

# 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.*"

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### 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!