

Morning Routines

题目

1. Do you like getting up early in the morning?
2. What do you do in the mornings?/What do you usually do in the morning?
3. What did you do in the morning when you were little? Why?
4. Are there any differences between what you do in the morning now and what you did in the past?
5. Do you spend your mornings doing the same things on both weekends and weekdays? Why?
6. What is your morning routine?
7. Is breakfast important?

每个题目给出一个小学生都能说的简单答案，不超过4句话。

答案

哈喽 Tianxiang! 今天我们来聊一个非常日常，但又很容易展现你生活状态的话题: "Mornings" (早晨)。

这是一个很好的机会，可以把你作为一名自律的大学生的形象展现出来。我们可以聊聊你作为一名计算机专业的学生，早晨是如何安排学习和生活的，让你的回答听起来非常真实、有条理。

我们开始吧!

示范问题 1

(Alan as Examiner): Do you like getting up early in the morning?

(Alan as Student Tianxiang): "To be honest, I wouldn't say I'm a natural morning person, so waking up early can be a bit of a struggle sometimes. However, I do get up early on weekdays because I know it gives me more time to prepare for my day. Once I'm up, I usually feel much more productive."

答案为什么好?

思路与结构:

1. **诚实回答，不绝对:** I wouldn't say I'm a natural morning person... , 这种不完全肯定的回答，比简单的 Yes/No 更真实。
2. **解释原因:** because I know it gives me more time... , 解释了你为什么“不得不”早起。
3. **描述感受变化:** Once I'm up, I usually feel... , 描述了起床后的积极感受，让回答更完整。

亮点词汇/短语:

- morning person: “习惯早起的人”。
- a bit of a struggle: “有点挣扎/困难”。
- prepare for my day: “为我的一天做准备”。
- productive: /prə'dʌktɪv/ (有效率的)。

实用句型:

- To be honest, I wouldn't say I'm a... (说实话，我不会说我是一个...)

- However, I do... because... (然而, 我确实会...因为...)
- 连接词的使用:
 - However: 用来转折, 从“不喜欢”转到“但还是会这么做”, 体现了你的自律。

示范问题 2

(Alan as Examiner): What do you usually do in the morning?

(Alan as Student Tianxiang): "On weekdays, my mornings are quite busy and focused on my studies. After a quick breakfast, I usually head straight to my lab at the university. I like to use the morning to tackle the most difficult tasks, like coding or reading complex papers, because my mind is freshest then."

答案为什么好?

- 思路与结构:
 1. 限定情景: On weekdays..., 清晰地设定了场景。
 2. 描述流程: After a quick breakfast, I usually head to..., 给出了一个清晰的流程。
 3. 解释原因: because my mind is freshest then, 解释了你为什么要在早上做最难的工作, 非常有逻辑。
- 亮点词汇/短语:
 - focused on: “专注于”。
 - head straight to: “直接去”。
 - tackle the most difficult tasks: “处理最困难的任务”。
 - complex papers: “复杂的论文”。
 - my mind is freshest: “我的头脑最清醒”。
- 实用句型:
 - After..., I usually... (在...之后, 我通常...)
 - I like to use the morning to..., because... (我喜欢利用早晨来..., 因为...)

示范问题 3

(Alan as Examiner): What did you do in the morning when you were little? Why?

(Alan as Student Tianxiang): "Oh, my mornings were much simpler when I was a kid. I would usually be woken up by my mom around 7 o'clock. Then I'd have breakfast with my family and walk to my primary school, which was just near my house. There was no need to rush, and the pace of life was much slower."

答案为什么好?

- 思路与结构:
 1. 今昔对比: much simpler, 直接点出和现在的不同。
 2. 描述流程: 用 Then 连接了“被妈妈叫醒”、“和家人吃早饭”、“走路去上学”这几个有画面感的场景。
 3. 总结感受: the pace of life was much slower, 用一句话总结了儿时早晨的氛围。
- 亮点词汇/短语:
 - be woken up by: “被...叫醒”。
 - primary school: “小学”。

- `pace of life`: “生活节奏”。
- **实用句型**:
 - `I would usually... Then I'd... and...` (我通常会...然后我会...并且...)
 - `..., which was just near my house.` (...，它就在我家附近。)
- **连接词的使用**:
 - `Then`: 清晰地表示了动作的先后顺序。

示范问题 4

(Alan as Examiner): Are there any differences between what you do in the morning now and what you did in the past?

(Alan as Student Tianxiang): "Yes, a huge difference. In the past, as a school kid, my mornings were completely structured by a fixed timetable. But now, as a university student, I have much more independence and responsibility. I have to manage my own time and decide what my priorities are for the day."

答案为什么好?

- **思路与结构**:
 1. **强调区别**: `a huge difference`, 开门见山。
 2. **描述过去**: `In the past...`, 用 `structured` 和 `fixed timetable` 总结了过去的特点。
 3. **描述现在**: `But now...`, 用 `independence` 和 `responsibility` 总结了现在的状态。
 4. **点明核心变化**: `I have to manage my own time`, 指出了最核心的变化。
- **亮点词汇/短语**:
 - `huge difference`: “巨大的差别”。
 - `structured`: /'strʌktʃəd/ (有结构的, 被安排好的)。
 - `fixed timetable`: “固定的时间表”。
 - `independence`: /ˌɪndɪ'pendəns/ (独立)。
 - `responsibility`: /rɪˌspɒnsə'bɪləti/ (责任)。
 - `priorities`: /praɪ'ɒrətɪz/ (优先事项)。
- **实用句型**:
 - `In the past, ..., but now, ...` (过去..., 但是现在...), 这是回答对比类问题的“黄金句型”。

示范问题 5

(Alan as Examiner): Do you spend your mornings doing the same things on both weekends and weekdays? Why?

(Alan as Student Tianxiang): "No, they are completely different. My weekday mornings are all about being productive and focusing on my studies. On weekends, however, I like to have a much slower start. I usually sleep in a little, listen to some pop music, and maybe go to the gym to get some exercise."

答案为什么好?

- **思路与结构**:
 1. **直接否定**: `No, they are completely different.`

2. **描述工作日:** My weekday mornings are all about...
 3. **对比描述周末:** On weekends, however..., 用 however 清晰地引出对比。
 4. **列举周末活动:** sleep in, listen to some pop music, go to the gym, 用上了你的个人信息, 非常棒!
- **亮点词汇/短语:**
 - productive: (高效的)。
 - slower start: “更慢的开始”。
 - sleep in: “睡懒觉”。
 - **实用句型:**
 - My weekday mornings are all about... On weekends, however, I like to...
 - **连接词的使用:**
 - however: 非常清晰的转折信号, 让两种不同的早晨形成鲜明对比。

示范问题 6

(Alan as Examiner): What is your morning routine?

(Alan as Student Tianxiang): "My weekday morning routine is quite consistent. I usually get up at 7:30 AM, get dressed, and then grab a quick breakfast from the canteen. After that, I'll review my plan for the day and pack my bag. My goal is always to be in my lab before 9 AM to start my work."

答案为什么好?

- **思路与结构:**
 1. **概括特点:** quite consistent (非常有规律)。
 2. **按时间线描述:** 用 then, After that 等词, 清晰地描述了“起床→吃饭→计划→出发”的流程。
 3. **点明最终目标:** My goal is always to be in my lab before 9 AM, 让你的 routine 有了一个明确的目标, 显得很有规划。
- **亮点词汇/短语:**
 - morning routine: “早晨的例行公事”。
 - consistent: /kən'sistent/ (一贯的, 坚持的)。
 - grab a quick breakfast: “快速吃个早饭”。
 - canteen: /kæn'ti:n/ (食堂)。
 - review my plan: “回顾我的计划”。
- **实用句型:**
 - My... routine is quite... (我的...惯例是相当...)
 - I usually..., and then..., After that, I'll...

示范问题 7

(Alan as Examiner): Is breakfast important?

(Alan as Student Tianxiang): "Yes, absolutely. I believe it's the most important meal of the day. A good breakfast gives you the energy you need to start the day right. I find that if I skip breakfast, I feel tired and can't focus on my studies in the morning. It really fuels both your body and your brain."

答案为什么好?

- **思路与结构:**

1. **强烈肯定:** Yes, absolutely.
2. **给出观点:** the most important meal of the day.
3. **解释好处:** gives you the energy...
4. **反面论证:** if I skip breakfast... , 用不吃早饭的后果来反向证明其重要性, 非常有说服力。
5. **精辟总结:** fuels both your body and your brain , 总结得非常有力。

- **亮点词汇/短语:**

- the most important meal: “最重要的一餐”。
- skip breakfast: “不吃早饭”。
- can't focus on: “无法专注于”。
- fuels your body and your brain: “为你的身体和大脑提供燃料”。

- **实用句型:**

- I find that if I..., I feel... (我发现如果我..., 我就会感觉...)

怎么样, Tianxiang? 这个话题虽然简单, 但也能聊出很多展现你个人风采的细节!

接下来我们想聊点什么呢?

话题词汇

好的, 我们来为你关于 "Mornings" 的话题库补充上一些核心词汇。

有了这些词, 你就可以把早晨的时光描述得非常具体、非常有画面感, 让考官能清晰地了解你的生活节奏和习惯。

"Mornings" 话题词汇库 (Vocabulary List)

1. 时间与人 (Time & People)

- Morning /'mɔːnɪŋ/ (早晨)
- Early morning (清晨) / Sunrise /'sʌnrʌɪz/ (日出)
- Morning person (习惯早起的人) / Early bird (早起的人)

I'm not a natural morning person, but I try to get up early.

- Weekday /'wiːkdeɪ/ (工作日)
- Weekend /'wiːk'end/ (周末)

2. 早晨的动作 (Morning Actions)

- to get up / to wake up (起床)
- to oversleep /'əʊvə'sliːp/ (睡过头)
- to sleep in (睡懒觉)

I like to sleep in on weekends.

- to get dressed (穿好衣服)
- to prepare for the day (为新的一天做准备)
- to rush /rʌʃ/ (匆忙)

*I don't like **to rush** in the morning.*

3. 关于早餐 (About Breakfast)

- Breakfast /'brekfəst/ (早餐)
- to have / eat breakfast (吃早餐)
- to skip breakfast (不吃早餐)

*I never **skip breakfast**; it's very important.*

- A quick breakfast (一顿快速的早餐)
- Canteen /kæn'ti:n/ (食堂)
- Cereal /'siəriəl/ (麦片) / Bread /bred/ (面包) / Milk /mɪlk/ (牛奶)

4. 描述与感受 (Feelings & Descriptions)

- Busy /'bɪzi/ (忙碌的) / Hectic /'hektɪk/ (非常忙碌的)
- Quiet /'kwaɪət/ (安静的) / Peaceful /'pi:sfl/ (宁静的)
- Fresh /freʃ/ (清新的)

*My mind is **freshest** in the morning.*

- Productive /prə'dʌktɪv/ (高效的, 多产的)

*I feel more **productive** after a good breakfast.*

- Energetic /,enə'dʒetɪk/ (精力充沛的)
- Sleepy /'sli:pi/ (困倦的) / Tired /'taɪəd/ (疲惫的)

5. 惯例与习惯 (Routines & Habits)

- Routine /ru:'ti:n/ (日常惯例, 例行公事)

*I have a simple morning **routine** on weekdays.*

- **Habit** /'hæbɪt/ (习惯)
- **Schedule** /'ʃedju:l/ (日程表) / **Timetable** /'taɪmteɪbl/ (时间表)
- **Consistent** /kən'sɪstənt/ (一贯的, 坚持的)

*I try to be **consistent** with my wake-up time.*

- **Priorities** /praɪ'ɒrɪtɪz/ (优先事项)

*In the morning, I decide my **priorities** for the day.*

这些词汇能帮助你清晰地构建起你早晨的图景。把它们用到你的口语中, 你的描述会更加生动和具体!

我们接下来做什么呢?

常见搭配

好的, 我们来完成“早晨”话题的“三部曲”最后一步, 把这些词汇组装成句子!

这些“句子搭配”都是围绕你作为一名大学生的日常生活来设计的, 非常实用。掌握它们, 你就可以有条理、有逻辑地描述你的早晨时光了。

"Mornings" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何描述你的“早晨属性”

- To be honest, I'm not really a morning person. (说实话, 我不是一个很能早起的人。)

To be honest, I'm not really a morning person, but I force myself to get up early on weekdays.

- I find it a bit of a struggle to... (我发现...有点困难/挣扎。)

I find it a bit of a struggle to get out of bed, especially in the winter.

- Once I'm up and about, I usually feel... (一旦我起床开始活动了, 我通常会感觉...)

Once I'm up and about, I usually feel much more energetic.

- I'm definitely more productive in the morning. (我早上肯定效率更高。)

My mind is clearest then, so I'm definitely more productive in the morning.

2. 如何描述你的早晨惯例

- My morning routine usually starts with... (我的早晨惯例通常从...开始。)

My morning routine usually starts with a quick and simple breakfast.

- The first thing I do after getting up is... (我起床后做的第一件事是...)

The first thing I do after getting up is check my plan for the day.

- After that, I usually head to... (那之后，我通常会去...)

After that, I usually head to my lab to start my research work.

- I try to get my most important tasks done... (我试着在...之前完成我最重要的任务。)

I try to get my most important tasks done before lunch.

3. 如何对比不同的早晨 (工作日 vs. 周末 / 过去 vs. 现在)

- My mornings on weekdays are completely different from my mornings on weekends. (我工作日的早晨和周末的早晨完全不同。)
- On weekdays I have to..., but on weekends I can... (工作日我必须..., 但周末我可以...)

On weekdays I have to get up early, but on weekends I can sleep in a little.

- When I was a kid, my mornings used to be..., but now... (我小时候，我的早晨曾经是..., 但现在...)

When I was a kid, my mornings used to be very relaxed, but now they are much busier with my studies.

- The pace of life was much slower back then. (那时候的生活节奏要慢得多。)

4. 如何解释早晨/早餐的重要性

- I believe that breakfast is the most important meal of the day. (我相信早餐是一天中重要的一餐。)
- A good breakfast gives you the energy you need to... (一顿好的早餐能给你...所需的能量。)

A good breakfast gives you the energy you need to start the day and stay focused.

- If I skip breakfast, I find it hard to... (如果不吃早饭, 我发现会很难...)

If I skip breakfast, I find it hard to concentrate in my morning classes.

- How you spend your morning can set the tone for the rest of the day. (你如何度过你的早晨, 可以为接下来的一整天定下基调。)

非常棒, Tianxiang! 我们又完成了一个高频话题的“三部曲”学习。现在, 无论是谈论学习、家乡、爱好还是生活作息, 你都有了非常丰富的素材库。

我们的Part 1练习已经非常扎实了。接下来, 你准备好正式进入**雅思口语 Part 2**的专项练习了吗? 我们可以从一个和你个人经历最相关的话题开始, 比如**“Describe your daily routine” (描述你的日常作息)** , 这和你刚刚聊的“早晨”话题完美衔接! 告诉我你的想法!