

If you want to go fast, go alone, if you want to go far, go together.

单词

- make your actions **tally** with your statement
 - keep a careful **tally** of what you spend
- **solicit** an experts opinion
- chronical, chronic
- nostalgia
- there's not a **vestige** of truth in his report
- **border on** insanity 接近疯狂
- subsistence wages 仅能够维持生活的最低工资
- stand in stark contrast with
- **extol** the **spontaneity** of the masses
- a **paucity** of information
- rivers **tributary** to the Yellow River, this tributary feeds into the Yangtze River
- make a **pronounced** change in appearance
- **unravel** a puzzle, unravel a knot
- **Conceit** is the **quicksand** of success
- **subsist** mainly on vegetables and fruit
- go through a **painstaking** process
- an **invertebrate** soldier
- **unparalleled** prosperity, an unparalleled achievement
- live a **frugal** life
- **precipitate** an economic crisis
- he is in a **vegetative** state
- the **juxtaposition** of contrasting colors
- I would never **wittingly** offend him 有意的

General Tips

- 每天增加一个语法目标
- 多用副词
- A and B (A, B词性相同)结构，可以体现语言（用词）多样性
- 俚语和俗语的使用 sees the glass as half full, not half empty
- Filling word
 - I mean, you know, well, and, like (2-3 times)
- 表层次
 - First/First of all/To begin with
 - Then/Second/Also/Plus/Furthermore

- At last/Finally/Eventually
- 表补充说明
 - In addition/additionally/I also want to point out that...
- 表原因
 - Because/as/The reason why.../since/Due to
- 表结果
 - So/therefore/as a result/thus/in this way
- 表举例说明
 - For example/For instance/take ... as an example/such as
- 表解释
 - To illustrate/to demonstrate/to explain
- 表转折
 - But/however/whereas/on the other hand
- 表对比
 - On the contrary/comparatively speaking/relatively speaking

Listening

人物类

- 人物题特点
 - What Characteristics of Doctor/... should have?
- Sample
 - What characteristics do you think make someone a good parent? Explain why these characteristics are important to you.
- 任务特征、性格特点
 - Humorous/friendly/intelligent/diligent/hard-working/easy-going/patient/passionate/**perseverant**/respectable/well-informed(=knowledgeable)/helpful/optimistic/generous/knowledgeable/kind/warm-hearted/honest/responsible/considerate/polite

地点类

- 特点
 - 喜欢去city还是countryside度假
- Sample
 - If friends from another country were going to spend time in your country, what city or place would you suggest they visit? Use details and examples, explain why.
- Sample answer: Beijing
 - Capital, important: history & culture
 - Site seeing
 - Traditional food: roast duck, Beijing styled noodles
 - Convenient transportation
 - International atmosphere
 - recreation & entertainment: museum, theater, theme park...
 - People are friendly
- 常用论点
 - Quiet

- without any disturbance/focus more on...
- garden/park/bedroom/library/lounge/study room
- Beautiful
 - beautiful sceneries/sight-seeing
 - park/garden/campus/seashore/scenic spots/scenery spots
- Make new friends
 - build a solid/strengthen friendship
 - school/university/club/gym
- Do exercise
 - improve health
 - sports field/gym/fitness center/swimming pool/seashore/park
- Tasty food
 - restaurant/cafeteria/cafe/seashore
- Gain knowledge
 - Get/acquire/broaden horizon/widen view
 - Library/bookstore/museum/school/University/scenery spots
- feel relaxed
 - Get rid of tiredness
 - Garden/park/cafe/home/bedroom/swimming pool/cinema

独立题

Task 1 (人地事物)

- Type: 常见：自由选择类；三选一少见：二选一
- Topic Range:
 - Personal experience
 - Personal suggestion
 - Personal opinion
- Sample (自由选择->描述/记叙类)
 - Describe a good study habit you have that is different from other students. Explain how this habit helped you. Please include reasons and details to support your response
- 答题 (自由选择类)
 - 先总后分

Task 2

- Type: **二选一**(必定)
- T1->自由选择->建议/议论、T1->三选一、T2->二选一都是一个答题思路 (个人观点)
 - 独立题总体就两类：**个人观点**、**个人经历**(T1的描述记叙类)
- 答题思路 (三选一类)
 - 答题顺序：先总后分
 - 答题结构：
 1. 1个主题句
 2. 分论1：所选方+解释+ (案例)
 3. 【分论2：所选方+解释+ (案例) / 未选方+解释+ (案例)】

4. 【结论】

- 1. For a country's success, I think a well-rounded medical care system is the most important.
 2. And that's because if you are not healthy, you can't afford to take advantage of business opportunities. And you probably won't be able to focus on your education either. Only after you are healthy, can you go and take advantage of the other two. There are many countries around the world where there might be a good business environment. But because there is not a sufficient medical care system, it actually holds back the development of that country.
 3. So that is why I think it's the most important.
- 如何发展独立题的细节
 - 解释原因
 - 亮明结果
 - 个人经历（例子）
 - 对比反方
- S
 1. As far as I'm concerned, it's better for university freshmen to live on campus.
 2. First of all, for university first-year students, it's more convenient to live in the dormitories, since they can have meal and go to the supermarket on campus. Because they are not familiar with the situation around campus, they don't have to go far away off campus to buy groceries.
 3. Furthermore, it's much safer to live on campus. As we know, every university has its own Security Office which can guarantee the safety of the students.
 4. Therefore, I prefer the first-year university students should live on campus.
- S
 1. I prefer to work on assignments individually. There are two reasons.
 2. Firstly, I like to be in a quiet place while studying. If I study in a group, I will easily be interrupted by other group members who talk about irrelevant things.
 3. The second reason is that I'd like to think independently. Studying individually gives me enough time to develop my own ideas. When studying in a group, I'm afraid I will be distracted by other's opinions and thoughts. Like last week, I worked in a group to solve math problems. It turned out that many problems were solved by others not by myself. I felt very unhappy about it.
- 1. Personally speaking, going to a new place is more memorable and feels longer than, for example, a seventh straight visit to the Great Wall.
 2. Traveling to a new place makes me feel like a kid again. I like the feeling of being excited and curious before I make my trip to somewhere new. Nowadays, people's jobs come with relatively less vacation time than before, and they should think about avoiding repeating visits to places they've already enjoyed.
 3. Furthermore, I deeply believe that new experiences increase resourcefulness. I have noticed that people who tend to travel to new places feel more ready to embrace change and have a natural ability to overcome problems that others would have difficulties with.
- S
 1. Personally, I prefer living in a historic house.
 2. One of the great reasons why I would choose to live there is the gorgeous design and other details that unique and different about an old historic house, like deliberately designed wooden doors and tea-colored glass windows.
 3. Also living in a historic house will provide me a richer understanding of history. It offers a taste about the past of the local area, and it could turn you even into a historian.

Whether you are really good at history or not, the cool historic house will help you get interested in history.

- S

1. I don't think people need the so-called talent to be an artist.
2. I deeply believe that everyone has a potential to be an artist if they choose to be one. I'm sure we've heard enough stories about such and such artist who was not considered to be talented at the time, but became very successful in his or her own style of art.
3. In my opinion, art has elements of SKILL. If you never learn those basic skills and steps, then of course you will have limited skill! So, people who want to become an accomplished artist should pay a lot of effort to gain the necessary skills in their fields. It is to say that hardwork is far more important than being talented as an artist.

- (Task 1, 记叙文--不考?)

1. The thing I'd like to talk about today is that I never would've imagined traveling alone to a foreign country.
2. Last year, I traveled to Thailand all by myself. I only planned the trip for about ten days, and the next thing that happened was me physically being in Thailand. I was like a free bird sight-seeing every day, eating tasty food, and meeting new friends.
3. In the past, I would never have imagined traveling abroad alone. It sounded uncertain and scary. I often questioned myself that what if I was lost in a foreign country and what would happen if I couldn't communicate with local people. But my last year experience conquered my fear, and now I am very proud of myself.

- S

1. Personally, I think parents should supervise what their children watch on TV. The reasons are as follow:
2. Firstly, TV is always flooded with lots of criminal and violent scenes, which are especially bad for children. Parents should prevent them from watching those scenes because they might try to imitate the actions and put them into use.
3. Secondly, parents should also limit the amount of time children watch TV. If children can choose to watch anything they want, they might end up being addicted to certain TV shows and eventually having poor eyesight. Also, people call those who are overindulgent in watching TV couch potatoes simply because if one spends too much time watching TV shows, he might become obese.

- S

1. I think learning in traditional classrooms is better.
2. First of all, I think there are more personal interactions in traditional classrooms than in online courses. Students can have in-person discussions while they can see each other. Possibly, people can become friends in class, whereas in the online courses, students don't know each other, and they miss a chance of making friends.
3. Also, in a traditional classroom, if a student doesn't understand a concept or an idea, they can raise their hand to ask the teacher directly. While in an online course, there is no chance for students to throw out questions immediately. Students in traditional classrooms not only learn the academic knowledge but also learn basic interpersonal interactions.

- S

1. For me, wearing so-called fashionable clothes is not as important, and people shouldn't care much how other people view them based on what they wear.
2. I think true fashion is about what looks best on you and makes you feel best. It isn't a brand or a certain style that makes you good-looking. I feel like people should find their

- own style that they like. People often forget that they are beautiful by being themselves and expressing their inner self!
3. Furthermore, people who dress up fashionably often spend a tremendous amount of time in researching and catching up on the latest trends. In my opinion, that might make people more and more anxious about their appearance and also waste too much time.
- S
 1. I think environmental protection is definitely as important as economic development, if not, more important than the latter one.
 2. We have already wasted and destroyed big amount of natural resources. We must preserve the earth for our children and grandchildren. In any case, poverty and environmental damage are often linked. For example, polluted water can lead to crop failures.
 3. Another reason is that nature plays a key role in human's both physical and mental health. Simply, a beautiful and well-protected environment just makes people and their life happier and more enjoyable. Unfortunately our planet is in danger. Many species of animals and plants are almost extinct.

Integrated

Task 3

- 题目
 1. read one passage: 75~100 words, 45/50s
 2. listen to one dialogue: 2 people (a male student & a female student), 60~80s
 - 一个人重点，根据passage针对找观点和理由
 3. preparation: 30s
 4. response: 60s
- Template (模板)
 - The university/student in the reading is planning to + 1句，阅读中的主题. In the dialogue, the man/woman agrees/disagrees with the plan in the reading passage.
 - First of all, he/she thinks that 3-4句话（第一个原因）.
 - (剩20秒) Second, he/she continues saying that 4句话左右（第二个原因）
 - Therefore / in a word / all in all, the man/woman doesn't agree / agrees on ...(阅读中的内容)
- S
 - The Computer Department plans to add evening computer classes because daytime computer classes have become overcrowded. But the man in the conversation thinks it's a bad proposal.
 - First of all, the man says that most of the students have already got their own plans in the evenings. They have jobs, family, clubs and social events, so they won't have time to attend the evening classes.
 - The man also says that it's actually going to cost more to open evening classes than to simply buy more computers, since to open new classes needs to hire new teachers and keep the building open late. However, computer is not expensive now. Plus, the computer classrooms are big enough to hold more computers.
- S

- The student in the reading suggests that the school should change their bike borrowing program. In the dialogue, the man disagrees with the plan in the reading passage.
- First, he thinks that students often need to borrow the bikes for a long time, sometimes even a whole day. He takes himself and his friends for example. They often go to a park off campus by riding their bikes on weekends. They'd prefer renting those bikes throughout the entire day. Obviously, it's unrealistic for students to return their bicycles after borrowing them for only four hours.
- Secondly, he continues saying that it's very inconvenient for students to hand over their student ID cards when borrowing the bikes, simply because they need to use their ID cards to enter many building, such as the dining hall and the library. So, he thinks that requiring students to use ID card to borrow bicycles is not as good as asking them to leave a cash deposit.
- Therefore, the man doesn't agree on the proposal mentioned in the reading passage.

Task 4

- 题目

1. read one passage: 75~100 words, 45/50s (学术名词, 介绍一个概念)
2. listen to one lecture: 1 professor, 60~80s (1+1 : 一个学术概念+一个具体案例(长))
3. preparation: 30s (解释示例如何阐明是这个概念的)
4. response: 60s

- Template (模板)

- In the lecture, the professor gives one example to illustrate (阅读中的题目/题干) . **or** 【—— means ——】 (学术名词定义, 高分说定义)
- (剩45s) —— . Then, ——
- (剩20s) However/But, —— 转折点
- (剩10s) After all/ In the end/ Finally/ So, —— 结论

- 笔记

- 时间+事件

- 例子Procedural Memory

- Procedural memory is a specific memory of how to learn a new task. After practicing something many times, people will never forget how to do it, and it becomes a sort of permanent memory.
- In the listening portion, the professor says that he used to play guitar when he was very young. His teacher taught him how to place his fingers and how to hold a guitar. After he learned it, he played every day at home for many hours. But then he went to college, and he didn't play it for a long time. One day after college, he picked up the guitar and he tried playing it again. Surprisingly he still knew how to play guitar in a perfect way. Although he couldn't explain how or why he could play it, he still can play his favorite songs.
- And this shows how procedural memory forms.

- 例子Groupthinking

- The professor in the lecture uses his personal experience in a computer company to illustrate groupthink.
- Once he and his co-worker suggested to give their computer a design make-over to look cooler in order to attract new customers. At first, the majority supported their suggestion. But there were a few senior managers who didn't support. Then some supporters changed their mind, so did the professor's co-worker, because they didn't want to make a bad impression on senior managers. Then afterwards, the professor himself thought he was the one delaying the decision. Then, he voted against himself. So they all agreed not to have this design change.

- At last, the company lost profit because its competitors came up with good-looking computers and won more customers. This shows how bad decision is made by groupthink.
- 例子 Heart Valve Replacement
 - In this lecture, the professor talks about two different kinds of heart valves.
 - One type of heart valves is called the porcine valve. It's made from a pig, because pig valves are natural and easy to be adapted by the human body. After surgery, patients need little treatment. However, this kind of valve doesn't last more than a decade. This makes it an ideal choice for elderly patients.
 - The other heart valve option is an artificial one, which is made of plastic and metal. These valves can last much longer than pig valves. Unfortunately, they can also cause blood clots. For this reason, patients have to take medication continuously after the surgery. Because the medication is hard for the body to handle, artificial heart valves are more suitable for younger patients.
 - In summary, artificial heart valves are more suitable for younger patients while pig valves are preferable for older ones.

Task 5

- s
- Template
 1. The woman/man expresses her/his problem that ----(Problem)
 2. Firstly, the man/woman suggests she/he should --- (Solution 1)
 3. The second suggestion is --- (Solution 2)
 4. (剩25s) Personally, I think the 1st/2st suggestion is better, because -- (Reason 1). / Furthermore, (Reason 2). / Also, (自己解释)

Task 6

- 题型
 - listen to one lecture: 1 professor, 90-120s
 - preparation: 20s
 - response: 60s
- Template
 - ---主论点 (There are two aspects/disadvantages/methods/ways of...)
 - First, ---1st分论. For example, ---1st案例
 - (剩25s) Second, ---2nd分论. For instance, ---2nd案例
- s
 - There are two disadvantages for animals who live in groups.
 - The first one is that they are more visible to predators. Take sardines for an example. Sardines swim in groups, and whales eat them. However, sardines do not swim individually. Therefore, when they swim in groups, it's more easily for whales to spot them.
 - The second example is about bats. It shows that it's hard for moms to care for youngs. Bats live in caves, and moms will go out to find food. But after they come back with food, it's usually difficult for moms to identify their own children. As a result, they sometimes probably end up giving their own food to other bats' children. And then their own children will be starving and will not be fed.
- s

- In the lecture the professor describes how scientists learn about baby's mathematical abilities.
- Researchers did an experiment to test baby's ability to add that baby knows one plus one equals two. They first put a doll in front of a baby and lowered the screen to hide the doll. So the baby knows it's there. Then they clearly put another doll behind the screen so there should be two dolls. But researchers secretly took one away and when they lift the screen up, the baby was surprised because it expected to see two dolls but there was only one. We know when a baby is surprised, it stares at the thing that makes it feel surprised. The researchers recorded the baby's eye-movement with a camera and found that the baby stared. So the baby has the ability to add. It knows one doll plus one doll equals two dolls.
- S
 - The professor talks about two kinds of persuasive strategies in advertising.
 - The first strategy is repetition. When a slogan is repeated enough times, we tend to believe what the slogan says. The example is a car commercial. A guy is driving around and keeps stopping to pick up different people, each time a narrator says "Plenty of rooms for friends", "Plenty of room for family" and so on. If we hear the slogan so many times, we tend to believe the car is spacious even if it's not.
 - The second strategy is using celebrities. We believe celebrities are trustworthy. For example, in a car commercial, if a famous race-car driver is shown in a car and says "I like my car fast", people will believe the car is fast even if it's actually not a very fast car.
- S
 - In the lecture, the professor says in order for art to express meaning or emotion, artists need to combine various visual elements such as color and texture.
 - Different colors can evoke different mood. Red is a strong color so it evokes strong emotions such as extreme joy, excitement and anger, whereas blue is a cool color so it evokes calming effect.
 - As for texture, a rough texture can evoke strong emotions and strength, while a smooth texture is more calming and less emotional. Artists need to combine these elements to express meaning or convey message. For example, if a painting uses strong colors such as red and orange and uses brush strokes to give a rough texture, it will convey a wilder and more chaotic emotion in a viewer than a painting with soft colors and smooth texture.
- S
 - In the lecture, the professor talks about two types of motivation: extrinsic motivation and intrinsic motivation. Extrinsic motivation is external.
 - A person with extrinsic motivation performs a behavior in order to get an external reward. For example, a child who does some housework doesn't really enjoy doing housework. She just wants to obtain some money. If her parents stop giving her money, she might stop doing the housework.
 - However, people with intrinsic motivation do something out of pure pleasure. They do something because they enjoy doing it or they get a sense of accomplishment from it. For example, the professor goes to the gym several times a week. She is not going there for marathon training or anything. She goes there because after some exercise she feels good about herself.

独立题八大万能理由

1. 学生有压力

- Because: Under great pressure, exhausted, feel stressful

- So: relax, feel comfortable, be in a good mood, refreshed and when they go back to study, they can be more efficient, release or reduce the pressure
- 2. 有利于健康
 - Mental health
 - Physical health: rich, oily
 - Keep fit
 - get rid of disease and illness
- 3. 学生应该交朋友
 - They should make more friends
 - Have similar interests
 - Have fun / hang out together
 - Help each other
- 4. 学习不同的文化
 - Learn different cultures
 - food culture
 - broaden horizon
 - know more about the outside world
 - different perspective and views of the world
 - Exchanging ideas and share opinions
- 5. 安全
 - Safety always comes first
 - Security guards
- 6. 学生永远穷
 - Take a part-time job
 - take part in an internship, a job related my major
 - Pay for the expensive tuition
 - pay for the rent of the apartment
 - learn to be financially independent
- 7. 保护隐私
 - Do not want others to hear private things
 - Inner feelings
 - Don't want others to disturb the peace of my life
 - Private room
 - have more privacy
 - People should respect each other's privacy
- 8. 兴趣爱好
 - In line with my own interest
 - Enjoy life
 - do something I really like
 - boring and tedious
 - Would be difficult to do a good job without interest and motivation
 - The source of enthusiasm and passion
 - good mood and higher efficiency

Bobo黄金表达句型

- 1. 表听
 - hear/hear of
 - Mary has not heard of him

- I have heard of nothing about it
- I've heard (that) he wants to quit the performance
- No one has heard of this strange person
- sound/sound like
 - This sounds **convincing**
 - This sounds like a good idea
 - This sounds like an old person's voice
 - It sounds ridiculous (absurd)

2. 表看/注意到

- look/look like
 - It looks like a turtle
 - This plate looks like a perfect circle
 - This rock looks like an egg
 - You don't look well
- notice
 - I noticed it's new car
 - No one has noticed that information
 - It's too late when people noticed it.
 - People has not noticed that until it was too late.
 - I noticed that he was not happy

3. 表存在：有

- There be + n. + in + places
 - There are lots of flowers in this park
 - There are many opportunities in every one's life
 - There are a lot of books in the library
 - There are plenty of places of interests in China
- There be + n. + doing sth.
 - There are many students taking the school bus
 - There are many studying in the library
 - There are a group of people singing on the stage
 - There are many paintings displaying on the exhibition

4. 表性质：It is

- It is + adj. + for sb. + to + do sth.
 - It is hard for me to deal with problem
 - It is necessary for people to relieve the pressure
 - It is important for us to remember the past
 - It is fascinating for me to experience that
- It is + adj. + that + ...
 - It i nice that we can finally get time to hang out together
 - It is exciting that I won a chance to travel to Paris
 - It is awful that we didn't even win once.
 - It's obvious that parents have a great impact on their children

5. 表想

- think
 - I think this is a balanced solution
 - He thinks this is a challenge
 - People think that TV cannot bring any benefit to children

- I think your choice is a mistake
- think of
 - I couldn't think of the name of that man anyhow
 - I cannot think of a proper word to describe his new hair style
 - I can't think anyone who can help me
 - He'll never think of hurting you emotionally

6. 表感激

- Appreciate
 - I appreciate that you attended my graduation ceremony.
 - I appreciate you coming to my concert
 - I appreciate your help
 - I appreciate you always being generous to the poor
- feel grateful for/to...
 - We should always feel grateful for/to our parents
 - Students should feel grateful for/to responsible teachers
 - I am very grateful for your gift
 - People should feel grateful for every day's sunshine

7. 表不满

- be unhappy with
 - He is unhappy with the new policy.
 - The boss is very unhappy with this employee
 - He was very unhappy with the service in the restaurant
 - We were unhappy with how the doctor treated us
- be dissatisfied with
 - She's very dissatisfied with the result
 - I'm completely dissatisfied with your work
 - The boss was very dissatisfied with his slow progress on his assignment
 - He never showed his **dissatisfaction** with this plan

8. 表肯定

- Everybody knows that... / It is known to all that
 - It is known to all that it is our responsibility and obligation to protect the endangered animals
 - Everybody knows that reading is not the only approach to gain knowledge
 - It is known to all that knowledge to people is as important as wind to sailors.
 - Everybody knows that it'll end up in vain
- There is doubt that I want to pass the exam
 - There is doubt that I want to pass the exam
 - There is no doubt that my mom is the person I admire most
 - There is no doubt that I love playing playing Ping Pong
 - There is no doubt that Ping Pong is the most popular sport in China

9. 表否定

- hardly / never
 - I never drink milk
 - I never hand in my assignment after the due date
 - You hardly will find any mistake in my homework
 - I'll never forget the person who helped me in my difficult period
- little/few
 - There are very few mistakes in my presentation, and my professor is satisfied

- There is little milk left
- There are few people in the classroom
- I can remember very few words

10. 表期待

- can't wait to + do something
 - I can't wait to express my love
 - I can't wait to swallow the food
 - I can't wait to jump into the bathtub
 - I couldn't wait to put on my scarf
- be looking forward to + doing ...
 - I am looking forward to meeting you
 - I am looking forward to passing the TOEFL exam
 - Jerry was looking forward to making fun of Tom
 - He looks forward to getting recognized by the committee

11. 表比较/表最高

- The more..., the more...
 - The smarter people are, the harder they live.
 - The nicer a woman is, the more beautiful she is.
 - The later you eat at night, the more likely you are to be fat.
 - The simpler a person is, the happier he will be.
- the most + adj. + n. + (that) + 主语 + have ever + seen/known/heard/had/read
 - The most beautiful flower I have ever seen is the Sun Flower.
 - The most amazing animal I've ever seen is the Polar Bear.
 - The tastiest dish I've ever eaten is tomato omelet.
 - The most difficult subject I've ever learned is calculus.

12. 表无与伦比

- Nothing is + more ... than V-ing
 - Nothing is bitter than losing the love of your life.
 - Nothing will make people more happier than finding the love of your life.
 - Nothing will make me feel more comfortable than eating ice-cream in the summer.
 - Nothing is more torturing than staying up late and getting up early the next morning.

13. 表建议

- Suggest/recommend (that) sb. (should) do sth
 - I suggest he apply to go to college.
 - I suggest he use this money to travel around the world.
 - I recommend he try working at different jobs to gain practical experience.
 - Her professor suggests she postpone the lecture date.

14. 表通过

- By/through + doing something
 - He got to know some related information by talking with Adam.
 - I got to know the school's plan by reading this announcement.
 - He keeps in touch with the professor through email.
 - Lisa could learn Spanish by finding a tutor.

15. 表程度

- kind of / sort of

- Wearing T-shirts and shorts in winter is kind/sort of unimaginable.
- She looks kind of like my middle school English teacher.
- After facing the increasingly competitive environment of the city, I kind of miss my childhood years I spent in suburb.
- Our travel was kind of rushed that I forgot to buy a souvenir.
- Pretty / quite (还, 挺 -- 80%)
 - It sounds pretty/quite hard for a freshman to take more than ten course in one semester.
 - It's quite difficult to give up the dream you have had for many years.
 - For a 12 year-old child, it's quite a big challenge to live alone abroad.
 - Ultraviolet radiation has a very serious threat to our skin.
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B站7-hour

Task 1 (5个题型)

- Experience, Choice, Advice, and Opinion
 1. State your point
 - In my opinion, whenever I think of...
 - I think...
 2. Optional Transition
 - Let me elaborate my reasons
 - Let me tell you why
 3. point 1
 - First of all...
 - An elaboration
 4. point 2
 - Second...
 - A personal example
- Advantage / Disadvantage
 1. Intro
 - There are certainly both advantages and disadvantages of...
 2. Optional Transition
 - Every coin has two sides, let me explain the two sides of...
 3. Advantage
 - First of all, one major advantage of xxx is... + Elaboration(1-3 sentences)
 4. Disadvantage
 - Meanwhile, one obvious disadvantage of xxx is + Elaboration
 5. Optional opinion
 - In general, I would like to...

Task 2

- Preference, Agree / Disagree
 1. State your point

- In my opinion...
- I personally prefer...
- I agree/disagree with the idea that...

2. Optional Transition

- Let me elaborate my reasons;
- I have this preference for two reasons

3. point 1

- First... + To be more specific + An elaboration (not an example)

4. point 2

- Second... + A personal example

- Advantage / Disadvantage