

Describe a piece of good advice that you gave to someone (你给出的好建议)

You should say:

Who you gave the advice to

What the advice was

Why you gave the advice

And explain how he/she followed your advice

可以是建议朋友健身、减肥；可以是建议别人学习某个技能；可以是工作上、感情上、家庭关系上的宏观想法（这季度有趣的讨论里的内容也可以用）；也可以是旅行、做饭、兴趣爱好上的具体小建议。

知识点:

1. 语法上 advice 是不可数，所以不能说 advices 或者 an advice

正确说法: a piece of advice; some advice; your advice/my advice/ his/her...; the advice; a lot of advice

2. advice 动词近义词:

- **recommend (recommend sb. to do sth.)**
- **urge: 强烈建议**
I strongly urge you to stay at home during the pandemic.
- **suggest: 建议 (suggest sb./ give sb. suggestions)**
- **give sb. a steer: 给某人提供信息/建议**

So, I'm generally not a person who loves giving my advice to people in life. But recently my best friend Jing came to me and asked for my advice after a bad break-up (很糟糕的分手). I gave her some suggestions and helped her move on.

Jing recently just got out of a long-term relationship (离开了一段长期恋爱关系), and she had been devastated (痛苦万分) since then. She basically gave up on herself (放弃自己). She didn't get out of her room for months.

Last month, I saw her, and I was shocked to see how bad she was doing (她的状态有多糟糕). She looked miserable (看着很糟).

First, I told her that she had lost herself (迷失自我) in that toxic relationship (有毒的恋爱) long time ago. I thought that the break-up was actually for the best for both of them (分手对两个人都好). Then, I strongly urged her to get out of her room, and pull herself together again (振作起来) / get back on track (回归正轨). And I told her: "You need to love yourself before someone can love you." I recommended her to sign up (注册) at the gym to start working out again, because I'm a strong believer (坚信者) that exercise can boost a person's mood and confidence (激增一个人的情绪和自信心).

Jing took my suggestion as she always trusts me and tends to listen to me, and joined in the gym. Now, we are going to the gym together almost every day. And I can already see changes in her. She's lost a bunch of weight (减了几斤体重) and looks much happier now. She's totally on the right track (在正轨上) now.

So, yeh, that was the time when I helped my best friend go through a dark time in her life (经历人生黑暗时刻). Thank you!

Part3:

1. Do you think parents should give their children advice?

Yes, I believe parents play a huge role in (扮演的作用很重要) shaping a child's personality (塑造孩子性格) and facilitating their development (协助发展). They have a lot of life experience and wisdom (人生阅历和智慧) to share, and all the guidance and advice are critical/ essential (至关重要) for a child's development and personal growth (个人成长), and can help children navigate through life (在人长河中驾驭前行). However, having said that, parents should be mindful of the way they offer advice (对于给建议的方式要注意), and also, just the right amount (适量). If parents are all the time giving advice and constantly guiding children to do things, that's not advice, that's intervention (过度干预). (反向思考, 假设)

2. Should teachers give students advice?

Yes, for sure. A teacher's major jobs are, imparting knowledge and wisdom (传输知识与智慧), guiding and mentoring students (引导、辅导学生). They teach students things, help students on academic matters (学业相关事宜), but also provide valuable advice on personal development, life development and career choices (事业选择). However, +上题答案中的反向思考, 内容很相似。(反向思考)

3. Do you think it's necessary for us to listen to friends' advice?

Depends on the friend (要看什么朋友). If it's a really good friend who knows you well (很了解你), who wants the best for you (盼着你好), and who can provide a clear and rational perspective (提供清晰和理智的视角), then sometimes it is necessary to seek advice from them to gain some perspective (获得更多角度). But, if just a “whatever” friend (一般的、无所谓的朋友), sometimes maybe a so-called “frenemy” (亦敌亦友的那种 “敌友”), they might be completely biased or not sincere (偏心的或者不真诚的), and end up giving you the worst advice ever. And additionally, Age

plays an important role (年龄也很重要). I would expect that an older friend, who has more life experience and wisdom, will be able to provide more valuable advice. (分群体)

4. How do people give young people and old people advice?

Okay firstly, I don't think people would normally give unsolicited advice (未经请求的, 主动给出建议) to old people without being asked for it. It's quite rude to do it. Old individuals have plenty of life experience and wisdom (很多人生阅历和智慧) to cope with situations (处理情况), so it's almost bizarre (几乎可以说是诡异的) to just go ahead (直接上前) and advise the elderly unless it's asked for (除非老人主动问你). Whereas for young people, they are less experienced in life, so people just tend to give unsolicited advice out of the blue (突然之间), which is also not necessarily a good thing. It could come across as incredibly arrogant and patronizing (有可能会显得非常傲慢和自认为高人一等的). And another thing is, the tone and the language (语气和语言) people use could be different. When people give young people advice, they're normally more direct/straight-forward (直言不讳的) and use more informal language (非正式语言), focusing on providing solution and guidance. Whereas when people advise the old, they usually use a more formal and respectful tone. (非角度讨论)

5. What are the areas in which people are more or less willing to accept advice?

Well that's a tricky one (这题不好答). I think for different people, they are more willing to take advice in different areas. For some people, especially young people, they are willing to get advice regarding romantic relationships (恋爱关系), friendships and relationships with their family (和家人关系). And also, many people would love seeking advice related to their career path (职业道路) and educational development (教育发展). And for some other people, especially older people, they are more

acceptive with things related to health and well-being (健康), especially from doctors, nurses or somebody who has similar medical experiences.

(分群体讨论)

6. Have you ever received any advice from professional people, like a doctor, a lawyer or a teacher?

Oh yeah, all the time, especially because I'm young. Growing up (随着我的成长过程), I've been constantly receiving advice from various people, including my teachers, doctors, and nurses, on what to do and how to handle things. I'm used to that (我已经习惯了). And I'm normally the kind of person who respects authority (我一般是那种尊重权威的人).

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