

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, chatting**)

- 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 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, let 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

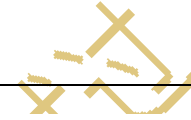
或者: I'm the kind of person that...+从句

(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 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

拒绝

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

- 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 on 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 trip

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) comes with getting from one place to another (从一个地儿到另一个地儿), finding hotels (找酒店), 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: Chatting

1. Do you like chatting with friends?

① Yes, I'm a bit of a chatterbox (话匣子一样) in front of my friends. I believe, talking to my friends is really good for my mental health (对心理健康好). I mean, we are the same age (同龄), we think alike and we are on the same wavelength (想法一致, 有默契), so we get each other (懂彼此). Through chatting, we bond with each other, support one another and share thoughts and feelings. It's therapeutic (治愈的). (原因)

- A chatter box= a talkative/ chatty person
- Doing something is therapeutic.
- Think alike/ are on the same wavelength/ get each other

② I enjoyed talking to my friends. But I have to say, I'm not a very talkative person. I'm just a little bit clumsy with my words (在语言上有点笨) . I enjoyed doing things with my friends. We hang out, clown around (一起犯傻) , try new things together (尝试新鲜事物) and we bond over those experiences. (原因)

- Hang out with my friends/ meet up with my friends/ spend time together/ be with my friends. ~~Play with my friends~~

2. What are you usually chat about with friends?

Well, you know all kinds of things. Big things and small things. Big things like, our future career development, our educational plans, our relationships, life milestones. Small things like, what do we eat today, which movie do we watch tomorrow, where do we go next week, and sometimes we just talk about silly stuff (傻东西) , nonsense (无聊的事情, 废话) , to the point that (以至于) we've developed some inside jokes (内部笑话) that nobody from the outside can understand. It's like our secret codes (秘密暗码) , haha! (分类讨论)

- 句型结构九: ... to the point that...

I loved him so much to the point that I lost myself in that relationship.

3. Do you prefer to chat with a group of people or only one friend?

① I'm a very sociable person, a social butterfly (交际花, 社牛), some friends would call me. So, for me, I like bigger groups, the more the merrier (人越多越好). I get a lot of positive vibes and energy (正能量) after seeing all my friends.

And I enjoy mingling with (应酬交际) people at a big party. (原因)

- Sociable person/ social butterfly VS someone who's socially awkward
- The more the merrier! 人多越多开心! 独乐乐不如众乐乐!
- I'm single and ready to mingle. 单身可撩

② I love all my friends. But I enjoy having one-on-one conversations (一对一对话) more. The thing is, it's really difficult to have heart-to-heart (走心的), in-depth and meaningful (有深度的、有意义的) conversations with a lot of people at the same time. Sometimes after those big parties, I don't remember any conversations that I've had. That's why I choose quality over quantity (我选择质大于量).

- Have a one-on-one/ heart-to-heart/ hearty/ heartfelt/ deep/ in-depth conversation VS. have a light-hearted/ easy-going conversation
- The thing is... 事情是这样……， 问题是这样的……用来解释说明
- 句型结构十： Choose A over B

I choose marriage over friendship.

4. Do you prefer to communicate face to face or via social media?

如果喜欢其中一项。可以拿出答案中的单一观点进行回答。

I like both. They both have advantages. Face-to-face communication is more in-depth (有深度的) and meaningful (有意义的). It feels more intimate (感觉起来更亲密) as you can see that person's facial expressions and body language (看见面部表情和肢体语言), which is a really beautiful thing. But we're all very busy nowadays. It's hard to have face-to-face communication very often, and that's when social media can complement it (弥补). Social media showcases (展示) your friends and family's lifestyle and important updates, like, who's getting married, who's becoming a parent, who's

moving to a new house. You can see their life updates (生活更新) easily and interact with them effortlessly (毫不费力地互动) . I mean, the cost of communicating is incredibly low, it's at your fingertips (动动手指) . Some people hate it but I like it! Because it's better than nothing (有总比没有强) ! Without it, the chance of you meeting an old friend who lives far away is almost close to 0 (你去当面见一个住得很远的老朋友的几率几乎为零) . (个人偏好题, 对比讨论)

- Face-to-face; facial expressions; body language; intimate

- At someone's fingertips: 触手可及, 就在指尖

Having a smartphone means I have the world's knowledge at my fingertips wherever I go.

- Better than nothing: 有总比没有强

Although it wasn't the ideal solution, getting a small discount was better than nothing.

- 句型结构十一: The chance ofis slim/ almost close to 0/ high.

The chance of winning the lottery is very slim, close to 0.

5. Do you argue with friends?

Of course, that's inevitable (不可避免) , right? I mean, who doesn't argue with their friends or family? My friends and I would quarrel/ have words (吵架) from time to time, but we don't really argue in a heated and nasty way (不会真的特别激烈和骂的很脏) . We just open up with each other (彼此敞开心扉) , talk things out (把话说出来) , clear the air (解除一切误会) and try to find middle ground/ meet in the middle (在中场相遇, 彼此让步) . For me, having an argument is just an emotional way to communicate. As long as there is trust and true friendship, I wouldn't be afraid of losing my friends over a fight (我不会害怕因为一场争吵而失去朋友) . (原因, 细节)

- Quarrel/ have words (程度更轻微, 拌嘴不合) / fight/ argue
- Compromise/ meet in the middle/ find middle ground 彼此让步妥协
- Talk things out/ clear the air/ patch up on things 把事情说清, 消除误会, 修复感情

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。