

**Describe a time when something changed your life in good ways (好的人生变化)**

**You should say:**

**When and where it happened**

**What happened**

**How you felt about it**

**And explain how it changed your life in good ways**

可以讲做运动、练瑜伽，也可以把上一题的内容改一下，比如学业下滑后和父母谈了一下，这个谈话给你带来的深远的影响。

So, when I was a university student, I entered my first year with high hopes (期待很高) and a bit of arrogance (带着一点点傲慢) (目前在校大学生则要改成, I'm now a third-year university student, and when I entered my first year, I really had high hopes and a bit of arrogance) . In high school, I had been a bit of a study freak (学习狂) , always hitting the books (疯狂看书) , acing exams (碾压考试) , and hardly ever letting myself have fun.

So, when I arrived on campus (走进大学校园后) , I decided it was time to let loose (放松) and have fun (享乐) .

Then, of course, I didn't study at all. I didn't even show up for classes (不去上课) / go to class. Therefore, by the end of my first year, I was in academic trouble (学术困境) . My grades were plummeting (成绩下滑严重) . I was freaked out and discouraged. I felt like I had wasted an entire year of my life.

I had a long conversation with my parents. And that conversation changed my life. My parents sat me down (让我坐下) and gave me some

tough love (给我严厉的爱) . They reminded me that I had come to university for an education and a bright future, not just for fun. I opened up to them (向他们坦白) about where my mind was and how I felt honestly, my fear and confusion, thing like that. We talked wholeheartedly (全心全意地) for hours and hours. Their words hit me hard (击中我的心) , and I realized I needed to make some changes and turn that situation around (扭转局势) .

I started by getting organized. I created a study plan and stuck to it religiously (虔诚地执行计划) . I got help from professors and tutors when I didn't understand something. I also surrounded myself with friends who were serious about their studies (让自己和爱学习的朋友为伍) . For me, it was like a project, a “getting-back-on-track” project (回到正轨工程) .

Slowly but surely (慢慢地稳稳地) , my grades improved. There were moments when I wanted to give up, but I kept reminding myself of my goals and kept pushing forward. I gave 100%, my blood, sweat and tears (全力以赴) . By the end of my second year, my grades were back on track. I made it!!

Looking back, I'm very proud of myself. And that conversation with my parents was definitely a life-changer (改变命运的一件事儿) . Thank you!

### Part3:

#### 1. Do you like new things or changes in life?

① I would consider myself an adventurous and open-minded person (有冒险精神又思想开化的人) , a novelty seeker (喜欢尝鲜、有猎奇心的人) , so to speak (所谓的) . I sometimes actively seek out (寻找) new experiences. I really enjoy getting out of my comfort zone (走出舒适区) , trying new things, visiting new places, meeting new people and experiencing change, I feel like I can learn so much through these experiences. (原因)

② I don't really enjoy new things or changes in life. I choose stability and familiarity over adventures and risks (选择稳定和熟悉度, 而非冒险和风险). The thing is, I'm already the type person who doesn't have a strong sense of security (我本来就不是一个有安全感的人). And new things always come with uncertainty and risks which can be stressful and overwhelming for me. (原因)

## 2. Why do some people quit and change jobs?

Sometimes people go for better career opportunities, such as a higher salary, better benefits, or career advancement. And sometimes, people change jobs because they are unsatisfied with their current career situation, for example, working in a toxic environment (有毒工作环境), having conflicts with coworkers all the time or a lack of work-life balance (缺乏生活和工作的平衡). People switch jobs to find opportunities that better align with their interests and expectations. And finally, sometimes it could be simple as relocation (搬家) or family needs. (分情况)

## 3. How do you adapt to changes in life?

① Firstly, I think we should have a very open, accepting and the flexible mindset (持开放、接受的、灵活的思维方式) to embrace the change (拥抱改变), knowing that change is inevitable (不可避免). The only thing that doesn't change is change itself (唯一不变的是改变). And then, we need to make a specific plan on how to adapt to the change, using our problem-solving skills, planning skills and time-management skills. After that, we just need to stick to the plan. Having support system (有支持体系) is also very important. We need to remember to share our feelings and emotions with our loved and trusted ones (我们爱且相信的人们). They can help us make the transition. (顺序罗列)

② I don't know how to do that. Like I said, I'm not a big fan of change. New changes in life always bring me quite a headache. I wish I knew the answer. (原因)

#### 4. Who can adapt better to changes, children or adults?

I've heard so many people say that children are better at adapting to change. Children have less baggage (思想精神包袱更少) and they are naturally curious (天生好奇心强) and willing to learn. But it's not necessarily true (不一定对). The way I see it, children are not afraid of change but they are not necessarily better at adapting to change than adults (他们只是不怕, 并不代表更擅长). In fact, some adults have more life experience and coping strategies (处理问题的策略) which can help them strategically adapt to new situations more effectively sometimes. (主流观点, 自己观点)

#### 5. When things like getting married or moving home happen, what kinds of things would you consider?

我不太理解这道题

自己回答是想结婚还是想搬家(??), 尽管我觉得这两件事没有可比性

#### 6. What are the disadvantages when people keep making changes?

I feel that the biggest problem is the lack of stability and consistency (缺乏稳定性和持续性). And that can lead to a feeling of rootlessness (一种无根之感). All the changes can disrupt a person's routines and relationships, causing a lot of stress and uncertainty (不确定性). For example, I have a friend. She's great. But she moves around a lot! She lives in different cities even countries throughout the year. And I feel like I can't build a deeper friendship with her because sometimes she's in my life and sometimes she isn't. And she actually complained to me once about how she can't really make long-term commitments (长期承诺) with friends or partners. (举例子)