

托福口语独立题语料库

1. 交友放松

I'm a university student who needs to deal with a lot of school assignments every day, like taking classes, writing papers, preparing for this TOEFL test and so on. Usually, I feel so tired and busy, so I need to find a way to unwind. Like, last weekend, after a whole day study, I felt so tired, so I chose to.... During the process, I could totally get away from the daily grind. What's more, while doing sth, I can meet a bunch of people who share the common interests and hobbies. I mean, it's easier for us to get along with each other. Therefore, it can help me to expand my social network.

2. 大城市

Living in a big city can provide people with a lot of benefits. I am a university student who studies in Beijing, the capital city in my country. I enjoy my life here in this big and modern city, because I can receive better education, experience new things, get more job opportunities and so on. All these can lead to a better life, right? Besides, the basic infrastructure in big city is perfect, because there are some museums, hospitals, schools, libraries and so on.

3. 大学教育/商业

I am studying in a top university, which provides me with a platform to gain and enrich knowledge for my major. My major is business administration. In university, I have learned some related academic subjects, such as economics, management, e-commerce and so on. At the same time, I can do some internships in some business companies. All these can lay a solid foundation for my future career. What's more, in university, I can make friends with some talented people who can give me a lot of inspiration.

4. 节约钱

I am only a student who doesn't have regular income, so I need to save money in daily life. Otherwise, I can't make my ends meet. However, _____ may cost me a lot of money. It's a financial burden for me. What's more, I would rather save the money to do other meaningful things, such as paying for my tuition, traveling or doing some charity.

5. 环保

Protecting the environment is very important, because the world we live in is our only home. Last summer, I joined an environmental protection club named Beautiful Home. Once, we collected the recyclable rubbish in the downtown, such as plastics, cans,

bottles and so on. Then we sent them to the recycle center. I think this kind of activity can not only clean the city, but also strengthen citizen 's awareness of environmental protection.(make full use of the natural resources)

6. 成功励志

Last semester, I joined a speech contest in university. To be frank, I didn' t have any talent in public speaking, so I felt soooo nervous. I really wanted to challenge myself. Therefore, I spent a lot of time preparing for it, like searching for information, writing my speech, improving my body language and so on. No kidding, I even practiced in the washroom (laugh secretly)! In the end, I got the first prize in this competition. HURRAY!!! Since then, I became more and more confident! Amazing experience right?

7. 运动

I' m a big fan of doing sports because it' s beneficial for my physical and mental health. I'm very interested in swimming because during the process, I could stretch out my arms and legs and build muscle all over the body What' s more, it' s also a good way to relax and feel good Besides swimming is one of the most effective ways to burn calories so that I can keep a good body shape.

8. 家人朋友(沟通交流)

I' m studying in Beijing which is far away from my hometown When I feel down or when I meet some troubles in my life, I will call my parents, because they are my rock. Like last night, I was soooo upset about the upcoming TOEFL test, coz if s toooo important to me. Then I called my mom and she encouraged me that "honey, it' s ok. Take it easy. I have faith in you. You are the best." After the conversation, I felt much better.

9. 健康饮食

Having healthy diet plays a very important role in our lives, because a healthy body is the foundation of everything. However, a lot of people pay less attention to their diet, and they eat some junk food, such as French fries, hamburger, fried chicken, and so on. I think people should eat more home-made food, and eat more fruits and vegetables. After all, health is the most important thing in our life.

10. 旅游

I often travel in my spare time, because I think it's good chance for me to see the rest of the world.

when: Last summer vacation,

where: I traveled to Boston, a modern and metropolitan city in US.

who: I went there with a bunch of my friends.

what: We did a lot of interesting things, such as shopping, visiting museums, tasting sea food and so on. Sooo amazing. BTW, the public transportation there is very convenient, so you can take bus or subway to arrive at any destination you want.

why: It's a great experience for me, because my friends and I had a great fun there.

11. 学习、时间管理

I am a university student who has endless tasks to deal with, such as..... Last weekend, the management professor asked us finish an essay in 2 days. Yeah, you heard me, TWO days It almost drove me crazy I made a to-do list in order to get high efficiency in study According to the list I did a lot of things such as searching for information online reading e books, and writing the outline In the end, I finished the essay on time with high quality

12. 艺术

Learning art is very important because it can develop creative thinking, broaden the mind and feed the soul When I was in high school my favorite subject was painting class Our painting teacher often took us to the art galleries or museums to watch some art exhibitions. I learned a lot of background knowledge and skills about painting pictures, such as how to use the brush, how to structure the picture, and how to match the color. What's more, I also appreciated some masterpieces from some great artists, such as Van Gogh, Picasso and so on.

13. 节约时间

Time is very precious for students, because you need to deal with a lot of things. Especially now, I need to prepare for this TOEFL test and deal with my final exam (sigh)I really feel exhausted and stressed out. Therefore, I don't have time to...I would rather save the time to do some other meaningful things, such as doing sports, studying or sleeping.

14. 工作艰辛

You know what, being a ... is not an easy thing, because every day you need to spend a lot of time doing such as _____ and ... Take my friend Fancy as an example. She is a ... She works very hard every day in order to ... I really admire her from the bottom of my heart. Without ...'s work, we can't...

15. 兼职

I think doing part time job is a good way for us to accumulate some practical working experience. Last year, I had an internship in a local company. It was a great experience for me, coz I learned some useful knowledge and skills, such as time management, teamwork, organization, customer service and so on. All these can lay a solid foundation for my future career. Also, I can make some money by doing part-time job.

16. 动物保护

I think it's very important to protect the endangered species, because if a species goes extinct, it's lost forever. Last summer vacation, I went to a wil zoo in Sichuan. I saw a lot of lovely pandas there. Panda is a kind of endangered species, and the government should do something to protect it, such as building protected lands, planting more trees, improving breeding techniques and so on. In this way, it can provide a favorable environment for pandas to live. I really hope that my grand children or great grandchildren can still see the real, cute pandas.

17. 效率类

Getting high efficiency is very important, because it enables to you get more things done in a short time. I am a university student who has a lot of schoolwork to do, so I need to make sure getting high efficiency in study. I usually... to help myself keep my mind on study. In this way, I can be totally focused and concentrated.

18. 公共场合不礼貌

It's very important for people to enhance the public awareness. For example, we shouldn't make any loud noise in public area, because everyone deserves the right to have a quiet environment.

when: Last Friday afternoon, where: I was studying in the school library, coz the final exam was coming, who: You know what, a guy who sat next to me was talking loudly on the phone, what: He made a lot of noise, and I couldn't focus on my study. I just got distracted. It's so annoying! I think this kind of behavior is impolite and rude!

19. 课堂讨论

Group discussion is very beneficial for students because two heads are better than one. When participating in group discussion, students can work together to solve some

difficult problems. What's more, participation can add interest and engage students. Once, our business professor asked us to do a project, then my partners and I discussed it together. We could learn from each other's different perspectives, solve the problems together efficiently. In the end, we did a great job in the project!

20. 独立生活

When I was a little kid, my parents taught me some life skills to cultivate my independence. For example, like, um, when I got 6? Or 7 years old? they taught me how to do some basic housework(household tasks), such as doing laundry, washing dishes, vacuuming the floor and so on. Now, I am studying in a city which is far away from my hometown, but I can totally take care of myself and live independently. It's not a difficult thing for me to adapt to the university life. Now, I am planning to learn how to cook, coz eating home-made food is healthier and economical.

21. 榜样力量

Yi Fan is a famous actor in my country, and I admire him a lot because he sets a good example to me. Once, I watched an interview about him on TV. In the interview, he told us that at the beginning of his career, he was little-known. However, he kept trying harder and harder and never gave up. Now, he is a household star and everyone knows his name. His story motivates and inspires me all the time.

22. 人生意义

Life is short, so we should seize every opportunity to make it more interesting and meaningful. Doing sth can broaden my horizons and enrich my experience in... I can learn more new knowledge about... This is the point of life, right? What's more, doing sth enables me to have more common topics to talk with others. It's good for my interpersonal relationship.

23. 了解历史

Learning the history of the city is very important, because it enables people to get familiar with the city, and make you feel at home. After high school, I went to a new city for university study. At first, I knew nothing about this city, then I spent a lot of time learning the history of city. I often went to the history museum to watch some exhibitions about local culture and custom. Once, I watched an exhibition about local art, and it really helped me to have a better understanding of the city. What's more, learning the history of the city can let people have more common topics to talk with other citizens, so it can expand their social network.

24. 网络的好处

The Internet is one of the greatest creations, because it gives everyone with instant access to an endless supply of knowledge and entertainment. For example, using a search engine like Google, you can ask any question and find a web page with an answer to that question. When I meet some problems in study, I often find the answer online. It's very efficient and convenient. What's more, with the internet, you can communicate with anyone in the world in less than a minute. You can send an e-mail or make a visual call.

25. 亲子关系

Raising healthy, happy kids is a tough job. For parents, the most important thing is to build trust with your child, so that your child is willing to communicate with you and listen to your advice. Forcing children to make decision is not a wise thing to do. My parents respect me a lot, they often let me make decisions by myself, and let me express my own ideas and thoughts, so we have very good relationship with each other. Therefore, I want to listen to their suggestions while making choices, because I trust them.

26. 孩子、青少年不成熟

Kids and children are not mature enough, so they can't tell the right from the wrong. They naturally imitate some bad behaviors and attitudes around them. For e.g., I have a cousin whose name is Bob. He is 7 years old, and he is very violent. He often beats people, especially his peers in school. That's because he often watches some action movies on TV, and those movies contain violence and bad language. Therefore, it's very important for the government, school and parents to make concerted efforts to protect the kids from the negative influence.

27. 跟朋友争吵+解决

Last Friday afternoon, my friend Fancy and I decided to watch a movie together. We just had an argument about which movie to watch. At first, I was so frustrated and mad, then I realized that I was wrong. I was not upset about the movie, I was upset about this TOEFL test, coz it means too much to me. Then I apologized and explained to Fancy, and she forgave me. She gave me a warm hug and encouraged me. In the end, we were cool and we watched a movie happily together.

28. 图书馆+纸质书

Libraries play an essential role in providing educational resources centers for everyone in the community. At a library, every resource there is free, including books, internet

access, and educational programs. I often go to the school library, because I am a university student who needs to write a lot of research papers. I go to the library to read some reference books and journals for my papers, and use the free internet to search for related information. What's more, the atmosphere in the library is very good, I mean, it's very quiet and comfortable, so that I can be 100 percent focused on study.

Though e-books become more and more popular, a lot of people, including me, still like to read paper books. I like reading paper books simply because I like the feeling. I mean, I can smell them, feel them and touch them. During the process, I can use my pen to write down some notes on the books. I can totally focus on the reading. However, it's very easy for me to get distracted when reading e-books. Like I may browse some other websites with the electronic device.

29. 老板性格友善

Being outgoing and friendly is very important for an entrepreneur, because it enables you to have a good relationship with others. For eg, last summer, I worked in a company as an intern. My boss Fancy was very friendly and nice. Once, I screwed up a very important project, and I was so scared, because I thought Fancy would blame me. However, she didn't. Instead, she encouraged me and helped me to find out solutions to solve the problem. I guess that's the reason why her employees are all hard-working. They are willing to work for her.

30. 写论文的好处

Writing paper is a good way to learn, because during the process, students can get a lot of reliable source of information and knowledge. For eg, last time, our history professor asked us to write a paper about American history. I did a lot of study, like reading reference books and journals, surfing information online and watching some videos. All these could help me have better understanding of the topic.

31 面对面交流

Having face-to-face communication with professors is very beneficial for students, because students' problems can be solved immediately. Every time when I meet some troubles in study, I will make an appointment with my professors and talk to them directly. I can propose my questions, and they can give me the answer. What's more, having face-to-face communication can strengthen the relationship between professors and students, I mean, it can let them know more about each other.

32. 种树的好处

In my city, the government pays a great attention to protect the environment. For e.g.,

the government plants a lot of trees in the city. The trees can absorb carbon dioxide and release oxygen. This plays a very important role in purifying the air in the city. What's more, the green trees can beautify the city, so it can give citizens a sense of happiness.

33. Goodmanner的重要性

Having a good manner plays a very important role in our lives, because it enables you to have good interpersonal relationship. For example, you should always be a good listener, this is very necessary when you are socializing with others. Once, when I was having a conversation with my friend Bob, he often interrupted me while I was talking. I felt so annoyed, because I thought he showed no interest in my talk and he wasn't care about me. Since then, I just don't talk to him anymore.

34. 团队运动

Participating in team sports is very beneficial for kids. First, it can develop cooperation. Teamwork in sports promotes cooperation because all the team members need to work together to reach a common goal. For example, the offensive part of the basketball game provides great opportunities to teach kids to be unselfish as they work together to score and win. When you are selfish on the basketball court, your whole team suffers. Second, doing team sports is beneficial for kids physical health. For the same example, when kids are playing basketball, they need to run, jump, shoot and so on. All these can do good to their physical health.