

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?

高级版本

哈喽！你好！我是你的专属口语示范教练 Alan。很高兴今天能和你见面！

看到你准备的这几个关于 "making lists" 的问题，真是太棒了！这是一个非常生活化、非常典型的 Part 1 话题。咱们就从这个话题开始，把它彻底拿下。

准备好了吗？我会先扮演考官，然后立刻为你示范一个7.5分水平的答案，并告诉你这个答案好在哪里。

Let's begin!

Question 1: Do you make a list when you shop?

(Alan as Examiner) Do you make a list when you shop?

(Alan as Student) Yes, absolutely. I pretty much always make a shopping list, especially for my weekly grocery shopping. I find that it keeps me organized and makes sure I don't forget anything essential. Also, it's a great way to stick to a budget; you know, it stops me from making impulse buys. For instance, if I go to the supermarket without a list, I'll probably come back with lots of snacks but forget the milk. So, yeah, it just makes the whole process much smoother.

答案分析 (Answer Analysis)

- **思路与结构 (Thought Process & Structure):**
 1. **直接回答 (Direct Answer):** 开头就用 "Yes, absolutely" 清晰地给出了肯定的回答。
 2. **解释原因1 (Reason 1):** 为什么要做清单？因为它能让我 "keeps me organized" (保持井井有条) 和避免遗忘。
 3. **补充原因2 (Reason 2):** 用 "Also" 引出第二个好处，即 "stick to a budget" (遵守预算) 和避免 "impulse buys" (冲动购物)。
 4. **举例说明 (Example):** 用 "For instance" 举了一个生动的例子——去超市不带清单就会忘记买牛奶，这让观点非常具体。
 5. **总结 (Conclusion):** 用 "So, yeah..." 进行了一个简短的收尾，总结了做清单的好处——让过程更顺畅。
- **亮点词汇/短语 (Highlight Vocabulary/Phrases):**
 - pretty much always: 一个非常地道的口语表达，意思是“几乎总是”，比只说 always 更自然。
 - grocery shopping: 特指“买食品杂货”，用词很准确。
 - keeps me organized: “让我保持井井有条”，非常实用的搭配。
 - essential: “必需的”，比 important 更具体。

- **stick to a budget:** “遵守预算”，固定搭配。
- **impulse buys:** “冲动购物”，这是一个非常地道且高频的词组。
- **makes the whole process much smoother:** “让整个过程更顺畅”，一个很好的总结性短语。
- **实用句型 (Useful Sentence Patterns):**
 - **I find that...**: 用来引出个人发现或感受，比 **I think** 更生动。(e.g., "I find that listening to music helps me relax.")
 - **It's a great way to...**: 用来介绍做某事的好处。(e.g., "It's a great way to meet new people.")
 - **If I..., I'll probably...**: 一个简单的条件句，用来描述一种可能性，展示了基本的语法运用能力。
- **连接词的使用 (Use of Connectors):**
 - **Also:** 清晰地引出了第二个补充观点。
 - **For instance:** 发出了一个明确的“我要举例子了”的信号。
 - **So, yeah:** 一个非常口语化的总结信号，让结尾自然不突兀。

Question 2: Do you make a list for your work? (Does it work?)

(Alan as Examiner) Do you make a list for your work? Does it work?

(Alan as Student) Yes, I do. It's quite similar to my shopping habits, actually. I usually start my day by creating a simple to-do list of the tasks I need to finish. The best part is that it helps me prioritize what's most important. And to answer the second part of your question, yes, it works brilliantly for me. It gives me a sense of achievement when I can tick things off the list, which really keeps me focused and boosts my productivity.

答案分析 (Answer Analysis)

- **思路与结构 (Thought Process & Structure):**
 1. **关联回答 (Linked Answer):** 用 "It's quite similar to..." 把这个问题和上一个回答联系起来，显示了谈话的连贯性。
 2. **描述做法 (Describe the Action):** 说明自己每天会做什么——"creating a simple to-do list"。
 3. **解释好处 (Explain the Benefit):** 阐述清单的好处在于 "prioritize" (分清主次)。
 4. **回应第二问 (Address the 2nd question):** 直接用 "And to answer the second part..." 来回应 "Does it work?"，结构清晰。
 5. **详细说明效果 (Elaborate on Effectiveness):** 解释了它为什么有效——带来 "a sense of achievement" (成就感)，并最终 "boosts my productivity" (提高效率)。
- **亮点词汇/短语 (Highlight Vocabulary/Phrases):**
 - **to-do list:** “待办事项清单”，核心词汇。
 - **prioritize:** “优先处理”，一个非常亮眼的动词。
 - **works brilliantly:** “非常有效”，用副词 **brilliantly** 加强了语气，比 **it works well** 更好。
 - **a sense of achievement:** “成就感”，描述积极感受的绝佳词组。
 - **tick things off:** “勾掉/划掉事项”，非常生动形象的动作描述。
 - **boosts my productivity:** “提高我的效率/生产力”，比 **makes me work faster** 更高级。
- **实用句型 (Useful Sentence Patterns):**
 - **The best part is that...**: 用来强调某个事物最棒的一点。
 - **It gives me a sense of...**: 一个万能句型，用来描述某事物带来的“感觉”。(e.g., "It gives me a sense of freedom.")

- `..., which really keeps me...`: 用 `which` 引导的非限制性定语从句, 是展示语法复杂度的加分项。
- **连接词的使用 (Use of Connectors)**:
 - `actually`: 口语中常用, 用来轻微地强调或 `уточнить a point`.
 - `And to answer the second part of your question...`: 一个非常实用的“路标”短语, 能清晰地引导考官跟上你的回答节奏。

Question 3: Why don't some people like making lists?

(Alan as Examiner) Why don't some people like making lists?

(Alan as Student) That's an interesting question. I suppose there could be a few reasons. For some people, I'd imagine that making a list feels a bit restrictive. They might prefer to be more spontaneous and just see how the day unfolds. On top of that, a long to-do list can sometimes feel overwhelming or even daunting. It can create pressure, making them feel stressed instead of organized. So, I guess it really comes down to different personality types.

答案分析 (Answer Analysis)

- **思路与结构 (Thought Process & Structure)**:
 1. **思考开场 (Thoughtful Opening)**: 用 "That's an interesting question" 给自己争取了零点几秒的思考时间, 并显得很有礼貌。
 2. **推测性陈述 (Speculative Statement)**: 用 "I suppose there could be..." 表明这是一个推测, 而非事实, 回答非常严谨。
 3. **提出原因1 (Reason 1)**: 第一个可能是感觉 "restrictive" (受限制), 喜欢 "spontaneous" (随性)。
 4. **提出原因2 (Reason 2)**: 用 "On top of that" 引出第二个原因, 清单可能让人感觉 "overwhelming" (压力山大)。
 5. **总结观点 (Summarizing Idea)**: 最后用 "it really comes down to..." (归根结底是) 进行了总结, 升华到 "personality types" (性格类型)。
- **亮点词汇/短语 (Highlight Vocabulary/Phrases)**:
 - `restrictive`: “限制性的, 束缚的”。
 - `spontaneous`: “随性的, 自发的”, 非常能体现个人性格的词。
 - `see how the day unfolds`: “看看一天会如何发展”, 一个非常形象生动的表达。
 - `overwhelming / daunting`: “让人不知所措的 / 使人畏缩的”, 这两个词都极好地描述了压力感。
 - `comes down to...`: “归结为...”, 非常地道的总结用语。
- **实用句型 (Useful Sentence Patterns)**:
 - `I suppose / I'd imagine that...`: 在回答关于他人看法或推测性问题时, 这是黄金句型, 显得你考虑周全且不武断。
 - `They might prefer to be...`: 使用 `might` 来表达可能性, 是口语中常用的情态动词。
 - `It can create pressure, making them feel...`: 使用现在分词 `making` 作结果状语, 使句子结构更紧凑。
- **连接词的使用 (Use of Connectors)**:
 - `For some people,...`: 清晰地限定了讨论的范围。
 - `On top of that,...`: 用来补充另一个观点, 比 `Also` 或 `And` 更有层次感。
 - `So, I guess...`: 用来引出最后的总结性看法。

Question 4: Do you prefer to make a list on paper or on your phone?

(Alan as Examiner) Do you prefer to make a list on paper or on your phone?

(Alan as Student) Oh, I definitely prefer using my phone. The main reason is simply convenience. My phone is always with me, so I can add something to the list the moment I think of it, rather than having to find a pen and paper. Although, I do understand why some people still love paper lists. There's something very satisfying about physically ticking or crossing something off a list. But for me, the convenience of a digital list just wins out.

答案分析 (Answer Analysis)

- **思路与结构 (Thought Process & Structure):**
 1. **直接表明立场 (State Preference Directly):** 开头就清晰地说出 "I definitely prefer using my phone."。
 2. **给出核心原因 (Give Main Reason):** 用 "The main reason is..." 引出核心论点 "convenience" (方便)。
 3. **展开解释 (Elaborate):** 解释了为什么方便——手机总在身边，可以随时添加。
 4. **让步转折 (Acknowledge the Other Side):** 使用 "Although" 来承认纸质清单的优点，这展现了思维的全面性，是加分项。
 5. **重申立场 (Reiterate Stance):** 最后用 "But for me..." 再次强调自己的最终选择，并用 "wins out" (胜出) 来有力收尾。
- **亮点词汇/短语 (Highlight Vocabulary/Phrases):**
 - convenience: “便捷性”，讨论科技产品时的高频核心词。
 - the moment I think of it: “在我一想到它的时候”，非常地道的时间状语。
 - rather than...: “而不是...”，用于对比选择的实用短语。
 - satisfying: “令人满足的”。
 - physically ticking or crossing something off: “亲手勾掉或划掉”，描述得非常具体。
 - wins out: “胜出”，一个生动且有力的动词短语。
- **实用句型 (Useful Sentence Patterns):**
 - The main reason is simply...: 一个非常强有力的句型，用来引出最重要的原因。
 - Although..., I do understand why...: 这是一个经典的让步句型。先承认对立面，再强调自己的观点，能极大地提升答案的逻辑层次。do 用在这里起强调作用。
 - There's something very (+adj) about (+doing sth): “做某事有种很...的感觉”，万能句型，用于描述主观感受。(e.g., "There's something very relaxing about walking on the beach.")
- **连接词的使用 (Use of Connectors):**
 - Although: 发起了完美的让步转折，是这个答案的亮点。
 - But for me,...: 在让步后，清晰地将观点拉回到自己的立场上。

怎么样？通过这四个问题的示范，是不是对如何组织答案、使用地道的词汇和句型更有感觉了？

记住，关键在于**结构清晰、有理有据**，并适时地使用一些我们今天聊到的**亮点表达**。

今天你想继续练习其他话题，还是想深入了解某一个技巧呢？随时告诉我！

简单版本

你说的对！我们化繁为简。

分析那么多细节，有时确实会让人头大。咱们的目标是抓住核心，能用得上就行！

好的，我们换一种超级简单的方式。对于每个示范答案，我们就看三样东西：

1. **核心思路**：用一句话概括这个答案到底想说啥。
2. **一句话亮点**：整个答案里最值得你“偷”走的一句或一个短语。
3. **万能公式**：这个答案用了哪个可以套用到其他话题的简单公式。

我们再把刚才的4个问题用这个“极简版”跑一遍，你看看是不是清晰多了！

1. Do you make a list when you shop?

(示范答案) Yes, absolutely. I pretty much always make a shopping list. I find that it keeps me organized and makes sure I don't forget anything. Also, it's a great way to stick to a budget and stops me from making **impulse buys**.

- **核心思路**：我做购物清单，因为能保持生活有序，还能省钱。
- **一句话亮点**：...it stops me from making impulse buys. (...这能阻止我冲动购物。)
- **万能公式**：回答 "Yes/No" + 因为 (原因1) + 而且 (原因2)。

2. Do you make a list for your work? (Does it work?)

(示范答案) Yes, I do. I usually create a simple to-do list to help me prioritize. It works brilliantly because it gives me a **sense of achievement** when I can tick things off, which really **boosts my productivity**.

- **核心思路**：我做工作清单，它能帮我分清主次，完成时很有成就感。
- **一句话亮点**：It gives me a **sense of achievement**. (这给我一种成就感。)
- **万能公式**：做什么 + 因为这能帮我... + 当我...时，会感觉...。

3. Why don't some people like making lists?

(示范答案) I suppose for some people, it feels a bit **restrictive**. They might prefer to be more spontaneous. On top of that, a long list can feel **overwhelming**. So I guess it comes down to personality.

- **核心思路**：有些人不做清单，可能是因为觉得受限制、没意思，或者压力大。
- **一句话亮点**：They might prefer to be more **spontaneous**. (他们可能更喜欢随性一点。)
- **万能公式**：我猜原因1 + 另外，也可能是原因2。

4. Do you prefer to make a list on paper or on your phone?

(示范答案) I definitely prefer my phone, mainly for the **convenience**. Although, I understand why people like paper; there's something **satisfying** about physically crossing something off. But for me, convenience just **wins out**.

- **核心思路**：我选手机因为方便，虽然我理解纸笔的满足感，但方便更重要。
- **一句话亮点**：Although, I understand why... (虽然，我理解为什么...)

- **万能公式：我选A，因为... + 虽然B也有好处... + 但我还是觉得A更好。**

怎么样？这个“极简版”是不是一下子就清爽了很多？

我们的目标就是这样：**听懂一个好答案 → 抓住它最核心的亮点 → 把它变成自己的。**

现在感觉好些了吗？我们可以用这个简单的方法继续聊聊别的话题！

话题词汇

当然！没问题。为你准备一些“话题词汇”，让你在谈论“清单 (Lists)”这个话题时，有更多地道、准确的“弹药”可以用。

我为你整理了一些核心词汇和短语，并把它们分成了几类，这样更容易记！

与“清单 (Lists)”相关的话题词汇

1. 清单的种类 (Types of Lists)

- To-do list: 待办事项清单 (最常用的！)
- Shopping list / Grocery list: 购物清单 / 食品杂货清单
- Checklist: 核对清单 (比如检查行李有没有带全)
- Wishlist: 愿望清单 (想要的东西)
- Bucket list: 人生愿望清单 (一生中想做的事)

2. 制作清单的动作 (Actions)

- Make / Create a list: 制作清单
- Write down / Jot down: 写下 / 记下 (jot down更口语化)
- Prioritize tasks: 优先处理任务
- Organize my thoughts: 整理我的思绪
- Tick / Check off an item: 勾掉一个项目
- Cross off an item: 划掉一个项目

3. 清单带来的好处 (Benefits)

- Organized: 有条理的
- Productive / Efficient: 高效的 / 效率高的
- Stay focused: 保持专注
- Sense of achievement / accomplishment: 成就感
- Stress-free / Less stressful: 没有压力的 / 压力小的
- Time-saving: 节省时间的
- Stick to a budget: 遵守预算

4. 不喜欢清单的原因 (Downsides)

- Restrictive / Limiting: 有限制的 / 束缚的
- Spontaneous / Flexible: 随性的 / 灵活的
- Overwhelming / Daunting: 让人压力大的 / 使人畏惧的
- Time-consuming: 耗时的

- Lose the fun: 失去乐趣
- Feel pressured: 感到有压力

5. 其他相关词汇 (Other Related Words)

- Habit: 习惯
- Reminder: 提醒事项
- Digital list (on a phone): 电子清单
- Paper list (pen and paper): 纸质清单
- Impulse buy: 冲动购物
- Forgetful: 健忘的

使用小提示:

下次再聊到这个话题，试着把这些词用进去。比如，不说 "I can work faster"，而是说 "It boosts my productivity."；不说 "I don't like it"，可以说 "I find it a bit restrictive."

这样一来，你的表达就会立刻听起来更地道、更具体！

常见搭配

好的，这个主意很棒！

只记单词不够，知道怎么把它们“串”成句子才最关键。下面这些就是围绕“清单”这个话题，考官最有可能问到的问题背后，你可以直接使用的“句子搭配”或“小模块”。

把它们记熟，就能在回答时自然地脱口而出！

关于“清单”的常见句子搭配

1. 谈论“制作清单”的习惯

- I'm in the habit of making a to-do list every morning. 我有每天早上制作待办事项清单的习惯。
- I'm the kind of person who always needs a shopping list. 我是那种总是需要购物清单的人。
- Whenever I feel overwhelmed, I make a list to organize my thoughts. 每当我感到不知所措时，我都会列个清单来整理思绪。

2. 描述“清单的好处”

- Making a list helps me stay organized and focused. 做清单能帮助我保持井井有条和专注。
- The best thing is that it really boosts my productivity. 最棒的一点是，它真的能提高我的效率。
- It gives me a great sense of achievement to tick things off. 能把清单上的事项勾掉，会给我带来巨大的成就感。
- It's a great way to stick to a budget and avoid impulse buys. 这是一个遵守预算和避免冲动购物的好方法。

3. 谈论“不喜欢清单”的理由

- To be honest, I'm not a big fan of making lists. 老实说，我不太喜欢做清单。
- I find it a bit restrictive because I prefer to be more spontaneous. 我感觉这有点限制，因为我更喜欢随性一点。
- Sometimes, a long to-do list can make me feel pressured. 有时候，一个长长的待办清单会让我感到有压力。

4. 对比“不同类型的清单” (纸质 vs. 电子)

- I've completely switched from paper lists to using an app on my phone. 我已经完全从用纸质清单转向用手机上的应用了。
- For me, a digital list is much more convenient and flexible. 对我来说，电子清单要方便和灵活得多。
- Although I use my phone, I admit that using a pen and paper is more satisfying. 虽然我用手机，但我承认用纸笔感觉更爽。

如何使用它们？

你可以把这些句子当作“乐高积木”。当被问到相关问题时，直接拿出两三块“积木”拼在一起，就是一个非常不错的答案了。

例如，回答 "Do you like making lists?"

你可以这样组合： "To be honest, I'm a big fan of making lists. Making a list helps me stay organized and focused. Plus, it gives me a great sense of achievement to tick things off."

看，一个流畅、地道的答案就出来了！