OREO

开放性：what when how

封闭性：Y or N

选择：

O Opinion 同义替换，形容词<->名词，形容词<->形容词，中英文替换

R Reason：积累正负向形容词

E explanation 三种解释 因果关系/条件假设/让步

工作

* 简单

1.sth creates a friendly workplace

2.sth can make people work better and faster

3.sth creates a sense of community

4.sth helps someone work more efficiently

5.sth helps keep a good balance between work and personal life

6.sth allows people to work at their own speed

人的特点

The most important thing is their ability to work well with others and be friendly kind/thoughtful/reliable

* 基础

1.sth contributes to a warm and productive workplace,fostering mutual respect and teamwork.

2.sth may lead to increased productivity

3.a sense of community (and camaraderie觉得难可以不看这个词)

4.sth helps to boost someone's efficiency

5.sth helps to maintain a healthy work-life balance

6.sth allows them to work at their own pace and focus without distractions

形容部分工作环境中人的品质:

the most important thing is their ability to be cooperative and congenial (可不看此词)compassionate/ considerate/ dependable

* 高阶

1.l am totally snowed under; Someone is always snowed under

2.sth can turn the daily grind into a more enjoyable and less demanding endeavor

3.sth is famous for its notoriously demanding work culture

4.climb the corporate ladder

5.severe burnout

6.the freedom and variety that come with freelancing

**必打卡题目（2个)**

Would you like the place where you work to make any changes? (p1)

Are good colleagues important at work? (p3)

**进阶题目（2个)**

Are knowledgeable people popular at work? (p3)

What challenges might you face in your future work?(p1)

**6月训练营可选打卡题目（2个)**

1. Do you think everyone shares a similar definition of happiness? p3

2. Why don't some people like to socialize? p3

金钱

* 简单

1.sth will soon be normal

2.Putting xxx first can make life better

3.A high salary gives money and comfort,but more time of can really improve life

4.sth gives people choices and convenience for different needs

5.local taxes and rules can raise prices

6.people avoid using cash

7.look for sales and discounts

8.People with more money can buy new things more often

* 基础

1.using cash will soon become the norm

2.prioritizing xxx can lead to a more balanced and fulfilling life

3.sth offers flexibility and convenience to consumers,catering to different preferences and needs

5.keep an eye out for sales,discounts,and special offers

6. Marketing also plays a big role in doing sth

7.people with higher disposable incomes can afford to replace items more regularly.(不喜欢可以看简单表达8)

8.While a high salary can offer financial stability and afford a comfortable lifestyle,having more time off can significantly enhance one's quality of life (可算作高阶表达，不喜欢可以看简单表达3）

* 高阶

1.apps for payment are super handy

2.sb. stick to cash

3.it really comes down to what's more important to you

4.local taxes and regulations can bump up prices

5.the disposal of old items adds to landfill waste,which can harm ecosystems

6.sth also offer immediate gratification

7.smaller stores or online shops might have lower prices because they have fewer overheadcosts and can offer more competitive pricing.

必打卡题目（2个)

1.ls it more important to choose a job with a high salary or with more time off? (p3)

2.How important is it to have a variety of payment options? (p3)

进阶题目（2个)

1.Does consumption have any impact on the environment?( p3)

2. Why do some people prefer to buy things in the supermarket rather than online?(p3)