

直播课 Day1

今日直播课内容摘要：

1. 雅思考试误区修正；学习方法建议。

2. P1 真题解析 (Traveling, **Feeling bored**)

- 录播课第一节：考试流程时间介绍、打分标准详细解析、经典误区修正

- 录播课第二节，必考题逐一攻克（工作或学习、住宅、家乡）

一、雅思口语主要误区

① 误解一 (**Memorizing the script before the exam**) :

认为雅思口语考试就是背素材大比拼、且用词一定要高大上。于是：狂用难词写稿+背诵，考场上疯狂输出，不求甚解，浮于表面

结果反被扣分惩罚（往往 6 分以下），因为不是真实水平的体现（所谓的“压分”）

## ② 误解二 (Translating everything from Chinese to English)

把想到的中文内容，机械翻译成英文。导致：逻辑不通，表达不地道，照样低分

- 怎么办：输入→输出。
- 要学会用 思维 迁就 语言水平。“所说即所想”。
- 从今天起，只说自己会说的，而不是去说自己想说的。“打好手里的牌”。

（把整套课程的语料消化掉一半都足够支撑口语考试）

详情见今日 Day1 大礼包 附件.8：视频 “学习口语的秘密”

③ 误解三：

认为考试时回答“是”和“否”就行，一两个词干巴巴地打发考官，而且认为必须“就事论事”，不能编内容。 你需要在自然的、顺应语境的前提下，稍微延展一些内容。给考官更多机会打分。当内容太复杂的时候，也要学会简化内容，增强可理解性。

- 怎么办：输入→输出。学习如何收放自如地说话。

当季真题 (p1 traveling)

1. Do you like traveling?

- 误解一回答：

Well, with the development of human society, the society has become increasingly competitive. We humans don't have sufficient amount of time for resting and traveling. And I'm no exception. Hence, I don't have spare time to travel.

- Part 1 大部分情况下是在问“你”，扯远了算跑题。考官不耐烦的原因之一。
- 后半部分也跑题了（问的是，是否喜欢旅行，而非是否有时间旅行）
- 华丽而不接地气的表达，把自己掌握的最“高大上”的书面表达生硬地堆砌在一起。

总之，逻辑不连贯，没有在说“人话”。

- 误解二回答：

开拓视野什么说？增长见闻怎么说？……于是支支吾吾

- 转述的意识 paraphrasing （观察素材里的转述逻辑+及时找我答疑 答疑和作业均无时限）

Traveling is about having new experiences, seeing the outside world, and meeting new people.

Traveling can open my eyes and my mind. It teaches me so many things.

- 保证正常考试的顺畅度，比一心试图表达自己渴望表达的内容更重要
- 打好手里的牌，考试时候会说什么就说什么。思维降级意识（甚至“思维舍弃”意识）在考试中的重要性：

以上都说不出来，换个方向： I love traveling with my family and friends. We go traveling every year to different places.

能说到什么程度，就想到什么程度

- 误解三回答：

**Yes, I love traveling.**

还是要说一些可以展示语言水平的表达。

更好版本的回答（参考）：

① Absolutely I'm a huge fan of traveling (超级粉丝). I definitely have a wanderlust (旅行癖), so to speak. Exploring new places, trying different local cuisines, experiencing different cultures and meeting new people are some of the best parts of life for me. It's about having a passion for "newness" (对新鲜事物的热情). So far, I have been to almost 20 different countries, and my ultimate goal is to travel around the world. For me traveling is also a journey of self-discovery (自我探索). I get to know myself better (得以更了解自己) through traveling and that's a really beautiful thing to see. (原因, 补充)

② Not really, I'm more of a homebody (宅家的人). I find comfort and happiness in my routine life (作息生活). I know that traveling can be fun and exciting (有趣且令人兴奋) for many people, but for me, it's more tiring and stressful (使人劳累、压力大) than exciting. I prefer to take some me time (享受独处时光) at home, read a book, catch a flick (俚语, 看一个电影), enjoy my hobbies, or just unwind (放松), put my feet up (翘脚、放松) and do nothing much (啥也不做). I'm the

**kind of person who finds joy in simple things (句型)**. And plus, I can't really afford to travel all the time. (让位驳斥, 补充)

③ Sometimes I enjoy traveling a lot, especially when I have a burnout (耗尽工作激情) at work. It's a great chance to disconnect from my life and escape (逃离), explore new things, broaden my world (拓宽世界), and create lifelong memories (打造一辈子的回忆). On the flip side (另一方面来说), there are moments when I feel lazy to travel and appreciate the comfort of home (享受家的舒适). In those moments, I prefer not to deal with the hassles (麻烦) of traveling, I mean, booking up a hotel, buying flight tickets, finding places to go, suffering from the jet lag (饱受时差折磨), things like that. (分情况)

**A. 素材怎么学 (以上题素材为例) :**

**第一步：总结素材里实用的表达（拿到更多牌）**

1. 和旅行有关的表达 (set phrases) : have a wanderlust, explore the world/ new places, try local food/ cuisines, learn about/ experience different cultures, meet new people, have a passion for newness, broaden my world/ horizon, create lifelong memories, hassle, stressful, tiring, jet lag...
2. 关于“放松和休闲”的表达 (set phrases): homebody, take some me time, unwind, put my feet up, do nothing much, escape, disconnect from my world, appreciate the comfort of home...
3. 动词和名词的搭配 collocations:  
  
HAVE a wanderlust, EXPLORE the world, TRY local food, LEARN ABOUT different cultures, HAVE a passion for newness, BROADEN my world, CREATE memories, TAKE some me time...
4. 动词短语 phrasal verbs: 动词+介词= 词组（和原动词意义不用）



例：I'm fed up with your lies. I can't put up with you.

5. 地道且“小众” (less common) 的表达：wanderlust, self-discovery, homebody, routine life, take some me time, catch a flick, unwind, put my feet up, burnout

6. 介词使用： travel around the world, find comfort and joy in routine life, suffer from jet lag

7. 实用+可以举一反三的句型结构 (sentence structure)

I'm the kind of person who finds joy in simple things.

8. 最后才是俚语：a cherry on top

**第二步：内化。通过造句练习，自言自语，开练！**

1. 针对“单词、词组”进行内化练习： 例如 unwind, put my feet up, disconnect from my life, take some me time, escape

(看着这些词组片段，脑海中想象着画面，尽可能摆脱“中文直译”，提高大脑转速)

- 你说：I love reading. Reading helps me unwind and disconnect from my life.
- 你又说：I've been working so hard lately. I really need to unwind and take some “me” time. Maybe I'll go somewhere. Explore a new place and meet some new people, you know, feed my wanderlust.

## 2. 针对“句型”进行内化练习：例如

- I'm the kind of person who finds joy in simple things.
- 分析句型结构: I'm the kind of person who does..../can do 我是这样一种人

或者： I'm the kind of person that...+从句

(适用于 具有一定典型性 + 一个形容词说不清楚的情况)

- 你说：I'm the kind of person who has to have breakfast every morning.

- 你说：My mom is the kind of person who knows everybody in the neighbourhood.
- 你又说：I'm the kind of person that, when people need advice, I'm always willing to lend an ear and offer my advice.

提问：学习并使用 set phrases + sentence structure 的好处是？

回答：① 词汇提升 ②语法提升 ③流利度提升 ④释放多余精力在逻辑和发音上 ⑤做到脱稿讲话

3. 练习你的考试回答（写好关键词“lego 法”，而非完整句子）：Do you like traveling?

a huge fan of  
trying (out) local food  
meet new people  
routine life  
create lifelong memories  
disconnect from my life  
have a passion for newness  
self-discovery  
broaden my horizon/ world  
experience new cultures  
explore new places/ the world  
wanderlust  
know myself better

第三步：举一反三，延展学习（更上一个台阶的自主式学习）：

- 收集放松的其他表达: wind down, slow down, have a rest, let my hair down, blow/let off the steam, take my mind off things, mellow out, decompress, take a breather, loosen up, chill, chillax, chill out, unplug, get away from the hustle and bustle; rejuvenate ...

...relieve stress (中国学生最爱用的) It's indeed a stress reliever.

- 自我宠爱, 给自己时间: take good care of myself/ practice self-care/ indulge in self-care/ take some "me" time/ spoil myself/ pamper myself/ have some alone time/ have some personal time/

(关注今日附件 1 推荐的学习频道)

## B. 表达思路怎么学:

从一开始就通过学习语料, 培养英语的思路语感。思路是寄托在语料里的。

- “我不上相”：*I'm not photogenic. (6 million)*

I look bad in photos! (9 billion)

I never look good on camera! My camera hates me!

- “我跳舞跳得不好”：*I don't dance very well.*

I'm a terrible dancer! I'm not a good dancer at all!

- “他可能不会来了”：*I think maybe he will not come.*

I don't think he's coming.

从根儿上去除中文的方法其实就是大量输入西式表达，模仿背后的思路。

### C. 直播和录播怎么学：

- 直播课：① shadow 跟读（影子跟读），培养初步语感，语音语调和节奏感；② 跟随思考，想象画面，心流体验③用听力区、口语

区去上课，不做笔记

## Tara 老师提分班讲义

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- 直播回放，录播赠课：① shadow ②暂停，研究答案，理解消化下划线 set phrases，造句练习。③尝试练习回答整道题（带着理解，想着关键词，“lego 法”走起）④录音并回听，找明显问题 ⑤如果看完第二遍答题效果仍不理想，说明要再看第三遍。
- 直播+回放+录播看的差不多，拿着全套素材开始练。先看题，尝试自己回答，答不出来再看素材（窘迫的感觉更刺激你的记忆），对比+回忆课程里学到的好语料，尝试使用语料。

A. (6+) 局部背诵（固定搭配）+局部脱稿 现场组织语言。（lego 法）

B. (6-) 实在做不到 A，可以背，但请尝试改变每段话的语序，以此来加强印象和理解

- 过题顺序：P1→ p2→ p3

**\*继续完成 Traveling 主题**

2. How often do you go traveling?

① As a travel enthusiast/ travel freak (旅行狂), I'm always on the move (在奔波). I take international trips every year. For example, last year, it was the United States, and this year, I'm going to Japan. In between, I squeeze in short trips

domestically every other month (每隔一个月, 塞进来一些短期国内旅行) . Traveling is my passion, and I can't get enough of  
(不会厌烦) exploring new destinations. **Nothing excites me more than being on the road.** (原因, 细节)

- 句型结构二: As a XXXX/ a person who..., I....

As a mother of three, I can rarely take some me time.

As a person who's not very sociable, I almost never go to parties.

- 句型结构三: Nothing excites me more than...

As a bookworm, nothing excites me more than a good book.

- On the move/ on the go: 在奔波状态

Sometimes I just grab a sandwich while on the go.

- Can't get enough of something. 不会厌烦

I can't get enough of looking at you.



② Not very often at all. Like I said, I'm a true homebody (宅家的人). I'd rather save up money for my gym membership (健身房会员), my yoga classes (瑜伽课) or even invest in (投资) a better TV. I find a lot of contentment in my daily routine (日常作息), taking care of my health, and enjoying some quality time with my family and friends. Traveling isn't really my thing (不是我的菜), my passion. (原因, 细节)

- 句型结构四: I find joy/ happiness/ contentment in ...
- Enjoy quality time with someone
- 句型结构五: XXXX isn't my thing. 不是我感兴趣的点

③ Sometimes when my wanderlust is calling me (旅行的瘾头上来了), I can't resist the urge (拒绝不了冲动) to travel every month. But sometimes when I'm not in the mood or the budget doesn't allow (预算不允许), I will stay at home for quite some time and find comforts in routine life. (分情况)

- 句型结构六: can't resist the urge to do...

I can't resist the urge of having ice cream every now and then.

- Be in the mood (of doing something): 有心情做某事

Sometimes I cook, when I'm in the mood.

### 3. Where do you usually travel?

① Well, I enjoy going to cosmopolitan cities (大都市) like New York City, London, Paris, Tokyo to explore the fun and exciting/bustling nightlife, shopping districts, fancy hotels and restaurants. And I'm also attracted to natural sceneries (自然风景), especially places with the sea and beach, such as, Thailand, Mexico, Mediterranean countries to soak up the sun (晒太阳) and unwind on beautiful beaches (在沙滩上放松). (原因, 细节)

- Soak up the sun = get some sun; get some Vitamin D; get some fresh air

② I'm really into historical and cultural cities, I consider myself a history lover. So I usually go to places with rich historical and cultural heritage (丰富的历史文化遗产). Like, Xi'an, Beijing, or Chengdu in China. (原因, 细节)

#### 4. How do you feel when you are traveling?

① When I'm traveling, I usually feel incredibly happy, free, and like my most authentic self (最真实的自己). **There's something about being on the road, exploring new places, and immersing myself in different cultures that fills me with pure joy** (直播课经典句型). It's a sense of freedom that's hard to describe (无法描述的自由之感). (原因)

- I feel my most authentic self = I feel “me”

- 句型结构七： There's something about... (that ....). 一种说不清道不明的特质

“used for saying that someone or something has a particular quality but you are not certain what it is, you can't pinpoint/ put a finger on what it is: There's something soothing about the sound of rain.

There's something about Christmas that makes everyone behave like children.”

- A (good/ great/ strong) sense of... : a sense of direction/ community/ belonging/ hope/ satisfaction/ humour/

loneliness 本季度最强大语法结构之一

② I feel mostly relaxed while traveling. It lets me break away from/ escape from my routine life, and experience the world in its diversity (体验大千世界的多元性). It's an adventure that I can't get enough of (无法厌倦的探险), and also a great chance to bond with my family or friends. That's why I cherish every moment of it. (原因)

- Break away/ run away/ escape from...routine life/ the hustle and bustle
- Bond with sb. 好过于: strengthen the relationship tie

③ It's always a bit of a love-hate relationship (又爱又恨的关系), a mixed bag for me (复杂的情绪). On one hand, I experience excitement and fun. But there's always the feeling of fatigue (劳累感) and anxiety (焦虑) coming with getting from one place to another (从一个地儿到另一个地儿), finding hotels (找酒店), suffering from jet lag (时差); and sometimes there's even a sense of loneliness, I mean, being away from familiar faces, feeling a little homesick (想家).  
  
I'm definitely not a travel freak. (分头讨论)

- 句型结构八： It's a bit of a love-hate relationship. It's a bit of a mixed bag. 不好说，犹豫矛盾的感觉。 On one hand,...; on the other hand,...
- Get from one place to another = travel

**\*主题二：feeling bored （感到无聊）**

**1. Do you often feel bored?**

① Not really, to be frank. I'm pretty good at keeping myself busy (让自己忙忙叨叨的). There's always something to do, right? I'm very curiosity-driven (充满好奇的), and I would like to see myself as a thrill seeker (猎奇心强的人). So, if I find myself with some free time, I usually try something different, something new, whether it's trying out a new cooking recipe (尝试一个新菜谱), or go to a new restaurant, or meet some new friends. All these things and hobbies will keep boredom at bay (防止我无聊). (原因，细节举例子)

- Keep someone busy 让某人保持忙活的状态

- XXX-driven 以.....为导向的: success-driven/ money-driven/ passion-driven...

类似于 XXX-oriented, 但前者更带着力量和激情感 people-oriented, family-oriented

- Thrill seeker/ novelty seeker/ adventure seeker/ challenge seeker/ joy seeker
- Keep XXX at bay 把某事（往往不想发生的事）控制在安全范围内

Eating oranges keeps colds at bay.

Taking a long walk per day can keep my depression at bay.

She managed to keep her anxiety at bay during her presentation.

② Well, every now and then（三不五时地）, yeah. The thing is, I don't enjoy a routine life. You know, same old same old

（总是老样子） every day, I find it mind-numbing（使人思想麻木的）. It's like, nothing is really happening in my life（啥事儿都

没发生）. I need to try new things all the time to spice up my daily life（给生活添加佐料）. Otherwise, I will be bored to

death（无聊到死）. That's why I try to mix things up a bit（混合事情来做）, for example, I travel a lot; go to all kinds of social

events to meet new people; learn new skills; adventure new things. But to be honest, from time to time (时不时地), I still feel bored. But that's life. That's normal, right? (原因, 细节举例子)

- Every now and then/ from time to time/ sometimes
- Same old same old. 老样子, 日复一日
- Mind-numbing= super boring= nothing is really happening
- Bored to death/ bored to tears/ bored stiff/ bored silly/ die of boredom
- Mix things up/ switch things up 把不同事情混着做, 找新鲜感
- Spice up my daily life 给我的日常生活添加佐料

③ I'm the kind of person who easily gets bored. For example, when I'm stuck in a traffic jam (卡在交通堵塞里) during rush hours (高峰小时), when I have to drive in bumper-to-bumper traffic (在车碰车的交通在蠕动), I feel bored to death (无聊到死). Basically, anything that makes me feel stuck in the middle (卡在中央) can bore me to tears (无聊到想哭). Like I

said, being stuck in traffic, or, waiting in line (排队), waiting for my dental appointment (等我的牙医), waiting for a phone call, things like this makes me insane (让我发疯) /lose my mind. Because it's boring and there's nothing I can do about it (啥也做不了)。 (举例子)

- Be stuck in something: stuck in traffic/ stuck in a marriage/ stuck in a job
- Make someone lose their mind/ insane/ crazy= drive someone nuts

## 2. When would you feel bored?

上题答案③其实已经给出具体的 situations when you feel bored

其他版本的回答:

① I usually feel bored when I'm stuck in a routine (困在一成不变的生活里) for too long. You know, doing the same things day in, day out (一天过完又是一天). I need to have new experiences. Too much repetition without any change can drive me crazy. (原因)

- Do something day in, day out. = do it every day



② For me, boredom often hits/ kicks in (无聊来打击、造访我) when I'm doing something that doesn't mentally stimulate me. I feel that boring things are not objective but subjective (无聊的事情不是可客观事实而是主观感受). Nothing is really boring; it all depends on the interest (没有一件事是真的无聊关键是你没兴趣). For example, for me, I hate math. So, I'll feel bored to tears when solving a math question. But it would be so fun for a math lover. Or, when I'm in a meeting where the topic isn't engaging, my mind tends to wander (开始走神). (举例子)

3. What will you do when you feel bored?

① **That's a good question!** Usually when I feel bored, **I take it as a sign** (把它作为一个提示) to try something new or **different**, like exploring a new hobby (尝试一个新爱好), stepping out of my comfort zone (跳出舒适区), making my life more memorable (让我的生活有更多值得记忆的瞬间). It's kind of a cue (提示) for me to switch things up a little (变化尝试新事物). After all, you only live once, YOLO (年轻人的口号, “你只活一次”). So, better live it to the fullest (把生活过到最满).

(列举)

- 句型结构九: take it as a sign to...
- When it started to rain, we took it as a sign that we should go home.
- Step out of one's comfort zone 走出舒适区
- YOLO= You only live once. Live your life to the fullest. Life is too short.

② That's a good question! Sometimes if I'm in a situation where there's nothing much to do, like waiting in line, being stuck in traffic, probably the only thing I can do is going on my phone, and scroll a bit (登上手机, 刷一刷) . But sometimes, say, if I feel bored staying at home, I'll just go out and meet up with some friends, you know, switch things up a little. (分情况)

- 句型结构十: When I'm in a situation where... 当我处在如下情况时.....

When I'm in a situation where I have to make a quick decision, I rely on my instincts and past experiences to guide me.

- Scroll on the phone= be on the phone

4. Do you think childhood is boring or adulthood is boring?

① I'd say childhood is less boring compared to adulthood. As a child, you're all the time learning new skills, exploring new things, and seeing the world with fresh eyes (用新鲜的眼光去看世界) . And at the same time, you don't worry about responsibilities, and you find joy in simple things (再简单的事情里找到快乐) . Adulthood, on the other hand, we often get caught up in the daily grind (日常内卷) of work and life, which can become quite repetitive and tedious. (原因, 比较讨论)

- Find joy in simple things.  
I find happiness in the comfort of my own home.
- The grind never stops. We get stuck in the daily grind.

② I believe adulthood is less boring because you have more confidence and freedom to explore life. **Some people would argue that** kids are care-free and worry-free (无忧无虑, 没有烦恼) , they play and learn and have fun all the time. But I clearly remember myself feeling bored to death when I was little. I didn't have the money to do things I wanted to do. Not to mention (更别提) , I would always have to get permissions from my parents (得到允许) . But now, I have complete

financial independence and personal freedom, which **opens up a world of possibilities (打开无限可能)**. For instance, I can travel to places I've always dreamed of visiting, explore new cultures, try local food, and experience different ways of life. That's 0 boring (一点都不枯燥)。(让位驳斥)

- Financial independence/ financial stability/ financial freedom
- Personal freedom
- 句型结构十一：Doing something opens up a world of possibilities.

Studying in another country opens up a world of possibilities.

### 今日总结

短期内提分的本质是什么？通俗来讲：

说话逻辑合理、思维切题，针对话题有地道表达。能说人话。Easier said than done

① 话题语料的收集，减少口语表达的盲区。

② 针对话题的观点+输出观点时的逻辑框架；

③ 思维降级的意识，用思维去迁就语言。打好手里现有的牌，而不是去创造语言。（整套课提供了大量的简单表达，你需要细心收集，学会借

鉴如何化繁为简，内化+模仿。学会举一反三，灵活出牌）；

④ 练习的部分必不可少。