



# IELTS Speaking Notes

## Part1

后续看题库里的问题，自己试着答，每个问题20s，回答1（表态）+2（解释）=3句话即可

### 开场白

Hi, my name is Guoziming, but you can call me Orlos.

You can spell my Chinese name as G U O Z I M I N G.

Orlos is my Mongolian-style English name because I am of Mongolian ethnicity.

I come from Ningbo, a coastal city in eastern China. The population of Ningbo is similar to that of Osaka

I am currently a senior student majoring in computer science in Harbin University of Science and Technology. My specific area is data science, It is a ~~challenging but rewarding~~ subject that I'm passionate about ~~because of its practical value.~~

### 常用表达

Burn the midnight oil

put theory into practice, theoretically unavoidable

The party is just around the corner

What I know is just the tip of the iceberg

With the advancement in AI  
With the evolution of  
It has already become a bottleneck for the economy  
I felt a bit down in the dumps  
I feel inspired by...  
I am more motivated to...  
I wish that in the future...  
To some extent  
In my observation  
But then again  
Back to the original question  
anyway  
I never thought about it  
that is to say

## 问题

Do you..?  
Is xxx xx?  
Are there...?

## YES回答

Im afraid so  
Yes, I do, because...  
Yeah, it's true that...  
definitely  
absolutely  
indeed...  
I strongly believe  
I would probably

## 不怎么YES的回答

it really comes down to individual/it depends on different situations

Not really...

**the relationship between** education and economic growth is **far from straightforward**

I prefer doing to doing (to do rather than do)

It's hard to say

I don't think there's much difference

I'm an expert at

i might

It's important/easy/necessary/difficult to...

## 第二三句话（可以从以下几个方向选1-2个延伸开说）

For example (such as, especially)

because (the reason behind it, as it can, for this purpose)

experience (in fact, to be frank, actually)

and (apart from this, what's more, another thing is )

although (even though, while, **whereas**)

From my perspective

This was a long time ago

I can't exactly remember

As far as I can remember

For the above reasons

I'm gonna talk about

in summary

briefly

as you can see

in conclusion

## 其它需要注意的词组

everyday/every other day/every couple of days/every week/hardly/in the daytime/on weekend/in the evening/in holiday

## Part2&3

part2两分钟，可说的内容不多，抽取核心相关语料组织回答即可

## Warden的故事

One person who comes to mind when I think about someone I enjoy chatting with and who I'd love to spend more time with, is my high school classmate, Warden. We often had deep and engaging conversations on our way home from school. Warden is a warm and passionate individual with a great sense of humor, which makes him not only a good friend but also an excellent person to work with.

Warden is a talented software developer and entrepreneur. He has this incredible ability to build complex technical architectures from scratch and also understands marketing, which is quite rare. We once collaborated on a **tutoring platform** startup. He encouraged me to complete the code development and helped me build a team. His guidance was instrumental in our project's success, and we managed to make a profit.

I remember giving him a special gift from Kyoto, a fortune amulet, because I knew he had dreams of becoming a successful entrepreneur. It was a small token, but it held a lot of meaning. Coincidentally, when I returned to my home, he gave me an academic amulet when he visited my hometown, Ningbo. Because he knows I'm preparing for my graduate school exam. It was a touching gesture that showed our mutual support and understanding.

Warden chose a nice piece of cloth and put a good luck message on it with embroidery. He said he worked on it for many nights, sewing it carefully, stitch by stitch. To make it unique, he added a red string to one side, which means good luck and happiness. I still have this amulet, and every time I look at it, I think of how thoughtful Warden was and the friendship we have.

Warden has also been a great source of advice. He once told me to broaden my perspective and not just focus on coding but also consider thinking from the角度

(perspective) of a CTO or a full-stack developer with a marketing mindset. This advice has been incredibly valuable and has helped me grow both personally and professionally.

I cherish the moments we spent together and the times we worked side by side. He's someone I'd love to collaborate with again and share more experiences with. Whether it's discussing new ideas, working on a project, or just catching up over a cup of coffee, Warden is definitely a person I want to keep in touch with and see again.

### **喜欢一起聊天的朋友 (Friends you like chatting with)**

**串题建议：** 描述Warden作为朋友，他是如何让对话变得有趣和有深度的。

**适配回答：** "Warden is someone I really enjoy chatting with because our conversations are always deep and engaging."

### **想要共事的家人 (Family members you want to work with)**

**串题建议：** 强调Warden作为合作伙伴的特质，以及你希望再次与他合作的愿望。

**适配回答：** "I'd love to work with Warden again because he's not only a good friend but also an excellent person to collaborate with."

### **想共度时光的人 (People you want to spend time with)**

**串题建议：** 表达你对与Warden共度更多时光的渴望。

**适配回答：** "Warden is someone I want to spend more time with, whether it's discussing new ideas or just catching up."

### **送朋友的礼物 (Gifts for friends)**

**串题建议：** 讲述你给Warden的礼物及其意义。

**适配回答：** "I gave Warden a fortune amulet as a gift, which was a small token but held a lot of meaning for his entrepreneurial dreams."

### **惊喜的事情/免费的东西 (Surprising things)**

**串题建议：** 分享Warden给你的学术御守作为惊喜。

**适配回答：** "The gesture of Warden giving me an academic amulet was quite surprising and heartwarming."

### **一见且想再见的人 (People you want to see again after meeting once)**

**串题建议：** 描述你对再次见到Warden的期待。

**适配回答：** "Warden is definitely someone I want to see again, as our interactions are always enriching."

## **重遇旧友 (Reuniting with old friends)**

**串题建议：** 讲述与Warden重聚的经历。

**适配回答：** "Reuniting with Warden was a great experience because we have a lot of shared history and understanding."

## **给建议的人 (People who give advice)**

**串题建议：** 分享Warden给你的建议及其影响。

**适配回答：** "Warden has given me some valuable advice, like broadening my perspective beyond just coding."

## **阅读爱好者 (Reading enthusiasts)**

**串题建议：** 描述Warden作为阅读爱好者的一面。

**适配回答：** "Warden is also a reading enthusiast, which is one of the many things we bond over."

## **喜欢做手工的人 (People who like doing crafts)**

**串题建议：** 强调Warden制作御守的手工技艺。

**适配回答：** "Warden enjoys crafting, which is evident in the amulet he gave me, showing his attention to detail and creativity."

## **有趣的邻居 (Interesting neighbors)**

**串题建议：** 想象如果Warden是你的邻居，他将如何成为一个有趣的邻居。

**适配回答：** "If Warden were my neighbor, he'd definitely be an interesting one due to his diverse skills and engaging personality."

## **精力充沛的人 (Energetic people)**

**串题建议：** 描述Warden的活力和热情。

适配回答："Warden is an energetic person with a lot of passion, which is contagious and makes him a great friend and colleague."

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## Edison, Nikola Tesla and George Westinghouse 的故事

固执己见的人 受欢迎的名人 社交媒体上常常刷到的人 别人讲述的故事 对社会有贡献的人 有用的发明 工作学习中的积极的建议 造福社会的工作 改变世界的发明 少年的榜样 最近看电影 Westinghouse的故事

### Introduction:

Edison is also a great example of a popular figure who is often talked about on social media and in stories. His inventions and his debate with Tesla are still topics that people discuss and debate. He's a person who has made a significant contribution to society. His invention of the light bulb is probably his most famous, but he also founded General Electric, or GE, which is still a huge company today.

When discussing Thomas Edison, it's important to highlight his strong opinions on direct current (DC) electricity, which led to a notable debate with Nikola Tesla and George Westinghouse over alternating current (AC). This historic conflict was portrayed in the 2020 film "The Current War", where actor Tom Holland played GE's co-founder. Edison's firm belief in DC, despite the advantages of AC for long-distance power transmission, shows his stubbornness. This opinionated stance had significant consequences, as it shaped the early development of electrical systems and influenced the way society adopted new technologies. The film depicts how AC power ultimately revolutionized people's understanding of electricity and greatly advanced the Industrial Revolution. His determination to promote DC, even when faced with opposition, demonstrates a level of conviction that, while sometimes seen as stubborn, was also a driving force behind his innovative work.

### Body:

#### Role Model for Young People:

For young people, Edison is a great role model. His story shows that with determination and a lot of hard work, you can achieve great things. He's an example of someone who wasn't afraid to stand up for his beliefs, even when they weren't popular. Edison's life teaches us that it's important to be persistent and to keep trying, no matter how many times you fail. He once said, "I have not failed. I've just found 10,000 ways that won't work." This mindset is incredibly inspiring and is a lesson that resonates with many young people today.

#### Positive Advice for Work and Study:

When it comes to giving advice, Edison's approach to work and learning was always to keep trying, even when things didn't work out. His famous quote about not failing but finding ways that won't work is a positive piece of advice that applies to both work and

study. He famously said, "I

have not failed. I've just found 10,000 ways that won't work." That's a really positive piece of advice that applies to both work and study. It encourages us to view failure not as a setback but as a stepping stone to success. This perspective is incredibly valuable in today's fast-paced world, where resilience and the ability to learn from mistakes are crucial.

### **Impact on Society:**

Edison's work was definitely for the benefit of society.

His inventions have improved our lives in countless ways. The light bulb, in particular, is an invention that has changed the world. It's not just a practical tool, but it also symbolizes the progress of human civilization. His invention of the light bulb is probably his most famous, but he also founded General Electric, or GE, which is still a huge company today. His work at GE has also provided a lot of jobs and has been beneficial to society in many ways.

### **Conclusion:**

Despite the challenges and the debate over DC versus AC, Edison's work has left an indelible

mark on our world. His inventions and his approach to innovation continue to inspire many, especially the younger generation, to pursue their dreams and make a difference. His life and work are a testament to the power of determination, hard work, and the willingness to stand up for one's beliefs.

## **固执己见的人 (Opinionated Person)**

**串题建议：**描述Edison在直流电（DC）和交流电（AC）之间的坚持，以及这种坚持如何体现了他的固执己见。

**适配回答：**"Thomas Edison's strong belief in direct current electricity, despite the advantages of alternating current for long-distance transmission, is a classic example of someone who was opinionated."

## **受欢迎的名人 (Popular Celebrity)**

**串题建议：**强调Edison作为一个广受欢迎的名人，他的故事和发明经常在社交媒体上被讨论。

**适配回答：**"Edison is a great example of a popular figure who is often talked about on social media and in stories due to his numerous inventions and his rivalry with Tesla."

## **社交媒体上常常刷到的人 (Frequently Seen on Social Media)**

**串题建议：**讲述Edison的发明和与Tesla的辩论是社交媒体上的热门话题。



**适配回答：** "His inventions and his debate with Tesla are still topics that people discuss and debate on social media platforms."

## **别人讲述的故事 (Stories Told by Others)**

**串题建议：** 分享Edison的故事如何激励他人，成为别人讲述的故事。

**适配回答：** "Edison's life and work are often recounted as stories that inspire others to pursue innovation and make a difference."

## **对社会有贡献的人 (Person Who Contributes to Society)**

**串题建议：** 描述Edison的发明如何对社会做出了贡献，特别是在电气化和提高生活质量方面。

**适配回答：** "His work, including the invention of the light bulb and founding GE, has provided jobs and improved lives in countless ways."

## **有用的发明 (Useful Invention)**

**串题建议：** 强调电灯是Edison最有用的发明之一，它改变了世界。

**适配回答：** "The light bulb, one of Edison's most famous inventions, is not just a practical tool but also symbolizes the progress of human civilization."

## **工作学习中的积极的建议 (Positive Advice for Work and Study)**

**串题建议：** 分享Edison关于不断尝试和从失败中学习的态度，这对于工作和学习都是积极的建议。

**适配回答：** "Edison's famous quote about not failing but finding ways that won't work is a positive piece of advice that applies to both work and study."

## **造福社会的工作 (Work that Benefits Society)**

**串题建议：** 描述Edison在GE的工作如何造福社会，包括提供就业机会和推动技术进步。

**适配回答：** "His work at GE has been beneficial to society by providing jobs and advancing technology."

## **改变世界的发明 (Invention that Changed the World)**

**串题建议：** 强调电灯是Edison改变世界的发明之一。

**适配回答：** "The light bulb is an invention that has changed the world and is one of Edison's most significant contributions."

## 少年的榜样 (Role Model for Young People)

**串题建议：**讲述Edison如何成为年轻人的榜样，他的坚持和创新精神如何激励下一代。

**适配回答：** "Edison is a great role model for young people, showing that with determination and hard work, you can achieve great things."

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## 父上，我，妹妹

I'd like to talk about my father, who is not only a medical professional but also an incredibly interesting and helpful person in my life. He's a doctor, and despite being an elderly person, he's full of life and always eager to share his knowledge with others, especially with me and other younger members of our family.

One of the most impressive things about my dad is his dedication to improving patient safety

. He once advocated for reducing radiation doses in medical imaging equipment, which was a significant step forward in the field of healthcare. His efforts were aimed at benefiting hospitals all over China, and his work primarily focused on the field of radiology. This initiative was not only a professional achievement but also a testament to his commitment to helping others and making a difference in society.

My dad's

enthusiasm for sharing new things extends beyond his professional life. He enjoys teaching us about health and safety, especially practical skills like first aid. I remember one day when I had a minor accident and fell, falling down the stairs at home on rough ground, scraping my elbow and it left a scar. My dad was there to help me out. He showed me how to clean the wound properly and then demonstrated how to apply a bandage and use gauze to stop the bleeding.

He taught me to first clean the area with mild soap and water, then gently pat it dry, apply an antiseptic ointment to prevent infection, place a sterile gauze pad directly over the wound to absorb the blood, and finally secure it with a bandage, making sure not to wrap it too tightly to avoid restricting blood flow or causing further injury.

He explained what each item was and how to use it effectively, making sure I understood the importance of each step in the process.

This experience was not just about learning how to treat a wound; it was also about

learning from an elder who has a wealth of knowledge and experience. My dad's ability to make learning engaging and fun is something I truly admire. He often organizes activities that are both enjoyable and educational, such as family outings where we can all learn something new together.

My dad's

influence on me and other children in our family is profound. He has a unique way of making complex topics accessible and interesting, which is especially important when it comes to teaching kids about health and safety. His approach to education is both patient and encouraging, making him a role model for us all.

In conclusion, my dad is a remarkable person who has enriched my life in countless ways. His dedication to his work, his passion for teaching, and his love for his family make him a true inspiration. I'm incredibly grateful for all the lessons he's taught me, and I'm proud to have him as a role model.

## 帮助家人 (Helping Family)

**应答攻略：** 描述你父亲如何通过教授基本的急救技能来帮助你。

**适配回答：** "My dad has been incredibly helpful to our family, especially when it comes to health and safety. He once taught me how to properly clean and bandage a wound after I had a minor accident."

## 医疗人士 (Medical Professional)

**应答攻略：** 强调你父亲作为医生的专业成就，特别是在减少医疗成像辐射剂量方面的努力。

**适配回答：** "As a medical professional, my dad made a significant impact by advocating for reduced radiation doses in medical imaging, benefiting hospitals across China."

## 向小辈展示新东西 (Showing New Things to Younger People)

**应答攻略：** 讲述你父亲如何通过教育和活动向年轻一代展示新知识和技能。

**适配回答：** "My dad enjoys showing new things to younger people, like teaching us practical first aid skills and organizing educational family outings."

## 生活有趣的老人 (Interesting Elderly Person)

**应答攻略：** 换成grandfather。

**适配回答：** "Despite being an elderly person, my dad is full of life and always eager to share his knowledge, making him a very interesting person."

## 有趣的讨论 (Interesting Discussions)

**应答攻略：** 分享你和父亲之间关于健康和安全的有趣讨论。

**适配回答：** "We often have interesting discussions about health and safety, where my dad shares his vast knowledge and experience."

## 快乐活动 (Happy Activities)

**应答攻略：** 描述你父亲组织的既愉快又有教育意义的家庭活动。

**适配回答：** "My dad often organizes happy activities like family outings, where we can learn something new together and enjoy quality time."

## 向长者学习的技能 (Skills Learned from Elders)

**应答攻略：** 强调从父亲那里学到的重要技能，如急救技能。

**适配回答：** "From my dad, I've learned valuable skills such as first aid, which he taught me during a minor accident I had."

## 帮助小孩 (Helping Children)

**应答攻略：** 讲述你父亲如何以耐心和鼓励的方式帮助和教育孩子。

**适配回答：** "My dad has a unique way of making complex topics accessible and interesting for children, teaching them about health and safety in a patient and encouraging manner."

## 东钱湖 和拜访园林

One of the most memorable experiences I've had was during my high school graduation when I decided to go on a lake-cycling trip with my friends around Dongqian Lake. This trip was a significant decision for me as a highschool student. The journey was over 40km long, including mountain roads, which was quite a challenge considering I hadn't been very active due to gaining some weight in high school.

To improve my physical condition and stay healthy, I started a routine of walking home on Fridays instead of taking the subway. Regular exercise like this 5km journey each way not only helped me build stamina for the cycling adventure but also brought many health

benefits. Without regular physical activity, people often experience decreased energy levels, weakened immune systems, and increased risk of various health issues. On the contrary, maintaining a consistent exercise routine can enhance cardiovascular health, boost mental well-being, improve sleep quality, and help maintain a healthy weight. This is why I believe it's crucial to incorporate physical activity into our daily lives, even if it's just walking instead of taking public transport.

However, we faced an unexpected challenge on our way to the lake. Our electric car ran out of power completely due to heavy use of air conditioning and seat heaters during peak traffic hours. Finding ourselves stranded on the city expressway was quite a stressful situation.

Fortunately, we were close enough to our destination to push the car to the nearest charging station/Shared Bicycle Maintenance Station. This experience taught me the importance of thorough preparation and considering all possible scenarios, a lesson that applies to many aspects of life, including being well-prepared and planning.

**One of my most memorable experiences was cycling around Dongqian Lake with friends after high school graduation. The 40km route with mountain sections was challenging for me, as I had gained a lot of weight.**

**To prepare, I began walking home from school every Friday instead of taking the public transport like the bus or subway. These 5km walks between school and my home helped build my physical condition for the cycling trip. Through this, I realized even simple activities like walking instead of taking transportation can significantly improve mental wellbeing, and reduce weight.**

**\This experience taught me the value of physical activity in daily life.**

Once we arrived at Dongqian Lake, the effort was worth it. From noon to dusk, we cycled for 40km

, experiencing the ups and downs of the mountain roads and crossing bridges. The scenery was breathtaking, with lush trees, blooming flowers, and, surprisingly, a large number of wild ducks swimming and flying around. It was fascinating to watch these ducks gliding gracefully across the water, then suddenly taking off into the air with powerful wing beats. I had no idea that ducks could fly!

Dongqian Lake is not just a picturesque place; it's also crucial for flood control and temperature regulation in Ningbo. Surrounded by mountains, the lake and lush forest provide a fresh and serene environment. There's a quaint village near the lake where traditional Chinese gardens are preserved. These gardens are over 5,000 square meters

and house numerous stone carvings from the Song Dynasty. Inside one of these traditional buildings, there's a nice **study room** with a wooden desk and simple cabinets. The desk faces the garden, giving a good view of the scenery outside. The walls have some nice Chinese calligraphy and paintings.

The gardens are well maintained by the government, with a beautiful integration of nature, including **wooden and stone carvings, pavilions**, and tranquil ponds. **It's amazing to imagine how peaceful and comfortable it must have been for the previous owners to** live in such a tranquil setting, sitting at the desk and enjoying the garden view. However, on the day we visited, there was a school activity happening, with many children running around and playing, making the usually quiet gardens quite lively and bustling, though this **youthful** energy brought a refreshing vigor to the ancient courtyards.

The village is a perfect integration of natural beauty and cultural heritage, making it an ideal place to live. It's a place I would recommend to anyone looking for a peaceful and culturally rich environment. I dream of having a small house there, surrounded by similar scenery, even if it's not possible to own one of those historic gardens.

This trip was not just about the physical challenge, but also about achieving a personal goal. As we cycled around Dongqian Lake, each moment felt like marking the end of high school and the beginning of something new. The 40-kilometer journey, with its beautiful scenery and wildlife encounters, perfectly reflected my academic journey. During my recent years in college - challenging but rewarding when faced with determination. This experience showed me the value of stepping out of my comfort zone, and I'd definitely recommend it to others looking to mark important life transitions.

## 交通工具抛锚 (Transport Breakdown)

**串题说明：** 描述电车在前往东钱湖途中抛锚的经历。

**示例：** "Our electric bike broke down on the way to Dongqian Lake, which was really frustrating because we were stuck in heavy traffic and the battery died just before we reached our destination."

## 一个村庄里的地方 (A Place in a Village)

**串题说明：** 讲述在东钱湖边的村庄的经历。

**示例：** "We visited a quaint village near Dongqian Lake, which had traditional Chinese gardens and was surrounded by mountains."

## **文化之地 (Cultural Place)**

**串题说明：** 描述村庄中的中式园林和历史遗迹。

**示例：** "The village had beautiful Chinese gardens with stone carvings from the Song Dynasty, making it a rich cultural place."

## **拥挤的地方 (Crowded Place)**

**串题说明：** 描述在城市快速路上遇到的交通拥堵。

**示例：** "We encountered heavy traffic on the city expressway, which was a crowded and stressful place."

## **别人家/理想房屋 (Ideal House)**

**串题说明：** 描述梦想中的房子，位于东钱湖边的村庄。

**示例：** "I dream of having a small, cozy house in the village near Dongqian Lake, surrounded by beautiful scenery."

## **公园&花园 (Park & Garden)**

**串题说明：** 描述在东钱湖边的中式园林。

**示例：** "The Chinese gardens near Dongqian Lake were meticulously maintained, with beautiful integration of nature, including wooden and stone carvings, pavilions, and tranquil ponds."

## **和亲友去的地方 (Place with Friends and Family)**

**串题说明：** 讲述与朋友一起进行的环湖骑行。

**示例：** "I went on a lake-cycling trip with my friends around Dongqian Lake, which was a great bonding experience."

## **看到野生动物的地方 (Place to See Wild Animals)**

**串题说明：** 描述在骑行过程中看到的野生动物。

示例："During our cycling trip, we saw a large number of ducks, which was surprising because I didn't know ducks could fly."

## **重要河流湖泊 (Important Rivers and Lakes)**

串题说明：强调东钱湖在宁波的重要性。

示例："Dongqian Lake is crucial for flood control and temperature regulation in Ningbo, making it an important natural resource."

## **花费很少的外出日 (Low-Cost Day Out)**

串题说明：描述这次骑行是一次低成本的外出活动。

示例："The cycling trip around Dongqian Lake was a low-cost day out, as we only spent money on food and charging the bike."

## **困难最终决定成功 (Difficulty Leading to Success)**

串题说明：讲述如何克服骑行中的困难并最终成功。

示例："Despite the challenges, like the bike breaking down, we persevered and completed the 40km ride, which made the success even sweeter."

## **保健方式/远距离步行 (Long Distance Walk)**

串题说明：描述为了准备骑行而进行的远距离步行。

示例："To prepare for the cycling trip, I started taking long walks home from school, which was about 5km each way."

## **一个去过的地方 (A New Place Visited)**

串题说明：描述东钱湖作为一个新的旅行目的地。

示例："Dongqian Lake was a new place for me, and it was a great destination for our cycling trip."

## **安静的地方 (Quiet Place)**

串题说明：描述东钱湖边的村庄是一个安静的地方。

示例："The village near Dongqian Lake was a quiet and peaceful place, away from the hustle and bustle of the city."



## 有趣的城市 (Interesting City)

**串题说明：** 描述宁波作为一个有趣的城市，特别是东钱湖周边的地区。

**示例：** "Ningbo, especially the area around Dongqian Lake, is an interesting city with a mix of natural beauty and cultural heritage."

## 交通拥堵 (Traffic Congestion)

**串题说明：** 描述在城市快速路上遇到的交通拥堵。

**示例：** "We experienced traffic congestion on the city expressway, which was quite frustrating."

## 去过且推荐的宜居之地 (Recommended Livable Place Visited)

**串题说明：** 推荐东钱湖边的村庄作为宜居之地。

**示例：** "I highly recommend the village near Dongqian Lake as a livable place, as it offers a peaceful environment and beautiful scenery."

通过这种方式，您可以将您的经历和细节串联到每个特定的话题中，确保每个话题都有足够的内容来回答。

## 自信的事情

We managed to complete a 40-kilometer cycling journey around Dongqian Lake. This experience wasn't just about physical achievement - it marked the transition between my high school life and the beginning of something new. Each kilometer we covered symbolized the challenges I'd overcome.

This experience taught me that stepping out of my comfort zone, while difficult, can lead to incredible achievements. The confidence I gained from this journey has become a source of motivation for my university life.

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## 学英语和节省时间无视学校规则决定去美国度过毕业假期并做出改变

a third-year undergraduate student

Recently, I've been going through some significant change in my daily life as graduation is just around the corner, which makes me quite anxious about my future. As a computer science student, I've decided to focus on gaining a deeper understanding of AI, which has been advancing rapidly. Instead of diving straight into the job market, I've chosen to pursue graduate studies. This decision has led me to prepare for both the postgraduate entrance exams and the IELTS exam, as they are required for my application.

This period has been incredibly busy, requiring me to find ways to improve my concentration and save time. For language learning, I've been using apps that help me practice English listening and speaking during short breaks, like when I'm walking between classes or waiting for the bus. I also make the most of my commute time by listening to English podcasts and TED talks.

To maximize efficiency, I combine similar tasks - for example, I practice English speaking and writing while writing my research paper, and I review flashcards while waiting in lines. I've also cut down on social media usage by setting strict time limits. These methods have been really helpful in keeping me on track and managing my time effectively.

One of my biggest motivations is working and traveling across the United States on an SWT visa. This program would allow me to work in places like restaurants, hotels, etc. To be frank, I've always dreamed of working at McDonald's making burgers since I was a kid or retail stores to cover my travel expenses while exploring different cities. What excites me most is that while earning money, I can truly immerse myself in American culture, build genuine connections with local coworkers and customers, and understand the country beyond just being a tourist. It's a perfect aim that keeps me motivated in my studies - I can travel sustainably while gaining authentic cultural experiences through daily interactions with Americans. This ambition has brought about positive changes in my life, giving me a clear direction and a sense of purpose. It's a dream that keeps me motivated during my studies and preparations.

However, there have been some frustrations along the way. The rules at my university, for instance, have been quite rigid. I had planned to extend my stay in the U.S. before starting at my new school in the fall, but the university's policy requires attendance at the graduation ceremony to collect my diploma. This has been a bit of a headache because it cuts my travel time. I've thought about asking a classmate to collect the diploma on my behalf, but the process is quite strict, and I might not be able to change the situation. It's a bit disappointing, but I'm considering alternative solutions.

Despite these challenges, I'm determined to make the most of my opportunities. I've learned that it's important to be **flexible** and to look for **alternative solutions** to

overcome obstacles. This experience has taught me a lot about planning and adapting to changes, and I'm confident that it will serve me well in the future. I believe that the skills I'm developing now, such as time management and adaptability, will be invaluable as I continue my academic journey and eventually step into the professional world.

## 近期日程的改变 (Recent Changes in Routine)

**Guide:** 强调由于决定攻读研究生和准备雅思考试，你的日常安排发生了显著变化。

**Adapted Response:** "Recently, my daily routine has changed a lot because I've decided to focus on pursuing graduate studies and preparing for the IELTS exam. This has led me to allocate my time between studying for the postgraduate entrance exams and practicing English."

## 想去的外国 (Foreign Country You Want to Visit)

**Guide:** 描述你对美国的向往，包括想要探索的东西海岸和体验当地文化。

**Adapted Response:** "The foreign country I'm most eager to visit is the United States. I'm really excited about the idea of exploring both the East and West coasts and experiencing the diverse cultures there."

## 重要决定 (Important Decision)

**Guide:** 讲述你决定攻读研究生而不是直接就业的重要性。

**Adapted Response:** "One of the most important decisions I've made recently is to pursue graduate studies instead of diving straight into the job market. I believe this will allow me to gain a deeper understanding of AI."

## 提高注意力 (Improving Concentration)

**Guide:** 分享你为了准备考试而采取的提高注意力的方法。

**Adapted Response:** "To improve my concentration for studying, I've been using apps that help me practice English during short breaks and organizing my study materials into focused modules."

## 忙碌时期 (Busy Period)

**Guide:** 描述你同时准备研究生入学考试和雅思考试的忙碌时期。

**Adapted Response:** "I'm currently in a very busy period where I'm preparing for both the postgraduate entrance exams and the IELTS exam, which is required for my application."

## 语言学习 (Language Learning)

**Guide:** 讲述你为了提高英语水平而采取的策略，特别是为了雅思考试。

**Adapted Response:** "For language learning, especially in preparation for the IELTS exam, I've been using apps to practice listening and speaking during my short breaks."

## 节约时间的方法/改变 (Time-Saving Methods/Changes)

**Guide:** 分享你在忙碌时期节约时间的具体方法。

**Adapted Response:** "To save time during this busy period, I've been organizing my study materials into focused modules and setting specific goals for each study session."

## 壮志未酬 (Unfulfilled Ambition)

**Guide:** 表达你由于学校规则而不得不缩短毕业旅行时间的失望。

**Adapted Response:** "I had planned to extend my stay in the U.S. before starting at my new school, but the university's policy has made it difficult, leading to an unfulfilled ambition of a longer graduation trip."

## 好的人生变化 (Good Life Change)

**Guide:** 强调你决定攻读研究生和探索美国带来的积极人生变化。

**Adapted Response:** "The decision to pursue graduate studies and the ambition to explore the United States have brought about positive changes in my life, giving me a clear direction and a sense of purpose."

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## 喜欢的学科为什么离不开经过困难的中途和同学交流的写论文终于accept并且基于此比赛kaggle

Since high school, I've been passionate about computer science, which led me to study data science. The rise of AI, especially large language models (LLMs), has been amazing. Many people now rely on them for daily tasks or information. Personally, I use LLMs daily for coding because they're efficient and accurate.

Moreover, I hope to enhance and apply the expertise of AI models as my main research direction in graduate school to explore deeply. During my sophomore year, I was training a text-to-SQL model, which is a natural language model that converts natural language into SQL and can bridge the gap between non-professionals and databases. You can ask any question, and the model will help you find the content you want in the database.

However, I faced challenges when the training set generated by my designed pipeline did not significantly improve the model's performance. Therefore, I tried adjusting parameters and referring to a large number of papers on reinforcement learning and supervised fine-tuning LLMs, and I finally achieved a significant improvement in the model's capabilities. The new challenge was writing an English paper to describe my results, for which I learned a lot of English paper writing skills, and eventually this paper was accepted by a top conference and was selected as an oral paper, which can be considered an award for the top 5% of papers, making me very happy that my efforts have finally paid off.

In the process of writing the paper, I also had a lot of exchanges with my classmates. I was once asked for advice on how to improve model performance, and my answer was that it mainly depends on the characteristics, scale, and quality of your training set. After considering the actual situation, I gave my specific experimental suggestions.

This has also accumulated a lot of experience for me in training AI models, so I hope to participate in the many online AI and data science competitions held on Kaggle every year. For me, writing papers and participating in competitions not only improve my sensitivity to the cutting-edge of the industry but also help me refine my skills. I believe that these experiences will be invaluable as I continue my academic journey and eventually step into the professional world.

### 中文翻译：

作为一名数据科学专业的学生，我从高中开始就对计算机科学产生了浓厚的兴趣，这驱使我深入探索这一领域。最近人工智能，特别是大型语言模型（LLMs）的浪潮令人惊叹，已经成为人们生活中不可或缺的一部分。对大多数人来说，完成日常的文本工作或者搜索些什么东西都变得依赖于LLMs。而对我来说，我的日常编程几乎没法离开它了，因为它的高效性和准确性。

此外，我希望将AI模型的专有能力提升和应用作为我研究生的主要研究方向去深度探索。在我大二的时候，我曾经在训练一个text-to-SQL大模型，这是一个用来转换自然语言到SQL的自然语言模型，可以抹平非专业人员与数据库之间的gap。你可以随便提一个问题，模型将可以在数据库中帮你找到你想要的内容。

然而，我遇到的挑战是我通过我设计的pipeline生成的训练集并没有很好的提升的性能模型。因此，我尝试调整参数和参考大量有关强化学习和监督微调LLMs的paper，最终终于实现了对模型能力的显著提升。新的挑战是书写英文论文来描述我的成果，我因此学习了很多英文论文写作技巧，最终这篇文章被一个顶级会议收录并且被评选为了oral paper，这是可以被视作针对top5%论文的一个奖项，令我很开心，努力终于有了很不错的回报。

在写论文的过程中，我也和同学们有很多交流。我曾被征求意见问到如何提高模型性能，而我的回答是这主要取决于你的训练集的特性、规模和质量，并且在考虑了实际情况后给出了我的具体实验建议。

这也为我积累了很多人工智能模型训练的经验，因此我希望参加每年好多次在Kaggle线上举办的有关人工智能和数据科学方面的比赛。对我来说，写论文和参加比赛不仅是提高了我对于行业前沿的敏感度也帮助我精进了我的技术。我相信这些经验将对我的学术旅程和最终步入专业领域大有裨益。

## **感兴趣的科学学科 (Interesting Subject of Science)**

**应答攻略：** 强调你对数据科学和人工智能的兴趣，并描述它是如何成为你感兴趣的科学学科的。

**适配回答：** "Since high school, I've been fascinated by computer science, and my interest has only grown stronger with my studies in data science. The advancements in AI, especially large language models, have captivated me and become a central focus of my academic pursuits."

## **困难挑战 (Difficulty and Challenge)**

**应答攻略：** 讲述在训练text-to-SQL模型时遇到的挑战，以及你是如何克服这些困难的。

**适配回答：** "One significant challenge I faced was improving the performance of my text-to-SQL model. After much trial and error, including adjusting parameters and studying numerous papers on reinforcement learning and supervised fine-tuning, I was able to enhance the model significantly."

## **获奖 (Winning an Award)**

**应答攻略：** 分享你的论文被顶级会议接收并评为口头报告（oral paper）的经历，这是你的一项重要成就。

**适配回答：** "My hard work paid off when my paper was not only accepted by a top conference but also selected as an oral presentation, an honor given to only the top 5% of submissions. It was incredibly rewarding and a proud moment in my academic career."

## **生活中离不开的东西 (Something Indispensable in Life)**

**应答攻略：** 描述大型语言模型（LLMs）如何成为你日常生活中不可或缺的一部分。

**适配回答：** "Large language models have become indispensable in my daily life, aiding in everything from programming tasks to searching for information. Their efficiency and accuracy make them an essential tool for me."

Without the help of large language models (LLMs), my work efficiency would really drop, and advancing my career would be tough. I once had to handle a data analysis task without an LLM and found the process painfully slow and inefficient. It was a big eye-opener. Since then, I've made sure to use LLMs in all my projects. LLMs aren't just about speed; they

improve the quality of my work.

Without them, I'd be at a big disadvantage in today's data-driven field. LLMs have become essential for both my daily tasks and long-term career growth. They've boosted my productivity and opened up new career opportunities.

## 想参加的比赛 (Competition You Want to Join)

**应答攻略：** 表达你对参加Kaggle上举办的人工智能和数据科学竞赛的兴趣。

**适配回答：** "I am eager to participate in the AI and data science competitions held on Kaggle. These competitions not only challenge my skills but also provide a platform to apply my knowledge in real-world scenarios."

## 征求意见 (Seeking Advice)

**应答攻略：** 讨论你如何通过学习和实践来提高自己的技能，以及你如何征求他人的意见来改进你的工作。

**适配回答：** "During the process of writing my paper, I sought advice from peers and mentors on how to improve the model's performance. I learned that the key lies in the characteristics, scale, and quality of the training set, which was instrumental in refining my approach."

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## 印象深刻的公立学校公共生日活动课程三层大蛋糕和白衣服乱涂乱画活动

During my junior high school days, I experienced something truly meaningful. While I had never considered birthdays particularly important—to the point where I often forgot my own—my junior high school showed me how thoughtful **Humanistic Care in Education** could be. They not only remembered our birthdays but turned them into significant celebrations, creating an unforgettable experience

It was during a class meeting when our teacher surprised us with a collective birthday celebration for all students whose birthdays fell in January. It was the first time I'd experienced anything like this, and it left a lasting impression. The teacher handed out special white shirts that we could write and draw on with markers. These shirts were like a canvas for our birthday wishes, signatures, and doodles. It was a creative and interactive way to celebrate.

We also had a huge, three-layer cake that we all gathered around. As the birthday celebrants, we stood in the middle while everyone else formed a circle around us, singing

"Happy Birthday." It was such a unique and enjoyable birthday celebration, and it was a fantastic gift from my public school.

This event was not just about the gifts or the cake; it was about the quality of service and care provided by our school. It was a memorable class activity that made us feel valued and included. The shirts we received were more than just clothes; they were keepsakes filled with good memories and well-wishes from friends.

## 忘记重要事情 (Forgetting Important Events)

**串题建议：** 描述您如何忘记自己的生日，以及学校如何帮助您记住这个重要的日子。

**适配回答：** "I usually don't pay much attention to birthdays, including my own. But my school made sure I didn't forget mine by organizing a special celebration."

## 庆祝过的活动 (Celebrated Event)

**串题建议：** 详细描述学校如何为一月份生日的学生举办集体生日庆祝活动。

**适配回答：** "The most memorable event we celebrated at school was a collective birthday party for all students born in January. It was a surprise and a delight."

## 节日礼物 (Gifts for Occasions)

**串题建议：** 讲述学校为生日学生准备的特殊礼物——可以写和画的白色T恤。

**适配回答：** "For the occasion, we received white T-shirts as gifts, which we could personalize with markers. It was a creative and memorable present."

## 优质服务 (Quality Service)

**串题建议：** 强调学校提供的优质服务，如何让学生感到被重视和包容。

**适配回答：** "The quality service provided by our school was evident in the way they celebrated our birthdays, making us feel special and included."

## 别人给我的衣服 (Clothes Given by Others)

**串题建议：** 描述老师给学生的白色T恤，以及它们如何成为独特的礼物。

**适配回答：** "The white T-shirts given to us by our teacher were more than just clothes; they were a token of our shared experience and a keepsake."



## 有趣的歌曲 (Interesting Songs)

**串题建议：** 分享在生日庆祝活动中唱“生日快乐”歌的经历。

**适配回答：** "Singing 'Happy Birthday' together was one of the most interesting and enjoyable songs we've ever sung in school."

## 收到特殊蛋糕 (Receiving a Special Cake)

**串题建议：** 描述收到的三层大蛋糕，以及它如何成为庆祝活动的一部分。

**适配回答：** "The special three-layer cake we received was not just a dessert, but a centerpiece of our birthday celebration."

## 印象深刻的课程 (Impressive Lessons)

**串题建议：** 讲述这次生日庆祝活动如何成为一堂印象深刻的课，教会了你团队合作和社区精神。

**适配回答：** "This birthday celebration was an impressive lesson in teamwork and community spirit, which I still carry with me today."

## 学校规则不让带手机没收并希望改变

One particular experience that stands out involves the strict mobile phone policy at my high school in China. The school did not allow students to use phones at all, which was repeatedly emphasized during morning assemblies and class meetings. The teachers would stress how phones could negatively impact our academic performance and concentration. Despite these warnings, the enforcement wasn't particularly rigorous. I hid my phone and took it to school. It wasn't just for convenience - I needed it to figure out complex math questions, make payments. Living in a modern city without a phone seemed practically impossible.

I vividly remember our graduation ceremony - a sunny day filled with excitement and nostalgia. My phone became an invaluable tool that caught numerous precious moments with my classmates: group photos under the cherry blossoms, selfies in our classrooms, and emotional farewells with our teachers. However, my luck ran out during a routine inspection later that week. I was sitting quietly in class when my phone suddenly rang - I had forgotten to switch it to silent mode. In a panic, I quickly activated the AI assistant mode, but the familiar "ding" sound had already caught the teacher's attention. The teacher heard my phone, took it away and locked it up.

This incident prompted me to reflect on the effectiveness and relevance of this rule deeply. While I understand the school's intention to maintain a focused learning environment, the

reality is that phones have become indispensable educational tools. When I needed to solve complex physics problems or understand difficult mathematical concepts, my phone provided quick access to helpful video tutorials and step-by-step explanations. Additionally, many of our class materials and supplementary resources were shared through mobile applications. This made me think: Instead of banning phones, schools should teach us to use them wisely, both for learning and life. After all, education isn't just about books. **When we ban tools instead of teaching wisdom, we protect students from the present at the expense of their future.**

### 串题建议：

#### 1. 学校工作中的重要规则 (Important Rules at School):

- "At my high school, the prohibition of mobile phones was strictly emphasized during assemblies and meetings, though enforcement varied in practice."

#### 2. 公共场所接陌生人电话 (Answering a Call in Public):

- "During a quiet moment in class, my phone suddenly rang. Despite quickly switching to AI assistant mode, the distinctive sound gave me away."

#### 3. 弄丢贵重物品 (Losing Valuable Items):

- "My phone was confiscated by school authorities, requiring my parents to come and retrieve it, which was quite an inconvenient situation."

#### 4. 丢东西的经历 (Experience of Losing Something):

- "The temporary loss of my phone through confiscation taught me a valuable lesson about following school rules, despite disagreeing with them."

#### 5. 不喜欢并想要改变的规则 (Rule You Dislike and Want to Change):

- "The complete ban on phones seemed counterproductive, as they could be valuable educational tools when used responsibly."

#### 6. 用手机做重要的事情 (Using Phone for Important Matters):

- "My phone was essential for various academic purposes, from accessing educational resources to solving complex problems and managing daily necessities."

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## 同年玩的中国传统鲁班锁

When I was a kid, I found this really cool Chinese toy called a Luban lock on our bookshelf. It's like a puzzle box that you can take apart and put back together. **I had no idea at first**, so I just started playing with it.

While I was playing, I accidentally took it all apart and couldn't put it back together. I felt really bad. I was particularly worried because I thought I had broken it and didn't want my parents to find out. But I didn't give up - I went online and found some videos showing how to fix it.

Following the videos, I finally figured out what to do and managed to put it back together. I felt so happy! Not only did I fix the lock, but I also learned to appreciate how clever these traditional toys are. Later, I found out that taking it apart and putting it back together is actually how you're supposed to play with it! This toy taught me a lot about how things work together. It showed me how fun it is to solve problems, and it helped me understand more about traditional **Oriental Architectural Theory**. It's really amazing how these old toys can teach us so much and keep our culture alive in a fun way.

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puzzle game

## 童年玩具 (Childhood Toy)

**串题建议：**描述鲁班锁作为你童年时期的一个有趣且具有教育意义的玩具。

**适配回答：**"The Luban lock was more than just a toy; it was a childhood puzzle that sparked my interest in problem-solving and craftsmanship."

## 传统产品 (Traditional Product)

**串题建议：**强调鲁班锁作为一个传统产品，它不仅是一件玩具，也是中国传统文化的一部分。

**适配回答：**"As a traditional product, the Luban lock represents the intricate artistry and cultural heritage of China."

## 坏掉又修好的东西 (Something Broken and Fixed)

**串题建议：**讲述你如何通过网络教程修复了鲁班锁，以及这个过程给你带来的满足感。

**适配回答：**"I was able to fix the Luban lock by following online tutorials, which made me feel a great sense of accomplishment."

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