

Part3

IELTS Speaking Topic

想拥有的朋友的好习惯

1. What habits should children have?

总体回答: Children should develop a set of positive habits that can support their **growth and well-being**.

观点: One essential habit is reading regularly. It not only **boosts their academic skills** but also opens their mind to new ideas.

论据 (举例子): For instance, a **daily reading routine** can lead to **improved vocabulary** and better **comprehension skills**, which is quite evident among kids who engage in this habit from an early age.

其他观点: **On the flip side**, learning to manage time effectively is another crucial habit that children need to develop. This not only helps them **balance schoolwork and playtime** but also prepares them for adult responsibilities.

总结: So, **cultivating the habit of reading and good time management** from a young age sets a solid foundation for children's future success in both their personal and professional lives.

Children should develop a set of positive habits that can support their growth and well-being. One essential habit is reading regularly. It not only boosts their academic skills but also opens their

mind to new ideas. For instance, a daily reading routine can lead to improved vocabulary and better comprehension skills, which is quite evident among kids who engage in this habit from an early age. On the flip side, learning to manage time effectively is another crucial habit that children need to develop. This not only helps them balance schoolwork and playtime but also prepares them for adult responsibilities. So, cultivating the habit of reading and good time management **from a young age** sets a solid foundation for children's future success in both their personal and professional lives.

positive habits /pztv hæbts/ 积极习惯

reading regularly /rid regjlrli/ 定期阅读；坚持阅读

manage time effectively /mænd tam fektvli/ 有效管理时间

solid foundation /sld fänden/ 坚实的基础

personal and professional lives /psnl nd prfenl lavz/ 个人生活与职业生活

2. What should parents do to teach their children good habits?

总体回答：Parents play a crucial role in **instilling good habits** in their children, shaping their future conduct and character.

观点：I believe the communication between parents and their children is key. Frequent, open discussions **encourage mutual respect and understanding**.

论据（举例子）：For example, when parents regularly discuss day-to-day activities and decisions with their children, it builds a strong sense of responsibility and decision-making skills in them.

其他观点：However, it's also important for parents **to model the behavior they wish to see**. Children are keen observers and often **imitate the actions of adults around them**.

总结：Therefore, maintaining open communication and setting a good example are fundamental for parents to teach their children good habits.

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crucial role /krul rl/ 关键作用

open communication /pn kmjunken/ 开放式沟通

mutual respect /mjutul rspekt/ 相互尊重

model the behavior /mdl ð bhevj(r)/ 以身作则；示范行为（尤指通过自身行动为他人树立行为榜样）

good example /gd gzaml/ 好榜样

3. What influences do children with bad habits have on other children?

总体回答：Children with bad habits can have a significant impact on their peers, **mostly through influencing their behavior**.

观点：From what I've observed, kids often **mimic the actions of their friends**, especially if they think those actions are cool or get attention.

论据（举例子）：For instance, if a child sees their friend constantly using their phone during class, they might **think it's acceptable to do the same**.

其他观点：However, some children might actually learn what not to do from **observing the negative consequences** their peers face due to bad habits.

总结：Overall, while children with bad habits might negatively influence others, they can also **inadvertently** teach valuable lessons about the **repercussions of such behavior**.

Children with bad habits can have a significant impact on their peers, mostly through influencing their behavior. From what I've observed, kids often mimic the actions of their friends, especially if they think those actions are cool or get attention. For instance, if a child sees their friend constantly using their phone during class, they might think it's acceptable to do the same. However, some children might actually learn what not to do from observing the negative consequences their peers face due to bad habits. Overall, while children with bad habits might negatively influence others, they can also inadvertently teach valuable lessons about the repercussions of such behavior.

mimic /mmk/ 模仿

repercussions /ri.pk.nz/ 后果

inadvertently /ndvrtntli/ 无意中

4. Why do some habits change when people get older?

总体回答: People often change their habits as they age due to changes in their lifestyle, health, and priorities.

观点: From my understanding, as people grow older, their physical abilities and health needs often prompt them to adopt healthier habits.

论据 (举例子): For instance, someone who enjoyed fast food in their youth might switch to a low-sodium diet as they become more health-conscious in their later years.

其他观点: On the other hand, younger folks might prioritize convenience and social experiences over health, which can influence their habits differently compared to older adults.

总结: In essence, age brings new perspectives and needs that naturally lead to changes in habits, focusing more on health and comfort for older adults, whereas younger people might lean more towards convenience and socializing.

People often change their habits as they age due to changes in their lifestyle, health, and priorities. From my understanding, as people grow older, their physical abilities and health needs often prompt them to adopt healthier habits. For instance, someone who enjoyed fast food in their youth might switch to a low-sodium diet as they become more health-conscious in their later years. On the other hand, younger folks might prioritize convenience and social experiences over health, which can influence their habits differently compared to older adults. In essence, age brings new perspectives and needs that naturally lead to changes in habits, focusing more on health and comfort for older adults, whereas younger people might lean more towards convenience and socializing.

health-conscious /hlθ 'kns/ 注重健康

priorities /praɪtɪz/ 优先级

low-sodium diet /lo 'sɒdɪm daɪt/ 低钠饮食

5. Do you think a person's good habits would influence those around him or her? How?

总体回答: Definitely, a person's good habits can significantly influence those around them, generally in a positive way.

观点: From my perspective, when someone consistently demonstrates good habits, it sets a benchmark for others, especially in environments like the workplace or within families.

论据 (举例子): For example, if a co-worker is always punctual, it tends to encourage timeliness in the office because everyone sees the benefits of starting meetings and tasks on time.

其他观点: However, **it's also possible** that some people might **resist changing their ways** even when they see **good habits modeled**, due to **personal preferences** or resistance to change.

总结: Overall, while good habits can **inspire improvement and positive changes** in those around us, the actual influence can vary based on **individual attitudes and the specific environment**.

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significantly influence /sgnfkntli nflns/ 显著影响

benchmark /bnmark/ 基准

punctual /pkul/ 准时

timeliness /tamlns/ 准时性

resist changing /rzst end/ 抵制改变

6. Why do we develop bad habits?

总体回答: We develop bad habits primarily due to **environmental factors** and **psychological patterns**.

观点: From what I've observed, convenience and instant gratification play crucial roles in **fostering bad habits**.

论据 (举例子): For instance, people might get into the habit of eating fast food regularly because it's quick and easy, even though it's not the healthiest option.

其他观点: On the other hand, good habits can also **stem from** the same sources when individuals are motivated by **positive outcomes or peer influence**.

总结: Ultimately, while our **environment and short-term desires** often drive us towards bad habits, they can also help us form good ones under the right circumstances.

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environmental factors /nvaɪnməntl fæktəz/ 环境因素

psychological patterns /saɪkəldʒl pætənz/ 心理模式

instant gratification /ɪnstnt grætɪfɪkən/ 即时满足

foster /fɒstə/ 培养

7. What can we do to get rid of bad habits?

总体回答: Getting rid of bad habits **typically** involves a **combination of awareness, replacement strategies, and support from others**.

观点: In my experience, awareness is the first step; you need to **recognize and acknowledge** the habit you want to change.

论据 (举例子): For example, if someone wants to quit smoking, **recognizing the triggers**—like stress or social settings—can be crucial.

其他观点: From a different angle, others believe in the power of replacing a bad habit with a good one, such as chewing gum instead of smoking.

总结: Overall, while **awareness is the foundation**, employing strategic replacements and seeking support can **effectively rid one of bad habits**.

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awareness /w.eɪnəs/ 意识

replacement strategies /rpləsmənt strætədʒi/ 替代策略

triggers /trɪɡrə/ 触发器