

# 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 /spɒn'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 /'dedlaɪn/ (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 /spon'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... (拥有一个计划能帮助我...)

*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.*

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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？