|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  Why did you choose your major? General  Your hometown is livable? Mostly basically Living area? Maslow Community neighborhood Do you plan to go back xxx

|  |  |  |  |
| --- | --- | --- | --- |
| Emotion A strong sense of belonging Big gardenIt is surrounded by trees and flowers When I see the colorful underwater world, I can be over the moon;  | Health  | Relationship Person to person Follow his footstepsNeighbors are friendly  | CareerFuture is Promising   |
| Cost Living cost is not as high as other cities; that’s why people don’t have to live a stressful life.  | Efficiency Location is centralIt takes me 5 mins to different places like xxx  | Quality/personality/skill)Facilities are well-rounded/inclusive, including shopping, entertainment, public transport and education/medical services;  | Safety/stability Sense of security   |

 |
| 词汇表达 | 相关词汇 | 最近高频题目应用 |
| 开心/玩的尽兴 | Be over the moon/have a blast When the party was over, everyone was over the moon, since we all had a blast.  | I was so over the moon when I received the gift/everyone had a blast  |
| 舒缓心情/减压   | Refresh mind/boost mood, so that I can be Energized/cheer me up/let off steam/  | I love singing, since singing allows me to refresh mind and boost mood when I feel tired or bored.  |
| 放松 | loosen up/kick back/sit back/lay back/unwind/wind down/let my hair down/put my feet up  | I tend to a range of things to loosen up, like watching TV or playing video game.  |
| 让人开心 | Cheer people us; bring joy to others/put a smile on other’s face/no one would say no to flowers as gift. （I guess every girl loves xxx, and I am no exception） | Flowers can bring joy to others, and no one would say to no to a bouquet of flowers 一束花 |
| 逃离/远离Crave for  | escape from life routine/a 9-5 life朝九晚五的生活road trip travel move to the countryside to live. Say goodbye to sth  | I like hanging around in this park, since it offers me a chance to get away from the bustling city熙熙攘攘的城市, and I can have a peaceful mindset when I am close to nature.  |
| 让生活丰富多彩 social media/app Road trip Hat Shoes Collection  | Fill up spare time/spice up life /enrich experience and knowledge, which will lay a solid foundation for my future.  | traveling can be viewed as a way to fill up spare time and spice life up, just as a saying goes, variety is the spice of life, and art is all about variety. Without arts, our world would be boring and tedious . (we would feel bored 人感到什么后面加ed 而不是 -ing)  |
| 实现人生价值Maslow  | Actualize personal value/make a difference in life (self-actualization)  | By doing such a job, I am able to actualize my life value and I can make a difference to be a better person. (do my share and make a difference) |
| 满足虚荣心Clothes Expensive clothes  | Satisfy vanity will be respected by others A Confidence-booster They look decent when they are in fancy clothes The higher the price, the better the quality; Investment Make more money when their collection appreciates  | it is a way to satisfy vanity. Residents have so many options to do different things like  |
| 提高多巴胺和血清素 | Raise Dopamine多巴胺 and seroTonin血清素 (happy things, happiness ) (如果你要表示减压，你可以说they can let off steam蒸汽 ) | By doing such a thing, I can raise the level of dopamine and serotonin.  |
| 多感官的体验Physical vs virtual   | Multisensory feelingsOffline vs online (acquire knowledge and absorb information)Some people say that online library, offline lib will be disappearing in the future?  | I don’t think offline xxx will be disappearing, since people can only have multisensory feelings when they pay a visit in person(only by doing sth offline, people can have multisensory feelings), like seeing, hearing, touching, smelling and interaction; and impression will be lasting; just as a saying goes, hearing is just one thing, but seeing it upfront is a different story.  |
| Health  |
| 做运动和保持健康Have a good waistline  | Do cardio/do aeRobics (something is aeRobic)/step out and stretch/burn caloriesWhat sport is your favorite.  | As a full-body workout, I like swimming, since it is an ideal way to keep fit/healthy, when I swim, I can use all my muscles, which is very aerobic. Scuba diving  |
| 变得聪明和提高记忆力 | Sharpen brain and promote our memoriZation  | Eating chocolate is rewarding to sharpen our brain and memory.  |
| 反之就卡在家里面久坐和变宅  | Be stuck at home and live a sedentary lifestyle. Gradually, we might become oBese (肥胖) lead to oBesity If they stay at home staring at screen all the time, it is inevitable for them to be shortsighted/obese (couch potatoes ) | Otherwise, I would be stuck at home and be a homebody宅男宅女, doing tedious things like watching TV or playing games.  鉴于Considering thatGiven that Cycle to work out.  |
| 营养的卫生的 | NuTritious有营养的/hyGienic/Sanitary为生的Eat at home or eat at restaurant. Keep a perfect waistline  | Homemade food is good, since the nutrition is well-rounded, and it is also hygienic to eat at home. All snacks are healthy? As long asOtherwise  |
| 各种常见营养 | protein蛋白质/vitamin维他命/fiber纤维/mineral矿物质/carbohydrate碳水化合物 | Homemade food is worry-free and high in nutrition, like protein, vitamin, fiber, mineral and carbohydrate.  |
| 心理生活上遇到的问题Due to the stress from work or study, I experienced many issues like  | inSomnia 失眠 frustration(no matter how hard I tried, it made no difference) 沮丧 conFusion 困惑/; amNesia 健忘 stress 压力 anXiety(anxious), 焦虑 hair loss 脱发proCrastination 拖延症 and dizziness 头晕 drowsy 困drowsiness my life was upside-down | At first, due to the stress from work/study, I experienced many issues like insomnia, amnesia, frustration, anxiety and procrastination. Steak experience spa resort result responsible  |
| Relationship person to person.  |
| 扩展社交圈 | Make friends with common grounds/expand social circle | It is easier for people to expand social circle on social media, and they can make friends with common grounds |
| 人以群分 | Just as a saying goes, Birds of a feather flock together  | Do your friends listen to the same music that you like? My friends have so many common grounds in music with me.  |
| 遇到各行各业的人  | Meet people from all walks of lifeAre you interested in working in the field of social media.  | I am interested in working in the area of xxx, since I can meet people from all walks of life, and I can always learn from the best (eLites 精英) which will be engaging/exciting/challenging  |
| 促进情感 | Boost ties/bonds/enjoy each other’s company and grow friendship.   | By camping together, I can boost ties with my friends and we enjoy each other’s company  |
| 追随xxx的脚步 | Follow someone’s footsteps  | given/considering that/due to the fact that my father is xxx, I would love to follow his footsteps when I graduate. |
| 梳理榜样 | Set a good example/role model | He has set a good example for me to learn from |
| 热情好客 | Hospitable and friendly  | Local people are always willing to give others a hand. Just as a saying goes, a distant Relative is not as good as a near neighbor.  |
| Career  |
| 前途光明 | The Prospect is Promising,  | I chose this job since I believe that the Prospect is Promising |
| 很多工作机会和高薪工作 | The industry is teeming with job opportunities 充满了 | And xxx specialist/talents will be highly demanded in the future. They can find a well-paid job with decent salary  |
| 打下基础  | Lay a solid foundation/pave the way for future. 儿童发展Learning experience of math  | A little girl who is interested in Barbie doll might become a fashion designer when she grows up Lego blocks architect  |
| Cost |
| 常用钱的表达neCessities (snack, toy, socialization, books, gifts, stationeries 文具). Without P m, upset  | pocket money 零花钱 (if they get whatever they ask for, gradually, they would take things for granted, would be spoiled) lucky money 红包; Profitable 有利润的make a living by doing sth as a coffee lover, I can live my dream | When their collections appreciate, they can make profits What small business do you like to do?I’d love run a fusion shop融合店 that combines bookstore, coffee shop and the florist’s, I believe the small business is profitable, since drinking coffee in my city is quite a trend.  |
| 负担得起的Spend my weekend away  | Affordable/reasonableIs recommendable Traveling expense is not as high as other cities, including transportation, accommodation, food, （seafood, fruits, street snacks） and shopping.  | It only costs 100 kuai per person per dayLiving cost is not as high as other big cities. (when I present my student/office card, I can get a discount, which is cost-efficient) |
| 精打细算 | Given that I am a Bargain shopperFind bargains when I shop online.  | 精打细算 Considering that I am a bargain shopper, I tend to save penny in my pocket through shopping online |
| 性价比高 | Cost-efficient/economical to eat home （especially when talking about moving large commodities, like stone, sand, vehicle, coal, wood, mine and so on. ） | Shopping online is cost-efficient, since I can always find bargains or get discounts.  |
| Efficiency |
| 省时省力的，麻烦的 | Time/labor-saving; straightforward/direct/punctual Troublesome(it is a waste of time/money/labor) | Wearing T-shirt can be easily mixed and matched with pants and shoes/sneakers  |
| 方便的/便携的 | Handy I can do sth anytime anywhere  | Reading e-book is handy, since I can carry a Mobile library when I am on the move/on my daily commute.  |
| 位置佳  | the location is central | My apartment is central, and it only takes me steps to almost everywhere, like xxxAs the crossroad in China, my hometown is quite central, and it takes hours to most cities.  |
| 见证和记录Memory  | and Record of what life stories and experience, it’s the reminder of xxxGames and sports can be reminders and records of their care-free childhood. | Photos can be the witnesses and records of life stories and experiences, since they can freeze the fleeting moments.  |
| Quality and personality  |
| 提高的动词 | 表示提高 raise, foster, improve, boost, enhance, proMote, strengthen/better, increase, deepen，hone锻炼 |
| 能力名词的替代 | 表示能力 ability, capability, skill, competence, know-how 专业能力/知识 |
| 个人能力类 | 能力类 creativity and imagination; independence and survival skill 独立性和生存能力；leadership 领导力；communication skill 人际沟通技能；teamwork spirit 团队合作精神；hands-on ability/manual ability/motor skill 动手能力；problem-solving skill 解决问题；eye-hand coordination 眼手协调；body coordination 身体协调；sense of beauty 审美观；broaden horizons and enrich life扩展视野，visiting museum is educational; acquire/gain knowledge and absorb information about History Tradition Culture(简称AK & AI about HTC)获得知识和吸收信息；stimulate one’s interest and imagination/curiosity 激发兴趣想象力；explore potential 开发潜能; time-management skill 时间管理技能; multitask ability 同步多项作业 multi-functional  |
| 思维方式类  | way of thinking 思维类 logical thinking逻辑 spatial thinking空间; deductive thinking推理; critical thinking批判; holistic thinking 整体; strategic thinking 战略 strategy and tactics  |
| 品质类 | 品质类 patience 耐心；persistence/perseverance 恒心 stamina 耐力；integrity 正直；reSilience 调整适应的能力；diligence 努力 |
| Safety and stability  |
| 靠谱的/被认证的 | Reliable/trustworthy/dependable/certified  | As long as the website is certified/qualified or official, it should be reliable; otherwise,  |
| 安全感 | Sense of security A sense of belonging  | I don’t have a sense of security if I live in an old building  |
| 无忧无虑童年 | Worry-free; care-free | The gift is the reminder of my care-free childhood.  |

## 地点类——多感官表达法 feedback

Multisensory feelings

|  |  |  |
| --- | --- | --- |
| 角度 | 客观支撑Description  | 主观+和题目的联系Personal opinion  |
| Eye: The View is stunning and Scenic/Picturesque like postcards Natural/rustic 乡土气息的   | Since the place is surrounded by trees, flowers and plants (is teeming with xxx )Or, we can see color, like blue sky, crystal-blue ocean, cotton-like clouds, white-sand beach, green trees, tropical flowers and fruits, blue mountain in the distance | which is very different from other Bustling cities-enjoy natural view/cozy weather and live a slow-paced life. (slow life pace down)we get away from city’s hustle and bustle. or, this place is like an oAsis in the middle of the concrete jungle. |
| Ear: The place is natural /peaceful/Tranquil/seRene | For example, in the morning, we could only hear natural sounds like bird’s Chirping and wind’s Whistling and dog’s Barking, which is far away from noises   | which can offer us a peaceful mindset/inner peace. 平静的心态when I feel grumpy心情不好/fidgety浮躁的, I will take a walk in this place, and my mind can be refreshed |
| Nose + body: We can also breathe fresh air and smell Fragrance of flowers  | which is good for our health and ideal for doing outdoor activities, like surfing, swimming, boating, building sand castles, diving and basking日光浴 (plus that facilities are inclusive各种设施齐全)for travelers, they have so many things to do, like taking photos, shopping, sightseeing, trying local delicacies, visiting landmarks, buying souvenirs and  | and we can be encouraged to step out and stretch, to avoid being stuck at home everyday; we all give credit to this new development. and the experience will be once-in-a-lifetime. Personal haven个人温馨的港湾 comfy cozy homey  |
| Mouth: As a Foodie, this place is a paradise of seafood and fruit  | Since cheap and fresh seafood or fruits/snacks can be found everywhere  | Foodies surely can be greatly satisfied/spoiled Tastebuds The trip can be a treat for them.  |
| 人与人的关系或者因素Person to person: the place is perfect for family activities  | When children run around on the playground; parents can just chill, drink, talk, laugh together, Or, this place offers people a chance to socialize with others/make friends with common grounds/expand social circle.  | They can enjoy each other’s company and boost family ties. （by eating, laughing, chatting and making fun of each other.）I hope that day/moment would be everlasting.  |
| 钱：Traveling cost It is free for everyoneDuring the off-peak season, 省时省力 plus that Location is central   | Including accommodation, transportation and food, insurance. Local Specialties It only takes us mins from where we live  | Traveling is cost-efficient We can be encouraged to step out Which is a strong incentive for us to do sports.  |

## 人物类——人物性格词汇表

|  |  |  |
| --- | --- | --- |
| 性格 | 客观描述 | 主观联系+题目联系 |
| 有智慧的，有经验的，有知识的 |
| Knowledgeable 知识渊博的  | He is a book-lover/he is my go-to person 爱书之人/解决问题的人He has got rich experience in terms of …； 在…方面特别有经验 regarding many aspects, like makeup/cosmetics, lifestyle, shoes/sneaker, accessories, clothing, hairstyle, healthcare, fitness, (she is a yogi)  | As long as I come across problems/bottlenecks, he will be the first one I turn to for help (turn to sb for help)只要遇到问题，他就是我第一个寻求帮助的人He is my go-to person when talking about learning something about fashion  |
| Wise/wisdom有智慧的 | He could always explain something difficult and complicated in an easy and simple way that I can understand (by learning from her, I understand that fashion is all about preSenting attitude and personality, fashion will make us more Alive and more Present)小道理解释大问题例如：Currently, I’m very confused/puzzled/anxious about my major selection and future life path, and he can show me the right direction based on his rich experience. 最近就给我人生道路指明了方向 | Occasionally I would come across some bottlenecks in my life, and he is helpful to give me suggestions. 遇到瓶颈，能够给我建议 |
| Intelligent/smart/brainy 聪明的Creative thinker  | As a fast leaner, he is able to get the hang of获得…的窍门…very quickly (.in the shortest time.)  | For the same question, he is more likely to have more creative ideas. 总是有好办法He can always think out of box. He is my good example  |
| 我的榜样 he/she has set a good example for me to learn from  |
| Kind/warm-hearted热心的 | As long as there is a need, he/she would spare no effort to give others a hand, such as…不遗余力的帮助别人，比如说…Be willing to  | He is really a role model/good example for me to learn from.我们学习的榜样We all looked up to him/her |
| Charitable/GenerousCharity 有善心的 （说名人要用到）He is Admirable as a phiLanthropist  | He and his foundation 基金会manage to help the people in need, such as donating money, raising fund for poor kids/drop-outs. 失学儿童  | He is using the money he has made from movies to help others, that’s why he is a man of true greatness. (by building hospitals, schools and wells)Many people are encouraged/inspired to do their share as well;  |
| Patient/gentle 耐心的 | She/he is such a good listener 好的倾听者When I experience ups and downs in my life, he/she is willing to be my company to get over them.  | Whenever there is a situation, she/he is always willing to be my loyal company 做我的陪伴To help me get over difficult times; 陪我度过困难的时期 |
| Sociable/open-minded 社交能力强 | ...is able to get along well with all types of people和各种各样的人相处的不错And I just like to become someone like him There are so many things I can learn from him.  | his communication and language skill is such a strength优势 to deal with all sorts of situations 解决各种问题 |
| Diligent/hardworking 勤奋的Top-tier student in class  | Even if he is well-established功成名就, he is also hardworking to make movies all year long. \_He was still the first one to go to xxx, and the last one to leave.  | In many ways, his fighting will is rather inspirational and encouraging 斗志感人  |
| Versatile/Talented多才多艺的(basically, he is well-known to us, since he and his classic images left us a lasting impression, and I have become his fan for many xxx ) | Apart from being excellent in…., he is also famous/good at…或者:He/she knows very well about how to mix and match 他很懂得如何混搭He and his classic images left us a lasting impression; and I have become his fan for many years.  | That’s why we always look up to him/her 所以，大家都很钦佩他He is an evergreen tree in the showbiz  |
| 合得来，风趣 |
| We have so many Common Grounds或者It is this common ground that brought us together 共同之处(we have many things in common) | We are both fans of….TV series 我们都特别喜欢做…Gossips  | Whenever we get together, the conversation never ends.Our moment is always full of laugh and joy. 或者We have endless conversation with a variety of topics about…只要在一起，乐趣就不会结束 |
| Amusing presenter搞笑的/humorous She will Cheer me up in many ways, like …Telling me a joke, making fun of me,Sending us gift. being my company 用很多种方式让我开心 | He is full of sense of humor, it is a treat of talking with him; 幽默感As long as I have spare time, I would visit him as a guest.   | Throughout the time, I would never feel bored; 跟他在一起不会闷 It is a treat of doing….，很享受When I feel low/down/blueHe/she is a barrel of laughs 开心果 .  |

## 事件类：story telling

When where what happened/how did you feel/why

|  |  |
| --- | --- |
| 开头段Task response  | The experience roughly happened xxx ago, while back then, I was about to do attend xxx , but due to a car accident, I experienced xxx, which is quite impressive/unforgettable/memorable/regretful, and it is a lesson for me. Context of your speech  |
| 时间顺序连接词Confident – well-prepared  | At first, I was confident for the interview, but on that day, I mistakenly chose taxi over subway, since I thought taxi would be straightforward. 事情的设定 she would follow the same amount to do her share. But afterwards, to my surprise, I came across a bumper-to-bumper situation, the traffic moved like snails. 发展 I began to/started to feel And eventually, 点题-高潮 I was late for xxx, and there was no second chance for meThat’s why it is very impressive/unforgettable/memorable -ed was were did 注意动词过去式一分钟笔记就是三个阶段的心情+必要句型1. Confident, but mistakenly 句型作为线索
2. Worried/nervous – meant a lot to me- seize ; meanwhile, frustrated – wasn’t up to me to make any change
3. Late – no matter, it made no – regretted – no second chance -due to my stupidity - like a bitter pill to swallow
 |
| 副词 | Gradually/suddenly; luckily/unluckily (I was in the middle of nowhere); surprisingly/not surprisingly; thankfully 谢天谢地；I mistakenly did sth 错误地做某事 |
| 正情绪表述 |
| 高兴的Had a blast  | I was so over the moon (I made it); I was on the top of my world when everyone gave me credit for my goodwill为我点赞，since I was able to do my share and make a difference in other’s life.  |
| 自豪的自信的 | I felt so proud and confident when I made it. The experience brought me confidence and pride.  |
| 感激的 | I was so thankful/grateful to sb, since without his advice/guidance, I would be helpless, and it is him who helped me find the direction.Show my appreciation |
| 如释重负的 | I felt so relieved and just like that, I was finally saved. It was such a relief (on the right track) |
| 受到鼓舞的 | I was greatly inspired/encouraged/motivated by the story People can be encouraged by xxxThe motivation from xxx can be tremendous/significant Inspiration; encouragement; motivation;  |
| 很心动  | After hearing the guarantee from the seller, I was so tempted by the product and I bought it without hesitation.  |
| 负情绪表述 |
| 无奈的 | I felt frustrated, and no matter how hard I tried, it made no difference, it wasn’t up to me to make any change （i had no choice but to wait in the car）and I became more anxious when time flied.  |
| 我很在乎也很担心 | I became worried/unsettled, since the job interview meant a lot to me, and I would like to seize that chance. I was dying to do sth.  |
| 后悔的 | I was so regretful/regretted, since there was no second chance for me, and just like that (due to my stuPidity), I missed that golden opportunity. (it is like a bitter pill for me to swallow) |
| 苦恼的压力大的  | I was quite stressed/worried/confused/puzzled/anxious about my life path; major selection, future plan, life choice, since I had no direction about my future. And I experienced issues like upside-down life routine, inSomnia失眠, amNesia健忘, proCrastination拖延, hair loss, poor time/emotion management and anxiety/depression |
| 生气的 | I was so mad/angry/furious/annoyed/disturbed when the seller disappeared.  |

## 起承转合fillers

|  |  |  |  |
| --- | --- | --- | --- |
| 起：commencing arguments 1疑问句变陈述句2 副词放句首表示attitude 3 part2当说到什么？Speaking of/talking about/when it comes to/as for/when regarding 4 在我看来In my opinion;From my perspective; As I see it; To my knowledge; From where I stand;Based on my experience; as far as I am concerned 5 我认为I suppose/I reckon that/I believe/It is my belief/guess that  | 承： furthering arguments 1 解释Simply because/mainly because/due to the fact/considering that/given that 2 进一步解释or澄清What I mean is that By this I mean, To be more specific/detailed/more specifically What I am trying to say is that/the point I am trying to make is that Simply put/in other words, 并列：To begin with/for staters/one of the major reasons is that;另外：besides/apart from it/in addition/additionally/plus 最后: one more to add/mention; more importantly/on top of that/last but not least,  | 转：counter arguments 1 这两对不是并列On one handOn the other hand For one thingFor another thing 2. but conversely While/whereas/whilst 3. nevertheless   | 合：concluding arguments 1 all in all 总的来说, there should be a balance. 2 that’s why + paraphrase 3 Mia is on the top of my list for this topic/Mike is the best candidate for this topic 4 总而言之In a wordIn a nutshell 最终Above allTo conclude, To wrap up, To sum up  |
| * In the first place..
* As I see it…
* From where I stand…
* I strong hold the opinion that…
* Even if it is beyond my knowledge, I still consider that reasons are nothing more than the following ones…
* The first point in my mind is that…
* It is needless to say that…
* It is believed that…
* One of the biggest reasons is that…
* I can take it or leave it…
* I guess everyone enjoys …, and I am no exception.
* The reasons can be manifold, and the first one coming up into my mind is that…
 | * In addition to that…
* Besides/plus/also
* Apart from that…
* Moreover…
* Likewise/similarly…
* For example…
* What’s more
* The other relevant point I still want to mention is that…
* The other point I still want to add is that…
* Just as an old saying goes…
* It is also true when it comes to…
* In the say way…
* The last but not least argument is that…
* It is also the case while people have the opinion that…
 | * But conversely speaking…
* Alternatively…
* Whereas/whilst/while…
* On the contrary…
* Nevertheless/admittedly…
* In comparison…
* Corresponding with this …
* In spite of this…
* Although…
* But when it comes to downsides, I have to say…
* It is not always the case under all sorts of scenarios
* But for everything, there should be an exception
* As much as I want to do …, it is also necessary to do…first.
 | * In conclusion, it is obvious that…
* Naturally, the point can be made that…
* Considering all factors mentioned above…
* All possibilities considered…
* Therefore/thus…
* As a result
* Consequently…
* There is no doubt that..
* The point I am trying to make is that…
* Let me wrap it up
* It can be concluded that…
 |