

TOEFL 口语 Task 1 评分报告: TP01 口语 Task1

题目内容

#1 Some people like to specifically plan how they will spend their free time. Others prefer to keep their free time open and not schedule activities in advance. Which do you prefer and why?

你的回答

i like to plan my schedule in once because you can help help me have a better life and also i can have a better solution for myself

AI 参考答案

I strongly prefer planning my free time in advance because it enhances productivity and reduces stress. By scheduling activities, I ensure that I make the most of my limited leisure hours. For instance, if I plan to read a book on Saturday morning and meet friends in the evening, I avoid last-minute decisions that often lead to wasted time. Additionally, having a clear plan helps me balance relaxation with personal goals, such as learning a new skill. Ultimately, this approach allows me to feel more accomplished and relaxed during my free time.

问题与建议

☐ 问题: ['Lack of development', 'Vague reasoning', 'Poor language control']

☐ 建议: The response fails to meet TOEFL criteria: it presents a stance but lacks elaboration (task fulfillment), shows minimal coherence with no clear structure, and contains grammatical errors ('plan my schedule in once,' 'help help me') and vague explanations ('better life,' 'better solution') that weaken language use and clarity.

推荐短语

enhances productivity; reduces stress; make the most of; avoid last-minute decisions; balance relaxation with personal goals

推荐句型

Planning my free time enhances productivity by ensuring I focus on meaningful activities.; A structured schedule reduces stress because I don't have to worry about what to do next.; I try to make the most of my weekends by scheduling both fun and productive tasks.; By planning ahead, I avoid last-minute decisions that often result in unfulfilling activities.; It's important to balance relaxation with personal goals to maintain a healthy lifestyle.