initial sparkle. As a result, I was in a state of indecision.

There were several things holding me back. I attributed my uncertainty to a natural fear of change—as I'm sure most students would feel when faced with the prospect of embarking on a yearlong expedition, miles away from the comforts of home. For me, no longer regularly being able to see my beloved family and friends was a difficult reality for me to accept. Even though I was in an arduous state of decision-making, it's safe to say my parents didn't need convincing at all. On the contrary, they were suspiciously eager for me to go. Obviously, I know their enthusiasm was really due to wanting me to grasp an opportunity that may not present itself again.

After listening to the opinions of others, I finally made up my mind to study abroad because the sense of uncertainty sparked my curiosity, reigniting my desire to travel and explore.

中文思路：

出国读研可能是我迄今为止所面临的最具挑战性的选择之一。起初，出国留学的想法非常吸引我。去一个新的地方旅行，让自己沉浸在另一种文化的想法一直是我的清单上的一部分。然而，随着最终决定的压力迅速逼近，这个想法失去了最初的一些亮点。结果，我处于优柔寡断的状态。

有几件事阻碍了我。我把我的不确定性归因于对变化的自然恐惧——我相信大多数学生在面临为期一年的考察时，也会有这样的感觉，远离舒适的家。对我来说，不能经常见到我深爱的家人和朋友是一个难以接受的现实。尽管我处于艰难的决策状态，但可以肯定地说，我的父母根本不需要说服。相反，他们却怀疑地盼着我去。显然，我知道他们的热情其实是希望我抓住一个可能不会再出现的机会。

在听了别人的意见后，我最终决定还是要出国留学。这种不确定的感觉激发了我的好奇心，重新燃起了我对旅行和探索的渴望。

41: 自行车/摩托车/汽车旅行 (9-12月新题)

Describe a bicycle/motorcycle/car trip you would like to go

You should say:

Who you would like to go with

Where you would like to go

When you would like to go

And explain why you would like to go by bicycle/motorcycle/car

I have been wanting to go on a fascinating vacation in the next holidays! With the rapid development of highways in China, an increasing number of people are showing interest in "self-driving tours" to enjoy their holiday in a more flexible and fun way. China offers plenty of wonderful scenic drive options. I would like to have a road trip with family and friends to explore the splendor of Xinjiang in northwest China. I have read many books about it. Though I haven't been there, I know all the fantastic places there!

The northern part of Xinjiang in particular is widely recognized for its heavenly beauty. Heading north from Urumqi, the capital city of Xinjiang, we could pass by Burqin County and Kanas Lake. Primitive villages can still be found there. Hemu Village, for instance, offers a peek into a hidden Chinese fairyland. On our way back to Urumqi, we could stop by the Nalati Grassland which is called the "Sky Grassland"

The reason to drive in Xinjiang is fairly simple. Xinjiang is so vast and diverse. Apart from the sea, everything on the travel bucket list can be found in the region: golden deserts; great, red-tinged canyons; turquoise high-plateau lakes; and snowcapped mountains. The region's roads have improved considerably in recent years, making it a perfect way to explore the Uygur culture and find traces of the ancient Silk Road.

中文思路:

我已经迫不及待地想在下一个假期出门旅游了！随着中国高速公路的快速发展，越来越多的人对“自驾游”产生了兴趣，以一种更灵活、更有趣的方式享受假期。中国有很多美丽的风景可供选择。我想和家人朋友一起自驾游，去探索中国西北的新疆的美好。

特别是新疆北部，因其天籁之美而被广泛认可。从新疆首府乌鲁木齐往北走，可以经过布尔沁县和喀纳斯湖。在那里仍然可以找到原始的村庄。例如，禾木村可以让你一窥隐藏的中国仙境。在回乌鲁木齐的路上，我们可以在那拉提草原停留一下。那里被称为“天空草原”。

在新疆开车的原因相当简单。新疆幅员辽阔，丰富多彩。除了大海，人们的旅行愿望清单上的所有东西都能在这个地区找到：金色的沙漠，淡红色的峡谷，蓝绿色的高原湖泊和雪山。近年来，该地区的道路有了很大改善，使它成为探索维吾尔文化和寻找古代丝绸之路痕迹的完美方式。

42: 优质服务 (9-12 月新题)

Describe a good service you received

You should say:

What the service was

When you received it

Who you were with

And how you felt about it

Too often we hear about airline companies failing to meet customer expectations. But today, I actually would like to share my recent good experience with China Eastern.

I was planning to visit my parents during the mid-autumn festival. Since within the past two weeks, I had been to the southern coastal province of Fujian, where new COVID outbreaks were reported, I was a bit worried that I might not be allowed to board the plane. I first headed to the China Eastern website for help. To my surprise, I saw tons of ways to reach out. In seconds, I got access to a mobile app, a FAQ page, and a direct line of contact to the service department. A little more digging led me to a WeChat account staffed with a 24/7 social care team. After communicating my problem with the staff on the line, I was reassured that as long as I got a valid COVID test within 48 hours of departure, I should be okay. In addition, even though the airline was not at fault, the staff didn't hesitate to offer refunds in case I would like to cancel my flights due to the COVID situation. I was really impressed by how the agent handled her response with empathy. These small moments of joy with a brand are often what people remember the most.

中文思路:

我们经常听到航空公司不能满足顾客的期望。但是今天，我想和大家分享一下我最近在东方航空的一些经验。

我打算在中秋节期间去看望我的父母。两周前，我去了中国南部沿海省份福建，那里报告了新的冠状病毒疫情，我有点担心自己可能被禁止登机。我首先去中国东方网站寻求帮助。令我惊讶的是，我看到了很多方法去联系他们。几秒钟后，我就进入了一个移动应用程序、一个 FAQ 页面，并直接与服务部门取得了联系。经过进一步的挖掘，我找到了一个微信账户，里面有一个 24/7 的社会关怀团队。在与工作人员进行了电话沟通后，我得到了保证，只要在出发后 48 小时内进行有效的 COVID 检测，就不会有问题。此外，即使航空公司没有责任，如果我因为新冠疫情而取消航班，工作人员也会毫不犹豫地给我退款。我真的被代理如何处理她的回应与同情印象深刻。这些与品牌有关的开心时刻往往是人们记忆最深刻的。

43: 假期旅行 (9-12 月新题)

Describe a place you visited on vacation and would like to recommend to others

You should:

Where it is

When you went there

What you did there

And explain why you would like to recommend to others

Several years ago, I embarked upon a family holiday to Thailand. My sister, mother, father and I all travelled together. It was an event I had been anticipating to for a long time, and it truly was worth the wait – I adored it so much. We ventured to a seaside town that was famed for its exquisiteness. The oceans surrounding the town were crystal clear and aquamarine in colour. Each occasion I ventured down to the beach, I was overcome with the urge to plunge into the water immediately. I adore swimming, so I pleaded with my dad to take me snorkeling with him out in the reef.

The subsequent day we went out in the ocean as I had requested, and it was everything I had hoped for. There was a plethora of beautiful sights. Fish of all colours – bright yellow and orange. The coral reef was awe-inspiring as well, with shades of pink and blue. The water was quite shallow and very warm, and I felt like I could stay there for hours. It was an occasion I'll never forget.

I must admit the beaches in Thailand are the most gorgeous beaches I have ever visited. I intend to recommend them to my friends and encourage them to travel there themselves. It is utterly worth it. I have visited many beaches in our country, including Sanya and Qingdao, but none can compare with Thailand.

中文思路：

去年我全家去泰国度假。我姐姐、妈妈、爸爸和我一起去的。这是我期待已久的旅程，真的值得等待——我非常喜欢。我们去了一个以美丽而闻名的海滨小镇。城镇周围的海洋晶莹剔透，呈淡蓝色。每次我去海滩的时候，我只想马上跳进水里。我喜欢游泳，所以我让爸爸带我去海边的珊瑚礁多的地方潜水。

第二天，我们按照我的要求出海了，这正是我所希望的。有那么多美丽的景色。各种颜色的鱼-明亮的黄色和橙色。珊瑚礁也很漂亮，有粉红色和蓝色的。水很浅，很暖和，我觉得我可以在那里呆上几个小时。这是我永远不会忘记的事情。

我不得不说泰国的海滩是我去过的最美丽的海滩。我想把它推荐给我的朋友，并鼓励他们去那里参观。这是完全值得的。我去过我们国家的许多海滩，包括三亚和青岛，但没有任何一个地方能与泰国相比。

44: 难学的技能 (9-12 月新题)

Describe a skill that was difficult to learn

You should say:

What it was

When you learned it

Why you learned it

And explain how you felt when you learned it

When I was a little child, my dad endeavored to (努力) teach me how to play chess. Chess is a magnificent game of strategy in which each player must tactically (战略上) move pieces on a board in an attempt to capture the other person's king.

Honestly, it is an incredibly convoluted (复杂的) game which takes a lifetime to master. It was quite the struggle for me to become adept at (擅长) chess. However, I dedicated myself to learning the art of chess. Originally, my father and his companions always took me to practice chess with them. At first, I just stood by and observed. After I became acquainted with(熟悉) the rules of the game, my dad began to instruct me, teach me strategies, and inform me how to solve various problems. Gradually, I began to understand the secret of chess

Thus, I have very fond memories of playing chess with my dad when I was a child. I am also grateful to my dad for teaching me this skill and encouraging me to stay persistent. When I was in high school, I represented my school in the chess competition in the city and was awarded second place. I was very proud of this achievement.

Chess has also been proven to improve people's cognitive faculty; thus I think it is a very astute(精明) way to spend one's time when there is nothing else to do.

中文思路：

从我还小的时候，我的爸爸就教我下象棋。国际象棋是一种战略游戏，每个玩家必须在棋盘上移动棋子，试图夺取对方的“国王”。

老实说，这是一个非常复杂的游戏，需要花很多时间来掌握。当我还是个孩子的时候，学习如何下象棋对我来说很困难。然而，我和哥哥并不沮丧！我们致力于学习国际象棋的艺术。一开始爸爸和朋友下棋总会带着我，我就站在旁边一直看。在我熟悉游戏规则之后，他开始教我策略，告诉我我遇到不同的情况应该如何解决。渐渐地我开始熟悉起来。

因此，在童年的日子里，我和爸爸在象棋里找到了快乐。我也很感谢爸爸教给我这项技能，并且督促我坚持下来。高中的时候我曾代表学校参加市里的象棋比赛，并且获得了第二名的好成绩，对此我感到非常骄傲。另外，国际象棋也被证明可以提高人们的认知能力，所以我认为在无事可做的时候来下棋，是一种非常明智的方式。

45: 为家人骄傲 (9-12 月新题)

Describe a time when you felt proud of your parents

You should say:

When it happened

Who the person is

What the person did

And explain why you felt proud of him/her

I am very proud of my mother because she has been very accommodating regarding my education.

I recall that while I planned to travel abroad for higher studies after college, many of my relatives, who ironically are educated and assert they are “progressive”, strongly objected to it with various concerns. Some opined that there is no need for female students to study abroad after graduating from an already prestigious school. They held the opinion that it was necessary for me to get married and bear a child first, otherwise, I would be reduced to a “leftover woman”, who remains single and couldn’t find a proper date in my late twenties. Despite that I am on equal grounds as, if not superior to, some male classmates when it comes to performing brilliantly in some qualification exams, the general expectation for a young woman is to be able to marry a “suitable man”.

Fortunately, my mother did not hold their position and was not fearful at all that if her daughter entered higher studies, her daughter would go “wild” on her own, her reputation would be tarnished, and her prospects of a “good marriage” ruined. I recall asking for her support and she gazed at me with beaming eyes and responded with a large grin, “Of course you have my full support”. She didn’t even mention marriage. She insisted that I study to my heart’s content. She said, “Live, study, and be happy. Marriage will occur when it occurs.” I smiled back, “You are the finest, Mom.” I felt so honoured to have her as a mother, and I prayed, “Let there be many such mothers, and fathers too. Only then, there will be more independent and confident female leaders in society.”

中文思路:

我为我的母亲感到骄傲，因为她在我的教育方面一直很通融。

我记得，当我打算大学毕业后出国深造时，我的许多亲戚，他们都受过教育，自称是“进步派”，都以各种顾虑强烈反对。一些人认为，女性没有必要在名牌大学毕业后出国留学。他们认为，我必须先结婚生子，否则，我就会沦为一个“剩女”，在我快三十的时候还没有找到一个合适的约会对象。尽管在某些资格考试中表现优异，我和一些男同学的地位是平等的，如果不是优于他们的话，但人们对年轻女性的普遍期望是能够嫁给一个“合适的男人”。

幸运的是，我的母亲没有坚守他们的立场，她一点也不担心，如果她的女儿上了大学，她的女儿就会“疯狂”，她的名誉就会受损，她的“美好婚姻”的前景就会毁掉。我记得我请求她的支持，她用明亮的眼睛盯着我，咧嘴笑着说：“我当然全力支持你。”她甚至没有提到婚姻。她坚持要我尽情地学习。她说：“生活、学习、快乐。当它发生时，婚姻就会发生。”我也微笑着回答：“妈妈，您是最棒的。”我很荣幸能有她这样的母亲，于是我祈祷道：“但愿这样的母亲和父亲也能有很多。”只有这样，社会上才会有更多独立自信的女性领导者。”

46: 困难的事 (9-12 月新题)

Describe a difficult thing you have done

You should say:

What it was

How you did/completed it

Why it was difficult

And how you felt about doing it

I've desired to alter my job since last year because it was too fatiguing. Our company was understaffed, the result of which was that each staff member was required to do double the work. The continuous and intense work had detrimental effects upon me and put me in an anxious state, thus I had physical health problems during this period. The most crucial factor was that my income didn't correspond to the amount of work I put in. However after I attempted for a while, I found it very challenging to change jobs.

I began by sending resumes online and also contacting the HR department for assistance. Fortunately, I received a handful of interview opportunities. But the interviews fell short of my expectations. A company offered me a job in which I was required to relocate to Shanghai, but I didn't want to abandon my hometown and my family. Various other companies didn't offer me a place despite the fact they had an excellent conversation with me. I assume all of this was due to the fact I had been a graduate for years and I was of an age that probably would get married imminently. These companies feared that I would contemplate getting married and bearing children right after I joined them, which means I may have to take maternity leave and dedicate time to my family. At last, after being interviewed by in excess of ten companies, I finally discovered my new career.

I believe I am absolutely qualified for my work, however it is a crucial reality nowadays. In China, countless companies and employers are hostile towards women. Women generally are required to undertake more responsibility and need to work harder to be recognized.

中文思路：

最近一年的时间里，我很想换一份工作，因为现在的工作很累。公司的人手不足，导致我们一个人要做平时两个人做的事。长时间高强度的工作让我精神压力很大，身体健康也出现了问题。最重要的是我认为我的收入和我付出的劳动并不匹配。但尝试过后，我发现换工作是一件非常困难的事。

我开始在网上投简历。也联系了一些做 HR 的朋友，幸运的，我得到了一些面试的机会。但面试结果并不如我所料。有间公司给了我工作机会，但是要我去上海上班，我并不想离开的我家乡和家人。更多的公司虽然和我聊的很愉快，但没有给我 offer。因为我已经毕业好几年了，到了要结婚的年纪。这些公司担心我刚入职就考虑结婚生子，这样会很大程度的影响工作。我大概面试了超过十家公司，才找到了现在的这份新工作。

我自认为工作能力没有任何问题，但这件事实在是太困难了。在中国，整个社会的就业环境对女性是非常不友好的。女性通常要承担更多的责任，需要付出更多的努力才能被认可。

47：小学印象最深的人（9-12月新题）

Describe a person who impressed you most when you were in primary school

You should say:

Who he/she is

How you knew him/her

Why he/she impressed you most

And how you feel about him/her

Throughout my primary school years, Michael, my primary school classmate, impressed me significantly. He was a slight child and had a rotund face and tiny eyes. If my memory serves me correctly, he often wore a pair of glasses, which gave him the appearance of an honest individual. Michael had been doing excellently in his studies in primary school. He frequently got full marks in exams and always ranked first in our class.

The reason why I remember him the most is due to the fact that my father continuously utilised Michael as a comparative example to educate me. He frequently said ‘observe Michael, he adores studying and is permanently the first place in your class, why can’t you accomplish this? You should learn from him!’ I was so infuriated with my father. He could conceive no other methods to encourage me to study, and I began to suspect he only utilised Michael as an example to demonstrate that I was not incapable of learning well, but just indolent. However, as a primary school student, I really didn’t desire to compare myself with others every day. All I aspired to do was play basketball and watch TV. Despite the fact I believed Michael had a wonderful personality and is usually not egotistical, we just couldn’t be in good relationship. We seldom talked and played together.

As I became more mature, I gradually realized that my father’s way of raising me was incorrect. Everyone is an individual. One’s ability of learning has nought to do with others. As a father, he should not have used Michael as an example to educate me continuously. This form of education is counterproductive.

中文思路：

在我小学期间，我印象最深的就是我的小学同学 Michael 了。他长得不高，脸圆圆的眼睛小小的，经常带着一副眼镜，看起来非常憨厚老实。Michael 在小学期间学习一直非常好，在考试中经常拿满分，永远是我们班的学习第一名。

之所以他对我印象最深，那是因为我爸爸老用 Michael 作为例子来教育我，让我向他学习。爸爸经常挂在嘴边的一句话就是，你看看你的同学 Michael，人家多么热爱学习，天天拿第一，你要好好向他学习！我都快被我爸爸烦死了。他没有其他督促我学习的手段，我感觉他只会拿 Michael 作为例子，想证明我不是没能力学好，只是懒。但是作为一个小学生的我，我真的不想天天跟别人比来比去。那时候的我，满脑子都是打篮球和看电视。虽然我认为 Michael 这个人性格很好，平时也不嚣张，但我跟他就是做不了朋友。平时我们很少说话很少在一起玩耍。

长大后我逐渐认识到，我爸爸的这种教育方式是不对的，每个人都是一个独立的个体。学习的好坏跟别人没有关系，作为父亲的他不应该天天用 Michael 作为例子教育我，这样的教育方式只能适得其反。

48：给别人建议（9-12月新题）

Describe a time when you gave advice to others

You should say:

When it was

To whom you gave the advice

What the advice was

And explain why you gave the advice

Anna is my close companion and reciting English words has always been a challenge for her when she studies English. She continuously finds it arduous to repeatedly recite the English word because she finds the process tedious and she frequently forgets the words she has studied by the following day.

Last week, Anna confided in me about this problem. Therefore, I offered her some advice. I informed her that I also found word books were tedious and I seldom acquired English through them. I recommended she watch a selection of British or American TV series. When she encountered some valuable words or wonderful sentences, she could take screenshots and then transcribe them into her word book. This sorting process was additionally a learning process but watching American TV series would be of far more interest to her. It was a relaxed and stimulating process to undergo the task of reciting words. I also recommended to her to watch a British series after dinner instead of local variety shows. Through this technique, she could improve her vocabulary at an impressive rate.

A foreign teacher introduced me to this method of improving vocabulary. This teacher resolved my problem of reciting words in a very educated way. Anna and I have an almost comparable level of English. As a companion, I am very glad to share my learning methods with Anna, hoping they are successful.

中文思路：

Anna 是我的好朋友，她一直觉得背单词英语学习中很苦恼的一件事。她发现自己对背单词这件事产生了异常的困难，因为她觉得这很无聊，而且她刚背完的单词，第二天就忘了。

上周和 Anna 一起吃饭，她谈起最近学英语的苦恼，于是我就给了她一些建议。我告诉她单词书是很枯燥的，我建议她去看一些英剧或者美剧。如果遇到一些有用的单词，或者精彩的句子，可以截屏保存下来，然后抽空整理成自己的单词本。这个整理的过程也是学习的过程，看美剧是非常有趣的事，在一个轻松有趣的进程中就完成了背单词的任务。我还建议她茶余饭后的综艺节目换成英剧夏洛克，一段时间后，词汇量一定会有很大的提升。

这个方法是一个外教老师教给我的，她用非常巧妙的方法解决了我背单词的难题。我和 anna 的英文水平差不多，作为朋友，我非常乐于把我的学习方法分享给 anna，希望也能帮助到她。

49: 感兴趣的名人 (9-12 月新题)

Describe a famous person you are interested in

You should say:

Who this person is

How you knew about this person

What this person was like before this person became famous

And explain why you are interested in this person

In regard to the matter of the celebrities I am interested in, I would like to discuss my favorite actor Deng Lun. He is most assuredly one of the hottest stars in the entertainment industry at the present moment. Not only does he have a handsome appearance, but he has a very captivating and enamouring personality. Therefore, he has a sea of fans.

Deng majors in acting and has partaken in a plethora of TV series since graduation including several TV series that swept the country, however he was not recognized by the public because he performed only minor supporting roles. Until three or four years prior, he performed as the primary actor in a TV series, which was the most prominent and celebrated show of that summer. Deng became unbelievably famous, which is when I became his fan.

I was first captivated by Deng Lun due, of course, to his handsome appearance. Deng Lun is very tall and has an absolutely ravishing figure. I was transfixed by him for a considerable length of time. Later I watched the variety show ‘Escape Room’ starring him, in which I discovered that he is not only handsome but also coy and fascinating. He is by and large the wisest person on the show and frequently solves very challenging problems. However, he was rather timid, and was repeatedly frightened by the apparitions that suddenly appeared in the Chamber. Whenever I watch the show, I burst into laughter due to his antics. I think he's a very sincere person, and thus I believe I'll always support him.

中文思路：

谈到感兴趣的名人，我想说说我最喜欢的男演员邓伦。他是当今娱乐圈的最红的男明星之一。不仅拥有帅气的外形，性格也非常讨人喜欢。他拥有非常多的粉丝。

邓伦毕业表演系，毕业后他参加了很多电视剧的拍摄。还有几部风靡全国的电视剧，但因为他演的都是配角，戏份很少，并没有被大众所认可。直到 2018 年，他主演了电视剧香蜜沉沉烬如霜，这部剧是那年暑假绝对的 top1。邓伦也因此走进了大众视野。我就是从那时候成为了他的粉丝。

我对邓伦感兴趣，起初当然是因为他英俊的外形。邓伦拥有完美的身高和绝对迷人的身材。很长时间里我都对他非常着迷。后来我看了他主演的密室逃脱类综艺节目，我发现他帅气的外表下藏着有趣的灵魂。他在节目里是绝对的脑力担当，经常能解决一些困难的问题。但是他胆子非常小，常常被密室里突然出现的鬼怪吓得不轻。每次看节目我都会被逗的哈哈大笑。我觉得他是个非常真实的人，我想我会一直支持他的。

50：感兴趣的想学的技能/事（9-12月新题）

Describe something that you are interested to learn or improve

Some instructions that you can follow:

What it is

How you will learn or improve it

Why you are interested in it

And explain how you feel about learning it

Ever since I entered the professional world, writing has been my greatest downfall. Therefore, I really aspire to improve my writing ability.

Possessing aptitude when it comes to writing is an invaluable skill in the workplace. An individual with powerful expressive ability is often considered a higher value employee by the leader at work and is more likely to receive desirable opportunities. I often fret that I lack the ability to write a good report. I possess a million ideas in my head, but I have trouble transcribing them into words. My boss frequently informs me that my articles lack logic, always repeat nonsense and contain no central idea, which makes me appear very disordered.

I believe the optimal way to improve writing is to read more books. However, I seldom read books. The majority of my time is spent playing games and watching TV series. As a matter of fact, all of my literary friends can write exceedingly well. Therefore, I think to dedicate more time to reading is the simplest and most direct method to improve writing.

Writing ability is an essential skill in today's society, every industry within society requires people with impeccable writing ability. My work ethic is indisputably excellent, but I am poor in my expression. If I can improve my writing skills, I should acquire more promotions. Through which I can attain more money.

中文思路：

自从我工作以来，写作一直是我的短板。因此我很想提高我的写作能力。

写作能力是工作中非常实用的技能。一个表达能力强的人，在工作中往往能更受领导重视，也更容易获得好的机会。我常常苦恼于写不出精彩的报告。我脑袋中有无数的想法，但我很难用适当的语言将它们表达出来。我的老板时常说我的文章缺乏逻辑，总是重复地说废话，没有中心思想，这让我非常困惑。

我认为提高写作能力最好的方法就是多读书。我很少看书，大多数的时间被我用来打游戏和看电视剧。事实上，我身边爱读书的朋友，每个人的文章都写的非常好。我认为这是最简单直接的方法。写作能力在当今社会真的是太有用的，无论是各行各业都需要写作能力。我的工作能力并不差，就是输在了表达上。如果我能提高我的写作能力的话，我应该能获得更多的升职机会。这样的话我就能挣更多的钱。