

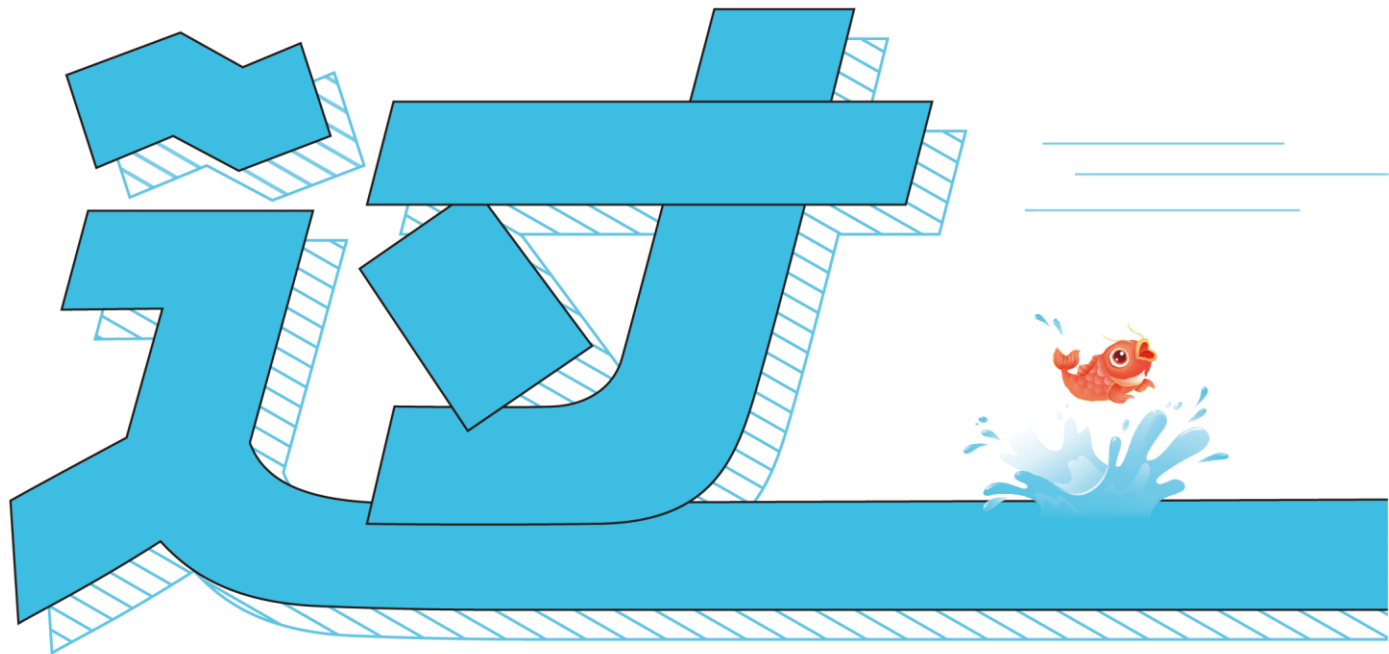
# 智能过级包

# CET-4

Spark®



书课一体  
轻松过级



# SPEAKING

#MAREX叔叔

蔡 任

/ 翻译、口语、外刊

- ◎ 985高校新闻传播学硕士，12年英语考试教学经验，线上学员人次逾百万；
- ◎ 独创英译汉“破二拆五”翻译理论；汉译英“EAST四步译法”；
- ◎ 深入研究英美外刊与词、法、读、写结合的“VGWR”全景精读法；
- ◎ 21世纪杯英语演讲比赛湖南省冠军；外研社英语辩论赛华中赛区一等奖；
- ◎ 江苏卫视《一站到底》嘉宾；“元气英语”系列课程创始人；
- ◎ 字幕组听译成员，译有《Rick & Morty》前三季剧集；英文配音演员。



// KEEP IN TOUCH AND VIBE TOGETHER!

FIND ME @MAREX叔叔





# 四级口语 第四课



**第一课：** 考试介绍 & 音标训练

---

**第二课：** 地道发音技巧训练

---

**第三课：** 分题型答题策略（自我介绍、短文朗读、简短回答）

---

**第四课：** 分题型答题策略（个人陈述）

---

**第五课：** 分题型答题策略（双人互动）

---

• 第四课 分题型答题策略 •



## 题型四：个人陈述

CET4-SET



四级过级包系统班·口语

**Spark**

## 个人陈述 (审题45s + 陈述1min)






## 个人陈述 (审题45s + 陈述1min)



四级陈述

 Topic: Stress

For Candidate A

*The following is a topic concerning stress. Please talk about it.*

**What causes stress in students' life?**

四/六级陈述



## 【“SAC” 解题思路】

**Statement**  
现象陈述

**Argumentation**  
分点论证

**Conclusion**  
总结陈词



## 【“SAC” 解题思路】

**Statement**

现象陈述

**Argumentation**

分点论证

**Conclusion**

总结陈词

**图画型描述句式**

**解释型论证句式**

**2 秒总结句式**

**现象型描述句式**

**反证型论证句式**

**5 秒总结句式**

**辩证型描述句式**

**举例型论证句式**

**10 秒总结句式**

**倾向型描述句式**

**引用型论证句式**

**出彩型总结句式**



## 【“SAC” 解题思路】

**Statement**

现象陈述

**Argumentation**

分点论证

**Conclusion**

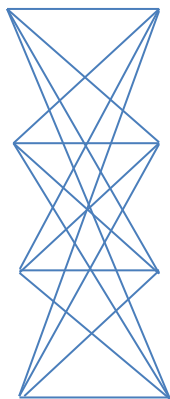
总结陈词

图画型描述句式

现象型描述句式

辩证型描述句式

倾向型描述句式

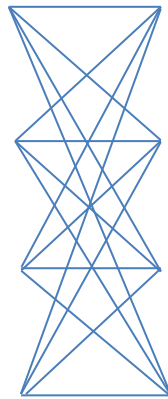


解释型论证句式

反证型论证句式

举例型论证句式

引用型论证句式



2 秒总结句式

5 秒总结句式

10 秒总结句式

出彩型总结句式



# Statement 现象陈述



- **As is depicted in the caricature, ...**
- **As is symbolically illustrated in the picture below, ...**
- **As we can figure out in the drawing, ...**
- **As is shown in the table,...**
- **It has been depicted in the picture that...**

- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table,...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the left side of it, and XXX on the right.



- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table,...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the **up** side of it, and XXX on the **bottom**.

- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table, ...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the up side of it, and XXX on the bottom.

- It actually reveals the fact that (主题词) has become a serious problem.
- The theme is fairly obvious: (主题词).
- I suppose the drawing is trying to mirror the issue of (主题词).
- Apparently it is reflecting the phenomenon that (主题句).
- The insight conveyed from this caricature is that (主题句).
- The implied meaning underneath the drawing may be that (主题句).



## 【“SAC” 解题思路】





- As is depicted in the caricature,





- As is depicted in the caricature,
- A woman is standing by a tree,





- As is depicted in the caricature,
- A woman is standing by a tree, while, interestingly,





- As is depicted in the caricature,
- A woman is standing by a tree, while, interestingly, a man is taking photos for her.



- As is depicted in the caricature,
- A woman is standing by a tree, while, interestingly, a man is taking photos for her. What's more, there is a notice saying “no climbing on the ancient tree” on the left side of it,





- As is depicted in the caricature,
- A woman is standing by a tree, while, interestingly, a man is taking photos for her. What's more, there is a notice saying “no climbing on the ancient tree” on the left side of it, and a man hanging on the branch on the right.



- As is depicted in the caricature,
- A woman is standing by a tree, while, interestingly, a man is taking photos for her. What's more, there is a notice saying “no climbing on the ancient tree” on the left side of it, and a man hanging on the branch on the right.
- The implied meaning underneath the drawing may be that people often lose their public morality when traveling the tourist spot.



## 【“SAC” 解题思路】





- As is depicted in the caricature,





- As is depicted in the caricature,
- A woman is eating melon seeds, while, interestingly, a man is following her and sweeping the trash on the ground. What's more, there is a line saying "You are so indecent! Why following me?!" on the up side of it, and two characters- moral quality- on the bottom.



- As is depicted in the caricature,
- A woman is eating melon seeds, while, interestingly, a man is following her and sweeping the trash on the ground. What's more, there is a line saying "You are so indecent! Why following me?!" on the up side of it, and two characters- moral quality- on the bottom.
- The implied meaning underneath the drawing may be that being aware of moral quality of ourselves is important.

- As is shown in the table (图表) / diagram (线形图) / bar chart (条形/柱状图) / pie chart (饼状图), ...

- As is shown in the table (图表) / diagram (线形图) / bar chart (条形/柱状图) / pie chart (饼状图), ...

+

- **柱状图**: the tallest bar is (数) while the shortest is (数)
- **线形图**: the line reaches (纵坐标最大数) on (横坐标指标), while it's down to (纵坐标最小数) on (横坐标指标).
- **数据表**: the biggest number lies in (纵指标) of (衡指标), while the smallest number appears in (纵坐标) of (衡指标)。
- **饼状图**: the (饼区名称) takes up (百分比), namely the largest one, while the (饼区名称) takes up (百分比), the smallest one.



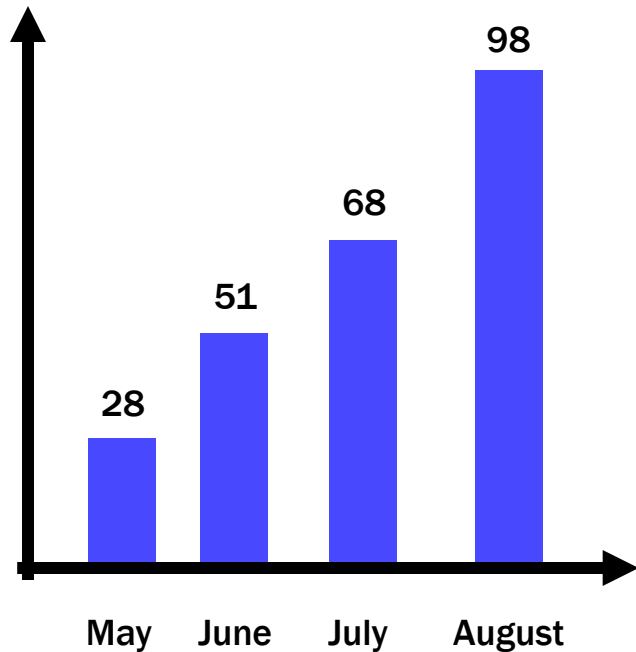
- As is shown in the table (图表) / diagram (线形图) / bar chart (条形/柱状图) / pie chart (饼状图), ...

+

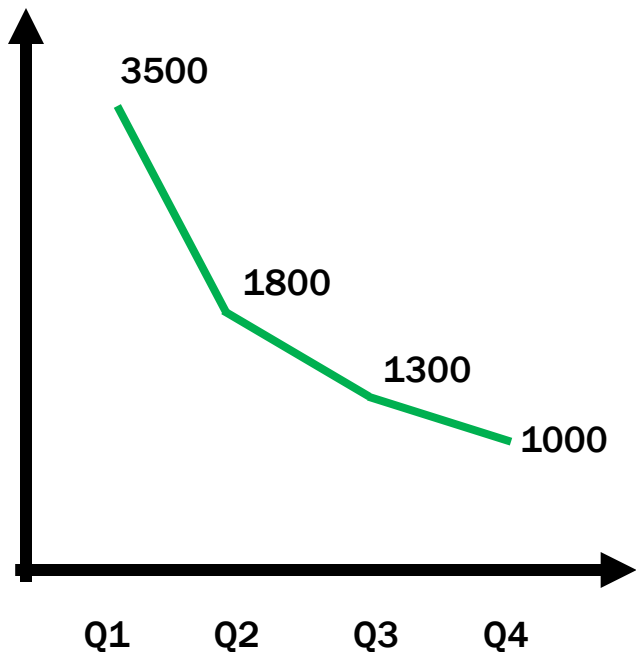
- **柱状图**: the tallest bar is (数) while the shortest is (数)
- **线形图**: the line reaches (纵坐标最大数) on (横坐标指标), while it's down to (纵坐标最小数) on (横坐标指标) .
- **数据表**: the biggest number lies in (纵指标) of (衡指标), while the smallest number appears in (纵坐标) of (衡指标) .
- **饼状图**: the (饼区名称) takes up (百分比), namely the largest one, while the (饼区名称) takes up (百分比), the smallest one.

+

- It's overall rising (上升) / falling (下降) / flatlining (持平) / fluctuating (起伏) .



- As is shown in the bar chart,
- The tallest bar reached 98 in August, while the shortest is 28 in May.
- It is overall rising.

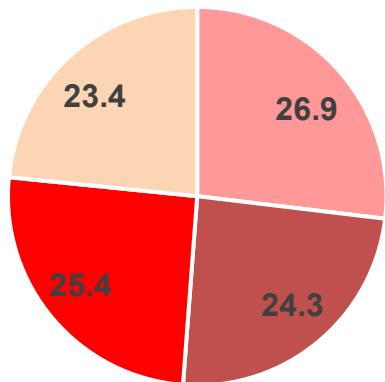


- As is shown in the diagram,
- the line reaches 3500 on Q1, while it's down to 1000 on Q4.
- It is overall falling.

	Q1	Q2	Q3	Q4
profit	2.5m	5.7m	3.4m	7.9m

- As is shown in the table,
- the biggest number of profit lies in 7.9m of Q4, while the smallest number appears in 2.5m of Q1.
- It is overall fluctuating.

proportion of sales



■ Q1 ■ Q2 ■ Q3 ■ Q4

- As is shown in the pie chart,
- the Q1 takes up 26.9, namely the largest one, while the Q4 takes up 23.4, the smallest one.
- It is overall flat.

- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table,...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the left side of it, and XXX on the right.

- As is shown in the table (图表) / diagram (图形图) / bar chart (条形/柱状图) / pie chart (饼状图), ...

+

- 柱状图: the tallest bar is (数) while the shortest is (数)
- 线形图: the line reaches (纵坐标最大数) on (横坐标指标), while it's down to (纵坐标最小数) on (横坐标指标).
- 数据表: the biggest number lies in (纵指标) of (横指标), while the smallest number appears in (纵坐标) of (横指标).
- 饼状图: the (饼区名称) takes up (百分比), namely the largest one, while the (饼区名称) takes up (百分比), the smallest one.

- It's overall rising (上升) / falling (下降) / flatlining (持平) / fluctuating (起伏).

- It actually reveals the fact that (主题词) has become a serious problem.
- The theme is fairly obvious: (主题词).
- I suppose the drawing is trying to mirror the issue of (主题词).
- Apparently it is reflecting the phenomenon that (主题句).
- The insight conveyed from this caricature is that (主题句).
- The implied meaning underneath the drawing may be that (主题句).

## 第 1 句

- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table,...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the left side of it, and XXX on the right.

14-20s

## 第 1 句

- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table,...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the left side of it, and XXX on the right.

14-20s

## 第 2 句

- It actually reveals the fact that (主题词) has become a serious problem.
- The theme is fairly obvious: (主题词).
- I suppose the drawing is trying to mirror the issue of (主题词).
- Apparently it is reflecting the phenomenon that (主题句).
- The insight conveyed from this caricature is that (主题句).
- The implied meaning underneath the drawing may be that (主题句).

6-10s



## 第 1 句

- As is depicted in the caricature, ...
- As is symbolically illustrated in the picture below, ...
- As we can figure out in the drawing, ...
- As is shown in the table,...
- It has been depicted in the picture that...

+

- XXX is doing XXX, while, interestingly, QQQ is doing QQQ. What's more, there is/are XXX on the left side of it, and XXX on the right.

14-20s

## 第 2 句

- It actually reveals the fact that (主题词) has become a serious problem.
- The theme is fairly obvious: (主题词).
- I suppose the drawing is trying to mirror the issue of (主题词).
- Apparently it is reflecting the phenomenon that (主题句).
- The insight conveyed from this caricature is that (主题句).
- The implied meaning underneath the drawing may be that (主题句).

6-10s

# Statement


20-30s



## 个人陈述 (审题45s + 陈述1min)



四级陈述

 Topic: Stress

For Candidate A

*The following is a topic concerning stress. Please talk about it.*

**What causes stress in students' life?**

四/六级陈述



- **Nowadays,**
- **In this era,**
- **In these days and ages,**
- **In the contemporary society,**
- **We now live in a global village where information is spreading so rapidly,**

- Nowadays,
- In this era,
- In these days and ages,
- In the contemporary society,
- We now live in a global village where information is spreading so rapidly,



- it is known to all that
- it is widely believed that
- it is publicly accepted that
- it is commonly acknowledged that

- Nowadays,
- In this era,
- In these days and ages,
- In the contemporary society,
- We now live in a global village where information is spreading so rapidly,



- it is known to all that
- it is widely believed that
- it is publicly accepted that
- it is commonly acknowledged that



题干关键词

- Nowadays,
- In this era,
- In these days and ages,
- In the contemporary society,
- We now live in a global village where information is spreading so rapidly,



- it is known to all that
- it is widely believed that
- it is publicly accepted that
- it is commonly acknowledged that



题干关键词



- can't be ignored.
- can't be neglected.
- cannot be recklessly understated.

- Nowadays,
- In this era,
- In these days and ages,
- In the contemporary society,
- We now live in a global village where information is spreading so rapidly,

- it is known to all that
- it is widely believed that
- it is publicly accepted that
- it is commonly acknowledged that

题干关键词

5s - 12s

- can't be ignored.
- can't be neglected.
- cannot be recklessly understated.





- **We can't afford to lose sight that / whether...**
- **People always argue over the issue that / whether...**
- **That / Whether... has become a heated topic over time.**
- **That / Whether...has enjoyed a striking popularity among the public.**

- We can't afford to lose sight that / whether...
- People always argue over the issue that / whether...
- That / Whether... has become a heated topic over time.
- That / Whether...has enjoyed a striking popularity among the public.



- As I see it,
- Generally speaking,
- From where I stand,
- Personally speaking,
- From my perspective,
- Talking about myself,

- We can't afford to lose sight that / whether...
- People always argue over the issue that / whether...
- That / Whether... has become a heated topic over time.
- That / Whether...has enjoyed a striking popularity among the public.



- As I see it,
- Generally speaking,
- From where I stand,
- Personally speaking,
- From my perspective,
- Talking about myself,



- I think that...
- I suppose that...
- I guess that...
- I maintain that...
- I assume that...
- I presume that...

- **We can't afford to lose sight that / whether...**
- **People always argue over the issue that / whether...**
- **That / Whether... has become a heated topic over time.**
- **That / Whether...has enjoyed a striking popularity among the public.**



- **As I see it,**
- **Generally speaking,**
- **From where I stand,**
- **Personally speaking,**
- **From my perspective,**
- **Talking about myself,**



- **I reckon that...**
- **I insist the idea that...**
- **I harbor the notion that...**
- **I vote for the opinion that ...**
- **I am inclined to believe that...**
- **I am in favor of the proposal that ...**

- We can't afford to lose sight that / whether...
- People always argue over the issue that / whether...
- That / Whether... has become a heated topic over time.
- That / Whether...has enjoyed a striking popularity among the public.



- As I see it,
- Generally speaking,
- From where I stand,
- Personally speaking,
- From my perspective,
- Talking about myself,

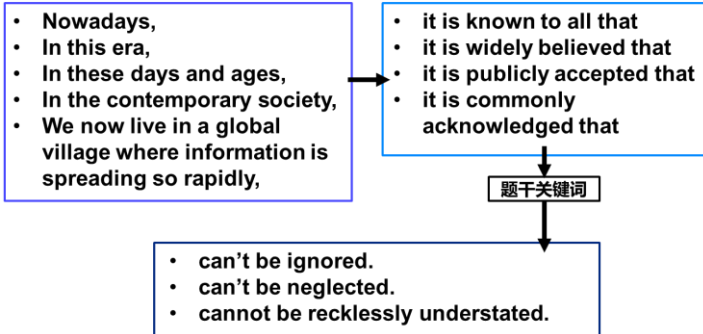


- I reckon that...
- I insist the idea that...
- I harbor the notion that...
- I vote for the opinion that ...
- I am inclined to believe that...
- I am in favor of the proposal that ...

10s – 16s

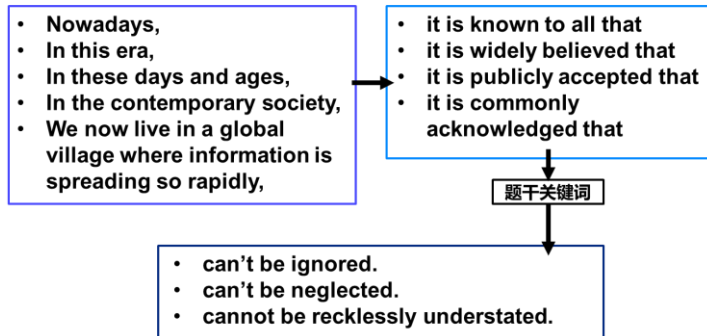


## 第1句

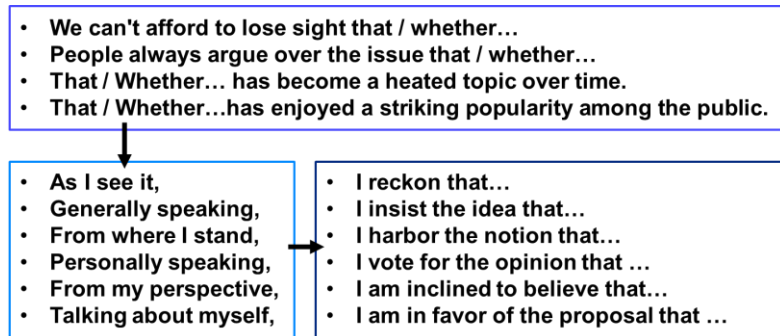




## 第 1 句



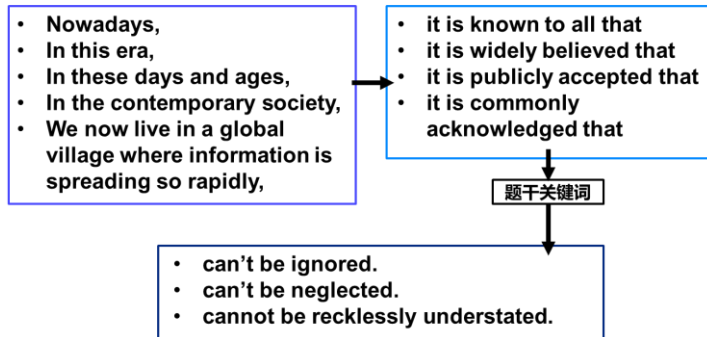
## 第 2 句



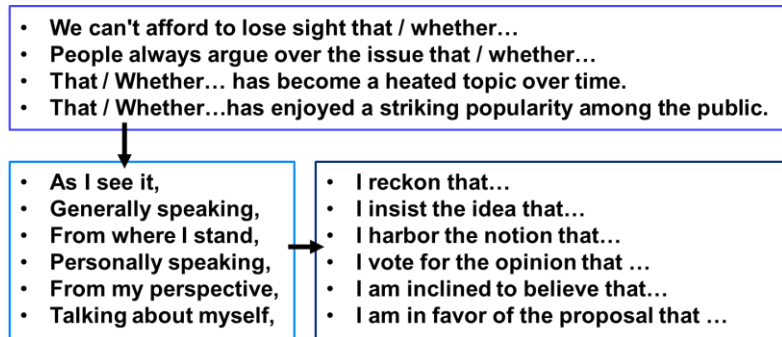




## 第 1 句



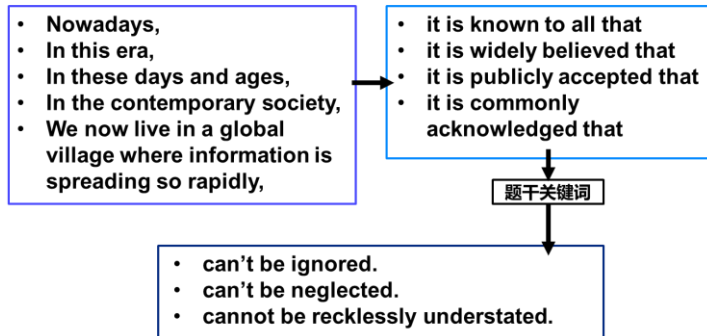
## 第 2 句



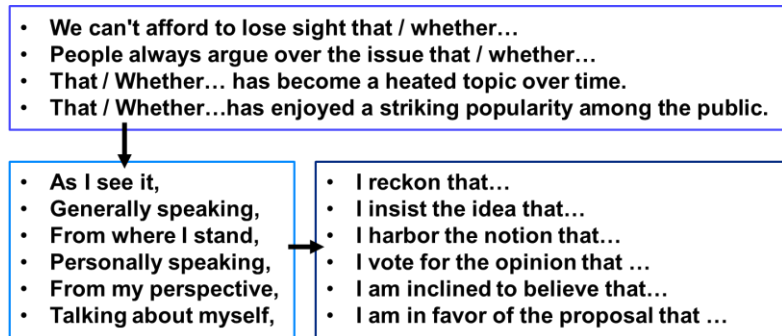
# Statement



## 第 1 句



## 第 2 句



# Statement

15 - 28s



Topic: Stress

For Candidate A

*The following is a topic concerning stress. Please talk about it.*

**What causes stress in students' life?**



- Nowadays,
- it is known to all that

stress in student's life

- can't be ignored.
- We can't afford to lose sight of the question  
what causes stress in student's life.
- As I see it, I reckon that three factors  
cause stress in student's life.



Topic: Stress

For Candidate A

*The following is a topic concerning stress. Please  
talk about it.*

What causes stress in students' life?



Topic: Stress

For Candidate A

*The following is a topic concerning stress. Please talk about it.*

What causes stress in students' life?

- We now live in a global village where information is spreading so rapidly,
- it is commonly acknowledged that stress in student's life
- cannot be recklessly understated.
- The question what causes stress in student's life has enjoyed a striking popularity among the public.
- From where I stand, I am in favor of the proposal that three factors cause stress in student's life.



# Argumentation

## 分点论证



- Firstly, ...
- First of all, ...
- To begin with,...
- In the first place, ...
- First and foremost, ...

1



1

- **Firstly, ...**
- **First of all, ...**
- **To begin with,...**
- **In the first place, ...**
- **First and foremost, ...**

2

- **Else, ...**
- **Secondly, ...**
- **Second to it, ...**
- **In the second place, ...**
- **Furthermore, ...**
- **Additionally, ...**
- **In addition, ...**
- **What's more, ...**
- **More importantly, ...**
- **On the other hand, ...**

- **Firstly, ...**
- **First of all, ...**
- **To begin with,...**
- **In the first place, ...**
- **First and foremost, ...**

1

- **Finally, ...**
- **In the end, ...**
- **Last but not least, ...**

3

- **Else, ...**
- **Secondly, ...**
- **Second to it, ...**
- **In the second place, ...**
- **Furthermore, ...**
- **Additionally, ...**
- **In addition, ...**
- **What's more, ...**
- **More importantly, ...**
- **On the other hand, ...**

2



- **Firstly, ...**
- **First of all, ...**
- **To begin with,...**
- **In the first place, ...**
- **First and foremost, ...**

1

- Firstly, ...
- First of all, ...
- To begin with, ...
- In the first place, ...
- First and foremost, ...

1

+

观点  
—  
句话

+

## 具体解释

- Firstly, ...
- First of all, ...
- To begin with, ...
- In the first place, ...
- First and foremost, ...

1

+

观点  
一  
句  
话

+

- To be specific, ...
- Specifically, ...
- To be precise, ...
- That is to say, ...
- ..., which means that ...

e.g.1- Why is environmental protection important?

## e.g.1- Why is environmental protection important?

**Firstly, environmental protection is vital because a bad environment can cause fatal problems. To be specific, the decreasing of forest and the increasing of desert area will result in sand storms in both rural and urban regions.**



e.g.2- Reducing stress by exercising

## e.g.2- Reducing stress by exercising

**In the first place, regular exercising is good for our health. That is to say, it's not only capable of helping us lose weight, but alleviating tension and pressure so as to maintain the mental health as well.**

# Argumentation —— 举例型论证

**Spark**<sup>®</sup>

## 举例说明

- Else, ...
- Secondly, ...
- Second to it, ...
- In the second place, ...
- Furthermore, ...
- Additionally, ...
- In addition, ...
- What's more, ...
- More importantly, ...
- On the other hand, ...

2

+

观点  
一  
句话

+

- For example, ...
- For instance, ...
- Take myself/ XXX as an example, ...

## e.g.3- About E-books

### e.g.3- About E-books

**Secondly, E-books are becoming popular. For example, the Amazon launched an e-book reading device, known as Kindle. It has promoted the popularity of e-book reading and gradually changed people's reading habit.**

## e.g.4- Importance of protecting privacy

### e.g.4- Importance of protecting privacy

Furthermore, protecting privacy can prevent us from telecom fraud. Take myself as an example, I used to take a phone call from a stranger, who said that there were some problems with my bank card. He knew every detail of my personal information. I still feel frightened even if that telecom fraud was busted by myself.



# Argumentation —— 反证型论证

**Spark**<sup>®</sup>

## 反面论证

- Finally, ...
- In the end, ...
- Last but not least, ...

3

+

观点  
一  
句  
话

+

- If we didn't ..., it would/ could/ might/ should...
- Without XXX, we would...

e.g.5- Internet technology

## e.g.5- Internet technology

What' s more, Internet has changed our life dramatically. If we didn't have the Internet now, it would be impossible for us to keep in touch with friends and relatives who are remote from us. We would have no chance to send instant e-mails, not to mention face-to-face video chatting.

**e.g.6- Social responsibility**

## e.g.6- Social responsibility

**In addition, social responsibility cannot be understated. Without it, people might not behave themselves, so the garbage would be everywhere, manners would not be maintained, and everything would be in chaos.**

# Argumentation —— 引用型论证

**Spark**<sup>®</sup>

## 他人观点引用

- Firstly, ...
- First of all, ...
- To begin with, ...
- In the first place, ...
- First and foremost, ...

1

- Finally, ...
- In the end, ...
- Last but not least, ...

3

- Else, ...
- Secondly, ...
- Second to it, ...
- In the second place, ...
- Furthermore, ...
- Additionally, ...
- In addition, ...
- What's more, ...
- More importantly, ...
- On the other hand, ...

2

+

观点  
一  
句话

+

- As the old saying goes, ...
- As the proverb goes, ...
- A proverb says...
- It is said that...
- It is believed that...
- XXX(人) once remarked/said that...
- It is widely acknowledged that...



**e.g.7- Your favorite fruit**

## e.g.7- Your favorite fruit

**My favorite fruit is apples. As the old saying goes, an apple a day keeps the doctor away. It's full of vitamin C and mineral substance. Quite nutritious huh.**

e.g.8- Cherish the present

## e.g.8- Cherish the present

**To cherish the moment right now is vital. It is said that yesterday is history, tomorrow is a mystery, but today is a gift from the God. This is why we call it present.**



- First of all, some people are not educated to have a public morality. To be specific, it leads to those uncivilized behavior in public that is shown in the picture, while they don't think it improper.



- First of all, some people are not educated to have a public morality. To be specific, it leads to those uncivilized behavior in public that is shown in the picture, while they don't think it improper.
- Additionally, punishment is not fulfilled. For example, if these behavior is to be seriously fined, people will restrain themselves.



**Conclusion**

**总结陈词**

- **That's all, thank you.**
- **That's all, thanks for listening.**
- **That's all, thanks for your time.**
- **That's all my standpoint. Thanks.**
- **So, above are my points. Thank you.**



- To sum up, ...
- To conclude, ...
- To summarize, ...
- In brief, ...
- In summary, ...
- In conclusion, ...
- All in all, ...
- On the whole, ...
- In a word, ...
- Simply put, ...

- I think / consider / maintain / assume / suppose / presume / favor / insist / claim / reckon that ...

观点句重申

- To sum up, ...
- To conclude, ...
- To summarize, ...
- In brief, ...
- In summary, ...
- ...
- To take what has been discussed above into consideration, ...

- I'd like to reinforce my opinion that ...
- I want to once more emphasize that ...
- I always harbor the notion that ...
- I consistently hold the view that...

观点句重申

- (名人) once remarked that (名言) , and I can' t agree more with it.
- Talking about (主题词) , we still have quite a long way to go.
- I reckon that, when the discussion about (主题词) come into the spotlight, it is a good start.
- Every coin has two sides. Only if we view it with a critical and rational way can we carve out the truth of it.



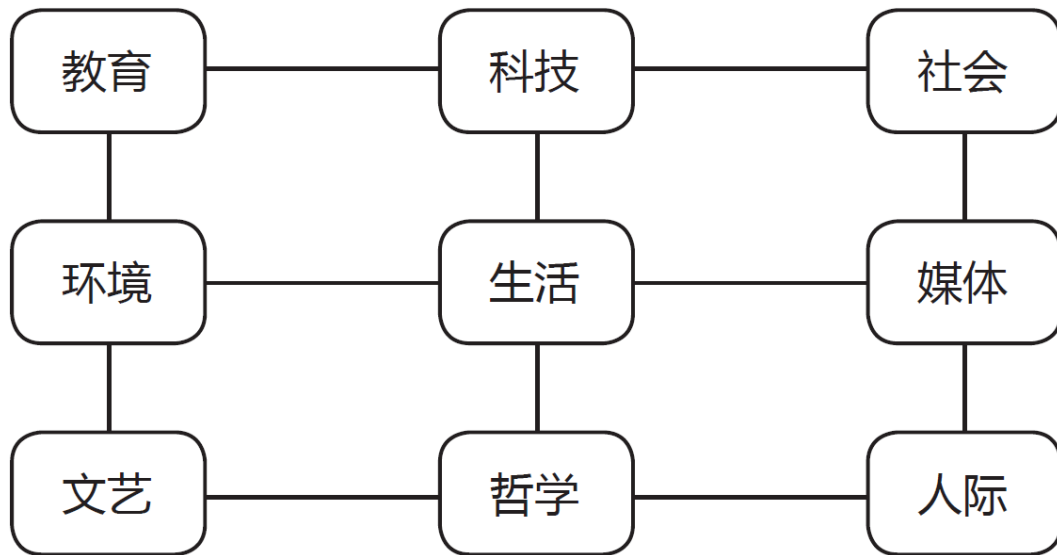
- To take what has been discussed above into consideration, I'd like to reinforce my opinion that protecting tourist spots and maintaining public morality is vital. Thank you.



- As is depicted in the caricature, a woman is standing by a tree, while, interestingly, a man is taking photos for her. What's more, there is a notice saying "no climbing on the ancient tree" on the left side of it, and a man hanging on the branch on the right. The implied meaning leering underneath the drawing may be that people often lose their public morality when traveling the tourist spot.
- First of all, some people are not educated to have a public morality. To be specific, it leads to those uncivilized behavior in public that is shown in the picture, while they don't think it improper. Additionally, punishment is not fulfilled. For example, if these behavior is to be seriously fined, people will restrain themselves.
- To take what has been discussed above into consideration, I'd like to reinforce my opinion that protecting tourist spots and maintaining public morality is vital. Thank you.



# 九大话题





## 任哥口语镇魂押题



**第一课：** 考试介绍 & 音标训练

---

**第二课：** 地道发音技巧训练

---

**第三课：** 分题型答题策略（自我介绍、短文朗读、简短回答）

---

**第四课：** 分题型答题策略（个人陈述）

---



**第五课：** 分题型答题策略（双人互动） & **镇魂押题**

---



# SPEAKING

#MAREX叔叔

蔡 任

/ 翻译、口语、外刊

- ◎ 985高校新闻传播学硕士，12年英语考试教学经验，线上学员人次逾百万；
- ◎ 独创英译汉“破二拆五”翻译理论；汉译英“EAST四步译法”；
- ◎ 深入研究英美外刊与词、法、读、写结合的“VGWR”全景精读法；
- ◎ 21世纪杯英语演讲比赛湖南省冠军；外研社英语辩论赛华中赛区一等奖；
- ◎ 江苏卫视《一站到底》嘉宾；“元气英语”系列课程创始人；
- ◎ 字幕组听译成员，译有《Rick & Morty》前三季剧集；英文配音演员。



// KEEP IN TOUCH AND VIBE TOGETHER!

FIND ME @MAREX叔叔





**Spark<sup>®</sup>**

专业 · 让学习简单