

## 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 (**Day off, concentration, weekend**)

- 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 in large chunks 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 day off) 1. When was the last time you had a few days off?

- 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. Hence, having a few days off is the best opportunities for people to relieve the stress and lead a happy life. It's essential for me to have a few days off sometimes. Last time when I was able to take a few days off was...

- 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。
- 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：

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见此水印其他均为倒卖资料不全

休养生息什么说？补觉怎么说？……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）

I spent a few days doing nothing but taking good care of myself.

I slept a lot to recover from work and gained my energy back.

- 保证正常考试的顺畅度，比一心渴望表达自己渴望的内容更重要
- 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：

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以上都说不出来，换个方向： Last time I took a day off, I hung out with my friends. We went shopping and spent a nice day together.

能说到什么程度，就想到什么程度

- 误解三回答：

It was last Monday.

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 Last time I had a few days off was during the Labor Day holiday. I had the opportunity to really take some “me” time, practice some self-care, just recharge. I spent some time catching up on sleep, eating really healthy food, going to the gym, and spending some quality time with my loved ones. After the break, I felt well-rested（充分休息） and returned to

work with full energy (精力十足) . Yeh, I'm the kind of person who really enjoys staying at home and getting cozy on holidays rather than traveling far. I'm a true homebody (宅男宅女) . (细节)

② Last time I took a day off was a month ago, and I went to my grandparents' hometown, since it was my grandmother's 70th birthday (70 大寿) , so it was really a big deal (大事件) . I took a day off on Friday and took the bus to her town and spent a whole weekend there. We went out and celebrated her birthday. And later I took her to the mall to buy her a gift (给她买礼物) . It was a really nice vacation and a great opportunity to disconnect from the world (切断与世界的链接) and unwind (放松) . (讲故事)

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. 关于“放松和休闲”的表达: take some “me time”, practice self-care, recharge (the batteries), return to work with full energy, rest, disconnect from the world, unwind

2. 放假可以做的事: catch up on sleep/ sleep in, eat healthy, go to the gym, spend quality time with my loved ones (爱的人) = friends +family

3. 动词和名词的搭配 collocations:

Take some me time, practice selfcare, catch up on sleep, go to the gym, spend quality time, have a day off, take a day off

4. 动词短语 phrasal verbs: sleep in, go out

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

5. 地道且“小众” (less common) 的表达: take some “me time”, practice self-care, recharge, catch up on sleep/ sleep in, loved ones, unwind

6. 介词使用: catching up on sleep, spend quality time with someone, disconnect with the world

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

I'm the kind of person who really enjoys staying at home and getting cozy on holidays rather than traveling far.

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, take some me time, practice self-care, catch up on sleep, go to the gym, recharge the batteries

(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 go to the gym, eat healthy, and catch up on sleep. Practicing self-care is my priority now!

## 2. 针对“句型”进行内化练习: 例如

I'm the kind of person who really enjoys staying at home and getting cozy on holidays rather than traveling far.

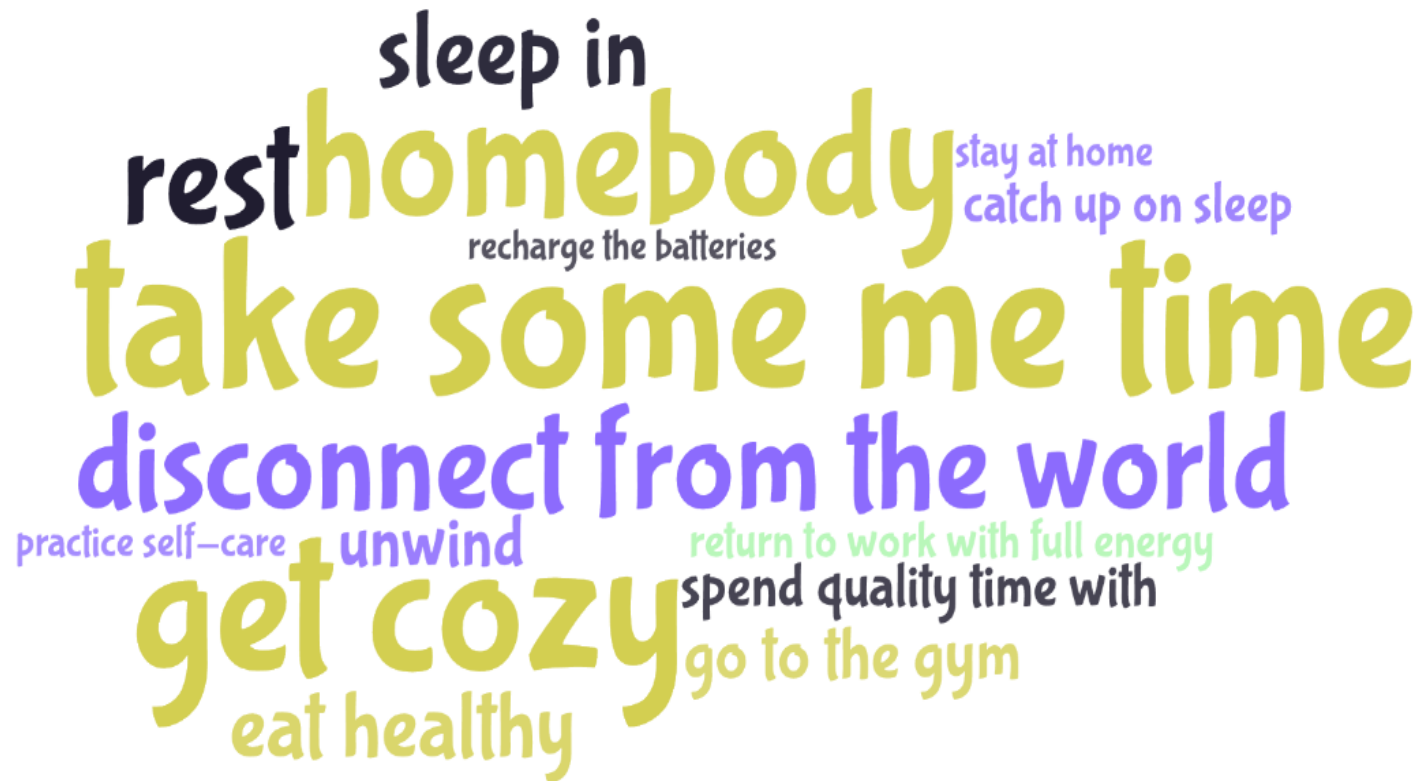
- 分析句型结构: I'm the kind of person who does..../can do 我是这样一种人  
(适用于 具有一定典型性 + 一个形容词说不清楚的情况)
- 你说: I'm the kind of person who has to have breakfast every morning.
- 你又说: My mom is the kind of person who knows everybody in the neighbourhood.

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

3. 练习你的考试回答（写好关键词“lego 法”，而非完整句子）：

When was the last time you had a few days off?



A word cloud featuring various phrases related to self-care and relaxation. The words are arranged in a circular, overlapping manner. The most prominent words are 'take some me time' in large yellow letters, 'disconnect from the world' in large blue letters, and 'get cozy' in large yellow letters. Other visible phrases include 'sleep in', 'rest', 'homebody', 'stay at home', 'catch up on sleep', 'recharge the batteries', 'practice self-care', 'unwind', 'return to work with full energy', 'spend quality time with', 'go to the gym', and 'eat healthy'.

sleep in  
rest  
homebody  
stay at home  
catch up on sleep  
recharge the batteries  
take some me time  
disconnect from the world  
practice self-care  
unwind  
return to work with full energy  
spend quality time with  
go to the gym  
eat healthy  
get cozy

### 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, put my feet up, 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/ have a solo moment...

（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

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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 day off 主题

2. What do you usually do when you have days off?

①Well, if it's just a couple of days off, I wouldn't go far, like traveling. I would just rather stay at home, recharge the batteries, take good care of myself, and just unwind. (细节)

- recharge the batteries/ take good care of myself/ unwind

②It depends on how I feel. If I'm in a social mode (社交模式), I will meet up with my friends or go to parties or visit my family. But if I'm not really feeling myself (感觉状态不好, 不对头), and feeling lazy to socialize (懒得社交), I'll just stay at home and practice some self-care, maybe binge watch TV shows (刷剧), trying to wind down (试着放松). (分情况)

- in a “social mode” = in the mood of socializing with people
- meet up with friends= hang out with friends= be with friends= kick back
- I’m not feeling myself, I’m not at my best
- feel lazy to socialize, feel socially awkward
- binge-watch 刷剧

3. Do you usually spend your days off with your parents or with your friends?

① Sometimes with my parents if I haven't seen them for quite a while. Sometimes with my friends. I'm a very sociable person. I have my circle of friends and we meet up pretty regularly. And sometimes if I'm not in a social mode, I'll just spend time with myself, enjoy a moment of solitude (享受独处时光). (分情况)

- circle of friends = group of friends
- enjoy solitude, enjoy my solo moment

② Well, as a person who doesn't have many friends (作为一个没什么朋友的人), I don't hang out with my friends often. And I don't really want to bother (打扰) my friends just because it's my day off. Normally I will take the opportunity to visit my parents, have dinner with them, and help them around the house (帮助他们打理房子), trying to be a good kid (努力当个好孩子), you know? (原因)

- 句型二: As a person who..., I....

As a person who loves art a lot, I go to galleries almost every weekend.

As a mom of three, I don't have ANY personal time, let alone seeing my friends.

- **bother 打扰** Sorry to bother you, I have a question.
- **Can't be bothered to do** 懒得做某事 I couldn't be bothered to take a shower last night = I was too lazy to take a shower last night.
- **a good kid** 孝顺小孩儿

\* 再来看关于其他 P1 的题，积累一些日常语料并学习举一反三

**\*Concentration (专注)**

1. Did you stay focused in class when you were a child?

① Yes, I always tried my best to stay focused in class when I was little. But it wasn't always easy, as kids normally have very short attention spans (注意力周期很短). There were times when my mind just started wandering (思绪开始游离) / I zoned out (发呆走神) / I spaced out (发呆走神), but for the most part, I made an effort to stay engaged in class. (主流情况，特殊情况补充)

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- stay focused/ concentrated/ stay in the zone/ stay on task
- space out/ zone out/ my mind starts wandering

② No, I often found myself daydreaming (find myself doing sth. 无意识地做某事) and getting distracted in class when I was a kid. I guess, that was just how I was back then (我以前就是这个样子的性格). I was all the time in my own world (在自己的小世界里), reading comic books (漫画书), imagining stories, or doodling (随笔画画) in my notebook. I guess, it's normal for a young child to have a very short attention span. (原因, 细节)

- 句型三: I find myself doing sth.= I catch myself doing something  
When I'm bored, I find myself mindlessly scrolling through social media.
- That's just how I was when I was little. 我小时候就是那个样子
- attention span 注意力周期

You have the attention span of a gnat (小蝼蛄) / goldfish/ squirrel.

2. Are you a focused person?

① No, I get distracted easily (很容易分心), especially on things that are not challenging or rewarding enough. I'm the kind of person who constantly needs new stimulation to stay focused. (原因)

- 句型四: get + 形容词/被动式 + easily 很容易取得某种状态

I get distracted easily.

My girlfriend gets jealous easily.

I don't get tricked easily.

② I have to say, it's hard for me to stay on task. The thing is, I'm all the time multitasking, and jumping from topic to topic. The more things I do, the more difficult it is for me to put my head down in one thing. And plus, there're too many distractions nowadays, It's hard to stay in the zone when my phone keeps buzzing with notifications. (原因+补充)

- stay on task/ put my head down/ stay in the zone
- My phone keeps buzzing (with notification)

③ No, not really. I'm having increasingly shorter attention span for sure (我的注意力周期越来越短). I can only get stuck in things I really like, for example, watching entertaining movies and TV shows, or working out the gym; or things that are so urgent that I have to really knuckle down to finish, for example, my school deadlines/ work deadlines. (举例)

- Get stuck in sth. / Knuckle down

④ Uhmm, I can be a very focused person once I'm determined (一旦我下决心了就不那么难了). I mean, everyone gets distracted here and there, now and then, but overall, I'm a pretty disciplined and productive person. Therefore, when I need to get things done, I'll roll up my sleeves and get into work mode (进入工作状态), and work like a machine. (原因)

- Roll up my sleeves/ get into work mode/ put my nose to the grindstone/ throw myself into the mission

3. How do you stay focused?

① Well, for me, it always helps (总是有用) when I make a full plan for the things I need to do, otherwise, I'll just get distracted and procrastinate/ put off things (拖延) until the last minute. But, if I have a schedule to follow, I'll have a

much better sense of time (更有时间观念) and better focus, and be able to throw myself in the task (投入任务). (反向+正向假设)

- 句型结构五: For me, it always helps when...

For me, it always helps when I take a short walk to clear my mind.

For me, it always helps when I listen to my favorite music to boost my mood.

For me, it always helps when I write down my thoughts and feelings in a journal.

- Procrastinate/ procrastinator/ procrastination
- I'm the kind of person who always puts off things/ delays things.
- Have a good sense of time/ have a better sense of time

Have a sense of direction/ community/ security/ belonging/ achievement/ fashion/ humour/ balance...最强大词组结

构之一

② Well, the first thing is, I will always make sure that I put my phone aside (手机放一边) and put it on mute/silent (静音模式) so that I won't get distracted easily. I will turn off notifications (关掉消息通知). That really helps me stay focused. I

think I'm a little addicted to my phone. And then, I'll normally go to a quiet place, like the library or a nice and quiet café, to really get in the zone (进入状态). Studying/working in a public place makes me more disciplined. I don't know why, maybe when I'm surrounded by people who're also studying or working hard, I feel more motivated to stay focused or feel embarrassed when slacking off (偷懒)? And finally, I'll make sure I don't overwork (过度工作), because fatigue/being tired can actually decrease my focusing capability (劳累会降低集中注意力的能力). So, I'll always take a breather (休息一下) once in a while to recharge my batteries (重新蓄电). (罗列)

(以上三点，局部选择两点就好。不需要都说，时间控制在 25s-30s)

- Put my phone on mute/ silent/ vibrate/ ring (mode)
- Turn off/ on notifications
- Slack, slack off and slacker 摸鱼
- Take a breather/ recharge my batteries

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4. Is it easy to stay focused in a noisy environment?

① It can be challenging, I'd say. Those noises can be (可以是=可能会, 重读往往在 can 上) pretty distracting and annoying.

However, with the right mindset or techniques, some people still manage to stay in the zone (保持专注). For instance,

some people find using noise-cancelling headphones (噪音干扰耳机) helpful, and some people just imagine people's

hubbub (人声) as the perfect white noise (白噪音) to help them concentrate. People find ways to stay on task in a

noisy place. (转折)

- Stay in the zone/ stay on task
- Hubbub, white noise

-I can't focus on my work over the hubbub in the office.

-Well, just imagine it as your perfect white noise!

- 句型结构六: 主语+ find + sth./sb. + (to be) 形容词 用来更柔和地表达观点

I find Tara very strict with her students.

I don't find this course very useful.

I find t-shirts a little too casual and childish for my taste.

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② No, it's definitely difficult. The constant distractions and interruptions can make it difficult to concentrate on the task at hand (手头的任务) .

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\*Weekends (周末, 保留题)

1. Do you like weekends?

① I love weekends! That's when I can finally unwind (放松) and take some "me" time (花时间陪陪自己) / practice self-care (照料自己的心情和状态) . Additionally, during the week (周一到周五) , normally I need to work overtime (加班) / long hours (工作时长) , sometimes even until midnight. So, on weekends, I can finally get my 8-hour beauty sleep (8小时美容觉) or even more. I love sleeping in (睡懒觉) / having a lie-in on weekends. (原因)

- Unwind/ take some "me" time/ practice self-care
- Work overtime/ work long hours
- Sleep in/ have a lie-in/ catch up on some sleep

② **Who doesn't (谁不喜欢呢)?! I love it more than anything else (是我的最爱).** **I'm the kind of person who screams "TGIF"**

**(Thank god it's Friday) on Friday night.** After spending the endless weekdays, finally I can be staying up at night,

slumping in my couch (摊在沙发里), and binge-watching (刷剧) TV shows; I can spend quality time with (高质量时光)

my family and friends; I can go to the park or the mountains, get close to nature (接近大自然) ...just disconnect from all

the work. (原因, 细节)

- 句型七: 反问句 Who doesn't?! Who doesn't love it? Who doesn't love it?!

- 句型八: I love it more than anything else!

Do you like Ice cream? Who doesn't?! I love it more than anything else!

- Stay up/ binge watch
- Slump/ lie in my couch 葛优瘫
- Spend quality time with sb. / get close to nature



③ Well, it's a love-hate relationship (又爱又恨的关系). On weekends, I have a lot of classes to go to. I have a water colour painting class (水彩画画班), a guitar class, AND a Spanish class. I make myself very busy over the weekend (我让我自己在周末特别忙). I love learning new things, but at the same time I don't get to rest and recover from the weekdays. (原因, 细节)

- 句型八: It's a love-hate relationship. 矛盾心理

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2. What do you usually do on weekends? Do you study or work?

上题当中的很多表达都可以借鉴。如果上题详细地介绍了周末做什么, 这题不会问了。

I consciously (有意地) try my best to keep the balance between work and life/school and life. So, I never work/study over the weekend. On weekends, I'll work out at the gym, meet up with my friends, and see my family. (细节)

- consciously 有意识地, subconsciously 下意识地.....; unconsciously 无意识地

- keep/find/strike/achieve/reach/create a balance between A and B

### 3. What did you do last weekend?

① Last weekend, let me see... (让我想想), I spent Saturday the whole day binge-watching my favorite series (刷我最爱的剧), called Wednesday. And I went to my grandparents' house for lunch on Sunday. My grandparents and I are really close, so I see them every two weeks (每隔一周). (细节)

- Let me see 要用得自然，否则不如不用
- binge-watch series

② Last weekend, let me see..., I took my painting class, my guitar class, but not my Spanish class, as my teacher was sick. And... other than that (除此之外), I saw my best friend, Jessica. We went to a bar and caught up with each other (叙旧).

(细节)

- catch up 的多种意思

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catch up on something/somebody: 追赶上、完成没完成的事情

catch up with someone 叙旧、互通有无

#### 4. Do you make plans for your weekends?

① Sometimes I do. I mean, if my I have a lot of things going on (很多事情来发生) the coming weekend (即将到来的周末), I will definitely plan it out beforehand (提前计划好), making sure that I don't over commit (过度承诺) and end up having multiple plans overlapping (有多个计划重叠). (原因)

- a lot of things going on; so much going on

Beijing is a big and fun city; there's always something going on at night.

- commit 承诺、投入 committed 尽心尽力的、忠诚的 a committed husband

Commitment 承诺 n. I need commitment in a relationship.

② No, not really. I mean, my weekends are almost always the same, rest, work out, and see my family. So, there's nothing much to plan about. My life is very simple.

- **Nothing much** 没有什么太多的、特别的

**What are you doing now? Nothing much, just chilling.**

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。

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