1. 立场（1句）每题准备两点（3-4句话）
2. 优先选择有亲身经历的；1点套模板+1点根据题目讲

环保

2018-12-08

Nowadays people are encouraged to use their own reusable bags when go shopping to reduce waste, and people who do not bring their own bags will be charged for some fees, talk advantages and disadvantages of this policy.

2016-07-10

Which do you think is the most helpful to preserve the environment?  
1. The government issues regulations;  
2. Environmental protection organizations organize activities；  
3. Individual efforts.

Please include reasons and details in your explanation.

2016-01-24

Which of the following volunteer activities do you feel the most interested in doing?  
1. Cleaning the city park;  
2. Building more bicycle trails;  
3. Planting trees?  
Please give specific reasons and details to support your idea.

2018-03-10

The government wants to build a factory in the city. It can increase the employment rate, but it will pollute the city. Do you agree or disagree?

2017-06-10

Your degree requires you to take one course, which one would you choose?

1. Energy and environment
2. Health and nutrition
3. Solar system

2017-09-09

If universities are given financial support to develop researches, which one do you think would receive more benefits.

1. To predict weather more accurately.
2. To clean rivers and ocean.
3. to deal with out space.

2017-08-26

Some students enjoy decorating their surroundings; others choose to keep their surroundings simple and free of any decorations. Which do you prefer and why?

2018-05-06

You are required to be a volunteer in a school beatification day, which of the following would you like to choose?

1. planting in campus flowers garden
2. picking up garbage and collect the recyclable material
3. paint natural and outside arts

文化

2020-07-11

Some people prefer to go visiting new places when they go traveling. Others prefer to visit places they are familiar with. Which one do you think is better? Use specific examples and details to explain why.

2020-07-25

Do you agree or disagree with the following statement? To truly know about a country, it is necessary to learn a major language of this country? Use specific reasons and examples to support your position.

2019-10-12

Some people spend their vacation visiting just one place. Others prefer to spend their vacation visiting several different places and spending a short amount of time in each. Which do you prefer and why?

社交

2020-10-10

Do you agree or disagree with the following statement: A boss or manager should form a close relationship with their employees?

2018-01-06

Which of the following one do you think is the best way to motivate employees in the company to do better?

--extra money as a reward

--organize a kind of contest to select who is the best one

--to praise staff on the website

2020-08-22

Some companies have recently started to give their employees more time to socialize or do activities that have nothing to do with their work during the workday. The theory is that this will increase productivity . Do you agree or disagree?

2016-06-04

personal space, social etiquette/bonding

Some managers like to closely watch their employees, while others prefer to give their employees more freedom. Which do you think is more effective?

The second approach should be more effective. revenue bottom line.

2020-09-09

State whether you agree or disagree with the following statement. Then explain your reasons, using specific details in your explanation. People are more likely to enjoy themselves at concerts or films if they go with a group of friends.

2019-09-22

Some people prefer to stay in touch with their friends and family members when traveling. Others prefer not to get in touch and stay alone. Which do you prefer and why?

2017-02-25

Your friend will move to a school and worried about making new friends there. What kinda of advice will you give him to help him make new friends in the new school?

2017-11-04

Children would behave negatively before they learn how to behave appropriately. Which of the following behavior would you consider to be the most negative behavior of child and why?

1. Being selfish
2. Being impolite
3. Being loud

地点：

2017-1-14

Someone choose to work in a small company or organization with a few workers. Others prefer to work in a large company or organization with thousands of employees. Which do you think is better?

科技：

2016-07-02

What are the disadvantages of shopping on the internet?

In contrast,

2017-02-25

Many people prefer to read books in electronic format on a computer screen or other devices. Some other people prefer to read books on paper printed copies. Which way do you prefer? Why?

2017-09-16

Some people think with the development of technology and internet, libraries will disappear while others think libraries are always necessary. Which one do you agree, and please give specific details to support your opinion.

2017-12-09

Some people like to use smartphone or other device to guide their road while traveling, some prefer to ask around, which do you like to do? features, directives, as long as, without

2018-07-01

If a children museum is going to have an exhibition. Which of the following them will be most attractive to children?

1. robot technology
2. deep sea marine
3. solar system

体育：

2017-08-27

Your university has acquired a piece of land next to the campus. There have been three options for the use of the land. Which do you prefer? Why?

1. the athletic facilities and stadiums.
2. a park with nature trails
3. centers for students and hotel for campus guests

2017-11-11

Your local community center wants to add some new workshops or programs for children, which of the following do you think would be most beneficial for children development?

1. Art craft workshop
2. Technology workshop
3. Athletic programs

2018-01-06

What do you think can improve your local community and make it a better place to live?

创造力：

2018-05-06

Which of the following characteristics do you think would be the most important for a person who is going to start a new small business?

1. being outgoing and friendly
2. being creative and imaginative
3. being well organized

2017-09-23

Which of the following creative activities do you feel like to get involved in?

1. Pottery making
2. Writing
3. Art creation

2016-12-03

Which of the following courses would you like to take the most?

1. mathematics
2. science
3. painting

2017-04-15

Which of the following areas do you most like to read?

1. Politics
2. Sports
3. Arts and films

2017-07-08

Among the following jobs, which do you think is most interesting one and why?

1. airplane pilot
2. actor
3. detective

2017-08-26

Some students enjoy decorating their surroundings; others choose to keep their surroundings simple and free of any decorations. Which do you prefer and why?

**第一组 Being Open Minded**

**思路简介**

Being Open Minded可套用的题目非常广泛，这类话题的破题思路可涉及旅行或国外

的生活和学习经历，这些经历既开拓了视野、丰富了阅历又可以愉悦身心。我们在回答这

类口语题时，可以从异地旅行如何丰富个人经历，对自己有什么好处来考虑，具体细节请

参考下面的例题分析。

**例题**

Your friend has been offered a job that's far away from his hometown. Do you think he should take it or not? Give specific reasons and details to support your response. ( 2013.05.26北美)

题目

你的朋友得到了一份工作，但这份工作离家很远，你认为他应该去吗?

**万能思路**

应该去，因为离家远意味着当地的风土人情与家乡环境不同，在这样的地方

工作可以开阔视野、丰富阅历、娱乐、放松。

**语言表达**

1. open up mind开阔视野

· people and cultures 接触到不同的人和文化

· embrace differences e.g. values, beliefs, ideas, and lifestyles体验差异(比如价值观、信念、思想以及生活方式)

· become tolerant 变得更包容

· find a kind of life → feel comfortable with过上让自己感到舒适、自在的生活

2. enrich experience丰富经历

· see and contact with something different and new←one's own society经历新奇的事

· share what (I) have gone through with others与他人分享个人经历

· become outgoing and sociable变得外向、合群的

· make more friends交到更多朋友

**参考答案**

Personally speaking, I will suggest my friend take the job, because working far away

his hometown means visiting different places, which will be beneficial to him for the following

reasons.

First, living far away from his hometown can help open up his mind because he will have

chance to get in touch with different people and cultures, and therefore, to embrace many differences such as different values, beliefs, ideas, and lifestyles. This experience can not only

make him become tolerant to difference, but also allow him to discover and live a life he feels

comfortable with.

Also, visiting different places can enrich his experience, because he will see and contact

with something new and different from his own society, making him share what he has gone through with others. Such experience will allow him to become outgoing and sociable and enable him to make more friends.

**第二组Sports Activities**

**思路简介**

和体育相关的话题也是高频考题。ETS对此类题目的出题思路层出不穷，如当间及擅

长的skill时可联想到羽毛球、篮球、游泳;当间及经常去的place时，可回答体育馆、健

身房;当问及个人偏好时，可以套用与体育运动等相关的答题思路，而问及喜欢的课程时，

你可以说体育课。下面来看看有关sports的万能思路如何应对各种托福考前机经以及考试

题目。

**例题**

During the holiday, do you like outside activities or indoor reading? ( 2013.08.24北美)

题目

目假期喜欢呆在家 里还是去户外活动?

万能思路

选择户外活动，可以去户外做运动，然后就转为论述运动的重要性，引用下

面的万能思路。

**语言表达**

Sports activities体育运动

· important 运动很重要

· keep healthy and fit让身体保持健康、健美

· unlikely to get ill or be affected by diseases 不容易得病

· concentrate on study for a long period of time可长时间专心工作

· improve efficiency提高效率

· however, long time study is harmful to physical health但长时间工作对身体有害

· sports help stretch our arms and legs体育运动可以帮助伸展四肢

· boost energy and refresh mind保持活力、提神

· focus better afterword更专注地工作

· build camaraderie.

· create a sense of belonging

**参考答案**

Personally speaking, I think it's a good idea to do some outside activities during the holiday

because sport is really important to me.

First, exercising is important for keeping me healthy and fit. So I will be unlikely to get ill or be affected by disease, but concentrate on my study for a long period of time. As a result, my work efficiency will be improved.

However, long time work can be harmful to my physical health. Instead of reading in the room, I prefer doing some sports activity to stretch my arms and legs, boost my energy, and refresh my mind. After coming back, I will be able to focus better.

**第三组Study Independently**

**思路简介**

“是否喜欢独自学习、工作或自己生活”，这类问及个人学习、工作或生活的话题是

ETS:最喜欢出的问题，且在每年的很多场考试中变着花样地出现，但不管提问角度如何变化，

答案都只有一个，记住了它，在面对此类问题时你就能轻松应对。

**例题**

Describe how your study habits different from others you know. ( 2014.01.12大陆)

题目

描述一下你的学习习惯有哪些和别人不一样的地方。(此题曾重复出现的考试

日期还有: 2013.10.12大陆Task 1 )

**万能思路**

喜欢一个人在安静 的环境中学习，因为这样可以不被外界干扰，专注于学习，提高学习效率。另外，自己学习还可以省去很多与他人讨论说话的时间，更加容易集中精力。解题的关键在于第一段如何切入万能理由， 请大家参考:

**语言表达**

1. working alone→quiet安静

· concentrate on studies or work集中精力

· work hard without being disturbed by others 认真工作，不被干扰

· focus well更加专注

· get more work done完成更多的工作

· ↑work efficiency提高工作效率

2. working with others distracting 和别人起学习太分心

· others→make noise人多会嘈杂

e.g. play games, talk to each other, eat some snacks

有可能一起玩游戏、聊天、吃东西

. be constantly disturbed by the noise经常被噪音打断

x concentrate无法专心

· work alone ) better 独自工作会更好

其实答题思路很简单，下面我们来看看上述思路如何出口成章。

参考答案

Personally speaking, I prefer to study in a quiet place such as a library or a study room to

have better learning efficacy, because there is no noise or distraction.

First, working alone is quiet so I will be able to concentrate on my studies and work hard

without being disturbed by others. Since I can focus well, I will get more things done in a short time, and my work efficiency will be improved.

However, working with friends or classmates in a group can be very distracting, because others might make noise when playing games, talking to each other, or eating some snacks. So I will be constantly disturbed by the noise and cannot concentrate on my studies. Working alone is better.

**第四组Environment Issues**

**思路简介**

环境问题是近年来托福独立口语的热门话题。可直接联想到的环保措施有:少开车，多种树;汽车尾气的减少可改善空气质量，而树木可以吸收二氧化碳，净化空气。请看下面的万能思路。

**例题**

Describe several ways to reduce air pollution.( 2012.05.26北美)

题目

请描述几种减少空气污染的方式。

**万能思路**

减少空气污染， 可以多植树，少使用汽车。

**语言表达**

1. planting trees多种树

· absorb carbon dioxide from car emission / waste gases

吸收尾气中的二氧化碳和工业废气

· create sufficient oxygen制造充足的氧气

· remove harmful chemicals from the soil减少土壤中有害的化学物质

benefit our environment有益于我们的环境

2. less time to drive少开车

· raise environmental awareness唤起环保意识

· tell people→travel →subway, bus, carpool, walk or bike e.g. short distances

呼吁人们坐地铁、公交、拼车，如果距离近可以走路、骑车

· if people-→↓time -→car, air pollution↓

如果人们少开车，空气污染就会减少

· environment↑环境就会变好

参考答案

As far as I am concerned, there are many ways of reducing air pollution, such as planting trees and asking people to use their cars less.

First, planting trees can not only help absorb carbon dioxide from car emission or waste gases, but can also create sufficient oxygen and remove harmful chemicals from the soil, which will benefit our environment.

Secondly, we should also raise people' s environmental awareness by telling them to travel by public transportation such as subways, buses, or carpooling with other people. For short distances, they can walk or ride their bikes. If people use cars less, air pollution will be great reduced, and the environment will become better and better.

**第五组Technology - Online Study**

**思路简介**

现代科技的革新如何改善人们的生活是独立口语必不可少的话题。联系到自身时，这

类话题的展开思路可以涉及互联网如何影响我们的学习，使学习变得方便而高效。基于这

一思路， 我们可以运用下面的万能思路，从容应对各种有关互联网或技术革新的独立口语

问题。

**例题**

Which technology has made the greatest impact on people's life in your country: airplanes,

computers or televisions? Use specific reasons and examples to support your response.

( 2011.03.13大陆)

题目

在你的国家，哪项科技的影响最深远，飞机、电脑还是电视?

**万能思路**

如果选择 电脑，就可以讲在线学习，而线上学习方便、高效，可套用下面的

万能答题思路。

**语言表达**

1. convenient方便

· online study→x fixed location在线学习→无固定地点

· x travel→school or library→study不必去学校或图书馆

· study anywhere and anytime e.g. cafe时间、地点任你挑，如咖啡馆

· make own schedule安排自己的时间

· study→easy and comfortable学习变得从容而舒适

2. efficient高效

browse online→an effective way to search for information

上网是一种高效搜索信息的方式

· plenty information→available online充足的信息一上网可得

· find info & be responded→few minutes几分钟内便可以找到信息、获得解答

· x make appointments or wait until office hour不需要提前预约或等待

· time saved→more work done所以能节约时间一提高效率

**参考答案**

Personally speaking, as a student, I'd love to choose the computer, because it has

great impact on my studies. And I have the following reasons.

First, online study is convenient. Since it doesn't require a fixed location, students don

need to travel to schools or libraries to study. So they can study anywhere and anytime the

want, like the cafe and also make their own schedule. Learning in this way is easy an comfortable.

Also, browsing online is an effective way to search for information. Since there is plenty 0

information available on the Internet, students can find the resources they need and thus be

responded in a few minutes. Therefore, they don't need to make appointments or wait until office hours to meet their teachers. And the time saved can enable them to get more work done.

**第六组Historical Relics I Museum**

**思路简介**

历史古迹在独立口语话题中曾以各种形式出现，如“你最喜欢去的地方是哪?”“外国

友人来访，你要带他去哪参观?”“政府是否应该保留文物古迹?”等。掌握以历史古迹、

博物馆等思路展开的万能理由，可帮你解决类似的口语、甚至是写作题目。

**例题**

Some cities protect old buildings, while other cities build new buildings instead. Which

approach to city planning do you most agree with, and why?(2007.01.13北美)

**万能思路**

保护旧建筑包括保护历史文物，而阻止现代城市的发展对文物古迹的破坏是本题的观点，进而说明保护旧建筑对于保护国家的历史文化遗产的重要意义，这就能引出针对类似题目的万能思路。

**语言表达**

1.体现国家的历史和文化

· when visiting a new place→x know local people & culture初来乍到，不了解当地居民和文化

· historical relics →provide knowledge历史文物提供很多知识

· e.g local people live, what their tradition, lifestyles or food

比如当地居民的生活习俗和饮食习惯

2.展出艺术作品

· see unique masterpieces亲眼看到艺术作品

· feel artists' emotion→x through TV & Internet

感受到作者的情感，电视和电脑都做不到这点

· a bridge between people & a place人与地域的桥梁

**参考答案**

I think protecting old buildings will be more significant. And here are my reasons.

First, old buildings remind people about the past history and culture of their own country [引入万能思路]Also, when tourists come to the city, they want to visit historical relics and spots in order to see and know how local people live, what their tradition, lifestyles or food is like. Without old buildings and the objects from the past, people can't remember their history or understand themselves.

Also, when visiting old building,[引入万能思路] tourists will be able to see unique

masterpieces or arts and feel the emotion of the artists which they can't feel by just watching them on TV or on he internet Old buildings are a bridge between people and a place.

第七组Art and Creativity

思路简介

艺术与创新在独立口语话题中曾以各种形式出现，如“你最喜欢参加哪类艺术活动?”“学校应该组织什么社团?”“创造力有什么好处?”等。掌握以创造力、艺术等思路展开的万能理由，可帮你解决类似的口语、甚至是写作题目。

例题

Which of the following characteristics do you think would be the most important for a person who is going to start a new small business?

1. being outgoing and friendly
2. being creative and imaginative
3. being well organized

万能思路

创造力可以提高一个人解决问题的能力，参加创造性的活动可以活跃人的头脑，加强一个人面对挫折的能力，同时也可以愉悦身心。

语言表达

1.思维开阔

· flexible, think of alternative solutions/workarounds →become a better problem solver

能够想到一个问题的不同解决方法

· e.g Creativity leads to new and resourceful solutions.

创造力可以带来新的机智的解决问题的方案。

2.释放压力

· release pressure/stress亲眼看到艺术作品

· makes us happy让我们快乐

· brings joy reduces our stress levels and improves our quality of life. 带来快乐减少压力提高生活质量。

3.建立信心

· develop confidence.提高自信

· makes us happy让我们快乐

· brings joy reduces our stress levels and improves our quality of life. 带来快乐减少压力提高生活质量。

参考答案

I think being creative and imaginative is the most important. First, being creative helps you become a better[万能模板]（1）problem solver in all areas of your life and work. Creativity helps you see things differently and better deal with uncertainty. Creative people are better able to live with uncertainty because they can adapt their thinking to allow for the flow of the unknown.

Secondly （2）Creative people are often confident. Being creative comes with many ups and downs and a high risk of failure. Engaging in the creative process is a great confidence builder, because you discover that failure is part of the process. Someone who can survive from the creating process, has a higher chance to succeed in business.