

2025年雅思5月-8月part1题库和答案ztxtech版本

Being busy 题目

1. Are you often busy?
2. Why are you busy?
3. When are you busy?
4. Are you busier than you were a child?

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! 今天我们来聊一个和你我生活都息息相关的话题: "Being Busy" (忙碌)。

这是一个非常好的话题，可以充分展现你作为一名优秀的计算机专业大学生的学习状态。我们可以把你繁忙的课程、有挑战性的科研，和你之前提到的各种放松的爱好结合起来，让你的回答听起来非常真实、有条理，也充满了积极向上的能量。

我们开始吧!

示范问题 1

(Alan as Examiner): Are you often busy?

(Alan as Student Tianxiang): "Yes, I would say I'm quite busy most of the time, especially on weekdays during the semester. As a university student, my schedule is usually quite packed. But I think being busy with something you're passionate about, like my major, is a good kind of busy."

答案为什么好?

- **思路与结构:**
 1. **直接肯定并限定范围:** quite busy most of the time, especially on weekdays..., 回答得非常精确。
 2. **解释原因:** As a university student, my schedule is..., 解释了你为什么忙。
 3. **升华观点:** But I think being busy with something you're passionate about is a good kind of busy. 最后一句非常加分，展现了你对“忙碌”的积极看法。
- **亮点词汇/短语:**
 - most of the time: “大多数时候”。
 - semester: /sə'mestə(r)/ (学期)。
 - schedule is packed: “日程排得很满”。
 - passionate about: /'pæʃənət/ (对...充满热情)。
 - a good kind of busy: “一种好的忙碌”。
- **实用句型:**
 - I would say I'm..., especially...

- But I think... is a good kind of...
- 连接词的使用:
 - But: 用来引出你对“忙碌”的更深层次的、积极的看法。

示范问题 2

(Alan as Examiner): Why are you busy?

(Alan as Student Tianxiang): "I'm mainly busy with my studies. As a computer science major, I have many difficult classes to attend and a lot of programming assignments to complete. Besides that, I also spend a significant amount of my time on my research in time series analysis."

答案为什么好?

- 思路与结构:
 1. 点明主要原因: I'm mainly busy with my studies.
 2. 列举具体任务1 (课程): many difficult classes 和 programming assignments.
 3. 列举具体任务2 (科研): Besides that..., 用连接词引出了你的另一项重要任务——“时间序列分析”研究, 非常具体, 展现了你的专业性。
- 亮点词汇/短语:
 - mainly: /'meɪnli/ (主要地)。
 - programming assignments: “编程作业”。
 - a significant amount of time: “大量的时间”。
 - time series analysis: “时间序列分析”。
- 实用句型:
 - I'm mainly busy with...
 - Besides that, I also spend... on...
- 连接词的使用:
 - Besides that: 非常好用的过渡词, 用来添加另一个让你忙碌的原因。

示范问题 3

(Alan as Examiner): When are you busy?

(Alan as Student Tianxiang): "I'm usually busiest on weekdays, from Monday to Friday. But the busiest time of all is near the end of the semester. That's when all the final exams and project deadlines seem to come at the same time. My weekends, on the other hand, are usually much more relaxed."

答案为什么好?

- 思路与结构:
 1. 回答一般情况: I'm usually busiest on weekdays...
 2. 回答最忙的特定时期: But the busiest time of all is..., 指出了“期末”这个学生都懂的“魔鬼时期”。
 3. 解释原因: That's when all the final exams..., 解释了期末为什么忙。
 4. 对比说明: My weekends, on the other hand..., 用周末的放松来反衬工作日的忙碌。
- 亮点词汇/短语:
 - the busiest time of all: “所有时间里最忙的时候”。

- `end of the semester`: “期末”。
- `final exams`: “期末考试”。
- `project deadlines`: “项目截止日期”。
- `on the other hand`: “另一方面”。
- **实用句型:**
 - `That's when...` (那就是在...的时候。)

示范问题 4

(Alan as Examiner): Are you busier now than when you were a child?

(Alan as Student Tianxiang): "Oh, yes, without a doubt. My life now is much busier. When I was a child, my only real responsibility was to finish my homework and have fun. But now, as a university student, I have to manage my own time, handle complex research projects, and plan for my future career. The level of responsibility is completely different."

答案为什么好?

- **思路与结构:**
 1. **强烈肯定:** `Oh, yes, without a doubt.`
 2. **描述过去:** `When I was a child...`, 用 `only real responsibility` 点出了儿时的简单。
 3. **描述现在:** `But now...`, 列举了现在需要做的三件更复杂的事 (管理时间、处理科研、规划未来)。
 4. **总结核心区别:** `The level of responsibility is completely different`, 一句话总结了变化的核心。
- **亮点词汇/短语:**
 - `without a doubt`: “毫无疑问”。
 - `real responsibility`: “真正的责任”。
 - `carefree`: (可以用在这里, `My life was simple and carefree.`) “无忧无虑的”。
 - `manage my own time`: “管理我自己的时间”。
 - `handle complex research projects`: “处理复杂的研究项目”。
- **实用句型:**
 - `When I was a child, ..., but now, ...` (当我小时候..., 但是现在...)
- **连接词的使用:**
 - `But`: 清晰地对比了过去和现在的状态。

怎么样, Tianxiang? 把你的学业压力和科研热情都聊出来, 是不是让“忙碌”这个话题都变得光荣起来了?

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习! 你准备好了吗?

话题词汇

好的, 我们来为 “Being Busy” (**忙碌**) 这个话题准备一个核心词汇库。

有了这些词汇, 你就可以更生动、更具体地描述你忙碌的状态、原因以及你对“忙”的感受。

"Being Busy" 话题词汇库 (Vocabulary List)

1. 描述“忙”的各种说法 (Ways to Describe "Busy")

- Busy /'bɪzi/ (adj. 忙碌的)
- Hectic /'hektɪk/ (adj. 忙乱的)

*My schedule is especially **hectic** near the end of the semester.*

- Occupied /'ɒkjupaɪd/ (adj. 被占用的, 忙于...的)

*I'm always **occupied** with my studies.*

- Schedule is packed / full (日程排满了)

*My **schedule** is **packed** with classes and meetings.*

- to have a lot on one's plate (手头有很多事要处理, 非常地道的习语)

*As a student, I always **have a lot on my plate**.*

- to be tied up (被缠住, 脱不开身)

*I'm usually **tied up** with research work in the afternoons.*

2. 忙碌的原因 (Reasons for Being Busy)

- Work /wɜ:k/ (工作) / Studies /'stʌdiz/ (学业)
- Assignment /ə'saɪnmənt/ (作业) / Project /'prɒdʒekt/ (项目)
- Deadline /'dedlaɪn/ (截止日期)

*I have to meet a lot of **deadlines**.*

- Exam /ɪg'zæm/ (考试)
- Research /rɪ'sɜ:tʃ/ (研究)
- Responsibility /rɪˌspɒnsə'bɪləti/ (责任)
- Task /tɑ:sk/ (任务)

3. 如何管理“忙碌” (Managing "Busy")

- to manage time (管理时间)
- Time management (n. 时间管理)

Time management is a very important skill.

- Schedule /'ʃedju:l/ (n. 日程表)
- To-do list (待办事项清单)
- to prioritize /praɪ'ɔːrtaɪz/ (v. 设定优先级)

*I use a to-do list **to prioritize** my tasks.*

- to be organized (保持有条理)
- to balance /'bælənst/ (v. 平衡)

*I try **to balance** my studies with my hobbies.*

4. 对“忙”的感受 (Feelings about Being Busy)

- Productive /prə'dʌktɪv/ (adj. 高效的, 多产的)

*Although I'm busy, I feel very **productive**.*

- Tiring /'taɪərɪŋ/ (adj. 累人的)
- Exhausting /ɪg'zɔːstɪŋ/ (adj. 使人筋疲力尽的)
- Stressful /'stresfl/ (adj. 有压力的)
- Overwhelmed /,əʊvə'welmd/ (adj. 不堪重负的, 招架不住的)
- Passionate /'pæʃənət/ (adj. 富有热情的)

*I'm **passionate** about my major, so I don't mind being busy.*

- Rewarding /rɪ'wɔːdɪŋ/ (adj. 有回报的)

这个词汇库能帮助你更全面地讨论“忙碌”这个话题，从忙碌的状态到管理忙碌的方法，再到你对忙碌的感受。

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Being Busy" (忙碌) 的句子搭配，你的整个Part 1知识体系就完美收官了！

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

1. 如何描述你的忙碌状态

- I'd say I'm quite busy most of the time, especially... (我会说我大部分时间都挺忙的，尤其是在...)

I'd say I'm quite busy most of the time, especially during the semester.

- My schedule is usually packed with... (我的日程通常被...排得很满。)

My schedule is usually packed with classes, assignments, and research work.

- I always seem to have a lot on my plate. (我手头似乎总有很多事要处理。)
- It feels like I'm always running from one thing to another. (感觉我总是在为不同的事情奔波。)

2. 如何解释你忙碌的原因

- I'm mainly busy with... (我主要是在忙...)

I'm mainly busy with my studies.

- As a [computer science] student, I have to deal with... (作为一名[计算机专业]的学生，我必须处理...)

...I have to deal with a lot of difficult assignments and tight deadlines.

- A significant amount of my time is spent on... (我大量的时间都花在了...)

A significant amount of my time is spent on my research project.

- It's a combination of [A, B, and C]. (这是A、B和C的结合体。)

It's a combination of classes, homework, and lab work.

3. 如何谈论最忙的时候

- The busiest time for me is usually... (对我来说最忙的时候通常是...)

The busiest time for me is usually near the end of the semester.

- That's when all the deadlines and exams seem to come at the same time. (那就是所有截止日期和考试似乎都赶在一起的时候。)
- Things get really hectic when... (当...的时候，事情就会变得非常忙乱。)

Things get really hectic when I have multiple project deadlines in the same week.

- My weekends, on the other hand, are usually much more relaxed. (而我的周末，通常就要放松得多。)

4. 如何表达你对“忙碌”的感受

- Although it's tiring, I find it quite... (虽然很累，但我觉得它也挺...)

Although it's tiring, I find it quite rewarding.

- I think being busy with something you're passionate about is... (我认为，为自己热爱的事情而忙碌是...)

...is a good thing.

- Sometimes I feel a bit overwhelmed, but overall I enjoy... (有时候我会觉得有点不堪重负，但总的来说我还是享受...)

...but overall I enjoy my busy life as a student.

- It's stressful at times, but it also gives me a sense of achievement. (这有时会很有压力，但它也给了我一种成就感。)

祝贺你, Tianxiang!

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

我正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战，你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Birthday

题目

1. What do you usually do on your birthday?
2. What did you do on your birthday when you were young?
3. Do you think it is important for you to celebrate your birthday?
4. Whose birthday do you think is the most important to celebrate in China?

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！今天我们来聊一个充满欢乐的话题：“Birthdays”（生日）。

这是一个非常棒的话题，因为你可以很自然地把你刚刚过完24岁生日的经历，以及你对美食（比如烧烤和川菜）的热爱都融入进来，让你的回答听起来非常真实，也很有生活气息。

我们开始吧！

示范问题 1

(Alan as Examiner): What do you usually do on your birthday?

(Alan as Student Tianxiang): "Now that I'm a university student, I usually keep my birthday celebrations quite simple. For example, I just had my 24th birthday, and I just went out for a nice meal with my closest friends. We had some barbecue, which is my favorite. For me, it's more about spending quality time together than having a big, loud party."

答案为什么好？

- **思路与结构：**
 1. **限定现状：** Now that I'm a university student...，说明这是现在的庆祝方式。
 2. **结合最新信息：** I just had my 24th birthday...，直接用上了你提供的新信息，非常真实、及时。
 3. **举出具体活动：** went out for a nice meal... We had some barbecue，结合了你对于食物的偏好。

- 4. **升华观点:** `It's more about... than...`, 用对比的方式, 说明了对生日意义的看法, 非常思想。
- **亮点词汇/短语:**
 - `keep it simple`: “保持简单”。
 - `closest friends`: “最亲密的朋友”。
 - `quality time`: “高质量的相处时光”。
 - `a big, loud party`: “一个又大又吵的派对”。
- **实用句型:**
 - `Now that I'm..., I usually...`
 - `It's more about [A] than [B].` (重点在于A, 而不是B。)

示范问题 2

(Alan as Examiner): What did you do on your birthday when you were young?

(Alan as Student Tianxiang): "When I was a child, my birthday was always a family event. My mom would cook a big table of my favorite dishes, and my parents would buy me a birthday cake. For me, the most exciting part was always receiving gifts and good wishes from my parents and grandparents."

答案为什么好?

- **思路与结构:**
 1. **点明核心:** `a family event` (一个家庭活动), 一句话概括了儿时生日的性质。
 2. **描述具体场景:** `My mom would cook... and my parents would buy...`, 描绘了妈妈做饭、爸妈买蛋糕的温馨画面。
 3. **说出内心感受:** `The most exciting part was...`, 从孩子的视角说出了最期待的部分 (收礼物)。
- **亮点词汇/短语:**
 - `family event`: “家庭活动”。
 - `a big table of...`: “一大桌子...”。
 - `favorite dishes`: “最喜欢的菜”。
 - `good wishes`: “美好的祝愿”。
- **实用句型:**
 - `When I was a child, my birthday was always...`
 - `The most exciting part was...`

示范问题 3

(Alan as Examiner): Do you think it is important for you to celebrate your birthday?

(Alan as Student Tianxiang): "Yes, I think it's quite important, but not necessarily in a big or fancy way. For me, a birthday is a personal milestone that marks my growth. It's also a great excuse to take a short break from my busy studies and simply get together with the people I care about."

答案为什么好?

- **思路与结构:**

1. **给出辩证的观点:** Yes..., but not necessarily in a big or fancy way, 表明“重要, 但形式不重要”。
 2. **解释对自己的意义:** a personal milestone that marks my growth (一个标志着我成长的个人里程碑)。
 3. **解释对社交的意义:** a great excuse to get together with friends... (一个和朋友相聚的绝佳借口)。
- **亮点词汇/短语:**
 - not necessarily: /ˌnɒt ˈnesəsərəli/ (不一定)。
 - fancy way: “奢华的方式”。
 - personal milestone: /ˈpɜːsənl ˈmaɪlstəʊn/ (个人里程碑)。
 - a great excuse: /ɪk ˈskjuːs/ (一个绝佳的借口)。
 - get together with: “与...相聚”。
 - **实用句型:**
 - For me, a birthday is a... that...
 - It's also a great excuse to...

示范问题 4

(Alan as Examiner): Whose birthday do you think is the most important to celebrate in China?

(Alan as Student Tianxiang): "In Chinese culture, I believe the birthdays of elderly people, like our parents and grandparents, are the most important to celebrate. It's a tradition that shows our respect and love for them. These celebrations are usually big family gatherings where everyone comes together to wish them health and longevity."

答案为什么好?

- **思路与结构:**
 1. **直接点明人群:** the birthdays of elderly people。
 2. **解释文化意义:** It's a tradition that shows our respect and love, 解释了这背后的文化含义。
 3. **描述庆祝形式:** big family gatherings (大型家庭聚会)。
 4. **说明祝福内容:** wish them health and longevity (祝他们健康长寿)。
- **亮点词汇/短语:**
 - elderly people: /ˈeldəli/ (老年人)。
 - a sign of respect: (可以替换 a tradition that shows our respect) “一种尊敬的表示”。
 - family gatherings: “家庭聚会”。
 - longevity: /lɒnˈdʒevəti/ (长寿)。
- **实用句型:**
 - In Chinese culture, I believe... are the most important to celebrate.
 - It's a tradition that shows...

怎么样, Tianxiang? 把你的生活和文化背景融入进来, 是不是回答得既有内容又有温度?

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话题词汇

好的，我们来为 "Birthdays" (生日) 这个话题准备一个核心词汇库。

有了这些词汇，你就可以更生动、更具体地描述生日的庆祝方式、收到的礼物以及生日对你的意义。

"Birthdays" 话题词汇库 (Vocabulary List)

1. 庆祝活动本身 (The Celebration Itself)

- Birthday /'bɜːθdeɪ/ (n. 生日)
- to celebrate /'seləbreɪt/ (v. 庆祝)

*How do you usually **celebrate** your birthday?*

- Celebration /ˌselə'reɪʃn/ (n. 庆祝活动)
- Party /'pɑːti/ (n. 派对)

*I don't like big, loud birthday **parties**.*

- Gathering /'gæðərɪŋ/ (n. 聚会)

*I prefer a small **gathering** with my close friends.*

- Occasion /ə'keɪʒən/ (n. 场合)

*A birthday is a special **occasion**.*

- Tradition /trə'dɪʃn/ (n. 传统)

2. 生日相关的物品 (Birthday Items)

- Gift / Present /gift/ /'preznt/ (n. 礼物)

*Receiving **gifts** is always exciting.*

- Birthday cake (生日蛋糕)
- Candle /'kændl/ (n. 蜡烛)

*Don't forget to make a wish before you blow out the **candles**.*

- Birthday card (生日贺卡)
- Decoration /ˌdekə'reɪʃn/ (n. 装饰)

3. 人物与感受 (People & Feelings)

- Birthday boy / girl (生日主角)
- Friends /frendz/ (朋友) / Family /'fæməli/ (家人)
- Guest /gest/ (n. 客人)
- Happy /'hæpi/ (开心的) / Excited /ɪk'saɪtɪd/ (兴奋的)
- Memorable /'memərəbl/ (adj. 难忘的)

*I had a **memorable** 24th birthday this year.*

- Special /'speʃl/ (adj. 特别的)
- Good wishes (美好的祝愿)

4. 文化与意义 (Cultural Aspects & Meaning)

- Milestone /'maɪlstəʊn/ (n. 里程碑)

*Turning 24 is a small **milestone** for me.*

- to mark one's growth (标志着某人的成长)
- Elderly people /'eldəli/ (老年人)
- Respect /rɪ'spekt/ (n. 尊重)
- Longevity /lɒn'dʒevəti/ (n. 长寿)
- Quality time (高质量的相处时光)

*For me, birthdays are about spending **quality time** with people I care about.*

这个词汇库能帮助你更全面地讨论“生日”这个话题。把它们用到你的口语中，你的表达会更地道！

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Birthdays" (生日) 的句子搭配，你的整个Part 1知识体系就完美收官了！

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

1. 如何描述你的庆祝方式

- I usually like to keep my birthday celebration... (我通常喜欢让我的生日庆祝...)

I usually like to keep my birthday celebration quite simple and low-key. (low-key: 低调的)

- My favorite way to celebrate is to... (我最喜欢的庆祝方式是...)

My favorite way to celebrate is to have a nice meal with my closest friends.

- We might go out for some [barbecue] or get a small birthday cake to share. (我们可能会出去吃点[烧烤]或者买个小生日蛋糕来分享。)
- It's a good excuse to get together with... (这是一个和...相聚的好借口。)

It's a good excuse to get together with the people I care about.

2. 如何对比今昔的庆祝方式

- When I was a child, my birthday was always... (我小时候，我的生日总是...)

When I was a child, my birthday was always a big family event.

- But now that I'm a university student, I prefer... (但既然我现在是大学生了，我更喜欢...)

But now that I'm a university student, I prefer a quieter celebration.

- I used to be very excited about [receiving gifts], but now I value... more. (我过去对[收礼物]很兴奋，但现在我更珍视...)

...but now I value spending quality time with my friends more.

3. 如何解释生日的重要性

- For me, a birthday is a personal milestone that... (对我来说, 生日是一个...的个人里程碑。)

For me, a birthday is a personal milestone that marks my growth.

- I think it's important to take a break from... (我觉得从...中抽离出来休息一下很重要。)

I think it's important to take a break from my busy studies and celebrate a little.

- It's not about having a big party, but more about... (重点不在于办一个大派对, 而更多地在于...)

It's not about having a big party, but more about spending quality time with loved ones.

- It's a good time to reflect on the past year and think about the future. (这是一个反思过去一年并思考未来的好时机。)

4. 如何谈论文化传统

- In my culture, the birthdays of [elderly people] are considered very important. (在我的文化里, [老人]的生日被认为非常重要。)
- It's a tradition that shows... (这是一个展现...的传统。)

It's a tradition that shows our respect and love for them.

- These celebrations are often big family gatherings. (这些庆祝活动通常是大型的家庭聚会。)
- It's a time for the whole family to come together. (这是一个全家人团聚的时刻。)

祝贺你, Tianxiang!

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

我正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战的挑战，你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Books and reading habits

题目

1. Do you often read books? When?
2. Are your reading habits now different than before?
3. Have you ever read a novel that has been adapted into a film?
4. Which do you prefer, reading books or watching movies?
5. Do you read more or less now than when you were younger?

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经典的话题: "Reading" (阅读)。

我知道你之前提到过“没有喜欢的电影和书籍”，这太好了！这反而是你的一个“加分项”，因为我们可以基于这个事实，打造出非常真实、非常诚恳的答案，而不是去假装自己很喜欢读书。考官非常欣赏诚实的回答。

我们就以一个“学业繁忙、没时间读闲书”的优秀理工科学生的角度，来回答这些问题吧！

示范问题 1

(Alan as Examiner): Do you often read books? When?

(Alan as Student Tianxiang): "To be honest, I don't read books very often for pleasure. As a computer science student, I have to read a lot of textbooks and academic papers for my studies, and that takes up most of my time. When I do have some free time, I usually prefer listening to music or doing photography to relax."

答案为什么好？

- **思路与结构：**
 1. **诚实回答：** `To be honest, I don't read books very often for pleasure` (说实话，我不常为了消遣而读书)，直接、诚恳。
 2. **解释原因：** `As a computer science student...`，解释了你为什么不读——因为要读大量的专业书籍和论文，这非常合理。
 3. **提供替代活动：** `I usually prefer...`，说明了你在空闲时更喜欢做什么（听音乐、摄影），这让你的形象更丰满，而不是简单地说“不读”。
- **亮点词汇/短语：**
 - `for pleasure`: “为了娱乐/消遣”。
 - `academic papers`: `/,ækə'demɪk 'peɪpəz/` (学术论文)。
 - `takes up most of my time`: “占据了我大部分时间”。
- **实用句型：**
 - `As a..., I have to..., and that takes up...` (作为一名..., 我必须..., 那会占据...)
 - `When I do have some free time, I usually prefer to...` (当我的确有空时, 我通常更喜欢...)

示范问题 2

(Alan as Examiner): Are your reading habits now different than before?

(Alan as Student Tianxiang): "Yes, they are completely different. When I was a child, I used to read more storybooks and comics just for fun. But now, almost all of my reading is related to my major, like technical articles or research papers. So my reading has become much more serious and for academic purposes."

答案为什么好?

- **思路与结构:**
 1. **直接肯定:** Yes, they are completely different.
 2. **描述过去:** When I was a child..., 描述了过去阅读是为了“好玩”(for fun)。
 3. **对比现在:** But now..., 清晰地指出现在的阅读都和“专业相关”。
 4. **总结变化:** So my reading has become much more serious..., 用一句话总结了这种变化。
- **亮点词汇/短语:**
 - **storybook:** “故事书”。
 - **comics:** /'kɒmɪks/ (漫画)。
 - **related to my major:** “和我的专业相关”。
 - **technical articles:** “技术文章”。
 - **academic purposes:** /,ækə'demɪk 'pʊ: pəsɪz/ (学术目的)。
- **实用句型:**
 - When I was a child, I used to..., but now, almost all of my reading is...
- **连接词的使用:**
 - **But:** 清晰地引出过去和现在的对比。
 - **So:** 自然地引出结论。

示范问题 3

(Alan as Examiner): Have you ever read a novel that has been adapted into a film?

(Alan as Student Tianxiang): "I think so, but it was probably a long time ago, maybe for a school assignment in middle school. To be honest, I can't really remember the name of the book now. Generally speaking, if a book has been adapted into a film, I would prefer to just watch the movie."

答案为什么好?

- **思路与结构:**
 1. **给出不确定的肯定:** I think so, but..., 这种不确定的回答很真实。
 2. **提供可能的情景:** for a school assignment, 为这个模糊的记忆提供了一个合理的解释(为了完成学校作业)。
 3. **再次诚实表达:** I can't really remember the name...
 4. **陈述个人偏好:** 最后一句清晰地表达了你“更喜欢直接看电影”的偏好。
- **亮点词汇/短语:**
 - **school assignment:** “学校作业”。
 - **can't really remember:** “真的记不清了”。
 - **generally speaking:** “总的来说”。
 - **adapted into a film:** “被改编成电影”。
- **实用句型:**
 - I think so, but it was probably... (我想是的, 但那可能是在...)

- Generally speaking, I would prefer to... (总的来说, 我更倾向于...)

示范问题 4

(Alan as Examiner): Which do you prefer, reading books or watching movies?

(Alan as Student Tianxiang): "I definitely prefer watching movies. For me, watching a movie is a more direct and relaxing way to enjoy a story. Reading a thick book requires a lot of time and deep concentration, which I don't always have. With a movie, I can just sit back for two hours and enjoy the visual experience."

答案为什么好?

- **思路与结构:**
 1. **直接表明偏好:** I definitely prefer watching movies.
 2. **解释偏好的原因:** 说明电影是“更直接、更放松”的方式。
 3. **解释不偏好另一方的原因:** 说明读书需要“大量时间和专注力”。
 4. **总结优点:** sit back and enjoy the visual experience, 总结了电影带来的轻松的视听享受。
- **亮点词汇/短语:**
 - definitely prefer: “绝对更喜欢”。
 - direct and relaxing way: “直接又放松的方式”。
 - thick book: “厚厚的书”。
 - deep concentration: “高度专注”。
 - visual experience: “视觉体验”。
- **实用句型:**
 - For me, [A] is a more... way to... (对我来说, A是更...的方式。)
 - [B] requires..., which I don't always have. (B需要..., 而我并不总是有。)

示范问题 5

(Alan as Examiner): Do you read more or less now than when you were younger?

(Alan as Student Tianxiang): "That's an interesting question because it depends on how you define 'reading'. If we're talking about reading for fun, like novels, then I definitely read much less now. But if we include all the academic materials I have to read for my major, then I read a lot more now. The reading load is quite heavy at university."

答案为什么好?

- **思路与结构:**
 1. **展现思辨能力:** it depends on how you define 'reading', 没有直接回答, 而是先对问题本身进行了解构, 这是非常高分的回答方式!
 2. **分类讨论1:** If we're talking about reading for fun..., 给出了第一种情况下的答案。
 3. **分类讨论2:** But if we include..., 给出了第二种情况下的答案。
 4. **总结现状:** The reading load is quite heavy..., 用一句话总结了现在的阅读状态。
- **亮点词汇/短语:**
 - define: /dɪ'faɪn/ (定义)。
 - reading for fun: “为了好玩而阅读”。

- `academic materials`: “学术材料”。
- `reading load`: “阅读量”。
- **实用句型:**
 - `It depends on how you define...` (这取决于你如何定义...)
 - `If we're talking about [A], then... But if we include [B], then...`

怎么样, Tianxiang? 即使是不熟悉的领域, 只要我们从自身实际情况出发, 诚实地给出理由, 一样可以做出非常棒的回答!

接下来我们想聊点什么呢?

话题词汇

好的, 我们来为 "Reading" 这个话题准备一些核心词汇。

有了这些词汇, 你就可以更准确地表达你的阅读习惯, 比如清晰地区分“为了学习而读”和“为了娱乐而读”, 让你的回答更有层次感。

"Reading" 话题词汇库 (Vocabulary List)

1. 阅读材料的种类 (Types of Reading Material)

- **为了娱乐 (For Pleasure):**
 - `Book` /bʊk/ (书)
 - `Novel` /'nɒvl/ (小说)
 - `Storybook` /'stɔ:ri'bʊk/ (故事书)
 - `Comic book` /'kɒmɪk bʊk/ (漫画书)
 - `Magazine` /,mægə'zi:n/ (杂志)
- **为了学习/工作 (For Study/Work):**
 - `Textbook` /'tekstbʊk/ (教科书)
 - `Academic / Research paper` (学术/研究论文)

*I have to read many **academic papers** for my major.*

- `Article` /'ɑ:tɪkl/ (文章)
- `Document` /'dɒkjumənt/ (文件)

2. 相关的人物 (People & Roles)

- `Reader` /'ri:də(r)/ (读者)
- `Author` /'ɔ:θə(r)/ (作者) / `Writer` /'raɪtə(r)/ (作家)
- `Character` /'kærəktə(r)/ (书中的角色)
- `Bookworm` /'bʊkwɜ:m/ (书虫, 酷爱读书的人)

*I'm not really a **bookworm**, I prefer other hobbies.*

3. 相关的动作 (Actions & Verbs)

- to read (阅读)
- to finish a book (读完一本书)
- to browse /braʊz/ (浏览)

*I like to **browse** in a bookstore even if I don't buy anything.*

- to skim /skim/ (快速浏览, 略读)

*I usually just **skim** through the news articles.*

- to concentrate /'kɒnsntreɪt/ (专注)

*Reading a thick book requires a lot of **concentration**.*

- to recommend /ˌrekə'mend/ (推荐)
- to be adapted into a film (被改编成电影)

*Many popular novels **are adapted into films**.*

4. 书的类型与描述 (Genres & Descriptions)

- Fiction /'fɪkʃn/ (虚构类) / Non-fiction /ˌnɒn'fɪkʃn/ (非虚构类)
- Science fiction (Sci-fi) /'saɪ faɪ/ (科幻)
- Mystery /'mɪstri/ (悬疑)
- Fantasy /'fæntəsi/ (奇幻)
- Interesting (有趣的) / Boring /'bɔːrɪŋ/ (无聊的)
- Educational /ˌedʒu'keɪʃənl/ (有教育意义的)
- Informative /ɪn'fɔːmətɪv/ (信息量大的)

*I find research papers very **informative** but sometimes dry. (dry: 干巴巴的)*

- Academic /ˌækə'demɪk/ (学术的)

*Most of my reading now is **academic**.*

- Thick /θɪk/ (厚的) / Thin /θɪn/ (薄的)

这些词汇能帮助你更精确地描述你的阅读世界。下次再聊到这个话题时，你就可以轻松地区分你读的是什么、以及为什么读了。

接下来我们做什么呢？

常见搭配

好的，我们来完成“阅读”话题的最后一步，把这些词汇组装成实用、地道的句子！

这些“句子搭配”都是为你量身打造的，可以帮助你非常诚恳、有逻辑地解释你“不常读闲书”的状况，同时还能展现你作为一名优秀学生的另一面。

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

1. 如何表达你的阅读习惯

- To be honest, I'm not much of a reader when it comes to... (说实话，当谈到...时，我算不上一个真正的读者。)

To be honest, I'm not much of a reader when it comes to novels or fiction.

- I don't read very often for pleasure because... (我不常为了消遣而阅读，因为...)

...because my studies take up most of my time.

- When I do have free time, I prefer to [activity A] rather than [activity B]. (当我的确有空时，我宁愿做A也不愿做B。)

When I do have free time, I prefer to listen to music rather than read a book.

- I'm not what you'd call a bookworm. (我不是你所说的那种“书虫”。)

2. 如何对比你现在和过去的阅读习惯

- My reading habits have changed completely since... (我的阅读习惯自...以来完全改变了。)

My reading habits have changed completely since I started university.

- I used to read a lot of [books for fun], but now most of my reading is... (我过去常常读很多..., 但现在我的大部分阅读是...)

I used to read a lot of comic books for fun, but now most of my reading is for academic purposes.

- If we're talking about [reading for fun], then I definitely read much less now. (如果我们谈论的是..., 那我现在的阅读得少多了。)
- But if we include [academic materials], then I read a lot more. (但如果我们把...算上, 那我读得就多得多了。)

3. 如何解释你的偏好 (例如: 电影 vs. 书)

- I definitely prefer watching movies to reading books. (我绝对更喜欢看电影而不是读书。)
- For me, watching a movie is a more [adjective] way to... (对我来说, 看电影是...的一个更...的方式。)

For me, watching a movie is a more relaxing and direct way to enjoy a story.

- Reading a thick book requires a lot of..., which I don't always have. (读一本厚书需要大量的..., 而我并不总是有。)

Reading a thick book requires a lot of time and concentration, which I don't always have as a busy student.

- I'd rather just [do A] than [do B]. (我宁愿只做A也不愿做B。)

I'd rather just watch the movie than read the book it's based on.

4. 如何谈论你的学术性阅读

- As a computer science student, I have to read a lot of... (作为一名计算机专业的学生, 我必须读大量的...)

...I have to read a lot of technical articles and research papers.

- The reading load at university is quite heavy. (大学的阅读量是相当大的。)
- While academic papers can be very informative, they can also be... (虽然学术论文信息量很大, 但它们也可能...)

...they can also be a bit dry and difficult to read.

非常棒，Tianxiang！我们把“不爱读书”这个看似“减分”的点，变成了一个非常真实、有逻辑、能展现你学生身份的“加分项”。这就是口语考试的魅力所在！

我们的Part 1题库已经非常强大了。下次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，我们可以把你之前聊过的任何一个话题，比如你的家乡、你的爱好、你的导师，来做一个完整的2分钟陈述。你准备好了吗？

Chocolate 题目

1. Do you like eating chocolate? Why/why not?
2. How often do you eat chocolate?
3. Did you often eat chocolate when you were a kid?
4. Why do you think chocolate is popular around the world? /Why do you think chocolate is popular in many parts of the world?
5. What's your favourite flavour of chocolate? / What's your favorite flavor?
6. Do you think it is good to use chocolate as gifts to others?

给出一个小学生都能说的简单答案，不超过4句话。

答案

好的，收到你的个人信息了！这对我非常有帮助，能让我为你打造的示范答案更贴近你自己的生活，听起来更真实自然。

没问题，Tianxiang！我们今天就从 "Chocolate" 这个轻松愉快的话题开始。这是一个在 Part 1 经常出现的话题，准备好它能让你在考试一开始就建立信心。

现在，我会扮演考官，向你提出一系列关于 "Chocolate" 的问题。然后，我会立刻为你示范，一个像你这样背景的学生，应该如何给出一个既简单又高质量的回答。

我们开始吧！

示范答案 (Model Answers)

(Alan as Examiner) Question 1: Do you like eating chocolate? Why/why not?

(Alan as Tianxiang) "Absolutely! I'm a big fan of chocolate, especially after a long day of studying. I find that its sweet taste really helps me to relax and lifts my mood. It's a simple pleasure that just makes me feel happy."

(Alan as Examiner) Question 2: How often do you eat chocolate?

(Alan as Tianxiang) "Well, I try not to eat it every day, maybe just a few times a week. Since I enjoy baking, I often use chocolate when making things like cookies or cakes. Otherwise, I might have a

small piece of dark chocolate as a little treat for myself."

(Alan as Examiner) Question 3: Did you often eat chocolate when you were a kid?

(Alan as Tianxiang) "Oh, for sure. When I was a little boy, chocolate was my favorite snack. My parents would sometimes buy it for me as a reward if I got a good score on a test. It always felt like a very special thing to get back then."

(Alan as Examiner) Question 4: Why do you think chocolate is popular around the world?

(Alan as Tianxiang) "I guess the main reason is its delicious taste that most people seem to love. Also, it's incredibly versatile – you can find it in drinks, cakes, and ice cream. Plus, giving chocolate as a present is a popular way to show care and friendship in many cultures."

(Alan as Examiner) Question 5: What's your favourite flavour of chocolate?

(Alan as Tianxiang) "I'm definitely more into dark chocolate these days. I really enjoy its rich and slightly bitter taste, which I find more satisfying than milk chocolate. It also feels a little bit healthier, so I don't feel too guilty eating it!"

(Alan as Examiner) Question 6: Do you think it is good to use chocolate as gifts to others?

(Alan as Tianxiang) "Yes, definitely. I think it's a wonderful and safe choice for a gift. It's not overly expensive, and it's a gesture that most people will appreciate. A nicely packaged box of chocolates is a simple way to make someone happy on their birthday or a special occasion."

答案分析 (Answer Analysis)

好了 Tianxiang，以上就是针对这6个问题的示范回答。你看，我们用的词都非常简单，完全没有生僻词，但组合起来的效果就很好。我们来分析一下，这些答案好在哪里：

1. 思路与结构 (Structure & Ideas)

- **直接回答 + 补充细节**: 这是Part 1最核心的答题结构。你看每个答案都是先用一两个词直接回答问题 ("Absolutely!", "Well, I try not to...", "Oh, for sure."), 然后马上补充1-2句话的细节或原因。比如，为什么喜欢？ (helps me to relax) ; 多久吃一次？ (a few times a week, when I'm baking) 。
- **关联个人经历**: 我特意把你的爱好“烘焙 (baking)”、身份“学生 (studying)”加了进去。这样做能让答案听起来非常真实，而不是在背诵模板。

2. 亮点词汇/短语 (Key Vocabulary/Phrases)

- 用 "I'm a big fan of..." 或 "I'm really into..." 代替 "I like..."，听起来更地道。
- 用 "lifts my mood" (让我心情变好) 来表达“让我开心”，很形象。
- 用 "a simple pleasure" (一种简单的快乐) 来描述巧克力，很有画面感。
- 用 "as a little treat for myself" (作为给自己的小奖励) 描述吃零食的行为，非常生活化。
- 用 "incredibly versatile" (非常多用途的) 来形容巧克力，词汇用得很准。
- 用 "a safe choice" (一个安全的选择) 形容礼物，意思是说送这个礼物不会出错。

3. 实用句型 (Useful Sentences)

- "I find that...": 这是用来引出个人观点和感受的万能句型。例如 "I find that its sweet taste really helps me to relax."
- "I guess the main reason is...": 在回答 "Why" 的问题时，用 "I guess" 或 "I think" 开头，显得你是在边思考边说，非常自然。
- "...which I find more satisfying than...": 这是一个包含非限定性定语从句的比较句，能让你的句子结构更丰富。例如 "I really enjoy its rich and slightly bitter taste, which I find more satisfying than milk chocolate."

4. 连接词的使用 (Use of Connectors)

- **Also / Plus**: 在你想补充另一个观点或原因时，用这两个词来连接，会让你的逻辑非常清晰。比如在第4个问题里，我用了 "Also" 和 "Plus" 来引出第二和第三个原因。
- **Otherwise**: 表示“在其他情况下”，让句子之间的逻辑关系更强。比如在第2个问题里，"I use it for baking. Otherwise, I might have a small piece..." (我用它来烘焙。如果在其他情况下，我会吃一小块...)

记住，Tianxiang，雅思口语7.5分并不需要你说一些谁也听不懂的复杂内容。恰恰相反，它要求你用**简单、准确**的语言，**流利、有条理**地表达自己的想法。我们今天的示范就是一个很好的例子。

你觉得这个话题的示范怎么样？有没有哪个词或句子你觉得特别好用，想多练练？或者，你想不想换个新话题，我们再来一次？

话题词汇

当然！很高兴你主动要求积累话题词汇，这是提升口语流利度和表达准确性的关键一步。拥有一个话题的“词汇库”，就像是打游戏有了精良的装备，让你在考场上更有信心。

对于 "Chocolate" 这个话题，我们不需要多么复杂的词，只需要一些能准确描述感受和场景的词汇就足够了。下面我为你整理了一些简单又地道的“弹药”，并且为你附上了非常简单的例句，方便你理解和模仿。

"Chocolate" 话题词汇库 (Topical Words)

1. 形容口感和味道 (Describing Taste & Texture)

- **Rich (浓郁的)**
 - *Example*: I love the rich flavour of dark chocolate.
- **Smooth (顺滑的)**
 - *Example*: Good quality chocolate feels very smooth when it melts in your mouth.
- **Creamy (绵密的, 奶味浓的)**
 - *Example*: Milk chocolate is much more creamy than dark chocolate.
- **Bitter (苦的)**
 - *Example*: Some people don't like dark chocolate because it can be a little bitter.
- **Sweet (甜的)**
 - *Example*: Most kids prefer sweet food, so they love milk chocolate.

2. 表达感受和作用 (Expressing Feelings & Effects)

- **Comfort food (治愈食物)**
 - *Example*: For me, chocolate is a type of comfort food. It always makes me feel better.

- **Satisfying (令人满足的)**
 - *Example:* A small piece of chocolate after a meal is very **satisfying**.
- **Lifts my mood / Cheers me up (让我心情变好)**
 - *Example:* When I feel a bit down, eating chocolate always **lifts my mood**.
- **A treat (一种享受, 一点奖励)**
 - *Example:* I only eat cake on the weekend as a **special treat**.
- **Addictive (容易上瘾的)**
 - *Example:* The sweet taste of chocolate can be quite **addictive**.

3. 相关的动作和场合 (Related Actions & Occasions)

- **Have a craving for... (特别想吃...)**
 - *Example:* Sometimes, after lunch, I **have a craving for** something sweet like chocolate.
- **Indulge in... (尽情享受...)**
 - *Example:* It's nice to **indulge in** a delicious chocolate cake on your birthday.
- **As a gift (作为礼物)**
 - *Example:* A box of chocolates is a very common choice **as a gift**.
- **Special occasions (特殊场合)**
 - *Example:* People often give chocolate to each other on **special occasions** like Valentine's Day.

Alan's Tip:

Tianxiang, 你完全不需要把这些词全部背下来。最好的方法是, 从每个分类里挑出 1-2个 你自己最喜欢、觉得最容易记住的。然后试着把它们用到你自己的答案里。比如, 下次练习时, 试着用 "rich" 和 "comfort food" 来描述你为什么喜欢巧克力。

怎么样, 这些词汇对你有帮助吗? 要不要我们现在就试着用其中几个词, 再重新回答一下刚才的某个问题?

常见搭配

太棒了! 你这个问题问得非常好。

学完了单词, 下一步就是学习怎么把它们“串”起来, 形成固定的搭配和句子。这就像我们学中文, 会说“不仅.....而且.....”, “因为.....所以.....”, 这些固定的“架子”能让你的表达立刻变得流利和地道。

下面我为你整理了一些在谈论“巧克力”时, 考官经常能听到的、非常自然地道的句子搭配。你只要记住这些“半成品”, 到时候往里面填上我们刚学过的词汇, 一个高质量的答案就出来了。

"Chocolate" 话题常见句子搭配 (Common Collocations)

1. 用来“表达喜爱”的搭配

- **I have a sweet tooth, so... (我爱吃甜食, 所以...)**
 - *用法:* 用来解释你为什么喜欢吃甜的东西。
 - *示范:* I have a sweet tooth, so I can never say no to a piece of chocolate cake.
- **... is my go-to snack. (...是我的首选零食)**
 - *用法:* 形容某样东西是你日常、下意识会选择的东西。
 - *示范:* When I'm studying late at night, a chocolate bar is my go-to snack.

2. 用来“描述感受”的搭配

- It melts in your mouth. (它入口即化。)
 - 用法 非常形象地描述顺滑的口感。
 - 示范 This chocolate is of such high quality; it just melts in your mouth.
- It gives me an energy boost. (它能给我补充能量/提神。)
 - 用法 说明它能带来的实际作用。
 - 示范 I sometimes eat a small piece before working out because it gives me an energy boost.
- It's my guilty pleasure. (这是我的“罪恶快感”。)
 - 用法 形容一个你很享受、但又觉得有点“不健康”或“不应该”的爱好。这个说法非常地道!
 - 示范 I know I shouldn't eat too much sugar, but chocolate is my guilty pleasure.

3. 用来“谈论习惯”的搭配

- I eat it in moderation. (我吃得很有节制。)
 - 用法 当你不想说“我不常吃”(I don't eat it often)时, 这是一个更高级、更显成熟的说法。
 - 示范 I love chocolate, but I make sure I eat it in moderation.
- Every now and then, I treat myself to... (我偶尔会用...来犒劳自己。)
 - 用法 "Every now and then" 是 "sometimes" 一个非常好的替代。
 - 示范 Every now and then, I treat myself to a fancy box of chocolates.

4. 用来“谈论场合”的搭配

- It's a classic/popular gift for... (...的经典/热门礼物。)
 - 用法 谈论巧克力作为礼物的功能。
 - 示范 A box of chocolates is a classic gift for a teacher or a friend.
- It's perfect for sharing with... (它很适合与...分享。)
 - 用法 强调它的社交属性。
 - 示范 A big bag of chocolate candies is perfect for sharing with colleagues at the office.

Alan's Tip:

看到这些搭配, 是不是感觉自己能说的话一下子多了起来?

关键点在于, 你不需要死记硬背。你只需要理解它们的意思, 然后在练习的时候, 有意识地提醒自己: “哦, 这里我可以用 **I have a sweet tooth**” 或者 “这里我可以说 **It's my guilty pleasure**”。

下次你再练习这个话题, 就从这里面选两三个你最喜欢的搭配用进去, 你的答案会立刻听起来不一样!

怎么样, 想不想现在就挑一句, 试着造个属于你自己的句子? 比如, 用 "is my go-to snack" 来说说你情况?

Doing sports

题目

1. What sports do you like?

2. Where did you learn how to do it?
3. Did you do some sports when you were young?
4. Do you think students need more exercise?
5. Do you know any people who are good at sports?
6. Do you think it is important for people to exercise?
7. Should schools encourage young students to take more physical exercise?

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! 今天我们来聊一个关于健康和活力的话题: "Sports and Exercise" (运动)。

我知道你喜欢去健身房，而且你也给出了非常棒的理由：安全、不受天气影响。这太好了！我们就围绕着“健身房”这个点，来为你打造一系列既真实又充满逻辑的答案。

让我们开始吧！

示范问题 1

(Alan as Examiner): What sports do you like?

(Alan as Student Tianxiang): "To be honest, I'm not a big fan of competitive team sports like basketball or football. I much prefer working out at the gym. For me, it's a great way to stay fit, and I like that it's not affected by the weather. This means I can exercise regularly and be consistent with my plan."

答案为什么好？

- **思路与结构：**
 1. **对比式开场：** I'm not a big fan of... I much prefer...，先说不喜欢的，再说喜欢的，让你的偏好非常清晰。
 2. **解释原因1 (不受天气影响)：** 直接用上了你给出的核心理由，非常棒！
 3. **解释原因2 (保持规律)：** 基于不受天气影响，引出了可以“规律锻炼”这个好处。
- **亮点词汇/短语：**
 - team sports: “团队运动”。
 - working out at the gym: “在健身房锻炼”。
 - stay fit: “保持健康/好身材”。
 - not affected by the weather: “不受天气影响”。
 - be consistent with: “与...保持一致”。
- **实用句型：**
 - I'm not a big fan of..., I much prefer... (我不太喜欢..., 我更喜欢...)
 - This means I can... (这意味着我可以...)

示范问题 2

(Alan as Examiner): Where did you learn how to do it?

(Alan as Student Tianxiang): "I mostly learned by myself, actually. When I first started going to the gym, I watched a lot of tutorial videos online to learn the correct form for different exercises. I also learned by observing other experienced people there. It's a continuous learning process for me."

答案为什么好?

- **思路与结构:**
 1. **直接回答:** I mostly learned by myself. 清晰明了。
 2. **解释方法1 (线上):** 提到“看线上教程视频”学习正确姿势, 非常符合当代年轻人的学习方式。
 3. **解释方法2 (线下):** I also learned by observing..., 补充了“观察健身房里有经验的人”, 让学习过程更完整。
 4. **总结感受:** 最后说这是一个“持续学习的过程”, 体现了你的认真态度。
- **亮点词汇/短语:**
 - tutorial videos: “教程视频”。
 - correct form: “正确的姿势”。
 - observing: /əb'zɜ:vɪŋ/ (观察)。
 - experienced people: “有经验的人”。
 - continuous learning process: “持续的学习过程”。
- **实用句型:**
 - When I first started..., I watched a lot of... to learn... (当我刚开始...时, 我看了很多...来学习...)
- **连接词的使用:**
 - also: 用来添加另一个学习的途径, 让答案更全面。

示范问题 3

(Alan as Examiner): Did you do some sports when you were young?

(Alan as Student Tianxiang): "Yes, but nothing too serious. We had mandatory PE classes in middle school where we played sports like table tennis and basketball. To be honest, I wasn't particularly good at them. My real interest in fitness and working out at the gym only started after I went to university."

答案为什么好?

- **思路与结构:**
 1. **给出有保留的肯定:** Yes, but nothing too serious, 表明有参与, 但不是专业或热爱的。
 2. **说明背景:** 解释了是在“体育课”上接触的运动。
 3. **诚实评价自己:** I wasn't particularly good at them, 诚实说明自己不擅长, 很真实。
 4. **与现在对比:** 最后一句清晰地对比了过去和现在, 说明对健身的兴趣是上大学后才开始的。
- **亮点词汇/短语:**
 - nothing too serious: “没什么太正式的/严肃的”。
 - mandatory PE classes: “强制的体育课”。
 - wasn't particularly good at: “不是很擅长”。
- **实用句型:**
 - My real interest in... only started after... (我对...的真正兴趣是在...之后才开始的。)

示范问题 4

(Alan as Examiner): Do you think students need more exercise?

(Alan as Student Tianxiang): "Yes, absolutely. I think students today spend too much time sitting in front of screens for their studies and entertainment. Regular exercise is crucial for both their physical health and mental well-being. It can help them reduce stress from school and improve their concentration."

答案为什么好?

- **思路与结构:**
 1. **强烈肯定:** Yes, absolutely.
 2. **指出问题:** 指出学生“花太多时间坐在屏幕前”的现状。
 3. **强调重要性:** Regular exercise is crucial for..., 点明了运动对身心健康的重要性。
 4. **列举具体好处:** reduce stress 和 improve concentration, 给出了两个非常具体的好处。
- **亮点词汇/短语:**
 - in front of screens: “在屏幕前”。
 - regular exercise: “规律的锻炼”。
 - crucial for: /'kru:ʃl/, “对...至关重要”。
 - physical and mental health: “身心健康”。
 - reduce stress: “减轻压力”。
 - improve concentration: “提高专注力”。
- **实用句型:**
 - ...is crucial for both their A and B. (...对他们的A和B都至关重要。)

示范问题 5

(Alan as Examiner): Do you know any people who are good at sports?

(Alan as Student Tianxiang): "Yes, one of my classmates is very athletic. He is on the university's basketball team and is a fantastic player. He is very disciplined and trains almost every day after class. I really admire his dedication and the passion he has for the sport."

答案为什么好?

- **思路与结构:**
 1. **肯定回答并确定人物:** Yes, one of my classmates...
 2. **描述他的强项:** on the university's basketball team, 给出了具体身份。
 3. **描述他的品质:** very disciplined and trains almost every day, 用细节说明他为什么优秀。
 4. **表达个人钦佩之情:** I really admire his dedication and passion, 用高级词汇表达了尊敬。
- **亮点词汇/短语:**
 - athletic: /æθ'letɪk/ (运动能力强的)。
 - fantastic player: “非常棒的球员”。
 - disciplined: /'dɪsəplɪnd/ (有纪律的, 自律的)。
 - admire: /əd'maɪə(r)/ (钦佩)。
 - dedication and passion: “奉献与热情”。

- **实用句型:**

- I really admire his... and the... he has for... (我真的很钦佩他的...以及他对...所拥有的...)

示范问题 6

(Alan as Examiner): Do you think it is important for people to exercise?

(Alan as Student Tianxiang): "Yes, I believe it's extremely important for everyone. Regular physical activity is one of the best ways to maintain a healthy body and a clear mind. It not only helps prevent many health problems, but it also boosts your mood and energy levels. It's a key part of a healthy lifestyle."

答案为什么好?

- **思路与结构:**

1. **强烈肯定并扩大范围:** extremely important for everyone。
2. **概括核心好处:** maintain a healthy body and a clear mind, 身心两方面都提到了。
3. **列举更多好处:** not only... but it also..., 用句型列出了“预防疾病”和“提升情绪”两点。
4. **总结升华:** 最后总结说这是“健康生活方式的关键部分”。

- **亮点词汇/短语:**

- extremely important: “极其重要”。
- physical activity: “身体活动”。
- maintain a healthy body: “维持健康的身体”。
- boosts your mood: “提升你的情绪”。
- a healthy lifestyle: “一种健康的生活方式”。

- **实用句型:**

- It not only [A], but it also [B]. (它不仅..., 而且还...)

示范问题 7

(Alan as Examiner): Should schools encourage young students to take more physical exercise?

(Alan as Student Tianxiang): "Yes, definitely. I think schools play a huge role in promoting a healthy lifestyle among children. They should offer a variety of sports options, not just traditional competitive games, so every student can find something they enjoy. This can help them build a good habit that lasts for a lifetime."

答案为什么好?

- **思路与结构:**

1. **清晰立场:** Yes, definitely.
2. **点明学校的角色:** schools play a huge role in...
3. **提出具体建议:** offer a variety of sports options, 建议学校提供多样化的选择。
4. **解释长远意义:** build a good habit that lasts for a lifetime, 说明了这么做的长远好处。

- **亮点词汇/短语:**

- play a huge role in: “在...中扮演重要角色”。

- **promoting**: /prə'məʊtɪŋ/ (提倡, 促进)。
- **a variety of**: “多种多样的”。
- **lasts for a lifetime**: “持续一生”。
- **实用句型**:
 - ...play a huge role in [doing something].
 - This can help them build a good habit that...

怎么样, Tianxiang? 围绕着你喜欢的“健身房”, 我们把所有问题都回答得既有理有据, 又非常个性化。

接下来我们想聊点什么呢?

话题词汇

好的, 我们来为 "Sports and Exercise" 这个话题装备上一些核心词汇。

有了这些词, 你不仅可以清晰地表达你对健身的喜爱, 还能更深入地讨论运动的重要性以及它带来的各种好处。

"Sports and Exercise" 话题词汇库 (Vocabulary List)

1. 通用术语 (General Terms)

- Sport(s) (运动)
- Exercise /'eksəsaɪz/ (n. & v. 锻炼)

I try to get some exercise every day.

- Physical activity (身体活动)

Regular physical activity is good for your health.

- Fitness /'fɪtnəs/ (健康; 健美)

He is very interested in health and fitness.

- Health /helθ/ (健康)
- Lifestyle /'laɪfstɑɪl/ (生活方式)

2. 运动的种类 (Types of Sports & Activities)

- Team sport (团队运动)

*Basketball and football are popular **team sports**.*

- Individual sport (个人运动)

*Running is a great **individual sport**.*

- Working out (健身)

***Working out** at the gym is my favorite way to exercise.*

- Lifting weights (举重, 力量训练)
- Running /'rʌnɪŋ/ (跑步) / Jogging /'dʒɒɡɪŋ/ (慢跑)
- Hiking /'haɪkɪŋ/ (徒步)
- Swimming /'swɪmɪŋ/ (游泳)

3. 地点与器材 (Places & Equipment)

- Gym (Gymnasium) /dʒɪm/ (健身房)

*I go to the **gym** near my school.*

- Sports field (运动场)
- Court /kɔ:t/ (球场) (e.g., basketball court, tennis court)
- Equipment /ɪ'kwɪpmənt/ (器材, 设备)

*The gym has a lot of modern **equipment**.*

- Treadmill /'tredmɪl/ (跑步机)
- Weights /weɪts/ (重量器械)

4. 相关的动作 (Actions & Verbs)

- to exercise / to work out (锻炼)
- to play a sport (做一项运动)
- to go to the gym (去健身房)
- to stay fit / to keep fit (保持健康/好身材)
- to be consistent /kən'sɪstənt/ (保持连贯, 坚持)

*The key to seeing results is **to be consistent**.*

- to train /treɪn/ (训练)
- to warm up (热身) / to cool down (放松, 整理运动)

5. 好处与感受 (Benefits & Feelings)

- Healthy /'helθi/ (健康的)
- Fit /fɪt/ (健康的; 身材好的)
- Strong /strɒŋ/ (强壮的)
- Athletic /æθ'letɪk/ (运动能力强的)
- Energetic /,enə'dʒetɪk/ (精力充沛的)
- to reduce stress (减轻压力)
- to improve health / concentration (改善健康 / 提高专注力)
- to maintain a healthy body (维持健康的身体)
- to boost your mood (提升你的情绪)
- to build a good habit (养成一个好习惯)

这些词汇覆盖了从运动类型到身心感受的方方面面。下次再聊到运动话题时, 你就可以用它们来让自己的表达更丰富、更地道了!

我们接下来做什么呢?

常见搭配

好的, 我们来完成“运动”话题的最后一步, 把“单词”组装成“句子”!

这些“句子搭配”都是围绕你喜欢的“健身房”和你对运动的看法来设计的。学会它们, 你就能非常自如地谈论你的健身习惯, 并分享你对运动重要性的理解。

"Sports and Exercise" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何表达你的运动偏好

- To be honest, I'm not really into...; I prefer... (说实话, 我不太喜欢...; 我更偏爱...)

To be honest, I'm not really into team sports; I prefer working out at the gym by myself.

- I'm more of a gym person because... (我更像是一个“健身房派”, 因为...)

I'm more of a gym person because I can go whenever I have free time.

- What I like about [going to the gym] is that... (我喜欢[去健身房]的一点是...)

What I like about going to the gym is that it's not affected by bad weather.

- I find [team sports] a bit too [competitive], so I'd rather... (我觉得[团队运动]有点太[有竞争性]了, 所以我宁愿...)

I find team sports a bit too competitive, so I'd rather focus on my own fitness goals.

2. 如何描述你的锻炼日常

- I try to go to the gym... (我试着...)

I try to go to the gym three or four times a week.

- My routine usually includes... (我的日常安排通常包括...)

My routine usually includes some running on the treadmill and some weight lifting.

- I usually spend about [an hour] there each time. (我每次去通常会待大概[一小时]。)
- It's a great way to take a break from... (这是一个从...中脱离出来休息的好方法。)

It's a great way to take a break from my studies and refresh my mind.

3. 如何解释运动带来的好处

- For me, the biggest benefit of exercise is... (对我来说, 锻炼最大的好处是...)

For me, the biggest benefit of exercise is that it helps me reduce stress.

- Working out is a great way to... (健身是...的一个好方法。)

Working out is a great way to stay fit and maintain a healthy body.

- It not only improves my physical health, but also... (它不仅能改善我的身体健康, 还能...)

It not only improves my physical health, but also boosts my mood.

- It helps me to clear my mind after... (它能帮助我在...之后清空思绪。)

It helps me to clear my mind after a long day of coding.

4. 如何给出你对他人运动的观点

- I strongly believe that it's crucial for [students] to... (我坚信对于[学生]来说...是至关重要的。)

I strongly believe that it's crucial for students to get regular exercise.

- Schools should play a bigger role in... (学校应该在...方面扮演更重要的角色。)

Schools should play a bigger role in promoting a healthy lifestyle.

- It's important to find a type of exercise that... (找到一种...的锻炼方式很重要。)

It's important to find a type of exercise that you genuinely enjoy.

- Building a habit of regular exercise from a young age is... (从小养成规律锻炼的习惯是...)

Building a habit of regular exercise from a young age is beneficial for your whole life.

非常棒，Tianxiang！我们已经把“运动”这个话题聊得非常透彻了。从你的个人喜好到对大众的建议，你现在都有了清晰、地道的表达方式。

我们Part 1的话题库已经非常强大了！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 a place you like to go to relax” (描述一个你喜欢去放松的地方)**，你的健身房就是最完美的素材！告诉我你的想法！

Electronic devices/Technology

题目

1. Which technology do you use more often, computers or cellphones?

2. What electronic devices have you bought lately?
3. Is there any new technology you want to buy?
4. Is technology important in your life?
5. Is there any technology you don't like?
6. How do you think technology trends today compare to when you were young?

给出一个小学生都能说的简单答案，不超过4句话。

答案

好的，Tianxiang！今天我们来聊一个你绝对的“主场”话题：“Technology” (科技)。

考虑到你就是计算机专业的学生，这个话题对你来说简直是送分题！我们可以把你对科研的热情、对摄影的爱好，以及对未来的看法都完美地融合进来，让你的答案不仅听起来专业，而且充满了个人色彩。

准备好展示你的实力了吗？我们开始！

示范问题 1

(Alan as Examiner): Which technology do you use more often, computers or cellphones?

(Alan as Student Tianxiang): "As a computer science student, I definitely use my computer more for my academic work. I probably spend hours every day writing code and analyzing data on my laptop. However, for my social life and daily tasks like communication and payment, I rely completely on my cellphone. So I would say they are equally important."

答案为什么好？

思路与结构：

1. **情景化回答：** 开头没有简单地说“电脑”，而是加上了 `As a computer science student` 的前提，非常真实，有说服力。
2. **具体化工作内容：** `writing code and analyzing data`，具体说明了用电脑做什么，展现了你的专业性。
3. **转折补充：** 用 `However` 引出手机的用途，展现了两种设备在生活中扮演的不同角色。
4. **平衡总结：** 最后一句总结说它们“同等重要”，展现了你全面的视角。

亮点词汇/短语：

- `academic work`: “学术工作”。
- `writing code`: “写代码”。
- `analyzing data`: “分析数据”。
- `rely completely on`: “完全依赖于”。
- `equally important`: “同等重要”。

实用句型：

- `As a..., I definitely use... for...` (作为一名..., 我肯定用...来做...)
- `However, for..., I rely on...` (然而, 对于..., 我则依赖于...)

连接词的使用：

- `However`: 非常好用的转折词，在这里清晰地区分了电脑和手机两种不同的使用场景。
- `So`: 用来引出结论，让你的回答结构完整。

示范问题 2

(Alan as Examiner): What electronic devices have you bought lately?

(Alan as Student Tianxiang): "Well, I haven't bought any major electronic devices recently, since my current laptop and phone are powerful enough for my studies. The last thing I got was probably a new lens for my camera a few months ago. As I'm really into photography, I sometimes like to upgrade my gear to get better photos."

答案为什么好?

思路与结构:

1. **诚实回答:** 直接说最近没买什么“大件”，这很正常，听起来很真实。
2. **解释原因:** `since my current... are powerful enough`，给出了合乎情理的解释。
3. **提供相关信息:** 虽然没买大件，但提到了为自己的相机买了一个新镜头，这就把话题和你“摄影”的爱好联系了起来。
4. **解释动机:** 最后一句解释了为什么要买镜头（为了升级装备，拍更好的照片），让整个回答逻辑通顺。

亮点词汇/短语:

- `major electronic devices`: “主要的电子设备”。
- `powerful enough`: “足够强大”。
- `new lens`: “新镜头”。
- `upgrade my gear`: “升级我的装备”。

实用句型:

- `I haven't bought... recently, since...` (我最近没买..., 因为...)
- `The last thing I got was probably...` (我上一个买的东西可能是...)
- `As I'm really into..., I sometimes like to...` (因为我真的很迷..., 所以我有时候喜欢...)

连接词的使用:

- `since`: 用来解释原因，比 `because` 稍微正式一点点，但同样很常用。
- `As`: 同样是用来引导原因，放在句首，非常自然。

示范问题 3

(Alan as Examiner): Is there any new technology you want to buy?

(Alan as Student Tianxiang): "Yes, definitely. I've been thinking about getting a good drone recently. Since I love photography, a drone would allow me to capture some amazing aerial shots and videos. This could also be a great first step for me to learn how to make vlogs, which is a skill I really want to pick up."

答案为什么好?

思路与结构:

1. **明确回答:** `Yes, definitely.` 直接给出肯定回答。
2. **点明具体物品:** `a good drone`，非常具体。
3. **联系现有爱好:** `Since I love photography...`，解释了买无人机是为了满足摄影爱好。
4. **联系未来目标:** `This could also be a great first step...`，进一步把它和你想学习的“vlog”技能联系起来，展示了你的规划性。

亮点词汇/短语:

- **drone**: /drəʊn/ (无人机)。
- **aerial shots**: /'eəriəl ʃɒts/ (航拍镜头)。
- **a great first step**: “很棒的第一步”。
- **pick up a skill**: “学习一项技能”。
- **实用句型**:
 - **I've been thinking about getting...** (我一直在考虑买...)
 - **...which is a skill I really want to pick up.** (...是我想学会的一项技能。)
- **连接词的使用**:
 - **Since**: 在句首引导原因, 说明为什么想要无人机。
 - **also**: 用来添加另一个层面的理由 (除了摄影, 还能用于vlog), 让理由更充分。

示范问题 4

(Alan as Examiner): Is technology important in your life?

(Alan as Student Tianxiang): "Absolutely, it is essential and fundamental to my life. As a computer science student, technology is not just a tool for me; it's my field of study and my future career. From my AI research to my photography hobby, technology is at the core of almost everything I do. I truly can't imagine my life without it."

答案为什么好?

- **思路与结构**:
 1. **用强烈的词回答**: **Absolutely, it is essential and fundamental**, 连用两个强烈的词, 强调了重要性。
 2. **定义科技对你的意义**: **not just a tool...; it's my field of study**, 这个回答非常深刻, 直接点明了你和科技的特殊关系。
 3. **举例覆盖多方面**: **From my AI research to my photography hobby...**, 举例覆盖了“学习”和“爱好”两个方面, 非常全面。
 4. **用有力的句子结尾**: **I truly can't imagine my life without it.** 结尾非常有力, 总结了你的观点。
- **亮点词汇/短语**:
 - **essential** /ɪ'senʃl/: “必不可少的”。
 - **fundamental** /ˌfʌndə'mentl/: “基础的, 根本的”。
 - **field of study**: “研究领域”。
 - **at the core of**: “在...的核心”。
- **实用句型**:
 - **...is not just [A] for me; it's [B].** (...对我来说不仅仅是A, 更是B。)
 - **From [A] to [B], ... is at the core of everything I do.** (从A到B, ...是我做的每件事的核心。)
- **连接词的使用**:
 - **From... to...**: 这个结构在这里用得非常好, 展示了科技影响的广度。

示范问题 5

(Alan as Examiner): Is there any technology you don't like?

(Alan as Student Tianxiang): "That's a tough question, as I'm generally very positive about technology. But if I had to choose, I'd say I'm not a big fan of technologies that are designed to be

too addictive. For instance, some short-video apps use algorithms to keep you scrolling for hours, which can be a huge waste of time and hurt your productivity."

答案为什么好?

思路与结构:

1. **先表明总体态度:** `I'm generally very positive...`, 先说明自己的总体看法, 这与你提供的信息一致, 显得很真诚。
2. **用假设来回答:** `if I had to choose...`, 这个句型非常适合回答这种“非黑即白”的难题。
3. **点明不喜欢的技术类型:** `technologies that are... too addictive`, 给出了一个类型, 而不是一个具体的产品, 更有普遍性。
4. **举例并解释危害:** 用 `For instance` 举出短视频app的例子, 并说明其危害 (浪费时间, 影响效率)。

亮点词汇/短语:

- `tough question`: “难题”。
- `not a big fan of`: “不太喜欢”。
- `addictive`: /ə'dɪktɪv/ (令人上瘾的)。
- `algorithms`: /'ælgərɪðəmz/ (算法)。
- `huge waste of time`: “极大的时间浪费”。
- `productivity`: /ˌprɒdʌk'tɪvəti/ (生产力)。

实用句型:

- `But if I had to choose, I'd say...` (但如果我必须选一个, 我会说...)
- `...which can be a huge waste of time.` (...这可能会是极大的时间浪费。)

连接词的使用:

- `But`: 表示转折, 从“总体喜欢”转到“不喜欢的一个特例”。
- `For instance`: 用来引出具体的例子, 让你的观点更容易被理解。

示范问题 6

(Alan as Examiner): How do you think technology trends today compare to when you were young?

(Alan as Student Tianxiang): "Oh, the difference is night and day. When I was a kid, the internet was mostly on desktop computers, and phones were just for calling. Now, everything is mobile, interconnected, and getting more intelligent because of AI. The pace of technological evolution today is just unbelievably fast."

答案为什么好?

思路与结构:

1. **用比喻强调区别:** `the difference is night and day` (天壤之别), 这个比喻非常生动, 一下子就抓住了重点。
2. **描述过去:** `When I was a kid...`, 简单清晰地描述了过去的情况 (桌面电脑、功能单一的手机)。
3. **描述现在:** `Now...`, 用几个核心词 (`mobile`, `interconnected`, `intelligent`) 高度概括了现在的特点。
4. **总结变化的速度:** 最后一句对科技“进化速度”(`pace of evolution`)进行总结和感叹。

亮点词汇/短语:

- `night and day`: “天壤之别”, 非常地道的习语。

- **desktop computers**: “台式电脑”。
- **interconnected**: /ˌɪntəkəˈnektɪd/ (互联的)。
- **intelligent**: /ɪnˈtelɪdʒənt/ (智能的)。
- **pace of evolution**: “进化的速度”。
- **unbelievably fast**: “难以置信地快”。
- **实用句型**:
 - **The difference is night and day.** (这区别太大了。)
 - **When I was a kid, ..., but now, ...** (当我小时候..., 但是现在...)
- **连接词的使用**:
 - 这个答案的结构本身就是一种连接, 通过 **When...** 和 **Now...** 这两个时间状语, 清晰地构建了过去与现在的对比, 逻辑非常清楚。

这个话题对你来说是不是非常得心应手? 你的专业背景就是你最大的优势! 接下来想聊什么呢?

话题词汇

好的, 没问题! 考虑到你的专业背景, 这个话题的词汇库对你来说应该是小菜一碟, 但我们可以把它整理得更有条理, 让你在表达时能更精准、更自信地切换使用。

这个词汇库不仅包含日常用语, 也加入了一些和你专业相关的、但又足够通俗易懂的词汇, 可以恰到好处地展现你的背景优势。

"Technology" 话题词汇库 (Vocabulary List)

1. 通用核心概念 (General & Core Concepts)

- **Technology** /tekˈnɒlədʒi/ (科技)

*I'm very positive about the future of **technology**.*

- **The Internet** /ˈɪntənət/ (互联网)

***The Internet** has changed the way we live and work.*

- **Digital** /ˈdɪdʒɪtl/ (数字的)

*We are living in a **digital** age.*

- **Innovation** /ˌɪnəˈveɪʃn/ (创新)

*Technological **innovation** is happening faster than ever.*

- Trend /trend/ (趋势)

*The current **trend** is towards smaller and more powerful devices.*

2. 设备与硬件 (Devices & Hardware)

- Electronic device (电子设备)

*I own several **electronic devices**, including a laptop and a smartphone.*

- Laptop /'læptɒp/ (笔记本电脑) & Desktop computer (台式电脑)
- Smartphone /'smɑ:tʃəʊn/ (智能手机)
- Gadget /'gædʒɪt/ (小巧的电子装置)

*He loves buying the latest tech **gadgets**.*

- Drone /drəʊn/ (无人机)
- Gear /ɡɪə(r)/ (装备, 尤指相机等)

*I need to upgrade my camera **gear**.*

3. 软件与应用 (Software & Applications)

- Software /'sɒftweə(r)/ (软件) & Hardware /'hɑ:dweə(r)/ (硬件)
- Application (App) /,æplɪ'keɪʃn/ (应用)

*There's an **app** for almost everything now.*

- Social media (社交媒体)

*I spend about an hour on **social media** every day.*

- Operating system (OS) (操作系统)

*Windows and macOS are two different **operating systems**.*

- User-friendly (用户友好的, 易于使用的)

*The new software has a very **user-friendly** interface. (interface: 界面)*

4. 相关动作与动词 (Actions & Verbs)

- to browse / surf the internet (浏览网页)
- to download / upload (下载 / 上传)

*It takes about five minutes **to download** this file.*

- to install /In'stɔ:l/ (安装)

*You need **to install** the latest version of the software.*

- to upgrade /ʌp'greɪd/ (升级)

*It's time **to upgrade** my old phone.*

- to rely on (依赖)

*We **rely on** technology for communication.*

- to code / to program (编程)

*I'm learning how **to code** in Python.*

5. 展现你背景的“加分词” (Bonus Words for Your Background)

- Artificial Intelligence (AI) /ˌɑ:tɪfɪʃl ɪn'telɪdʒəns/ (人工智能)

*I believe **AI** will be used in every detail of our future lives.*

- Algorithm /'ælgərɪðəm/ (算法)

*Social media uses **algorithms** to recommend content.*

- Data /'dɜ:tə/ (数据)

*My research involves analyzing a large amount of **data**.*

- Automation /ˌɔ:tə'meɪʃn/ (自动化)

***Automation** can increase productivity in factories.*

- Regulation /ˌregju'leɪʃn/ (规范, 监管)

*I think we need better **regulation** for new technologies.*

这些词汇你肯定都很熟悉，关键在于把它们流畅地组织到你的答案里。这个词汇库可以作为你的一个“自查清单”，确保你在谈论科技时，能覆盖到这些核心的表达。

接下来我们做什么呢？要不要用这些词汇来挑战一个 Part 2 的话题？

常见搭配

没问题！这绝对是你最擅长的部分。我们来把那些专业的词汇“安装”到日常的句子框架里，让你的表达既能体现专业性，又非常自然流畅。

这些“句子搭配”是你作为计算机专业学生可以轻松驾驭的，它们能帮你把复杂的观点用简单的结构清晰地表达出来。

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

1. 如何陈述你与科技的“特殊关系”

- As a computer science student, technology is... (作为一名计算机专业的学生，科技是...)

As a computer science student, technology is not just a tool for me, it's my passion.

- My field of study is all about... (我的研究领域就是关于...)

My field of study is all about understanding and creating new technologies.

- I'm really into all kinds of tech, especially... (我对各种科技都很着迷，特别是...)

I'm really into all kinds of tech, especially artificial intelligence.

2. 如何描述科技的功能与用途

- This device/app allows me to... (这个设备/应用能让我...)

My smartphone allows me to do almost everything, from studying to entertainment.

- The main purpose of... is to... (...的主要目的是为了...)

The main purpose of this software is to help people analyze data more efficiently.

- People use it for various things, such as... (人们用它来做各种事，比如...)

People use it for various things, such as online shopping, navigation, and mobile payments.

3. 如何谈论科技的重要性与影响

- Technology plays a huge role in... (科技在...中扮演着重要的角色。)

Technology plays a huge role in modern education.

- I can't imagine my life without... (我无法想象没有...的生活。)

I can't imagine my life without the internet.

- It has completely changed the way we... (它已经完全改变了我们...的方式。)

It has completely changed the way we communicate with each other.

- It has made our lives much easier/more convenient. (它让我们的生活变得更简单/更方便了。)

4. 如何进行“今昔对比”

- The difference is night and day. When I was younger, ..., but now... (这简直是天壤之别。我小时候..., 但现在...)

When I was younger, we used desktop computers, but now everything is mobile.

- Compared to a decade ago, technology is... (和十年前相比, 现在的科技...)

Compared to a decade ago, technology is much more powerful and accessible.

- The pace of innovation seems to be... (创新的步伐似乎正变得...)

The pace of innovation seems to be getting faster and faster.

5. 如何表达你的观点 (包括正面和负面)

- I'm very optimistic about the future of... (我对...的未来非常乐观。)

I'm very optimistic about the future of AI.

- On the one hand, it brings a lot of convenience, but on the other hand, ... (一方面, 它带来了很多便利, 但另一方面...)

...on the other hand, it can also create problems like privacy issues.

- One of the downsides is that... (...的缺点之一是...)

One of the downsides of social media is that it can be very addictive.

- I believe we need better regulation when it comes to... (我相信当涉及到...时, 我们需要更好的监管。)

I believe we need better regulation when it comes to the use of personal data.

这些句子搭配能够帮你非常有条理地构建答案。特别是那些可以展现你专业背景的句子，一定要大胆用起来，这会是你的回答中最闪光的亮点！

感觉怎么样？准备好用这些“装备”去迎接任何关于科技的问题了吗？

Fishing

题目

1. Is fishing popular in your country?
2. Do you like eating fish?
3. Do you like fishing?
4. Did you ever go fishing when you were a child?

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！我们来聊一个很接地气的话题：“Fishing” (钓鱼)。

你刚刚给我的新信息“我爸爸是钓鱼狂热粉，小时候带我去钓过鱼”简直太棒了！这就像是为此话题量身定做的“独家素材”，我们可以用它来构建一系列非常有故事感、非常真诚的回答。

我们开始吧！

示范问题 1

(Alan as Examiner): Is fishing popular in your country?

(Alan as Student Tianxiang): "Yes, I think it is, especially among middle-aged and older men, like my dad's generation. For them, it's a very relaxing hobby and a great way to escape the busy city life. You can often see people fishing quietly by the rivers or lakes on weekends."

答案为什么好？

思路与结构：

1. **肯定回答并限定人群：** Yes, I think it is, especially among...，指出了钓鱼在特定人群中很流行，非常具体。
2. **解释流行原因：** 说明了钓鱼是一种“放松的爱好” (relaxing hobby)，能“逃离喧嚣”。
3. **描绘场景：** You can often see people...，描绘了一个在河边安静钓鱼的画面，很有生活气息。

亮点词汇/短语：

- especially among: “尤其是在...人群中”。
- middle-aged: /ˌmɪdl 'eɪdʒd/ (中年的)。
- relaxing hobby: “一种放松的爱好”。
- escape the busy city life: “逃离繁忙的都市生活”。
- peace and quiet: (可以用来替换quietly)“宁静”。

- **实用句型:**

- I think it is, especially among... (我认为是, 尤其是在...)
- For them, it's a very... and a great way to... (对他们来说, 这是一个很...也是一个...的好方法。)

示范问题 2

(Alan as Examiner): Do you like eating fish?

(Alan as Student Tianxiang): "Yes, I love eating fish, it's one of my favorite foods. It's not only delicious but also very healthy. I especially enjoy grilled fish, since I'm a big fan of barbecue. Also, the spicy Sichuan-style boiled fish is amazing."

答案为什么好?

- **思路与结构:**

1. **直接肯定:** Yes, I love eating fish...
2. **解释原因:** not only delicious but also very healthy, 从两个方面说明了为什么喜欢。
3. **联系个人喜好:** 提到了你喜欢的“烧烤”(barbecue)和“川菜”(Sichuan-style), 让答案非常个性化。

- **亮点词汇/短语:**

- delicious: /dɪˈlɪʃəs/ (美味的)。
- healthy: /ˈhelθi/ (健康的)。
- grilled fish: “烤鱼”。
- a big fan of: “是...的狂热粉丝”。
- Sichuan-style: “川式风味的”。

- **实用句型:**

- It's not only [A] but also [B]. (它不仅...而且...)
- I especially enjoy..., since I'm a big fan of... (我尤其喜欢..., 因为我是...的忠实爱好者。)

- **连接词的使用:**

- Also: 用来添加另一个你喜欢的鱼的菜式, 让内容更丰富。

示范问题 3

(Alan as Examiner): Do you like fishing?

(Alan as Student Tianxiang): "To be honest, I don't really have the patience for it. My dad is a huge fishing fan and can spend a whole day just waiting by the water. For me, it feels a bit boring. I prefer more active hobbies, like photography or working out at the gym."

答案为什么好?

- **思路与结构:**

1. **诚实地否定:** To be honest, I don't..., 坦诚自己不喜欢。
2. **解释原因:** don't really have the patience for it, 点明了核心原因“没耐心”。
3. **与家人对比:** My dad is a huge fishing fan..., 用你爸爸的热爱来反衬你的“无感”, 非常生动。

4. **与自己其他爱好对比：**最后和“摄影”、“健身”这些更动态的爱好对比，再次强化了你的个人偏好。
- **亮点词汇/短语：**
 - have the patience for it: “对...有耐心”。
 - a huge fishing fan: “一个钓鱼狂热粉”。
 - a bit boring: “有点无聊”。
 - active hobbies: “更动态的爱好”。
 - **实用句型：**
 - My dad is..., but for me, it feels... (我爸爸是..., 但对我来说, 这感觉...)
 - I prefer more..., like A or B. (我更喜欢更...的, 比如A或B。)

示范问题 4

(Alan as Examiner): Did you ever go fishing when you were a child?

(Alan as Student Tianxiang): "Yes, I did. As I just mentioned, my dad is a fishing enthusiast, so he used to take me with him during weekends. I remember sitting quietly by the river with him for hours. To be honest, I didn't catch many fish, but I really enjoyed spending that quality time with my dad."

答案为什么好？

- **思路与结构：**
 1. **肯定回答并连接上文：** Yes, I did. As I just mentioned..., 让对话非常连贯。
 2. **描述场景：** sitting quietly by the river with him for hours, 描绘了一个具体的童年画面。
 3. **说出真实结果：** I didn't catch many fish, 很诚实。
 4. **升华情感价值：** but I really enjoyed spending that quality time with my dad, 点明了这段经历的真正意义不在于钓鱼本身，而在于父子共度的时光，非常加分！
- **亮点词汇/短语：**
 - fishing enthusiast: /ɪnˈθjuːziæst/ (钓鱼爱好者)。
 - used to take me with him: “过去常常带上我”。
 - quality time: “高质量的相处时光”。
- **实用句型：**
 - As I just mentioned, ..., so he used to... (正如我刚才提到的, ..., 所以他过去常常...)
 - I didn't..., but I really enjoyed... (我没..., 但我真的很享受...)

怎么样，Tianxiang？把爸爸的故事加进来之后，整个回答是不是立刻就充满了温情和生活气息？这就是个性化素材的魅力！

接下来我们想聊点什么呢？

话题词汇

好的，我们来为 "Fishing" 这个话题补充一些核心词汇。

有了这些词汇，你就可以更生动地描述你爸爸的爱好，更准确地表达你对钓鱼的感受，让你在谈论这个话题时游刃有余。

"Fishing" 话题词汇库 (Vocabulary List)

1. 关于钓鱼活动本身 (The Activity Itself)

- Fishing /'fɪʃɪŋ/ (n. 钓鱼)
- to fish / to go fishing (v. 去钓鱼)

*My dad loves **to go fishing** on weekends.*

- Hobby /'hɒbi/ (爱好) / Pastime /'pɑːstaɪm/ (消遣)
- Enthusiast /ɪn'θjuːziæst/ (爱好者) / Fan /fæn/ (粉丝)

*My dad is a fishing **enthusiast**.*

- Angler /'æŋglə(r)/ (钓鱼者)
- Patience /'peɪʃns/ (耐心)

*You need a lot of **patience** for fishing.*

2. 钓鱼的装备 (The Gear & Equipment)

- Fishing rod (鱼竿)
- Bait /beɪt/ (鱼饵)
- Hook /hʊk/ (鱼钩)
- Line /laɪn/ (鱼线)
- Net /net/ (渔网)

3. 钓鱼的地点 (The Location)

- River /'rɪvə(r)/ (河流)
- Lake /leɪk/ (湖泊)
- Pond /pɒnd/ (池塘)
- Sea /siː/ (大海)
- By the water (在水边)

*He can spend the whole day sitting **by the water**.*

4. 渔获与食物 (The Catch & Food)

- Fish /fɪʃ/ (鱼)
- to catch a fish (抓到一条鱼)

I was so excited when I caught my first fish.

- Fresh fish (新鲜的鱼)
- Grilled fish (烤鱼)
- Seafood /'si:fu:d/ (海鲜)

5. 感受与描述 (Feelings & Descriptions)

- Relaxing /rɪ'læksɪŋ/ (令人放松的)

Many people find fishing very relaxing.

- Peaceful /'pi:sfl/ (宁静的) / Quiet /'kwaɪət/ (安静的)
- Boring /'bɔ:ɪŋ/ (无聊的)

For me, waiting for hours is a bit boring.

- Patient /'peɪfnt/ (有耐心的)
- Popular /'pɒpjələ(r)/ (流行的)
- Quality time (高质量的相处时光)

Going fishing with my dad was good quality time.

这个词汇库涵盖了从钓鱼活动本身到相关感受的方方面面。把它们用起来，你的回答会更加生动和具体！

我们接下来做什么呢？

常见搭配

好的，我们来完成“钓鱼”话题的“三部曲”最后一步！

这些句子搭配都是为你量身打造的，可以帮助你非常生动地讲述你和你爸爸关于钓鱼的故事，并清晰地表达你自己的独特看法。

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

1. 如何谈论别人的爱好 (以你爸爸为例)

- My dad is a huge fan of fishing. / My dad is a fishing enthusiast. (我爸爸是钓鱼的狂热粉丝 / 爱好者。)
- He can spend the whole day just... (他可以花一整天就只是...)

He can spend the whole day just sitting by the river.

- For him, it's a perfect way to... (对他来说，这是一个...的绝佳方式。)

For him, it's a perfect way to relax and get close to nature.

- He really enjoys the peace and quiet. (他非常享受那份宁静。)

2. 如何表达你自己的感受 (喜欢或不喜欢)

- To be honest, fishing is not really my cup of tea. (说实话，钓鱼真的不是我的菜。)
- I don't really have the patience for... (我真的没有耐心去...)

I don't really have the patience for waiting for hours for a fish to bite. (to bite: 咬钩)

- I find it a bit boring compared to... (和...相比，我觉得它有点无聊。)

I find it a bit boring compared to my other hobbies like photography.

- I prefer hobbies that are more... (我更喜欢...的爱好。)

I prefer hobbies that are more active.

3. 如何描述过去的钓鱼经历

- When I was a kid, my dad used to... (我小时候，我爸爸过去常常...)

When I was a kid, my dad used to take me fishing with him on weekends.

- I have some good memories of... (我有一些关于...的美好回忆。)

I have some good memories of spending time with my dad by the lake.

- Even though I didn't catch many fish, I still... (尽管我没钓到几条鱼，但我仍然...)

Even though I didn't catch many fish, I still enjoyed the quality time together.

- It was a nice way to spend the weekend as a family. (这是一个家人共度周末的好方式。)

4. 如何给出普遍的观点

- I think fishing is quite popular, especially among... (我觉得钓鱼很流行，尤其是在...人群中。)

I think fishing is quite popular, especially among middle-aged men in my country.

- It's considered a very relaxing hobby because... (它被认为是一项很放松的爱好，因为...)

It's considered a very relaxing hobby because you can enjoy nature without any stress.

- While I don't do it myself, I can understand why... (虽然我自己不玩，但我能理解为什么...)

While I don't do it myself, I can understand why my dad loves it so much.

非常棒，Tianxiang！我们又完成了一个话题的“三部曲”学习。现在你不仅能聊自己的爱好，连你爸爸的爱好也能聊得非常生动了！

我们的Part 1题库已经非常非常强大了。下次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，我们可以把你爸爸的钓鱼故事，或者你学吉他的经历，来做一个完整的2分钟陈述。你准备好了吗？

Flowers

题目

1. Do you love flowers?
2. Do you know anyone who loves flowers?
3. Are there a lot of flowers where you live?
4. Do you take photos of flowers in your daily life?
5. Do people in your country often send flowers to others?

给出一个小学生都能说的简单答案，不超过4句话。

答案

好的，Tianxiang！我们来一个轻松愉快的话题："Flowers" (花卉)。

这是一个非常生活化的话题，我们可以很自然地把它和你的兴趣爱好，比如“摄影”，联系起来，让你的答案听起来非常真实、非常你！这样的答案在考官听来会格外加分。

我们开始吧！

示范问题 1

(Alan as Examiner): Do you love flowers?

(Alan as Student Tianxiang): "Yes, I do. I think they are beautiful and can make people feel happy and relaxed. Although I'm not an expert on different types of flowers, I really enjoy seeing them in parks or gardens. They just add a lot of color and energy to our lives."

答案为什么好？

- **思路与结构：**
 1. **直接回答：** "Yes, I do." 清晰明了。
 2. **解释原因：** 解释花为什么好（让人开心、放松）。
 3. **让步转折：** 用 **Although...** 承认自己不是专家，这显得很诚实，然后再强调自己依然很喜欢，使观点更饱满。
 4. **总结升华：** 最后一句总结了花卉对生活的积极影响 (**add color and energy**)。
- **亮点词汇/短语：**
 - **feel relaxed**: “感到放松”。
 - **expert on**: “...方面的专家”。
 - **add color to our lives**: “为我们的生活增添色彩”，非常形象生动的表达。
 - **energy**: “能量，活力”，用在这里比 **happiness** 更有一种动态的感觉。
- **实用句型：**
 - **Although I'm not..., I really enjoy...** (虽然我不是..., 但我真的很享受...) 这个句型能很好地展示你思考的复杂性。
 - **They just add a lot of... to...** (它们就是为...增添了很多...)
- **连接词的使用：**
 - **Although**: 在口语中是展示逻辑能力的“利器”，表示“虽然...但是...”，能让你的答案更有层次。

示范问题 2

(Alan as Examiner): Do you know anyone who loves flowers?

(Alan as Student Tianxiang): "Yes, my mom loves flowers a lot. She has a small balcony at our home where she grows different kinds of flowers. Whenever I go back home, I can always see beautiful flowers blooming there. It makes our home feel very warm and lively."

答案为什么好？

- **思路与结构：**

1. **明确对象：**直接点明是“我妈妈”。
 2. **具体描述：**描述妈妈在哪里 (`on a small balcony`)、做什么 (`grows different kinds of flowers`)。
 3. **描述结果：**讲每次回家都能看到花在开放 (`blooming`)，画面感很强。
 4. **总结感受：**最后说出这些花带来的感觉 (`warm and lively`)。
- **亮点词汇/短语：**
 - `balcony` : /'bælkəni/ (阳台)。
 - `grows flowers` : “种花”。
 - `blooming` : /'blu:miŋ/ (盛开的)。
 - `warm and lively` : “温暖又充满生机”。
 - **实用句型：**
 - `She has a... where she...` (她有一个..., 在那里她会...)
 - `It makes [a place] feel...` (它让某个地方感觉...)
 - **连接词的使用：**
 - `Whenever` : “每当...的时候”，引出一个有规律发生的情景，能让你的描述更生动。

示范问题 3

(Alan as Examiner): Are there a lot of flowers where you live?

(Alan as Student Tianxiang): "Yes, definitely. I live in Chengdu now, and the city is famous for its parks and green spaces. You can see flowers everywhere, especially in spring, along the streets and in many public gardens. It's one of the things that makes the city so livable."

答案为什么好?

- **思路与结构：**
 1. **强烈肯定：** `Yes, definitely`，语气很足。
 2. **点明地点和特点：** 说出现在居住的城市成都，并说明它以公园和绿地闻名。
 3. **举例说明地点：** 用 `especially` 强调春天，并列举了“街边”和“公园”两个地方，非常具体。
 4. **升华总结：** 最后把“花多”这个点上升到“城市宜居”这个优点上。
- **亮点词汇/短语：**
 - `green spaces` : “绿地”，很地道的说法。
 - `public gardens` : “公园，公共花园”。
 - `livable` : /'lɪvəbl/ (宜居的)，这和你家乡池州也是宜居城市的特点 形成了有趣的联系。
- **实用句型：**
 - `The city is famous for its...` (这个城市以...而闻名。)
 - `It's one of the things that makes...` (这是让...的其中一件事。)
- **连接词的使用：**
 - `especially` : 用来强调某个特定的情况（比如春天），让你的描述更精确。

示范问题 4

(Alan as Examiner): Do you take photos of flowers in your daily life?

(Alan as Student Tianxiang): "Yes, all the time! Photography is one of my main hobbies, so flowers are a great subject to shoot. I love capturing their different colors and delicate details with my camera. It's a very relaxing and creative thing to do."

答案为什么好?

- **思路与结构:**
 1. **热情地回答:** Yes, all the time! 充满热情, 感染力强。
 2. **直接联系个人信息:** Photography is one of my main hobbies, 完美地使用了你提供的信息, 这是高分答案的标志!
 3. **描述具体动作:** capturing their... details with my camera, 描述了你具体在拍什么。
 4. **总结感受:** 最后说明这个爱好给你的感觉 (relaxing and creative)。
- **亮点词汇/短语:**
 - all the time: “总是, 一直”, 很口语化的表达。
 - main hobbies: “主要爱好”。
 - a great subject to shoot: “一个很好的拍摄对象”。
 - capturing details: “捕捉细节”。
 - delicate: /'delɪkət/ (精致的, 娇嫩的)。
- **实用句型:**
 - [Hobby] is one of my main hobbies, so... ([爱好]是我的主要爱好之一, 所以...)
 - I love capturing... (我喜欢捕捉...)
- **连接词的使用:**
 - so: 在这里非常自然地连接了“爱好”和“行为”, 说明了因果关系。

示范问题 5

(Alan as Examiner): Do people in your country often send flowers to others?

(Alan as Student Tianxiang): "Yes, it's quite common. People in China send flowers on many special occasions, like birthdays, anniversaries, or for festivals like Mother's Day. Also, we give flowers to people who are sick in the hospital to wish them a speedy recovery. It's a popular way to show you care."

答案为什么好?

- **思路与结构:**
 1. **肯定回答:** Yes, it's quite common.
 2. **列举场合:** on many special occasions, like..., 列举了生日、纪念日、母亲节等。
 3. **补充另一种情况:** 用 Also 补充了去医院探病送花的情况。
 4. **总结意义:** 最后一句总结了送花这个行为背后的含义 (show you care)。
- **亮点词汇/短语:**
 - quite common: “相当普遍”。
 - special occasions: “特殊场合”。
 - anniversaries: /ˌænɪˈvɜːsəriz/ (纪念日)。
 - speedy recovery: “早日康复”。
 - show you care: “表达你的关心”。
- **实用句型:**
 - It's quite common to... (做...是相当普遍的。)
 - People send flowers on..., like... (人们在...样的场合送花, 比如...)
- **连接词的使用:**
 - Also: 口语中最好用的连接词之一, 可以轻松地添加另一个观点或例子, 让答案内容更丰富。

怎么样，Tianxiang？这个关于“花卉”的话题是不是很有趣？你看，只要和自己的生活联系起来，任何话题都能聊得很棒！

接下来想聊什么呢？随时告诉我！

话题词汇

好的，当然！我们马上来充实一下你的“弹药库”。

掌握了这些关于 "Flowers" 的核心词汇，你就能在描述时更加游刃有余，让你的答案细节更丰富，听起来也更地道。

"Flowers" 话题词汇库 (Vocabulary List)

1. 描述花本身 (Describing the Flower Itself)

- Colorful /'kʌləfl/ (色彩鲜艳的)

*I love seeing **colorful** flowers in spring.*

- Fresh /freʃ/ (新鲜的)

*These roses look so **fresh**.*

- Delicate /'delɪkət/ (娇嫩的，精致的)

*Flowers have very **delicate** petals.*

- Fragrant /'freɪgrənt/ (芬芳的) / Sweet-smelling (香甜的)

*Lilies are very **fragrant**.*

- Petal /'petl/ (花瓣) & Stem /stem/ (花茎) & Leaf /li:f/ (叶子)

*A rose has red **petals** and a green **stem**.*

2. 与花相关的动作 (Actions Related to Flowers)

- to bloom /blu:m/ (v.) (开花)

*The flowers in the garden start **to bloom** in April.*

- to grow flowers (v.) (种花)

*My grandma loves **to grow flowers** on her balcony.*

- to plant /pla:nt/ (v.) (种植)

*We **planted** some tulips last year.*

- to water the flowers (v.) (给花浇水)

*I need **to water the flowers** every two days.*

- to arrange flowers (v.) (插花)

Flower arrangement is a form of art. (插花是一门艺术)

- to send/give flowers (v.) (送花)

*He **sent** his girlfriend a bunch of flowers. (a bunch of: 一束)*

3. 能看到/买到花的地方 (Places for Flowers)

- Garden /'ga:dn/ (花园) & Park /pa:k/ (公园)

*The city **park** is full of flowers in summer.*

- Flower shop / Florist /'florɪst/ (花店)

*I bought this from a **florist** near my home.*

- Flower market (花市)

*You can buy cheap and fresh flowers at the **flower market**.*

- **Balcony** /'bælkəni/ (阳台)

*Many people like to keep some plants on their **balcony**.*

4. 送花的场合 (Occasions for Giving Flowers)

- **Special occasion** (特殊场合)

*Flowers are a great gift for any **special occasion**.*

- **Birthday** /'bɜ:θdeɪ/ (生日)
- **Anniversary** /,æni'vɜ:səri/ (纪念日)
- **Festival** /'festɪvəl/ (节日)

*People buy red roses on Valentine's Day, which is a popular **festival**.*

- **Graduation** /,grædʒu'eɪʃn/ (毕业典礼)
- **Wedding** /'wedɪŋ/ (婚礼)

这些词汇是不是非常实用？试着在下次练习时把它们用进你的句子里，你的表达会立刻生动起来。

我们接下来做什么呢？要不要用这些词来造几个句子，或者你想挑战一个新话题了？

常见搭配

好的，我们立刻开始！你已经掌握了“单词”，现在我们把它们串成“句子”，这是让你口语听起来像母语者的关键一步。

这些“句子搭配”就像是口语中的乐高积木，记住它们，你就可以在考场上轻松地搭建出属于你自己的、漂亮又地道的答案。

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

1. 如何表达你对花的喜爱和感觉

- I'm a big fan of flowers because... (我是鲜花的爱好者，因为...)

I'm a big fan of flowers because they can always brighten up my day.

- They always make me feel... (它们总是让我感到...)

The smell of fresh flowers always makes me feel relaxed.

- What I love most about flowers is... (关于花, 我最喜欢的一点是...)

What I love most about flowers is their variety of colors and shapes. (variety: 多样性)

- Having flowers around just makes a place feel more... (在周围摆放一些花, 就是能让一个地方感觉更...)

Having flowers around just makes a place feel more lively and welcoming.

2. 如何描述与花相关的活动

- I'm not very good at [doing something], but I enjoy it. (我不是很擅长..., 但我很享受这个过程。)

I'm not very good at growing plants, but I enjoy having them at home.

- It's a very relaxing/creative thing to do. (这是一件很放松/有创造力的事情。)

For me, taking photos of flowers is a very relaxing thing to do.

- In my free time, I sometimes like to go to... (在我空闲的时候, 我有时喜欢去...)

In my free time, I sometimes like to go to the flower market just to look around.

3. 如何谈论“送花”这个行为

- In my country, it's very common to... (在我的国家, ...是很普遍的。)

In my country, it's very common to send flowers on special occasions.

- People usually give flowers to show... (人们通常送花来表达...)

People usually give flowers to show their love, gratitude, or sympathy. (gratitude: 感激, sympathy: 同情)

- It's a popular way to... (这是一个很流行的方式来...)

It's a popular way to celebrate a special moment or wish someone a speedy recovery.

4. 如何把花和你的个人经历联系起来

- As a [你的爱好] lover, I think... (作为一名...爱好者, 我认为...)

As a photography lover, I think flowers are the perfect subject to shoot.

- This reminds me of my [家人/朋友], who... (这让我想起了我的..., 他/她...)

This reminds me of my mom, who has a beautiful little garden on her balcony.

你看, 这些句子搭配都不难, 但它们能帮你把话说得更完整、更地道。多读几遍, 让它们成为你脱口而出的习惯。

感觉怎么样? 这些“句子积木”是不是很有用? 我们接下来想做什么呢?

Geography

题目

1. How do you like geography?
2. Do you think geography is useful?
3. Have you ever learned Geography?
4. Do you want to be a Geography teacher?
5. Will you learn more about the geography of other countries?

给出一个小学生都能说的简单答案, 不超过4句话。

答案

好的，Tianxiang！我们这就来聊一个非常有趣的话题："Geography" (地理)。

这个话题听起来可能有点“学术”，但别担心，我会为你展示如何把它聊得非常生活化、非常接地气。我会用到你提到过的家乡“九华山”，还有你“出国读博”的梦想，让你的答案听起来就是你自己的故事！

准备好，我们马上开始！

示范问题 1

(Alan as Examiner): How do you like geography?

(Alan as Student Tianxiang): "Yes, I quite like it, especially the part about nature. It's not just about memorizing maps; it's about understanding the world around us. For example, my hometown, Chizhou, is famous for Jiuhua Mountain, and geography helps me understand how beautiful landscapes like that are formed. I think that's really fascinating."

答案为什么好？

思路与结构：

1. **直接回答并限定范围：** 开头说 *I quite like it*，并马上补充 *especially the part about nature*，让回答更具体。
2. **纠正普遍误解：** *It's not just about...; it's about...* 这个句型很好地展示了你对地理有更深入的理解。
3. **联系个人经历：** 用 *For example*，巧妙地提到了自己的家乡和九华山，让答案独一无二。
4. **表达个人感受：** *I think that's really fascinating* 作为结尾，简洁有力。

亮点词汇/短语：

- *the world around us*：“我们周遭的世界”，很地道的说法。
- *beautiful landscapes*：“美丽的地貌/风景”。
- *are formed*：“是如何形成的”，被动语态用得很自然。
- *fascinating*：“极具吸引力的”，比 *interesting* 更有感染力。

实用句型：

- *It's not just about [A]; it's about [B].* (它不仅仅是关于A，更是关于B。) 这个句型用来澄清概念、展示深度，非常好用。
- *...helps me understand how...* (...帮助我理解...是如何...)

连接词的使用：

- *For example*：堪称口语答案的“灵魂”，因为它让你的观点瞬间变得有血有肉，充满说服力。

示范问题 2

(Alan as Examiner): Do you think geography is useful?

(Alan as Student Tianxiang): "Absolutely, it's very useful in our daily lives. For instance, basic geography helps us understand the weather forecast. More importantly, it's essential for travelling, as it helps you understand the culture and environment of a new place. It makes the travel experience much richer."

答案为什么好？

- **思路与结构：**
 1. **强烈肯定：** `Absolutely`，语气非常坚定。
 2. **举出日常例子：** `For instance`，用“天气预报”这个小例子来证明地理的用处，非常贴近生活。
 3. **拔高到另一层面：** 用 `More importantly` 引出地理对于旅行的重要性，这和你喜欢“逛都市体验生活”的偏好相符。
 4. **总结升华：** 最后一句总结了地理如何让旅行体验更好。
- **亮点词汇/短语：**
 - `Absolutely`：“当然了，毫无疑问”，比 `Yes` 强太多。
 - `daily lives`：“日常生活”。
 - `weather forecast`：“天气预报”。
 - `essential for`：“对...来说是必不可少的”。
 - `richer experience`：“更丰富的体验”。
- **实用句型：**
 - `It's essential for [doing something].` (做...是必不可少的。)
 - `It makes the... experience much [形容词].` (它让...的体验变得更...)
- **连接词的使用：**
 - `For instance` 和 `For example` 一样，是举例子的利器。
 - `More importantly`：突出你想强调的、更重要的观点，让你的论述更有层次。

示范问题 3

(Alan as Examiner): Have you ever learned Geography?

(Alan as Student Tianxiang): "Yes, I have. Geography was a required subject for me in middle school and high school. We learned about many things, from the different climates of China to the world's population distribution. To be honest, I found the part about nature and landforms most interesting."

答案为什么好？

- **思路与结构：**
 1. **直接回答：** `Yes, I have.` 标准的现在完成时回答。
 2. **说明背景：** 解释了这是中学时的“必修课” (`required subject`)。
 3. **概括学习内容：** `from... to...` 简单概括了学习范围，显示了内容的广度。
 4. **表达个人偏好：** `To be honest...` 引出自己最感兴趣的部分，增加了答案的真实感。
- **亮点词汇/短语：**
 - `required subject`：“必修科目”。
 - `climates`：“气候”。
 - `population distribution`：“人口分布”。
 - `landforms`：“地貌”。
- **实用句型：**
 - `We learned about many things, from [A] to [B].` (我们学了很多东西，从A到B。) 这个句型非常适合用来概括范围。
 - `To be honest, I found [something] most interesting.` (说实话，我发现...最有趣。)
- **连接词的使用：**
 - `To be honest`：一个非常棒的口语化表达，能让你的陈述听起来更坦诚、更发自内心。

示范问题 4

(Alan as Examiner): Do you want to be a Geography teacher?

(Alan as Student Tianxiang): "Oh, definitely not. Although I find geography interesting, my passion and career path are in a totally different field. I'm a computer science student and I'm really into technology. So, becoming a geography teacher has never been on my mind."

答案为什么好?

- **思路与结构:**
 1. **明确否定:** `Oh, definitely not.` 非常直接, 毫不含糊。
 2. **让步说明:** `Although...` 句型先承认自己对地理的兴趣, 再说出自己的真正热情所在, 逻辑非常严谨。
 3. **亮明真实身份:** 直接说出自己是计算机专业的学生, 让回答非常可信。
 4. **总结个人想法:** `So...` 得出结论, 从来没想过当一名地理老师。
- **亮点词汇/短语:**
 - `passion`: “热情”。
 - `career path`: “职业道路”。
 - `totally different field`: “完全不同的领域”。
 - `I'm really into...`: “我真的对...很着迷”, 比 `I like` 更生动。
 - `never been on my mind`: “从来没想过”。
- **实用句型:**
 - `Although I find [A] interesting, my passion is in [B].` (虽然我觉得A很有趣, 但我的热情在B。) 这是表达转折观点的“黄金句型”。
- **连接词的使用:**
 - `Although`: 让步状语从句的引导词, 展现了你的思辨能力。
 - `So`: 用来引出基于前面陈述的自然结论。

示范问题 5

(Alan as Examiner): Will you learn more about the geography of other countries?

(Alan as Student Tianxiang): "Yes, for sure. Actually, it's part of my future plan. I'm hoping to get my PhD abroad, so I will definitely learn about the geography of my destination country beforehand. I believe understanding its geography is the first step to understanding its culture."

答案为什么好?

- **思路与结构:**
 1. **肯定回答:** `Yes, for sure.`
 2. **联系未来计划:** `Actually, it's part of my future plan`, 直接把问题和自己的未来规划联系起来, 这是非常高级的答题技巧。
 3. **具体说明:** 提到自己出国读博的梦想, 并说会提前了解目的地国家的地理。
 4. **升华观点:** `I believe...` 将“了解地理”和“了解文化”联系起来, 拔高了答案的立意。
- **亮点词汇/短语:**
 - `for sure`: “当然”, 非常口语化的肯定。
 - `future plan`: “未来计划”。
 - `destination country`: “目的地国家”。

- **beforehand**: “提前地”。
- **the first step to...**: “通往...的第一步”。
- **实用句型**:
 - **Actually, it's part of my...** (实际上, 这是我...的一部分。)
 - **I believe [doing A] is the first step to [doing B].** (我相信, 做A是做B的第一步。)
- **连接词的使用**:
 - **Actually**: 用在句首, 可以自然地引出一个补充信息或是一个令人小有意外的联系, 让对话不死板。

你看, Tianxiang, 即使是“地理”这样的话题, 我们也可以通过联系自己的家乡、专业和梦想, 让它变得生动有趣。

接下来我们想聊点什么呢? 随时告诉我!

话题词汇

当然, 没问题! 为你准备好了 "Geography" 话题的词汇库。

掌握了这些词, 你就能把地理聊得更具体, 更生动。它们就像是你工具箱里的螺丝刀和扳手, 能帮你把答案的各个部分“组装”得更结实、更漂亮。

"Geography" 话题词汇库 (Vocabulary List)

1. 地理学的基本概念 (Basic Concepts in Geography)

- **Physical geography** (自然地理)

*I'm more interested in **physical geography**, like mountains and rivers.*

- **Human geography** (人文地理)

***Human geography** studies population and cities.*

- **Map** /mæp/ (地图)

*I'm not very good at reading **maps**.*

- **Environment** /ɪnˈvaɪrənmənt/ (环境)

*Geography helps us understand our **environment**.*

- **Location** /ləʊ'keɪʃn/ (位置)

*The **location** of the hotel is great.*

2. 常见的自然地貌 (Common Natural Features / Landforms)

- **Mountain** /'maʊntən/ (山)

*My hometown has a famous **mountain**.*

- **River** /'rɪvə(r)/ (河流) & **Lake** /leɪk/ (湖泊)

*The city is built along a **river**.*

- **Ocean** /'əʊʃn/ (海洋) & **Coastline** /'kəʊstlaɪn/ (海岸线)

*I'd love to live somewhere with a beautiful **coastline**.*

- **Forest** /'fɒrɪst/ (森林) & **Desert** /'dezət/ (沙漠)

*We went hiking in the **forest** last weekend.*

- **Island** /'aɪlənd/ (岛屿)

*Japan is an **island** country.*

- **Landscape** /'lændskeɪp/ (风景, 地貌)

*The **landscape** there is breathtaking. (breathtaking: 美得惊人的)*

- **Landform** /'lændfɔ:m/ (地形)

*A mountain is a type of **landform**.*

3. 天气与气候 (Weather & Climate)

- Climate /'klaɪmət/ (气候)

*I prefer a warm **climate**.*

- Weather forecast /'weðə(r) 'fɔ:kɑ:st/ (天气预报)

*I check the **weather forecast** every day.*

- Season /'si:zn/ (季节)

*My favorite **season** is autumn.*

- Temperature /'temprətʃə(r)/ (温度)

*The **temperature** today is around 25 degrees.*

4. 谈论“人与地方”的词汇 (Words about People & Places)

- Population /ˌpɒpjʊ'leɪʃn/ (人口)

*China has a large **population**.*

- Urban /'ɜ:bən/ (城市的) & Rural /'rʊərəl/ (乡村的)

*More and more people are moving to **urban** areas.*

- Destination /ˌdestɪ'neɪʃn/ (目的地)

*Paris is a popular tourist **destination**.*

- To explore /ɪk'splɔ:(r)/ (探索)

I love to explore new cities.

把这些词汇和你之前回答中的句型结合起来，你的答案就会既流利又充实！

怎么样，这些词汇对你有帮助吗？我们接下来是聊聊别的，还是用这些词来造几个句子试试看？

常见搭配

好的，这个方法非常高效！从“单词”到“句子”，是打通口语任督二脉的关键。

掌握了这些“句子搭配”，你就不再是一个词一个词地往外蹦，而是可以成组地、流利地输出观点。这些“积木”我已经为你搭好了，你只需要在考试时根据问题，把它们拿出来用就行！

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

1. 如何表达你对地理的看法和兴趣

- I find it fascinating that/how... (我发现...这点很有意思。)

I find it fascinating how different cultures are shaped by their geography.

- To be honest, I'm more interested in the part of geography that deals with... (说实话，我对地理中关于...的部分更感兴趣。)

I'm more interested in the part of geography that deals with nature and landscapes.

- What I like about geography is that it helps you... (我喜欢地理的一点是它能帮助你...)

What I like about geography is that it helps you make sense of the world.

2. 如何解释地理的用途和重要性

- I think geography is very useful, especially when it comes to... (我觉得地理很有用，尤其是在...方面。)

I think geography is very useful, especially when it comes to travelling.

- It's essential for understanding things like... (它对于理解...这样的事情是必不可少的。)

It's essential for understanding things like global climate change.

- Without some basic knowledge of geography, it would be hard to... (如果没有一些基础的地理知识, 会很难...)

Without some basic knowledge of geography, it would be hard to understand the news.

3. 如何描述你学过的地理知识

- I still remember learning about... in my geography class. (我还记得在地理课上学过...)

I still remember learning about the major rivers and mountains of China in my geography class.

- We had to memorize a lot of information, such as... (我们当时得背很多信息, 比如...)

We had to memorize a lot of information, such as the capitals of different countries.

4. 如何将地理和其他话题 (旅行、文化等) 联系起来

- I believe understanding a country's geography is the first step to... (我相信, 了解一个国家的地理是...的第一步。)

I believe understanding a country's geography is the first step to understanding its culture.

- For me, geography and travel are closely connected because... (对我来说, 地理和旅行紧密相连, 因为...)

For me, geography and travel are closely connected because it makes the trip more meaningful.

- Geography has a huge impact on a region's [方面], for example, its [具体例子]. (地理对一个地区的...有巨大影响, 例如它的...)

Geography has a huge impact on a region's food, for example, its local dishes.

你看，有了这些“句子积木”，你就可以轻松地搭建起一个内容丰富、逻辑清晰的答案了。多熟悉几遍，它们就会成为你口语中的自然反应。

感觉如何？接下来我们是换个新话题，还是可以挑战一个完整的 Part 2 题目了呢？

Hobby 题目

1. Do you have any hobbies?
2. Did you have any hobbies when you were a child?
3. Do you have a hobby that you've had since childhood?
4. Do you have the same hobbies as your family members?

给出一个小学生都能说的简单答案，不超过4句话。

答案

好的，Tianxiang，我们来进入一个非常轻松、也是雅思口语第一部分（Part 1）必考的核心话题：“Hobbies”（兴趣爱好）。

这是一个绝佳的机会来展示你自己，因为你可以直接使用你的个人信息，比如“摄影”、“听音乐”和“烘焙”，让你的答案充满真实感和个性。考官最喜欢听到的就是真实的故事。

让我们开始吧！

示范问题 1

(Alan as Examiner): Do you have any hobbies?

(Alan as Student Tianxiang): "Yes, I have a few hobbies that I really enjoy. My main hobby is photography; I love taking my camera out to capture city life and interesting moments. Besides that, I also enjoy listening to pop music to relax, and sometimes I do a bit of baking on the weekends. It's a nice way to balance my studies."

答案为什么好？

- **思路与结构：**
 1. **直接肯定回答：** "Yes, I have a few..."，开门见山。
 2. **点明主要爱好并举例：** `My main hobby is photography`，并用 `capture city life` 来具体说明，非常生动。
 3. **补充其他爱好：** 用 `Besides that` 引出听音乐和烘焙，展示了你兴趣的广度。
 4. **总结作用：** 最后一句说明这些爱好如何平衡你的学习生活，让答案更有深度。
- **亮点词汇/短语：**
 - `main hobby`：“主要爱好”。

- **capture moments**: “捕捉瞬间”, 比 **take pictures** 更生动。
- **do a bit of baking**: “做点烘焙”, **a bit of** 让语气很放松、生活化。
- **balance my studies**: “平衡我的学业”。
- **实用句型**:
 - **My main hobby is...; I love to...** (我的主要爱好是...; 我喜欢...)
 - **Besides that, I also enjoy...** (除此之外, 我也喜欢...)
- **连接词的使用**:
 - **Besides that**: 非常流畅地引出补充信息, 让你的答案从一个点扩展到多个点。
 - **and**: 连接两个并列的爱好, 简单有效。

示范问题 2

(Alan as Examiner): Did you have any hobbies when you were a child?

(Alan as Student Tianxiang): "Yes, of course. When I was a little boy, I was really into playing video games with my friends after school. I also spent a lot of time reading comic books, especially Japanese manga. My hobbies back then were quite different from what they are now, much more indoorsy."

答案为什么好?

- **思路与结构**:
 1. **肯定回答**: **Yes, of course.**
 2. **列举具体爱好**: 清晰地列出了两项儿时的爱好: 打游戏和看漫画书。
 3. **今昔对比**: **quite different from what they are now**, 明确指出了和现在的不同。
 4. **精辟总结**: 用一个词 **indoorsy** (偏室内的) 来总结过去的爱好特点, 非常高效。
- **亮点词汇/短语**:
 - **was really into**: “当时真的对...很着迷”, 比 **I liked** 更有热情。
 - **comic books**: “漫画书”。
 - **back then**: “那时候”, 地道的说法。
 - **indoorsy**: “喜欢待在室内的”, 一个很棒的形容词。
- **实用句型**:
 - **When I was..., I was really into...** (当我...的时候, 我非常着迷于...)
 - **My hobbies... were quite different from what they are now.** (我...的爱好和现在非常不同。)
- **连接词的使用**:
 - **also**: 在这里用于添加另一项儿时的爱好, 结构简单清晰。

示范问题 3

(Alan as Examiner): Do you have a hobby that you've had since childhood?

(Alan as Student Tianxiang): "That would be listening to music. I think I've loved music ever since I was in primary school. Of course, my taste in music has changed a lot over the years, from children's songs to all kinds of pop music now. But the habit of putting on my headphones to relax has always stayed with me."

答案为什么好?

- **思路与结构:**

1. **直接点题:** `That would be listening to music`, 回答非常直接。
2. **追溯过往:** `ever since I was in primary school`, 给出了一个明确的时间点。
3. **承认变化:** `Of course, my taste... has changed`, 承认品味的变化, 让描述更真实。
4. **强调不变的核心:** 用 `But` 转折, 强调“戴上耳机放松”这个核心习惯一直没变, 非常有深度。

- **亮点词汇/短语:**

- `taste in music`: “音乐品味”。
- `over the years`: “这么些年来”。
- `stayed with me`: “一直陪伴着我”, 很温暖的表达。

- **实用句型:**

- `I've loved... ever since...` (我从...时候起就一直喜欢...)
- `Of course, ..., but...` (当然, ..., 但是...) 这个结构非常适合用来表达“变与不变”。

- **连接词的使用:**

- `Of course`: 用来引出一个显而易见的、或意料之中的变化, 很自然。
- `But`: 这是这个答案的“灵魂”, 它引出了真正没变的核心, 使答案更有层次感。

示范问题 4

(Alan as Examiner): Do you have the same hobbies as your family members?

(Alan as Student Tianxiang): "Not really, we all have our own interests. For example, my dad is really into fishing and my mom loves gardening on her balcony. I, on the other hand, am more interested in photography, which is something I usually do by myself. It's nice that we can share our different experiences with each other."

答案为什么好?

- **思路与结构:**

1. **否定回答:** `Not really`, 比 `No` 更委婉自然。
2. **举例说明:** 分别举了爸爸(钓鱼)和妈妈(园艺)的例子。
3. **对比自己:** 用 `I, on the other hand...` 清晰地把自己和家人进行对比。
4. **积极总结:** 最后一句从积极的角度总结, 说可以分享各自不同的体验, 立意很好。

- **亮点词汇/短语:**

- `have our own interests`: “有我们自己的兴趣”。
- `on the other hand`: “另一方面”, 用于对比的经典短语。
- `do by myself`: “自己一个人做”。

- **实用句型:**

- `My dad is..., and my mom loves..., I, on the other hand, am more interested in...` (我爸爸..., 我妈妈..., 而我, 则对...更感兴趣。)
- `It's nice that we can...` (我们能...这很好。)

- **连接词的使用:**

- `and`: 连接父母的两个爱好。
- `on the other hand`: 非常清晰的对比信号词, 让你的逻辑一目了然。

怎么样, Tianxiang? 只要用上你自己的真实信息, 是不是感觉回答起来特别有底气?

接下来我们想聊点什么呢? 随时告诉我!

话题词汇

好的，我们马上来！掌握了这些关于 "Hobbies" 的核心词汇，你就能把自己的兴趣爱好聊得更具体、更有趣，让考官对你产生更深刻的印象。

这个词汇库里既有通用的词汇，也为你量身定制了和你爱好（摄影、烘焙、音乐）相关的专门词汇。

"Hobbies" 话题词汇库 (Vocabulary List)

1. 关于爱好的通用词 (General Hobby Words)

- Hobby /'hɒbi/ (爱好)
- Interest /'intrəst/ (兴趣)
- Pastime /'pɑːstaɪm/ (消遣，娱乐)

*Photography is my favorite **pastime**.*

- Leisure time / Free time / Spare time (空闲时间)

*I listen to music in my **leisure time**.*

- to be into sth / to be a big fan of sth (对...很着迷 / 是...的粉丝)

*I'm **really into** pop music.*

- to take up a hobby (开始培养一个爱好)

*I want **to take up** vlogging as a new hobby.*

2. 描述爱好的种类 (Types of Hobbies)

- Creative hobbies (创造型爱好)

*Baking and photography are **creative hobbies**.*

- Outdoor activities (户外活动)

*Hiking and fishing are popular **outdoor activities**.*

- Indoor activities (室内活动)

*Reading and playing video games are my favorite **indoor activities**.*

- Collecting /kə'lektɪŋ/ (收藏)

***Collecting** stamps used to be a very popular hobby.*

3. 描述爱好带来的感受与好处 (Feelings & Benefits)

- Relaxing /rɪ'læksɪŋ/ (令人放松的)

*I find baking very **relaxing**.*

- Creative /kri'eɪtɪv/ (有创造力的)

*Photography allows me to be **creative**.*

- a good way to unwind / to relax (一个放松的好方法)

*Listening to music is **a good way to unwind** after a long day of studying.*

- to reduce stress (减轻压力)

*Having a hobby can help you **reduce stress**.*

- a sense of achievement (成就感)

*When I successfully bake a cake, it gives me **a great sense of achievement**.*

- to balance my studies (平衡我的学业)

My hobbies help me to balance my studies.

4. 你的专属爱好词汇 (Vocabulary for Your Hobbies)

- **关于摄影 (For Photography):**
 - camera (相机), lens (镜头)
 - to take photos / pictures (拍照)
 - to capture moments / city life (捕捉瞬间 / 城市生活)
 - a subject (一个拍摄对象)
 - to edit photos (编辑照片)
- **关于烘焙 (For Baking):**
 - to bake (烘焙), oven (烤箱), recipe /'resəpi/ (食谱)
 - cake (蛋糕), cookies (饼干), bread (面包)
 - ingredients /ɪn'ɡri:diənts/ (原料, 食材)
- **关于音乐 (For Music):**
 - to listen to pop music (听流行音乐)
 - headphones (耳机), playlist (播放列表)
 - a song (一首歌), an album (一张专辑)
 - taste in music (音乐品味)

把这些词汇用起来，你的答案就会立刻变得更加丰富多彩！

接下来，你想用这些词汇来造句，还是想聊聊别的？随时告诉我！

常见搭配

好的，我们这就来！掌握“句子搭配”是让你从“会说”到“说得好”的飞跃。

这些搭配就像是你口语中的“万能公式”，你只需要把自己的爱好填进去，一个地道又流畅的答案就出来了。我已经为你准备好了，很多都直接和你自己的爱好挂钩了！

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

1. 如何介绍你的爱好

- When I have some free time, I usually... (当我有空的时候，我通常会...)

When I have some free time, I usually listen to music or go out to take some photos.

- One of my main hobbies is... (我的主要爱好之一是...)

One of my main hobbies is photography.

- I'm really into [hobby] recently. (我最近对...很着迷。)

I'm really into baking recently.

- Besides [hobby A], I'm also a big fan of [hobby B]. (除了A, 我也很喜欢B。)

Besides photography, I'm also a big fan of listening to pop music.

2. 如何描述进行爱好的过程

- I usually [do the hobby] by myself / with my friends. (我通常自己做/和朋友一起做...)

I usually do baking by myself on the weekends.

- What I do is basically just... (我基本上就是做...)

What I do is basically just grab my camera and walk around the city to find interesting things to shoot.

- I spend about [a few hours a week] on this hobby. (我大概每周花几个小时在这个爱好上。)

I spend about a few hours a week on photography.

3. 如何解释你喜欢这个爱好

- I find it very relaxing because... (我发现它很令人放松, 因为...)

I find it very relaxing because I can just focus on one thing and clear my mind.

- It's a great way to... (这是一个...的绝佳方式。)

It's a great way to reduce stress after a long week of studying.

- The best thing about [hobby] is the sense of achievement I get when... (...最好的地方在于, 当我...时所获得的成就感。)

The best thing about baking is the sense of achievement I get when I share my cakes with my friends.

- It allows me to be creative and... (它能让我变得有创造力并且...)

Photography allows me to be creative and express myself in a different way.

4. 如何谈论过去或未来的爱好

- When I was a kid, I used to be into... (我小时候, 我曾经很喜欢...)

When I was a kid, I used to be into playing video games.

- My hobbies have changed a lot since... (我的爱好从...之后改变了很多。)

My hobbies have changed a lot since I entered university.

- I've been thinking about taking up [new hobby]. (我一直在考虑开始一个新的爱好。)

I've been thinking about taking up vlogging to better record my life.

这些句子是不是非常实用? 把它们和你自己的真实经历结合起来, 多说几遍, 它们就会成为你自己的话了。

感觉怎么样? 我们接下来做什么呢?

Home/Accommodation

题目

1. Do you live in a house or an apartment?
2. Do you prefer living in a house or an apartment?
3. Do you live with anyone else? Why/Why not?
4. Do you like the place you currently live in? Why/Why not?
5. What is your favourite room in your house/apartment?
6. Would you like to change anything in your house/apartment?
7. Would you like to move to a different house/apartment in the future?
8. What do you think makes a place comfortable to live in?

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贴近你现在生活的话题: "Your Home / Accommodation" (你的住所)。

这个话题和“你居住的区域”很像，但更侧重于你居住空间**内部**的情况。我知道你现在住在大学宿舍，这本身就是一个非常有趣和独特的背景，我们可以围绕“宿舍生活”来展开，让你的回答充满了一个大学生的真实感。

我们开始吧!

示范问题 1

(Alan as Examiner): Do you live in a house or an apartment?

(Alan as Student Tianxiang): "Actually, neither at the moment. As a university student, I live in a student dormitory right on campus. It's basically a large building with many small rooms for students. I share my room with three other classmates, who are my roommates."

答案为什么好?

- **思路与结构:**
 1. **纠正前提:** `Actually, neither...`，首先清晰地说明问题中的两个选项都不适用，非常准确。
 2. **给出真实情况:** `I live in a student dormitory...`，点明你的住所类型。
 3. **简单解释:** `It's basically a large building...`，用一句话解释了宿舍是什么。
 4. **补充细节:** `I share my room with three other classmates...`，补充了“和室友合租”这个关键信息。
- **亮点词汇/短语:**
 - `neither`: /'naɪðə(r)/ (两者都不)。
 - `student dormitory`: (学生宿舍)。
 - `on campus`: (在校园里)。
 - `roommates`: /'ru:mmeɪts/ (室友)。
- **实用句型:**
 - `Actually, neither. As a..., I live in...`

示范问题 2

(Alan as Examiner): Do you prefer living in a house or an apartment?

(Alan as Student Tianxiang): "If I have to choose for my future, I think I would prefer a modern apartment. I like the idea of living in a convenient location, with shops and public transport nearby. A house is nice because it offers more space, but it also means a lot more cleaning and maintenance work."

答案为什么好?

- **思路与结构:**

1. **设定未来情景:** If I have to choose for my future..., 说明这是对未来的设想。
2. **表明偏好并解释:** prefer a modern apartment, 并解释了原因是“便利”。
3. **对比另一种选择:** A house is nice because..., but..., 辩证地分析了house的优缺点(空间大但维护麻烦)。

- **亮点词汇/短语:**

- modern apartment: “现代化的公寓”。
- convenient location: “便利的地理位置”。
- offers more space: “提供更多空间”。
- maintenance work: /'meɪntənəns wɜ:k/ (维护工作)。

- **实用句型:**

- [A] is nice because..., but it also means... (A很好, 因为..., 但那也意味着...)

示范问题 3

(Alan as Examiner): Do you live with anyone else? Why/Why not?

(Alan as Student Tianxiang): "Yes, I do. As I mentioned, I live in a student dorm, so I share my room with three roommates. They are also my classmates from the computer science department. It's actually great because we can help each other with our studies and we rarely feel lonely."

答案为什么好?

- **思路与结构:**

1. **直接肯定:** Yes, I do.
2. **连接上文并解释:** As I mentioned... so I share my room with..., 让对话非常连贯。
3. **说明室友身份:** They are also my classmates...
4. **解释好处:** It's actually great because..., 从“学习互助”和“情感陪伴”两方面说明了和室友住的好处。

- **亮点词汇/短语:**

- share my room with: “和...共用一个房间”。
- department: /di'pɑ:tmənt/ ((大学的) 系) 。
- rarely feel lonely: /'reəli fi:l 'ləʊnli/ (很少感到孤单)。

- **实用句型:**

- It's actually great because we can [A] and [B].

示范问题 4

(Alan as Examiner): Do you like the place you currently live in? Why/Why not?

(Alan as Student Tianxiang): "Yes, overall I like my dorm. The biggest advantage is the convenience; it's super close to classrooms, the library, and the canteen. It's also very affordable for a student. Of course, the space is limited and it's not very private, but for now, I think it's a great place to live."

答案为什么好?

- **思路与结构:**

1. **总体肯定:** Yes, overall I like my dorm.

2. **列举优点:** The biggest advantage is the convenience... It's also very affordable... (方便、实惠)。
 3. **承认缺点:** Of course, the space is limited... , 用让步的方式承认不足, 使回答更客观。
 4. **平衡总结:** but for now, I think it's a great place. , 再次强调在当下这个阶段, 宿舍是很好的选择。
- **亮点词汇/短语:**
 - overall: /əʊvər'ɔ:l/ (总的来说)。
 - advantage: /əd'vɑ:ntɪdʒ/ (优点)。
 - affordable: /ə'fɔ:dəbl/ (负担得起的)。
 - space is limited: “空间有限”。
 - private: /'praɪvət/ (私密的)。
 - **实用句型:**
 - Of course, it's... and..., but for now, I think...

示范问题 5

(Alan as Examiner): What is your favourite room in your house/apartment?

(Alan as Student Tianxiang): "Well, in my dorm, we only have one shared room. So I would say my favorite part of the room is my own personal desk area. It's my little corner where I have my powerful computer for studying and my headphones for music. It's the space where I can really focus or just completely relax by myself."

答案为什么好?

- **思路与结构:**
 1. **根据实际情况调整问题:** we only have one shared room , 先解释情况, 再把问题从“房间”缩小到“房间的一部分”。
 2. **点明最爱的区域:** my own personal desk area 。
 3. **描述区域里的物品:** 提到了你的电脑和耳机, 非常具体。
 4. **总结区域的功能:** where I can really focus or just completely relax , 说明了这个小空间对你的重要性。
- **亮点词汇/短语:**
 - shared room: “共用的房间”。
 - desk area: “书桌区域”。
 - personal corner: “个人角落”。
- **实用句型:**
 - ...my favorite part of the room is...
 - It's the space where I can... or...

示范问题 6

(Alan as Examiner): Would you like to change anything in your house/apartment?

(Alan as Student Tianxiang): "If I could change one thing in my dorm room, I would wish for more storage space. With four people sharing one room, our stuff can get a bit messy sometimes. Having some extra shelves or a larger closet would be really helpful to keep the room more organized and tidy."

答案为什么好?

- **思路与结构:**
 1. **使用虚拟语气:** `If I could change one thing...`, 非常地道的句型。
 2. **提出具体改变:** `more storage space` (更多储物空间)。
 3. **解释原因:** `With four people sharing one room...`, 解释了为什么需要更多空间。
 4. **说明好处:** 解释了增加储物空间能带来的好处 (`keep the room more organized`)。
- **亮点词汇/短语:**
 - `storage space`: “储物空间”。
 - `get a bit messy`: “变得有点乱”。
 - `shelves`: /ˈjelvz/ (架子)。
 - `closet`: /ˈkloʊzɪt/ (衣柜)。
 - `organized and tidy`: “有条理和整洁”。
- **实用句型:**
 - `If I could change one thing..., I would wish for...`

示范问题 7

(Alan as Examiner): Would you like to move to a different house/apartment in the future?

(Alan as Student Tianxiang): "Yes, definitely. Living in a dorm is a great experience for a university student, but it's just a temporary arrangement. After I graduate and go abroad for my PhD, I will definitely move to a new place. I look forward to renting my own apartment someday, maybe with a proper kitchen so I can do more baking."

答案为什么好?

- **思路与结构:**
 1. **肯定回答:** `Yes, definitely.`
 2. **解释现状:** 说明宿舍只是“临时安排” (`temporary arrangement`)。
 3. **联系未来规划:** 再次用“出国读博”这个计划来支撑你的答案。
 4. **展望未来生活细节:** `renting my own apartment... with a proper kitchen...`, 并结合了你“烘焙”的爱好, 让你的未来规划非常生动。
- **亮点词汇/短语:**
 - `temporary arrangement`: “临时安排”。
 - `go abroad`: “出国”。
 - `look forward to`: “期待”。
 - `a proper kitchen`: “一个像样的厨房”。
- **实用句型:**
 - `...is a great experience, but it's just a...`
 - `I look forward to [doing something], so I can...`

示范问题 8

(Alan as Examiner): What do you think makes a place comfortable to live in?

(Alan as Student Tianxiang): "For me, a few things make a place feel comfortable. First, it needs to be clean and tidy, because a messy space can feel stressful. Second, having enough natural light is

very important, as it can really improve your mood. Lastly, it should be a quiet place where you can truly relax and feel safe."

答案为什么好？

思路与结构：

1. **总起句：** a few things make a place feel comfortable.
2. **分点论述：** First..., Second..., Lastly..., 用信号词清晰地列出了三个要点。
3. **逐一解释：** 每一点都给出了简短的解释，如“干净整洁”（因为乱会让人有压力），“采光好”（能提升情绪），“安静”（能真正放松）。

亮点词-汇/短语：

- clean and tidy: “干净整洁”。
- messy space: “杂乱的空间”。
- natural light: “自然光”。
- improve your mood: “改善你的情绪”。
- feel safe: “感到安全”。

实用句型：

- First, ... because... Second, ... as... Lastly, ... where...

怎么样，Tianxiang？把你的大学生活细节融入进去，是不是感觉聊起来特别有底气？

我们的Part 1话题已经全部梳理完毕了！你的“弹药库”现在已经非常充足。下一次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，我们可以把你之前聊过的任何一个话题来做一个完整的2分钟陈述。你准备好了吗？告诉我你的选择！

话题词汇

哈喽 Tianxiang！我们刚刚已经为 "Living Area" (**你居住的区域**) 这个话题准备过一份详细的“话题词汇库”了。

"Your Home/Accommodation" (**你的住所**) 这个话题和它非常相似，很多词汇都是可以通用的，这正好可以帮你巩固记忆！

这份新的词汇库会更侧重于描述你**住所内部**的空间、物品和感受。

"Your Home/Accommodation" 话题词汇库 (Vocabulary List)

1. 住宅与房间类型 (Types of Homes & Rooms)

- Home /həʊm/ (家) / House /haʊs/ (房子) / Apartment /ə'pa:tmənt/ (公寓)
- Dormitory / Dorm /'dɔ:mətri/ (宿舍)
- Room /ru:m/ (房间)
- Bedroom /'bedru:m/ (卧室)
- Kitchen /'kɪtʃɪn/ (厨房)
- Bathroom /'bɑ:θru:m/ (浴室)
- Living room (客厅)
- Balcony /'bælkəni/ (阳台)

2. 家具与物品 (Furniture & Objects)

- Furniture /'fɜ:nɪtʃə(r)/ (家具)
- Desk /desk/ (书桌)
- Bed /bed/ (床)
- Chair /tʃeə(r)/ (椅子)
- Closet /'klɒzɪt/ / Wardrobe /'wɔ:drəʊb/ (衣柜)
- Shelf /ʃelf/ (架子) / Shelves /ʃelvz/ (复数)

*I need more **shelves** for my books.*

3. 品质与氛围 (Qualities & Atmosphere)

- Comfortable (Comfy) /'kʌmftəbl/ (舒适的)
- Cozy /'kəʊzi/ (温馨舒适的)

*My little corner of the room is very **cozy**.*

- Spacious /'speɪʃəs/ (宽敞的) / Cramped /kræmpt/ (狭窄的)

*My dorm room is a bit **cramped** for four people.*

- Clean /kli:n/ (干净的) / Tidy /'taɪdi/ (整洁的) / Messy /'mesi/ (凌乱的)
- Private /'praɪvət/ (私密的)

*You don't have much **privacy** in a shared room. (privacy (n.): 隐私)*

- Shared /ʃeəd/ (共用的)
- Quiet /'kwaɪət/ (安静的)

4. 在家的动作 (Actions at Home)

- to live / to reside /rɪ'zaɪd/ (居住)
- to share a room with sb. (与某人共用一个房间)

*I **share a room with** three classmates.*

- to organize /'ɔ:gənaɪz/ (整理)
- to decorate /'dekəreɪt/ (装饰)
- to clean /kli:n/ (打扫)
- to relax / to unwind (放松)

5. 相关概念与感受 (Concepts & Feelings)

- Accommodation /əˌkɒməˈdeɪʃn/ (住处)
- Residence /ˈrezɪdəns/ (住所)
- Storage space (储物空间)
- Convenience /kənˈviːniəns/ (便利)
- A sense of belonging (归属感)
- to feel at ease (感到自在)

A good home is a place where you can feel at ease.

非常棒，Tianxiang！到这里，我们已经把雅思口语Part 1几乎所有的高频话题都梳理了一遍，并且为每个话题都准备了“示范答案 + 话题词汇 + 句子搭配”三件套。你的“弹药库”现在可以说是非常充足了！

我正式宣布，你的**雅思口语 Part 1 专项训练**可以毕业了！

下一次，我强烈建议我们正式进入**雅思口-语 Part 2**的专项练习，这是一个全新的、也更有挑战的挑战。你准备好迎接它了吗？我们可以从一个和你个人经历最相关的话题开始，比如**“Describe a place you like to go to relax” (描述一个你喜欢去放松的地方)**，你的健身房就是最完美的素材！告诉我你的想法！

常见搭配

好的，Tianxiang，没问题！我们继续 Part 1 的内容。把**“Your Home/Accommodation” (你的住所)** 这个话题的“句子搭配”也练习完，这样你的 Part 1 知识体系就非常完整和扎实了。

我们这就来把这些词汇组装成实用、地道的句子！这些搭配非常贴合你住在大学宿舍的真实情况。

"Your Home/Accommodation" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何介绍你现在的住所

- At the moment, I live in a student dormitory on campus. (目前，我住在校园里的一个学生宿舍。)
- It's a shared room, so I live with... (这是一个共用的房间，所以我跟...一起住。)

It's a shared room, so I live with three other roommates.

- It's a typical student accommodation, nothing fancy, but... (这是一个典型的学生公寓，没什么特别的，但是...)

...but it's very convenient.

- My place is very close to... (我的住处离...很近。)

My place is very close to the library and my department building.

2. 如何谈论住所的空间与布局

- Since it's a dorm, we only have one shared bedroom. (因为是宿舍，我们只有一个共用的房间。)
- My favorite part of the room is definitely... (这个房间里我最喜欢的部分肯定是...)

My favorite part of the room is definitely my own desk area.

- I've tried to make my little corner... (我努力把我的小角落弄得...)

I've tried to make my little corner very cozy and organized.

- The only downside is that the storage space is... (唯一的缺点是储物空间...)

The only downside is that the storage space is a bit limited for four people.

3. 如何解释你喜欢或不喜欢的地方

- What I like most about living here is... (住在这里我最喜欢的一点是...)

What I like most about living here is the convenience and the lively atmosphere.

- It's great because I'm surrounded by... (这很棒，因为我被...环绕着。)

It's great because I'm surrounded by my friends and classmates.

- If I could change one thing, it would be... (如果我能改变一件事，那会是...)

If I could change one thing, it would be to have a bit more privacy.

- Overall, it's a great place for a student, but... (总的来说, 对一个学生而言这是个好地方, 但是...)

...but I wouldn't want to live in a dorm forever.

4. 如何谈论未来的居住计划

- In the future, I'd love to have my own apartment. (未来, 我很想拥有自己的公寓。)
- I hope to live in a place with... (我希望能住在一个有...的地方。)

I hope to live in a place with a proper kitchen so I can do more baking.

- For me, the most important thing for a comfortable home is... (对我来说, 一个舒适的家最重要的是...)

...is that it's clean, quiet, and has good natural light.

- After I graduate and move abroad, I'll look for... (我毕业出国后, 我会找一个...)

...I'll look for a small and cozy apartment near the university.

好的! 到此为止, 我们已经彻底完成了所有高频Part 1话题的“三部曲”练习。你的准备非常充分, 我对你充满信心!

下一次, 让我们正式开启新的篇章, 挑战**雅思口语 Part 2**的专项训练吧! 你准备好了吗?

Hometown

题目

1. Where is your hometown?
2. What kind of place is it?
3. How long have you lived there?
4. What is one of the best things about living there?
5. Is there anything you dislike about it?
6. Do you know many people who live nearby?

7. Do you have any relatives who still live in your hometown? Why/Why not?
8. Do you often go back to visit your hometown? Why/Why not?

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! 今天我们来聊一个每次雅思口语考试都几乎必考的话题: "Hometown" (家乡)。

这是一个非常棒的话题，因为你可以非常自豪、非常真诚地介绍你的家乡——池州。你提到的九华山、好空气、宜居城市，这些都是绝佳的素材！用上这些真实的信息，你的答案会非常有说服力。

我们开始吧！

示范问题 1

(Alan as Examiner): Where is your hometown?

(Alan as Student Tianxiang): "My hometown is Chizhou, a city in Anhui province. It's located in the eastern part of China. It's not a huge metropolis like Shanghai or Beijing, but it's a very beautiful and peaceful place to live."

答案为什么好？

- **思路与结构：**
 1. **直接回答：**清晰点明家乡是“安徽池州”。
 2. **给出方位：**补充说它在“中国东部”，让考官有个大概的地理概念。
 3. **对比说明：**和“上海”这样的大都市对比，突出了家乡的特点。
 4. **总结特点：**用 **beautiful and peaceful** (美丽又宁静) 来总结，给人留下美好印象。
- **亮点词汇/短语：**
 - **province:** /'prɒvɪns/ (省)。
 - **metropolis:** /mə'trɒpəlɪs/ (大都市)。
 - **peaceful place:** “一个宁静的地方”。
- **实用句型：**
 - **My hometown is [city], a city in [province].**
 - **It's not a..., but it's a...** (它不是..., 而是...)
- **连接词的使用：**
 - **but:** 在这里用来进行对比，引出家乡与大都市的不同之处，用法非常自然。

示范问题 2

(Alan as Examiner): What kind of place is it?

(Alan as Student Tianxiang): "Chizhou is well-known for being a very livable city, with great air quality. It's most famous for a beautiful mountain called Jiuhua Mountain, which is a famous Buddhist site. So, it's a city that's very close to nature and has a relaxed atmosphere."

答案为什么好？

- **思路与结构：**

1. **概括特点:** 开头就说它以“宜居”和“好空气”闻名，直接用了你提供的信息。
 2. **点明地标:** 提到最著名的地标“九华山”，并补充说明它是一个佛教圣地。
 3. **总结感受:** 最后总结说这是一个“亲近自然”和“氛围轻松”的城市。
- **亮点词汇/短语:**
 - `well-known for`: “以...闻名”。
 - `livable city`: “宜居城市”。
 - `air quality`: “空气质量”。
 - `Buddhist site`: “佛教圣地”。
 - `close to nature`: “亲近自然”。
 - `relaxed atmosphere`: “轻松的氛围”。
 - **实用句型:**
 - `[Place] is well-known for being...`
 - `It's most famous for..., which is...`
 - **连接词的使用:**
 - `So`: 用来引出一个基于前面描述的总结，非常流畅。

示范问题 3

(Alan as Examiner): How long have you lived there?

(Alan as Student Tianxiang): "I lived there for about 18 years, basically my whole life before university. I grew up there, went to primary and high school in Chizhou. I moved to Chengdu a few years ago for my university studies, but Chizhou will always be my home."

答案为什么好?

- **思路与结构:**
 1. **给出时长:** `about 18 years`，并用 `basically my whole life...` 来补充说明。
 2. **回顾经历:** 提到在那里“长大”、“上学”，让描述更具体。
 3. **说明现状:** 解释现在为什么不在那里（去成都上大学了）。
 4. **表达情感:** 最后一句非常有感情，说它“永远是我的家”。
- **亮点词汇/短语:**
 - `basically`: /'beɪsɪkli/ (基本上)。
 - `grew up`: “长大”。
 - `university studies`: “大学学业”。
- **实用句型:**
 - `I lived there for [time], basically...`
 - `I moved to [place] for...`

示范问题 4

(Alan as Examiner): What is one of the best things about living there?

(Alan as Student Tianxiang): "For me, the best thing is definitely the natural environment. The air is always fresh and clean, which is quite a luxury compared to some bigger industrial cities. Also, having a famous mountain like Jiuhua Mountain nearby means you always have a wonderful place to escape to on weekends."

答案为什么好?

- **思路与结构:**
 1. **点明优点:** the natural environment, 非常清晰。
 2. **具体阐述:** 详细说明了“空气好”这一点, 并和工业城市做了对比。
 3. **补充另一个优点:** 用 Also 补充了有“九华山”这个得天独厚的去处。
- **亮点词汇/短语:**
 - natural environment: “自然环境”。
 - fresh and clean: “清新干净”。
 - a luxury: “一种奢侈品”, 用在这里形容好空气, 很形象。
 - escape to: “逃离到...”, 指去一个地方放松。
- **实用句型:**
 - For me, the best thing is definitely...
 - Having... nearby means...
- **连接词的使用:**
 - Also: 用来添加另一个并列的优点, 让内容更丰富。

示范问题 5

(Alan as Examiner): Is there anything you dislike about it?

(Alan as Student Tianxiang): "Well, if I have to say something negative, it would be that Chizhou is a relatively small city. This means there are fewer entertainment options and perhaps fewer career opportunities compared to a metropolis like Chengdu. But for living a quiet and peaceful life, it's almost perfect."

答案为什么好?

- **思路与结构:**
 1. **委婉开头:** if I have to say something negative..., 表明这是一个经过思考的、不情愿的“抱怨”, 态度很好。
 2. **点明缺点:** 城市“相对较小”。
 3. **解释影响:** 说明了小城市可能带来的“更少的娱乐和工作机会”。
 4. **平衡观点:** 用 But 转折, 最后又回到了它的优点上 (适合过宁静的生活), 展现了你客观的看法。
- **亮点词汇/短语:**
 - relatively small: “相对较小”。
 - entertainment options: “娱乐选择”。
 - career opportunities: “职业机会”。
 - quiet and peaceful life: “安静平和的生活”。
- **实用句型:**
 - If I have to say something..., it would be that...
 - This means there are fewer... compared to...
- **连接词的使用:**
 - But: 这是这个回答的精髓, 它让你的“抱怨”听起来不那么刺耳, 反而显得很辩证。

示范问题 6

(Alan as Examiner): Do you know many people who live nearby? (when you were there)

(Alan as Student Tianxiang): "Yes, when I was living there, I knew many people. My hometown is the kind of place where you have a close-knit community. You know your neighbors, and you often run into your classmates and their parents on the street. It feels very friendly and safe."

答案为什么好?

- **思路与结构:**
 1. **限定时间回答:** `when I was living there`, 清晰说明这是过去的情况。
 2. **描述社区氛围:** `close-knit community`, 用一个词精准地概括了社区关系。
 3. **举例说明:** 举例说你会认识邻居、碰到同学, 让“关系紧密”这个概念变得很具体。
 4. **总结感受:** `friendly and safe`, 用两个词总结了这种社区给人的感觉。
- **亮点词汇/短语:**
 - `close-knit community`: “关系紧密的社区”。
 - `neighbors`: /'neɪbəz/ (邻居)。
 - `run into someone`: “偶然碰到某人”。
- **实用句型:**
 - `My hometown is the kind of place where...` (我的家乡是那种...的地方。)

示范问题 7

(Alan as Examiner): Do you have any relatives who still live in your hometown?

(Alan as Student Tianxiang): "Yes, almost all my close relatives still live there. My parents, my grandparents, and many of my aunts and uncles are all in Chizhou. Our family has lived there for generations. That's why I always go back during holidays."

答案为什么好?

- **思路与结构:**
 1. **直接回答:** `Yes, almost all...`
 2. **列举亲戚:** `My parents, my grandparents...`, 让回答更具体。
 3. **解释根源:** `lived there for generations`, 说明了家人都住在那里的深层原因。
 4. **连接到自身行为:** `That's why I always go back...`, 解释了这和自己的关系。
- **亮点词汇/短语:**
 - `relatives`: /'relatɪvz/ (亲戚)。
 - `grandparents`: /'grænpəreɪnts/ (祖父母)。
 - `aunts and uncles`: (叔伯姑舅姨)。
 - `for generations`: “世世代代”。
- **实用句型:**
 - `That's why...` (这就是为什么...)

示范问题 8

(Alan as Examiner): Do you often go back to visit your hometown?

(Alan as Student Tianxiang): "I try to go back as often as possible, usually during the long vacations like winter and summer breaks. Since I study in Chengdu, it's not very convenient to go back for just a weekend. But I always look forward to going home to see my family and enjoy some real homemade food."

答案为什么好？

- **思路与结构：**
 1. **给出频率：** `as often as possible`，并说明具体时间（寒暑假）。
 2. **解释原因：** `Since I study in Chengdu...`，解释了为什么不能更频繁地回去。
 3. **说明动机：** `But I always look forward to...`，说明了回去的两个主要动力：看家人和吃家常菜。
- **亮点词汇/短语：**
 - `as often as possible`: “尽可能频繁地”。
 - `long vacations`: “长假”。
 - `not very convenient`: “不是很方便”。
 - `look forward to`: “期待”。
 - `homemade food`: “家常菜”。
- **实用句型：**
 - `I try to..., usually during...`
 - `Since..., it's not...`
- **连接词的使用：**
 - `Since`: 用来引出原因。
 - `But`: 用来转折，强调尽管不方便，但自己仍然很期待回家。

怎么样，Tianxiang？把你的家乡介绍给别人，是不是一件很自豪的事？

接下来我们想聊点什么呢？

话题词汇

好的，我们来为 "Hometown" 这个话题补充一些核心词汇。

有了这些词汇，你就可以把自己的家乡描绘得有声有色，不仅能说出它的样子，还能分享你对它的感情，让你的答案更有温度。

"Hometown" 话题词汇库 (Vocabulary List)

1. 描述家乡的类型与特点 (Describing Your Hometown)

- **Hometown** /'həʊmtaʊn/ (家乡)
- **City** /'sɪti/ (城市) / **Town** /taʊn/ (城镇) / **Village** /'vɪlɪdʒ/ (村庄)
- **Province** /'prɒvɪns/ (省份)
- **Peaceful** /'pi:sfl/ (宁静的) / **Quiet** /'kwaɪət/ (安静的)

*My hometown is a **peaceful** place.*

- **Lively** /'laɪvli/ (热闹的) / **Bustling** /'bʌslɪŋ/ (熙熙攘攘的)
- **Livable** /'lɪvəbl/ (宜居的)

*Chizhou is a very **livable** city.*

- Modern /'mɒdən/ (现代的) / Traditional /trə'dɪʃənəl/ (传统的)
- Industrial city (工业城市) / Tourist city (旅游城市)

2. 地理位置与地标 (Location & Features)

- to be located in (坐落于...)

*My hometown is **located** in the eastern part of China.*

- Environment /In'veɪrənmənt/ (环境)
- Air quality (空气质量)

*The **air quality** in my hometown is excellent.*

- Mountain /'maʊntən/ (山) / River /'rɪvə(r)/ (河) / Lake /leɪk/ (湖)
- Famous for... (以...闻名)

*It's **famous for** Jiuhua Mountain.*

- Tourist attraction (旅游景点) / Landmark /'ləndmɑ:k/ (地标)

3. 社区与人 (Community & People)

- Community /kə'mju:nəti/ (社区)
- Close-knit community (关系紧密的社区)

*I grew up in a **close-knit community** where everyone knew each other.*

- Local people (当地人) / Locals /'ləʊklz/
- Friendly /'frendli/ (友好的) / Welcoming /'welkəmɪŋ/ (热情好客的)
- Neighbors /'neɪbəz/ (邻居)
- Relatives /'relatɪvz/ (亲戚)
- Atmosphere /'ætməsfɪə(r)/ (氛围)

*I like the relaxed **atmosphere** of my hometown.*

4. 情感与联系 (Feelings & Connections)

- **Memories** /'memərɪz/ (回忆)

*I have many happy **memories** of my childhood there.*

- **Childhood** /'tʃaɪldhʊd/ (童年)
- **to feel attached to...** (对...有归属感/依恋)

*I **feel** very **attached to** my hometown.*

- **Nostalgic** /nɒ'stældʒɪk/ (怀旧的)

*Talking about my hometown makes me **feel nostalgic**.*

- **to miss** (想念)

*I really **miss** the food in my hometown.*

5. 相关动作 (Actions)

- **to grow up** (长大)
- **to be born and raised in...** (在...出生和长大)

*I **was born and raised in** Chizhou.*

- **to move to...** (搬到...)

*I **moved to** Chengdu for university.*

- **to visit** /'vɪzɪt/ (拜访, 参观)
- **to go back** (回去)

*I **try to go back** during the holidays.*

这些词汇都是谈论“家乡”时最常用到的。把它们用到句子里，你就能绘声绘色地向考官介绍那个你最熟悉的地方了！

接下来我们做什么呢？

常见搭配

好的，我们来完成“家乡”话题的最后一步，把那些关键词和短语“焊接”成坚固又好用的“句子”！

这些句子搭配都是围绕着如何生动地介绍一个地方来设计的。学会它们，你就能像一个导游一样，把你美丽的家乡——池州，介绍给考官。

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

1. 如何开始介绍你的家乡

- My hometown is [名字], which is a [形容词] city located in... (我的家乡是..., 它是一个坐落于...的...城市。)

My hometown is Chizhou, which is a medium-sized city located in Anhui province.

- I was born and raised in... (我在...出生长大。)

I was born and raised in Chizhou, and I lived there until I went to university.

- It's the kind of place where... (它是那种...的地方。)

It's the kind of place where life is slow and people are very friendly.

2. 如何描述家乡的特点

- It's famous for its... (它以...而闻名。)

It's famous for its beautiful natural scenery, especially Jiuhua Mountain.

- The best thing about it is probably... (关于它，最好的一点可能是...)

The best thing about it is probably the fresh air and the clean environment.

- One of the main features of my hometown is... (我家乡的主要特色之一是...)

One of the main features of my hometown is that it's a very livable city.

- It has a very [形容词] atmosphere. (它有一种非常...的氛围。)

It has a very relaxed and peaceful atmosphere.

3. 如何谈论你和家乡的联系

- I have a lot of fond memories of... (我有很多关于...的美好回忆。)

I have a lot of fond memories of growing up there with my friends and family.

- Most of my relatives, including..., still live there. (我的大多数亲戚，包括...，还住在那儿。)

Most of my relatives, including my parents and grandparents, still live there.

- I try to go back to visit as often as I can, especially during... (我试着尽可能多地回去探望，尤其是在...期间。)

...especially during the winter and summer holidays.

4. 如何进行对比

- Compared to [另一个地方], my hometown is... (和...相比，我的家乡更...)

Compared to Chengdu, my hometown is much smaller and quieter.

- It's not a huge metropolis like..., but it has its own unique charm. (它不像...那样的大都市，但它有自己独特的魅力。)

It's not a huge metropolis like Shanghai, but it has its own unique charm.

- One difference is that... (...的一个不同之处在于...)

One difference is that the pace of life in my hometown is much slower.

5. 如何表达你的观点和感受

- What I love most about it is... (关于它, 我最喜欢的是...)

What I love most about it is the feeling of being close to nature.

- If I had to say something I dislike, it would be that... (如果非要说一点我不喜欢的, 那就是...)

If I had to say something I dislike, it would be that there are not enough entertainment options for young people.

- Even though I live in [现在的城市] now, I still feel very attached to my hometown. (尽管我现在住在..., 我仍然对我的家乡有很深的眷恋。)

非常棒! 你现在拥有了全套的工具来谈论你的家乡了。从介绍它是什么样子, 到分享你对它的情感, 你都能轻松应对。

我们已经深入探讨了很多Part 1的话题了。接下来, 你准备好挑战一个完整的Part 2卡片题了吗? 比如 "Describe your hometown"? 这正是你大展身手的好机会!

Housework and cooking

题目

1. Do you do some cooking/help your family cook at home now?
2. Did you do some house cleaning when you were young?
3. Do you have breakfast at home everyday?
4. Do you want to learn how to cook well?
5. Do you think your home is clean and tidy?
6. What housework do you like or dislike doing?

给出一个小学生都能说的简单答案, 不超过4句话。

答案

Hello Tianxiang! 我是你的专属口语教练 Alan。很高兴看到你已经准备好了, 并且给我分享了这么详细的个人信息, 这会让我们接下来的示范和练习更加贴近真实的你!

你提的这几个关于 "home" 和 "housework" 的问题都非常经典, 在 Part 1 中很常见。现在, 就让我来为你示范一下, 如何用小学生都能听懂的、简单又地道的英文, 回答这些问题, 并达到7.5分所需要的流利度和清晰度。

我们开始吧！

Question 1: Do you do some cooking/help your family cook at home now?

Alan's Model Answer (示范答案):

"Not really, because I live in a student dorm and it's not very convenient to cook there. However, I'm really into baking, which I see as a type of cooking. So on weekends, I sometimes use the public kitchen to bake cookies for my friends. It's a fun way for me to relax."

答案分析 (Why it's a good answer):

- **思路与结构:**
 1. **直接回答 + 给原因:** 直接否定 "Not really", 然后解释原因 "because I live in a student dorm..."。
 2. **转折 + 补充信息:** 用 "However" 引入一个相关但不同的点 (你的爱好“烘焙”), 让答案更丰富。
 3. **举例 + 描述感受:** 用 "So on weekends..." 给出具体例子, 并以 "It's a fun way..." 结尾, 表达个人感受。
- **亮点词汇/短语:**
 - **Not really:** 非常口语化的回答, 比单纯说 "No" 要自然。
 - **student dorm:** 学生宿舍, 非常贴切你的身份。
 - **convenient:** 方便的。一个简单但很实用的词。
 - **I'm really into...:** “我非常喜欢...”, 是 "I like..." 的绝佳替代, 听起来更有热情。
- **实用句型:**
 - **It's a fun way for me to...:** 一个很好的句型, 可以用来描述做某件事的感受或目的。(e.g., "It's a good way for me to practice my English.")

Question 2: Did you do some house cleaning when you were young?

Alan's Model Answer (示范答案):

"Yes, absolutely. My parents taught me to be responsible for my own space from a young age. I remember my main job was to sweep the floor and keep my own room tidy. I wasn't a huge fan of it back then, but now I think it was a good habit to build."

答案分析 (Why it's a good answer):

- **思路与结构:**
 1. **清晰肯定:** "Yes, absolutely" 语气很强, 很肯定。
 2. **解释背景:** "My parents taught me..." 解释了为什么会做家务。
 3. **具体回忆:** "I remember my main job was..." 给出具体的例子。
 4. **今昔对比:** "...back then, but now I think..." 通过对比过去和现在的看法, 展示了思考的深度。
- **亮点词汇/短语:**
 - **be responsible for:** 对...负责, 很棒的短语。
 - **from a young age:** 从小的时候。

- **keep my room tidy**: 保持房间整洁, 非常地道的说法。
- **a huge fan of**: “不太喜欢”, 比 “I disliked it” 更生动。
- **实用句型**:
 - **I remember my main job was to...**: 一个引出过去具体例子的好句型。

Question 3: Do you have breakfast at home everyday?

Alan's Model Answer (示范答案):

"Well, I try to. Since my 'home' is my dorm room now, I usually just grab something quick and easy. Most days, it's just a carton of milk and some bread from the campus store. It's not a big meal, but it gives me enough energy to start my day."

答案分析 (Why it's a good answer):

- **思路与结构**:
 1. **弹性回答**: "Well, I try to" 避免了绝对的 "Yes" 或 "No", 非常真实。
 2. **解释现状**: "Since my 'home' is my dorm room..." 解释了当前的特殊情况。
 3. **描述细节**: "...grab something quick and easy... a carton of milk and some bread..." 增加了画面感。
 4. **总结作用**: "It gives me enough energy..." 总结了早餐的功能。
- **亮点词汇/短语**:
 - **grab something quick**: 快速地吃点/拿点东西, 非常口语化。
 - **carton of milk**: 一盒牛奶。
 - **campus store**: 校园商店。
 - **gives me energy**: 给我能量。
- **连接词的使用**:
 - **Since...**: 用 "Since" (因为, 由于) 来引导原因状语从句, 让句子结构更丰富。

Question 4: Do you want to learn how to cook well?

Alan's Model Answer (示范答案):

"Oh, for sure! I'm already okay with baking, but I'd love to learn how to cook proper meals. I live in Chengdu, so I'm especially interested in learning some classic Sichuan dishes. Also, since I plan to study abroad, knowing how to cook for myself would be a super useful skill."

答案分析 (Why it's a good answer):

- **思路与结构**: (这里我完美地用上了你的个人信息!)
 1. **热情肯定**: "Oh, for sure!" 表达了强烈的意愿。
 2. **关联现有技能**: "I'm already okay with baking, but..." 从你会的烘焙过渡到你学烹饪。
 3. **结合本地特色**: "...especially interested in...Sichuan dishes" 结合了你在成都的背景, 非常加分!
 4. **连接未来计划**: "...since I plan to study abroad..." 关联了你的未来规划, 让理由非常充分、有说服力。
- **亮点词汇/短语**:
 - **For sure**: 当然了, 比 "Yes" 更地道。
 - **proper meals**: 正经的饭菜。
 - **classic Sichuan dishes**: 经典的川菜。

- **super useful skill**: 超级有用的技能。
- **连接词的使用**:
 - **Also...**: 用来添加另一个平行的理由, 让逻辑非常清晰。

Question 5: Do you think your home is clean and tidy?

Alan's Model Answer (示范答案):

"I try my best. To be honest, as a university student with a lot of research work, my dorm room can get a bit messy during the week. However, I make it a point to do a big clean-up every weekend. I just feel I can focus better in a clean and organized space."

答案分析 (Why it's a good answer):

- **思路与结构**:
 1. **诚实回答**: "I try my best. To be honest..." 听起来非常真诚。
 2. **解释原因**: "...as a university student...my dorm room can get a bit messy..." 给出理由, 让人理解。
 3. **转折+解决方案**: 用 "However" 引出自己的习惯 "do a big clean-up every weekend".
 4. **陈述个人感受**: "I just feel I can focus better..." 解释了你为什么这么做。
- **亮点词汇/短语**:
 - **To be honest**: 说实话。
 - **get a bit messy**: 有点乱。
 - **make it a point to do something**: 意思是“特意去做某事”或“确保做到某事”, 非常好的一个短语。
 - **organized space**: 有条理的空间。
- **实用句型**:
 - **I just feel...**: 一个用来表达主观看法和感受的万能句型。

Question 6: What housework do you like or dislike doing?

Alan's Model Answer (示范答案):

"That's an interesting question. I guess I don't mind doing the dishes, as I find it quite relaxing to see everything become sparkling clean. On the other hand, I really dislike doing laundry. I find the whole process of washing, drying, and then folding the clothes to be very tedious."

答案分析 (Why it's a good answer):

- **思路与结构**:
 1. **缓冲开头**: "That's an interesting question" 给自己一点思考时间。
 2. **说喜欢的部分+原因**: "I guess I don't mind..., as I find it..."
 3. **对比说不喜欢的部分+原因**: 用 "On the other hand" 清晰地引出反面, 并解释为什么不喜欢 "I find the whole process... to be very tedious."
- **亮点词汇/短语**:
 - **don't mind doing**: 不介意做..., 比 "I like" 语气更温和、更真实。
 - **sparkling clean**: 闪闪发光地干净, 非常形象。
 - **On the other hand**: 另一方面, 完美的对比连接词。
 - **tedious**: 沉闷乏味的, 单调的。这是一个简单但能准确表达意思的好词。
- **实用句型**:

- **I find [something] to be [adjective]:** 我发现/觉得某样东西是...样的。 (e.g., "I find this book to be very interesting.")

希望这些示范和分析对你有帮助！你会发现，我们用的词都很简单，但通过好的结构和一些地道的短语，就能让答案听起来非常棒。

今天你想让我为你示范哪个其他话题的答案呢？或者我们可以深入聊聊Part 2或Part 3？

话题词汇

Of course! That's an excellent idea. Having a good set of "topical words" is like having your toolbox ready before you start building something. When the examiner asks you about a topic, you can quickly find the right 'tool' to express your ideas clearly.

Here are some simple but very effective words and phrases for the topic of **Housework and Home Routines**. I've divided them into categories to make them easier to remember.

雅思口语话题词汇库：家务与家庭日常 (Housework & Home Routines)

1. 表示“做家务”的动词和短语 (Verbs for Chores)

- **Basic Chores (基本家务):**
 - **do the dishes:** 洗碗
 - **do the laundry:** 洗衣服
 - **sweep the floor:** 扫地
 - **mop the floor:** 拖地
 - **make the bed:** 铺床, 整理床铺
 - **cook meals:** 做饭
 - **take out the trash:** 倒垃圾
- **Slightly More Specific (更具体一点的家务):**
 - **tidy up my room:** 收拾我的房间 (非常万能的短语)
 - **clean up the kitchen:** 清理厨房
 - **dust the furniture:** 给家具掸灰
 - **do the grocery shopping:** 采购日用品和食物
 - **vacuum the carpet/floor:** 用吸尘器吸地毯/地板

2. 形容“家的状态”的词 (Adjectives for Your Home)

- **Positive (褒义):**
 - **clean and tidy:** 干净整洁 (最常用的组合)
 - **neat:** 整齐的
 - **organized:** 有条理的, 井井有条的
 - **spotless:** 一尘不染的 (如果你想展示一下词汇量, 这个词很棒)
 - **cozy:** 舒适的, 温馨的
- **Negative (贬义):**
 - **messy:** 凌乱的
 - **cluttered:** 堆满杂物的 (比 messy 更具体)
 - **unorganized:** 没条理的

3. 描述“对家务的感受”的词 (Adjectives for Your Feelings)

- **Positive Feelings (积极感受):**
 - **relaxing**: 让人放松的
 - **satisfying**: 让人有满足感的 (比如看到地板变干净)
 - **therapeutic**: 有治愈效果的 (一个非常亮眼的词, 表示做某件事让你内心平静)
- **Negative Feelings (消极感受):**
 - **tedious**: 乏味的, 单调的 (形容过程很无聊)
 - **time-consuming**: 很花时间的
 - **tiring / exhausting**: 累人的 / 让人精疲力尽的
 - **boring**: 无聊的

4. 高分实用短语 (Useful Phrases & Expressions)

- **household chores**: 家务活 (是 **housework** 的完美同义词)
- **daily routine**: 日常惯例
- **share the housework**: 分担家务
- **be responsible for...**: 负责...
- **keep my space tidy**: 保持我的空间整洁
- **a sense of responsibility**: 一种责任感
- **not a big fan of...**: 不太喜欢... (比 **I don't like...** 更地道)
- **make it a point to do sth.**: 我一定会确保做某事 (e.g., *I make it a point to clean my room every weekend.*)

如何使用这些词汇?

试着将这些词汇串联起来造句。比如, 当被问到做家务时, 你可以说:

"Well, I try to **share the household chores** with my family. I'm **responsible for** keeping my own room **tidy**. I find sweeping the floor quite **relaxing**, but to be honest, I'm **not a big fan of** doing the laundry because it's so **time-consuming**."

你看, 只用这些简单的词汇, 就能组合出内容丰富、听起来又很自然的答案了。

把这些词汇记下来, 下次我们练习的时候就可以用上啦!

常见搭配

Excellent question, Tianxiang! Moving from single words to common sentence patterns is the fastest way to improve your fluency. It's like learning not just the ingredients (words), but the actual recipes (sentences) for a conversation.

Let's look at some super common and useful sentence combinations for talking about housework and home life. Think of these as "plug-and-play" sentence frames where you can insert the vocabulary we just talked about.

雅思口语高分句型搭配 (Common Sentence Patterns)

1. 表达频率 (Expressing How Often You Do Something)

这些句型可以帮你轻松地描述你的习惯。

- **句型 1:** I try to + (家务活动) + as often as I can.
 - **示范:** "I try to **cook for myself** as often as I can, but it's hard with my busy study schedule."
 - **中文思路:** 我尽可能地...
- **句型 2:** I usually + (家务活动) + on weekends / in the evening.
 - **示范:** "I usually **do my laundry and clean my room** on weekends."
 - **中文思路:** 我通常在...做...
- **句型 3:** Every + (时间), I make sure to + (家务活动).
 - **示范:** "Every night before I sleep, I make sure to **tidy up my desk**."
 - **中文思路:** 每到..., 我都会确保...

2. 表达喜好 (Expressing Likes and Dislikes)

这是 Part 1 几乎必考的功能，一定要掌握。

- **句型 1:** I don't mind + (做某事), but I'm not a huge fan of + (做另一件事).
 - **示范:** "I don't mind **washing the dishes**, but I'm not a huge fan of **taking out the trash**."
 - **中文思路:** 我不介意..., 但我不太喜欢...
- **句型 2:** I find + (家务活动) + quite + (形容词).
 - **示范:** "I find **mopping the floor** quite satisfying because you can see the difference immediately."
 - **中文思路:** 我觉得...是相当...的。
- **句型 3:** The one chore I really dislike is + (家务活动) + because...
 - **示范:** "The one chore I really dislike is **doing the laundry** because the whole process is so tedious."
 - **中文思路:** 我唯一真正不喜欢的家务是...因为...

3. 给出原因和解释 (Giving Reasons and Explanations)

让你的答案更有深度和说服力的关键。

- **句型 1:** I think it's important to + (做某事) + because it helps me to + (达到一个目的).
 - **示范:** "I think it's important to **keep my room tidy** because it helps me to **focus better on my studies**."
 - **中文思路:** 我认为...很重要, 因为它能帮我...
- **句型 2:** Since I live in a student dorm, I have to + (做某事).
 - **示范:** "Since I live in a student dorm, I have to **be considerate and keep my own space clean**."
 - **中文思路:** 因为我住在学生宿舍, 我必须...
- **句型 3:** The main reason I + (做某事) + is that...
 - **示范:** "The main reason I want to **learn to cook** is that I'm planning to **study abroad in the future**."
 - **中文思路:** 我...的主要原因是...

4. 描述习惯和责任 (Describing Habits and Responsibilities)

这些句型能体现你的成熟度和条理性。

- **句型 1:** I've gotten into the habit of + (做某事).
 - **示范:** "Recently, I've gotten into the habit of **making my bed every morning**."
 - **中文思路:** 我养成了...的习惯。

- **句型 2:** Back when I was living with my parents, I was responsible for + (做某事).
 - **示范:** "Back when I was living with my parents, I was responsible for sweeping the floor every day."
 - **中文思路:** 以前和父母住的时候, 我负责...

【教练小贴士】

你看, 这些句型是不是像一个个的“公式”? 你只需要把我们之前学的 tidy up, do the laundry, tedious, relaxing 这些词, 像填空一样放进这些句子里, 一个完整、流畅、地道的答案就出来了。

建议你每个句型都用我们之前学的词汇, 自己造一两个句子, 大声说出来。这样, 它们很快就会成为你自己的语言了!

Internet 题目

1. When did you start using the internet?
2. How often do you go online?
3. How does the internet influence people?
4. Do you think you spend too much time online?
5. What would you do without the internet?

给出一个小学生都能说的简单答案, 不超过4句话。

答案

好的, Tianxiang! 非常棒, 我们今天就来聊聊 "The Internet" 这个话题。这可是Part 1的高频话题, 而且和你计算机的专业背景非常相关, 我们正好可以利用这一点。

别担心, 我会用最简单、最自然的语言来回答, 让你看看一个好答案是什么样的。记住, 我们的目标不是用复杂的词, 而是把简单的话说得流利、有条理。

好, 现在我是考官, 你放松听。

示范 1: When did you start using the internet?

(Alan扮演考官提问) "Let's talk about the internet. When did you start using the internet?"

(Alan扮演考生回答) "I think I first went online when I was in primary school, probably around 10 years old. My dad bought our first family computer, and I was super curious about everything on it. At first, I just used it to search for some cartoons and play simple online games."

答案分析 (Answer Analysis)

- **思路与结构 (Structure):**
 1. **直接回答:** "when I was in primary school..." (直接给出时间点)
 2. **背景补充:** "My dad bought our first family computer..." (解释了当时的情景)
 3. **举例说明:** "...search for some cartoons and play simple online games." (给出了具体的例子, 让回答更生动)

- **亮点词汇/短语 (Vocabulary):**
 - **went online**: "上网", 一个非常地道的说法。
 - **primary school**: "小学", 比 "elementary school" 在英式口语中更常见。
 - **super curious**: "超级好奇", 用 "super" 来加强语气, 非常口语化, 比 "very" 更生动。
 - **At first**: "一开始", 用来引出最初的用途, 让描述更有层次。
- **实用句型 (Sentence Patterns):**
 - **I think I first... when...**: 这是一个非常好的回忆过去的开头句型, 显得自然而不确定。
 - **I just used it to...**: 一个说明工具用途的万能句型。
- **连接词的使用 (Connectors):**
 - 这个简短的回答里没有复杂的连接词, 但通过时间顺序 (**when I was...**, **At first...**) 自然地将句子连接起来, 非常流畅。

示范 2: How often do you go online?

(Alan扮演考官提问) "How often do you go online?"

(Alan扮演考生回答) "Oh, I'm online pretty much all day, every day. As a computer science student, I have to use the internet for my studies and research constantly. Besides studying, I also use it to relax, like listening to pop music or chatting with my friends."

答案分析 (Answer Analysis)

- **思路与结构 (Structure):**
 1. **直接回答**: "pretty much all day, every day." (非常直接地回答了频率)
 2. **解释原因 (学习)**: "As a computer science student, I have to use it for my studies..." (结合你【计算机专业】的背景, 给出了一个非常合理的理由)
 3. **补充信息 (放松)**: "Besides studying, I also use it to relax..." (从另一个方面补充信息, 让答案更完整)
 4. **举例**: "...listening to pop music or chatting with my friends." (结合你喜欢【听流行音乐】的爱好, 让例子非常个人化)
- **亮点词汇/短语 (Vocabulary):**
 - **pretty much**: "差不多, 几乎", 非常口语化的表达, 代替 "almost".
 - **constantly**: "持续地, 不断地", 一个简单但能体现频率的副词。
 - **Besides studying**: "除了学习之外", 很好的引出另一个观点。
- **实用句型 (Sentence Patterns):**
 - **As a..., I have to...**: "作为一名..., 我必须...", 这是一个解释原因的绝佳句型, 可以直接套用你的学生、专业等身份。
 - **I also use it to..., like...**: 在补充信息时, 用 "like" 来举例非常自然。
- **连接词的使用 (Connectors):**
 - **As a...**: 起到了很好的解释说明作用。
 - **Besides**: 用于补充不同方面的信息, 让内容过渡很顺滑。
 - **Also**: 同样是补充信息, 表明除了学习还有其他用途。

示范 3: How does the internet influence people?

(Alan扮演考官提问) "How does the internet influence people?"

(Alan扮演考生回答) "Well, I think the internet has a huge influence on our lives, mostly in a good way. For example, it allows us to get any information we want instantly and stay connected with family. However, it can also be a big distraction if we don't manage our time wisely."

答案分析 (Answer Analysis)

- **思路与结构 (Structure):**
 1. **中心句:** "it has a huge influence... mostly in a good way." (先给出一个总体看法)
 2. **正面例子:** "For example, it allows us to get information... and stay connected..." (用例子支撑正面观点)
 3. **转折 (反面):** "However, it can also be a big distraction..." (给出一个反面观点, 让答案更全面、辩证)
- **亮点词汇/短语 (Vocabulary):**
 - **huge influence:** "巨大的影响", 简单直接。
 - **instantly:** "立刻, 马上", 描述网络的速度感。
 - **stay connected with:** "与...保持联系", 常用短语。
 - **a big distraction:** "一个很大的干扰", 非常地道的说法。
 - **manage our time wisely:** "明智地管理我们的时间"。
- **实用句型 (Sentence Patterns):**
 - **Well, I think...**: 一个很好的口语开头, 给自己一点思考时间。
 - **For example, it allows us to...**: 用 "allow sb to do sth" 这个句型来描述好处, 非常实用。
 - **it can also be... if...**: 用 "if" 条件句来补充观点, 说明在特定条件下会发生什么。
- **连接词的使用 (Connectors):**
 - **For example:** 用于举例, 是口语中最常用的连接词之一。
 - **and:** 连接两个并列的优点。
 - **However:** 用于引出相反的观点, 体现了回答的逻辑性。

示范 4: Do you think you spend too much time online?

(Alan扮演考官提问) "Do you think you spend too much time online?"

(Alan扮演考生回答) "Honestly, I probably do, but I don't really think it's 'too much' for me. That's because most of my online time is spent on productive things, like coding or doing research for my papers. So, I see it as a necessary tool for my major rather than just entertainment."

答案分析 (Answer Analysis)

- **思路与结构 (Structure):**
 1. **承认+转折:** "Honestly, I probably do, but..." (先承认, 然后立刻解释为什么这不算问题, 很有说服力)
 2. **解释原因:** "That's because most of my online time is spent on productive things..." (解释为什么自己不觉得时间"过长")
 3. **举例说明:** "...like coding or doing research for my papers." (结合你【计算机专业, 发过论文】的背景, 举例非常真实)
 4. **总结观点:** "So, I see it as a necessary tool..." (最后总结, 把网络定义为"必要工具"而不是"娱乐")
- **亮点词汇/短语 (Vocabulary):**
 - **Honestly:** "说实话", 非常棒的开头, 显得真诚。

- **productive things**: "有成效的事情", 很好的概括了学习和工作。
- **necessary tool**: "必要的工具"。
- **rather than**: "而不是", 用于对比。
- **实用句型 (Sentence Patterns)**:
 - **I probably do, but...**: 这是一个非常高级的回答"是/否"问题的方式, 避免了简单的 "Yes" 或 "No"。
 - **That's because...**: 用来解释前一句话的原因。
 - **I see it as... rather than...**: "我把它看作是...而不是...", 一个表达个人看法的句型, 很显水平。
- **连接词的使用 (Connectors)**:
 - **but**: 经典的转折连词。
 - **That's because**: 明确引出原因。
 - **like**: 用于举例。
 - **So**: 用于总结。整个答案的逻辑链条非常清晰。

示范 5: What would you do without the internet?

(Alan扮演考官提问) "What would you do without the internet?"

(Alan扮演考生回答) "Wow, that's a tough question. My life would be totally different, especially my studies. I guess I would spend a lot more time on my offline hobbies, for instance, I could do more baking or go out for photography more often. I'd also probably read more physical books."

答案分析 (Answer Analysis)

- **思路与结构 (Structure)**:
 1. **反应+感叹**: "Wow, that's a tough question." (对于一个假设性问题, 先给出一个自然的反应, 非常真实)
 2. **总体设想**: "My life would be totally different..." (先给出一个总体的设想)
 3. **具体活动**: "...spend a lot more time on my offline hobbies." (从爱好入手, 开始具体化)
 4. **举例**: "...for instance, I could do more baking or go out for photography..." (结合你【烘焙, 摄影】的爱好, 让答案充满个人色彩)
 5. **补充**: "I'd also probably read more physical books." (再补充一个可能的活动)
- **亮点词汇/短语 (Vocabulary)**:
 - **a tough question**: "一个很难回答的问题", 表明你在思考。
 - **totally different**: "完全不同"。
 - **offline hobbies**: "线下爱好", 一个非常现代和贴切的词。
 - **physical books**: "纸质书", 相对于电子书而言。
- **实用句型 (Sentence Patterns)**:
 - **I guess I would...**: "我想我会...", 用于回答假设性问题, 非常核心的句型。
 - **I could do... or...**: 用 "could" 来表达可能性。
 - **I'd also probably...**: **I'd** 是 **I would** 的缩写, 非常口语化, **probably** 增加了语气的不确定性, 很适合假设场景。
- **连接词的使用 (Connectors)**:
 - **for instance**: 和 **for example** 一样, 用于举例。
 - **or**: 连接两个并列的可能性。
 - **also**: 用于补充另一个观点。

好了, Tianxiang! 以上就是这5个问题的示范答案和分析。你感觉怎么样? 是不是发现用简单的词汇和句型, 只要结构清晰、有逻辑, 听起来效果就非常棒?

接下来, 你想继续练习这个话题, 还是想让我为你示范一个新的话题呢? 比如你的家乡 (Hometown) 或者你的爱好 (Hobbies)?

话题词汇

当然! 这是一个非常好的学习方法。当我们围绕一个话题积累了一些核心词汇和短语后, 在开口回答时就会感觉有“弹药”了, 会自信很多。

下面我为你整理了一些关于 "The Internet" 话题的实用词汇和短语。我特意挑选了那些简单、地道且在口语中一用就能加分的词, 并且分好了类别, 方便你记忆。

"The Internet" 话题词汇库 (Topical Words)

1. 核心动作 (Key Actions / Verbs)

- surf the internet - 上网 (比 use the internet 更生动)
 - Example: "I usually surf the internet for an hour before going to bed."
- browse websites - 浏览网站
 - Example: "I like to browse different photography websites for inspiration."
- scroll through social media - 刷社交媒体 (这个 "scroll" 非常形象)
 - Example: "It's easy to waste a lot of time just scrolling through my social media feed."
- stream videos/music - 在线观看视频/听音乐
 - Example: "I prefer to stream music online rather than downloading it."
- stay connected with... - 与...保持联系
 - Example: "The internet helps me stay connected with my friends and family back home."
- search for information - 搜索信息
 - Example: "As a student, I constantly need to search for information for my research."

2. 核心事物 (Key Things / Nouns)

- social media - 社交媒体
 - Example: "Social media has changed the way we communicate."
- app (application) - 手机应用 / 应用程序
 - Example: "I have a lot of useful apps on my phone for photo editing."
- Wi-Fi connection - 无线网络连接
 - Example: "The Wi-Fi connection in my dorm is pretty fast and stable."
- screen time - 屏幕使用时间
 - Example: "I'm trying to reduce my screen time, especially in the evening."
- digital content - 数字内容 (指视频、文章、音乐等)
 - Example: "We consume a huge amount of digital content every day."
- information overload - 信息过载
 - Example: "Sometimes, the internet can cause information overload, and it's hard to know what's true."

3. 核心描述 (Key Descriptions / Adjectives)

- convenient - 方便的

- *Example:* "Online shopping is super **convenient**; I can buy anything from home."
- **essential / vital** - 必不可少的 / 至关重要的
 - *Example:* "For my major, the internet is an **essential** tool for learning."
- **informative** - 信息量大的
 - *Example:* "I found a very **informative** documentary on YouTube about AI."
- **addictive** - 让人上瘾的
 - *Example:* "Some video games can be very **addictive** if you're not careful."
- **distracting** - 让人分心的
 - *Example:* "I have to turn off my phone when I study because notifications are so **distracting**."

4. 超实用短语 (Super Useful Phrases)

- **at my fingertips** - 触手可及
 - *Example:* "With a smartphone, I have all the world's information **at my fingertips**."
- **a double-edged sword** - 一把双刃剑 (形容事物有好有坏)
 - *Example:* "Social media is a **double-edged sword**; it connects people but can also harm mental health."
- **kill time** - 消磨时间
 - *Example:* "When I'm waiting for the bus, I usually play a simple game on my phone to **kill time**."
- **fall down a rabbit hole** - (无意中) 沉迷于..., 越陷越深
 - *Example:* "I just wanted to look up one thing, but I **fell down a rabbit hole** of watching funny cat videos for an hour." (这个短语非常地道, 能让考官眼前一亮!)

怎么样, Tianxiang? 这些词汇和短语是不是很实用?

我的建议是, 你不需要一次性全部记住。可以先挑出三五个你最喜欢的, 试着在下次我们练习的时候用上它们。用的多了, 自然就变成你自己的了!

常见搭配

没问题, Tianxiang! 这个提问说明你已经进入了学习口语的第二阶段了: 从“知道该用什么词”到“知道该怎么说一句话”。这非常棒!

“句子搭配”其实就是我们口语中的“套路”或者说“公式”。掌握了它们, 你就可以像搭积木一样, 把上一轮我们学到的词汇放进去, 快速、准确地造出漂亮的句子。

我为你准备了一些在谈论“The Internet”时最高频、最实用的句子搭配。

"The Internet" 话题高频句子搭配 (Common Sentence Patterns)

1. 用来谈论“使用习惯”

- I spend about [一段时间] a day [做什么事].

例: I spend about three hours a day Browse websites for my research. (我每天花大约三个小时浏览网站来做我的研究。)

- Whenever I have some free time, I tend to [做什么事].

例: Whenever I have some free time, I tend to scroll through my social media feed. (每当我有空闲时间, 我通常会刷刷我的社交媒体。)

- The first thing I do when I get online is [做什么事].

例: The first thing I do when I get online is check my emails from my professor. (我上网做的第一件事就是查看我导师的邮件。)

2. 用来谈论“用途和目的”

- I mainly use the internet for [名词/动名词].

例: As a student, I mainly use the internet for studying and entertainment. (作为学生, 我主要用网络来学习和娱乐。)

- The internet is really useful for [做什么事].

例: The internet is really useful for finding new baking recipes from all over the world. (网络对于寻找世界各地的烘焙新配方真的非常有用。)(这个例子结合了你的爱好哦!)

- I rely on the internet to [做什么事]. ("rely on" 表示“依赖”, 比 "use" 情感更强)

例: I rely on the internet to stay connected with my friends who are studying abroad. (我依赖网络来和我那些在国外留学的朋友保持联系。)

3. 用来谈论“好处和优点”

- The best thing about the internet is that [它能带来什么好处].

例: The best thing about the internet is that we can get information instantly. (网络最棒的一点就是我们可以即时获取信息。)

- It makes it much easier to [做什么事].

例: It makes it much easier to *share my photography works* with a wider audience. (它让与更广大的观众分享我的摄影作品变得容易多了。)

4. 用来谈论“坏处和缺点”

- One of the main drawbacks is that [它有什么坏处]. ("drawback" 是“缺点”的地道说法)

例: One of the main drawbacks is that *it can be very distracting* when you need to focus. (它主要的一个缺点就是当你在需要专注的时候, 它会非常分散你的注意力。)

- It's easy to waste a lot of time [做什么事].

例: It's easy to waste a lot of time just *watching short videos*. (一不小心就会在看短视频上浪费大量时间。)

5. 用来谈论“假设情况”

- It's hard to imagine my life without [名词].

例: It's hard to imagine my life without *the internet*. (很难想象没有网络我的生活会是怎样。)

- If there were no internet, I would probably [做什么事].

例: If there were no internet, I would probably *spend more time on my offline hobbies, like baking*. (如果没有网络, 我可能会花更多时间在我的线下爱好上, 比如烘焙。)

Alan的建议:

你看, 这些句型就像是“万能公式”。你只需要把我们之前学的那些词汇 (比如 *convenient*, *addictive*, *social media*, *stream music* 等) 填到这些空格里, 一个高质量的答案就诞生了!

试着随便挑一个句型, 再填上一个词汇, 自己说一说。比如:

- "The best thing about the internet is that it's so convenient."

是不是很简单？多练习几次，你就能脱口而出了！

List 题目

1. Do you make a list when you shop?
2. Do you make a list for your work? (Does it work?)
3. Why don't some people like making lists?
4. Do you prefer to make a list on paper or your phone?

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，很高兴见到你！我是你的专属口语教练 Alan。看到你准备的个人信息啦，非常棒！这能让我们的练习更贴近真实的你。

今天你想让我为你示范哪个话题的答案呢？没问题，我们直接来看你选的这个 "Making lists" (制定清单) 话题，这个话题在Part 1里出现的频率很高。

现在，我们开始吧！我会先扮演考官问你问题，然后立刻给你一个符合7.5分水平的、用词简单自然的示范答案。之后，我会告诉你这个答案好在哪里。

Question 1

Examiner (Alan): Do you make a list when you shop?

Model Answer (Alan as a student): "Yes, almost all the time, especially when I'm shopping for groceries. I find it super helpful because it ensures I don't forget anything important, for instance, the ingredients I need for baking. Also, it stops me from buying stuff on impulse."

💡 答案分析 (Answer Analysis)

这个答案为什么能达到7.5分？因为它虽然简单，但非常清晰和有逻辑。

- **思路与结构 (Structure & Ideas):**
 - **第一句 (Direct Answer):** 直接回答 "Yes, almost all the time", 并给出一个具体场景 "especially when I'm shopping for groceries" (尤其是在买日用品时)。
 - **第二句 (Reason 1):** 解释第一个好处 "it ensures I don't forget anything important" (确保我不会忘记重要的东西)，并且用 "for instance" (例如) 给出了一个与你个人信息相关的例子 "the ingredients I need for baking" (我烘焙需要的原料)。
 - **第三句 (Reason 2):** 用 "Also" (而且) 引出第二个好处 "it stops me from buying stuff on impulse" (它能阻止我冲动消费)。
- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - **all the time**: 一个非常口语化的说法，代替 "always"。
 - **super helpful**: 用 "super" 来代替 "very", 听起来更自然、更年轻。
 - **baking**: 用上了你个人信息里的兴趣点，让答案更真实。
 - **buy stuff on impulse**: 一个非常地道的短语，意思是“冲动购物”。“Stuff”这个词在口语里也很好用。

- **实用句型 (Useful Sentence Patterns):**

- **I find it + 形容词 + because...**: "I find it super helpful because..." (我发现它很有用, 因为...)。这是一个表达个人观点和原因的绝佳句型。
- **It ensures...**: "It ensures I don't forget..." (它能确保我不会忘记...)。

- **连接词的使用 (Use of Connectors):**

- **especially**: 用于引出更具体的情境, 让答案更有层次。
- **for instance**: 比 "for example" 更口语化一点, 用于举例。
- **Also**: 用于补充第二个观点, 让逻辑非常清晰。

Question 2

Examiner (Alan): Do you make a list for your work? Does it work?

Model Answer (Alan as a student): "Yes, absolutely. As a university student, I make a to-do list for my studies almost every day. It definitely works for me because it helps me organize all my tasks, like which research papers I need to read. Honestly, it feels so satisfying to tick things off the list."

💡 答案分析 (Answer Analysis)

- **思路与结构 (Structure & Ideas):**

- **第一句 (Direct Answer)**: 用 "Yes, absolutely" 给出非常肯定的回答, 并结合你的身份 "As a university student..."。
- **第二句 (Explanation & Example)**: 解释它为什么有效 "it helps me organize all my tasks", 并给出一个具体的学术例子 "like which research papers I need to read"。
- **第三句 (Personal Feeling)**: 补充一个个人的感受, 让答案更生动 "it feels so satisfying to tick things off the list" (把清单上的事项划掉真的太有满足感了)。

- **亮点词汇/短语 (Key Vocabulary/Phrases):**

- **absolutely**: 一个表示强烈肯定的副词, 比简单的 "yes" 更有力。
- **to-do list**: "待办事项清单", 非常地道和常用。
- **It definitely works for me**: "definitely" 再次强调了肯定的语气。
- **tick things off**: 一个生动的动词短语, 意思是"划掉, 勾掉"。

- **实用句型 (Useful Sentence Patterns):**

- **As a..., I...**: "As a university student, I..." (作为一名大学生, 我...)。这是一个介绍自己身份并展开话题的好方法。
- **It helps me + 动词原形**: "It helps me organize..." (它帮助我整理...)。非常简洁实用的句型。
- **It feels so + 形容词 + to do sth.**: "It feels so satisfying to..." (做某事感觉太棒了)。

- **连接词的使用 (Use of Connectors):**

- **As**: 在这里用于引出身份。
- **because**: 解释原因, 逻辑清晰。
- **like**: 用于举例, 非常口语化。

Question 3

Examiner (Alan): Why don't some people like making lists?

Model Answer (Alan as a student): "Well, I guess some people might find it a bit restrictive. They probably prefer being more spontaneous, you know, just going with the flow. For them, planning everything out with a list might feel like a chore instead of being fun."

💡 答案分析 (Answer Analysis)

- **思路与结构 (Structure & Ideas):**
 - **第一句 (Main Reason):** 用 "I guess" 开始, 表示猜测, 并提出主要观点 "some people might find it a bit restrictive" (有些人可能觉得这有点限制)。
 - **第二句 (Further Explanation):** 进一步解释这些人的偏好 "They probably prefer being more spontaneous... going with the flow" (他们可能更喜欢随性一点, 顺其自然)。
 - **第三句 (Conclusion):** 总结为什么他们不喜欢 "it might feel like a chore" (感觉像一件苦差事)。
- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - **I guess / I suppose / probably:** 在回答推测性问题时, 这些词可以让你听起来不那么绝对, 更客观。
 - **restrictive:** 意思是“有约束性的”, 一个很精准的词。
 - **spontaneous:** “随性的, 即兴的”。
 - **go with the flow:** “顺其自然”, 非常地道的习语。
 - **a chore:** 意思是“一件烦人的琐事, 苦差事”。
- **实用句型 (Useful Sentence Patterns):**
 - **Some people might find it...:** "might find it a bit restrictive" (可能会觉得它有点...)。这是一个表达推测的好句型。
 - **They probably prefer + doing...:** "They probably prefer being..." (他们可能更喜欢...)。
- **连接词的使用 (Use of Connectors):**
 - **Well:** 在回答前用 "well" 可以给自己一点思考时间, 很自然。
 - **you know:** 口语中常用的插入语, 用来确认对方是否理解或让语气更连贯。

Question 4

Examiner (Alan): Do you prefer to make a list on paper or on your phone?

Model Answer (Alan as a student): "Definitely on my phone. It's just so much more convenient since my phone is always with me. Also, it's easy to edit the list, like adding or removing things without making a mess. It's more eco-friendly too, I think."

💡 答案分析 (Answer Analysis)

- **思路与结构 (Structure & Ideas):**
 - **第一句 (Direct Choice & Main Reason):** 直接说出选择 "Definitely on my phone", 并给出主要原因 "It's so much more convenient"。
 - **第二句 (Supporting Reason 1):** 用 "Also" 连接第二个理由, 即可编辑性 "it's easy to edit the list... without making a mess" (编辑清单很容易, 不会弄得乱七八糟)。
 - **第三句 (Supporting Reason 2):** 补充第三个优点 "It's more eco-friendly too" (也更环保)。
- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - **Definitely:** 清晰有力地表达自己的偏好。
 - **so much more convenient:** "so much more + 形容词" 是一个加强比较级语气的好方法。
 - **my phone is always with me:** 一个简单但非常有说服力的理由。
 - **without making a mess:** “不会弄得一团糟”, 一个很形象的说法。
 - **eco-friendly:** “环保的”。
- **实用句型 (Useful Sentence Patterns):**
 - **I prefer A to B:** 虽然答案里没直接用, 但是这个句型是回答偏好问题的基础。这个答案用 "Definitely on my phone" 做了更简洁的回应。

- **It's easy to + 动词原形**: "It's easy to edit..." (做...很容易)。
- **连接词的使用 (Use of Connectors)**:
 - **since**: 在这里等于 "because", 用于解释原因。
 - **Also**: 连接并列的第二个理由。
 - **too**: 放在句末, 表示“也”, 用于补充。

你看, Tianxiang, 所有的答案都没有用任何复杂的单词或语法, 但它们听起来都非常流利、有条理, 而且给出了足够的信息。这就是7.5分口语的精髓: **用简单的语言, 清晰地表达自己**。

接下来, 你想让我为你示范哪个话题, 或者我们针对某一个部分做专项练习呢? 随时告诉我!

话题词汇

当然! 没问题。想要流利地谈论一个话题, 提前准备一些相关的“弹药”是个非常好的方法。

下面我为你整理了一些关于 "Making Lists" 这个话题的核心词汇和短语。它们都非常简单实用, 但能瞬间让你的回答听起来更地道、更具体。

雅思口语话题词汇库: Making Lists (制定清单)

我们可以把这些词汇分成几类, 这样更容易记忆和使用。

1. 清单的种类 (Types of Lists)

这些名词可以让你具体说出你在谈论哪一种清单。

- **to-do list** - 待办事项清单
 - *Example: "Every morning, I make a **to-do list** to plan my day."*
- **shopping list** - 购物清单
 - *Example: "I never go to the supermarket without a **shopping list**."*
- **grocery list** - 食品杂货清单 (shopping list 的一种)
 - *Example: "I need to add milk and eggs to the **grocery list**."*
- **checklist** - 核对清单 (比如旅行前检查行李)
 - *Example: "I have a packing **checklist** to make sure I don't forget my passport."*
- **wishlist** - 愿望清单
 - *Example: "I keep a **wishlist** on my phone for books I want to read."*

2. 相关的“动作” (Action Words & Verbs)

这些动词和短语描述了制作和使用清单时的具体行为。

- **jot down / write down** - 记下 (jot down更偏向于“快速、随手记下”)
 - *Example: "I always **jot down** ideas for my research on a notepad."*
- **prioritize tasks** - 优先处理任务
 - *Example: "A list helps me **prioritize tasks** so I can do the most important things first."*
- **organize your thoughts** - 整理你的思绪
 - *Example: "Making a list is a great way to **organize your thoughts**."*
- **tick off / cross off** - 勾掉 / 划掉 (表示完成)
 - *Example: "I love the feeling when I can **tick something off** my list."*

- **stick to the list** - 严格按照清单执行
 - *Example: "When I go shopping, I try my best to **stick to the list** to save money."*

3. 好处和积极的感受 (Benefits & Positive Feelings)

当你想说清单的好处时，可以用这些词。

- **organized** - 有条理的
 - *Example: "Lists help me feel more **organized** and in control."*
- **efficient / productive** - 高效的 / 富有成效的
 - *Example: "I'm much more **efficient** when I have a clear plan for the day."*
- **a sense of achievement / satisfaction** - 成就感 / 满足感
 - *Example: "Finishing everything on my to-do list gives me a real **sense of achievement**."*
- **stay focused** - 保持专注
 - *Example: "It helps me **stay focused** on what I need to do."*
- **boost productivity** - 提高生产力/效率
 - *Example: "For students, making a study plan can really **boost productivity**."*

4. 坏处和消极的感受 (Downsides & Negative Feelings)

当你想解释为什么有些人不喜欢清单时，这些词就派上用场了。

- **restrictive** - 有限制性的
 - *Example: "Some people feel that lists are too **restrictive** and kill creativity."*
- **spontaneous** - 随性的，即兴的
 - *Example: "They prefer to be more **spontaneous** and just see what happens."*
- **time-consuming** - 耗费时间的
 - *Example: "For some, creating a detailed list can feel **time-consuming**."*
- **a chore** - 一件苦差事，烦人的琐事
 - *Example: "If you have too many things on your list, it can feel like **a chore**."*
- **go with the flow** - 顺其自然
 - *Example: "My friend never makes plans; he just likes to **go with the flow**."*

怎么样，Tianxiang？这些词汇是不是感觉一下子让你的“弹药库”丰富起来了？

试着用这些词汇，重新说一说我们刚才练习的那几个问题，你会发现自己的表达立刻就不一样了！

常见搭配

当然！这是一个非常棒的 followup 问题。光有单词不够，知道怎么把它们“串”成流利自然的句子才是关键。

下面我为你总结了一些在这个话题下，考官最希望听到、也最能体现你口语水平的“万能句子搭配”。你可以把它们当作一个个的“乐高积木”，根据不同的问题自由组合。

雅思口语高分句型搭配：Making Lists

1. 表达“制作清单”的习惯 (Talking about your habit)

- I'm the kind of person who... (我是那种...的人)

- Example: "I'm the kind of person who makes a to-do list every single morning."
- Example: "I'm the kind of person who feels lost without a shopping list in the supermarket."
- I have a habit of + doing... (我有...的习惯)
 - Example: "I have a habit of jotting down tasks on my phone so I don't forget."
- Whenever I..., I always... (每当我...的时候, 我总是会...)
 - Example: "Whenever I plan a trip, I always create a detailed checklist."

2. 解释“为什么”以及“好处” (Explaining the 'Why' & Benefits)

- The main reason I do this is because... (我这么做的主要原因是...)
 - Example: "The main reason I do this is because it helps me stay organized."
- It helps me (to)... (它帮助我...)
 - Example: "It helps me prioritize what's important."
 - Example: "It helps me to avoid buying things on impulse."
- What I like about it is that... (我喜欢它的一点是...)
 - Example: "What I like about it is that it gives me a clear direction for the day."
- Without a list, I would probably... (如果没有清单, 我可能会...)
 - Example: "Without a list, I would probably forget half the things I need to buy."

3. 描述“感受” (Describing the Feeling)

- I find it + [adjective] + to... (我发现做...感觉很...)
 - Example: "I find it really satisfying to cross items off my to-do list."
 - Example: "I find it much less stressful to shop when I have a list."
- It gives me a sense of... (它给我一种...)
 - Example: "It gives me a sense of control over my work."
 - Example: "It gives me a sense of achievement when the list is all checked."

4. 讨论“另一面”或“他人” (Talking about the Other Side / Other People)

- I guess some people prefer to... (我猜有些人更喜欢...)
 - Example: "I guess some people prefer to be more spontaneous."
- For them, it might feel... (对他们来说, 这可能感觉...)
 - Example: "For them, it might feel a bit restrictive to follow a plan."

如何使用这些句型?

你看, 这些句型非常灵活。当考官问你 "Do you make a list?" 时, 你可以:

1. 用第一类的句型开头: "Yes, I'm the kind of person who always makes a list before grocery shopping."
2. 接着用第二类的句型解释原因: "The main reason is because it helps me to remember everything I need for baking."
3. 最后用第三类的句型补充感受: "Also, I find it really satisfying to tick things off as I go."

这样一来, 一个有逻辑、有细节、有个人感受的满分答案框架就出来了。

试着用这些“积木”来搭建你自己的答案吧, 你会发现口语表达会变得轻松很多!

Machine

题目

1. What is your favourite machine in your home?
2. Do you think washing machines and sweeping machines are important?
3. Do you read the instructions before using a machine?
4. Do you think it is important to read the instructions?

给出一个小学生都能说的简单答案，不超过4句话。

答案

好的，Tianxiang！非常棒，我们今天来聊一个非常生活化的话题：**Machines (机器)**。这个话题在Part 1里很常见，问题通常不难，但想回答得自然流畅，就需要一些小技巧。

别担心，我会先扮演考官问你问题，然后立刻给你做出一个7.5分水平的示范回答。这些答案都会用你熟悉的、简单的词汇来表达，让你一看就懂，一学就会。

准备好了吗？我们开始咯！

Part 1 示范：Machines

(Alan as Examiner): What is your favourite machine in your home?

(Alan as Candidate Tianxiang): Oh, that's an easy one. It would have to be my oven. I'm really into baking recently, you see, and this machine is just a lifesaver. It helps me make everything from cookies to cakes, which is a fantastic way for me to relax after a long day of studying.

(Alan as Examiner): Do you think washing machines and sweeping machines are important?

(Alan as Candidate Tianxiang): Absolutely, they are super important in modern life. These machines are huge time-savers. For instance, a sweeping robot can clean the floor while I'm studying in my dorm. They free us up to do more important things, like focusing on our research or just relaxing.

(Alan as Examiner): Do you read the instructions before using a machine?

(Alan as Candidate Tianxiang): I have to admit, not always. If it's a simple gadget, I usually just try to figure it out myself. However, for something more complex or expensive, like my camera, I'll definitely read the manual carefully. I wouldn't want to break it by accident.

(Alan as Examiner): Do you think it is important to read the instructions?

(Alan as Candidate Tianxiang): Yes, I do think it's quite crucial. Firstly, it's about safety, to make sure you don't get hurt or damage the machine. Secondly, the manual often includes some useful tips or hidden functions. So, it's definitely worthwhile to spend a little time reading them.

答案为什么好？(Answer Analysis)

好了，Tianxiang，以上就是这四个问题的示范回答。你看，没有一个难词，但是听起来很自然，内容也很充实。我们来分析一下，为什么它们能达到7.5分的要求：

思路与结构 (Thought Process & Structure)

- **回答1 (烤箱):** 采用了“**总-分**”结构。先直接给出答案 (my oven)，然后用“because”的逻辑解释原因 (I'm into baking)，最后补充一个细节，说明它带来的好处 (a fantastic way to relax)。这个结构非常清晰，让考官一听就明白。
- **回答2 (洗衣机/扫地机):** 采用了“**观点 + 举例 + 总结**”的模式。先给出一个明确的观点 (Absolutely, they are super important)，然后用“*For instance*”举一个具体的例子 (sweeping robot)，最后总结这些机器的好处 (free us up)。
- **回答3 (读说明书吗):** 采用了“**分情况讨论**”的策略。用“*If... However...*”来对比两种不同的情况 (简单的机器 vs. 复杂的机器)，这样回答就显得非常有逻辑性，而不是简单地说“Yes”或“No”。
- **回答4 (读说明书重要吗):** 采用了“**观点 + 两个理由**”的结构。用“*Firstly... Secondly...*”列出了两个主要原因 (安全和隐藏功能)，最后用“*So...*”来进行总结。这是Part 3中非常经典的答题结构，在Part 1里用也完全没问题，显得条理清晰。

亮点词汇/短语 (Key Vocabulary/Phrases)

- *It would have to be...*: 一个非常地道的开头，表示“那肯定是...”，比说“My favourite machine is...”要生动。
- *I'm really into...*: “我对...非常感兴趣”，是“I like...”的绝佳替代品，听起来更热情。
- *a lifesaver*: “救星”，用来形容一个东西非常有用、帮你大忙了，非常形象。
- *Absolutely*: “当然了”，比简单的“Yes”语气强得多。
- *a huge time-saver*: “一个巨大的时间节省器”，很地道的表达。
- *figure it out myself*: “自己搞明白”。
- *by accident*: “一不小心，意外地”。
- *quite crucial*: “相当关键的”，是“important”的一个很好的升级词汇，但又很简单。
- *worthwhile*: “值得的”，形容做某事是值得花时间的。

实用句型 (Useful Sentence Patterns)

- *It helps me + [动词]*: 一个万能句型，用来描述物品的功能。 (e.g., *It helps me make everything from cookies to cakes.*)
- *They free us up to do + [某事]*: “它们把我们解放出来，去做...” (e.g., *They free us up to do more important things.*)
- *I have to admit, ...*: “我得承认...”，用来坦率地承认某件事，非常口语化。
- *I wouldn't want to + [动词]*: “我可不想...”，用来表达一种不希望发生的情况。 (e.g., *I wouldn't want to break it.*)

连接词的使用 (Use of Connectors)

- *For instance*: “例如”，用来引出例子，比“for example”稍微口语化一点点。
- *However*: 用来引出转折和对比，让你的答案更有层次。
- *Firstly, Secondly*: 清晰地列出两点原因，逻辑满分。
- *So*: 用来做小结，让回答的结尾干净利落。

你看，通过这些简单的词汇、句型和连接词，我们就能把答案组织得有条有理，听起来也像一个真正在用英语交流的人，而不是在背诵课文。这就是7.5分口语的秘诀之一！

怎么样，感觉有收获吗？接下来，你想让我为你示范哪个话题，或者专门练习一下某个部分呢？随时告诉我！

话题词汇

当然！没问题。谈论一个话题，最需要的就是有足够的“弹药库”。下面我就为你整理一些关于 **Machines (机器)** 这个话题非常实用的词汇和短语。

记住，我们的目标不是背诵生僻词，而是掌握这些能让你**描述得更生动、更具体**的简单词汇。

雅思话题词汇库：Machines (机器)

1. 常见的家用机器 (Types of Household Machines)

- **Kitchen appliances (厨房电器):**
 - refrigerator / fridge: 冰箱 (fridge 是口语中更常用的说法)
 - oven: 烤箱
 - microwave: 微波炉
 - blender: 榨汁机, 搅拌机
 - coffee maker/machine: 咖啡机
 - dishwasher: 洗碗机
- **Cleaning appliances (清洁电器):**
 - washing machine: 洗衣机
 - vacuum cleaner: 吸尘器
 - sweeping robot / robot vacuum: 扫地机器人
- **Other useful machines (其他实用机器):**
 - air conditioner / AC: 空调 (AC 是最常用的口语说法)
 - laptop / computer: 笔记本/电脑 (这个你最熟悉啦！)
 - camera: 相机
 - printer: 打印机

2. 描述机器的好处 (Functions & Benefits)

- **save time / be a time-saver:** 节省时间 / 是个省时利器
 - e.g., "My dishwasher is a real time-saver."
- **save energy / save effort:** 节省精力
 - e.g., "Using a washing machine saves a lot of physical effort."
- **make life easier / more convenient:** 让生活更轻松 / 更方便
 - e.g., "Online shopping apps are machines on our phones that make life so much easier."
- **improve efficiency:** 提高效率
 - e.g., "A printer greatly improves the efficiency of my study."
- **handle repetitive tasks:** 处理重复性的任务
 - e.g., "I love my sweeping robot because it handles the repetitive task of cleaning floors."

3. 形容机器的词 (Adjectives to Describe Machines)

- **essential / crucial:** 必不可少的 / 至关重要的 (比 important 更好用)
- **convenient:** 方便的
- **efficient:** 高效的
- **user-friendly:** 用户友好的, 容易操作的

- e.g., "My new phone has a very user-friendly interface."
- **automatic**: 自动的
- **high-tech**: 高科技的
- **reliable**: 可靠的, 耐用的
 - e.g., "I bought a reliable brand of washing machine."
- **portable**: 便携的, 可手持的
 - e.g., "My portable coffee maker is great for travel."

4. 操作机器的动词 (Verbs for Using Machines)

- **turn on / off 或 switch on / off**: 打开/关闭 (电源)
- **plug in / unplug**: 插上/拔掉 (插头)
- **press a button**: 按下一个按钮
- **operate a machine**: 操作一台机器
- **read the manual / instructions**: 阅读说明书
- **charge a device**: 给设备充电
- **break down**: 发生故障, 坏掉了
 - e.g., "My old laptop broke down last week."
- **get something fixed / repaired**: 找人修理某物
 - e.g., "I need to get my camera fixed."

学习建议 (Alan's Tip):

Tianxiang, 你不需要一次性把它们全部背下来。最好的方法是, 下次我们练习和“Machines”相关的话题时, 你试着从这里面挑3-4个你最喜欢的词或短语用进去。比如, 下次你可以试着用 "user-friendly" 来形容一个你喜欢的设备, 或者用 "it's a real time-saver" 来解释它为什么重要。

这样反复使用几次, 它们就真正成为你自己的表达了!

现在这个“弹药库”给你了, 想不想马上用起来, 再练习一个相关的问题呢? 或者你想换个新话题? 都听你的!

常见搭配

好主意! 掌握常用的句子搭配 (collocations) 是让你的口语听起来更地道、更流利的“秘密武器”。这比单纯背单词要有效得多, 因为它直接教会了你“怎么说”。

下面, 我为你整理了一些关于 Machines 话题最常见、最实用的句子搭配。你可以把它们看作一个个“乐高积木”, 随时拿来组合成你自己的答案。

雅思高分句型搭配: Machines (机器)

1. 如何开场与介绍 (Opening & Introducing)

- The first machine that comes to mind is... (我第一个想到的机器是...)

e.g., "The first machine that comes to mind is my laptop, since I use it for my computer science studies every single day."

- If I have to choose one, it would definitely be my... (如果非要我选一个, 那肯定就是我的...)

e.g., "If I have to choose one, it would definitely be my camera. It holds so many memories."

- I guess the most useful gadget I have is... (我猜我最有用的设备是...)

e.g., "I guess the most useful gadget I have is my air conditioner, especially during the hot summers in Chengdu."

2. 描述功能与好处 (Describing Functions & Benefits)

- It's really useful for + [动词-ing]... (它对于做...真的很有用。)

e.g., "My blender is really useful for making healthy smoothies in the morning."

- It allows me to + [动词]... (它让我能够去...)

e.g., "My computer allows me to access all the information I need for my research papers."

- Without it, I would have to... (如果没有它, 我就得...)

e.g., "Without my washing machine, I would have to spend hours washing my clothes by hand."

3. 表达重要性 (Expressing Importance)

- It plays a crucial role in my daily life. (它在我的日常生活中扮演着至关重要的角色。)

e.g., "My fridge plays a crucial role in my daily life because it keeps my food fresh."

- I can't imagine my life without it. (我无法想象没有它的生活。)

e.g., "Honestly, I can't imagine my life without my smartphone. I use it for everything!"

- It's an essential tool for... (它是...一个必不可少的工具。)

e.g., "For a student like me, a reliable laptop is an essential tool for studying and writing papers."

4. 描述使用频率 (Talking about Frequency)

- I use it on a daily basis. (我每天都用它。)

e.g., "As a music lover, I use my headphones on a daily basis."

- I probably use it a few times a week. (我大概一周用几次。)

e.g., "I don't bake every day, so I use my oven a few times a week."

- I only use it when... (我只在...的时候用它。)

e.g., "I only use the printer when I need a physical copy of a document."

5. 谈论问题或缺点 (Talking about Problems)

- The only downside is that... (唯一的缺点是...)

e.g., "The only downside is that my old air conditioner uses a lot of electricity."

- It stopped working properly last week. (它上周开始不正常工作了。)

e.g., "My microwave stopped working properly last week, so I need to get a new one."

- It can be a bit noisy sometimes. (它有的时候可能有点吵。)

e.g., "I love my vacuum cleaner, but it can be a bit noisy sometimes."

Tianxiang, 看到这些搭配, 是不是觉得说话有思路了?

下次练习的时候, 你可以试着这样做:

1. **选定一个机器**, 比如你的相机 (camera)。
2. **从每个类别里选一个句子**, 然后把它们串起来说一段话。

比如: "If I have to choose one favorite machine, it would definitely be my camera. It allows me to capture beautiful moments in my life. For me, it's an essential tool for recording my experiences. I probably use it a few times a week, especially on weekends when I go out."

你看, 这样一段话听起来就非常流畅、地道, 而且完全是用我们刚刚学的“积木”搭建起来的。多做几次这样的练习, 你就能脱口而出了!

感觉怎么样? 要不要我们现在就来试一试?

Memory

题目

1. Are you good at memorizing things?
2. Have you ever forgotten something important?
3. What do you need to remember in your daily life?
4. How do you remember important things?

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考验脑力的话题: "Memory" (记忆力)。

这是一个很有趣的话题, 我们可以结合你作为一名学业繁忙的计算机专业学生的身份, 聊一聊你需要记哪些东西, 以及你是如何利用科技来帮助自己记忆的。这会让你的回答听起来非常真实, 也很有逻辑。

我们开始吧!

示范问题 1

(Alan as Examiner): Are you good at memorizing things?

(Alan as Student Tianxiang): "I'd say I'm okay at it, but not naturally gifted. I find it easy to remember things that I'm interested in, like complex concepts in computer science. However, when it comes to things that require rote memorization, like long lists or numbers, I find it a bit more challenging."

答案为什么好?

- **思路与结构:**

1. **给出中立的回答:** I'd say I'm okay at it... (我会说我还可以), 这种回答比简单的“Yes/No”更显思考。
 2. **分类讨论:** 清晰地分成了两种情况——容易记的(感兴趣的、有逻辑的)和不容易记的(需要死记硬背的)。
 3. **结合专业:** 提到了对自己专业“计算机科学”中的“复杂概念”记忆力好, 非常加分。
- **亮点词汇/短语:**
 - naturally gifted: “天赋异禀的”。
 - complex concepts: “复杂的概念”。
 - rote memorization: /rəʊt ,meməraɪ'zeɪʃn/ (死记硬背)。
 - challenging: /'tʃæləndʒɪŋ/ (有挑战性的)。
 - **实用句型:**
 - I find it easy to remember..., however, when it comes to..., I find it... (我发现记...很容易, 然而, 当涉及到...时, 我觉得...)
 - **连接词的使用:**
 - However: 清晰地引出了对比, 说明了自己不擅长记忆的方面。

示范问题 2

(Alan as Examiner): Have you ever forgotten something important?

(Alan as Student Tianxiang): "Yes, unfortunately, it has definitely happened before. I once completely forgot about an important deadline for a course assignment. I was too focused on my research project at that time and the date just slipped my mind. Luckily, my professor was very understanding and gave me a short extension."

答案为什么好?

- **思路与结构:**
 1. **直接肯定:** Yes, unfortunately...
 2. **讲述具体事件:** I once completely forgot about an important deadline..., 给出了一个非常具体、符合学生身份的例子。
 3. **解释原因:** I was too focused on my research..., 给出了一个合乎情理的解释。
 4. **说明结果:** Luckily, my professor was very understanding..., 用一个积极的结果来收尾。
- **亮点词汇/短语:**
 - unfortunately: /ʌn'fɔ:tʃənətli/ (不幸地)。
 - deadline: /'dedlaɪn/ (截止日期)。
 - course assignment: “课程作业”。
 - slipped my mind: “忘得一干二净”, 非常地道的表达。
 - understanding: (善解人意的)。
 - extension: /ɪk'stenʃn/ (延期)。
- **实用句型:**
 - I was so focused on [A] that [B]. (我当时太专注于A了, 以至于B。)
 - Luckily, ... was very... and gave me... (幸运的是, ...非常...并且给了我...)

示范问题 3

(Alan as Examiner): What do you need to remember in your daily life?

(Alan as Student Tianxiang): "As a student, there are quite a lot of things to keep in mind. On the academic side, I need to remember the schedule for my classes, deadlines for various projects, and appointments with my supervisor. Besides that, there are also daily life things, like remembering to pay my bills or to buy groceries."

答案为什么好?

- **思路与结构:**
 1. **概括回答:** quite a lot of things to keep in mind.
 2. **分类列举:** 清晰地分成了“学术方面”(On the academic side)和“生活方面”(daily life things)。
 3. **举例具体:** 在每个分类下都给出了具体的例子, 如“课程表、截止日期、和导师的预约”等。
- **亮点词汇/短语:**
 - keep in mind: “记住”。
 - academic side: “学术方面”。
 - schedule: /'fedju:l/ (日程表)。
 - appointments: /ə'pɔɪntmənts/ (预约)。
 - groceries: /'grəʊsəriz/ (日用杂货)。
- **实用句型:**
 - On the academic side, I need to remember A, B, and C.
 - Besides that, there are also...
- **连接词的使用:**
 - Besides that: 用来流畅地从一个方面(学术)过渡到另一个方面(生活)。

示范问题 4

(Alan as Examiner): How do you remember important things?

(Alan as Student Tianxiang): "I rely heavily on technology to help me remember things. I use the calendar app on my phone to set reminders for all my important deadlines and appointments. I also keep a digital to-do list for my daily tasks. Using these tools helps me stay organized and ensures that I don't forget anything important."

答案为什么好?

- **思路与结构:**
 1. **直接点明方法:** I rely heavily on technology..., 非常符合你计算机专业的学生身份。
 2. **举例说明1:** I use the calendar app... to set reminders...
 3. **举例说明2:** I also keep a digital to-do list...
 4. **总结好处:** helps me stay organized and ensures..., 总结了使用这些工具的好处。
- **亮点词汇/短语:**
 - rely heavily on: “非常依赖于”。
 - calendar app: “日历应用”。
 - set reminders: “设置提醒”。
 - digital to-do list: “电子待办事项清单”。
 - stay organized: “保持有条理”。
 - ensures: /ɪn'ʃʊəz/ (确保)。
- **实用句型:**

- I rely heavily on... to help me...
- Using these tools helps me... and ensures that...

怎么样, Tianxiang? 即使是像“记忆力”这样比较抽象的话题, 只要和你的日常生活与学习联系起来, 也能聊得非常具体、非常有逻辑。

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习! 你准备好了吗?

话题词汇

好的, 我们来为 "Memory" (记忆力) 这个话题装备上一些核心词汇。

有了这些词汇, 你就可以更精确地描述你的记忆能力、你是如何记忆的, 以及你需要记住哪些事情, 让你的回答听起来更有条理。

"Memory" 话题词汇库 (Vocabulary List)

1. 关于记忆本身 (About Memory Itself)

- Memory /'meməri/ (n. 记忆力; 回忆)

*I have a good **memory** for faces.*

- Good / Bad memory (好记性 / 坏记性)
- Short-term / Long-term memory (短期记忆 / 长期记忆)
- Rote memorization /rəʊt 'meməraɪ'zeɪʃn/ (死记硬背)

*I'm not good at **rote memorization**.*

- Concept /'konsept/ (概念) / Logic /'lɒdʒɪk/ (逻辑)

*I'm better at remembering **concepts** than facts.*

2. 相关的动作 (Actions & Verbs)

- to remember / to recall /rɪ'kɔ:l/ (记住 / 回想起)
- to forget /fə'get/ (忘记)
- to memorize /'meməraɪz/ (记忆, 背诵)

*I had **to memorize** a lot of formulas for the exam.*

- to remind /rɪ'maɪnd/ (提醒)

Can you **remind** me to call him later?

- to keep in mind (记在心里)
- to slip one's mind (忘得一干二净, 一时想不起来)

The deadline completely **slipped** my mind.

3. 需要记住的事物 (Things to Remember)

- Deadline /'dedlaɪn/ (截止日期)
- Appointment /ə'pɔɪntmənt/ (预约)
- Schedule /'ʃedju:l/ (日程表)
- List /lɪst/ (清单)
- Name /neɪm/ (名字) / Date /deɪt/ (日期) / Number /'nʌmbə(r)/ (数字)
- Details /'di:teɪls/ (细节)
- Facts /fæktz/ (事实)

4. 帮助记忆的工具 (Tools for Memory)

- Reminder /rɪ'maɪndə(r)/ (提醒事项)

I set a **reminder** on my phone.

- To-do list (待办事项清单)
- Calendar app (日历应用)
- Note /nəʊt/ (笔记)
- Alarm /ə'lɑ:m/ (闹钟)
- Technology /tek'nɒlədʒi/ (科技)

I rely on **technology** to help me remember things.

5. 描述与感受 (Descriptions & Feelings)

- Memorable /'memərəbl/ (难忘的)
- Unforgettable /ˌʌnfə'getəbl/ (无法忘记的)
- Easy / Hard to remember (容易记 / 难记)
- Challenging /'tʃæləndʒɪŋ/ (有挑战性的)
- Organized /'ɔ:gənaɪzd/ (有条理的)
- Stressful /'stresfl/ (有压力的)

这个词汇库非常全面，能帮助你把“记忆”这个抽象的话题聊得非常具体。

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Memory" (记忆力) 的句子搭配，你的整个Part 1知识体系就完美收官了！

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

1. 如何描述你的记忆能力

- I have a pretty good memory for... (我对...的记性很好。)

I have a pretty good memory for logical concepts, which is useful for my major.

- I'm not very good at memorizing... (我不是很擅长记忆...)

I'm not very good at memorizing things that require rote memorization, like historical dates.

- I find it easy to remember..., but hard to remember... (我发现记...很容易，但记...很难。)

I find it easy to remember formulas, but hard to remember long lists of vocabulary.

- When it comes to [remembering names], my memory is terrible. (当谈到[记名字]时，我的记性很差。)

2. 如何谈论“忘记”的经历

- I sometimes forget about... (我有时候会忘记...)

I sometimes forget about small things, like where I put my keys.

- It completely slipped my mind that... (我完全忘了...这件事。)

It completely slipped my mind that I had an appointment with my supervisor.

- I was so busy with [my research] that I forgot all about it. (我当时太忙于...以至于完全忘了这件事。)
- Luckily, I remembered at the last minute. (幸运的是, 我在最后一刻想起来了。)

3. 如何解释你记忆的方法

- I rely heavily on technology to help me remember things. (我非常依赖科技来帮助我记事。)
- The main way I remember things is by... (我记事的主要方法是通过...)

The main way I remember things is by using the calendar app on my phone.

- I always set a reminder for... (我总是为...设置一个提醒。)

I always set a reminder for important deadlines.

- Writing things down in a to-do list helps me... (把事情写在待办清单上能帮助我...)

Writing things down in a to-do list helps me stay organized.

4. 如何谈论你需要记住的事情

- As a student, I need to keep in mind... (作为一名学生, 我需要记住...)

As a student, I need to keep in mind all the deadlines for my assignments.

- The most important things for me to remember are related to... (对我来说最需要记的事情是和...相关的。)

The most important things for me to remember are related to my studies and research.

- Besides my studies, I also need to remember... (除了学习, 我也需要记...)

Besides my studies, I also need to remember daily chores, like paying my phone bill.

祝贺你, Tianxiang!

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

我正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战，你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Mobile phone 题目

1. What was your first mobile phone?
2. Do you often use your mobile phone for texting or calls?
3. Will you buy a new one in the future?
4. How has your mobile phone changed your life?

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！我们来聊一个我们每天都离不开的东西：“**Mobile Phones**” (**手机**)。

你给我的新信息“我的第一台手机是小米3，从小我就是数码迷，喜欢捣鼓”实在是太棒了！这为你量身打造了一个非常鲜活的“技术宅”人设，我们可以把这个特点贯穿在所有回答里，让你的答案听起来特别真实、特别有热情！

我们开始吧！

示范问题 1

(Alan as Examiner): What was your first mobile phone?

(Alan as Student Tianxiang): "My first mobile phone was a Xiaomi 3, which I got when I was in middle school. I was so excited to get it because I've been a tech geek since I was a little kid. I remember I loved to tinker with it, exploring all the different functions and settings. It felt more like a new toy to me than just a phone."

答案为什么好？

思路与结构：

1. **直接回答并提供细节：** `a Xiaomi 3, which I got when I was in middle school`，信息非常具体。
2. **解释兴奋的原因：** `because I've been a tech geek...`，直接用上了你的“数码迷”人设，非常加分！

3. **描述具体行为:** `I loved to tinker with it...`, 用“捣鼓”这个词生动地表现了你的热爱。
 4. **总结感受:** `It felt more like a new toy...`, 用比喻的方式总结了它对你的意义。
- **亮点词汇/短语:**
 - `tech geek`: /tek gi:k/ (科技迷, 技术宅)。
 - `to tinker with it`: “捣鼓它”, 非常地道的说法。
 - `functions and settings`: “功能和设置”。
 - **实用句型:**
 - `My first... was a..., which I got when...` (我的第一个...是一个..., 我是在...时候得到的。)
 - `It felt more like [A] to me than just [B].` (对我来说, 它感觉更像是A, 而不仅仅是B。)
 - **连接词的使用:**
 - `because`: 清晰地解释了你为什么那么兴奋。

示范问题 2

(Alan as Examiner): Do you often use your mobile phone for texting or calls?

(Alan as Student Tianxiang): "I definitely use it for texting and sending messages much more than for making calls. As a student, it's just more convenient and efficient to send a quick message to my classmates or my supervisor. I usually only make phone calls when something is urgent, or when I want to have a proper chat with my family."

答案为什么好?

- **思路与结构:**
 1. **直接对比:** `much more than...`, 清晰地表明了你的偏好。
 2. **结合身份解释:** `As a student...`, 解释了为什么发信息对你来说更方便。
 3. **说明例外情况:** `I usually only make phone calls when...`, 说明了打电话的两种特定情况 (紧急、和家人长聊), 让回答很全面。
- **亮点词汇/短语:**
 - `texting`: (发短信)。
 - `more convenient and efficient`: “更方便、更高效”。
 - `quick message`: “一条短信息”。
 - `urgent`: /'ɜ:dʒənt/ (紧急的)。
 - `a proper chat`: “一次正式的聊天”。
- **实用句型:**
 - `I definitely use it for [A] much more than for [B].` (我用它做A绝对比做B多得多。)
 - `I usually only... when..., or when...` (我通常只在...或...的时候才...)

示范问题 3

(Alan as Examiner): Will you buy a new one in the future?

(Alan as Student Tianxiang): "Yes, probably in a year or two, but I'm not in a rush right now. My current phone is still powerful enough for my daily studies and use. When I do buy a new one, I'll definitely look for a model with a better camera, because photography is my main hobby. For a tech geek like me, researching a new phone is a very fun process itself."

答案为什么好？

思路与结构：

1. **给出不确定的计划：** `probably in a year or two, but I'm not in a rush`，回答得很有弹性。
2. **解释现状：**说明现在不买的原因（目前的手机还够用）。
3. **陈述未来要求：** `look for a model with a better camera`，将未来的购买计划和你的“摄影”爱好联系起来。
4. **再次强化人设：** `For a tech geek like me...`，结尾再次强化了你的“数码迷”身份，非常棒！

亮点词汇/短语：

- `not in a rush`：“不着急”。
- `powerful enough`：“足够强大”。
- `a model with a better camera`：“一个有更好摄像头的型号”。
- `fun process`：“有趣的过程”。

实用句型：

- `When I do buy a new one, I'll definitely...` (当我真的要买一个新的时，我肯定会...)
- `For a... like me, ... is a very...` (对于像我这样的...来说，...是一个非常...)

示范问题 4

(Alan as Examiner): How has your mobile phone changed your life?

(Alan as Student Tianxiang): "Oh, it has changed my life completely, it's like my personal assistant. It's my main tool for communication, my music player, my wallet, and even my portable camera. As a computer science student, it's also a device for me to test small programs I write. It has made my life incredibly convenient and connected."

答案为什么好？

思路与结构：

1. **用比喻开场：** `it's like my personal assistant` (它就像我的私人助理)，生动形象。
2. **列举多种功能：**列举了它在“通讯、音乐、钱包、相机”等方面的多重角色。
3. **结合专业举例：** `As a computer science student...`，补充了一个非常独特的、和你专业相关的用途（测试小程序）。
4. **有力总结：** `incredibly convenient and connected`，用两个词高度概括了手机带来的改变。

亮点词汇/短语：

- `changed my life completely`：“完全改变了我的生活”。
- `personal assistant`：“私人助理”。
- `portable camera`：“便携相机”。
- `test small programs`：“测试小程序”。
- `incredibly convenient`：“难以置信地便利”。

实用句型：

- `It's my..., my..., and even my...` (它是我的..., 我的..., 甚至我的...)

怎么样，Tianxiang？把你的“数码迷”身份用起来，整个回答是不是听起来特别有说服力，也很有趣？

接下来我们想聊点什么呢？

话题词汇

好的，我们来为你关于 "Mobile Phones" 的话题库补充上最核心的词汇。

作为一名“数码迷”，这些词汇你肯定不陌生。我们把它们系统地整理一遍，可以让你在表达时更加得心应手，游刃有余。

"Mobile Phones" 话题词汇库 (Vocabulary List)

1. 手机本身与配件 (The Device & Accessories)

- Mobile phone / Cellphone (手机)
- Smartphone / 'sma:tfəʊn/ (智能手机)
- Model / 'mɒdl/ (型号)

*What **model** is your phone?*

- Brand /brænd/ (品牌)
- Screen /skri:n/ (屏幕)
- Camera /'kæməərə/ (摄像头)
- Battery /'bætəri/ (电池)

*My phone has a long **battery** life.*

- Charger /'tʃɑ:dʒə(r)/ (充电器)

2. 相关的动作 (Actions & Verbs)

- to use / to own (使用 / 拥有)
- to buy / to get a new phone (买一个新手机)
- to upgrade /ʌp'greɪd/ (升级)

*I'm thinking about **upgrading** my phone next year.*

- to text /tekst/ (发短信)
- to call / to make a call (打电话)
- to browse the internet (浏览网页)
- to take photos (拍照)
- to charge the phone (给手机充电)
- to tinker with /'tɪŋkə(r)/ (捣鼓，摆弄)

*As a tech geek, I love to **tinker with** new gadgets.*

3. 手机的功能 (Features & Functions)

- Function /'fʌŋkʃn/ (功能) / Feature /'fi:tʃə(r)/ (特点)
- Communication tool (通讯工具)
- Messaging app (通讯应用)
- Social media (社交媒体)
- Mobile payment (移动支付)
- Navigation /,nævi'geɪʃn/ (导航)
- Entertainment /,entə'teɪnmənt/ (娱乐)
- Camera quality (相机质量)

*Camera **quality** is very important to me.*

4. 描述手机的词 (Descriptive Words)

- Convenient /kən'vi:niənt/ (方便的)
- Powerful /'paʊəfl/ (强大的)

*My current phone is **powerful** enough for my studies.*

- Essential /ɪ'senʃl/ (必不可少的)

*My phone is an **essential** part of my daily life.*

- Portable /'pɔ:təbl/ (便携的)
- User-friendly (用户友好的, 易于使用的)
- Outdated /,aʊt'detɪd/ (过时的)

5. 相关的概念 (Related Concepts)

- Technology /tek'nɒlədʒi/ (科技)
- Tech geek /tek gi:k/ (科技迷, 技术宅)
- Daily life (日常生活)
- Personal assistant (私人助理)
- Connected /kə'nektɪd/ ((相互) 连接的)

*Mobile phones keep us **connected** with the world.*

这个词汇库非常全面，而且和你“数码迷”的身份紧密相关。把它们用起来，你的回答会立刻变得非常丰富和专业！

接下来我们做什么呢？

常见搭配

好的，我们来完成“手机”话题的最后一步，把这些词汇组装成地道又流畅的句子！

这些句子搭配都是为你——一个热爱科技的“数码迷”——量身打造的。用上它们，你的回答会听起来既专业又充满个人热情。

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

1. 如何谈论你的第一台手机

- I got my first mobile phone when I was... (我是在...的时候拥有我的第一台手机的。)

I got my first mobile phone when I was in middle school, and it was a Xiaomi 3.

- I remember being so excited because... (我记得当时特别兴奋，因为...)

I remember being so excited because I've always been a tech geek.

- For me, it was more than just a phone; it was like... (对我来说，它不只是一个手机；它更像...)

For me, it was more than just a phone; it was like a new toy that I could explore.

- I loved to tinker with it and... (我喜欢捣鼓它并且...)

I loved to tinker with it and discover all its hidden features.

2. 如何描述你的日常使用习惯

- I use my phone for almost everything, from [A] to [B]. (我几乎用手机做所有事，从A到B。)

I use my phone for almost everything, from studying and communication to entertainment.

- My phone is my main tool for... (我的手机是用来...的主要工具。)

My phone is my main tool for staying connected with friends and family.

- I rely on it heavily for... (我非常依赖它来做...)

I rely on it heavily for daily tasks like mobile payments and navigation.

- I prefer to send messages rather than make calls, because... (我更喜欢发信息而不是打电话, 因为...)

...because it's just more convenient and less disruptive. (disruptive: 打扰人的)

3. 如何谈论未来的购机计划

- I'm not in a rush to buy a new phone, since... (我不急着买新手机, 因为...)

I'm not in a rush to buy a new phone, since my current one is still powerful enough.

- When I do upgrade, the most important feature for me will be... (当我真的要升级时, 对我来说最重要的功能会是...)

...the most important feature for me will be the camera quality.

- As a tech geek, I always enjoy... (作为一名科技迷, 我总是很享受...)

As a tech geek, I always enjoy researching the latest models and technologies.

4. 如何解释手机对你生活的影响

- My phone has completely changed my life. (我的手机完全改变了我的生活。)
- It's not just a communication device; it's my... (它不仅是一个通讯设备; 它是我的...)

It's not just a communication device; it's my personal assistant, my camera, and my wallet, all in one.

- It has made my life incredibly... (它让我的生活变得难以置信地...)

It has made my life incredibly convenient and connected.

- I can't really imagine my life without it now. (我现在真的无法想象没有它的生活。)

非常棒，Tianxiang！我们已经把关于手机的方方面面都聊透了。你的“数码迷”背景让这个话题的回答变得非常生动和有说服力。

我们的Part 1题库已经非常强大了。下次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，我们可以把你对科技的热爱，或者你那台有特殊意义的相机，来做一个完整的2分钟陈述。你准备好了吗？

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`: /rɪ'spɒnsə'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 /'mɔ:nɪŋ/ (早晨)
- Early morning (清晨) / Sunrise /'saɪnraɪz/ (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 /'wi:kdeɪ/ (工作日)
- Weekend /'wi:k'end/ (周末)

2. 早晨的动作 (Morning Actions)

- to get up / to wake up (起床)
- to oversleep /'əʊvə'sli:p/ (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 /ˌenəˈdʒetɪk/ (精力充沛的)
- Sleepy /ˈsliːpi/ (困倦的) / Tired /ˈtaɪəd/ (疲惫的)

5. 惯例与习惯 (Routines & Habits)

- Routine /ruːˈtiːn/ (日常惯例, 例行公事)

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

- Habit /ˈhæbɪt/ (习惯)
- Schedule /ˈʃedjuːl/ (日程表) / Timetable /ˈtaɪmteɪbl/ (时间表)
- Consistent /kənˈsɪstənt/ (一贯的, 坚持的)

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

- Priorities /praɪˈɒrɪtɪz/ (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最重要的一餐。)
- 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” (描述你的日常生活)***, 这和你刚刚聊的“早晨”话题完美衔接! 告诉我你的想法!

Musical instruments

题目

1. Have you ever learned to play a musical instrument?
2. What musical instruments do you enjoy listening to the most?
3. Do you think children should learn to play an instrument at school?
4. Do you think music education is important to children?

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! 我们来聊一个你肯定很喜欢的话题: "Musical Instruments" (乐器)。

我知道听音乐是你的主要爱好之一，而且你刚刚告诉我你小学时学过吉他，这太棒了！这些都是非常宝贵的个人素材，我们可以把它们无缝地融入到答案里，让你的回答听起来非常真实、有故事感。

我们开始吧！

示范问题 1

(Alan as Examiner): Have you ever learned to play a musical instrument?

(Alan as Student Tianxiang): "Yes, I have. When I was in primary school, I learned to play the guitar for a couple of years. To be honest, I wasn't very good at it, so I didn't continue for a long time. But it was a fun experience and it helped me understand some basic music theory."

答案为什么好？

- **思路与结构：**
 1. **直接肯定：** Yes, I have. 清晰地回答了问题。
 2. **提供具体信息：** When I was in primary school, I learned to play the guitar...，直接用上了你提供的信息，非常具体。
 3. **诚实地评价自己：** To be honest, I wasn't very good at it...，这种诚实的态度非常拉近距离，显得很真实。
 4. **总结积极的一面：** But it was a fun experience...，最后用一个积极的感受收尾，说明这段经历依然是有价值的。
- **亮点词汇/短语：**
 - for a couple of years: “学了几年”，比 for some years 更口语化。
 - to be honest: “说实话”，非常棒的口语插入语。
 - fun experience: “有趣的经历”。
 - basic music theory: “基础乐理”。
- **实用句型：**
 - When I was in..., I learned to... (当我在...的时候，我学习了...)
 - But it was a... and it helped me... (但那是一段...的经历，而且它帮助我...)
- **连接词的使用：**
 - so: 用来解释结果（因为弹得不好，所以没继续）。
 - But: 转折，从“没学好”的负面转向“有趣的经历”的正面。

示范问题 2

(Alan as Examiner): What musical instruments do you enjoy listening to the most?

(Alan as Student Tianxiang): "Since I mostly listen to pop music, I enjoy the instruments that are common in that genre. I especially like the sound of the acoustic guitar; it sounds so clear and relaxing. Besides the guitar, I also love the piano, as it can create all kinds of beautiful melodies."

答案为什么好?

- **思路与结构:**
 1. **联系个人偏好:** `Since I mostly listen to pop music...`, 从你喜欢的音乐类型入手, 非常聪明。
 2. **点明具体乐器:** `the acoustic guitar` (原声吉他) 和 `the piano` (钢琴), 给出了两个明确的例子。
 3. **解释喜欢的原因:** 分别解释了为什么喜欢这两种乐器 (吉他声音清澈放松, 钢琴能创造优美旋律)。
- **亮点词汇/短语:**
 - `pop music`: “流行音乐”。
 - `common in that genre`: /ʒɒnrə/, “在那个类型中很常见”。
 - `acoustic guitar`: /ə'ku:stɪk ɡɪ'tɑ:(r)/ (原声吉他)。
 - `beautiful melodies`: /'melədiz/ (优美的旋律)。
- **实用句型:**
 - `Since I..., I enjoy...` (因为我..., 所以我喜欢...)
 - `I especially like the sound of...; it sounds...` (我特别喜欢...的声音; 它听起来...)
 - `Besides..., I also love...` (除了..., 我也很喜欢...)
- **连接词的使用:**
 - `Since`: 在句首引导原因, 逻辑清晰。
 - `Besides`: 用来添加另一个并列的观点。

示范问题 3

(Alan as Examiner): Do you think children should learn to play an instrument at school?

(Alan as Student Tianxiang): "Yes, I think it would be a great idea to offer music classes at school. Learning an instrument can be a wonderful creative outlet for children. It doesn't mean everyone has to become a professional musician. Just giving them the chance to try is very beneficial for their development."

答案为什么好?

- **思路与结构:**
 1. **肯定回答:** `Yes, I think it would be a great idea...`
 2. **解释好处:** 说明了学乐器是很好的“创意出口” (`creative outlet`)。
 3. **澄清观点:** `It doesn't mean everyone has to become a professional...`, 澄清说不是要求人人都成为专业人士, 这让你的观点更合理、不极端。
 4. **总结意义:** 最后总结说“给他们一个尝试的机会”就对发展很有益。
- **亮点词汇/短语:**
 - `offer music classes`: “提供音乐课”。

- **creative outlet**: “创意的表达渠道/出口”。
- **professional musician**: “专业音乐家”。
- **beneficial for**: /ˌbenɪˈfɪʃl/, “对...有益”。
- **实用句型**:
 - **Learning an instrument can be a wonderful...** (学习一门乐器可以是一种绝佳的...)
 - **Just giving them the chance to... is very...** (仅仅是给他们机会去...就非常...)

示范问题 4

(Alan as Examiner): Do you think music education is important to children?

(Alan as Student Tianxiang): "Absolutely, I believe it's very important. Music education is not just about learning songs or skills. It's a great way to help children develop their creativity and imagination. Also, some studies show that it can improve concentration and memory, which helps with their other school subjects too."

答案为什么好?

- **思路与结构**:
 1. **强烈肯定**: **Absolutely**, 语气非常坚定。
 2. **拔高定义**: **not just about...**, 说明音乐教育的意义不止于表面。
 3. **列举好处1**: **develop their creativity and imagination**。
 4. **列举好处2**: **Also... improve concentration and memory**, 用 **Also** 添加另一层好处, 并说明了它对其他学科的帮助。
- **亮点词汇/短语**:
 - **music education**: “音乐教育”。
 - **develop their creativity**: “发展他们的创造力”。
 - **imagination**: /ɪˌmædʒɪˈneɪʃn/ (想象力)。
 - **concentration**: /ˌkɒnsnəˈtreɪʃn/ (专注力)。
 - **well-rounded education**: “全面发展的教育” (可以在此基础上引申)。
- **实用句型**:
 - **...is not just about A, it's a great way to B.** (...不仅仅是关于A, 它还是一个做B的好方法。)
 - **Also, some studies show that it can...** (另外, 一些研究表明它能...) 这个说法能让你的观点听起来更有依据。

怎么样, Tianxiang? 把自己的真实经历和爱好融入答案, 是不是感觉特别顺畅?

接下来我们想聊点什么呢?

话题词汇

好的, 我们马上来为 "Musical Instruments" 这个话题补充词汇“弹药”!

掌握了这些词, 你就可以更生动、更具体地谈论音乐和乐器, 分享你学吉他的经历, 或者你对音乐教育的看法。

"Musical Instruments" 话题词汇库 (Vocabulary List)

1. 常见的乐器种类 (Types of Instruments)

- Musical instrument (乐器)
- Guitar /gɪ'tɑ:(r)/ (吉他)
 - Acoustic guitar /ə'ku:stɪk/ (原声吉他, 木吉他)
 - Electric guitar /ɪ'lektrɪk/ (电吉他)
- Piano /pi'ænəʊ/ (钢琴)
- Keyboard /'ki:bɔ:d/ (电子琴)
- Violin /ˌvaɪə'lɪn/ (小提琴)
- Drums /drʌmz/ (架子鼓)

2. 与音乐相关的人 (People in Music)

- Musician /mju'zɪn/ (音乐家)
- Player (演奏者)

*He is a very good guitar **player**.*

- Singer /'sɪŋə(r)/ (歌手)
- Band /bənd/ (乐队)

*I like the songs from that **band**.*

- Composer /kəm'pəʊzə(r)/ (作曲家)

3. 相关的动作 (Actions & Verbs)

- to play an instrument (演奏乐器)

*I learned **to play the guitar** when I was a kid.*

- to practice /'præktɪs/ (练习)

*You need **to practice** every day to get better.*

- to read music (识谱)
- to compose music (作曲)
- to perform /pə'fɔ:m/ (表演)
- to listen to music (听音乐)

4. 音乐的基本概念与类型 (Music Concepts & Genres)

- Melody /'melədi/ (旋律)

*The **melody** of this song is beautiful.*

- Rhythm /'rɪðəm/ (节奏)
- Genre /'ʒɒnrə/ (类型, 流派)

*Pop music is my favorite **genre**.*

- Pop music (流行音乐) / Classical music (古典音乐) / Rock music (摇滚乐)
- Music theory (乐理)

*Learning an instrument helped me understand some basic **music theory**.*

- Song (歌曲) / Tune (曲调)

5. 描述音乐和感受的词 (Descriptive Words)

- Melodious /mə'ləʊdiəs/ (旋律优美的)
- Relaxing /rɪ'læksɪŋ/ (令人放松的)

*I find the sound of the piano very **relaxing**.*

- Energetic /,enə'dʒetɪk/ (充满活力的)

*Rock music is very **energetic**.*

- Loud /laʊd/ (大声的) / Quiet /'kwaɪət/ (安静的)

6. 关于音乐教育 (Music Education)

- Music education (音乐教育)
- Music class (音乐课)
- Creativity /,kri:ei'tɪvəti/ (创造力)
- Imagination /ɪ,mædʒɪ'neɪʃn/ (想象力)
- Concentration /,kɒnsn'treɪʃn/ (专注力)
- Beneficial /,benɪ'fɪʃl/ (有益的)
- Creative outlet (创意的出口/表达渠道)

*Playing music can be a great **creative outlet** for kids.*

这些词汇覆盖了从乐器本身到学习感受的方方面面。下次再聊到音乐时，你就可以用它们来丰富你的答案了！

接下来我们做什么呢？要不要用这些词来造几个句子？

常见搭配

好的，我们来完成“乐器”话题的最后一步，把“单词”组装成“句子”！

这些句子搭配都是围绕你的个人经历（学过吉他）和观点（音乐教育很重要）来设计的。学会它们，你就能非常流畅自然地表达自己的想法了。

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

1. 如何谈论你学习乐器的经历

- I used to play the [乐器名] when I was... (我曾在...的时候弹过...)

I used to play the guitar when I was in primary school.

- I took lessons for a couple of years, but... (我上过几年课，但是...)

I took lessons for a couple of years, but I didn't continue.

- To be honest, I wasn't very good at it, but... (说实话，我不是很擅长，但是...)

To be honest, I wasn't very good at it, but I found the experience very interesting.

- Even though I don't play anymore, it helped me... (尽管我现在不弹了，但它帮助我...)

Even though I don't play anymore, it helped me understand basic music theory.

2. 如何表达你对乐器的偏好

- When it comes to listening to music, I really enjoy the sound of... (当谈到听音乐，我真的很享受...的声音。)

I really enjoy the sound of the acoustic guitar.

- I think [乐器名] has a very [形容词] sound. (我觉得...的声音非常...)

I think the piano has a very beautiful and relaxing sound.

- The instruments I like most are the ones that are often used in... (我最喜欢的乐器是那些经常在...中使用的。)

The instruments I like most are the ones that are often used in pop music.

3. 如何给出你对音乐教育的观点

- I strongly believe that children should have the chance to... (我坚信孩子们应该有机会去...)

I strongly believe that children should have the chance to learn a musical instrument.

- I think it's very important for children to... (我觉得对孩子们来说...很重要。)

I think it's very important for children to have music education.

- It doesn't mean that every child has to become..., but... (这不意味着每个孩子都必须成为..., 但是...)

It doesn't mean that every child has to become a professional musician, but the learning process itself is valuable.

4. 如何描述音乐/学习乐器带来的好处

- Learning an instrument is a great way for kids to... (学习一门乐器是孩子们...的一个好方法。)

Learning an instrument is a great way for kids to develop their creativity.

- Music can be a wonderful creative outlet. (音乐可以是一个极佳的创意表达渠道。)

- Besides being fun, it can also improve skills like... (除了有趣之外, 它还能提升像...这样的技能。)

Besides being fun, it can also improve skills like concentration and memory.

- It's a key part of a well-rounded education. (它是一个全面发展教育中的关键部分。)

非常棒, Tianxiang! 你现在拥有了全套关于“音乐与乐器”话题的表达工具了。

我们的Part 1话题库已经非常充实。接下来, 你准备好挑战一个完整的Part 2卡片题了吗? 我们可以聊聊 “Describe a time you learned a new skill” (描述一次你学习新技能的经历), 你学习吉他的故事就是完美的素材! 当然, 如果你想, 我们也可以继续探索新的Part 1话题。告诉我你的想法!

Names

题目

1. Does your name have a special meaning?
2. How would you choose names for your next generation?
3. Are there any differences between how Chinese name their children now and in the past?
4. Does anyone in your family have the same name as you?
5. Are there any names that are more popular than others in China?

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! 我是你的专属雅思口语教练 Alan。很高兴认识你!

我的任务很简单, 就是用最清晰、最自然的方式, 为你展示一个漂亮的雅思口语答案是什么样的, 帮你轻松拿到理想的分数。记住, 学习口语可以是一件很有趣的事!

我们今天就从 “Names” 这个话题开始热身吧, 这是 Part 1 经常会遇到的一个经典话题。我会先扮演考官问你几个问题, 然后立刻给你一个既简单又地道, 完全可以用在你自己的水平上的7.5分示范答案, 并告诉你它好在哪里。

准备好了吗? 我们开始吧!

示范问题 1

(Alan as Examiner): Let's talk about names. Does your name have a special meaning?

(Alan as Student Tianxiang): "Yes, it does. My name is Tianxiang, and it has a lovely meaning given by my parents. 'Tian' means sky, and 'Xiang' means to fly or soar. So, I guess my parents hope that I can have a bright future and fly high like a bird in the sky."

答案为什么好?

- **思路与结构:**

1. **直接回答:** 开头用 "Yes, it does" 直接给出肯定的回答, 非常清晰。
2. **分解说明:** 接着把名字“天翔”拆开, 分别解释 'Tian' (天) 和 'Xiang' (翔) 的意思。
3. **总结寓意:** 最后用 "So, I guess..." 把名字的含义和父母的期望连接起来, 让答案有深度, 也更完整。

- **亮点词汇/短语:**

- **a lovely meaning:** 一个非常简单但听起来很舒服的短语, 比 **a good meaning** 更生动。
- **fly high:** “高飞”, 一个很形象的地道短语, 用来表达“前程远大”再合适不过了。
- **bright future:** “光明的前途”, 这是人人都会说的词, 但在口语中用出来就是加分项。

- **实用句型:**

- **It has a... meaning given by my parents.** (它有一个我父母给予的...含义。) 这个句型可以用来描述任何物品的来源或意义。
- **I guess my parents hope that...** (我猜我父母是希望...) 这是一个非常口语化的表达, 能让你的回答听起来更自然, 而不是在背诵。

- **连接词的使用:**

- **So:** 用在这里, 流畅地引出了一个结论, 把名字的字面意思和引申的期望连接了起来, 让逻辑非常清楚。

示范问题 2

(Alan as Examiner): How would you choose names for your next generation?

(Alan as Student Tianxiang): "That's an interesting question. I think I would choose a name that sounds beautiful and is easy to write. Also, I'd want it to have a special meaning, maybe related to nature, like a mountain or the sea. Most importantly, I hope the name carries my best wishes for my child's future."

答案为什么好?

- **思路与结构:**

1. **缓冲思考:** 用 "That's an interesting question" 作为开头, 给自己一点思考时间, 显得很自然。
2. **列举观点:** 提出了三个选名字的标准: 好听好写 -> 有特殊含义 -> 承载祝福。
3. **递进关系:** 用 **Also** 和 **Most importantly** 来组织观点, 让层次感非常清晰。

- **亮点词汇/短语:**

- **sounds beautiful:** “听起来很美”, 描述名字的音律感, 非常地道。
- **related to nature:** “和自然相关”, 给出了一个具体的取名方向。
- **carries my best wishes:** “承载着我最美好的祝愿”, 这个说法非常加分, 充满了感情。

- **实用句型:**

- **I think I would choose a name that...**: 这是一个回答假设性问题的“黄金句型”, 非常实用。
- **I'd want it to have...**: **I'd want** 是 **I would want** 的缩写, 在口语中这样说会更流利。

- **连接词的使用:**

- **Also:** 用来添加一个新的观点, 让答案内容更丰富。
- **Most importantly:** 强调最后一点是最重要的, 能让你的回答更有重点, 一听就知道你的核心想法是什么。

示范问题 3

(Alan as Examiner): Are there any differences between how Chinese name their children now and in the past?

(Alan as Student Tianxiang): "Yes, definitely. In the past, many names were quite simple, often with just one character, like 'Wei' or 'Li'. But now, parents prefer names with two characters, which sound more unique and modern. Also, parents today spend a lot more time choosing a name with a special meaning from poems or classics."

答案为什么好?

思路与结构:

1. **清晰立场**: 用 "Yes, definitely" 旗帜鲜明地表明了观点。
2. **今昔对比**: 用 **In the past...** 和 **But now...** 形成鲜明对比, 结构一目了然。
3. **补充信息**: 最后用 **Also** 补充了另一个区别 (如今更看重引经据典), 让内容更饱满。

亮点词汇/短语:

- **definitely**: "当然, 肯定地", 比 **yes** 的语气强很多, 显得更自信。
- **quite simple**: "相当简单"。
- **unique and modern**: "独特和现代"。
- **from poems or classics**: "从诗歌或经典中", 很具体地说明了名字的来源。

实用句型:

- **In the past, ... but now, ...**: 这是回答"对比类"问题的万能句型, 一定要掌握!
- **... which sound more unique...**: **which** 引导的非限定性定语从句, 可以很自然地补充信息, 让句子更高级。

连接词的使用:

- **But**: 表明转折和对比, 是这个答案的"骨架"。
- **Also**: 补充另一个层面的对比, 让答案更全面。

示范问题 4

(Alan as Examiner): Does anyone in your family have the same name as you?

(Alan as Student Tianxiang): "No, not at all. In China, it's quite rare for family members to share the exact same given name. It's part of our culture to give each person a unique name. However, sometimes siblings might share one character in their names to show they are from the same generation."

答案为什么好?

思路与结构:

1. **直接回答**: "No, not at all." 干净利落。
2. **解释文化背景**: 解释在中国, 家人间同名很罕见 (**rare**), 这是文化的一部分 (**part of our culture**)。
3. **补充特殊情况**: 用 **However** 引出一种例外情况 (兄弟姐妹名字中可能有一个字相同), 这展现了你对这个话题的深度理解, 非常加分。

亮点词汇/短语:

- **not at all**: "一点也不", 语气非常坚决。
- **quite rare**: "相当罕见"。
- **given name**: "名" (区别于"姓" a family name/surname), 用词很准确。
- **same generation**: "同一辈人"。

- **实用句型:**

- `It's quite rare for somebody to do something.` (对某人来说做某事是很罕见的。)
- `It's part of our culture to do something.` (做某事是我们文化的一部分。)

- **连接词的使用:**

- `However`: 用来引出和前面主流情况相反的例外, 让你的答案逻辑严谨, 思考周全。

示范问题 5

(Alan as Examiner): Are there any names that are more popular than others in China?

(Alan as Student Tianxiang): "Yes, for sure. Every few years, there seems to be a new trend for names. For example, a few years ago, many boys were named 'Zihao' and girls were named 'Zihan'. You can easily find lists of the most popular baby names online each year, which is quite interesting."

答案为什么好?

- **思路与结构:**

1. **肯定回答:** "Yes, for sure." 语气非常肯定。
2. **解释现象:** 解释了“名字有潮流” (`a new trend for names`) 这个现象。
3. **举出实例:** 用 `For example` 举出具体的例子“子豪”和“子涵”, 让答案非常具体、有说服力。
4. **补充趣闻:** 最后补充说网上能查到榜单, 像聊天一样, 很自然。

- **亮点词汇/短语:**

- `for sure`: “当然”, 非常口语化的表达。
- `a new trend`: “一个新的潮流/趋势”。
- `For example`: 举例子的信号词, 必会!
- `popular baby names`: “热门的婴儿名字”。

- **实用句型:**

- `There seems to be...`: “似乎有...”, 一个很柔和、很客观的描述方式。
- `You can easily find...`: “你可以很容易地发现...”, 用来引出一个普遍的、众所周知的事实。

- **连接词的使用:**

- `For example`: 这是让答案变得具体、可信的最简单有效的方法之一。

怎么样, Tianxiang? 这几个关于“Names”的回答是不是很简单、清晰, 但听起来又很地道?

记住, 我们的目标不是用复杂的词, 而是用简单的词说出有逻辑、有细节的答案。

接下来, 你想让我为你示范哪个话题的答案呢? 或者我们也可以继续深入练习 Part 1、Part 2 或 Part 3 的任何问题!

话题词汇

当然! 没问题!

掌握一个话题的“话题词汇” (Topical Words) 就像是往你的工具箱里添加工具, 工具越多, 你在回答问题的时候就越得心应手。这些词不需要很复杂, 但一定要准确地道。

这里我为你整理了一份关于 “Names” 话题的实用词汇库, 分为几类, 方便你记忆和使用。

"Names" 话题词汇库 (Vocabulary List)

1. 用来描述名字的词 (Words to Describe a Name)

- Unique /ju:'ni:k/ (独特的)

*My parents chose a **unique** name for me.*

- Common / Popular /'kɒmən/ /'pɒpjʊlə/ (普遍的 / 流行的)

*'Wei' is a very **common** name in China.*

- Traditional /trə'dɪʃənəl/ (传统的)

*Some people prefer **traditional** names for their children.*

- Modern /'mɒdən/ (现代的)

*I like names that sound **modern** and fresh.*

- Meaningful /'mi:nɪŋfʊl/ (有意义的)

*It's a very **meaningful** name for my family.*

- Poetic /pəʊ'etɪk/ (富有诗意的)

*Her name sounds very **poetic**.*

- Easy to pronounce /prə'naʊns/ (容易发音的)

*My English name, Alan, is **easy to pronounce** for everyone.*

- Old-fashioned /,əʊld'fæʃənd/ (过时的)

*Some names that were popular in my grandparents' time sound a bit **old-fashioned** now.*

2. 谈论名字含义 (Talking about Meanings)

- to mean... (意思是...)

*My name, Tianxiang, **means** 'flying in the sky'.*

- to symbolize... /'sɪmbəlaɪz/ (象征着...)

*The character for 'sea' in his name **symbolizes** broad-mindedness. (broad-mindedness: 心胸宽广)*

- to represent... /,reprɪ'zent/ (代表...)

*It **represents** my parents' hopes for me.*

- to be named after someone (以某人的名字命名)

*I **was named after** my grandfather. We have the same middle character.*

- to carry good wishes (承载着美好的祝愿)

*Most Chinese names **carry good wishes** from the parents.*

3. 谈论如何取名 (Talking about Choosing a Name)

- to choose / pick a name (选择/挑选一个名字)

*It took my parents a month **to pick my name**.*

- naming trend (取名潮流)

*There is always a new **naming trend** every few years.*

- come from a poem/classic (源自于诗歌/经典)

Many beautiful names come from ancient poems.

4. 名字的种类 (Types of Names)

- Given name / First name (名)
- Family name / Surname / 'sɜːneɪm/ (姓)
- Full name (全名)
- Nickname (昵称)

*My friends call me 'Tian' as a **nickname**.*

- English name (英文名)

5. 文化与传统 (Culture & Tradition)

- Generation / ˌdʒenə'reɪʃn/ (辈分; 一代人)

*My cousins and I share a character in our names to show we are from the same **generation**.*

- Culture / 'kʌltʃə/ (文化)

*It's part of our **culture** to give each child a unique name.*

你看，这些词汇都非常基础，但它们能帮你把关于名字的各种问题回答得更具体、更生动。试着在下次练习时用上它们吧！

接下来有什么想了解的？我们可以聊聊别的雅思话题，或者深入一个 Part 2 的卡片题！

常见搭配

非常好的想法！学习“句子搭配”或者说“语块”(Chunks) 是一个极佳的学习策略，它比单纯背单词要有效得多。因为这样能让你在开口时，脑子里直接跳出完整的半句话，而不是一个一个地去想单词，这样口语自然就流利了。

好的，下面我就为你准备了一些关于 "Names" 话题最常见、最实用的句子搭配。你可以把它们当作“积木”，直接拿来搭建自己的答案。

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

1. 如何解释你的名字含义

- My name is [名字], and it has a special meaning.

My name is Tianxiang, and it has a special meaning.

- It's made up of two parts: [部分1], which means [含义1], and [部分2], which means [含义2].

It's made up of two parts: 'Tian', which means 'sky', and 'Xiang', which means 'to fly'.

- My parents gave me this name hoping that I would... (我父母给我取这个名字是希望我能...)

My parents gave me this name hoping that I would have a bright future.

- Basically, it represents... (总的来说, 它代表着...)

Basically, it represents freedom and ambition.

2. 如何描述和评价一个名字

- I think it's a [形容词] name because... (我觉得这是一个...的名字, 因为...)

I think it's a beautiful name because it sounds very poetic.

- What I like about my name is that it's... (关于我的名字, 我喜欢的一点是它...)

What I like about my name is that it's unique and not many people have it.

- To be honest, I used to think my name was a bit old-fashioned, but now I've grown to like it. (说实话, 我以前觉得我名字有点老派, 但现在我渐渐喜欢上它了。)

这是一个非常棒的句型, 可以展示你更复杂的思考。

3. 如何谈论“取名字”这件事

- If I had to choose a name for my child, I would pick something that... (如果我要给孩子取名, 我会选一个...)

If I had to choose a name for my child, I would pick something that is easy to write.

- In China, parents usually consider two things when naming their baby: ... (在中国, 父母给孩子取名时通常会考虑两件事: ...)

...the sound and the meaning.

- It's a trend nowadays to... (现在的一种趋势是...)

It's a trend nowadays to choose names from classic literature.

4. 如何进行对比 (现在 vs. 过去)

- In the past, most names were... but now, things are different. (在过去, 大多数名字是...但现在, 情况不同了。)

In the past, most names were very simple, but now, things are different.

- There's a clear difference. Back in my parents' generation, ..., whereas today, ... (有很明显的区别。在我父母那一代, ...然而今天, ...)

...people preferred short names, whereas today, two-character names are more popular.

5. 如何谈论文化和传统

- In Chinese culture, a name is not just a name; it's... (在中国文化里, 名字不仅仅是一个代号, 它还...)

...it's a blessing from the family.

- It's a common practice to... (一个普遍的做法是...)

It's a common practice to include a character that shows the person's generation in the family.

把这些句子记在心里，下次再被问到关于名字的问题，你就可以像搭乐高一样，轻松地把它组合起来，形成一段流利、自然又内容丰富的回答了。

感觉怎么样？这些“句子积木”对你有帮助吗？我们接下来可以做什么呢？

Patience

题目

1. Are you a patient person?
2. What is it that makes you feel impatient?
3. How do you feel when you have to do something for a long time?
4. Does your job require you to be patient?
5. Are you more patient now than when you were a child?

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考验个人品质的话题：“Patience” (耐心)。

这是一个很好的机会，可以把你作为一名“计算机专业学生”和“科研人员”的特质展现出来。因为无论是调试代码，还是等待实验结果，都需要极大的耐心。我们可以把这些经历和你对其他事情（比如钓鱼）缺乏耐心的感受做对比，让你的回答听起来非常立体和真实。

我们开始吧！

示范问题 1

(Alan as Examiner): Are you a patient person?

(Alan as Student Tianxiang): "I would say I am a fairly patient person, especially when it comes to my studies and hobbies. My research in computer science requires me to be very patient, for example, when I'm debugging code. However, in some daily life situations, like waiting in a long queue, I can get a bit impatient just like everyone else."

答案为什么好？

• 思路与结构：

1. **给出辩证的回答：** I would say I am a fairly patient person, especially... (我会说我是一个相当有耐心的人，尤其是在...)，没有一概而论，而是限定了范围。
2. **结合专业举例：** My research in computer science requires...，用“调试代码”(debugging code)这个非常具体的例子来支撑你的观点。

3. **提出例外情况：** 用 **However** 引出自己在日常生活中（比如排长队）也会不耐烦，这让你的回答非常真实、接地气。
- **亮点词汇/短语：**
 - **fairly patient**：“相当有耐心的”。
 - **debugging code**：/diːˌbʌɡɪŋ kəʊd/ (调试代码)。
 - **long queue**：/lɒŋ kjuː/ (长队)。
 - **get a bit impatient**：/ɪmˈpeɪʃnt/ (变得有点不耐烦)。
- **实用句型：**
 - **I would say I am..., especially when it comes to...**
 - **However, in some... situations, like..., I can...**
- **连接词的使用：**
 - **especially**：用来强调你特别有耐心的方面。
 - **However**：用来引出对比，使你的回答不绝对，更客观。

示范问题 2

(Alan as Examiner): What is it that makes you feel impatient?

(Alan as Student Tianxiang): "I usually feel impatient when I have to deal with things that are very inefficient or out of my control. For instance, a very slow internet connection when I'm trying to download a large file can be quite frustrating. Also, waiting for people who are very late for an appointment makes me feel restless."

答案为什么好？

- **思路与结构：**
 1. **概括原因：** 开头就总结了让你不耐烦的两类事：低效的 (**inefficient**) 和失控的 (**out of my control**)。
 2. **举例1 (低效)：** **a very slow internet connection**，这个例子非常贴近你的专业和日常生活。
 3. **举例2 (失控)：** **waiting for people who are very late**，这是一个人人都很有共鸣的例子。
- **亮点词汇/短语：**
 - **inefficient**：/ˌɪnɪˈfɪʃnt/ (效率低的)。
 - **out of my control**：“不受我控制”。
 - **frustrating**：/frʌˈstreɪtɪŋ/ (令人沮丧的)。
 - **restless**：/ˈrestləs/ (焦躁不安的)。
- **实用句型：**
 - **I usually feel impatient when I have to deal with things that are...**
 - **For instance, [example] can be quite...**
- **连接词的使用：**
 - **For instance**：用来引出具体的例子。
 - **Also**：用来添加另一个让你不耐烦的例子。

示范问题 3

(Alan as Examiner): How do you feel when you have to do something for a long time?

(Alan as Student Tianxiang): "Well, it really depends on the task itself. If it's something I'm passionate about, like working on a challenging programming problem, I can stay focused for hours and I actually enjoy the process. But if it's a repetitive and boring task, then doing it for a long time can feel quite tiring and dull."

答案为什么好?

- **思路与结构:**

1. **分类讨论:** `It really depends on the task itself`, 再次使用了这个非常棒的辩证开场。
2. **情况1 (喜欢的事):** `If it's something I'm passionate about...`, 用你热爱的“编程难题”举例, 说明你可以“保持专注”并“享受过程”。
3. **情况2 (不喜欢的事):** `But if it's a repetitive and boring task...`, 说明这种情况下会感觉“累和乏味”。

- **亮点词汇/短语:**

- `passionate about`: /'pæʃənət/ (对...充满热情)。
- `challenging problem`: “有挑战性的问题”。
- `stay focused`: “保持专注”。
- `repetitive and boring task`: /rɪ'petətɪv/ (重复又无聊的任务)。
- `tiring and dull`: /'taɪərɪŋ ænd dʌl/ (累人又乏味的)。

- **实用句型:**

- `It really depends on...`
- `If it's..., I can... and I actually... But if it's..., then... can feel...`

示范问题 4

(Alan as Examiner): Does your job require you to be patient? (此题可理解为 "Does your study/work require you to be patient?")

(Alan as Student Tianxiang): "Yes, absolutely. Patience is probably one of the most important skills for my major. For example, debugging a complex program requires you to patiently check every single line of code to find a tiny mistake. Also, some of my research experiments take hours or even days to run, so I have no choice but to wait patiently."

答案为什么好?

- **思路与结构:**

1. **强烈肯定:** `Yes, absolutely.`
2. **强调重要性:** `one of the most important skills for my major.`
3. **举例1 (调试代码):** 再次用“调试”这个非常具体的例子来说明。
4. **举例2 (等待实验):** 补充了“等待实验结果”这个例子, 进一步强化了耐心的必要性。

- **亮点词汇/短语:**

- `crucial skill`: (可以替换 most important skill) “至关重要的技能”。
- `complex program`: “复杂的程序”。
- `tiny mistake`: “微小的错误”。
- `no choice but to...`: “别无选择只能...”。

- **实用句型:**

- `Patience is probably one of the most important...`
- `..., for example, requires you to...`

- **连接词的使用:**

- **Also**: 用来添加另一个需要耐心的例子。
- **so**: 用来解释结果（因为实验时间长，所以只能等）。

示范问题 5

(Alan as Examiner): Are you more patient now than when you were a child?

(Alan as Student Tianxiang): "Oh, yes, definitely. I think I've changed a lot. As a child, I was quite restless and always wanted things to happen immediately. But through my studies and hobbies like photography, I've learned the importance of patience. I understand now that good results often take time and effort."

答案为什么好？

- **思路与结构**:
 1. **直接肯定**: Oh, yes, definitely.
 2. **描述过去**: As a child, I was quite restless..., 描绘了小时候没耐心的样子。
 3. **解释改变的原因**: But through my studies and hobbies..., 点明了是“学习”和“爱好”（如摄影）让你学会了耐心。
 4. **总结领悟**: I understand now that good results often take time..., 用一句富有哲理的话总结，展现了你的成长。
- **亮点词汇/短语**:
 - restless: /'restləs/ (躁动的, 不安的)。
 - happen immediately: /ɪ'mi:diətli/ (立刻发生)。
 - the importance of patience: “耐心的重要性”。
 - take time and effort: “需要时间和努力”。
- **实用句型**:
 - As a child, I was..., but through..., I've learned...
- **连接词的使用**:
 - But: 清晰地对比了过去和现在。

怎么样, Tianxiang? 把你的专业学习经历融入到抽象品质的讨论中, 是不是让你的回答听起来特别有深度和说服力?

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习! 你准备好了吗?

话题词汇

好的, 我们来为 "Patience" (**耐心**) 这个话题准备一个核心词汇库。

有了这些词汇, 你就可以更精确地描述自己什么时候有耐心、什么时候会不耐烦, 以及耐心对你的学习和生活有多重要。

"Patience" 话题词汇库 (Vocabulary List)

1. 关于“耐心”的词 (Words for Patience)

- Patience /'peɪʃns/ (n. 耐心, 耐性)

*My job requires a lot of **patience**.*

- Patient /'peɪʃnt/ (adj. 有耐心的)

*You need to be **patient** when you are debugging code.*

- to have patience (有耐心)
- Calm /kɑ:m/ (adj. 冷静的)
- Perseverance /ˌpɜ:sə'vɪərəns/ (n. 毅力, 坚持不懈)

*Finishing this research project requires **perseverance**.*

2. 关于“不耐烦”的词 (Words for Impatience)

- Impatience /ɪm'peɪʃns/ (n. 不耐烦)
- Impatient /ɪm'peɪʃnt/ (adj. 不耐烦的)

*I get **impatient** when the internet is slow.*

- to lose one's patience (失去耐心)
- Restless /'restləs/ (adj. 焦躁不安的)
- Frustrated /frʌ'streɪtɪd/ (adj. 感到沮丧的)

*I feel **frustrated** when I can't find a bug in my code.*

- Annoyed /ə'noɪd/ (adj. 感到恼火的)

3. 相关的动作与情景 (Actions & Situations)

- to wait /wert/ (等待)
- to wait in a queue / line (排队等候)
- to debug code /diːˌbʌg kəʊd/ (调试代码)
- to run an experiment (运行一个实验)
- to deal with... (处理...)

*I have to **deal with** complex problems every day.*

- to focus on... (专注于...)
- to take time (需要时间)

Good things take time.

4. 感受与描述 (Feelings & Descriptions)

- Challenging /'tʃæləndʒɪŋ/ (有挑战性的)
- Difficult /'dɪfɪkəlt/ (困难的)
- Boring /'bɔːrɪŋ/ (无聊的)
- Repetitive /rɪ'petətɪv/ (重复的)

I don't like doing repetitive tasks.

- Tiring /'taɪərɪŋ/ (累人的)
- Dull /dʌl/ (乏味的)
- Inefficient /ˌɪnɪ'fɪʃnt/ (效率低的)
- Time-consuming /'taɪm kən'sjuːmɪŋ/ (耗时的)

这个词汇库能帮助你更深入地探讨“耐心”这个抽象的话题。把它们用到你的口语中，会让你的表达更有深度。

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Patience" (**耐心**) 的句子搭配，你的整个Part 1知识体系就完美收官了！

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

1. 如何描述你的耐心程度

- I would say I'm a fairly patient person, especially when it comes to... (我会说我是一个相当有耐心的人，尤其是在...方面。)

...especially when it comes to my studies and research.

- I have a lot of patience for things that..., but not for... (我对...的事情很有耐心，但对...就没什么耐心。)

I have a lot of patience for things that I'm interested in, but not for repetitive tasks.

- My patience really depends on the situation. (我的耐心真的要看情况。)
- I'm good at being patient with [complex problems], but I can be impatient with [slow people]. (我擅长对[复杂问题]有耐心，但我可能会对[慢悠悠的人]不耐烦。)

2. 如何解释让你不耐烦的原因

- I start to lose my patience when... (当...的时候，我就开始失去耐心。)

I start to lose my patience when things are very inefficient.

- One thing that makes me feel impatient is... (一件让我感到不耐烦的事是...)

One thing that makes me feel impatient is waiting in a long queue for nothing.

- It can be really frustrating when... (当...的时候，会非常令人沮丧。)

It can be really frustrating when my code doesn't work and I can't find the bug.

- I get restless when I feel like my time is being wasted. (当我感觉我的时间被浪费时，我就会变得焦躁不安。)

3. 如何谈论需要耐心的情景

- My studies require a lot of patience, for example, when... (我的学习需要极大的耐心，例如，当...)

...for example, when I have to run an experiment that takes a few days.

- You need to be very patient to... (你需要非常耐心才能...)

You need to be very patient to find a tiny mistake in thousands of lines of code.

- It takes time and effort to... (做...需要时间和努力。)

It takes time and effort to achieve good results in research.

- For hobbies like [baking], you have no choice but to wait patiently. (对于像[烘焙]这样的爱好，你别无选择，只能耐心等待。)

4. 如何对比今昔的耐心

- I'm definitely more patient now than when I was as a child. (我现在肯定比我小时候有耐心多了。)
- When I was younger, I used to be very restless and wanted everything immediately. (我小时候，我过去常常很不安分，并且想让所有事立刻发生。)
- Through my studies, I've learned the importance of being patient. (通过我的学习，我学到了耐心的重要性。)
- I've come to understand that good things often take time. (我逐渐明白，美好的事物通常需要时间。)

祝贺你，Tianxiang!

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

我正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战的挑战，你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Plan / Schedule

题目

1.Do you like making plans? 2.Do you use paper or your cellphone to make plans? 3.What are the benefits of making plans? 4.Why is it that some people don't make plans?

给出一个小学生都能说的简单答案，不超过4句话。

答案

太棒了，Tianxiang！我们乘热打铁，继续下一个话题。

这次我们来聊聊“Plans”（**计划**）。这是一个在Part 1出现频率非常高的话题，因为它和我们的日常生活、学习、工作都息息相关。我会根据你之前提供的信息，尤其是关于你作为学生以及未来想出国读博的计划，来为你量身打造几个示范答案。

准备好了吗？我们开始！

示范问题 1

(Alan as Examiner): Let's talk about making plans. Do you like making plans?

(Alan as Student Tianxiang): "Yes, I really do. As a student, making plans helps me manage my time between my studies and research. For example, I have a big goal to get my PhD abroad, so making smaller weekly plans is essential. It helps me stay on track and feel a sense of achievement."

答案为什么好?

- **思路与结构:**
 1. **直接回答:** "Yes, I really do." 清晰明了。
 2. **结合身份解释:** 立刻联系到自己“学生”的身份, 说明计划对自己很重要, 非常真实。
 3. **大小目标结合:** 用 **For example** 将“出国读博”这个大目标 和“每周小计划”联系起来, 展示了逻辑性。
 4. **总结好处:** 最后用一句话总结计划带来的好处 (**stay on track**)。
- **亮点词汇/短语:**
 - **manage my time:** “管理我的时间”, 非常地道的说法。
 - **big goal:** “远大的目标”。
 - **is essential:** “是必不可少的”, 比 **is important** 语气更强。
 - **stay on track:** “保持正轨”, 一个非常有用的短语, 意思是“不偏离目标”。
 - **a sense of achievement:** “成就感”。
- **实用句型:**
 - **As a [你的身份], doing something helps me...** (作为一名..., 做...能帮我...) 这个句型代入感很强。
 - **It helps me stay on track and feel...** (它帮助我保持正轨并且感到...)
- **连接词的使用:**
 - **For example:** 让你的答案从一个普遍的陈述 (我喜欢做计划) 变得非常具体、有说服力。
 - **so:** 用于连接原因 (有大目标) 和结果 (需要做小计划) 。

示范问题 2

(Alan as Examiner): Do you use paper or your cellphone to make plans?

(Alan as Student Tianxiang): "I definitely use my cellphone almost all the time. It's super convenient because it's always with me. I use a calendar app to set reminders for my classes and research deadlines. I just find it much more efficient than carrying a paper notebook around."

答案为什么好?

- **思路与结构:**
 1. **明确选择:** 开头就说 **I definitely use my cellphone**, 毫不犹豫。
 2. **解释原因:** **because it's always with me**, 原因简单直接, 符合口语习惯。
 3. **举例说明用法:** 提到用 **calendar app** 来 **set reminders**, 让答案非常具体。
 4. **对比结尾:** 最后和纸质笔记本进行对比, 强调手机的优点 (**more efficient**)。
- **亮点词汇/短语:**
 - **definitely:** “肯定地”, 加强语气。
 - **super convenient:** “超级方便”, 非常口语化的表达。
 - **set reminders:** “设置提醒”。

- **research deadlines**: “研究的截止日期”, 结合了你的学生身份。
- **more efficient**: “更有效率”。
- **实用句型**:
 - **I use [工具] to [目的]**. (我用...来做...)
 - **I just find it much more [形容词] than [对比物]**. (我就是觉得它比...要...得多。)
- **连接词的使用**:
 - **because**: 简单有效地解释了原因, 是口语中最常用的连接词之一。

示范问题 3

(Alan as Examiner): What are the benefits of making plans?

(Alan as Student Tianxiang): "Well, the biggest benefit is that plans help you stay organized and focused. When you have a clear plan, you know exactly what you need to do next, which reduces a lot of stress. It also makes you feel more in control of your life and helps you use your time wisely."

答案为什么好?

- **思路与结构**:
 1. **点明核心好处**: **the biggest benefit is... stay organized and focused**, 开门见山。
 2. **解释运作方式**: 解释计划是如何起作用的 (**know what to do next**), 以及带来的直接结果 (**reduces stress**)。
 3. **补充其他好处**: 用 **It also...** 添加了“掌控感”和“明智利用时间”这两个额外的好处, 丰富了答案。
- **亮点词汇/短语**:
 - **stay organized**: “保持有条理”。
 - **stay focused**: “保持专注”。
 - **reduces stress**: “减轻压力”。
 - **in control of your life**: “掌控你的生活”。
 - **use your time wisely**: “明智地使用你的时间”。
- **实用句型**:
 - **The biggest benefit is that...** (最大的好处是...)
 - **When you..., you...** (当你...的时候, 你就会...)
- **连接词的使用**:
 - **also**: 用来流畅地添加另一个论点, 让答案的结构呈现为“一个主要观点+一个次要观点”。

示范问题 4

(Alan as Examiner): Why is it that some people don't make plans?

(Alan as Student Tianxiang): "That's a good question. I guess some people prefer to be more spontaneous and flexible. They might feel that having a strict plan can be a bit limiting and even takes the fun out of life. Also, maybe they just enjoy the freedom of deciding things in the moment."

答案为什么好?

- **思路与结构**:
 1. **礼貌性开场**: **That's a good question.** 给予积极回应。

- 2. **提出主要猜想:** `I guess... prefer to be more spontaneous` , 用猜测的语气回答, 因为这是在谈论“别人”。
- 3. **解释原因:** 解释这些人可能的感受 (`limiting, takes the fun out of life`)。
- 4. **补充另一个角度:** 用 `Also, maybe...` 补充了“享受当下的自由”这一点, 让思考更全面。
- **亮点词汇/短语:**
 - `spontaneous` /spon'teɪniəs/: “随性的, 自发的”。
 - `flexible` /'fleksəbl/: “灵活的”。
 - `strict plan`: “严格的计划”。
 - `limiting`: “有局限性的”。
 - `takes the fun out of life`: “剥夺了生活的乐趣”, 非常地道的表达。
 - `in the moment`: “在当下”。
- **实用句型:**
 - `I guess some people prefer to be...` (我猜一些人更喜欢...)
 - `They might feel that...` (他们可能会觉得...)
- **连接词的使用:**
 - `Also`: 再次展现了它的作用——平滑地引入另一个观点或可能性。

今天关于"Plans"的示范就到这里。你看, 通过结合你自己的真实情况, 答案会听起来非常可信和自然。

接下来, 你想聊聊哪个话题, 或者尝试一下 Part 2 的挑战吗? 随时告诉我!

话题词汇

当然可以! 掌握了这些核心词汇, 你在谈论 "Plans" 这个话题时就会更有信心, 表达也会更精准。

记住, 我们的目标不是用难词, 而是用对的词。下面这份词汇库就是你在这个话题下的“弹药库”, 我把它们分了类, 方便你消化吸收。

"Plans" 话题词汇库 (Vocabulary List)

1. 表示“计划”的各种说法 (Types of Plans)

- Plan (n.) (计划)

*I always make a **plan** for my weekend.*

- Schedule /'ʃedju:l/ (n.) (日程表, 时间表)

*My weekly **schedule** is quite full.*

- Goal /gəʊl/ (n.) (目标)

*My long-term **goal** is to study abroad.*

- To-do list (n.) (待办事项清单)

*I write a **to-do list** every morning.*

- Deadline /'dedlain/ (n.) (截止日期)

*As a student, I have to meet many **deadlines**.*

2. “做计划”的各种动作 (Verbs for Planning)

- to plan (v.) (计划)

*I need **to plan** my trip to Beijing.*

- to schedule (v.) (安排)

*I **schedule** my study time in a calendar app.*

- to organize /'ɔ:gənaɪz/ (v.) (组织, 安排)

*Planning helps me **organize** my tasks.*

- to set a goal (v.) (设立一个目标)

*It's important **to set a realistic goal**.*

- to prioritize /praɪ'ɒrɪtaɪz/ (v.) (优先处理)

*I use a to-do list to **prioritize** my work.*

- to stick to a plan (v.) (坚持一个计划)

Sometimes it's hard to stick to a plan perfectly.

3. 描述“人”或“计划”的形容词 (Adjectives for People/Plans)

- Organized /'ɔ:gənaɪzd/ (有条理的)

*I try to be an **organized** person.*

- Well-planned (计划周密的)

*It was a **well-planned** event.*

- Spontaneous /spɒn'teɪniəs/ (随性的, 一时兴起的)

*Some people prefer to be **spontaneous**.*

- Flexible /'fleksəbl/ (灵活的)

*It's good to have a plan, but you also need to be **flexible**.*

- Realistic /ˌrɪə'lɪstɪk/ (现实的, 实际的)

*You should make a **realistic** study plan.*

- Strict /strikt/ (严格的)

*I don't like making a **strict** schedule for my holidays.*

4. 计划的好处 (Benefits of Planning)

- Efficiency /ɪ'fɪʃnsi/ (n.) (效率)

*Making plans can improve my study **efficiency**.*

- **Productivity** /ˌprɒdʌk'tɪvəti/ (n.) (生产力, 效率)

*A clear plan boosts my **productivity**.*

- **Time management** (n.) (时间管理)

*He has very good **time management** skills.*

- **Sense of control** (n.) (掌控感)

*Plans give me a **sense of control** over my life.*

- **to stay focused** (v.) (保持专注)

*It helps me **to stay focused** on my goals.*

- **to reduce stress** (v.) (减轻压力)

*Having a plan can help **to reduce stress**.*

把这些词汇和你个人的经历（比如学习、研究、旅行）结合起来，你的答案就会非常生动有力。

感觉这些词汇怎么样？接下来你想用这些“弹药”来造一些句子，还是我们进入下一个环节？随时告诉我！

常见搭配

好的，我们马上来！你这个学习方法非常棒，从“单词”到“句子搭配”，是让你口语能力突飞猛进的最佳路径。

掌握了这些“句子积木”，你就不再需要从零开始思考，而是可以快速、自信地表达自己的想法。下面就是我为你准备的，关于“Plans”话题最地道、最实用的句子搭配。

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

1. 如何表达你对“计划”的态度

- I'm the kind of person who likes to... (我是那种喜欢...的人。)

I'm the kind of person who likes to plan everything out in advance.

- When it comes to [某个方面], I always... (当谈到...时, 我总是会...)

When it comes to my studies, I always make a detailed plan for the week.

- To be honest, I'm not a big planner. I prefer to be... (说实话, 我不是一个很爱做计划的人。我更喜欢...)

To be honest, I'm not a big planner. I prefer to be spontaneous.

2. 如何说明“计划”的好处和目的

- Having a plan helps me to... (拥有一个计划能帮我...)

Having a plan helps me to stay focused and manage my time wisely.

- The main reason I make plans is to... (我做计划的主要原因是为了...)

The main reason I make plans is to reduce stress.

- It gives me a sense of control/achievement. (它给我一种掌控感/成就感。)

Finishing my to-do list gives me a great sense of achievement.

3. 如何描述“做计划”的过程和工具

- I usually use my [工具] to... (我通常用我的...来...)

I usually use my phone's calendar app to schedule my appointments.

- The first thing I do when planning is to... (我做计划时, 第一件做的事是...)

The first thing I do when planning is to prioritize the most important tasks.

- I find it really helpful to... (我发现...真的很有帮助。)

I find it really helpful to write down a to-do list every morning.

4. 如何把“计划”和“目标”联系起来

- My long-term goal is to..., so I need to... (我的长期目标是..., 所以我需要...)

My long-term goal is to get a PhD abroad, so I need to make a step-by-step plan.

- Setting short-term goals helps me... (设立短期目标能帮助我...)

Setting short-term goals helps me stay motivated.

5. 如何谈论“挑战”和“灵活性”

- The hardest part about planning is... (做计划最难的部分是...)

The hardest part about planning is sticking to it.

- Things don't always go according to plan, so it's important to be... (事情总有意料之外, 所以...很重要。)

Things don't always go according to plan, so it's important to be flexible.

- Even though I have a plan, I try to leave some room for... (即使我有计划, 我也会为...留出一些空间。)

Even though I have a plan for my trip, I try to leave some room for spontaneous activities.

怎么样? 这些句子是不是非常实用? 它们就像是“口语公式”, 你只需要根据具体问题, 填上自己的内容, 一个流利又地道的答案就诞生了。

下次练习的时候大胆地用起来吧！还有什么想了解的？

Praise/Encouragement

题目

1. Have you had any achievements recently?
2. How do you feel when you are praised?
3. When was the last time you praised someone?
4. Do you think parents should often praise their children?
5. Have you ever been praised or encouraged by your teacher?

给出一个小学生都能说的简单答案，不超过4句话。

答案

Hey Tianxiang! Alan here, your personal speaking coach. It's great to see you today.

Thanks for sharing your personal information with me. It's super helpful because now I can make the model answers feel like they are really *yours*.

Let's dive right into the topic of "Achievements and Praise". I'll act as the examiner, ask you a question, and then immediately give you a simple, clear model answer, just like we planned. After each answer, I'll break down why it's a good one.

Ready? Let's start!

Question 1: Have you had any achievements recently?

★ Model Answer

(Examiner): Have you had any achievements recently? (Alan as Tianxiang): Yes, I have. I recently had a research paper published in an international journal. It's about my major, computer science, and I felt a huge sense of accomplishment. It was a great reward for all my hard work.

☑ Answer Analysis

- **思路与结构 (Thought Process & Structure):**
 1. **直接回答 (Direct Answer):** "Yes, I have." 直接给出肯定的回答。
 2. **具体说明 (Specific Detail):** "I recently had a research paper published..." 清晰地说明了是什么成就。
 3. **补充感受 (Add Feelings):** "...I felt a huge sense of accomplishment." 补充个人感受，让答案更真实。
 4. **总结意义 (Summarize Meaning):** "It was a great reward..." 简要说明这个成就对你的意义。
- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - **research paper:** 这是你专业领域的核心词，用得很准。
 - **published:** 发表。一个简单但很关键的动词。
 - **a huge sense of accomplishment:** 一个非常地道的短语，用来表达“巨大的成就感”，比只说 "I was very happy" 要好得多。
 - **reward for...:** 对...的回报。

- **实用句型 (Useful Sentence Patterns):**

- "I recently had a... published..." (我最近发表了...) 这是一个描述成就的绝佳句型。
- "I felt a huge sense of..." (我感受到巨大的...) 后面可以接 **accomplishment**, **relief** (轻松感) 等。

Question 2: How do you feel when you are praised?

★ Model Answer

(Examiner): How do you feel when you are praised? (Alan as Tianxiang): Oh, it feels great, of course. When someone praises me, I feel recognized and valued. It gives me a lot of motivation to keep doing my best and even improve. A few nice words can really make my day.

☑ Answer Analysis

- **思路与结构 (Thought Process & Structure):**

1. **直接感受 (Direct Feeling):** "Oh, it feels great, of course." 非常自然的开头。
2. **解释原因 (Explain Why):** "I feel recognized and valued." 解释了为什么感觉好。
3. **引申效果 (Extended Effect):** "It gives me a lot of motivation..." 说明了表扬带来的积极影响。
4. **简单总结 (Simple Conclusion):** "A few nice words can really make my day." 用一句地道的话结尾。

- **亮点词汇/短语 (Key Vocabulary/Phrases):**

- **recognized and valued:** 被认可和被重视。非常准确地描述了被表扬时的感受。
- **motivation:** 动力。一个简单但非常重要的词。
- **make my day:** "让我开心一整天", 非常地道的口语表达。

- **实用句型 (Useful Sentence Patterns):**

- "It gives me a lot of motivation to..." (这给了我很多动力去做...) 这个句型可以用来描述任何给你动力的事。
- "...can really make my day." (.....真的能让我开心一整天。) 这个句型可以用于任何让你开心的事。

Question 3: When was the last time you praised someone?

★ Model Answer

(Examiner): When was the last time you praised someone? (Alan as Tianxiang): Just last week, actually. My classmate gave a presentation in our class, and he did an amazing job. Afterwards, I went up to him and said, "Your presentation was brilliant! It was so clear and well-organized." He seemed really happy to hear that.

☑ Answer Analysis

- **思路与结构 (Thought Process & Structure):**

1. **点明时间 (State the Time):** "Just last week, actually." 直接回答问题。
2. **描述情境 (Describe the Situation):** "My classmate gave a presentation..." 设定一个清晰的场景。
3. **给出细节 (Give Details):** "...I went up to him and said, '...'" 具体描述了你表扬的内容。
4. **提及对方反应 (Mention Their Reaction):** "He seemed really happy to hear that." 补充了对方的反应, 让故事更完整。

- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - amazing job: 做得非常棒。比 "good job" 语气更强, 更真诚。
 - brilliant: 超棒的, 极好的。一个简单又好用的英式常用词。
 - well-organized: 组织得很好, 有条理。
- **实用句型 (Useful Sentence Patterns):**
 - "Just last week, actually." 这是一个非常口语化的回答时间的方式。
 - "He/She did an amazing job." (他/她做得太棒了。) 这是赞美别人工作或表现的万能句。
 - "It was so clear and well-organized." (它非常清晰且有条理。) 这是评价事物时非常好用的句型。

Question 4: Do you think parents should often praise their children?

★ Model Answer

(Examiner): Do you think parents should often praise their children? (Alan as Tianxiang): Absolutely. I think praise is essential for a child's development. It helps build their self-confidence and makes them feel loved. However, parents should be specific with their praise, so the child knows exactly what they did well.

☑ Answer Analysis

- **思路与结构 (Thought Process & Structure):**
 1. **明确观点 (Clear Opinion):** "Absolutely." 用一个强烈的词直接表明立场。
 2. **解释理由1 (Reason 1):** "It helps build their self-confidence..." 解释为什么表扬很重要。
 3. **补充观点 (Additional Point):** 使用 "However" 引入一个补充性的、更深入的观点, 展示了辩证思考的能力。
 4. **解释补充观点 (Explain the Point):** "...so the child knows exactly what they did well." 解释为什么表扬要具体。
- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - Absolutely: 当然了, 绝对是。非常地道的表达强烈同意的方式。
 - essential for...: 对...至关重要。
 - self-confidence: 自信心。
 - be specific with...: 对...具体一些。
- **连接词的使用 (Use of Connectives):**
 - However: 这个词用得非常好, 它让你的答案从一个简单的观点, 提升到了一个更有层次的讨论, 显示了你的思辨能力。

Question 5: Have you ever been praised or encouraged by your teacher?

★ Model Answer

(Examiner): Have you ever been praised or encouraged by your teacher? (Alan as Tianxiang): Yes, many times. My supervisor, in particular, has been a great support. He always encourages me and praises my ideas during our research discussions. He once told me I have a "sharp mind for research," which really motivated me to pursue a PhD.

☑ Answer Analysis

- **思路与结构 (Thought Process & Structure):**
 1. **直接回答 (Direct Answer):** "Yes, many times." 清晰作答。
 2. **聚焦人物 (Focus on a Person):** "My supervisor, in particular..." (特别是我的导师) 锁定一个具体的人, 让例子更可信。
 3. **具体事例 (Specific Example):** "He once told me I have a 'sharp mind for research'..." 引用老师具体的表扬, 非常有说服力。
 4. **说明影响 (Explain the Impact):** "...which really motivated me to pursue a PhD." 说明这次表扬带来的长远影响。
- **亮点词汇/短语 (Key Vocabulary/Phrases):**
 - supervisor: 导师。在你 (学生) 的语境下, 这是非常准确的词。
 - in particular: 特别是, 尤其。
 - a great support: 给了我很大的支持。
 - a sharp mind for...: 在...方面有敏锐的头脑。非常棒的赞美!
 - pursue a PhD: 攻读博士学位。完美地使用了你提供的信息。
- **实用句型 (Useful Sentence Patterns):**
 - "My..., in particular, has been..." (我的...尤其一直都...) 这个句型可以用来强调某个人或物。
 - "He/She once told me..." (他/她曾经告诉我...) 这是引出具体例子的经典句型。
 - "...which really motivated me to..." (这真的激励了我去做...) 这是一个非限制性定语从句, 是加分项, 能让你的句子结构更丰富。

So, Tianxiang, how do these feel? Notice how we use simple words but structure the answers clearly. Each answer tells a small, complete story.

What topic should we tackle next? Just let me know!

话题词汇

Of course! That's a brilliant idea.

Having a good stock of topical words is like having the right tools in your toolbox – it makes building a great answer so much easier. Here is a list of simple but powerful words and phrases for the topic of "Achievements and Praise". I've broken them down into categories to help you remember them.

Let's stock up your vocabulary "ammunition"!

Topic: Achievements & Praise (成就与表扬)

1. 描述“成就”的词 (Words for Achievements)

- **Achievement / Accomplishment:** (n.) 成就, 完成
 - Example: Getting into university was my biggest **achievement** so far.
- **Goal / Target:** (n.) 目标
 - Example: My **goal** is to finish this project by Friday.
- **Success:** (n.) 成功
 - Example: The party was a big **success**.
- **Milestone:** (n.) 里程碑 (指人生或项目中一个重要的节点)
 - Example: Publishing my first paper was a huge **milestone** for me.
- **Award / Prize:** (n.) 奖项, 奖品

- *Example: I won a **prize** in the photography competition.*
- **Achieve / Accomplish:** (v.) 实现, 完成
 - *Example: I worked hard to **achieve** my goal.*

2. 用于“表扬”的积极形容词 (Positive Adjectives for Praise)

- **Great!** (很棒!)
- **Excellent!** (非常出色!)
- **Amazing!** (太惊人了!)
- **Fantastic!** (太棒了!)
- **Wonderful!** (极好的!)
- **Brilliant!** (超棒的! 才华横溢的!) - *A simple word that sounds very natural.*
- **Impressive!** (令人印象深刻的!)
- **Outstanding!** (杰出的! 卓越的!) - *A very strong and positive word.*

3. 描述“感受”的短语 (Phrases for Feelings)

- **Feel proud of...:** 为...感到自豪
 - *Example: I **feel** really **proud of** my progress.*
- **A sense of accomplishment:** 成就感
 - *Example: Finishing the marathon gave me a real **sense of accomplishment**.*
- **Feel motivated:** 感到有动力
 - *Example: His encouragement made me **feel motivated**.*
- **Feel encouraged:** 感到被鼓励
 - *Example: After talking to my teacher, I **felt** much more **encouraged**.*
- **Make my day:** 让我开心一整天
 - *Example: Your compliment really **made my day**!*
- **On top of the world:** 感觉好到极点, 欣喜若狂
 - *Example: When I heard the good news, I was **on top of the world**.*

Try to pick a few from each category that you like and practice using them in a sentence. This way, they will become a natural part of your vocabulary.

What's the next topic or question you'd like me to demonstrate?

常见搭配

Excellent question! This is the perfect next step. Once you have the words (the bricks), you need the sentence patterns (the way to build the wall).

Knowing these common phrases, or "collocations," will make your speaking sound much more natural and fluent. It's like having a set of templates ready to use, so you don't have to think about every single word.

Here are some very common and useful sentence patterns for this topic. I've included examples, many of which are based on the information you shared with me.

Common Sentence Patterns: Achievements & Praise

1. 谈论你的成就 (Talking About Your Achievements)

- Pattern: **I managed to...** (我成功做到了...)
 - How to use: 用在你通过努力最终完成某件有难度的事情时。
 - Example: I studied for months, and I finally **managed to** pass the difficult exam.
- Pattern: **One of my proudest moments was when I...** (我最自豪的时刻之一是当我...)
 - How to use: 用来讲述一个具体的、让你非常自豪的成就经历。
 - Example: One of my proudest moments was when I had my research paper accepted by a journal.
- Pattern: **It was a challenge, but I succeeded in...** (那是一个挑战, 但我成功地...)
 - How to use: 强调事情的难度, 并突出你的成功。
 - Example: Learning how to bake a perfect cake was a **challenge, but I succeeded in** doing it last weekend.

2. 描述你的感受 (Describing Your Feelings)

- Pattern: **I felt a great sense of accomplishment after...** (在...之后, 我感到了巨大的成就感。)
 - How to use: 这是表达“成就感”的万能句型。
 - Example: I felt a great sense of accomplishment after I ran my first 5k race.
- Pattern: **It really boosted my confidence when...** (当...的时候, 这真的增强了我的自信。)
 - How to use: 用来描述某件事如何让你变得更自信。
 - Example: It really boosted my confidence when my supervisor praised my research idea.
- Pattern: **...really made my day.** (...真的让我开心了一整天。)
 - How to use: 一个非常地道的口语说法, 用来形容某件小事给你带来很大的快乐。
 - Example: Receiving that prize from the lucky draw **really made my day.**

3. 表扬他人 (Giving Praise to Others)

- Pattern: **You did a brilliant job on...** (你在...方面做得太棒了。)
 - How to use: 直接、真诚地表扬某人完成的工作。
 - Example: You did a brilliant job on your presentation today. It was so clear!
- Pattern: **I was really impressed by your...** (你的...给我留下了深刻的印象。)
 - How to use: 表达你对某人的能力或作品的欣赏。
 - Example: As a photographer myself, I was really impressed by your photos of the city.
- Pattern: **I have to say, you are really good at...** (我必须得说, 你真的很擅长...)
 - How to use: 非常真诚的、朋友间的赞美方式。
 - Example: I have to say, you are really good at baking. These cookies are delicious!

4. 发表观点 (Giving Opinions - for Part 3)

- Pattern: **I believe it's essential to... because...** (我相信...是至关重要的, 因为...)
 - How to use: 用来陈述一个强烈的观点并给出原因。
 - Example: I believe it's essential to praise children, because it helps them build a positive self-image.
- Pattern: **From my perspective, ... can have a huge impact on...** (从我的角度来看, ...能对...产生巨大影响。)
 - How to use: 发表个人看法, 并说明其影响。
 - Example: From my perspective, a teacher's encouragement can have a huge impact on a student's future career path.

Think of these patterns as frames. You can put your own ideas and vocabulary inside them to build strong, clear sentences.

What do you think? We could try creating a few sentences together using your own experiences if you like!

Public transportation

题目

1. What kind of public transportation do you usually take?
2. When do you usually take public transportation, in your everyday life or when you are travelling?
3. Do most people prefer public transportation in your country?
4. Did you take public transportation when you were a kid?
5. Will there be more people taking public transportation in the future?

给出一个小学生都能说的简单答案，不超过4句话。

答案

Hey Tianxiang! Great to see you. It's Alan, your speaking coach. I've had a look at the personal information you sent over – that's brilliant! It gives me a much better idea of how to create answers that sound genuinely like you.

Alright, let's get started. Today, which topic would you like me to demonstrate an answer for? Just let me know if you want to start with Part 1, tackle a Part 2 topic card, or maybe even jump into a more complex Part 3 discussion.

...Ah, I see you've sent over some questions about **Public Transportation**. Perfect! This is a very common topic.

Let's do this. I'll be the examiner first and ask you the questions. Then, I'll immediately switch roles and show you how I, as a student like you, would answer them. Remember, the goal is simple words, clear ideas.

Ready? Let's begin.

Part 1: Public Transportation

(Alan as Examiner) First, what kind of public transportation do you usually take?

(Alan as Candidate "Tianxiang") I almost always take the subway. Since I'm a student living in Chengdu, the subway is super convenient for me to get around. It's fast, cheap, and most importantly, it helps me avoid the city's crazy traffic jams.

(Alan as Examiner) When do you usually take public transportation, in your everyday life or when you are travelling?

(Alan as Candidate "Tianxiang") I'd say I use it for both, really. For my daily life, I take the subway to go to the shopping mall or the gym near my university. But I rely on it even more when I travel, as it's the best way to explore a new city and experience the local vibe.

(Alan as Examiner) Do most people prefer public transportation in your country?

(Alan as Candidate "Tianxiang") Well, it really depends on where they live. In huge cities like Chengdu, lots of people prefer it because owning a car is a real hassle. However, in smaller towns, people probably still use their own cars more because the public transport system isn't as good.

(Alan as Examiner) Did you take public transportation when you were a kid?

(Alan as Candidate "Tianxiang") Oh, absolutely. Back in my hometown, I remember my mom taking me to school by bus almost every single day. They were the old-style buses, a bit slow and shaky, but I have some really fond memories of those journeys.

(Alan as Examiner) Will there be more people taking public transportation in the future?

(Alan as Candidate "Tianxiang") I certainly think so. With more and more concerns about the environment and air pollution, it's a much greener choice. Also, the government is building more subway lines, which will make it an even more attractive option for commuters in the future.

答案分析 (Answer Analysis)

Okay, Tianxiang, let's quickly break down why these simple answers are effective for a 7.5 score.

1. 思路与结构 (Thought Process & Structure)

Notice a simple pattern in almost every answer:

- **直接回答 (Direct Answer):** I start with a very direct answer to the question. (e.g., "I almost always take the subway.")
- **补充解释 (Add a Reason/Example):** I then immediately explain *why* or give more detail. I used your personal info here! (e.g., "...because I'm a student in Chengdu...", "...back in my hometown...")
- **补充细节或感受 (Add a Detail or Feeling):** Sometimes, I add one more short sentence to add more detail or a personal feeling. (e.g., "...I have some really fond memories...")

This "Direct Answer + Explanation" structure is simple, logical, and easy for the examiner to follow.

2. 亮点词汇/短语 (Highlight Vocabulary/Phrases)

We didn't use any "big" words. But we used natural-sounding, simple phrases that native speakers use.

- **super convenient**: 比只说 **convenient** 更有力，但很口语化。
- **avoid traffic jams**: 一个非常地道的说法，表示“避免堵车”。
- **I'd say...**: 一个很棒的口语开头，表示“要我说的话...”，比直接回答更自然。
- **local vibe**: 一个很潮的说法，表示“当地的氛围”，完全可以替换 **local life**。
- **a real hassle**: 表示“一件很麻烦的事”，比 **it's very difficult** 生动得多。
- **fond memories**: 意思是“美好的回忆”，是非常加分的地道表达。

- **a greener choice**: 表示“一个更环保的选择”。

3. 实用句型 (Useful Sentence Patterns)

- **Since..., ... (既然/因为...所以...)**:
 - *Example: Since I'm a student living in Chengdu, the subway is super convenient for me.*
 - 这是一个非常好的展示逻辑能力的句型。
- **It depends on... (这取决于...)**:
 - *Example: Well, it really depends on where they live.*
 - 在回答比较宽泛的问题时，这是一个完美的开头，显得你考虑问题很全面。
- **With..., ... (随着...)**:
 - *Example: With more and more concerns about the environment..., it's a much greener choice.*
 - 用来引出背景或原因，让句子结构更多样。

4. 连接词的使用 (Use of Cohesive Devices)

- **But 和 However**: 我用这两个词来展示对比。比如，在回答第三个问题时，我先说了大城市的情况，然后用 **However** 转折，去说小城镇的情况，这让答案很有层次。
- **Also**: 在最后一个问题里，我先说了一个原因（环保），然后用 **Also** very smoothly地加入了第二个原因（政府投资），让观点之间连接得非常自然。

See? Every answer was just 2-3 sentences, using simple words. The key is the clear structure and those few natural-sounding phrases. This is exactly what you want to aim for!

How did that feel? Let me know if you want to try another topic or dive deeper into any of these points!

话题词汇

Of course, Tianxiang! That's a brilliant idea. Building up your "topic vocabulary" is one of the best ways to make your answers sound richer and more specific. It's like stocking your toolbox before you start building something.

Here is a list of simple but effective words and phrases for the "Public Transportation" topic. I've broken them down into categories to make them easier to remember.

公共交通 (Public Transportation) 话题词汇库

1. 交通工具类型 (Types of Transport)

- **Subway / Metro (地铁)** - The most common one in big cities.
 - *Example: "I take the **subway** every day; it's the fastest way to get around."*
- **Bus (公交车)**
 - *Example: "When I was a kid, I used to take the **bus** to school."*
- **High-speed train (高铁)** - Great for travelling between cities.
 - *Example: "I took a **high-speed train** to visit Shanghai last year."*
- **Taxi / Cab (出租车)**
 - *Example: "If I'm in a hurry, I might just grab a **taxi**."*

- **Ride-sharing service** (网约车服务) - Like Didi or Uber.
 - *Example: "Sometimes, using a **ride-sharing service** is more convenient than a traditional taxi."*

2. 优点 (Advantages / Positive Words)

- **Convenient** (方便的)
 - *Example: "The subway station is right next to my dorm, which is super **convenient**."*
- **Efficient** (高效的)
 - *Example: "The public transport network in Chengdu is very **efficient**."*
- **Affordable / Economical** (便宜的 / 经济实惠的)
 - *Example: "For students, taking the bus is a very **affordable** option."*
- **Eco-friendly / Green** (环保的)
 - *Example: "Choosing public transport is an **eco-friendly** way to travel."*
- **Reliable** (可靠的)
 - *Example: "The trains here are very **reliable**; they are almost always on time."*

3. 缺点 (Disadvantages / Negative Words)

- **Crowded / Packed** (拥挤的)
 - *Example: "I don't like taking the subway during rush hour because it's always so **crowded**."*
- **Delayed** (延误的 / 晚点的)
 - *Example: "My bus was **delayed** this morning, so I was a bit late for my class."*
- **Inconvenient** (不方便的)
 - *Example: "In some rural areas, public transport can be **inconvenient** because there aren't many routes."*
- **Rush hour** (高峰期) - This is a noun, but super useful.
 - *Example: "Traffic is terrible during the evening **rush hour**."*

4. 常用动词和短语 (Common Verbs & Phrases)

- **Commute** (通勤)
 - *Example: "My daily **commute** to the university is about 20 minutes."*
- **Get around** (四处走动 / 出行)
 - *Example: "In a new city, I prefer using the subway to **get around**."*
- **Rely on** (依赖)
 - *Example: "As I don't have a car, I have to **rely on** public transport."*
- **Traffic jam / Traffic congestion** (交通堵塞)
 - *Example: "Taking the subway helps me avoid the daily **traffic jams**."*

My Tip: Don't try to memorize every single word! Just pick 2 or 3 from each category that you like and feel comfortable saying. Try to use them in a sentence. The goal is to make them a natural part of your vocabulary.

Keep this list handy. Next time we practice this topic, you can try to sprinkle some of these words into your answers!

常见搭配

Excellent question, Tianxiang! This is the perfect next step. Moving from single words to common "sentence chunks" or "collocations" is the real secret to sounding more fluent and natural. It's like learning whole dance moves instead of just single steps.

Here are some common and easy-to-use sentence pairings for the "Public Transportation" topic. Think of them as building blocks for your answers.

公共交通 (Public Transportation) 常见句子搭配

1. 陈述偏好 (Stating a Preference)

- I usually take the... because...
 - *Example:* "I usually take the subway because it's the most efficient way to get around Chengdu."
- My preferred way to travel is...
 - *Example:* "My preferred way to travel within the city is the bus, as it's very affordable."
- I'm a big fan of... for...
 - *Example:* "I'm a big fan of the high-speed train for travelling between different cities."

2. 描述优点 (Describing Advantages)

- The best thing about... is that...
 - *Example:* "The best thing about the subway is that you can completely avoid traffic jams."
- It's a very convenient / eco-friendly way to...
 - *Example:* "It's a very eco-friendly way to reduce your carbon footprint."
- What I like most is its reliability / affordability.
 - *Example:* "What I like most is its reliability; the trains are almost never delayed."

3. 描述缺点 (Describing Disadvantages)

- The main drawback is that...
 - *Example:* "The main drawback is that the buses can get extremely crowded during rush hour."
- One downside could be that...
 - *Example:* "One downside could be that you sometimes have to wait a long time if you miss one."
- It can be a bit of a hassle when...
 - *Example:* "It can be a bit of a hassle when you have to carry heavy luggage on a packed bus."

4. 进行比较 (Making Comparisons)

- ... is much more ... than ...
 - *Example:* "The subway is much more efficient than taking the bus."
- Compared to..., ... is ...
 - *Example:* "Compared to driving a car, taking public transport is far more relaxing."
- ...is great, but... is better for...
 - *Example:* "Buses are great, but the subway is better for longer distances across the city."

5. 展望未来 (Talking about the Future)

- I believe in the future, more people will...
 - Example: "I believe in the future, more people will rely on public transport due to environmental concerns."
- It's likely that... will become even more...
 - Example: "It's likely that the subway system will become even more popular as new lines are built."

My Tip: Instead of memorizing the whole sentence, just remember the first part of the chunk, like "The main drawback is that..." or "The best thing about... is that...". Then, you can fill in the rest with your own ideas during the test.

Try this little exercise: Pick one phrase from the "Advantages" section and one from the "Disadvantages" section and use them to build a short answer to the question: "What are the advantages and disadvantages of taking the bus in your city?"

The more you practice using these chunks, the more automatic they will become!

Puzzles

题目

1. Did you do puzzles in your childhood?
2. When do you do puzzles, during your trip or when you feel bored?
3. Do you like doing word puzzles or number puzzles? Which is more difficult for you?
4. Do you think it is good for old people to do puzzles?

给出一个小学生都能说的简单答案，不超过4句话。

答案

没问题，Tianxiang！很高兴能再次和你一起练习。

今天我们就来聊聊 "Puzzles" (智力游戏/拼图) 这个话题。这是一个在 Part 1 中可能会遇到的小话题，非常生活化。

好的，现在请放松，想象我就是你的考官。我们开始吧。

Part 1 示范: Puzzles

(Alan as Examiner) Let's talk about puzzles. 1. Did you do puzzles in your childhood?

(Alan as Candidate: Tianxiang) Yes, definitely. I remember spending hours on jigsaw puzzles when I was a kid. They usually had cool pictures of cartoons or animals. It was a really fun way to kill time, especially on rainy days.

(Alan as Examiner) 2. When do you do puzzles, during your trip or when you feel bored?

(Alan as Candidate: Tianxiang) Mostly when I feel bored, to be honest. As a computer science student, I stare at a screen all day, so doing a physical puzzle helps me relax my mind. It's a nice little break from my studies.

(Alan as Examiner) 3. Do you like doing word puzzles or number puzzles? Which is more difficult for you?

(Alan as Candidate: Tianxiang) I definitely prefer number puzzles, like Sudoku. Since my major is in a field related to logic and numbers, my brain is kind of wired that way. For me, word puzzles are more difficult because they require a much larger vocabulary.

(Alan as Examiner) 4. Do you think it is good for old people to do puzzles?

(Alan as Candidate: Tianxiang) Absolutely, I think it's a fantastic activity for them. It's a great way to keep their minds active and sharp as they get older. Plus, it's a peaceful hobby they can enjoy at home, which can give them a real sense of accomplishment.

答案为什么好? (Analysis)

你看，刚才这四个答案每一句都非常简单，完全没有复杂的词，但组合起来却非常流畅和地道。这正是7.5分所需要的——**清晰、自然、有逻辑**。我们来拆解一下：

1. 思路与结构 (Clarity & Structure)

- **万能公式：直接回答 + 补充细节/原因。**
- 你看，每个答案的第一句话都是直接回应问题 ("Yes, definitely." / "Mostly when I feel bored." / "I definitely prefer..." / "Absolutely...")。这让考官第一时间就能get到你的观点。
- 然后，后面的一两句话都是在解释“为什么”或者补充一些小细节，让答案听起来更丰满，而不是干巴巴的。比如，你为什么无聊时会玩拼图？因为你是学计算机的，需要让大脑休息一下。这个细节就非常真实、个性化。

2. 亮点词汇/短语 (Vocabulary & Phrases)

这里的“亮点”不是指难词，而是指用得特别贴切的简单词。

- **kill time**: 一个非常口语化的“消磨时间”的说法，比 "spend time" 更生动。
- **to be honest**: “说实话”，在口语中用来增加诚恳、自然的语气。
- **wired that way**: “天生就是那样的/大脑就是那样构造的”，一个很地道的比喻，用来解释你为什么擅长数字。
- **keep their minds active and sharp**: “保持他们的大脑活跃和敏锐”，这是描述益智活动对老年人好处的经典搭配。
- **sense of accomplishment**: “成就感”，一个非常实用的短语，可以用于任何描述成功或完成某件事的场景。

3. 实用句型 (Useful Sentences)

这些都是你可以直接拿来用的“万金油”句型。

- **回忆童年**: I remember spending hours on... (我记得我花了很长时间在...)
- **解释原因 (结合个人背景)**: As a [你的身份], I..., so... (作为一名..., 我..., 所以...)
- **表达偏好**: I definitely prefer A, because... For me, B is more difficult because... (我更喜欢A, 因为... 对我来说, B更难, 因为...)
- **发表观点**: Absolutely, I think it's a fantastic activity for them. (当然, 我觉得这对他们来说是极好的活动。)

4. 连接词的使用 (Connectors)

简单的连接词能让你的答案听起来更连贯，更有逻辑。

- **especially**: 用来强调在某种特定情况下。
- **so**: 简单但有效地引出结果。
- **Since**: 用来引出原因，比 **because** 的用法更多样化一些。
- **Plus**: “而且/另外”，在句首使用，非常口语化地补充另一个观点。

记住，Tianxiang，雅思口语高分的秘诀不在于使用多么华丽的词藻，而在于用**简单的语言，清晰地、有条理地表达你的想法**。就像我们刚才示范的一样。

很棒的练习！接下来，我们是继续练习一个新的Part 1话题，还是你想试试Part 2或者Part 3呢？告诉我你的想法！

话题词汇

Of course! That's a fantastic idea. Building up your "topic vocabulary" is one of the smartest ways to prepare. When you have the right words ready, your answers will naturally sound more fluent and precise.

Here is a list of simple but very effective words and phrases for the "Puzzles" topic. Think of these as your "ammo" (弹药)!

"Puzzles" 话题词汇库 (Topic Vocabulary)

1. 拼图/谜题的种类 (Types of Puzzles)

- Jigsaw puzzle: 拼图游戏 (最常见的那种)
- Crossword puzzle: 填字游戏 (报纸上常见)
- Sudoku / Number puzzle: 数独 / 数字谜题 (非常适合你，因为你是学计算机的！)
- Word search: 单词搜索游戏
- Riddle: 谜语
- Brain teaser: 脑筋急转弯 (泛指所有锻炼脑力的谜题)

2. 相关的“动作”(Action Words / Verbs)

- solve a puzzle: 解开一个谜题
- figure out: 弄明白，想出 (答案)
- put together: 把...拼在一起 (专用于 jigsaw puzzle)
- fill in the blanks: 填空 (专用于 crossword)
- focus on / concentrate on: 专注于
- challenge myself: 挑战我自己

3. 用来描述的词 (Adjectives & Feelings)

- challenging: 有挑战性的 (这是一个非常好的词，比 **difficult** 更积极)
- tricky: 有点难的，棘手的 (比 **difficult** 更口语化)
- relaxing / calming: 让人放松的，平静的
- satisfying: 令人满意的 (尤其是完成之后的感觉)

- **addictive**: 容易上瘾的
- **time-consuming**: 很花时间的
- **a sense of accomplishment**: 成就感 (名词短语, 非常好用)

4. 谈论“好处”时用 (Benefits)

- **a good mental workout**: 一种很好的脑力锻炼
- **improve problem-solving skills**: 提升解决问题的能力
- **boost brainpower**: 增强脑力
- **keep the mind sharp**: 保持思维敏锐
- **relieve stress**: 缓解压力
- **pass the time / kill time**: 打发时间

【教练小贴士】

你看, 这些词本身都不难, 对吧?

试着把它们串联起来造几个句子。比如:

- "I find **solving** a Sudoku puzzle very **relaxing**. It's a great **mental workout** after a long day of studying."
- "**Putting together** a jigsaw puzzle can be **time-consuming**, but it gives me a real **sense of accomplishment** when I finish it."

把这些词汇记下来, 下次再聊到相关话题时, 你就可以很自然地用上它们了。

怎么样, 感觉有帮助吗? 接下来想做什么练习呢?

常见搭配

当然! 问得非常好! 从“单词”到“句子搭配”(collocations), 这是让你口语听起来像母语者的关键一步。

掌握了这些固定的“搭配”或者说“小短句”, 你在说话的时候就不需要一个词一个词地去想, 而是可以直接“调取”一整个模块, 这样会流利很多。

这里是一些关于“Puzzles”话题, 小学生都能学会的常见句子搭配, 非常实用!

“Puzzles”话题高频句子搭配 (Common Collocations)

1. 表达喜好 / talking about what you like

- **I'm really into...** (+ a type of puzzle)
 - e.g., "I'm really into doing jigsaw puzzles on weekends."
- **I'm a big fan of...**
 - e.g., "As a computer science student, I'm a big fan of number puzzles like Sudoku."
- **...is not really my thing.** (...不太适合我 / 我不太喜欢...)
 - e.g., "To be honest, crossword puzzles are not really my thing."
- **I'm more of a ... person.** (我更偏向于是...类型的人)

- e.g., "I prefer jigsaw puzzles to word puzzles because I'm more of a visual person." (这个说法非常地道！)

2. 描述过程 / describing the process

- It takes a while to... (做...需要花些时间)
 - e.g., "It takes a while to figure out the most difficult parts."
- I always get stuck on... (我总是卡在...)
 - e.g., "I always get stuck on the parts that are all the same color, like the sky."
- The best part is when... (最棒的部分是当...)
 - e.g., "The best part is when you finally find the piece you've been looking for."

3. 描述感受与结果 / describing feelings and results

- It's so satisfying when... (...的时候真的很有满足感)
 - e.g., "It's so satisfying when you put the last piece in its place."
- I feel a real sense of accomplishment when... (...的时候我感到一种真正的成就感)
 - e.g., "I feel a real sense of accomplishment when I finish a whole puzzle by myself."
- It's a great way to switch off my brain. (这是让我的大脑“关机”/放松的好方法)
 - e.g., "For me, doing a puzzle is a great way to switch off my brain after a long day."
- It helps me to clear my head. (它帮助我清空思绪)
 - e.g., "When I feel stressed, a quick game of Sudoku helps me to clear my head."

4. 谈论好处 / talking about benefits

- ... is a good way to improve... (...是提升...的好方法)
 - e.g., "Solving riddles is a good way to improve your creative thinking."
- ... helps you develop... (...帮助你培养...)
 - e.g., "Working on a large puzzle helps you develop patience."
- ... is a kind of mental exercise. (...是一种脑力锻炼)
 - e.g., "I think doing any kind of puzzle is a kind of mental exercise."

【教练小贴士】

你看，这些搭配就像“乐高积木块”。你可以把它们自由组合，轻松地搭建出一个完整、流畅的答案。

比如，把我们刚才的积木块组合一下：

"I'm a big fan of jigsaw puzzles. Sometimes I get stuck on the tricky parts, but it's so satisfying when I finally finish. For me, it's a great way to switch off my brain, and I feel a real sense of accomplishment afterwards."

看到没？一个听起来非常自然的答案就这样诞生了。

建议你花点时间，把你觉得最好用的几组搭配记下来，试着用它们来造几个句子。这样一来，它们就真正成为你的“武器”了！

Saying 'thank you'

题目

1. Do people in your country often say 'thank you'?
2. On what occasions do people often say 'thank you'?
3. Have you ever sent a thank you card to others?
4. Why do people need to say thank you?

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! 今天我们来聊一个关于礼貌和感恩的日常话题: "Saying Thank You" (说谢谢)。

这是一个非常好的话题，可以展现你对人际交往和社交礼仪的看法。虽然你的个人信息里没有直接相关的内容，但我们可以根据你的学生身份和生活背景，给出非常得体、有逻辑的回答。

我们开始吧!

示范问题 1

(Alan as Examiner): Do people in your country often say 'thank you'?

(Alan as Student Tianxiang): "Yes, I would say so. In China, saying 'thank you', or 'xiè xie', is a very common and basic form of politeness. We say it in many daily situations, for example, when a shopkeeper helps you, or when someone holds a door open for you. It's a fundamental part of our social etiquette."

答案为什么好?

- **思路与结构:**
 1. **肯定回答:** Yes, I would say so.
 2. **提供文化背景:** In China, saying 'thank you', or 'xiè xie'..., 加入中文“谢谢”的发音，非常自然，也能体现文化交流。
 3. **举出日常例子:** for example, when... or when..., 用两个非常生活化的例子（店家帮助、有人为你开门）来支撑观点。
 4. **总结其重要性:** a fundamental part of our social etiquette, 用一个更高级的短语来总结“谢谢”在社交中的地位。
- **亮点词汇/短语:**
 - a basic form of politeness: “一种基本的礼貌形式”。
 - daily situations: “日常情景”。
 - holds a door open for you: “为你开着门”。
 - fundamental part: “基础部分”。
 - social etiquette: /'səʊl 'etɪket/ (社交礼仪)。
- **实用句型:**
 - I would say so. (我会这么说。)
 - ...is a very common and basic form of...
- **连接词的使用:**
 - for example: 用来引出具体的例子，让你的回答不空洞。

示范问题 2

(Alan as Examiner): On what occasions do people often say 'thank you'?

(Alan as Student Tianxiang): "Well, people say 'thank you' on many different occasions. The most common ones are probably when you receive help from someone, or when you receive a gift on your birthday. We also say thank you for compliments, or to service staff like waiters in a restaurant. It's a simple way to show gratitude and respect."

答案为什么好?

- **思路与结构:**
 1. **概括回答:** on many different occasions。
 2. **列举主要场合:** The most common ones are... when... or when... , 列举了“得到帮助”和“收到礼物”这两个最核心的场合。
 3. **补充其他场合:** We also say thank you for... or to... , 补充了“收到赞美”和“对服务人员”, 让范围更广。
 4. **总结其作用:** a simple way to show gratitude and respect , 总结了“谢谢”这个行为背后的意义。
- **亮点词汇/短语:**
 - occasions: /ə'keɪʒənz/ (场合)。
 - receive help / a gift: “得到帮助/收到礼物”。
 - compliments: /'kɒmplɪmənts/ (赞美)。
 - service staff: “服务人员”。
 - show gratitude and respect: /grænsdɪn rɪ'spekt/ (表达感激和尊重)。
- **实用句型:**
 - The most common ones are probably when... or when...
 - It's a simple way to...

示范问题 3

(Alan as Examiner): Have you ever sent a thank you card to others?

(Alan as Student Tianxiang): "To be honest, sending a physical thank-you card isn't very common for my generation in China. We prefer to express our thanks more directly, either in person or through a thoughtful text message on apps like WeChat. I might send a special "thank you" sticker or write a long message to show my deep appreciation, but rarely a physical card."

答案为什么好?

- **思路与结构:**
 1. **诚实回答并限定范围:** To be honest, ...isn't very common for my generation , 解释了这是代际习惯的不同。
 2. **说明替代方式:** We prefer to express our thanks more directly, either... or... , 指出了更现代的感谢方式(当面或发信息)。
 3. **举出具体例子:** 提到了发“感谢表情包”或“写一段长信息”, 非常具体。
 4. **重申观点:** but rarely a physical card , 再次强调了很少用实体卡片。
- **亮点词汇/短语:**
 - physical thank-you card: “实体的感谢卡”。

- **my generation**: “我们这一代人”。
- **thoughtful text message**: “一条用心编辑的信息”。
- **deep appreciation**: /əˌpriːʃiˈeɪʃn/ (深深的感激)。
- **实用句型**:
 - **...isn't very common for...**
 - **We prefer to..., either... or...**
- **连接词的使用**:
 - **either... or...**: 用来连接两种并列的感谢方式。
 - **but**: 用来转折, 强调实体卡片的少见。

示范问题 4

(Alan as Examiner): Why do people need to say thank you?

(Alan as Student Tianxiang): "I believe saying 'thank you' is crucial in any society. It's a way of acknowledging someone's kindness and effort, no matter how small it is. This simple phrase makes the other person feel appreciated and valued. Ultimately, it helps to build stronger relationships and creates a more positive social environment."

答案为什么好?

- **思路与结构**:
 1. **强调重要性**: **I believe... is crucial...**
 2. **解释核心功能**: **It's a way of acknowledging someone's kindness and effort** (这是承认他人善意和努力的一种方式)。
 3. **说明对他人的影响**: **This simple phrase makes the other person feel...** (让对方感到被感激和重视)。
 4. **升华到社会层面**: **Ultimately, it helps to build... and creates...**, 最后将意义拔高到“加强人际关系”和“创造积极社会氛围”的层面, 非常有深度。
- **亮点词汇/短语**:
 - **crucial**: /'kruːʃl/ (至关重要的)。
 - **acknowledging**: /ək'noʊlɪdʒɪŋ/ (承认, 认可)。
 - **kindness and effort**: “善意和努力”。
 - **appreciated and valued**: /ə'priːʃiətiɪd ænd 'væljuːd/ (被感激和被重视)。
 - **strengthen relationships**: “加强关系”。
 - **positive social environment**: “积极的社会环境”。
- **实用句型**:
 - **I believe... is crucial in...**
 - **It's a way of [doing something].**

怎么样, Tianxiang? 即使是像“说谢谢”这样的话题, 我们也可以聊得有文化背景、有逻辑层次、有深刻见解。

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习! 你准备好了吗?

话题词汇

好的，我们来为 "Saying Thank You" (说谢谢) 这个话题装备上一些核心词汇。

有了这些词汇，你就可以更准确、更有深度地讨论“感谢”这个行为，而不仅仅是简单地重复 "thank you" 这个词。

"Saying Thank You" 话题词汇库 (Vocabulary List)

1. 表达感谢的各种说法 (Ways to Express Thanks)

- Thank you / Thanks (谢谢)
- Thank you so much (非常感谢)
- I appreciate it /ə'pri:ʃieɪt/ (我很感激)

*Thanks for your help, I really **appreciate** it.*

- I'm grateful for... /'ɡreɪtfl/ (我对...心怀感激)

*I'm **grateful** for all the support from my family.*

- That's very kind of you. (你真是太好了。)

2. 感谢的原因 (Reasons for Saying Thank You)

- Help /help/ (n. 帮助)
- Kindness /'kaɪndnəs/ (n. 善意)
- Support /sə'pɔ:t/ (n. 支持)
- A gift (一份礼物)
- A compliment /'kɒmplɪmənt/ (一句赞美)

*It's polite to say thank you for **a compliment**.*

- Advice /əd'vaɪs/ (n. 建议)
- Effort /'efət/ (n. 努力)

3. 表达感谢的动作 (Actions of Showing Thanks)

- to say thank you (说谢谢)
- to express thanks / gratitude (表达感谢)
- to show appreciation (表示感激)

*Sending a small gift is a good way **to show appreciation**.*

- to send a thank-you card / note (寄一张感谢卡/便条)
- to return a favor (回报一个人情)

4. 相关的概念与感受 (Concepts & Feelings)

- Gratitude /'grættɪju:d/ (n. 感激之情)

*It's important to show **gratitude** to people who help you.*

- Appreciation /əˌpriːʃi'eɪʃn/ (n. 感激; 欣赏)
- Politeness /pə'laɪtnəs/ (n. 礼貌)
- Etiquette /'etɪket/ (n. 礼仪)

*Saying 'thank you' is basic social **etiquette**.*

- Respect /rɪ'spekt/ (n. 尊重)
- Sincere /sɪn'sɪə(r)/ (adj. 真诚的)
- Thoughtful /'θɔːtfl/ (adj. 体贴的, 用心思考的)
- Common courtesy /'kɒmən 'kɜːtəsi/ (n. 基本礼貌)

这个词汇库能帮助你更全面地讨论“感谢”这个话题，从说到做到，从具体行为到抽象概念。

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Saying Thank You" (说谢谢) 的句子搭配，你的整个Part 1知识体系就完美收官了！

"Saying Thank You" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何陈述“谢谢”的重要性

- I believe saying 'thank you' is an important part of... (我相信说“谢谢”是...的重要部分。)

I believe saying 'thank you' is an important part of social etiquette.

- It's a basic form of politeness that we learn... (这是一种我们从...学起的基本礼貌。)

It's a basic form of politeness that we learn from a very young age.

- It's a simple phrase, but it can make a big difference. (这是一句简单的话，但它能带来很大的不同。)
- In our culture, showing gratitude is considered a virtue. (在我们的文化里，表达感激被认为是一种美德。)

2. 如何描述说“谢谢”的场合

- We say 'thank you' in all sorts of daily situations. (我们在各种各样的日常情景中说“谢谢”。)
- The most common occasion is probably when... (最常见的场合可能是在...的时候。)

The most common occasion is probably when someone offers you help.

- It's also polite to say thank you to... (向...说谢谢也是有礼貌的。)

It's also polite to say thank you to service staff, like waiters and shopkeepers.

- You should always say thank you when you receive a compliment. (当你收到赞美时，你总是应该说声谢谢。)

3. 如何解释表达感谢的方式

- For my generation, we usually express our thanks... (对于我们这一代人来说，我们通常会...来表达感谢。)

For my generation, we usually express our thanks directly in person or through a text message.

- Sending a physical thank-you card is not very common anymore. (寄送实体的感谢卡已经不那么普遍了。)
- I might send a thoughtful message on WeChat to... (我可能会在微信上发一条用心的信息来...)

I might send a thoughtful message on WeChat to show my deep appreciation.

- Sometimes, an action can be a better way to show gratitude than just words. (有时候，行动是比言语更好的感恩方式。)

4. 如何解释“感谢”这个行为背后的意义

- It's a simple way to acknowledge someone's kindness or effort. (这是一个承认他人善意或努力的简单方式。)
- Saying 'thank you' makes the other person feel... (说“谢谢”能让对方感到...)

Saying 'thank you' makes the other person feel appreciated and valued.

- It helps to strengthen the relationship between people. (这有助于加强人与人之间的关系。)
- Ultimately, it creates a more positive and respectful social environment. (最终，它能创造一个更积极、更互相尊重的社会环境。)

祝贺你，Tianxiang！

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

我正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战的挑战，你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Singing 题目

1. Do you like singing? Why?
2. Did you learn to sing at school?
3. Who do you want to sing for?
4. Do you think singing can bring happiness to people?

给出一个小学生都能说的简单答案，不超过4句话。

答案

Hey Tianxiang! Alan is here and ready to help. It's great that we have your personal info – it'll make my sample answers feel much more like *you*.

I see you've chosen the topic of "Singing". A classic! Let's dive right in.

I'll first play the examiner and ask the questions, and then I'll immediately show you how you could answer them in a simple, natural way. Here we go!

示范答案 (Model Answers)

(Examiner): Do you like singing? Why?

(Alan as Candidate): Absolutely! I'm a big fan of pop music, so I really enjoy singing along to my favorite songs. It's a fantastic way for me to relax and have some fun by myself. I'm not a great singer, but I still find it super enjoyable.

(Examiner): Did you learn to sing at school?

(Alan as Candidate): Yes, we did have music classes back in primary school. Our teacher taught us some basic songs and how to follow a melody. Of course, it wasn't very professional, but it was always a fun part of the school week.

(Examiner): Who do you want to sing for?

(Alan as Candidate): To be honest, I mostly just sing for myself when I'm alone. But if I had to choose, I'd probably sing for my close friends during karaoke. It's not about performing perfectly; it's more about having a laugh and a good time together.

(Examiner): Do you think singing can bring happiness to people?

(Alan as Candidate): Definitely. I believe singing is a powerful way to express feelings and lift people's spirits. For example, when you go to a concert, you can see how a happy song makes the whole crowd feel joyful. That feeling is just infectious and brings people together.

答案分析 (Answer Analysis)

Okay, Tianxiang, let's break down why these simple answers work so well.

1. 思路与结构 (Thought Process & Structure)

- **直接回答 + 补充细节 (Direct Answer + Add Details):** 你看，每个答案都是先用一个词（比如 'Absolutely!', 'Yes', 'Definitely'）直接回答问题，然后再用1-2句话补充原因或例子。这是Part 1最有效、最自然的结构。
- **个人化 (Personalization):** 第一个问题我特意提到了你喜欢的“流行音乐 (pop music)”，第二个提到了普遍的“小学音乐课 (music classes in primary school)”，第三个提到了朋友和“KTV (karaoke)”，第四个用了“演唱会 (concert)”作为例子。这些都让答案听起来非常真实，像是你自己的故事。

2. 亮点词汇/短语 (Highlight Vocabulary/Phrases)

这里没有难的单词，但用了一些非常地道的搭配，这正是考官想听到的：

- I'm a big fan of...: 比 'I like...' 听起来更有热情。
- singing along to...: “跟着.....一起唱”，非常形象。
- a fantastic way to...: “一个极好的方式去.....”，用来引出做某事的好处。
- super enjoyable: 'super' 是一个很口语化的副词，代替 'very'，显得更自然。
- To be honest...: “说实话.....”，让回答听起来更真诚。
- lift people's spirits: “振奋人心”，一个很棒的短语。
- That feeling is infectious: “那种感觉是会传染的”，用来形容快乐的氛围，非常加分！

3. 实用句型 (Useful Sentence Patterns)

这些答案用到的句型都是初高中水平，但组合得很好：

- **It's a... way for me to...:** (e.g., *It's a fantastic way for me to relax.*) 这个句型可以用来解释任何爱好的好处。
- **It's not about..., it's more about...:** (e.g., *It's not about performing perfectly; it's more about having a good time.*) 这个句型用来做对比, 能让你的观点更有深度。
- **I believe...:** (e.g., *I believe singing is a powerful way to...*) 这是表达个人观点的绝佳开头。

4. 连接词的使用 (Use of Connecting Words)

你看, 虽然句子简单, 但逻辑很清晰, 因为用了一些简单的连接成分:

- **so:** *I'm a big fan of pop music, so I really enjoy singing along...* (用来引出结果)
- **But:** *...But if I had to choose...* (用来做转折)
- **For example:** *...For example, when you go to a concert...* (用来举例, 这是Part 3的王牌技巧, 但在Part 1偶尔用一下也非常棒!)

希望这个示范和分析对你有帮助! 记住, 7.5分不代表要用复杂的词汇, 而是要把简单的语言说得流利、连贯、有条理。

接下来, 你想让我为你示范哪个话题呢? 或者你想不想试试回答刚才的问题, 我来给你一些反馈?

话题词汇

Of course! That's an excellent idea. Building up your topic-specific vocabulary is like preparing your tools before you start building a house. It makes everything so much easier.

Here are some simple but very effective words and phrases for the "Singing" topic. I've grouped them to make them easier to remember.

**"Singing" 话题词汇库 (Topic Vocabulary)

(词汇都很简单, 但非常实用!)

1. 形容唱歌水平 (Describing Singing Ability)

- **have a good voice:** 有一副好嗓子
 - e.g., *"I don't think I **have a good voice**, but I still enjoy singing."*
- **sing in tune:** 唱歌在调上
 - e.g., *"It's hard for me to always **sing in tune**, especially with difficult songs."*
- **out of tune:** 跑调
 - e.g., *"When we sing karaoke with friends, it doesn't matter if we're a bit **out of tune**."*
- **tone-deaf:** (形容词) 五音不全的
 - e.g., *"My friend jokingly says he's **tone-deaf**, so he just claps along."*
- **sing along:** 跟着 (音乐) 一起唱
 - e.g., *"I love to **sing along** to the radio when I'm driving."*

2. 相关的活动和地点 (Related Activities & Places)

- **karaoke / KTV:** 卡拉OK
 - e.g., *"Going to **karaoke** is a popular activity for young people on weekends."*
- **concert / live show:** 演唱会 / 现场表演

- e.g., "The atmosphere at a **live show** is always amazing."
- **choir (发音 a choir):** 合唱团
 - e.g., "I joined the school **choir** when I was a kid."
- **music festival:** 音乐节
 - e.g., "I'd love to go to a **music festival** to see many different bands play."

3. 描述歌曲和旋律 (Describing Songs & Melody)

- **melody:** 旋律
 - e.g., "This song has a beautiful and simple **melody**."
- **lyrics:** 歌词
 - e.g., "I pay a lot of attention to the **lyrics** of a song."
- **catchy:** (形容词) 朗朗上口的, 很容易记住的
 - e.g., "That pop song is so **catchy**; I can't get it out of my head."
- **upbeat:** (形容词) 欢快的, 乐观的
 - e.g., "I like to listen to **upbeat** music when I need more energy."
- **relaxing / calming:** (形容词) 令人放松的 / 令人平静的
 - e.g., "I think singing can be a very **relaxing** activity."

4. 唱歌带来的感受 (Feelings from Singing)

- **a way to relax / unwind:** 一种放松的方式
 - e.g., "For me, singing is just **a way to unwind** after a long day of studying."
- **stress relief:** 缓解压力
 - e.g., "Singing at the top of my lungs is a great form of **stress relief**."
- **lift my spirits:** 让我精神振奋
 - e.g., "Listening to a happy song can always **lift my spirits**."
- **express emotions:** 表达情感
 - e.g., "Singing is a universal way to **express emotions** like joy or sadness."

Alan's Tip: You don't need to memorize all of these at once, Tianxiang. Just pick 3-4 that you really like and feel natural to you. Try to use them in a sentence today. For example, you could say: "I love singing along to **catchy** pop songs. It's a great way to **lift my spirits**."

See? Simple words, but they make your answer much more vivid!

What do you think? Do you want to try making a few sentences with these words, or would you like to move on to another topic?

常见搭配

Excellent question, Tianxiang! This is the perfect next step. Once you have the words, you need the "building blocks" to put them together into strong, natural-sounding sentences.

Think of these sentence patterns as flexible formulas. You can plug in different words to create dozens of your own answers. Here are some of the most common and useful sentence combinations for the "Singing" topic.

"Singing" 话题万能句子搭配 (Common Sentence Patterns)

1. 用来表达“喜好” (For Expressing Likes)

- I'm really into + [动词-ing / 名词]
 - e.g., "I'm really into *singing along to pop music*."
 - e.g., "I'm really into *going to KTV with my friends*."
- For me, ... is a great way to + [动词原形]
 - e.g., "For me, *singing* is a great way to *relax*."
 - e.g., "For me, *listening to music* is a great way to *get inspired*."
- I find + [名词] + [形容词]
 - e.g., "I find the experience of *singing* very *joyful*."
 - e.g., "I find the melodies of his songs really *catchy*."

2. 用来描述“能力和经验” (For Describing Ability & Experience)

- I'm not a professional singer, but I...
 - e.g., "I'm not a professional singer, but I *can hold a tune* (能跟上调子)."
 - e.g., "I'm not a professional singer, but I *enjoy it as a hobby*."
- I would say I'm pretty good at + [动词-ing]
 - e.g., "I would say I'm pretty good at *remembering lyrics*."
 - e.g., "I would say I'm pretty bad at *hitting the high notes*."
- When I was a kid, I used to + [动词原形]
 - e.g., "When I was a kid, I used to *be in the school choir*."
 - e.g., "When I was a kid, I used to *sing children's songs with my parents*."

3. 用来解释“原因和影响” (For Explaining Reasons & Effects)

- The main reason why I like it is that it helps me...
 - e.g., "The main reason why I like singing is that it helps me *release my stress*."
 - e.g., "The main reason why I like it is that it helps me *connect with my friends*."
- Whenever I feel..., I like to...
 - e.g., "Whenever I feel tired, I like to *sing an upbeat song*."
 - e.g., "Whenever I feel happy, I like to *hum a little tune* (哼个小曲儿)."

4. 用来发表“观点” (For Giving Opinions - especially for Part 3)

- I believe that singing can bring people together because...
 - e.g., "...because it's a shared experience that creates a positive atmosphere."
 - e.g., "...because everyone can enjoy music, no matter where they're from."
- In my opinion, it's important for children to...
 - e.g., "In my opinion, it's important for children to *learn music at school*."
 - e.g., "In my opinion, it's important for children to *have a chance to express themselves creatively*."

Alan's Tip: Try to combine these patterns! For example, you can start with a pattern from Category 1 and add one from Category 3 to explain it.

Like this: "I'm really into singing (Category 1) because for me, it's a great way to relax after a long day of studying (Category 3)."

This is how you build a longer, more detailed, and fluent answer from simple parts.

How does that feel? Shall we try to build an answer together using these blocks?

Snacks

题目

1. What snacks did you like to eat?
2. Did you often eat snacks when you were young?
3. When do you usually eat snacks now?
4. Do you think it is healthy for you to eat snacks?

给出一个小学生都能说的简单答案，不超过4句话。

答案

Hey Tianxiang! Alan here. It's great to see you today. I've had a look at the personal information you sent over – that's fantastic stuff! It gives me a much better idea of how to make these answers feel more like *you*.

So, I see you've got some questions ready on the topic of "Snacks". This is a classic Part 1 topic. Let's do this!

First, I'll act as the examiner and ask you the questions. Then, I'll immediately switch roles and show you how I would answer them as a candidate aiming for that 7.5 score. Remember, the goal is simple, clear, and natural-sounding English.

Ready? Let's begin.

Part 1 Model Answer: Snacks

(Alan as Examiner): What snacks did you like to eat when you were a child?

(Alan as Candidate): Oh, when I was little, I was a big fan of potato chips. I just loved how crunchy they were. Besides that, I also enjoyed some sweet biscuits my mum would buy for me, which were a perfect treat after a long day at school.

(Alan as Examiner): Did you often eat snacks when you were young?

(Alan as Candidate): I'd say fairly often, yes. It wasn't like I could eat them all day, but my parents would let me have a small snack after I finished my homework. It was a nice little reward to look forward to, maybe a few times a week.

(Alan as Examiner): When do you usually eat snacks now?

(Alan as Candidate): Nowadays, I mostly eat snacks in the afternoon when I need a break from my studies. As a computer science student, staring at a screen can be draining, so something small like a yogurt or some nuts really helps me to recharge and focus better.

(Alan as Examiner): Do you think it is healthy for you to eat snacks?

(Alan as Candidate): Well, I believe it really depends on what you eat. If my snack is a piece of fruit or some nuts, then it's definitely healthy. However, eating junk food like chips or candy all the time is probably not a good idea. For me, the key is choosing the right kind of snack.

✓ Answer Analysis: Why This Works

Alright, Tianxiang, let's quickly break down why these simple answers are effective for a 7.5 score.

1. 思路与结构 (Thought & Structure)

- **直接回答 + 补充细节 (Direct Answer + Add Details):** Notice how every answer starts with a direct response (e.g., "I was a big fan of...", "I'd say fairly often..."). Then, it adds one or two extra sentences to give more information, like *why* you liked it, *when* you ate it, or *what kind* of snack it was. This is a perfect structure for Part 1. It shows you can develop your ideas.

2. 亮点词汇/短语 (Highlight Vocabulary/Phrases)

Even though the words are simple, they are very natural and effective:

- **a big fan of...**: A very common and natural way to say you like something a lot. Much better than just "I like..."
- **crunchy**: A great descriptive word for food.
- **a perfect treat**: "Treat" is a perfect word for a special snack.
- **a nice little reward**: Shows the snack had a purpose.
- **draining**: A simple but powerful word to describe feeling tired.
- **recharge**: A fantastic word that means to get your energy back.
- **junk food**: The most common and natural term for unhealthy snacks.

3. 实用句型 (Useful Sentence Patterns)

These answers use some very useful and flexible sentence patterns:

- **"When I was little, I..."**: The perfect way to start talking about the past.
- **"Nowadays, I mostly..."**: A great way to contrast the past with the present.
- **"I believe it really depends on..."**: An excellent phrase for "it depends" questions. It shows you can think about different sides of an issue.
- **"If..., then..."**: A simple conditional sentence to explain a situation and its result. (e.g., *If* my snack is fruit, *then* it's healthy).

4. 连接词的使用 (Use of Connectors)

The answers are smooth because of simple connecting words:

- **Besides that... / Also...**: Used to add another idea smoothly.
- **However...**: Used to show a contrast or a different point of view (e.g., healthy snacks vs. junk food).
- **so...**: Used to explain a result (e.g., studying is draining, *so* I need a snack).

See? You don't need big, complicated words. You just need to organize these simple ideas clearly and connect them smoothly.

How did that feel? Let me know what you think, or tell me which topic you'd like me to demonstrate for you next!

话题词汇

Of course, Tianxiang! That's a great idea. Having a good set of "topic words" is like having a toolkit – you can pick and choose the right one for the job.

Here are some simple but very useful words and phrases for the topic of "Snacks". I've grouped them to make them easier to remember.

Snacks: Your Topical Word Toolkit

1. Types of Snacks (零食种类)

- **Healthy Options (健康选择):**
 - **Fruits**: a banana, an apple
 - **Nuts**: almonds, walnuts (杏仁, 核桃)
 - **Yogurt**: (酸奶)
 - **Granola bar**: (燕麦棒)
 - **Vegetable sticks**: like carrots or cucumbers (蔬菜条)
- **Treats / Junk Food (享受型/垃圾食品):**
 - **Potato chips / Crisps**: (薯片)
 - **Biscuits / Cookies**: (饼干)
 - **Candy / Sweets**: (糖果)
 - **Chocolate bar**: (巧克力棒)
 - **Ice cream**: (冰淇淋)

2. Describing Snacks (形容零食)

- **About Taste (形容味道):**
 - **Sweet**: (甜的)
 - **Salty**: (咸的)
 - **Savory**: (咸香的, 可口的) - *A great word for things that aren't sweet, like chips or cheese crackers.*
 - **Spicy**: (辣的)
- **About Texture (形容口感):**
 - **Crunchy**: (松脆的) - *e.g., "I love crunchy potato chips."*
 - **Crispy**: (酥脆的) - *e.g., "The biscuit was light and crispy."*
 - **Chewy**: (有嚼劲的) - *e.g., "I like chewy granola bars."*
 - **Creamy**: (奶油般顺滑的) - *e.g., "The yogurt was rich and creamy."*

3. Actions & Verbs (相关动作)

- **To snack on something**: (吃...当零食) - *e.g., "I like to snack on nuts while I study."*
- **To grab a snack**: (去拿点零食吃) - *e.g., "I'm going to grab a quick snack before the meeting."*
- **To have a craving for...**: (特别想吃...) - *e.g., "I have a craving for something sweet."*
- **To munch on...**: (津津有味地咀嚼) - *e.g., "He was munching on some popcorn."*

4. Reasons & Feelings (原因与感受)

- **To recharge my batteries**: (给我充电) - e.g., "A small snack helps me recharge my batteries in the afternoon."
- **A quick energy boost**: (快速补充能量) - e.g., "I eat a banana for a quick energy boost."
- **Comfort food**: (治愈食物) - Food that makes you feel good emotionally.
- **A guilty pleasure**: (明知不好但很享受的乐事) - Something you enjoy even though you think it's not very healthy.
- **Mindless eating**: (不自觉地吃) - Eating without paying attention, often out of boredom.

5. Talking about Health (讨论健康)

- **In moderation**: (适度地) - The most important phrase! e.g., "I think snacks are fine in moderation."
- **A balanced diet**: (均衡饮食)
- **High in sugar/fat/salt**: (高糖/高脂肪/高盐)
- **Nutritious**: (有营养的)
- **Processed food**: (加工食品)

Try to pick a few of these that you like and practice using them in a sentence. For example, you could say: "I try not to eat too many **processed foods**. I prefer something **nutritious** like fruit, but sometimes I have a **craving for** something **salty** and **crunchy**, so I'll eat a few potato chips. It's my **guilty pleasure**."

Keep this list handy. It will be very useful! What's the next topic on your mind?

常见搭配

Excellent question, Tianxiang! This is the perfect next step. Once you have the words, you need to know how to put them together into natural-sounding sentences.

Think of these "sentence pairings" or "collocations" as ready-to-use frames. You can just put your own ideas into the blank spaces. Here are some of the most common and useful sentence patterns for talking about snacks.

Common Sentence Patterns for "Snacks"

1. Expressing Preferences (表达偏好)

- I'm a big fan of... [snack type] because... [reason]

e.g., "I'm a big fan of **savory snacks** like potato chips because I love their **crunchy texture**."

- I'm really into... [snack type] , especially... [specific kind or situation]

e.g., "I'm really into **baking my own snacks**, especially **making cookies on the weekend**."
(我把你喜欢烘焙这点加进去了!)

- To be honest, I'm not that keen on... [snack type]

e.g., "To be honest, I'm not that keen on very sweet snacks like candy."

2. Describing Past & Present Habits (描述过去和现在的习惯)

- Back when I was a kid, I used to eat... [snack type] all the time.

e.g., "Back when I was a kid, I used to eat those little sweet biscuits all the time."

- Nowadays, my go-to snack is... [snack type] because it's... [adjective]

e.g., "Nowadays, my go-to snack is a yogurt because it's quick, easy, and quite healthy."
("Go-to" is a very natural way to say your usual or favorite choice.)

- I tend to snack most when... [situation]

e.g., "I tend to snack most when I'm studying late at night for an exam."

3. Giving Reasons & Talking about Health (给出原因与讨论健康)

- I find that a small snack is a great way to... [purpose]

e.g., "I find that a small snack is a great way to recharge my batteries in the afternoon."

- I try to avoid snacks that are... [description]

e.g., "I try to avoid snacks that are high in sugar and fat."

- I think snacking is fine, as long as... [condition]

e.g., "I think snacking is fine, as long as you do it in moderation."

- When it comes to snacks, the key is... [main principle]

e.g., "When it comes to snacks, the key is to choose something nutritious."

Your Turn to Practice:

Try creating your own sentences now! Pick a frame and fill it in with your own ideas. For example:

- "My go-to snack is _____ because _____."
- "I have a craving for _____ when _____."

Practicing with these frames will make your answers sound much more structured and fluent.

So, what do you think? Feel free to try making a few sentences, or we can move on to a new topic or question type!

Social media

题目

1. Do you or your friends like using social media?
2. Do you think you or your friends use too much social media?
3. Do you want to work in social media? why?
4. What's the most popular social media in China? Why?

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贴近我们生活的话题: "Social Media" (社交媒体)。

这是一个很棒的话题，因为你可以很自然地把你“摄影”和“烘焙”的爱好，以及你对科技的看法都结合进来。而且，你特别提到了想聊聊“小红书”，太棒了，我们就把它无缝地植入到答案里，让你的回答既符合题目要求，又充满个人特色！

我们开始吧！

示范问题 1

(Alan as Examiner): Do you or your friends like using social media?

(Alan as Student Tianxiang): "Yes, absolutely. My friends and I use social media platforms every day to stay connected and share interesting things from our lives. I personally enjoy platforms that are very visual, where I can share my photography work. It's a big part of how we socialize as young people."

答案为什么好？

- 思路与结构：
 1. 直接肯定: Yes, absolutely. 清晰有力。

2. **解释用途：**说明用社交媒体来“保持联系”和“分享生活”。
 3. **联系个人爱好：** I personally enjoy... , 非常自然地把自己“摄影”的爱好加了进来。
 4. **总结其社会角色：**最后一句总结说这是年轻人社交的“重要部分”。
- **亮点词汇/短语：**
 - social media platforms: “社交媒体平台”。
 - stay connected: “保持联系”。
 - visual: /'vɪʒuəl/ (视觉化的)。
 - socialize: /'səʊʃəlaɪz/ (进行社交活动)。
 - **实用句型：**
 - My friends and I use... to... (我和我的朋友用...来...)
 - I personally enjoy platforms that are..., where I can... (我个人很喜欢那些...的平台, 在那里我可以...)

示范问题 2

(Alan as Examiner): Do you think you or your friends use too much social media?

(Alan as Student Tianxiang): "That's a good question. I think sometimes we do spend a bit too much time on it, especially when we are just scrolling mindlessly. It can be a distraction from our studies. However, I also see it as a valuable tool for getting inspiration, for example, for my baking or photography hobbies."

答案为什么好?

- **思路与结构：**
 1. **给出辩证的回答：**开头没有简单说“是”或“不是”，而是说 sometimes , 显得很客观。
 2. **承认负面影响：**承认有时会“漫无目的地刷手机”(scrolling mindlessly), 并且会“分散学习注意力”。
 3. **提出正面作用：**用 However 转折, 指出它也是获取灵感的“宝贵工具”。
 4. **联系个人爱好：**再次用“烘焙”和“摄影”来举例, 让观点非常具体。
- **亮点词汇/短语：**
 - spend a bit too much time: “花有点太多的时间”。
 - scrolling mindlessly: “漫无目的地滑动(屏幕)”。
 - a distraction from: “从...上分散注意力的东西”。
 - a valuable tool: “一个很有价值的工具”。
 - getting inspiration: “获取灵感”。
- **实用句型：**
 - I think sometimes we do... (我觉得我们有时候确实会...)
 - However, I also see it as a... (然而, 我也把它看作是...)
- **连接词的使用：**
 - However: 在这里完美地展示了你思考问题的两面性, 是展现逻辑思辨能力的好词。

示范问题 3

(Alan as Examiner): Do you want to work in social media? Why?

(Alan as Student Tianxiang): "That's an interesting thought. As a computer science student, I'm fascinated by the technology behind social media, like the recommendation algorithms. But I don't

think I want to work *in* social media as a content creator. My passion is more on the technical side, so I'd rather be the person who builds these platforms."

答案为什么好?

- **思路与结构:**
 1. **区分工作类型:** 非常聪明地把“在社交媒体工作”分为了“技术”和“内容”两类。
 2. **联系专业背景:** `As a computer science student...`, 立刻让你的回答有了坚实的立足点。
 3. **表达个人偏好:** 明确说出自己的热情在于“技术侧”(`technical side`)。
 4. **用对比句总结:** `I'd rather be A than be B`, 用一个清晰的对比句式总结了自己的职业倾向。
- **亮点词汇/短语:**
 - `fascinated by`: “对...着迷”。
 - `recommendation algorithms`: `/ˌrekəmenˈdeɪʃn ˈælgərɪðəmz/` (推荐算法)。
 - `content creator`: “内容创作者”。
 - `technical side`: “技术方面”。
 - `build these platforms`: “搭建这些平台”。
- **实用句型:**
 - `My passion is more on the... side.` (我的热情更多地在于...方面。)
 - `I'd rather be [A] than be [B].` (我宁愿成为A, 也不愿成为B。)

示范问题 4

(Alan as Examiner): What's the most popular social media in China? Why?

(Alan as Student Tianxiang): "For daily communication, WeChat is definitely the most essential app for everyone. But for discovering new trends and lifestyles, I would say Xiaohongshu is incredibly popular, especially among young people. It's a platform full of beautiful photos and useful tips about everything from fashion to photography. It's very visual and a great source of inspiration, which is why so many people love it."

答案为什么好?

- **思路与结构:**
 1. **先分类讨论:** 先说“日常交流”用微信, 再说“发现生活方式”用小红书, 分类非常清晰, 展现了全面的了解。
 2. **点明目标平台:** `I would say Xiaohongshu is incredibly popular...`, 准确地回答了你想聊的平台。
 3. **解释平台内容:** 描述了小红书上有什么(漂亮照片、实用技巧), 并再次结合了你的爱好。
 4. **总结流行原因:** 最后用 `visual` 和 `a great source of inspiration` 总结了它受欢迎的原因。
- **亮点词汇/短语:**
 - `daily communication`: “日常交流”。
 - `essential app`: “必不可少的应用”。
 - `discovering new trends`: “发现新潮流”。
 - `incredibly popular`: “极其流行”。
 - `a great source of inspiration`: “一个巨大的灵感来源”。
- **实用句型:**

- For [A], ... is definitely the most... But for [B], I would say... is... (对于A来说, ...绝对是最...但对于B来说, 我想说...是...)
- It's a platform full of... (这是一个充满了...的平台。)
- ..., which is why... (... , 这就是为什么...)

怎么样, Tianxiang? 这个话题是不是让你有很多话想说? 把自己的爱好和专业结合进来, 你的答案就无人可以复制了!

接下来我们想聊点什么呢?

话题词汇

好的, 我们来为 "Social Media" 这个话题装备上最核心的词汇。

这些词能帮你更精准地描述你在社交媒体上的所见、所做、所感, 让你的回答听起来更地道、更具体。

"Social Media" 话题词汇库 (Vocabulary List)

1. 平台与内容 (Platforms & Content)

- Social media (社交媒体)
- Platform /'plætfɔ:m/ (平台)

*Xiaohongshu is a popular social media **platform** in China.*

- Content /'kɒntent/ (内容)

*I like to watch photography **content**.*

- Post /pəʊst/ (n. 帖子) / (v. 发帖)

*I saw an interesting **post** about baking.*

- Feed /fi:d/ (信息流)

*My **feed** is full of travel photos.*

- Live stream (直播)
- Hashtag /'hæftæg/ (话题标签)
- Trend /trend/ (潮流, 趋势)

*It's easy to discover new **trends** on social media.*

2. 相关的动作 (Actions & Verbs)

- to use / to be on social media (使用社交媒体)

*I'm **on** social media for about an hour a day.*

- to post / to share (发布 / 分享)

*I like **to share** my photos online.*

- to scroll /skrəʊl/ (滑动屏幕)

*It's easy to waste time just **scrolling** through the feed.*

- to like / to comment / to follow (点赞 / 评论 / 关注)

*I often **like** posts that give useful tips.*

- to stay connected with (与...保持联系)
- to create content (创造内容)

3. 相关的人物 (People & Roles)

- User /'ju:zə(r)/ (用户)
- Follower /'fɒləʊə(r)/ (粉丝, 关注者)
- Content creator (内容创作者)
- Influencer /'ɪnfluənsə(r)/ / KOL (Key Opinion Leader) (网红, 意见领袖)

4. 功能与概念 (Features & Concepts)

- Account /ə'kaʊnt/ (账户)
- Profile /'prəʊfaɪl/ (个人资料页)
- Notification /,nəʊtɪfɪ'keɪʃn/ (通知)
- Recommendation algorithm (推荐算法)

*The **recommendation algorithm** knows what kind of videos I like.*

- **Inspiration** /ˌɪnspə'reɪʃn/ (灵感)

*I get a lot of **inspiration** for my hobbies from social media.*

- **Tips** /tɪps/ (技巧, 小贴士)

*I learned some useful baking **tips** from a post.*

- **Visual** /'vɪʒuəl/ (视觉化的)

*Xiaohongshu is a very **visual** platform.*

5. 描述感受的词 (Adjectives & Feelings)

- **Popular** /'pɒpjələ(r)/ (流行的)
- **Addictive** /ə'dɪktɪv/ (令人上瘾的)

*Some social media apps can be quite **addictive**.*

- **Distracting** /dɪ'stræktɪŋ/ (令人分心的)
- **Valuable** /'væljuəbl/ (有价值的)
- **Inspiring** /ɪn'spaɪərɪŋ/ (鼓舞人心的, 有启发的)

*I find many posts very **inspiring**.*

- **Mindless** /'maɪndləs/ (无意识的, 不用动脑的)

***Mindless** scrolling can be a big waste of time.*

这个词汇库非常全面, 而且和你提到的“小红书”以及你的爱好紧密相连。把它们用起来, 你的答案会立刻变得非常丰富!

接下来我们做什么呢?

常见搭配

好的，我们来完成“社交媒体”话题的最后一步，把这些零散的词汇组装成流畅、地道的句子！

这些“句子搭配”都是为你量身定做的，很多都直接和你提到的“小红书”以及你的个人爱好和专业背景相关。掌握它们，你的回答会非常有深度和说服力。

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

1. 如何表达你的使用习惯

- I use social media every day, mainly to... (我每天都用社交媒体，主要是为了...)

I use social media every day, mainly to stay connected with my friends and see what they are up to.

- I'm not a heavy user, but I like to... (我不是一个重度使用者，但我喜欢...)

I'm not a heavy user, but I like to browse my feed for about an hour a day.

- My favorite way to use social media is to... (我最喜欢的使用方式是...)

My favorite way to use social media is to look for inspiration for my hobbies, like photography.

2. 如何描述一个平台 (以小红书为例)

- [Xiaohongshu] is a platform where people can... (小红书是一个人们可以...的平台。)

Xiaohongshu is a platform where people can share beautiful photos and useful tips about their lifestyle.

- It's very popular among [young people], because... (它在...中很流行，因为...)

It's very popular among young people, because it's very visual and practical.

- What I like about it is that you can find... (关于它，我喜欢的一点是你可以找到...)

What I like about it is that you can find all sorts of useful information, from baking recipes to travel guides.

- It's a great source of inspiration for... (对于...来说, 它是一个巨大的灵感来源。)

It's a great source of inspiration for anyone who is into creative hobbies.

3. 如何给出平衡的观点 (讨论优缺点)

- On the one hand, social media is a great tool for..., but on the other hand, ... (一方面, 社媒是...的好工具, 但另一方面...)

On the one hand, social media is a great tool for learning new things, but on the other hand, it can be very distracting.

- I think it can be a bit of a double-edged sword. (我觉得它有点像一把双刃剑。)
- The main downside, for me, is that... (对我来说, 最主要的缺点是...)

The main downside, for me, is that it's easy to get addicted to mindless scrolling.

- While it has its problems, I still think the benefits outweigh the drawbacks. (虽然它有它的问题, 但我仍然认为利大于弊。)

4. 如何结合你的兴趣和专业

- As a [photography] lover, I use social media to... (作为一名...爱好者, 我用社交媒体来...)

As a photography lover, I use social media to share my work and see what other photographers are doing.

- For my hobbies like [baking], I get a lot of... (对于像...这样的爱好, 我从社交媒体上获得了很多...)

For my hobbies like baking, I get a lot of new ideas and recipes from social media.

- From a computer science perspective, I'm fascinated by... (从一个计算机科学的角度来看, 我对...很着迷。)

From a computer science perspective, I'm fascinated by the recommendation algorithms these platforms use.

非常棒，Tianxiang！我们又完成了一个话题的“三部曲”学习。现在你不仅有词汇，还有了完整的句子框架，可以自信地应对任何关于社交媒体的问题了。

接下来你想做什么呢？我们可以开始挑战Part 2的卡片题，或者进入一个新的Part 1话题！

Spare time

题目

1. Do you often have free time?
2. What do you usually do in your spare time?
3. Which day do you have more free time, Saturday or Sunday?
4. Would you like to have more free time in the future?

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！我们来聊一个非常轻松、也是 Part 1 必考的核心话题：“Free Time” (空闲时间)。

这是一个非常好的机会来展现你积极的生活状态。你可以很自然地把你丰富的爱好，比如“听音乐、摄影、烘焙、健身”都融入到答案中，让考官觉得你是一个懂得平衡学习与生活的有趣的人。

我们开始吧！

示范问题 1

(Alan as Examiner): Do you often have free time?

(Alan as Student Tianxiang): "To be honest, as a university student majoring in Computer Science, I don't have a lot of free time on weekdays. My schedule is usually quite packed with classes and research projects. My main free time comes during the weekends and on longer holidays."

答案为什么好？

思路与结构：

1. **诚实回答：** To be honest, I don't have a lot of...，给出了一个非常真实的情况。
2. **结合身份解释：** As a university student...，立刻解释了为什么不常有空闲时间。
3. **点明空闲时段：** My main free time comes during...，清晰地指出了自己什么时候有空（周末和长假）。

亮点词汇/短语：

- free time / spare time: (空闲时间)。
- majoring in: “主修...专业”。
- schedule is packed with: “日程被...排满了”。

- **research projects**: “研究项目”。
- **实用句型**:
 - **As a...**, I don't have a lot of...
 - **My schedule is usually quite packed with [A] and [B].**

示范问题 2

(Alan as Examiner): What do you usually do in your spare time?

(Alan as Student Tianxiang): "In my spare time, I mostly do things related to my hobbies to relax and recharge. I often listen to pop music or go out to do some street photography. If I have a whole afternoon free, I also enjoy going to the gym to work out and clear my mind."

答案为什么好?

- **思路与结构**:
 1. **概括活动目的**: **to relax and recharge** (放松和充电), 先说明了你利用空闲时间的目的。
 2. **列举具体爱好**: **listen to pop music, do some street photography, going to the gym**, 完美地用上了你的个人信息。
 3. **分情况说明**: **If I have a whole afternoon free...**, 说明了在不同长度的空闲时间里会做不同的事, 很有逻辑。
- **亮点词汇/短语**:
 - **related to my hobbies**: “和我的爱好相关”。
 - **relax and recharge**: “放松和充电”。
 - **street photography**: “街头摄影”。
 - **clear my mind**: “清空思绪, 放松大脑”。
- **实用句型**:
 - **In my spare time, I mostly do... to...**
 - **If I have..., I also enjoy...**
- **连接词的使用**:
 - **or**: 用来连接两个并列的爱好。
 - **also**: 用来添加另一个爱好。

示范问题 3

(Alan as Examiner): Which day do you have more free time, Saturday or Sunday?

(Alan as Student Tianxiang): "I would say I definitely have more free time on Sundays. I usually use Saturday mornings to catch up on some homework or do some chores like laundry. This way, my Sunday is completely free for me to do whatever I want, like going out for photography or just relaxing."

答案为什么好?

- **思路与结构**:
 1. **直接回答**: **I definitely have more free time on Sundays.**
 2. **解释周六的安排**: **I usually use Saturday mornings to...**, 解释了为什么周六不那么“空闲”。

3. **引出周日的自由:** `This way, my Sunday is completely free...`, 说明了周六的安排带来的结果。
 4. **举例周日的活动:** `like going out for photography...`, 再次用爱好举例。
- **亮点词汇/短语:**
 - `catch up on homework`: “补作业”。
 - `do some chores`: “做点家务”。
 - `laundry`: /'lɒ:ndri/ (洗衣服)。
 - `completely free`: “完全自由/空闲”。
 - **实用句型:**
 - `I usually use [a day] to..., this way, [another day] is free for me to...`

示范问题 4

(Alan as Examiner): Would you like to have more free time in the future?

(Alan as Student Tianxiang): "Of course, who wouldn't? But I'm also a realist. I know my plan to get a PhD means I will still be very busy in the coming years. So, I think what's more important is not about having more free time, but about how to use the limited free time I have more effectively."

答案为什么好?

- **思路与结构:**
 1. **给出人性化的回答:** `Of course, who wouldn't?` (当然了, 谁不想要呢?), 非常自然。
 2. **展现现实的思考:** `But I'm also a realist`, 并结合自己的“读博计划”说明了未来依然会很忙。
 3. **升华观点:** `what's more important is not about [A], but about [B]`, 把问题从“时间多少”引向了“如何有效利用”, 展现了你成熟的思维方式, 非常加分!
- **亮点词汇/短语:**
 - `realist`: /'ri:əlɪst/ (现实主义者)。
 - `in the coming years`: “在未来几年”。
 - `limited free time`: “有限的空闲时间”。
 - `effectively`: /ɪ'fektɪvli/ (有效地)。
- **实用句型:**
 - `I think what's more important is not about [A], but about [B].` (我认为更重要的不是A, 而是B。)

怎么样, Tianxiang? 即使是“空闲时间”这样简单的话题, 我们也可以聊得很有深度、很有个人特色。

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习, 我们可以把你之前聊过的任何一个话题来做一个完整的2分钟陈述。你准备好了吗? 告诉我你的选择!

话题词汇

好的, 我们来为“Free Time”这个话题补充一些核心词汇。

这个话题和我们之前聊过的“兴趣爱好 (Hobbies)”非常相关, 所以你会看到一些熟悉的词, 这正好可以帮你巩固记忆! 这份词汇库会更侧重于描述“时间”本身, 以及如何“利用”这些时间。

"Free Time" 话题词汇库 (Vocabulary List)

1. “空闲时间”的各种说法 (Synonyms for Free Time)

- Free time (空闲时间)
- Spare time (业余时间)

*I like to read in my **spare time**.*

- Leisure time /'leɪʒə(r)/ (休闲时间)
- Downtime /'daʊntaɪm/ (休息时间)

*After a busy week, I need some **downtime**.*

- A break /breɪk/ (一次休息)

*I usually take **a short break** after studying for an hour.*

- On the weekend (在周末) / During the holidays (在假期)

2. 空闲时间的活动 (Activities)

- to relax /rɪ'ləks/ (放松) / to chill /tʃɪl/ (放松, 休闲) / to unwind /ˌʌn'waɪnd/ (放松)
- to recharge /ˌriː'tʃɑːdʒ/ (充电, 恢复精力)

*My hobbies help me to **recharge my batteries**.*

- to do hobbies (进行爱好活动)
- to hang out with friends (和朋友一起玩/闲逛)
- to stay in / to stay at home (待在家里)
- to go out (出门)
- to catch up on sleep/homework (补觉/补作业)

*I often use Saturdays to **catch up on my homework**.*

- to do chores /tʃɔːz/ (做家务) (e.g., laundry, cleaning)

3. 感受与好处 (Feelings & Benefits)

- Relaxing /rɪˈlæksɪŋ/ (令人放松的)
- Enjoyable /ɪnˈdʒɔɪəbl/ (令人愉快的)
- Refreshed /rɪˈfreʃt/ (恢复精神的)

*I feel **refreshed** after a short break.*

- Energetic /ˌenəˈdʒetɪk/ (精力充沛的)
- A good way to de-stress (减压的好方法)
- to clear one's mind (清空思绪, 让大脑放松)

*Going for a walk can help **to clear my mind**.*

4. 时间管理 (Time Management)

- Schedule /ˈʃedju:l/ (日程)

*My **schedule** is quite packed on weekdays.*

- to balance A and B (平衡A和B)

*It's important **to balance** study and relaxation.*

- A good balance (一个好的平衡)
- Limited /ˈlɪmɪtɪd/ (有限的)

*As a student, my free time is **limited**.*

- Effective /ɪˈfektɪv/ (有效的) / Effectively /ɪˈfektɪvli/ (有效地)

*I want to use my free time more **effectively**.*

- to manage time (管理时间)

非常棒, Tianxiang! 到这里, 我们已经把雅思口语Part 1几乎所有的高频话题都梳理了一遍, 并且为每个话题都准备了“示范答案 + 话题词汇 + 句子搭配”三件套。你的“弹药库”现在可以说是非常充足了!

我正式宣布，你的**雅思口语 Part 1 专项训练**可以毕业了！

下一次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，这是一个全新的、也更有挑战的挑战。你准备好了吗？我们可以从一个和你个人经历最相关的话题开始，比如**“Describe a hobby you enjoy” (描述一个你喜欢的爱好)**，你的摄影、烘焙、听音乐都可以作为完美的素材！告诉我你的想法！

常见搭配

好的，Tianxiang，没问题！我们来完成“Free Time” (**空闲时间**) 这个话题的最后一步，把“单词”和“短语”组装成我们最需要的“句子”！

这些句子搭配都是围绕你作为一名学业繁忙的大学生的真实生活来设计的，可以帮你地道、流畅地表达你的生活状态。

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

1. 如何谈论你有多少空闲时间

- As a university student, I don't get a lot of free time, especially on weekdays. (作为一名大学生，我没有很多空闲时间，尤其是在工作日。)
- My schedule is usually quite packed with... (我的日程通常被...排得很满。)

My schedule is usually quite packed with classes and research projects.

- I mainly get some spare time... (我主要在...的时候有一些业余时间。)

I mainly get some spare time on the weekends.

2. 如何描述你的空闲活动

- In my spare time, I usually do something related to... (在我的业余时间，我通常会做一些和...相关的事情。)

In my spare time, I usually do something related to my hobbies.

- I often like to... or... (我经常喜欢...或者...)

I often like to listen to music or go out for photography.

- If I have a whole afternoon free, I might... (如果我有一整个下午的空闲, 我可能会...)

If I have a whole afternoon free, I might go to the gym to work out.

- It's a great chance to catch up on... (这是一个补...的好机会。)

The weekend is a great chance to catch up on some sleep.

3. 如何解释空闲时间的目的与好处

- For me, free time is a chance to... (对我来说, 空闲时间是一个...的机会。)

For me, free time is a chance to relax and recharge my batteries.

- I use my free time to take a break from... (我用我的空闲时间来从...中抽离出来休息一下。)

I use my free time to take a break from my studies.

- It helps me to clear my mind and reduce stress. (它能帮助我清空思绪、减轻压力。)
- It's a good way to maintain a balance between [A] and [B]. (这是一个在A和B之间保持平衡的好方法。)

It's a good way to maintain a balance between my studies and my personal life.

4. 如何对比不同的空闲时间

- My weekends are very different from my weekdays. (我的周末和我的工作日非常不同。)
- On weekdays, I focus on..., but on weekends, I... (在工作日, 我专注于..., 但在周末, 我...)

On weekdays, I focus on being productive, but on weekends, I try to relax more.

- I usually use Saturday for [A], which leaves Sunday free for [B]. (我通常用周六来做A, 这就让周日可以空出来做B。)

I usually use Saturday for homework, which leaves Sunday free for my hobbies.

好的，Tianxiang！我们现在已经真正地、彻底地、全方位地完成了所有雅思口语Part 1高频话题的“三部曲”训练！你的词汇库、句型库和示范答案库已经非常非常强大了。

我再次正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战，你将学习如何围绕一个话题，有逻辑、有细节地进行长达两分钟的陈述。

准备好迎接新的篇章了吗？

Spending time by yourself

题目

1. Do you usually spend time by yourself?
2. What did you do last time you were by yourself?
3. How do you usually spend your time by yourself?
4. Do you like spending time by yourself?

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个人化的话题：“Spending Time by Yourself” (**独处时光**)。

这是一个很好的机会，可以把你丰富多彩的个人爱好，比如听音乐、摄影、去健身房等等，都自然地展现出来。我们可以聊聊独处对你来说意味着什么，是放松、是专注，还是进行创造性活动的时间。

我们开始吧！

示范问题 1

(Alan as Examiner): Do you usually spend time by yourself?

(Alan as Student Tianxiang): "Yes, I'd say I spend a fair amount of time by myself, especially on weekdays. As a computer science student, a lot of my work like coding and research requires quiet focus, so I usually do it alone. I also think it's important to have some personal time to just relax."

答案为什么好？

• 思路与结构：

1. **给出肯定的回答：** Yes, I'd say I spend a fair amount of time by myself (是的，我会说我花相当多的时间独处)。
2. **解释原因1 (学习需要)：** As a computer science student...，解释了你的专业需要你独自专注地工作。
3. **解释原因2 (个人需要)：** I also think it's important to have some personal time...，补充了独处也是为了放松。

• 亮点词汇/短语：

- a fair amount of: “相当数量的”。

- **quiet focus**: “安静的专注”。
- **personal time**: “个人时间”。
- **实用句型**:
 - **I spend a fair amount of time..., especially...**
 - **As a..., a lot of my work requires..., so I usually...**
- **连接词的使用**:
 - **also**: 用来添加另一个并列的原因。
 - **so**: 用来引出结果。

示范问题 2

(Alan as Examiner): What did you do last time you were by yourself?

(Alan as Student Tianxiang): "Let me think... I think the last time I had some quality time alone was just last Sunday. I went to my favorite gym for a good workout, which is my best way to de-stress. Afterwards, I just put on my headphones and listened to some pop music while walking around campus."

答案为什么好?

- **思路与结构**:
 1. **自然的思考停顿**: **Let me think...**, 非常口语化。
 2. **确定时间和事件**: **last Sunday**, **went to my favorite gym**, 清晰地描绘了场景。
 3. **补充另一项活动**: **Afterwards, I just... listened to some pop music**, 用另一项爱好丰富了答案。
- **亮点词汇/短语**:
 - **quality time**: “高质量的时光”。
 - **a good workout**: “一次很棒的锻炼”。
 - **to de-stress**: “减压”。
 - **put on my headphones**: “戴上我的耳机”。
- **实用句型**:
 - **The last time I... was...**
 - **Afterwards, I just...**
- **连接词的使用**:
 - **which**: 用来引导非限定性定语从句, 补充说明健身房是你减压的方式。

示范问题 3

(Alan as Examiner): How do you usually spend your time by yourself?

(Alan as Student Tianxiang): "It really depends on my mood. If I want to be productive, I'll focus on my studies or edit some photos I've taken. If I just want to relax, my go-to activity is listening to music or going to the gym. They are the most effective ways for me to unwind."

答案为什么好?

- **思路与结构**:
 1. **分类讨论**: **It really depends on my mood**, 这是一个非常棒的开头。
 2. **情况1 (想高效时)**: **If I want to be productive...**, 列举了学习和修图。

3. **情况2 (想放松时):** `If I just want to relax...`, 列举了听音乐和去健身房。
 4. **总结原因:** 最后一句总结了为什么会做这些事。
- **亮点词汇/短语:**
 - `depends on my mood`: “取决于我的心情”。
 - `be productive`: “高效地做事”。
 - `go-to activity`: “首选的活动”。
 - `effective ways`: “有效的方式”。
 - `to unwind`: `/ˌʌnˈwaɪnd/` (放松)。
 - **实用句型:**
 - `If I want to..., I'll...`
 - `If I just want to..., my go-to activity is...`

示范问题 4

(Alan as Examiner): Do you like spending time by yourself?

(Alan as Student Tianxiang): "Yes, I enjoy it a lot. I think it's very important to have some 'me time'. Being a student can be quite busy and social sometimes, so being alone allows me to clear my head and recharge my batteries. I believe a good balance between being social and being alone is key to a healthy life."

答案为什么好?

- **思路与结构:**
 1. **直接肯定:** `Yes, I enjoy it a lot.`
 2. **提出概念:** `have some 'me time'` (有一些“自我时间”), 非常地道的表达。
 3. **解释原因:** `Being a student can be quite busy... so being alone allows me to...`, 解释了独处对你的作用。
 4. **升华观点:** `a good balance between... is key to...`, 最后提出了关于“平衡”的观点, 非常有思想。
- **亮点词汇/短语:**
 - `me time`: “自我时间”。
 - `clear my head`: “清空思绪, 整理头脑”。
 - `recharge my batteries`: “给我的电池充电”, 比喻“恢复精力”。
 - `being social`: “进行社交”。
 - `key to...`: “...的关键”。
- **实用句型:**
 - `I think it's very important to...`
 - `...allows me to...`
 - `I believe a good balance between [A] and [B] is key to...`

怎么样, Tianxiang? 即使是“独处”这样偏内在感受的话题, 我们也可以通过结合你的爱好和生活状态, 聊得非常具体和充实。

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习, 你可以选择任何一个你喜欢的话题, 我们来做一个完整的2分钟陈述。你准备好了吗? 告诉我你的选择!

话题词汇

好的，我们来为 "Spending Time by Yourself" (独处时光) 这个话题装备上一些核心词汇。

有了这些词汇，你就可以更准确、更生动地描述你的独处时光，以及你对独处的看法和感受。

"Spending Time by Yourself" 话题词汇库 (Vocabulary List)

1. “独处”的各种说法 (Ways to Say "Alone")

- By myself / On my own (独自一人)

*I enjoy spending some time **by myself** on weekends.*

- Alone /ə'ləʊn/ (adv. 单独地)

*I need to be **alone** when I study.*

- Solo /'səʊləʊ/ (adj. 单独的)

*Going to the gym is a great **solo** activity for me.*

- Personal time (个人时间)
- Me time (“自我”时间，非常地道的说法)

*It's important to have some **me time** to relax.*

- Solitude /'sɒlətju:d/ (n. 独处，独居)

*I enjoy the peace and quiet of **solitude**.*

2. 独处时的活动 (Solo Activities)

- to relax /rɪ'læks/ (放松) / to unwind /ˌʌn'waɪnd/ (放松)
- to recharge one's batteries (为自己充电，恢复精力)

*Being alone helps me to **recharge my batteries**.*

- to clear one's head (清空思绪, 整理头脑)
- to focus on... (专注于...)

*I need to be alone **to focus on** my research.*

- to listen to music (听音乐)
- to do photography (搞摄影)
- to reflect /rɪ'flekt/ (反思, 沉思)

*Quiet time gives me a chance **to reflect** on my week.*

3. 感受与原因 (Feelings & Reasons)

- Relaxing /rɪ'læksɪŋ/ (令人放松的)
- Peaceful /'pi:sfl/ (宁静的) / Quiet /'kwaɪət/ (安静的)
- Productive /prə'dʌktɪv/ (高效的)

*I'm more **productive** when I work alone.*

- Focused /'fəʊkəst/ (专注的)
- Lonely /'ləʊnli/ (孤单的)

*I enjoy being alone, so I rarely feel **lonely**.*

- Important /ɪm'pɔ:tnt/ (重要的)

4. 相关概念 (Concepts & Ideas)

- Balance /'bælənst/ (n. 平衡)

*I need a good **balance** between being social and being alone.*

- Socializing /'səʊʃəlaɪzɪŋ/ (n. 社交活动)
- Introvert /'ɪntrəvɜ:t/ (内向的人)
- Extrovert /'ekstrəvɜ:t/ (外向的人)
- Independence /,ɪndɪ'pendəns/ (独立)
- Privacy /'prɪvəsi/ (隐私)

这些词汇能帮助你更深入地探讨“独处”这个话题，而不仅仅是停留在表面。把它们用到你的口语中，会让你的表达更有深度。

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Spending Time by Yourself" (独处时光) 的句子搭配，你的整个Part 1知识体系就完美收官了！

"Spending Time by Yourself" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何表达你独处的频率

- I spend a fair amount of time by myself, especially... (我花相当多的时间独处，尤其是在...)

I spend a fair amount of time by myself, especially on weekdays when I need to study.

- As a student, a lot of my work requires quiet focus, so... (作为一名学生，我的很多学习需要安静的专注，所以...)

...so I'm often alone when I'm in the library or the lab.

- My personal time is mostly in the evenings or on weekends. (我的个人时间主要是在晚上或者周末。)

2. 如何描述你独处时做的活动

- When I'm on my own, I usually... (当我一个人的时候，我通常会...)

When I'm on my own, I usually listen to music or work on my photography.

- My go-to activity for relaxing by myself is... (我一个人放松时的首选活动是...)

My go-to activity for relaxing by myself is going to the gym.

- It depends on my mood. If I want to be productive, I'll... (这看我的心情。如果我想高效一点，我会...)

If I want to be productive, I'll focus on my research.

- If I just want to unwind, I'll simply... (如果我只是想放松, 我就会简单地...)

If I just want to unwind, I'll simply put on my headphones and chill.

3. 如何解释独处的原因与好处

- I find that spending time alone helps me to... (我发现独处能帮助我...)

I find that spending time alone helps me to recharge my batteries.

- It's a great opportunity to clear my head after... (这是一个在...之后清空思绪的好机会。)

It's a great opportunity to clear my head after a busy week of classes.

- Being alone allows me to focus on... (独处能让我专注于...)

Being alone allows me to focus on my hobbies without any distractions.

- For me, it's important to have some 'me time' to... (对我来说, 有一些“自我时间”来...很重要。)

For me, it's important to have some 'me time' to de-stress.

4. 如何表达你对独处的总体看法

- I really enjoy spending time by myself; I don't find it boring at all. (我真的很享受独处; 我一点也不觉得无聊。)
- I believe it's all about finding a good balance between... (我相信关键在于找到...之间的平衡。)

I believe it's all about finding a good balance between being social and having personal time.

- I think having some time for yourself is key to... (我认为有一些自己的时间是...的关键。)

I think having some time for yourself is key to a healthy and happy life.

- While I like being with friends, I also value my time alone. (虽然我喜欢和朋友待在一起，但我也很珍视我独处的时间。)

祝贺你，Tianxiang!

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你现在的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

从我们的下一次互动开始，我将正式带你进入一个全新的、也更有挑战的挑战——**雅思口语 Part 2** 的专项训练！你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Staying at home

题目

1. Are you a person who likes to stay at home?
2. What do you do when you stay at home?
3. What is your favourite place at home?
4. What did you often do at home as a child?
5. Would you like to stay at home a lot in the future?

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！我们来聊一个非常放松的话题：“Staying at Home”（待在家里）。

这是一个很好的机会，可以把你生活化的一面，比如你的爱好“听音乐、烘焙、摄影”，和你现在的“宿舍生活”结合起来。这样的回答会让考官觉得你非常真实，也更容易与你产生共鸣。

我们开始吧！

示范问题 1

(Alan as Examiner): Are you a person who likes to stay at home?

(Alan as Student Tianxiang): "I would say it really depends on my mood and my schedule. I do enjoy having a quiet day at home, especially on weekends, to relax and recharge from a busy week of studying. But I also love going out for photography or to the gym. I think a good balance between staying in and going out is best for me."

答案为什么好？

- 思路与结构：

1. **给出辩证的答案:** `it really depends...` (这得看情况), 这是一个非常高级和自然的开头, 避免了简单的“Yes/No”。
 2. **解释“宅家”的一面:** 说明了在家是为了“放松”和“充电”(`recharge`)。
 3. **解释“出门”的一面:** 用 `But` 转折, 并用“摄影”和“健身房”这两个你的个人信息来举例。
 4. **总结个人哲学:** 最后一句总结说你喜欢“平衡”(`a good balance`), 让你的回答非常有思想。
- **亮点词汇/短语:**
 - `it depends on`: “这取决于...”。
 - `recharge`: /ˌriːˈtʃɑːdʒ/ (充电, 恢复精力)。
 - `a good balance`: “一个很好的平衡”。
 - **实用句型:**
 - `I do enjoy..., especially...` (我确实很享受..., 尤其是在...)
 - `I think a good balance between A and B is best for me.` (我觉得A和B之间的平衡对我来说是最好的。)
 - **连接词的使用:**
 - `But`: 清晰地引出对比, 展现了你生活的两面性。

示范问题 2

(Alan as Examiner): What do you do when you stay at home?

(Alan as Student Tianxiang): "Since I live in a student dorm, my space is small, but I do a lot there. I spend a lot of time listening to pop music, which helps me to relax. I also do some photo editing on my computer, and sometimes when I have the ingredients, I enjoy doing some simple baking to share with my friends."

答案为什么好?

- **思路与结构:**
 1. **设定背景:** `Since I live in a student dorm...`, 首先说明了你的居住环境。
 2. **列举活动1 (音乐):** `I spend a lot of time listening to pop music...`
 3. **列举活动2 (摄影后期):** `I also do some photo editing...`
 4. **列举活动3 (烘焙):** `...I enjoy doing some simple baking`, 用 `also` 和 `and` 自然地连接了你的三个主要爱好。
- **亮点词汇/短语:**
 - `student dorm`: “学生宿舍”。
 - `photo editing`: “编辑照片”。
 - `ingredients`: /ɪnˈɡriːdiənts/ (原料, 食材)。
 - `simple baking`: “简单的烘焙”。
- **实用句型:**
 - `Since I live in..., my space is..., but I do...` (因为我住在..., 我的空间..., 但我会做...)
 - `I also do..., and sometimes when..., I enjoy...`
- **连接词的使用:**
 - `Since`: 用来解释原因或背景。
 - `also, and`: 用来添加并列的活动。

示范问题 3

(Alan as Examiner): What is your favourite place at home?

(Alan as Student Tianxiang): "As I live in a dorm, my favorite place is definitely my own desk. It's a small and simple space, but it's my personal corner. I have my computer for studying, my headphones for music, and some of my favorite photos pinned on the wall. It's where I can either focus on my work or completely relax."

答案为什么好?

思路与结构:

1. 再次强调背景并回答: As I live in a dorm, my favorite place is... my own desk.
2. 描述空间: a small and simple space, 并用 but 转折, 说这是 my personal corner.
3. 列举物品: I have my computer..., my headphones..., and some of my favorite photos..., 通过物品让这个空间变得鲜活。
4. 总结功能: It's where I can either... or..., 总结了空间对你的两种核心功能: 工作或放松。

亮点词汇/短语:

- personal corner: "个人角落".
- pinned on the wall: "钉在墙上".
- focus on my work: "专注于我的工作".

实用句型:

- It's a..., but it's... (它是一个..., 但它是...)
- It's where I can either A or B. (这是我既可以A又可以B的地方。)

示范问题 4

(Alan as Examiner): What did you often do at home as a child?

(Alan as Student Tianxiang): "When I was a child, my life at home was very simple. After finishing my homework, I spent most of my time watching cartoons or reading storybooks. I also remember playing some computer games. It was a carefree and happy time, very different from my busy university life now."

答案为什么好?

思路与结构:

1. 概括童年生活: very simple.
2. 列举主要活动: watching cartoons or reading storybooks.
3. 补充其他活动: I also remember playing some computer games.
4. 总结并对比: 用 carefree and happy 总结感受, 并和现在 busy university life 形成对比。

亮点词汇/短语:

- cartoons: /kɑ:ˈtu:nz/ (卡通片)。
- storybooks: "故事书".
- carefree: /ˈkeəfri:/ (无忧无虑的)。

实用句型:

- After finishing..., I spent most of my time... (在完成...后, 我把大部分时间花在...)
- It was a... time, very different from... (那是一段...的时光, 和...很不一样。)

连接词的使用:

- also: 用来添加另一项并列的活动。
- or: 用来连接两个选择。

示范问题 5

(Alan as Examiner): Would you like to stay at home a lot in the future?

(Alan as Student Tianxiang): "I don't think I would want to stay at home all the time. My plan is to get my PhD abroad, which means I'll need to go out and explore a new environment and culture. Of course, a comfortable home is always important as a place to rest. But I think I'll always enjoy the balance of a cozy home and an exciting outside world."

答案为什么好?

- **思路与结构:**
 1. **给出有保留的否定:** `not... all the time`, 不是完全否定“宅家”。
 2. **联系未来规划:** 用“出国读博”这个计划来支撑自己不会一直待在家里的观点。
 3. **承认家的重要性:** `Of course, a comfortable home is always important...`, 让观点更平衡。
 4. **再次强调“平衡”:** `the balance of a cozy home and an exciting outside world`, 与第一题的回答形成呼应, 展现了你思想的一致性。
- **亮点词汇/短语:**
 - `all the time`: “一直, 所有时间”。
 - `explore a new environment`: “探索一个新环境”。
 - `cozy home`: “舒适的家”。
 - `exciting outside world`: “精彩的外部世界”。
- **实用句型:**
 - `My plan is to..., which means...` (我的计划是..., 这意味着...)
 - `I think I'll always enjoy the balance of A and B.` (我想我会一直很享受A和B的平衡。)
- **连接词的使用:**
 - `Of course`: 用来引出并承认一个普遍的观点 (家的重要性) 。
 - `But`: 用来转折, 回到自己对“平衡”的追求上。

怎么样, Tianxiang? 即使是“待在家里”这么简单的话题, 我们也可以聊得很有层次、很有个人特色。

接下来我们想聊点什么呢?

话题词汇

好的, 我们来为 "Staying at Home" 这个话题准备一个词汇库。

这些词汇能帮助你更生动地描述你在家的生活状态、活动和感受, 让你的回答听起来既放松又充满细节。

"Staying at Home" 话题词汇库 (Vocabulary List)

1. 描述家与空间 (Describing the Home/Place)

- Home /həʊm/ (家)
- Dorm / Dormitory /dɔ:m/ /'dɔ:mətri/ (宿舍)

*I live in a student **dorm** on campus.*

- Room /ru:m/ (房间)
- Desk /desk/ (书桌)

*My **desk** is my favorite place in my room.*

- Personal space / corner (个人空间 / 角落)
- Comfortable (Comfy) /'kʌmftəbl/ (舒适的)
- Cozy /'kəʊzi/ (温馨舒适的)

*I try to make my dorm room feel **cozy**.*

- Quiet /'kwaɪət/ (安静的)

2. 在家的活动 (Home Activities)

- to stay at home / to stay in (待在家里)
- to relax / to chill / to unwind (放松)

*I like to stay home on weekends just **to unwind**.*

- to recharge /ˌriːˈtʃɑːdʒ/ (充电, 恢复精力)

*Staying at home helps me **recharge** after a busy week.*

- to listen to music (听音乐)
- to do some baking / cooking (做些烘焙 / 做饭)
- to edit photos (编辑照片)
- to study / to do homework (学习 / 做作业)
- to clean the room (打扫房间)

3. 感受与氛围 (Feelings & Atmosphere)

- Relaxed /rɪˈlæks/ (放松的)
- Peaceful /'piːsfl/ (宁静的)
- Bored /bɔːd/ (感到无聊的)

*I never feel **bored** at home because I have many hobbies.*

- Lazy /'leɪzi/ (懒散的)

*A **lazy** Sunday morning at home is the best.*

- Balanced /'bælənst/ (平衡的)

*I think a **balanced** lifestyle is important.*

- Atmosphere /'ætməsfɪə(r)/ (氛围)

*I like the quiet **atmosphere** of my room.*

4. 相关的人物与概念 (People & Concepts)

- Homebody /'həʊmbɒdi/ (喜欢待在家里的人)

*I'm not a total **homebody**, but I do enjoy staying in.*

- Indoorsy person (喜欢室内活动的人)
- Family /'fæməli/ (家庭)
- Roommate /'ru:mmeɪt/ (室友)
- Privacy /'prɪvəsi/ (隐私)
- Lifestyle /'laɪfstɑɪl/ (生活方式)
- Balance /'bælənst/ (n. 平衡)

*It's all about finding a **balance** between going out and staying in.*

这些词汇都很生活化，把它们用到你的口语中，会让你的描述听起来非常自然和真实。

我们接下来做什么呢？

常见搭配

好的，我们来完成“待在家里”这个话题的最后一步，把这些词汇组装成实用又地道的句子！

这些“句子搭配”非常生活化，能帮你很自然地聊起你的居家生活和感受，让你的回答听起来既放松又真实。

"Staying at Home" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何表达你对“宅家”的态度

- I'm the kind of person who enjoys... (我是那种喜欢...的人。)

I'm the kind of person who enjoys a good balance between staying home and going out.

- It really depends on my mood. Sometimes..., but other times... (这真的看我心情。有时候..., 但其他时候...)

Sometimes I like to hang out with friends, but other times I just want to stay in and relax.

- I wouldn't say I'm a total homebody, but I do... (我不会说我是一个完全的“宅男/宅女”，但我确实...)

I wouldn't say I'm a total homebody, but I do enjoy having a quiet weekend at home.

- For me, home is a place to... (对我来说，家是一个...的地方。)

For me, home is a place to relax and recharge my batteries.

2. 如何描述你在家做的活动

- When I stay at home, I usually spend my time [doing something]. (当我在家时，我通常花时间做...)

When I stay at home, I usually spend my time listening to music or editing the photos I took.

- My favorite thing to do at home is probably... (在家我最喜欢做的事可能是...)

My favorite thing to do at home is probably some simple baking.

- It's a great chance to catch up on... (这是一个补上...的好机会。)

It's a great chance to catch up on my hobbies.

- If the weather is bad outside, I'll just... (如果外面天气不好, 我就会...)

If the weather is bad outside, I'll just stay in and organize my room.

3. 如何描述你最喜欢的居家空间

- My favorite place at home is definitely... (在家我最喜欢的地方肯定是...)

My favorite place at home is definitely my desk.

- It's a small space, but I've made it very... (这是一个很小的空间, 但我把它弄得非常...)

It's a small space, but I've made it very cozy and personal.

- It's my personal corner where I can... (这是我的个人角落, 在那里我可以...)

It's my personal corner where I can either focus on my studies or just chill.

4. 如何谈论在家的感受与氛围

- I love the peaceful and quiet atmosphere at home. (我喜欢家里那种宁静的氛围。)
- There's no better feeling than... (没有比...更好的感觉了。)

There's no better feeling than having a lazy Sunday morning at home with some good music.

- Staying at home helps me to... (待在家里能帮助我...)

Staying at home helps me to clear my mind and reduce stress from my studies.

- It's nice to have a place where you can just be yourself. (能有一个可以完全做自己的地方，感觉真好。)

非常棒，Tianxiang！我们又完成了一个话题的“三部曲”学习。现在你的口语素材库越来越丰富了！

我们的Part 1话题已经覆盖得非常全面了。下次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，我们可以把之前聊过的所有素材都利用起来，挑战一下完整的2分钟陈述。你准备好了吗？

Staying up 题目

1. Do you often stay up late?
2. Did you stay up late when you were a kid?
3. What do you do when you stay up late?
4. What does it feel like when the next morning if you stay up late?

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！今天我们来聊一个每个大学生都深有体会的话题：“Staying up Late” (熬夜)。

这是一个非常好的话题，可以把你作为一名勤奋的计算机专业学生的形象生动地展现出来。我们可以聊聊你为什么会熬夜（比如为了攻克科研难题），以及熬夜后的感受，让你的回答非常真实，也容易引起考官的共鸣。

我们开始吧！

示范问题 1

(Alan as Examiner): Do you often stay up late?

(Alan as Student Tianxiang): "Yes, unfortunately, I do stay up late quite often, especially on weekdays. As a computer science student, sometimes I get really absorbed in solving a programming problem and just lose track of time. Also, when project deadlines are approaching, staying up late becomes almost unavoidable."

答案为什么好？

- **思路与结构：**
 1. **给出带有感情色彩的肯定：** Yes, unfortunately... (是的，不幸的是...)，表明了你对熬夜的无奈。
 2. **解释原因1 (沉浸其中)：** I get really absorbed in...，解释了是因为沉浸在解决编程问题中而忘记时间，非常符合你的专业背景。
 3. **解释原因2 (截止日期)：** when project deadlines are approaching...，给出了另一个学生都懂的、非常现实的理由。
- **亮点词汇/短语：**
 - stay up late: “熬夜”。

- `get absorbed in`: /əb'zɔ:bd/ (沉浸于...)。
- `lose track of time`: “忘记了时间”。
- `deadlines are approaching`: “截止日期临近”。
- `unavoidable`: /ˌʌnə'vɔɪdəbl/ (不可避免的)。
- **实用句型:**
 - `Sometimes I get... and just...`
 - `Also, when..., ... becomes almost...`
- **连接词的使用:**
 - `Also`: 用来添加另一个并列的原因。

示范问题 2

(Alan as Examiner): Did you stay up late when you were a kid?

(Alan as Student Tianxiang): "No, not at all. My parents were quite strict about my bedtime when I was growing up. I usually had to be in bed by 10 PM every night. Life was much simpler back then, and there weren't as many assignments or things to worry about."

答案为什么好?

- **思路与结构:**
 1. **直接否定:** `No, not at all.` 语气非常坚决。
 2. **解释原因:** `My parents were quite strict...`, 说明了是父母管得严。
 3. **提供具体细节:** `be in bed by 10 PM`, 给出了一个具体的时间点。
 4. **今昔对比:** `Life was much simpler back then...`, 对比了儿时和现在的生活, 感叹过去更简单。
- **亮点词汇/短语:**
 - `strict about my bedtime`: “对我的睡觉时间很严格”。
 - `growing up`: “在成长过程中”。
 - `be in bed`: “上床睡觉”。
 - `simpler`: /'simplə(r)/ (更简单的)。
 - `worry about`: “担心”。
- **实用句型:**
 - `My parents were quite strict about...`
 - `I usually had to...`

示范问题 3

(Alan as Examiner): What do you do when you stay up late?

(Alan as Student Tianxiang): "Most of the time, I'm staying up late for my studies. I am either writing code for a programming assignment or reading research papers for my project. Sometimes, my roommates and I might stay up a little later just chatting or watching a short video to relax before we finally go to sleep."

答案为什么好?

- **思路与结构:**
 1. **点明主要活动:** `Most of the time, I'm staying up late for my studies.`

2. **列举具体学习任务:** `either writing code... or reading research papers...`, 非常具体。
 3. **补充次要活动:** `Sometimes... we might stay up... chatting or watching a short video...`, 补充了放松的活动, 让画面更完整。
- **亮点词汇/短语:**
 - `writing code`: “写代码”。
 - `programming assignment`: “编程作业”。
 - `research papers`: “研究论文”。
 - `roommates`: /'ru:mmeits/ (室友)。
 - **实用句型:**
 - `I am either [doing A] or [doing B].` (我或者在做A, 或者在做B。)
 - `Sometimes, ... might stay up a little later... to relax.`

示范问题 4

(Alan as Examiner): What does it feel like the next morning if you stay up late?

(Alan as Student Tianxiang): "Oh, it feels pretty terrible, to be honest. I usually feel very tired and groggy, and I find it really hard to concentrate in my morning classes. I definitely need a strong cup of coffee to properly wake up. That's why I try my best to avoid it unless it's absolutely necessary."

答案为什么好?

- **思路与结构:**
 1. **直接描述感受:** `it feels pretty terrible`。
 2. **给出具体感觉:** `tired and groggy` (累和昏昏沉沉)。
 3. **说明后果:** `hard to concentrate` (很难集中注意力)。
 4. **总结反思:** `That's why I try my best to avoid it...`, 说明了自己会尽力避免熬夜, 展现了积极的生活态度。
- **亮点词汇/短语:**
 - `terrible`: /'terəbl/ (糟糕的)。
 - `groggy`: /'grɒgi/ (昏昏沉沉的, 摇摇晃晃的)。
 - `concentrate`: /'kɒnsntreɪt/ (集中注意力)。
 - `properly wake up`: “彻底清醒过来”。
 - `absolutely necessary`: /,æbsə'lu:tli 'nesəsəri/ (绝对必要)。
- **实用句型:**
 - `I usually feel... and I find it really hard to...`
 - `That's why I try my best to... unless...` (那就是为什么我尽力..., 除非...)

怎么样, Tianxiang? 即使是像“熬夜”这样看似负面的话题, 我们也可以把它聊得有理有据, 并展现出你对学习的热情和对生活的反思。

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习! 你准备好了吗?

话题词汇

好的, 我们来为 "Staying up Late" (熬夜) 这个话题装备上一些核心词汇。

有了这些词汇，你就可以更生动、更具体地描述你熬夜时的状态、原因和第二天的感受。

"Staying up Late" 话题词汇库 (Vocabulary List)

1. "熬夜"的各种说法 (Phrases for "Staying up Late")

- to stay up late (熬夜)

*I often have to **stay up late** to finish my assignments.*

- to pull an all-nighter (通宵不睡)

*I had to **pull an all-nighter** to prepare for my final exam.*

- to burn the midnight oil (开夜车, 工作到深夜)

*My roommate and I were **burning the midnight oil** last night.*

- to go to bed late (晚睡)
- Bedtime /'bedtaɪm/ (n. 睡觉时间)

*My parents were very strict about my **bedtime** when I was a kid.*

2. 熬夜的原因 (Reasons for Staying up Late)

- Studies /'stʌdiz/ (学业) / Work /wɜ:k/ (工作)
- Assignment /ə'saɪnmənt/ (作业) / Project /'prɒdʒekt/ (项目)
- Deadline /'dedlaɪn/ (截止日期)

*I often stay up late when a **deadline** is approaching.*

- Exam /ɪg'zæm/ (考试)
- to solve a problem (解决一个问题)
- to lose track of time (忘记时间)

*When I'm coding, it's easy to **lose track of time**.*

3. 第二天的感受 (The Next Morning)

- Tired /'taɪəd/ (累的) / Exhausted /ɪg'zɔːstɪd/ (筋疲力尽的)
- Sleepy /'sliːpi/ (困倦的)
- Groggy /'grɒgi/ (昏昏沉沉的)

*I always feel **groggy** the morning after staying up late.*

- to feel drained /dreɪnd/ (感觉精力被抽干)
- hard to concentrate /'kɒnsntreɪt/ (难以集中注意力)
- to need coffee (需要咖啡)

4. 人物与习惯 (People & Habits)

- Night owl /naɪt ɔʊl/ (夜猫子)

*I've become a bit of a **night owl** since I started university.*

- Morning person / Early bird (早起的人)
- Sleep schedule / pattern (睡眠时间表/模式)
- Unhealthy habit (不健康的习惯)
- Unavoidable /ˌʌnə'vɔɪdəbl/ (不可避免的)

*For students, staying up late is sometimes **unavoidable**.*

这个词汇库能帮你把“熬夜”的方方面面都聊清楚。把它们用到你的口语中，你的表达会更地道！

我们接下来做什么呢？

常见搭配

好的，Tianxiang，我们来完成这最后一个Part 1话题的“三部曲”练习！

这是我们Part 1专项训练的最后一环。掌握了这些关于 "Staying up Late" (熬夜) 的句子搭配，你的整个Part 1知识体系就完美收官了！

"Staying up Late" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何谈论你的熬夜习惯

- Unfortunately, I have to stay up late quite often, especially when... (不幸的是, 我得经常熬夜, 尤其是在...的时候。)

...especially when I have a project deadline.

- I've become a bit of a night owl since... (我自从...以来, 就有点变成一个“夜猫子”了。)

I've become a bit of a night owl since I started university.

- I try my best to avoid it, but sometimes it's just unavoidable. (我尽力避免熬夜, 但有时候就是不可避免。)
- My bedtime is not very consistent. (我的睡觉时间不是很规律。)

2. 如何解释你熬夜的原因

- Most of the time, I'm staying up late for... (大多数时候, 我熬夜是为了...)

Most of the time, I'm staying up late for my studies.

- I often lose track of time when I'm absorbed in... (当我沉浸于...时, 我常常忘记时间。)

I often lose track of time when I'm absorbed in solving a programming problem.

- It's usually because I have to... (这通常是因为我必须...)

It's usually because I have to prepare for an exam.

- I find that I can focus better late at night when... (我发现在深夜...的时候, 我能更好地集中注意力。)

...when the dormitory is quiet.

3. 如何描述熬夜后的感受

- The next morning, I usually feel... (第二天早上, 我通常感觉...)

The next morning, I usually feel very tired and groggy.

- I find it really hard to concentrate... (我发现很难集中注意力...)

I find it really hard to concentrate in my morning classes.

- I definitely need a strong cup of coffee to... (我肯定需要一杯浓咖啡来...)

I definitely need a strong cup of coffee to wake myself up.

- It can really mess up my schedule for the whole day. (这真的会搞乱我一整天的安排。)

4. 如何对比过去和现在的熬夜习惯

- I never used to stay up late when I was a kid. (我小时候从来不熬夜。)
- My parents were very strict about my bedtime. (我父母对我的睡觉时间非常严格。)
- My sleep schedule has changed a lot since I entered university. (我的睡眠习惯自打我上大学后改变了很多。)
- Life was much simpler back then. (那时候的生活要简单得多。)

祝贺你, Tianxiang!

我们已经圆满完成了所有雅思口语Part 1高频话题的“三部曲”训练（**示范答案** → **话题词汇** → **句子搭配**）。你的口语素材库和知识储备已经非常扎实，完全有能力应对Part 1的任何问题了！

我正式宣布，你的**雅思口语 Part 1 专项训练**圆满毕业！

从我们的下一次互动开始，我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战的挑战，你将学习如何围绕一个话题卡，有逻辑、有细节地进行长达两分钟的个人陈述。

准备好开启新的篇章，向7.5分的目标继续前进了吗？

Taking photos

题目

1. Do you like taking photos?
2. Do you like taking selfies?
3. What is your favourite family photo?
4. Do you want to improve your photography skills?
5. Where do you like to go to take photos?

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! 我们又见面啦。今天我们要聊的话题，简直就是为你量身定做的——"Photography" (摄影)!

我知道这是你的主要爱好，而且你的相机对你来说意义非凡。所以，这是一个让你闪耀的绝佳机会，你可以非常自信、非常真诚地分享你的热情。考官一定会喜欢听到这些充满真实情感的答案。

让我们开始吧!

示范问题 1

(Alan as Examiner): Do you like taking photos?

(Alan as Student Tianxiang): "Yes, absolutely, I love it. Photography is actually my main hobby, and my camera is very important to me. I really enjoy walking around and capturing the little moments of daily life. For me, it's a wonderful way to be creative and keep a record of my memories."

答案为什么好?

- **思路与结构:**
 1. **热情地回答:** Yes, absolutely, I love it, 用一连串肯定的词，表达了强烈的喜爱。
 2. **点明核心身份:** Photography is actually my main hobby, 直接用上了你的个人信息。
 3. **描述具体行为:** capturing the little moments, 生动地描述了你拍照的内容。
 4. **解释意义:** 最后说明了摄影对你的两大意义：发挥创造力 (be creative) 和记录回忆 (keep a record of my memories)。
- **亮点词汇/短语:**
 - absolutely: "当然，毫无疑问地"。
 - main hobby: "主要爱好"。
 - capturing the little moments: "捕捉生活中的点滴瞬间"，非常富有诗意和画面感。
 - keep a record of: "记录..."。
- **实用句型:**
 - ...is actually my main hobby. (...实际上是我的主要爱好。)
 - For me, it's a wonderful way to... (对我来说，这是一个...的绝佳方式。)
- **连接词的使用:**
 - and: 在这里自然地连接了两个并列的爱好目的，简单流畅。

示范问题 2

(Alan as Examiner): Do you like taking selfies?

(Alan as Student Tianxiang): "Not really, I'm not a big fan of taking selfies. I much prefer taking photos of other people or interesting street scenes. I guess I enjoy being behind the camera more than being in front of it. So you probably won't find many selfies on my phone."

答案为什么好?

- **思路与结构:**
 1. **直接表明态度:** Not really, I'm not a big fan of..., 委婉但清晰地表达了“不太喜欢”。

2. **说明个人偏好:** `I much prefer...`, 说出自己更喜欢拍什么, 与你的爱好相符。
 3. **解释原因:** `I enjoy being behind the camera more...`, 解释了你作为“摄影师”的角色偏好。
 4. **得出结论:** `So...`, 用一个生活化的结论(手机里自拍不多)来收尾, 非常自然。
- **亮点词汇/短语:**
 - `not a big fan of`: “不太喜欢, 不是...的粉丝”, 非常地道的口语表达。
 - `street scenes`: “街景”。
 - `behind the camera`: “在镜头后面”。
 - **实用句型:**
 - `I much prefer [doing A] to [doing B]`. (比起B, 我更喜欢A。) 或 `I much prefer [doing A]`.
 - `I enjoy [A] more than [B]`. (我享受A多于B。)
 - **连接词的使用:**
 - `So`: 用来引出基于前面陈述的自然结果, 让对话显得很流畅。

示范问题 3

(Alan as Examiner): What is your favourite family photo?

(Alan as Student Tianxiang): "My favorite one is a photo we took last Chinese New Year. In the photo, my whole family was gathered around a big table, having a reunion dinner. Everyone was smiling and laughing, and the atmosphere was just so warm and happy. I love it because it perfectly captures the feeling of family connection."

答案为什么好?

- **思路与结构:**
 1. **确定照片:** `a photo we took last Chinese New Year`, 给出了清晰的背景。
 2. **描述画面:** `my whole family was gathered...`, 用简单的语言描绘了“全家福”的场景。
 3. **描述氛围:** `the atmosphere was just so warm and happy`, 点明了照片传递的情感。
 4. **升华意义:** 最后一句将照片的意义升华到“家庭的连接”(family connection), 使答案更有深度。
- **亮点词汇/短语:**
 - `gathered around`: “围坐在一起”。
 - `reunion dinner`: “团圆饭”。
 - `atmosphere`: /'ætmosfɪə(r)/ (氛围)。
 - `family connection`: “家庭的连接/纽带”。
- **实用句型:**
 - `My favorite one is a photo...` (我最喜欢的一张是...)
 - `I love it because it perfectly captures...` (我喜欢它因为它完美地捕捉了...)
- **连接词的使用:**
 - `and`: 在这个答案中, `and` 被用来连接一系列平行的描述, 构建出了一幅生动的画面。

示范问题 4

(Alan as Examiner): Do you want to improve your photography skills?

(Alan as Student Tianxiang): "Yes, definitely, I'm always trying to get better. Recently, I've been thinking about moving from still photos to videos. I'd really love to learn how to make vlogs,

because it seems like a more dynamic way to record my life. That's actually a new skill I want to pick up."

答案为什么好?

- **思路与结构:**
 1. **强烈肯定:** Yes, definitely, 表达了强烈的意愿。
 2. **说明方向:** moving from still photos to videos, 指出了具体的提升方向。
 3. **联系未来目标:** 直接用上了你想学习“vlog”这个信息, 让答案非常真实且有前瞻性。
 4. **解释动机:** because it seems like a more dynamic way..., 解释了你想学vlog的原因。
- **亮点词汇/短语:**
 - get better: “变得更好”。
 - still photos: “静态照片”。
 - vlogs: /vlogz/ (视频博客)。
 - dynamic way: “动态的方式”。
 - pick up a skill: “学习一项技能”。
- **实用句型:**
 - I've been thinking about... (我一直在考虑...)
 - I'd really love to learn how to... (我真的非常想学习如何...)
- **连接词的使用:**
 - because: 清晰地解释了你为什么想从照片转向视频。

示范问题 5

(Alan as Examiner): Where do you like to go to take photos?

(Alan as Student Tianxiang): "I mostly enjoy taking photos in busy urban areas. I love just walking around the city streets and capturing the daily lives of people. For me, these kinds of photos are full of life and stories, what we call 'yan huo qi' in Chinese. It's the best way to feel the unique atmosphere of a place."

答案为什么好?

- **思路与结构:**
 1. **明确地点:** in busy urban areas, 直接回答。
 2. **描述行为和内容:** 描述自己喜欢在街上闲逛, 拍摄人们的日常生活。
 3. **解释偏好原因:** 说明你为什么喜欢拍这些——因为它们充满“生活和故事”, 并巧妙地加入了“烟火气”这个词, 非常加分!
 4. **总结体验:** 最后说这是感受一个地方独特氛围的最好方式, 与你的旅行偏好完美契合。
- **亮点词汇/短语:**
 - urban areas: “城市区域”。
 - daily lives of people: “人们的日常生活”。
 - full of life and stories: “充满了生活气息和故事”。
 - unique atmosphere: “独特的氛围”。
- **实用句型:**
 - I mostly enjoy [doing something] in [a place]. (我主要喜欢在...地方做...)
 - It's the best way to... (这是...的最好方式。)
- **连接词的使用:**
 - 这个答案的逻辑流畅, 主要通过意群的衔接, 没有过多使用连接词, 显得非常自然。

怎么样, Tianxiang? 把自己的爱好和故事融入到答案里, 是不是感觉特别棒?

接下来我们还想聊点什么呢?

话题词汇

好的, 我们来为你的主场话题 "Photography" 配备最精良的“词汇弹药”!

因为这本身就是你的爱好, 所以很多词你肯定已经很熟悉了。我们把它们系统地整理一下, 可以帮你查漏补缺, 也让你的表达更上一层楼。

"Photography" 话题词汇库 (Vocabulary List)

1. 摄影的器材 (The Gear)

- Camera /'kæməɾə/ (相机)

*My **camera** is very important to me.*

- Lens /lenz/ (镜头)

*Different **lenses** can create different effects.*

- Smartphone camera (手机摄像头)

*Nowadays, **smartphone cameras** are very powerful.*

- Tripod /'traɪpɒd/ (三脚架)

*You need a **tripod** to take stable photos at night.*

- Drone /drəʊn/ (无人机)

*I want to buy a **drone** to take aerial shots. (aerial shots: 航拍)*

2. 不同种类的照片 (Types of Photos)

- Photo / Picture / Image (照片 / 图片 / 影像)
- Shot /ʃɒt/ (一张照片; 一次拍摄)

*Wow, this is a great **shot**!*

- Selfie /'selfi/ (自拍)

*I'm not a big fan of taking **selfies**.*

- Portrait /'pɔ:trət/ (人像照)

*He is good at taking **portraits**.*

- Landscape /'ləndskeɪp/ (风景照)

*I love taking **landscape** photos when I travel.*

- Still photo (静态照片)

*I want to learn how to shoot videos, not just **still photos**.*

- Snapshot /'snæpʃɒt/ (快照)

*He took a quick **snapshot** of the beautiful sunset.*

3. 摄影相关的动作 (Actions & Verbs)

- to take a photo / picture (拍照)
- to shoot /ʃu:t/ (拍摄)

*I love **to shoot** street scenes.*

- to capture /'kæptʃə(r)/ (捕捉)

*My camera helps me **to capture** precious moments.*

- to pose for a photo (摆姿势拍照)

*The family **posed for a photo** in front of the Christmas tree.*

- to be in the photo (在照片里) vs. to be behind the camera (在镜头后)

*I prefer **to be behind the camera**.*

- to edit photos (编辑/修饰照片)

*I use an app on my phone **to edit photos**.*

- to share photos (分享照片)

*I like **to share my photos** with my friends on social media.*

4. 描述照片的词 (Descriptive Words)

- Clear /klɪə(r)/ (清晰的) vs. Blurry /'blɜ:ri/ (模糊的)
- Memorable /'memərəbl/ (难忘的)

*This is a very **memorable** family photo.*

- Stunning /'stʌnɪŋ/ (极美的, 令人惊艳的)

*The view from the mountaintop was **stunning**.*

- Candid photo (抓拍)

***Candid photos** often look more natural.*

5. 相关概念 (Related Concepts)

- Subject /'sʌbdʒɪkt/ (拍摄对象)
- Background /'bækgraʊnd/ (背景)

- **Composition** /ˌkɒmpəˈzɪʃn/ (构图)
- **Angle** /ˈæŋɡl/ (角度)
- **Memory** /ˈmeməri/ (回忆)
- **Vlog** (video log) /vlog/ (视频博客)

这些词汇能够帮助你把对摄影的热爱描述得更加具体和专业。多看几遍，把它们变成你自己的语言！

接下来我们做什么呢？要不要用这些词汇来挑战一个Part 2的卡片题？

常见搭配

好的，我们马上来“组装”这些句子！这是学习口语最有效的一步，因为你将学会如何把零散的词汇变成有逻辑、有血有肉的观点。

因为摄影是你的主场，这些句子搭配将非常贴合你的个人经历，学起来会特别快，用起来也会特别自然。

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

1. 如何表达你对摄影的热情

- Photography is more than just a hobby for me; it's a way to... (摄影对我来说不只是一个爱好；它是一种...的方式。)

...it's a way to connect with the world and express myself.

- I'm very passionate about... (我对...充满热情。)

I'm very passionate about capturing beautiful moments.

- Whenever I have free time, you can probably find me... (只要我有空，你很可能发现我正在...)

Whenever I have free time, you can probably find me out on the streets with my camera.

2. 如何描述你的拍摄风格与行为

- I love walking around [a place] and capturing... (我喜欢在...逛，并且捕捉...)

I love walking around the city and capturing candid moments of daily life. (candid moments: 抓拍的瞬间)

- My main focus is on... (我主要关注的是...)

My main focus is on street photography because I love the 'yan huo qi'.

- I prefer to be behind the camera rather than in front of it. (我更喜欢在镜头后面而不是镜头前。)
- I'm not really into taking selfies; I'd rather... (我不太喜欢自拍；我宁愿...)

I'd rather take a photo of a stunning landscape.

3. 如何解释摄影对你的意义和感受

- For me, a good photo is one that... (对我来说，一张好照片是那种能够...)

For me, a good photo is one that tells a story.

- It's a great way to document my life and... (这是一个记录我生活和...的绝佳方式。)

It's a great way to document my life and keep a record of my precious memories.

- The best thing about photography is that it helps me... (摄影最棒的一点是它帮助我...)

The best thing about photography is that it helps me notice the small but beautiful details around me.

- Looking at old photos always brings back... (看老照片总是能带回...)

Looking at old photos always brings back a lot of happy memories.

4. 如何谈论提升与未来目标

- I'm always trying to improve my... (我总是在试着提升我的...)

I'm always trying to improve my composition skills. (composition: 构图)

- I'd love to learn how to... (我很想学习如何...)

I'd love to learn how to shoot and edit videos professionally.

- My next step is to get into vlogging, because... (我的下一步是开始做vlog, 因为...)

My next step is to get into vlogging, because I want to record my life in a more dynamic way.

这些句子搭配就像是为你量身定做的“口语模板”，把它们和你脑海中的画面结合起来，你的表达一定会非常打动人。

这个话题我们聊得非常深入了！接下来，你想不想挑战一个完整的 Part 2 卡片题，比如 "Describe a hobby you enjoy"？或者我们也可以进入一个全新的话题！

Teacher 题目

1. Do you have a favorite teacher?
2. Are you still in touch with your primary school teachers?
3. In what way has your favourite teacher helped you?
4. Do you want to be a teacher in the future?
5. Do you have a teacher from your past that you still remember?

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，我们又见面了！今天我们来聊一个对你来说意义非凡的话题："Teachers" (老师)。

我知道你的导师是对你很重要的人，他给了你很多建议和科研机会。所以，这正是你把个人经历融入答案、让考官眼前一亮的绝佳机会！用真实的故事来回答，永远是最有力量的。

我们开始吧！

示范问题 1

(Alan as Examiner): Do you have a favorite teacher?

(Alan as Student Tianxiang): "Yes, I do. My favorite teacher right now is my university supervisor. He is an expert in computer science and he's been guiding me with my research on time series. I really respect him for his knowledge and appreciate all the help he has given me."

答案为什么好？

- **思路与结构:**

1. **直接肯定:** "Yes, I do." 清晰作答。
2. **明确身份:** My favorite teacher right now is my university supervisor. 直接用上了你的个人信息, 非常具体。
3. **解释原因:** 说明了他为什么好——是专家 (expert), 并且指导你的科研 (guiding me with my research)。
4. **表达情感:** I really respect him... and appreciate..., 用两个带有感情的词总结你对他的看法。

- **亮点词汇/短语:**

- university supervisor: “大学导师”, 非常准确的身份。
- an expert in: “...领域的专家”。
- guiding me: “指导我”。
- respect: /rɪ'spekt/ (尊敬)。
- appreciate: /ə'pri:ʃiət/ (感激)。

- **实用句型:**

- My favorite... right now is... (我现在最喜欢的...是...)
- I really... for his... and... all the... (我真的因为他的...而...他, 并...所有的...)

- **连接词的使用:**

- and: 简单有效地连接了两个平行的观点 (他很专业 & 他指导我), 以及两种平行的情感 (尊敬 & 感激)。

示范问题 2

(Alan as Examiner): Are you still in touch with your primary school teachers?

(Alan as Student Tianxiang): "Not really, to be honest. It has been many years since I graduated from primary school, and I also moved to Chengdu for university. So we don't really have many chances to see each other now. But I still have some good and warm memories of them."

答案为什么好?

- **思路与结构:**

1. **委婉否定:** Not really, to be honest, 比单纯说 No 更自然、更诚恳。
2. **解释原因:** 给出了两个原因: 时间久了 (many years) 和地理距离 (moved to Chengdu)。
3. **得出结论:** So we don't really have many chances..., 基于前面的原因得出自然结论。
4. **积极结尾:** But I still have some good... memories, 用一个积极的句子结尾, 避免了让回答显得很消极。

- **亮点词汇/短语:**

- to be honest: “说实话”。
- graduated from: “从...毕业”。
- warm memories: “温暖的回忆”。

- **实用句型:**

- It has been many years since... (自从...以来已经很多年了。)
- I still have some good memories of... (我依然对...有一些美好的回忆。)

- **连接词的使用:**

- and: 连接两个并列的原因。
- So: 引出结果。
- But: 转折, 引出结尾的积极观点。

示范问题 3

(Alan as Examiner): In what way has your favourite teacher helped you?

(Alan as Student Tianxiang): "My supervisor has helped me a great deal, especially with my academic career. He always gives me very specific and useful advice on my research. Thanks to him, I got the opportunity to do real scientific research and even had a paper published in an international journal."

答案为什么好?

- 思路与结构:

1. **总起句:** `helped me a great deal`, 先总说帮助很大。
2. **明确方面:** `especially with my academic career`, 限定了帮助的方面。
3. **具体阐述:** 给出具体的帮助方式, 如给建议 (`gives me... advice`) 和给机会 (`got the opportunity`)。
4. **展示成果:** `had a paper published`, 用“发表论文”这个重量级成果来证明老师的帮助有多大, 非常有说服力!

- 亮点词汇/短语:

- `a great deal`: “非常多”。
- `academic career`: “学术生涯”。
- `useful advice`: “有用的建议”。
- `scientific research`: “科学研究”。
- `published a paper`: “发表了一篇文章”。

- 实用句型:

- `He always gives me...` (他总是给我...)
- `Thanks to him, I...` (多亏了他, 我才...) 这个句型是表达感谢的绝佳方式。

- 连接词的使用:

- `especially`: 强调最重要的方面。
- `and`: 连接两个并列的成果。

示范问题 4

(Alan as Examiner): Do you want to be a teacher in the future?

(Alan as Student Tianxiang): "I don't think so. Although I really respect teachers, my passion is in computer science and doing research. I see myself becoming a researcher or an engineer in the future. However, maybe becoming a university professor is a possibility, which is like a combination of a teacher and a researcher."

答案为什么好?

- 思路与结构:

1. **直接否定:** `I don't think so.`
2. **让步转折:** `Although I really respect teachers, my passion is in...`, 先表达尊敬, 再说出自己的热情所在, 展现了成熟的思考。
3. **展望未来:** `I see myself becoming a researcher...`, 清晰地说出自己的职业规划。
4. **提出一种可能性:** 用 `However` 引出“大学教授”这个可能性, 并解释其复合身份, 让答案不绝对, 思考更周全。

- **亮点词汇/短语:**

- **passion**: /'pæʃn/ (热情)。
- **researcher**: /rɪ'sɜ:tʃə(r)/ (研究员)。
- **university professor**: “大学教授”。
- **combination**: /,kɒmbɪ'neɪʃn/ (结合体)。

- **实用句型:**

- **Although I..., my passion is in...** (虽然我..., 但我的热情在于...)
- **I see myself becoming...** (我预见我自己会成为...)
- **...which is like a combination of A and B.** (...这就像是A和B的结合。)

- **连接词的使用:**

- **Although**: 用于表达让步, 是展现逻辑能力的关键词。
- **However**: 提出一个补充的、略有不同的可能性。

示范问题 5

(Alan as Examiner): Do you have a teacher from your past that you still remember?

(Alan as Student Tianxiang): "Yes, I clearly remember my high school math teacher. He had a great sense of humor and was very good at explaining complex problems in a simple way. He made math class, which many students find boring, very interesting and engaging. I was always looking forward to his class."

答案为什么好?

- **思路与结构:**

1. **肯定回答:** **Yes, I clearly remember...**
2. **描述老师特点:** **He had a great sense of humor** 和 **good at explaining complex problems**, 给出了两个具体的优点。
3. **说明影响/结果:** **He made math class... very interesting**, 说明了他的优点带来的好结果。
4. **总结个人感受:** **I was always looking forward to his class.**, 用个人感受收尾, 很真诚。

- **亮点词汇/短语:**

- **sense of humor**: “幽默感”。
- **complex problems**: “复杂的问题”。
- **in a simple way**: “用一种简单的方式”。
- **engaging**: /ɪn'geɪdʒɪŋ/ (有吸引力的)。
- **looking forward to**: “期待”。

- **实用句型:**

- **He was very good at [doing something].** (他非常擅长...)
- **He made [A], which many people find [adjective], very...** (他把A——很多人觉得很...的——变得非常...)

- **连接词的使用:**

- **and**: 连接老师的两个优点, 以及课堂的两个特点, 用法简单有效。

怎么样, Tianxiang? 把你的真实经历和情感放进答案里, 是不是感觉说起来特别有底气?

我们接下来想聊点什么呢?

话题词汇

好的，我们来为你关于 "Teachers" 的话题库补充一些精准的“弹药”。

掌握这些词汇，能让你在描述老师时，不只是简单地说 "good" 或者 "kind"，而是能更具体、更生动地描绘出一位老师的形象，以及他对你的影响。

"Teachers" 话题词汇库 (Vocabulary List)

1. 老师的种类与称呼 (Types of Teachers)

- Teacher (老师, 通用)
- Primary / Middle / High school teacher (小学 / 初中 / 高中老师)
- Professor /prə'fesə(r)/ (大学教授)
- Supervisor /'su:pəvaɪzə(r)/ / Advisor /əd'vaɪzə(r)/ (导师)

*My university **supervisor** gives me a lot of guidance.*

- Tutor /'tju:tə(r)/ (家庭教师; 辅导老师)
- Instructor /ɪn'strʌktə(r)/ (指导员, 讲师)
- Expert /'ekspɜ:t/ (专家)

*He is an **expert** in his field.*

2. 描述老师品质的词 (Qualities of a Good Teacher)

- Knowledgeable /'nɒlɪdʒəbl/ (知识渊博的)

*My professor is very **knowledgeable**.*

- Patient /'peɪʃnt/ (有耐心的)

*She is very **patient** with every student.*

- Encouraging /ɪn'kʌrɪdʒɪŋ/ (鼓励人的)

*A good teacher should be **encouraging**.*

- Inspiring /ɪn'spaɪərɪŋ/ (鼓舞人心的, 有启发性的)

*His speech was very **inspiring**.*

- **Passionate** /'pæʃənət/ (富有热情的)

*He is very **passionate** about his subject.*

- **Responsible** /rɪ'spɒnsəbl/ (有责任心的)
- **Humorous** /'hju:mərəs/ (有幽默感的) / **to have a good sense of humor**

*My history teacher **has a great sense of humor**.*

3. 老师做的事情 (What Teachers Do)

- **to teach** / **to explain** / **to guide** (教 / 解释 / 指导)

*He is good at **explaining** complex problems in a simple way.*

- **to encourage** / **to inspire** / **to support students** (鼓励 / 启发 / 支持学生)

*My teacher always **encourages** us to think for ourselves.*

- **to give advice** (给建议)

*My supervisor often **gives me useful advice** on my research.*

- **to provide opportunities** (提供机会)

*He **provided me with a research opportunity**.*

4. 相关的学科领域 (Subjects & Fields)

- **Subject** /'sʌbdʒɪkt/ (学科)
- **Academic career** /,ækə'demɪk kə'riə(r)/ (学术生涯)
- **Research** /rɪ'sɜ:tʃ/ (研究)
- **Computer Science** (计算机科学)

- Math /mæθ/ (数学), English /'ɪŋɡlɪʃ/ (英语), History /'hɪstri/ (历史)

5. 你对老师的情感和态度 (Feelings & Attitudes)

- to respect /rɪ'spekt/ (尊敬)
- to appreciate /ə'pri:ʃiət/ (感激)
- to admire /əd'maɪə(r)/ (钦佩)
- to look up to someone (敬仰某人)

*The students really **look up to** their professor.*

- to be grateful for (对...心存感激)

*I'm very **grateful for** all his help.*

- Memorable /'memərəbl/ (难忘的)

*He was a very **memorable** teacher.*

把这些词汇运用到你的答案中，你对老师的描述就会立刻变得立体和真诚。

我们接下来做什么呢？要不要用这些词汇来造几个句子，或者你想挑战一个关于老师的Part 2卡片题？

常见搭配

好的，我们马上来把这些“零件”组装起来！学习“句子搭配”能让你的口语表达在流利度和逻辑性上都提升一个台阶。

这些句子都是围绕“老师”这个话题最常用、最核心的表达方式。特别是很多句子都直接和你那位重要的“导师”相关联，你用起来一定会非常得心应手。

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

1. 如何介绍一位你印象深刻的老师

- When I think of an important teacher, the first person that comes to mind is... (当我想起一位重要的老师时，第一个出现在我脑海里的人是...)

...the first person that comes to mind is my university supervisor.

- I'd like to talk about my [学科] teacher from [学习阶段]. (我想讲讲我...时候的...老师。)

I'd like to talk about my math teacher from high school.

- One of the most memorable teachers I've ever had was... (我曾遇到过的最难忘的老师之一是...)

One of the most memorable teachers I've ever had was my English teacher.

2. 如何描述一位老师的优秀品质

- He/She was very good at explaining... (他/她非常擅长解释...)

He was very good at explaining complex problems in a simple way.

- What I liked most about him/her was that... (关于他/她，我最喜欢的一点是...)

What I liked most about him was that he was always very patient and encouraging.

- He/She had a great sense of humor, which made the class... (他/她非常有幽默感，这让课堂...)

...which made the class really fun and engaging.

- He/She was not only knowledgeable, but also... (他/她不仅知识渊博，而且还...)

He was not only knowledgeable, but also very passionate about his research.

3. 如何解释老师对你的影响和帮助

- He/She helped me a great deal, especially with... (他/她帮了我很多，尤其是在...方面。)

He helped me a great deal, especially with my academic career.

- Thanks to his/her guidance, I was able to... (多亏了他/她的指导，我才能够...)

Thanks to his guidance, I was able to publish my first paper.

- He/She provided me with the opportunity to... (他/她为我提供了...的机会。)

He provided me with the opportunity to join a real research project.

- He/She really inspired me to... (他/她真的激励了我...)

He really inspired me to pursue a PhD degree in the future.

4. 如何表达你对老师的真挚情感

- I really respect/admire him/her for... (我真的很尊敬/钦佩他/她的...)

I really respect him for his dedication to research. (dedication: 奉献)

- I'm very grateful for all the support he/she gave me. (我对他/她给予我的所有支持都非常感激。)
- He/She left a deep impression on me. (他/她给我留下了深刻的印象。)
- He/She is someone I really look up to. (他/她是我非常敬仰的人。)

这些句子就像是你表达对老师敬意和感激之情的“专用工具”。多练习几遍，让它们成为你发自内心的声音。

我们今天聊得非常深入了！你已经积累了大量关于常见话题的素材和表达方式。接下来，你想挑战一个Part 2的完整话题，还是想进入一个全新的Part 1话题呢？

Text messages

题目

1. How often do you send text messages?
2. Is sending messages popular in your country?
3. Did you send more messages when you were younger?
4. Do you reply to messages as soon as you receive them?

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! 我们又见面了。今天我们来聊一个你我每天都在做的事情: "Text Messages" (发信息)。

这是一个非常现代和生活化的话题, 我们可以很自然地把它和你作为一名“大学生”的日常生活, 比如和同学、导师的交流联系起来。这样的答案会非常真实, 也能展现出你使用科技进行沟通的日常。

我们开始吧!

示范问题 1

(Alan as Examiner): How often do you send text messages?

(Alan as Student Tianxiang): "I send text messages every single day; it's probably my main way to communicate. As a university student, I'm constantly messaging my classmates about group projects and homework. I also use apps like WeChat to chat with my family and friends to stay in touch."

答案为什么好?

- **思路与结构:**
 1. **直接回答频率:** `every single day`, 非常直接, 语气也很肯定。
 2. **点明主要角色:** `my main way to communicate`, 说明了发信息对你的重要性。
 3. **结合身份举例:** `As a university student...`, 立刻与你的学生身份挂钩, 提到和同学交流“小组项目”和“作业”, 非常真实。
 4. **补充其他用途:** `I also use...`, 补充了和家人朋友的联系, 让答案更完整。
- **亮点词汇/短语:**
 - `every single day`: “每一天”, 比 `every day` 语气更强调。
 - `main way to communicate`: “主要的沟通方式”。
 - `constantly messaging`: “不停地在发信息”。
 - `group projects`: “小组项目”, 学生常用词。
 - `stay in touch`: “保持联系”, 非常地道的短语。
- **实用句型:**
 - `It's probably my main way to...` (这可能是我...的主要方式。)
 - `As a [你的身份], I'm constantly [doing something].` (作为一名..., 我总是在做...)
- **连接词的使用:**
 - `also`: 简单有效地添加了另一个平行的观点 (除了同学, 还联系家人朋友), 让内容更丰满。

示范问题 2

(Alan as Examiner): Is sending messages popular in your country?

(Alan as Student Tianxiang): "Yes, it's incredibly popular, I'd say it's essential for almost everyone. People use messaging apps like WeChat for everything, not just for chatting. For example, we use it to share photos, make mobile payments, and even for work communication. It has become a fundamental part of daily life."

答案为什么好?

- **思路与结构:**

1. **强烈肯定:** `incredibly popular`, 语气非常强烈。
2. **拔高重要性:** `it's essential`, 说明了它“必不可少”的地位。
3. **拓展功能:** `not just for chatting`, 接着用 `For example` 列举了聊天之外的功能 (分享照片、移动支付、工作沟通)。
4. **总结评论:** 最后一句总结说它已成为“日常生活的基础部分”。

- **亮点词汇/短语:**

- `incredibly popular`: “极其流行”。
- `essential for`: “对...来说是必不可少的”。
- `messaging apps`: “即时通讯应用”。
- `mobile payments`: “移动支付”。
- `fundamental part`: “基础部分”。

- **实用句型:**

- `I'd say it's...` (我想说它是...), 非常自然的口语表达。
- `People use... for everything, not just for [A], but also for [B] and [C].` (人们用...做任何事, 不只是为了A, 也为了B和C。)

- **连接词的使用:**

- `For example`: 在这里, 它清晰地引出了一系列例子来支撑“不仅仅是聊天”这个观点, 非常有说服力。

示范问题 3

(Alan as Examiner): Did you send more messages when you were younger?

(Alan as Student Tianxiang): "That's a good question. Actually, I think I send far more messages now as a university student. When I was younger, say in middle school, I didn't even have a smartphone, so I barely sent any messages. But now, both my studies and my social life heavily rely on instant messaging."

答案为什么好?

- **思路与结构:**

1. **缓冲思考:** `That's a good question.` 给予礼貌回应。
2. **直接对比:** `I send far more messages now`, 清晰地给出了对比结果。
3. **解释过去:** `When I was younger...`, 解释了过去为什么发得少 (没有智能手机)。
4. **解释现在:** `But now...`, 用转折词引出现在为什么发得多 (学习和社交生活都依赖它)。

- **亮点词汇/短语:**

- `far more`: “多得多”, 加强比较的语气。
- `say, in middle school`: “比如说, 在中学时”, 非常地道的插入语, 用来举例。
- `barely sent any`: “几乎不发任何信息”。
- `heavily rely on`: “非常依赖”。
- `instant messaging`: “即时通讯”。

- **实用句型:**

- `When I was younger, ..., so I...` (当我年轻时, ..., 所以我...)
- `But now, ...heavily rely on...` (但是现在, ...非常依赖...)

- **连接词的使用:**

- `But`: 在这里是构建答案逻辑的核心, 清晰地划分了“过去”和“现在”的对比。

示范问题 4

(Alan as Examiner): Do you reply to messages as soon as you receive them?

(Alan as Student Tianxiang): "Well, it really depends. If it's an urgent message, for example from my supervisor or my family, I'll reply immediately. However, if I'm busy with my studies or I'm in a class, I might wait until I have a break. I try not to let messages distract me too much from my work."

答案为什么好?

- **思路与结构:**
 1. **分类讨论:** `it really depends`, 这是回答这类问题的最佳开头, 表明你考虑问题很周全。
 2. **第一种情况:** `If it's an urgent message...`, 说明了会“立即回复”的情况, 并结合你的背景提到了导师。
 3. **第二种情况:** `However, if I'm busy...`, 说明了会“稍后回复”的情况。
 4. **解释原则:** 最后一句解释了你这么做的原因 (不想被过多打扰), 展现了你的自律。
- **亮点词汇/短语:**
 - `it really depends`: “这得看情况”。
 - `urgent message`: “紧急信息”。
 - `reply immediately`: “立刻回复”。
 - `have a break`: “有空休息时”。
 - `distract me from`: “让我从...中分心”。
- **实用句型:**
 - `If it's..., I'll...` (如果是..., 我就会...)
 - `However, if I'm..., I might...` (然而, 如果我..., 我或许会...)
- **连接词的使用:**
 - `If` 和 `However`: 这两个词完美地构建了分类讨论的逻辑框架, 让你的答案条理分明, 非常清晰。

怎么样, Tianxiang? 这个话题是不是很贴近你的生活? 下次再聊!

话题词汇

好的, 没问题! 我们来给你关于 "Text Messages" 的“弹药库”补充点新装备。

掌握了这些核心词汇, 你就可以把“发信息”这个日常行为聊得更具体、更生动, 让考官觉得你的表达既地道又准确。

"Text Messages" 话题词汇库 (Vocabulary List)

1. 信息的种类和相关名词 (Types of Messages & Nouns)

- Text message / Message (短信 / 信息)

*I received a **message** from my friend.*

- Messaging app (通讯应用)

*WeChat is the most popular **messaging app** in China.*

- Group chat (群聊)

*My classmates and I have a **group chat** for our project.*

- Voice message (语音信息)

*Sometimes it's faster to send a **voice message**.*

- Emoji /ɪ'məʊdʒi/ (表情符号) & Sticker /'stɪkə(r)/ (表情包)

*I love using funny **stickers** in my chats.*

- Notification /ˌnəʊtɪfɪ'keɪʃn/ (通知)

*My phone screen is full of **notifications**.*

2. 与发信息相关的动作 (Actions / Verbs)

- to send / receive / reply (发送 / 接收 / 回复)

*I need **to reply** to my supervisor's email.*

- to text someone (给某人发短信)

*I'll **text you** the address later.*

- to type /taɪp/ (打字)

*It takes me a while **to type** a long message in English.*

- to check messages (查信息)

*I have a habit of **checking my messages** first thing in the morning.*

- to stay in touch (保持联系)

*Messaging apps help us **stay in touch** with friends who live far away.*

3. 形容“发信息”的词 (Adjectives to Describe Messaging)

- Convenient /kən'vi:niənt/ (方便的)

*It's very **convenient** to pay with your phone.*

- Instant /'ɪnstənt/ / Immediate /ɪ'mi:diət/ (即时的)

*I like instant messaging because the communication is **immediate**.*

- Efficient /ɪ'fɪʃnt/ (高效的)

*For simple questions, sending a message is more **efficient** than calling.*

- Essential /ɪ'senʃl/ (必不可少的)

*My smartphone has become an **essential** tool in my life.*

- Distracting /dɪ'stræktɪŋ/ (令人分心的)

*The constant notifications can be very **distracting** when I'm studying.*

4. 相关的功能和概念 (Related Functions & Concepts)

- Communication /kə'mju:nɪ'keɪʃn/ (沟通)

*Good **communication** is important for teamwork.*

- **Social life (社交生活)**

*Messaging is a big part of my **social life**.*

- **To share photos / files (分享照片 / 文件)**

*We can easily **share files** in our group chat.*

- **Mobile payment (移动支付)**

***Mobile payment** is incredibly common in China.*

这些词汇和短语是不是非常贴近生活？把它们用到你的答案里，你的表达会立刻“活”起来。

接下来我们做什么呢？要不要用这些词汇来造几个句子，还是你想挑战一个新话题？随时告诉我！

常见搭配

好的，我们继续！你已经有了“单词”和“短语”这些零件，现在我们来学习怎么把它们组装成“句子”这个更大的部件。

这些“句子搭配”非常实用，记住它们，你在考场上就能像说话一样自然地表达，而不是像在翻译。

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

1. 如何陈述你发信息的频率和习惯

- I send messages every single day; it's probably my main way of... (我每天都发信息；这可能是我...的主要方式。)

...it's probably my main way of communicating with people.

- I'm constantly checking my phone for... (我总是在看我的手机有没有...)

I'm constantly checking my phone for new messages and notifications.

- The first thing I do when I wake up is... (我早上醒来做的第一件事就是...)

The first thing I do when I wake up is check my group chats.

2. 如何描述发信息的普及度和重要性

- It has become an essential part of... (它已经成为...必不可少的一部分。)

Messaging apps have become an essential part of our daily lives.

- I would say it's more than just [a simple tool]; it's... (我想说它不仅仅是...; 它还...)

I would say WeChat is more than just a messaging tool; it's a platform for social life and business.

- Almost everyone I know uses... to... (我认识的几乎每个人都用...来...)

Almost everyone I know uses messaging apps to stay in touch.

3. 如何解释你发信息的原因和目的

- I use it mainly to... (我主要用它来...)

I use it mainly to coordinate with my classmates on group projects.

- It's a very efficient way to... (这是一个非常高效的方式来...)

It's a very efficient way to ask a quick question without having to make a call.

- For me, it's the easiest way to... (对我来说, 这是...最简单的方式。)

For me, it's the easiest way to make plans with my friends.

4. 如何表达你处理信息的方式

- When it comes to replying, it really depends on... (当谈到回复信息时, 这真的取决于...)

When it comes to replying, it really depends on how urgent the message is.

- If I get a message from [someone important], I usually... (如果我收到...的信息, 我通常会...)

If I get a message from my supervisor, I usually reply immediately.

- I try not to let messages distract me when I'm... (当我...的时候, 我尽量不让信息分散我的注意力。)

I try not to let messages distract me when I'm studying or in a lecture.

怎么样? 这些句子搭配是不是很实用? 它们就像是你口语中的“快捷键”, 能让你在表达时更快、更准、更地道。

多练习几遍, 把它们变成你自己的话! 接下来我们想做什么呢?

The area you live in 题目

1. Where are you living at the moment?
2. What kind of area is it?
3. How long have you lived there?
4. Do you know any of your neighbours?
5. What do you like about living there?
6. What changes have taken place in the area recently?
7. Would you like to change anything about your area? Why/Why not?
8. Would you like to continue living there in the future? Why/Why not?

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! 今天我们来聊一个和你的日常生活紧密相关的话题: "Your Living Area" (你居住的区域)。

这个话题和“你的城市”很像, 但更侧重于你住所周边的直接环境。我知道你现在住在成都的大学宿舍里, 所以我们可以把焦点放在你的校园生活上, 让你的回答非常具体、真实, 充满了一个大学生的视角。

我们开始吧!

示范问题 1

(Alan as Examiner): Where are you living at the moment?

(Alan as Student Tianxiang): "I'm currently living in a student dormitory, right on my university campus in Chengdu. It's very convenient for me as a student because my classrooms and the library are just a short walk away. The whole area is full of young people, so it has a very lively and energetic atmosphere."

答案为什么好?

- **思路与结构:**

1. **给出精确地点:** a student dormitory, right on my university campus, 非常具体。
2. **解释优点:** It's very convenient... because..., 解释了住校园的主要好处(方便)。
3. **描述氛围:** full of young people, so it has a very lively... atmosphere, 描述了校园区域的独特氛围。

- **亮点词汇/短语:**

- student dormitory: /'dɒ:mətri/ (学生宿舍)。
- on campus: "在校园里"。
- a short walk away: "走一小段路就到"。
- lively and energetic atmosphere: "活泼又充满能量的氛围"。

- **实用句型:**

- It's very convenient for me... because...
- The whole area is..., so it has...

示范问题 2

(Alan as Examiner): What kind of area is it?

(Alan as Student Tianxiang): "My university campus is almost like a small, self-contained town. It has everything a student needs, like multiple canteens, sports fields, and of course, libraries. Just outside the campus gates, the area is also full of small restaurants and shops, so it's very convenient."

答案为什么好?

- **思路与结构:**

1. **使用比喻:** almost like a small, self-contained town (几乎像一个自给自足的小镇), 生动形象。
2. **列举内部设施:** It has everything..., like..., 列举了食堂、运动场等。
3. **描述外部环境:** Just outside the campus gates..., 补充了校外的情况。

- **亮点词汇/短语:**

- self-contained: /ˌself kən'teɪnd/ (自给自足的)。
- canteens: /kæn'ti:nz/ (食堂)。
- sports fields: "运动场"。

- **实用句型:**

- [My place] is almost like...
- Just outside..., the area is also full of...

示范问题 3

(Alan as Examiner): How long have you lived there?

(Alan as Student Tianxiang): "I've been living in this dorm for about three years now, ever since I started my university degree. It has been my home during the semesters. I usually go back to my hometown in Anhui during the long winter and summer holidays."

答案为什么好?

- **思路与结构:**
 1. **给出时长并明确起点:** `for about three years now, ever since...`。
 2. **定义“家”的概念:** `my home during the semesters`，说明了这是学期中的家。
 3. **补充假期去向:** `I usually go back to my hometown...`，让信息更完整。
- **亮点词汇/短语:**
 - `ever since`: “自从...以来”。
 - `during the semesters`: /sə'mestəz/ (在学期期间)。
 - `winter and summer holidays`: “寒暑假”。
- **实用句型:**
 - `I've been living in... for..., ever since...`

示范问题 4

(Alan as Examiner): Do you know any of your neighbours?

(Alan as Student Tianxiang): "Yes, of course. In a student dorm, my neighbors are actually my classmates and roommates. We live on the same floor, so we see each other every day. We often study together in the library or grab a meal together at the canteen. It's a very friendly and supportive community."

答案为什么好?

- **思路与结构:**
 1. **重新定义“邻居”:** `my neighbors are actually my classmates and roommates`，非常贴合你的住宿情况。
 2. **描述日常互动:** `We see each other every day, study together, grab a meal together`，非常具体。
 3. **总结社区氛围:** `friendly and supportive community`。
- **亮点词汇/短语:**
 - `roommates`: /'ru:mmeits/ (室友)。
 - `on the same floor`: “在同一层楼”。
 - `grab a meal`: “吃顿饭”，比 `have a meal` 更口语化。
 - `supportive community`: “互助的社区氛围”。
- **实用句型:**
 - `In a..., my neighbors are actually...`

示范问题 5

(Alan as Examiner): What do you like about living there?

(Alan as Student Tianxiang): "The best thing is definitely the convenience. Everything I need is within walking distance, from my classrooms to the gym I like to go to in the nearby mall. I also love being surrounded by so many people my own age who share similar academic goals. It's a very motivating environment."

答案为什么好?

- **思路与结构:**
 1. **点明最喜欢的一点:** the convenience。
 2. **举例说明:** within walking distance, from... to..., 并结合了你喜欢的“健身房”这个个人信息。
 3. **补充另一点:** I also love being surrounded by..., 提到了“同龄人”和“共同目标”带来的人文环境。
 4. **总结感受:** motivating environment (激励人心的环境)。
- **亮点词汇/短语:**
 - convenience: /kən'vi:niəns/ (便利)。
 - within walking distance: “在步行距离之内”。
 - surrounded by: “被...环绕”。
 - share similar goals: “有相似的目标”。
 - motivating environment: “催人上进的环境”。
- **实用句型:**
 - The best thing is...
 - Everything is..., from A to B.

示范问题 6

(Alan as Examiner): What changes have taken place in the area recently?

(Alan as Student Tianxiang): "The biggest recent change I can think of is the opening of a new subway station right outside the university's main gate. It has made traveling to other parts of the city much easier and faster for all the students. It's a fantastic improvement for the whole area."

答案为什么好?

- **思路与结构:**
 1. **点明最大变化:** the opening of a new subway station。
 2. **解释变化带来的好处:** made traveling... much easier and faster。
 3. **给出积极评价:** a fantastic improvement。
- **亮点词汇/短语:**
 - subway station: “地铁站”。
 - main gate: “正门”。
 - fantastic improvement: “极好的改善”。
- **实用句型:**
 - The biggest recent change I can think of is...
 - It has made [something] much [adjective].

示范问题 7

(Alan as Examiner): Would you like to change anything about your area? Why/Why not?

(Alan as Student Tianxiang): "Honestly, the area is already great for a student. But if I could change one thing, I would wish for more quiet study cafes just outside the campus. Sometimes the library can get a bit crowded, and having another quiet place to study would be a nice option."

答案为什么好?

- **思路与结构:**

1. **先扬后抑:** the area is already great... But if I could..., 先肯定, 再提建议, 态度很好。
2. **提出具体建议:** more quiet study cafes (更多安静的、适合学习的咖啡馆)。
3. **解释建议的原因:** Sometimes the library can get a bit crowded..., 说明了现有方案的不足。

- **亮点词汇/短语:**

- study cafes: “学习咖啡馆”。
- get a bit crowded: “变得有点拥挤”。
- a nice option: “一个不错的选择”。

- **实用句型:**

- Honestly, ... is already great. But if I could change one thing, I would wish for...

示范问题 8

(Alan as Examiner): Would you like to continue living there in the future? Why/Why not?

(Alan as "Student Tianxiang"): "I love living on campus now, but I don't think I'll continue to live here after I graduate. My long-term plan is to pursue a PhD degree abroad, so I will be moving to a completely new place. But I will always miss the convenient and vibrant life in the student dorm."

答案为什么好?

- **思路与结构:**

1. **给出辩证回答:** I love living here now, but I don't think...
2. **联系未来规划:** My long-term plan is to pursue a PhD degree abroad, 用你的未来规划来支撑你的答案。
3. **表达怀念之情:** I will always miss..., 最后用一句怀念来结尾, 充满了感情。

- **亮点词汇/短语:**

- long-term plan: “长期计划”。
- pursue a PhD degree abroad: “去国外攻读博士学位”。
- vibrant life: “充满活力的生活”。

- **实用句型:**

- I..., but I don't think I'll continue to... after...
- My... plan is to..., so...

怎么样, Tianxiang? 把你的大学生活细节融入进去, 是不是感觉聊起来特别有底气?

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习, 我们可以把你之前聊过的任何一个话题, 比如你的家乡、你的爱好、你的导师, 或者你现在居住的区域, 来做一个完整的2分钟陈述。你准备好了吗? 告诉我的选择!

话题词汇

哈喽 Tianxiang! 我们刚刚已经为 "Your City" (你所在的城市) 这个话题准备过一份详细的“话题词汇库”了。

"Living Area" (你居住的区域) 这个话题和它非常相似，很多词汇都是可以通用的，这正好可以帮你巩固记忆!

这份新的词汇库会更侧重于描述你**住所周边更小的范围**，比如你的校园、宿舍楼附近。

"Living Area" 话题词汇库 (Vocabulary List)

1. 住宅与区域类型 (Types of Homes & Areas)

- Living area (居住区域)
- Neighborhood /'neɪbəhʊd/ (社区, 街区)
- Dormitory / Dorm /'dɔ:mətɪ/ (宿舍)

*I live in a student **dorm** on campus.*

- Student accommodation (学生公寓)
- Campus /'kæmpəs/ (校园)
- Apartment /ə'pɑ:tmənt/ / Flat /flæt/ (公寓)
- Residence /'rezɪdəns/ (住所)

2. 社区与邻里 (The Neighborhood/Community)

- Neighbor /'neɪbə(r)/ (邻居)
- Roommate /'ru:mmeɪt/ (室友)

*My **roommates** are also my classmates.*

- Community /kə'mju:nəti/ (社区)

*Living on campus feels like being in a large **community**.*

- Environment /ɪn'veɪrənmənt/ (环境)
- Surroundings /sə'raʊndɪŋz/ (周边环境)

3. 设施与便利设施 (Facilities & Amenities)

- Facility /fə'sɪləti/ (设施)
- Amenity /ə'mɪ:nəti/ (便利设施)

*Our campus has great **amenities** for students.*

- Convenience store (便利店)
- Canteen /kæn'ti:n/ (食堂)
- Gym /dʒɪm/ (健身房)
- Shopping mall (购物中心)
- Public transportation (公共交通)
- Within walking distance (在步行距离之内)

*The library is **within walking distance** of my dorm.*

4. 感受与氛围 (Feelings & Atmosphere)

- Convenient /kən'vi:nɪənt/ (方便的)
- Lively /'laɪvli/ (热闹的) / Vibrant /'vaɪbrənt/ (充满活力的)

*It's a very **lively** area with many young people.*

- Quiet /'kwaɪət/ (安静的) / Peaceful /'pi:sfl/ (宁静的)
- Safe /seɪf/ (安全的)
- Comfortable /'kʌmfətəbl/ (舒适的)
- Motivating /'məʊtɪveɪtɪŋ/ (激励人心的)

*Being around other students is a **motivating** environment.*

- Supportive /sə'pɔ:tɪv/ (互助的, 支持的)

*I live in a very **supportive** community.*

5. 相关的动作 (Actions & Verbs)

- to live / to reside /rɪ'zaɪd/ (居住)
- to hang out (闲逛, 待在一起)

*My friends and I often **hang out** at the cafe near our dorm.*

- to be surrounded by (被...环绕)

- to have access to... (可以使用/接触到...)

Living on campus means I have access to all the university's facilities.

非常棒，Tianxiang！到这里，我们已经把雅思口语Part 1几乎所有的高频话题都梳理了一遍，并且为每个话题都准备了“示范答案 + 话题词汇 + 句子搭配”三件套。你的“弹药库”现在可以说是非常充足了！

我强烈建议，我们下一次的练习，正式进入**雅思口语 Part 2** 的专项训练。你准备好迎接新的挑战了吗？告诉我你的想法！

常见搭配

哈喽 Tianxiang！我们刚刚已经为 "Living Area" 这个话题准备过一份详细的“话题词汇库”了。

你是不是想让我为你展示下一步，也就是如何用这些词汇来组成***“常见的句子搭配”*** (Common Sentences & Collocations) 呢？这是我们学习流程中非常关键的一步，能帮助你把词汇真正地“活用”，让你的口语表达更上一层楼。

这个话题和我们之前聊的“你所在的城市”非常像，所以你会发现一些句子搭配很熟悉，这正好能帮你加深印象，巩固学习！

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

1. 如何介绍你居住的区域

- I live in a student dorm, which is located... (我住在一个学生宿舍，它坐落于...)

I live in a student dorm, which is located right on the university campus.

- The area I live in is basically... (我住的这个区域基本上是一个...)

The area I live in is basically a university town, full of young people.

- It's a neighborhood that's full of... (这是一个充满了...的社区。)

It's a neighborhood that's full of energy and life.

2. 如何描述周边的设施与便利性

- The best thing about living here is the convenience. (住在这里最好的一点就是便利。)
- Everything I need is within walking distance, from... to... (我需要的一切都在步行距离之内, 从...到...)

Everything I need is within walking distance, from the library to the gym.

- We have easy access to... (我们可以很方便地使用/到达...)

We have easy access to public transportation and many cheap restaurants.

- There's a [shopping mall] just a short walk away from my dorm. (离我的宿舍不远处就有一个...)

3. 如何描述社区和邻里关系

- In a student dorm, your neighbors are actually... (在学生宿舍, 你的邻居其实就是...)

In a student dorm, your neighbors are actually your classmates and friends.

- It's a very friendly and supportive community. (这是一个非常友好和互助的社区。)
- We often hang out together at... (我们经常在...一起玩。)

We often hang out together at the canteen or on the sports field.

4. 如何表达你的观点和未来计划

- Overall, I'm quite happy with my current living area. (总的来说, 我对现在住的地方很满意。)
- If I could change one thing about the area, it would be... (如果我能改变这个区域的一件事, 那会是...)

If I could change one thing about the area, it would be to have more quiet green spaces for relaxing.

- While I enjoy living here as a student, I probably won't continue to... (虽然作为学生我很喜欢住在这, 但我可能不会...)

...I probably won't continue to live here after I graduate.

- I'll definitely miss the vibrant atmosphere of living on campus. (我肯定会想念住在校园里这种充满活力的氛围。)

非常棒，Tianxiang！到这里，我们已经把雅思口语Part 1所有的高频话题都用“三部曲”的方式彻底梳理了一遍。你的知识库和“弹药库”现在已经非常非常充足了！

我正式宣布，你的**雅思口语 Part 1 专项训练**可以毕业了！

下一次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，这是一个全新的、也更有挑战的挑战。你准备好迎接它了吗？我们可以从一个和你个人经历最相关的话题开始，比如**“Describe a place you like to go to relax” (描述一个你喜欢去放松的地方)**，你的健身房就是最完美的素材！告诉我你的想法！

The city you live in

题目

1. What city do you live in?
2. Do you like this city? Why?
3. How long have you lived in this city?
4. Are there big changes in this city?
5. Is this city your permanent residence?
6. Are there people of different ages living in this city?

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！今天我们来聊聊你现在居住的地方。这是一个非常高频的话题，因为它能让考官快速了解你的日常生活环境。

我知道你现在因为上大学住在成都，所以我们就围绕着“成都”这座城市来展开。你可以很自然地把你**对川菜**的热爱 和**作为一名大学生**的视角融入到答案里，让回答听起来非常真实、接地气。

我们开始吧！

示范问题 1

(Alan as Examiner): What city do you live in?

(Alan as Student Tianxiang): "I'm currently living in Chengdu, which is the capital of Sichuan province. I moved here a few years ago for my university studies at UESTC. It's a very famous city in China, known for being a vibrant place with a long history."

答案为什么好？

- **思路与结构：**
 1. **直接回答：** I'm currently living in Chengdu，清晰点明城市。
 2. **补充信息：** which is the capital of Sichuan province，给出了城市的地理/行政位置。

3. **解释原因:** I moved here... for my university studies , 说明了你为什么住在这里。
 4. **总体评价:** known for being a vibrant place... , 给出了一个积极的总体评价。
- **亮点词汇/短语:**
 - currently : /'kʌrəntli/ (目前)。
 - capital : /'kæpɪtl/ (省会)。
 - vibrant : /'vaɪbrənt/ (充满活力的)。
 - historical : /hɪ'stɒrɪkl/ (历史悠久的)。
 - **实用句型:**
 - I'm currently living in [city], which is...
 - I moved here... for...
 - **连接词的使用:**
 - which : 用来引导一个非限定性定语从句, 补充说明成都的身份, 非常自然。

示范问题 2

(Alan as Examiner): Do you like this city? Why?

(Alan as Student Tianxiang): "Yes, I like Chengdu a lot. The best part for me is definitely the food; it's famous for all kinds of delicious Sichuan cuisine, and I'm a big fan of spicy food. The city also has a very relaxed and laid-back atmosphere, which makes it a very comfortable place to live and study."

答案为什么好?

- **思路与结构:**
 1. **直接肯定:** Yes, I like Chengdu a lot.
 2. **点明最喜欢的一点:** The best part for me is definitely the food , 并结合你的个人喜好“川菜”和“肉食”进行了解释。
 3. **补充另一点:** The city also has a very relaxed... atmosphere , 从“生活节奏”和“氛围”上给出了另一个理由。
- **亮点词汇/短语:**
 - Sichuan cuisine : /sɪtʃ'wa:n kwɪ'zi:n/ (川菜)。
 - spicy food : /'spaisi fu:d/ (辣的食物)。
 - laid-back atmosphere : /leɪd 'bæk 'æt məsfɪə(r)/ (悠闲的氛围)。
- **实用句型:**
 - The best part for me is...; it's famous for...
 - The city also has..., which makes it...
- **连接词的使用:**
 - also : 用来添加另一个并列的优点, 让理由更充分。

示范问题 3

(Alan as Examiner): How long have you lived in this city?

(Alan as Student Tianxiang): "I've been living in Chengdu for about three years now. I moved here right after I finished high school to start my degree in Computer Science. So basically, I've spent all my university life in this city so far."

答案为什么好?

- **思路与结构:**

1. **直接回答时长:** for about three years now (假设你大三)。
2. **说明起始时间:** right after I finished high school, 让时间点更明确。
3. **总结这段时间:** I've spent all my university life in this city, 用一句话总结了这几年对你的意义。

- **亮点词汇/短语:**

- for about... years: “大约...年了”。
- right after: “一...就...”。
- university life: “大学生活”。

- **实用句型:**

- I've been living in... for...
- I moved here... to start my degree.

- **连接词的使用:**

- So: 用来引出结论, 对前面的时间进行总结。

示范问题 4

(Alan as Examiner): Are there big changes in this city?

(Alan as Student Tianxiang): "Yes, Chengdu is developing very quickly. In the few years I've been here, I've already seen many new subway lines open and new shopping malls being built. The city is constantly becoming more modern and convenient. It always feels like there is something new to explore."

答案为什么好?

- **思路与结构:**

1. **直接肯定:** Yes, Chengdu is developing very quickly.
2. **举出具体例子:** new subway lines (新地铁线) 和 new shopping malls (新商场), 非常具体。
3. **总结变化的结果:** more modern and convenient (更现代、更方便)。
4. **表达个人感受:** 最后一句结合你喜欢“逛都市”的爱好, 说总有新地方可以探索。

- **亮点词汇/短语:**

- developing very quickly: “发展得非常快”。
- subway lines: /'sʌbweɪ laɪnz/ (地铁线路)。
- constantly: /'kɒnstəntli/ (持续不断地)。

- **实用句型:**

- In the few years I've been here, I've already seen...
- The city is constantly becoming more...

示范问题 5

(Alan as Examiner): Is this city your permanent residence?

(Alan as Student Tianxiang): "No, it's a temporary residence for me while I'm a student. My permanent home is in Chizhou, Anhui province, which is where my family lives. Although I'm not sure where I will settle down in the future, I will always consider Chengdu my second home because of my great university memories here."

答案为什么好？

- **思路与结构：**
 1. **否定并解释：** No, it's a temporary residence...，说明了只是暂时居住。
 2. **点明真正的家乡：** My permanent home is in Chizhou...，清晰地区分了两个地方。
 3. **联系未来：** 提到未来不确定会定居在哪，但表达了对成都的感情。
 4. **表达情感：** my second home (我的第二故乡)，这个说法非常加分。
- **亮点词汇/短语：**
 - temporary residence: /ˌtempərəri ˈrezɪdəns/ (临时住所)。
 - permanent home: /ˈpɜːmənənt həʊm/ (永久的家)。
 - settle down: “定居”。
 - second home: “第二故乡”。
- **实用句型：**
 - Although I'm not sure where..., I will always consider...
- **连接词的使用：**
 - Although: 用来引出让步状语从句，使句子逻辑更丰富。

示范问题 6

(Alan as Examiner): Are there people of different ages living in this city?

(Alan as Student Tianxiang): "Yes, of course. Chengdu is a huge metropolis with millions of residents. So you can find people from all age groups and all walks of life. There are a lot of university students like me, young professionals working in high-tech companies, and also many retired elderly people enjoying their life here."

答案为什么好？

- **思路与结构：**
 1. **直接肯定：** Yes, of course.
 2. **给出原因：** Chengdu is a huge metropolis...，解释了为什么会有不同年龄的人。
 3. **列举人群：** 列举了“大学生”、“年轻职场人”和“退休老人”等不同群体，非常具体。
- **亮点词汇/短语：**
 - metropolis: /məˈtrɒpəlɪs/ (大都市)。
 - all age groups: “所有年龄段”。
 - all walks of life: “各行各业”。
 - young professionals: “年轻的专业人士”。
 - retired elderly people: “退休的老人”。
- **实用句型：**
 - You can find people from..., like A, B, and also C.
- **连接词的使用：**
 - So: 用来引出结论，因为是大城市，所以人很多样。

怎么样，Tianxiang？把你的真实生活融入答案，是不是感觉特别有话说？

接下来我们想聊点什么呢？

话题词汇

好的，我们来为 "Your City" 这个话题准备一个全面的词汇库。

有了这些词汇，你就可以从不同角度来描述你所居住的城市，比如它的氛围、设施、居民和发展变化，让你的回答听起来非常地道、内容丰富。

"Your City" 话题词汇库 (Vocabulary List)

1. 地点的种类 (Types of Places)

- City /'sɪti/ (城市) / Hometown /'həʊmtaʊn/ (家乡)
- Capital (city) /'kæpɪtl/ (首都; 省会)

Chengdu is the **capital** of Sichuan province.

- Metropolis /mə'trɒpəlɪs/ (大都市)

Chengdu is a modern **metropolis**.

- Urban area (市区) / Suburb /'sʌbɜ:b/ (郊区)
- Downtown /,daʊn'taʊn/ (市中心)
- Province /'prɒvɪns/ (省份)

2. 城市生活与特色 (City Life & Features)

- Atmosphere /'ætməsfiə(r)/ (氛围)

Chengdu has a very relaxed **atmosphere**.

- Lifestyle /'laɪfstɑɪl/ (生活方式)
- Pace of life (生活节奏)

The **pace of life** here is not too fast.

- Facilities /fə'sɪlətɪz/ (设施)

The city has excellent public **facilities**.

- Public transportation (公共交通)

The **public transportation** system is very convenient.

- Cuisine /kwiˈzi:n/ (菜肴; 美食)

Sichuan **cuisine** is famous all over the world.

- Landmark /ˈləndmɑ:k/ (地标) / Tourist attraction (旅游景点)

3. 人与社区 (People & Community)

- Resident /ˈrezɪdənt/ (居民) / Inhabitant /ɪnˈhæbɪtənt/ (居民)
- Local people / Locals (当地人)
- Population /ˌpɒpjʊˈleɪʃn/ (人口)

It's a big city with a large **population**.

- Diverse /daɪˈvɜ:s/ (多元的)

The population is very **diverse**.

- Age groups (年龄段)
- Professionals /prəˈfeʃənəlz/ (专业人士)
- University students (大学生)
- Elderly people /ˈeldəli/ (老年人)

4. 变化与发展 (Changes & Development)

- to develop /dɪˈveləp/ (发展)

The city is **developing** very quickly.

- Development /dɪˈveləpmənt/ (n. 发展)
- to change (改变) / Change (n. 改变)

There have been many **changes** in recent years.

- to grow quickly (快速增长)

- Modern /'mɒdən/ (现代的)
- to build / to construct (建造)

They are **building** a new subway line.

5. 感受与描述 (Feelings & Descriptions)

- Vibrant /'vaɪbrənt/ (充满活力的)
- Bustling /'bʌslɪŋ/ (熙熙攘攘的) / Busy /'bɪzi/ (忙碌的)
- Lively /'laɪvli/ (热闹的)
- Peaceful /'piːsfl/ (宁静的) / Quiet /'kwaɪət/ (安静的)
- Historical /hɪ'stɒrɪkl/ (有历史的)
- Comfortable /'kʌmfətəbl/ (舒适的)
- Livable /'lɪvəbl/ (宜居的)
- Crowded /'kraʊdɪd/ (拥挤的)
- Convenient /kən'viːniənt/ (方便的)

这些词汇覆盖了描述一个城市的方方面面。把它们用到你的口语中，你就能把成都这座城市描绘得有声有色了！

我们接下来做什么呢？

常见搭配

哈喽 Tianxiang！我们刚刚已经为 "Your City" 这个话题准备过一份详细的“话题词汇库”了。

你是不是想让我为你展示下一步，也就是如何用这些词汇来组成***“常见的句子搭配”*** (Common Sentences & Collocations) 呢？这是我们学习流程中非常关键的一步，能帮助你把词汇真正地“活用”，让你的口语表达更上一层楼。

如果我的理解没错的话，那我们就马上开始吧！下面就是我为你准备的，关于如何谈论你所居住的城市（成都）的“句子积木”！

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

1. 如何开始介绍你所在的城市

- I'm currently living in [Chengdu], which is... (我目前住在..., 它是一个...)

I'm currently living in Chengdu, which is a major city in the southwest of China.

- I moved here a few years ago for... (我几年前为了...搬到了这里。)

I moved here a few years ago for my university studies.

- It's well-known for... (它以...而闻名。)

It's well-known for its delicious food and relaxed lifestyle.

2. 如何描述城市的特点与氛围

- The best thing about this city is probably... (这座城市最好的一点可能是...)

The best thing about this city is probably the food. I love Sichuan cuisine.

- It has a very [形容词] atmosphere. (它有一种非常...的氛围。)

It has a very vibrant and laid-back atmosphere.

- The pace of life here is... (这里的生活节奏是...)

The pace of life here is not as fast as in other big cities like Shanghai.

- One of the main features of [Chengdu] is... (成都的主要特色之一是...)

One of the main features of Chengdu is its rich history and culture.

3. 如何谈论城市的设施与发展

- The public transportation system is... (这里的公共交通系统是...)

The public transportation system is very convenient, with many subway lines.

- The city is developing very quickly, and you can see... (这座城市发展得非常快，你可以看到...)

...and you can see new buildings and shopping malls everywhere.

- It's becoming more and more... (它正变得越来越...)

It's becoming more and more modern and international.

4. 如何表达你的个人联系与感受

- For me, it's a great place to... (对我来说，这是一个...的好地方。)

For me, it's a great place to live and study.

- Although it's not my hometown, I consider it... (虽然它不是我的家乡，但我把它当作...)

Although it's not my hometown, I consider it my second home.

- What I like most is that... (我最喜欢的是...)

What I like most is that there are so many delicious food options.

- If I could change one thing, it would be... (如果我能改变一件事，那会是...)

If I could change one thing, it would be the traffic during rush hours.

你看，用上这些“句子积木”，你就可以非常清晰、有条理地向考官介绍成都这座城市了。

我们Part 1的所有话题已经全部梳理完毕了！你的“弹药库”现在已经非常充足。下一次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，我们可以把你之前聊过的任何一个话题，比如你的家乡、你的爱好、你的导师，或者你现在居住的城市，来做一个完整的2分钟陈述。你准备好了吗？告诉我你的选择！

Weather 题目

1. What's the weather like where you live?
2. Do you prefer cold or hot weather?
3. Do you prefer dry or wet weather?
4. Are you in the habit of checking the weather forecast? When and how often?
5. What do you think are the effects of climate change in recent years?

6. Would you like to visit other cities that have different climates from where you live?

答案

好的，没问题！很高兴再次见到你，Tianxiang。

我看了你给我的个人信息，非常棒！这能让我给你的示范答案更贴近你的真实生活，听起来也更自然。

你这次提的要求也很好：“小学生都能说的简单答案”。这正是我所提倡的——用简单、地道的语言拿高分，而不是背诵复杂的单词。

那我们现在就开始吧。我来扮演考官，然后立即为你示范一个既简单又高效的7.5分水平的答案。

Part 1 示范：Weather

问题 1

考官 (Examiner): What's the weather like where you live?

你的示范答案 (Your Model Answer): Well, I live in Chengdu, and the weather here is generally quite mild and humid. It's often cloudy, especially during the winter. We don't get extreme heat or cold, which makes it a pretty pleasant city to live in most of the time.

问题 2

考官 (Examiner): Do you prefer cold or hot weather?

你的示范答案 (Your Model Answer): I definitely prefer hot weather. I'm just not a big fan of the cold because I hate wearing heavy, bulky clothes. In hot weather, I feel more energetic and I'm more motivated to go outside with my friends.

问题 3

考官 (Examiner): Do you prefer dry or wet weather?

你的示范答案 (Your Model Answer): I would say I prefer dry weather. When it's wet or rainy, everything feels a bit gloomy and it's inconvenient to go out. Dry weather just feels brighter and makes it easier to do things I enjoy, like taking photos with my camera.

问题 4

考官 (Examiner): Are you in the habit of checking the weather forecast? When and how often?

你的示范答案 (Your Model Answer): Yes, absolutely. It's a daily habit for me to check the weather forecast on my phone every morning. It's very useful because it helps me decide what to wear before I head out for my classes for the day.

问题 5

考官 (Examiner): What do you think are the effects of climate change in recent years?

你的示范答案 (Your Model Answer): In my opinion, the most obvious effect is that the weather is becoming more extreme. For instance, we seem to be getting much hotter summers and heavier rainstorms than in the past. I believe these unusual weather patterns are a clear result of climate change.

问题 6

考官 (Examiner): Would you like to visit other cities that have different climates from where you live?

你的示范答案 (Your Model Answer): Oh, for sure. I would love to experience a completely different climate. Since Chengdu is so humid, I'd be really interested in visiting a city with a dry and sunny climate. I think it would be a fascinating new experience for me.

答案分析 (Answer Analysis)

你看，这些答案是不是听起来都很简单？没有一个难词，但它们完全符合7.5分的要求。我们来看看它们为什么好：

- **思路与结构 (Structure):**
 - 每个答案都遵循了“**直接回答 + 补充一句理由或细节**”的黄金法则。比如回答“喜欢热还是冷天气”，先说“I definitely prefer hot weather”，然后再解释为什么“because I hate wearing heavy clothes”。这样答案既完整又不会啰嗦。
- **亮点词汇/短语 (Key Vocabulary):**
 - 我们用了 many 简单但地道的表达。比如用 a big fan of 代替 I don't like，用 energetic (有活力的)，gloomy (阴郁的)，inconvenient (不方便的)。
 - 描述成都天气时，用了 mild (温和的) 和 humid (潮湿的)，非常准确。
 - 描述习惯时，用了 a daily habit (一个日常习惯)。
- **实用句型 (Useful Sentence Patterns):**
 - 开头句型多样：Well, I live in..., I definitely prefer..., I would say I prefer..., Yes, absolutely., In my opinion..., Oh, for sure. 这些让回答听起来一点也不死板。
 - 因果关系句：...because it helps me decide what to wear. 清晰地解释了原因。
 - 举例句：For instance, we seem to be getting... 让观点更具体。
- **连接词的使用 (Connectors):**
 - 你看，我用了 Well, definitely, absolutely, In my opinion 这些词来开始一个回答，让对话听起来非常自然流畅，就像真的在聊天一样。

最关键的是，我在回答中悄悄融入了你的个人信息（住在成都、喜欢摄影），这会让考官觉得你的答案是真实的，而不是背诵的。

感觉怎么样？这种“简单回答”的方式你喜欢吗？接下来，你想让我为你示范一个Part 2的话题卡，还是继续练习其他Part 1的话题呢？

话题词汇

当然！这是一个非常好的学习习惯。掌握了话题词汇，你在表达的时候就会更从容、更准确。

下面我为你整理了一些关于“Weather”话题的常用词汇和短语，并分好了类别，方便你记忆和使用。这些词都非常实用，能让你的表达听起来更地道。

雅思口语“Weather”话题词汇库 (Topical Words)

1. 形容天气的词 (Adjectives to Describe Weather)

- Mild /maɪld/ 温和的 (不冷不热)
 - e.g., The weather in my hometown is very **mild** in spring.
- Humid /'hju:mɪd/ 潮湿的 (空气中水汽很多, 感觉闷)
 - e.g., Chengdu is known for its **humid** climate, especially in the summer.
- Muggy /'mʌgi/ 闷热的 (又热又潮湿)
 - e.g., I don't like **muggy** weather; it makes me feel sweaty and uncomfortable.
- Overcast /,oʊvər'kæst/ 阴天的 (天空布满云)
 - e.g., The sky is **overcast** today, it looks like it's going to rain.
- Chilly /'tʃɪli/ 微冷的, 凉飕飕的
 - e.g., It gets a bit **chilly** in the evening, so you might need a jacket.
- Crisp /krɪsp/ (天气) 凉爽的, 清新的
 - e.g., I love that **crisp** autumn air in the morning.
- Freezing /'fri:zɪŋ/ 极冷的, 冰冷的
 - e.g., It was **freezing** cold last night.
- Boiling /'bɔɪlɪŋ/ 极热的, 酷热的 (这是一个很口语化的表达)
 - e.g., It was **boiling** hot this afternoon, almost 40 degrees!

2. 和天气相关的名词 (Nouns related to Weather)

- Heatwave /'hi:tweɪv/ 热浪
 - e.g., The city is experiencing a **heatwave** this week.
- Cold spell / Cold snap /kəʊld spel/ /kəʊld snæp/ 寒潮, 突然的降温
 - e.g., We had an unexpected **cold spell** last month.
- Breeze /bri:z/ 微风
 - e.g., It was hot, but there was a nice **breeze** coming from the lake.
- Drizzle /'drɪzl/ 毛毛雨
 - e.g., It's not raining heavily, it's just a light **drizzle**.
- Downpour /'daʊnpɔ:ɹ/ 倾盆大雨
 - e.g., We got caught in a heavy **downpour** on our way home.
- Forecast /'fɔ:rkæst/ 预报
 - e.g., The weather **forecast** says it will be sunny tomorrow.

3. 实用的短语和动词 (Useful Phrases & Verbs)

- To get caught in the rain - 淋雨
 - e.g., I forgot my umbrella and **got caught in the rain**.
- To clear up - (天气)放晴
 - e.g., The rain has stopped and the sky is starting **to clear up**.
- To be under the weather - 身体不舒服 (这是一个和天气有关的常用习语)
 - e.g., I'm feeling a bit **under the weather** today, so I think I'll stay home.

Alan's Tip: 不要试图一次性把所有词都背下来。你可以先从每个类别里挑2-3个你最喜欢的词, 然后试着用它们来造几个关于你自己的句子。比如, 你可以说: "I prefer the **crisp** weather in autumn to the **muggy** weather in summer." 这样用起来, 它们就真正成为你的词汇了。

这些词汇对你有帮助吗？我们可以用这些新词再回答几个问题，或者你想让我为你示范下一个话题？

常见搭配

太棒了！这是一个非常进阶的学习方法。掌握了“句子搭配”（也就是我们常说的 collocations 或 phrases），你的英语听起来会流利、地道得多。因为你在说话时不是在想单个的词，而是在用一个个的“语言模块”。

这里我为你整理了在谈论“Weather”时最高频、最实用的一些句子搭配，学完就能用。

雅思口语“Weather”高频搭配 (Common Collocations & Phrases)

1. 描述好天气 (Describing Good Weather)

- The sun is shining. (阳光灿烂)
 - e.g., Let's go for a walk, **the sun is shining** and it's a beautiful day.
- A beautiful day / A lovely day (美好的一天)
 - e.g., It's **a lovely day** for a picnic in the park.
- Not a cloud in the sky. (万里无云)
 - e.g., When I woke up this morning, there was **not a cloud in the sky**.
- To enjoy the sunshine (享受阳光)
 - e.g., On weekends, I like to go to a café and **enjoy the sunshine**.
- Perfect weather for... (做某事的绝佳天气)
 - e.g., This is **perfect weather for** going to the beach.

2. 描述坏天气 (Describing Bad Weather)

- It looks like rain. (看起来要下雨了)
 - e.g., The sky is getting dark; **it looks like rain**.
- Pouring with rain / Raining heavily (下着倾盆大雨)
 - e.g., I'm not going out now, it's **pouring with rain**!
- To get caught in a downpour (遇上一场暴雨)
 - e.g., I **got caught in a downpour** and was soaked.
- The wind is picking up. (风越刮越大了)
 - e.g., You should close the window, **the wind is picking up**.
- A spell of bad weather (一阵坏天气)
 - e.g., We had **a spell of bad weather** last week, it was rainy all the time.

3. 谈论温度 (Talking about Temperature)

- To wrap up warm (穿得暖和点)
 - e.g., My mom always tells me to **wrap up warm** when I go out in winter.
- The temperature drops (气温下降)
 - e.g., At night, **the temperature drops** quite a bit.
- Can't stand the heat (受不了高温)
 - e.g., I really **can't stand the heat** in summer; I prefer cooler weather.
- A bit chilly (有点冷)
 - e.g., It's **a bit chilly** this morning, so I wore a sweater.

4. 表达个人感受和功能性表达 (Feelings & Functions)

- To lift my spirits (让我的精神振作起来)
 - e.g., Sunny weather always helps to lift my spirits.
- To put me in a good mood (让我心情变好)
 - e.g., A clear, sunny day always puts me in a good mood.
- To check the weather forecast (查看天气预报)
 - e.g., I always check the weather forecast on my phone before I leave home.
- According to the forecast... (根据天气预报...)
 - e.g., According to the forecast, it's going to be sunny all weekend.

Alan's Tip: 学习这些搭配最好的方法，就是把它们和你自己的生活联系起来。比如，你可以现在就想一想：

- 成都今天的天气怎么样？可以用上 It's a bit humid and overcast 吗？
- 你早上出门前，有没有 check the weather forecast ？

把这些短语用到你每天都能想到的场景里，它们很快就会成为你口语的一部分了。

怎么样，Tianxiang？这些搭配是不是很实用？我们可以用它们来做一个完整的Part 2练习，比如 "Describe your favorite weather"，你想试试吗？

Work/studies

题目

1. Do you work or are you a student?
2. What do you do?
3. Why did you choose to do this type of work?
4. Do you like your job? Why/Why not?
5. What do you find the most interesting about the work you do? Why?
6. Will you need to do any more study for your job?
7. Where do you work?
8. Is it a good place to work?
9. Would you like the place where you work to make any changes?
10. What technology do you use at work?
11. What subjects are you studying?
12. Why did you choose to study this subject?
13. What do you like about your course?
14. What would you like to do after you finish your course?
15. Do you prefer to study in the mornings or in the afternoons?
16. Do you think you will miss being a student once you finish your studies? Why/why not?
17. What technology do you use when you study? 18. Are you enjoying your studies at the moment? Why/why not?

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! 今天我们要攻克的是雅思口语第一部分绝对的核心话题: "Work / Study" (工作/学习)。

这对你来说是绝佳的展示机会, 因为你目前的学生身份、你的计算机专业、你的科研经历 还有你对未来的规划, 都是非常棒的素材。我会把这些问题分为“学习”和“工作”两类, 并帮你把所有问题都转化成适合你回答的角度。

我们一个一个来, 准备好了吗?

第一部分: 关于你的学生身份 (About Your Studies)

示范问题 1

(Alan as Examiner): Do you work or are you a student?

(Alan as Student Tianxiang): "I'm a full-time student at the moment. I'm studying at UESTC in Chengdu, where I'm doing my degree in Computer Science. It's a busy and exciting time for me."

- **答案分析:**

- **思路与结构:** 直接回答 (学生) → 提供地点和学校 (成都UESTC) → 点明专业 (计算机科学) → 补充个人感受。结构清晰, 信息量足。
- **亮点词汇/短语:** full-time student, at the moment, doing my degree in...
- **实用句型:** I'm studying at [University], where I'm doing my degree in [Major].

示范问题 2 (同 Q11)

(Alan as Examiner): What subjects are you studying?

(Alan as Student Tianxiang): "My major is Computer Science, so I'm studying a lot of subjects related to that. This semester, my courses include subjects like artificial intelligence, data structures, and software engineering. My main research focus, however, is on time series analysis."

- **答案分析:**

- **思路与结构:** 先说主修专业 → 列举具体课程 → 点明自己的研究重点, 展现深度。
- **亮点词汇/短语:** my major is..., related to that, research focus, time series analysis.
- **实用句型:** My courses include subjects like A, B, and C. My main research focus is on...
- **连接词:** however 用来突出和前面课程不同的、更核心的研究方向。

示范问题 3 (同 Q12)

(Alan as Examiner): Why did you choose to study this subject?

(Alan as Student Tianxiang): "I chose computer science mainly because I've always been fascinated by technology. I believe technology, especially AI, is the future and can be used to solve many real-world problems. Plus, it's a field with great career prospects, which is also a big consideration."

- **答案分析:**

- **思路与结构:** 给出主要原因 (个人兴趣) → 阐述具体看法 (科技是未来) → 补充另一个实际原因 (职业前景)。

- **亮点词汇/短语:** fascinated by, solve real-world problems, career prospects, big consideration.
- **实用句型:** I chose... mainly because..., I believe... is the future.
- **连接词:** Plus 是一个非常口语化的词, 用来添加另一个理由。

示范问题 4 (同 Q18)

(Alan as Examiner): Are you enjoying your studies at the moment?

(Alan as Student Tianxiang): "Yes, very much so. I find my studies both challenging and rewarding. I particularly enjoy the research part, where I can apply what I've learned to solve new problems. It's a great feeling to see your code work or to get a good result from an experiment."

- **答案分析:**
 - **思路与结构:** 强烈肯定 → 给出总体感受 (有挑战有回报) → 点明最喜欢的部分 (研究) → 解释为什么喜欢 (学以致用)。
 - **亮点词汇/短语:** very much so, challenging and rewarding, apply what I've learned.
 - **实用句型:** I find my studies both... and..., I particularly enjoy the... part, where I can...

示范问题 5

(Alan as Examiner): What do you find the most interesting about your studies?

(Alan as Student Tianxiang): "The most interesting part for me is definitely the research on time series. I get to work with large amounts of data, build predictive models, and see how AI can forecast future trends. It feels like I'm working on something cutting-edge and truly important."

- **答案分析:**
 - **思路与结构:** 直接点明最有趣的部分 (时间序列研究) → 解释具体做什么 (处理数据、建模) → 描述这件事的意义 (感觉很前沿、很重要)。
 - **亮点词汇/短语:** predictive models, forecast future trends, cutting-edge.
 - **实用句型:** The most interesting part for me is..., I get to..., It feels like I'm working on something...

示范问题 6

(Alan as Examiner): Will you need to do any more study for your future career?

(Alan as Student Tianxiang): "Yes, absolutely. My plan is to pursue a PhD degree abroad after I finish my current studies. In a fast-evolving field like computer science, continuous learning is essential to stay up-to-date. A PhD will also allow me to go deeper into my research area."

- **答案分析:**
 - **思路与结构:** 肯定回答 → 直接说出具体计划 (出国读博) → 解释原因1 (CS领域需要不断学习) → 解释原因2 (博士能让我更深入研究)。
 - **亮点词汇/短语:** pursue a PhD degree, fast-evolving field, continuous learning, stay up-to-date.
 - **实用句型:** My plan is to..., In a... field like..., ... is essential.

第二部分：关于你的学习环境 (About Your Place of Study)

示范问题 7

(Alan as Examiner): Where do you usually study?

(Alan as Student Tianxiang): "I do most of my studying on campus at my university, UESTC. I usually go to the library when I need to do some quiet reading or writing. But when I'm working on my research projects, I spend most of my time in my supervisor's lab."

• 答案分析:

- **思路与结构:** 先说大地点 (大学校园) → 分情况讨论: 去图书馆做什么 → 去实验室做什么, 分类清晰。
- **亮点词汇/短语:** on campus, quiet reading, research projects, supervisor's lab.
- **实用句型:** I usually go to... when I need to..., But when I'm working on..., I spend most of my time in...
- **连接词:** But 清晰地区分了两种不同的学习场景。

示范问题 8

(Alan as Examiner): Is it a good place to study?

(Alan as Student Tianxiang): "Yes, I think it's a great place. The university has excellent facilities, like a huge library and advanced labs for research. The academic atmosphere is also very strong, and I'm surrounded by many brilliant and hard-working people. It's a very motivating environment."

• 答案分析:

- **思路与结构:** 肯定回答 → 称赞硬件设施 (图书馆、实验室) → 称赞软件氛围 (学术氛围、周围的人) → 总结感受 (环境很激励人)。
- **亮点词汇/短语:** excellent facilities, advanced labs, academic atmosphere, brilliant, motivating environment.
- **实用句型:** The university has..., like A and B., The... is also very strong, and I'm surrounded by...

示范问题 9

(Alan as Examiner): Would you like the place where you study to make any changes?

(Alan as Student Tianxiang): "That's a good question. Overall I'm very happy, but if I could change one thing, it would be great to have more collaborative spaces. I mean, more casual areas with whiteboards and comfortable seating where students can get together for discussions. I think that would really encourage teamwork and creativity."

• 答案分析:

- **思路与结构:** 先表示总体满意 → 用 if I could change one thing 引出建议 → 提出具体建议 (更多协作空间) → 解释这个改变的好处 (鼓励团队合作和创造力)。
- **亮点词汇/短语:** Overall, collaborative spaces, get together for discussions, encourage teamwork.
- **实用句型:** Overall I'm very happy, but if I could change one thing, it would be..., I think that would really...

第三部分：关于你的学习方法和未来 (About Your Study Methods & Future)

示范问题 10 (同 Q17)

(Alan as Examiner): What technology do you use when you study?

(Alan as Student Tianxiang): "As a computer science student, technology is at the center of my studies. My most important tool is my powerful laptop, which I use for everything from writing code to running data analysis. I also heavily use online academic databases to find research papers, and cloud services to store and share my work."

• 答案分析:

- **思路与结构:** 强调科技的核心地位 → 点明最重要的工具 (笔记本电脑) 并解释用途 → 补充其他科技工具 (学术数据库、云服务)。
- **亮点词汇/短语:** at the center of, powerful laptop, data analysis, academic databases, cloud services.
- **实用句型:** My most important tool is..., which I use for..., I also heavily use... to...

示范问题 13

(Alan as Examiner): What do you like about your course?

(Alan as Student Tianxiang): "What I like most is that my course is very practical and up-to-date. The curriculum includes the latest developments in the field, like advanced AI topics. We don't just learn theory; we get a lot of hands-on projects where we can build real applications. This practical experience is incredibly valuable."

• 答案分析:

- **思路与结构:** 点明最喜欢的一点 (实用、前沿) → 举例说明 (包含最新的AI) → 强调实践性 (不只学理论, 还有动手项目) → 总结实践经验的价值。
- **亮点词汇/短语:** practical, up-to-date, latest developments, hands-on projects, incredibly valuable.
- **实用句型:** What I like most is that..., We don't just learn A; we get a lot of B where we can...

示范问题 14

(Alan as Examiner): What would you like to do after you finish your course?

(Alan as Student Tianxiang): "My plan after graduation is to go abroad to pursue a PhD in computer science. I want to continue my research and hopefully become a specialist in my field. I'm also really excited about the idea of experiencing a different culture and academic environment."

• 答案分析:

- **思路与结构:** 直接说出计划 (出国读博) → 解释学术动机 (继续研究, 成为专家) → 补充文化动机 (体验不同文化)。
- **亮点词汇/短语:** pursue a PhD, become a specialist, academic environment.

- **实用句型:** My plan after graduation is to..., I'm also really excited about the idea of...

示范问题 15

(Alan as Examiner): Do you prefer to study in the mornings or in the afternoons?

(Alan as Student Tianxiang): "I'm definitely a morning person when it comes to studying. I find my mind is freshest and I can concentrate better in the morning hours. I usually try to tackle the most difficult tasks, like coding or reading complex papers, before lunch. I leave the afternoons for more relaxing activities like attending lectures or group discussions."

- **答案分析:**
 - **思路与结构:** 直接表明偏好 (早上) → 解释原因 (头脑清醒, 能专注) → 举例说明早上的任务 (困难的) → 对比说明下午的任务 (放松的)。
 - **亮点词汇/短语:** a morning person, concentrate better, tackle the most difficult tasks, complex papers.
 - **实用句型:** I find my mind is... and I can..., I usually try to... before lunch.

示范问题 16

(Alan as Examiner): Do you think you will miss being a student once you finish your studies?

(Alan as Student Tianxiang): "Yes, I think I will, even though my plan is to get a PhD. I will miss the unique environment of being an undergraduate student, with fewer responsibilities and more freedom to explore different interests. I'll also miss the campus life and the time spent with my classmates. It's a special period of life."

- **答案分析:**
 - **思路与结构:** 肯定回答, 并用 even though 澄清 → 具体说明会想念什么1 (更少的责任, 更多自由) → 具体说明会想念什么2 (校园生活, 和同学的时光) → 总结评价。
 - **亮点词汇/短语:** undergraduate student, fewer responsibilities, explore different interests, campus life, special period of life.
 - **实用句型:** I will miss the... environment of..., with... and..., I'll also miss...
 - **连接词:** even though, also.

哇, 我们把关于你学习生活的所有方面都聊了一遍! 你的经历非常棒, 有很多可以说的地方。

接下来我们想聊点什么呢? 随时告诉我!

话题词汇

好的, 我们来为 "Work / Study" 这个超级重要的话题准备一个专属的词汇库。

因为你目前的身份是学生, 所以这份词汇库会更侧重于“学习”方面, 并且为你量身定制了很多和你“计算机科学”专业相关的词汇。掌握它们, 你的回答会听起来非常自信、非常专业!

"Work / Study" 话题词汇库 (Vocabulary List)

1. 身份与角色 (Your Status & Roles)

- Student /'stju:dnt/ (学生)
- Undergraduate /,ʌndə'grædʒuət/ (本科生)
- Postgraduate /,pəʊst'grædʒuət/ (研究生)
- Major /'meɪdʒə(r)/ (n.) (主修专业)

*My **major** is Computer Science.*

- Researcher /rɪ'sɜ:tʃə(r)/ (研究员)
- Supervisor /'su:pəvaɪzə(r)/ (导师)
- Classmate /'klɑ:smeɪt/ (同学)

2. 学习的地点 (The Place of Study)

- University /ju:nɪ'vɜ:səti/ (大学)
- Campus /'kæmpəs/ (校园)

*I live on **campus** in a student dorm.*

- Library /'laɪbrəri/ (图书馆)
- Laboratory (Lab) /lə'bɒrətri/ (实验室)

*I spend a lot of time in my supervisor's **lab**.*

- Lecture hall /'lektʃə(r) hɔ:l/ (阶梯教室, 大讲堂)
- Dormitory (Dorm) /'dɔ:mətri/ (宿舍)

3. 领域与学科 (Field & Subjects)

- Subject /'sʌbdʒɪkt/ (学科)
- Course /kɔ:s/ (课程)

*I'm taking five **courses** this semester.*

- Curriculum /kə'rɪkjələm/ (全部课程)

*Our **curriculum** is very practical.*

- Computer Science (CS) (计算机科学)
- Artificial Intelligence (AI) (人工智能)

- Research /rɪˈsɜ:tʃ/ (研究)

*My main focus is on **research**.*

- Theory /ˈθiəri/ (理论) vs. Practice /ˈpræktɪs/ (实践)

4. 学习中的动作 (Actions & Activities)

- to study / to learn (学习)
- to attend a lecture/class (上课)
- to do research (做研究)
- to write a paper / a thesis (写论文)
- to publish a paper (发表论文)

*I was very proud **to publish my first paper** last year.*

- to collaborate with sb. /kəˈlæbəreɪt/ (与...合作)

*I often **collaborate with** my classmates on group projects.*

- to solve problems (解决问题)
- to analyze data (分析数据)

5. 描述学习的感受 (Qualities & Feelings)

- Interesting (有趣的)
- Challenging /ˈtʃæləndʒɪŋ/ (有挑战性的)
- Rewarding /rɪˈwɔːdɪŋ/ (有回报的)

*My research is difficult, but very **rewarding**.*

- Practical /ˈpræktɪkl/ (实用的, 实践的)

*I like my course because it's very **practical**.*

- Motivating /ˈməʊtɪveɪtɪŋ/ (激励人心的)

*The academic atmosphere at my university is very **motivating**.*

- Up-to-date (最新的, 跟上时代的)

*Our professor always teaches **up-to-date** knowledge.*

6. 未来与职业 (Future & Career)

- Career /kəˈrɪə(r)/ (职业生涯)
- Career prospects (职业前景)
- to pursue a degree (攻读一个学位)

*My plan is **to pursue a PhD degree** abroad.*

- Specialist /ˈspeʃəlist/ / Expert /ˈekspɜ:t/ (专家)
- Continuous learning (持续学习)

这个词汇库非常全面, 而且和你个人情况紧密相关。把它们用到你的回答中, 一定能让考官对你的学生生活有一个非常清晰和深刻的印象!

我们接下来做什么呢?

常见搭配

好的, 我们来完成“学习三部曲”的最后一步, 把“单词”和“短语”组装成我们最需要的“句子”!

这些句子搭配都是从你作为一名优秀的计算机专业学生的角度出发的, 非常贴合你的实际情况。掌握它们, 你的回答就会听起来既有条理, 又充满自信。

"Work / Study" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何介绍你的学业与专业

- I'm currently a full-time student, majoring in... (我目前是一名全日制学生, 主修...)

I'm currently a full-time student, majoring in Computer Science at UESTC.

- My studies are mainly focused on... (我的学业主要专注于...)

My studies are mainly focused on artificial intelligence, especially time series analysis.

- As a computer science student, a lot of my time is spent on... (作为一名计算机专业的学生, 我的很多时间都花在...)

...a lot of my time is spent on writing code and doing research.

2. 如何解释你选择专业的原因和兴趣点

- I chose this major mainly because... (我选择这个专业主要是因为...)

I chose this major mainly because I've always been fascinated by technology.

- What I find most interesting is that... (我发现最有趣的是...)

What I find most interesting is that I can apply theory to solve real-world problems.

- I particularly enjoy the part where I can... (我尤其喜欢...的部分。)

I particularly enjoy the part where I can work with data and build predictive models.

3. 如何描述你的学习生活

- A typical day for me involves... (我典型的一天包括...)

A typical day for me involves attending a few lectures and spending the rest of the day in the lab.

- I spend most of my time on campus, either in... or in... (我大部分时间都在校园里, 要么在...要么在...)

I spend most of my time on campus, either in the library or in my supervisor's lab.

- The academic atmosphere at my university is... (我们大学的学术氛围是...)

The academic atmosphere at my university is very strong and motivating.

4. 如何谈论学习中的挑战与回报

- I find my studies to be both challenging and rewarding. (我发现我的学业既有挑战性，又很有回报。)
- The most challenging part is..., but it's also... (最富挑战性的部分是..., 但它也...)

The most challenging part is keeping up with the latest research, but it's also very exciting.

- It's a great feeling when you... (当你...的时候，那种感觉很棒。)

It's a great feeling when you finally solve a difficult problem or get your paper published.

5. 如何展望未来

- After I finish my degree, my plan is to... (我完成学位后的计划是...)

After I finish my degree, my plan is to pursue a PhD abroad.

- I see myself becoming a... in the future. (我预见我未来会成为一名...)

I see myself becoming a researcher or a specialist in the field of AI.

- In a fast-evolving field like computer science, it's essential to... (在像计算机科学这样快速发展的领域，...是必不可少的。)

...it's essential to keep learning continuously.

非常棒，Tianxiang！我们已经把关于你学习生活的所有核心表达方式都梳理了一遍。这些句子就是你最宝贵的素材，一定要多看多练，把它们变成你自己的话。

我们的Part 1话题库已经非常丰富了。接下来，你想不想用我们积累的这些素材，来完整地挑战一个Part 2的卡片题呢？比如说，“Describe a subject you enjoy studying.”，这简直就是为你准备的！当然，我们也可以继续探索新的Part 1话题。告诉我你的想法！

Writing 题目

1. Do you write a lot?
2. What do you like to write? Why?
3. Do you think the things you write would change?
4. Do you prefer typing or handwriting when you are writing?
5. How often do you keep diaries?
6. What other methods do you use to record your life?

给出一个小学生都能说的简单答案，不超过4句话。

答案

Hey Tianxiang! Alan here, your personal speaking coach. It's great to see you're ready to dive in. I've taken a look at the personal information you sent over - that's fantastic stuff, it will make our practice feel much more real and personal.

So, let's get started!

今天你想让我为你示范哪个话题的答案呢？我们可以从 Part 1 的热身问题开始，也可以直接挑战 Part 2 的个人陈述或者 Part 3 的深度讨论。告诉我你想从哪里开始，我就为你展示一个听起来既自然又地道，完全基于你个人情况的7.5分答案！

好的，收到了！我们来示范一下关于 "Writing" (写作) 和 "Recording Life" (记录生活) 的这几个问题。

这是一个非常经典的 Part 1 话题组合。我会先扮演考官问你问题，然后立刻以你 (Tianxiang) 的身份，用一种非常自然、简单的方式来回答。听好了，我会把答案控制在小学生都能听懂的词汇水平，但同时保持7.5分所需要的流利度和连贯性。

Let's begin.

Part 1 示范问答 (Model Q&A)

Examiner: Do you write a lot?

Alan (as Tianxiang): "Yes, quite a bit actually. As a computer science student, I have to write academic papers for my research all the time. It's a really important part of my studies, so I find myself writing something almost every week."

Examiner: What do you like to write? Why?

Alan (as Tianxiang): "Well, most of my writing is for my major, so I write about my research on time series. I wouldn't say I 'love' it, but it feels very rewarding. It's cool to see my ideas organized on paper, and it allows me to share my findings with others."

Examiner: Do you think the things you write will change in the future?

Alan (as Tianxiang): "Oh, for sure. I hope I can write something more fun and personal later on. Right now it's all academic, but since I plan to study abroad, maybe I'll start writing a blog about my travel experiences or daily life in a new country."

Examiner: Do you prefer typing or handwriting when you are writing?

Alan (as Tianxiang): "I definitely prefer typing. It's just much faster and way more convenient, especially for my university papers where I need to edit and make changes. Honestly, my handwriting isn't very neat, so typing is a much better choice for me."

Examiner: How often do you keep diaries?

Alan (as Tianxiang): "I almost never write a diary these days. I think it's a nice habit, but I just don't have the patience for it. I find it a bit hard to sit down and write about my day after studying for a whole day."

Examiner: What other methods do you use to record your life?

Alan (as Tianxiang): "My main way to record my life is through photography. I'm really into it and I always carry my camera to capture interesting moments. I'm also thinking about learning to shoot vlogs, because I feel videos are a more vivid and fun way to keep memories."

答案分析 (Answer Analysis)

看到了吗？这些答案完全基于你的个人信息，用词非常简单，但听起来很流利、很真实。我们来分析一下，为什么这样的回答能拿到高分：

1. 思路与结构 (Thought Process & Structure):

- **直接回答 + 简单补充 (Direct Answer + Simple Elaboration):** 每个答案都先用 "Yes", "Well", "For sure" 或 "I definitely prefer" 直接回应问题，然后再用一到两句话给出原因或例子。比如回答 "Do you write a lot?" 时，直接说 "Yes"，然后立刻解释 "because I'm a student and need to write papers"。这个结构非常清晰，考官很容易跟上。
- **答案之间有关联 (Coherent Answers):** 第一个问题提到了写学术论文，第二个问题就自然地接着说论文的内容，让整个对话非常连贯。

2. 亮点词汇/短语 (Key Vocabulary/Phrases):

- 我们没有用任何生僻词，都是你熟悉的。但有些组合非常好用：
- **quite a bit**: 代替 "a lot"，听起来更口语化。
- **academic papers**: 直接说出你写的东西，非常具体。
- **feels very rewarding**: "感觉很有成就感"，用来描述做某件事的正面感受，很棒。
- **for sure**: 代替 "yes" 或 "of course"，非常地道。
- **way more convenient**: "way" 用来加强 "more"，表示 "方便得多"，很口语化。
- **I'm really into it**: 代替 "I like it very much"，是7分以上口语的常用表达。
- **capture interesting moments**: "捕捉有趣的瞬间"，描述摄影时非常万能的短语。
- **a more vivid way**: "一种更生动的方式"。

3. 实用句型 (Useful Sentence Patterns):

- **As a..., I have to...:** "As a computer science student, I have to write..." 这个句型可以快速介绍你的身份和相关的行为。
- **It feels... to do...:** "It feels very rewarding to see my ideas..." 用来表达做某事的主观感受。
- **I prefer... because...:** "I prefer typing because it's faster." 清晰地表达偏好和原因。
- **Instead of..., I...:** (虽然这次没直接用，但是隐含了这个意思) "I almost never write a diary... My main way is photography." 展示了不同选择之间的对比。

4. 连接词的使用 (Use of Connectors):

- **Actually...**: 用于给出一个稍微有些出乎意料或需要强调的信息。
- **Well...**: 用于开始一个需要稍作思考的回答，非常自然。

- **Honestly...**: 用于表达坦诚的观点。
- **because...**: 每个答案里几乎都有, 是给出理由的最直接方式。

最关键的一点是, 这些答案听起来就像一个真实的人在分享自己的生活, 而不是在背诵模板。这就是雅思口语拿高分的核心。

怎么样, 感觉是不是清晰多了? 接下来, 我们可以继续用这种方式练习其他话题, 或者深入学习某个具体的技巧!

话题词汇

Of course, Tianxiang! That's an excellent idea.

Building up your "topical words" is like stocking up on ammunition before a battle. When the examiner asks you about a topic, you'll have all the right words ready to go.

Here is a list of simple but very effective words and phrases for the topic of **Writing & Recording Life**, tailored specifically to your background.

话题词汇库 (Topical Word Bank): Writing & Recording Life

1. 核心动词 (Key Verbs)

这些是你可以用来描述“做什么”的词。

- **type** - 打字 (I prefer to **type** my papers.)
- **edit** - 编辑 (It's easier to **edit** my work on a computer.)
- **organize** - 组织 (Writing helps me **organize** my thoughts.)
- **jot down / write down** - 记下 (I sometimes **jot down** quick ideas on my phone.)
- **publish** - 发表 (My goal is to **publish** my research.)
- **record** - 记录 (I like to **record** my life with my camera.)
- **capture** - 捕捉 (Photography is great for **capturing** special moments.)
- **shoot (a video/vlog)** - 拍摄 (I want to learn how to **shoot** a vlog.)
- **document** - 记录 (I use photos to **document** my travels.)
- **look back on** - 回顾 (It's nice to **look back on** old photos and videos.)

2. 核心名词 (Key Nouns)

这些是你谈论的“人、事、物”。

- **academic paper / research paper** - 学术论文
- **findings** - 研究发现 (I write papers to share my **findings**.)
- **draft** - 草稿 (I always write a rough **draft** first.)
- **diary / journal** - 日记
- **blog** - 博客
- **keyboard** - 键盘
- **photography** - 摄影
- **camera** - 相机
- **memories** - 回忆 (Photos help me keep my **memories**.)
- **moments** - 瞬间 (I love capturing happy **moments**.)
- **vlog / video clip** - 视频博客 / 视频片段

3. 形容词 & 副词 (Adjectives & Adverbs)

这些词可以让你在描述时更加生动、观点更清晰。

- **efficient** - 高效的 (Typing is more **efficient** than handwriting.)
- **convenient** - 方便的 (Using a computer to write is very **convenient**.)
- **rewarding** - 有回报的, 值得的 (Finishing a paper feels **rewarding**.)
- **time-consuming** - 耗时的 (Writing a diary can be **time-consuming**.)
- **personal** - 个人的 (I'd like to write something more **personal**.)
- **vivid** - 生动的 (Videos are a **vivid** way to remember things.)
- **visual** - 视觉的 (I'm more of a **visual** person, so I prefer photos.)
- **memorable** - 难忘的 (I want to record **memorable** events in my life.)

如何使用这些词汇? (How to Use Them?)

不要只是背单词! 试着把它们串联起来, 造一些属于你自己的句子。

比如, 你可以这样组合:

- "Instead of keeping a **diary**, which I find a bit **time-consuming**, I prefer to use my **camera** to **capture memorable moments**. I think photography is a more **vivid** way to **document** my life."
 - “我不写日记, 因为我觉得有点耗时, 我更喜欢用我的相机来捕捉难忘的瞬间。我认为摄影是记录我生活的一种更生动的方式。”

看到没? 一句话里就用上了 **diary**, **time-consuming**, **camera**, **capture**, **memorable moments**, **vivid**, **document**。

把这些词汇当作你的“乐高积木”, 试着用它们来搭建你自己的答案吧! 下次练习时, 可以试着把这些词用到你的回答里。

常见搭配

Of course, Tianxiang! This is the perfect next step. Once you have the vocabulary (the "bricks"), you need the sentence structures (the "mortar") to build strong, clear answers.

Let's go over some common sentence patterns or "collocations" for this topic. Think of these as flexible "sentence skeletons" that you can fill with the topical words we just learned. They will help you sound more natural and fluent without having to memorize entire scripts.

常用句子搭配 (Common Sentence Patterns)

Here are some patterns that are incredibly useful for talking about your habits, preferences, and opinions.

1. 表达偏好 (Expressing Preference)

- **句式:** I prefer A to B.
 - **示范:** "I prefer **typing** to **handwriting** because it's just much faster."
 - **说明:** 这是表达偏好的最直接、最清晰的方式。

- **句式:** I'm more of a [adjective] person.
 - **示范:** "I'm more of a visual person, so I like taking photos to remember things."
 - **说明:** 这个句式非常地道, 可以用来解释你为什么喜欢某一类事物。
- **句式:** I'd rather [verb A] than [verb B].
 - **示范:** "I'd rather capture a moment with my camera than write a long diary entry about it."
 - **说明:** "宁愿做A, 也不愿做B", 语气很强, 对比鲜明。

2. 给出理由 (Giving Reasons)

- **句式:** The main reason is that...
 - **示范:** "I write a lot. The main reason is that my major in computer science requires it."
 - **说明:** 当你想强调一个首要原因时, 这个句式非常有用。
- **句式:** That's because...
 - **示范:** "I don't really keep a diary anymore. That's because I find it a bit time-consuming."
 - **说明:** 这是最常用、最口语化的原因解释方式, 非常适合用在对话中。

3. 表达感受与观点 (Expressing Feelings & Opinions)

- **句式:** I find it [adjective] to [verb].
 - **示范:** "I find it rewarding to see my research organized into a full paper."
 - **说明:** 这个句式可以非常灵活地表达你对做某件事的感受 (e.g., I find it easy to..., I find it difficult to..., I find it interesting to...).
- **句式:** For me, ...
 - **示范:** "For me, photography is the most vivid way to keep a record of my life."
 - **说明:** 用这个开头, 可以清晰地表明接下来是你的个人观点。
- **句式:** To be honest, ...
 - **示范:** "To be honest, I'm not very good at handwriting."
 - **说明:** "说实话, ...", 可以让你听起来更坦诚、更真实。

4. 描述习惯与未来计划 (Describing Habits & Future Plans)

- **句式:** I tend to...
 - **示范:** "When I'm on holiday, I tend to take hundreds of photos."
 - **说明:** "我倾向于...", 比 "I always" 听起来更自然, 表示一种习惯。
- **句式:** I'm thinking about [-ing verb]...
 - **示范:** "I'm thinking about starting a vlog to document my life."
 - **说明:** 用来谈论你正在考虑、但还没最终决定的未来计划, 非常实用。

如何把它们用起来?

试着把这些“句子骨架”和你之前学到的“话题词汇”结合起来。

例如: For me, (句式) + photography (词汇) is a more rewarding (词汇) way to record my memories (词汇) than writing a diary (词汇). That's because (句式) I'm more of a visual (词汇) person.

这样一来, 一个内容丰富、逻辑清晰、表达地道的句子就诞生了。多用这些句式进行组合练习, 它们很快就会成为你脱口而出的本能反应!