

## 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 (**weekend, happy things, morning time**)

- 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。于是：狂背素材，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。

- Do you like weekends?

- 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, weekends are the best opportunities for people to relieve the stress and lead a happy life. It's essential for me to get relaxed on weekends.

- 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：

补觉儿怎么说？……

- 打好手里的牌，考试时会说什么就说什么（sleep in 睡懒觉）

- 转述的意识 paraphrasing

比如，补觉儿不会说，sleep in 不会说，可以现场说：I always wake up super late on weekends, as I sleep very little during the week.

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

思维降级意识（甚至“思维舍弃”意识）在考试中的重要性：

不说补觉儿了，On weekends, I can finally have more time for myself.

能说到什么程度，就想到什么程度

- 误解三回答：

Yes, I love weekends.

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 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), 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) on weekends. (原因)

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 mountain, get close to nature (接近大自然) ...just disconnect with all the work. (原因, 细节)

③ Well, it's a love-and-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)

④Well, I'm working at a tutoring centre (辅导中心), so I need to work a lot on weekends. That's why I love the weekdays much more, haha! But it's just me. My work schedule is different. (原因)

#### 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: unwind, take some “me time”, practice self-care, disconnect with..., rest, recover from...

2. 周末可以做的事情: sleep in, 8-hour beauty sleep, stay up, slump in the couch, binge-watch TV, spend quality time with friends/ family, get close to nature, recover from the weekdays

3. 动词和名词的搭配 collocations:

Take some me time, practice selfcare, get some sleep, spend quality time, get close to nature, have classes...

4. 动词短语 phrasal verbs: sleep in, stay up

5. 地道且“小众” (less common) 的表达: unwind, take some me time, practice self-care, TGIF, slump, binge-watch, love-and-hate relationship

6. 介词使用: during the week, on (the) weekends, over the weekend, at the weekend (BE), at weekends (BE), disconnect with

7. 看一些实用句型，想办法复制使用

- Who doesn't (谁不喜欢呢) ?! I love it more than anything else (是我的最爱)

Who doesn't like chocolate?! I love it more than anything else!

- Well, it's a love-and-hate relationship (又爱又恨的关系) .

My mom and I have a love-and-hate relationship.

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, slump, binge-watch, love-and-hate relationship, disconnect with..., recover from...

(看着这些词组片段，脑海中想象着画面)

- 你说：I love reading. Reading helps me unwind and disconnect with my life.
- 你又说：I love slumping in my couch, and binge-watching movies. That's the best way for me to disconnect with the real world. I need to take some “me” time every day.

增加对单词、词组运用的灵活性，做到举一反三。

2. 针对“句型”进行内化练习：例如

**“I'm the kind of person who screams “TGIF” (Thank god it's Friday) on Friday night.”**

- 分析句型结构: I'm the kind of person who does..../can do 我是这样一种人
- 你说：I'm the kind of person who has to have breakfast every morning.



- 你又说: I'm not the kind of person who can enjoy a superficial conversation.
- 你又说: My mom is the kind of person who knows everybody in the neighbourhood.

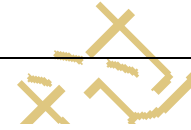
**Who doesn't** (谁不喜欢呢) ?! **I love it more than anything else** (是我的最爱)

Who doesn't like chocolate?! I love it more than anything else!

**Well, it's a love-and-hate relationship** (又爱又恨的关系) .

My mom and I have a love-and-hate relationship.

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 weekends?



take some "me" time  
love-and-hate relationship  
practice self-care TGIF  
over the weekend get my 8-hour sleep  
during the week sleep in binge-watch TV  
on weekends stay up (late)  
work over-time  
occupied, busy, swamped with unwind  
Who doesn't?! go to the mountain  
spend quality time with get close to nature  
I love it more than anything! slump in the couch

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 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; ...

...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...

(拓展学习的内容, 可以通过在整套课程里别处总结提炼, 平日看各种视频、资料的整理、收集、归纳、逆向笔记; 也可以在网上寻找(Bing 搜索引擎) 搜索现成的答案。如 “synonyms for XXX”, “different ways to say XXX”, “English vocab for XXX”)

**Wikihow:** (网站+app) 学地道表达的推荐网站/app

**YouGlish:** (网站) 发音和地道表达学习

**B 站频道:** English with Lucy; Rachel's English; EngVid; Learn English with TV series;

**我的微博频道:** 张延 tara; **B 站:** Tara 阿姨; **小红书:** Tara 阿姨/张延 Tara

答疑来微信找我（正版课学生福利）

## 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（或者任何英语视频学习资源）：**

**1. 听 model answers**

**2. 跟读+复述（注意力放在节奏、语音语调、逻辑重音上，努力模仿）**

**Goal: better intonation and fluency** 发音和流利度的提升

**3. 研究 model answers 的素材+造句练习（参考 A）**

**Goal: learn new words in context** 词汇和表达的提升

**4. 带着理解，再次复述，这一次改变其中的一些关键词，尝试加入自己的灵魂**

**Goal: become more flexible and fluent** 灵活度提升

**I love weekends, more than anything else! I can stay up at night and sleep in in the morning. I can spend some quality time with my family and friends. Or I can take some me time, put my feet up, read a good book, just disconnect with the world, and recover from the weekdays.**

**5. 录音自己的语音，并回听。**

**Goal: self-correction and improve 自我纠正的能力提高**

**Listen->repeat->practise->listen back**

- 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)

1. consciously 有意识地; subconsciously 下意识地.....; unconsciously 无意识地
2. keep/find/strike/achieve/reach/create a balance between A and B
3. meet up with my friends = hang out with my friends

- 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)

1. Let me see 要用得自然，否则不如不用

2. binge-watch series 刷剧

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

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)**

1. a lot of things going on; so much going on

There's so much going on in my life!

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

2. plan it out 计划好

3. do sth. Beforehand 提前做某事

4. 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.

**\*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**

**\*Happy things**

- Is there anything that makes you feel happy lately?

① Yes, I recently got a dog, and his name is Michael. I just feel so excited and thrilled to have him in my life. He's been



making my life so much fun. I enjoy doing everything with him. We sleep together, watch TV together, take a walk together.

(原因, 细节)

1. get a pet 刚刚买了、获得了一个宠物 We are getting dog!!!
2. excited, thrilled, pumped, stoked, psyched, overjoyed, super happy
3. ecstatic, euphoric: 极度狂喜的 (高级词)
4. over the moon: 月亮之上, 表示很开心; on cloud nine: 快乐到九霄云外
5. buzzing: very excited and happy. 非常英国式的表达, 在北美不常见。

如: I'm buzzing now!

② Oh yeh, I've just received/got an offer from my dream school in the UK, and I've been over the moon since then. I fought so hard and prepared so much for this school, and now I'm in! **It's been like a dream.** (原因, 细节)

经典句子: It's been like a dream!

③ Yes, actually, many things make me happy, and most of them are just small things. I'm a happy camper (乐天派). For

example, recently, I finished a book. It talks about how to be a better thinker and communicator. It is very informative and helpful, and that makes me feel very happy and contented (满足而快乐的). (举例子)

1. Happy camper: 每天乐乐呵呵的人

2. Positive: 积极的; optimistic: 乐观的

- What made you happy when you were little?

It was so easy for me to be happy when I was little. Candies, toys, cartoons, play dates (和小朋友玩儿), getting a good grade (考好成绩), ...life was much simpler at that time. (列举)

- What do you think will make you feel happy in the future?

① In the near future (在近期), I want to get promoted (晋升) and get a pay rise (涨薪). I've been working really hard in the same position for 3 years, so it's about time (该是时候了) to climb (up) the ladder (往上爬), and prove myself (证明我自己). That will make my very proud and happy. (原因)

1. in the near future VS in the distant future

2. get promoted/ get a promotion; get a pay rise(BE) or get a pay raise(AE)

3. 经典句子: It's about time! 该是时候了

4. climb (up) the ladder 俚语 事业往上爬

5. prove myself (to someone): 证明自己 I want to prove myself to my parents.

② My biggest dream is to become a home owner (有房子的人) . Having my own space, living a happy and peaceful life, building a beautiful family (建立一个美丽的家庭) there. Not like some people, all they want is being successful and rich, I just want to have a home and a peaceful life. (原因)

1. home owner 有房的人

2. live a happy life 过着快乐的生活 (事实); lead a happy life 积极主动选择一个快乐人生

3. build a family (collocation)

③ Passing this exam will make me REALLY happy, hahaha!!! I can't wait to study and live abroad, explore the world, meet new people, and spread my wings (展开我的翅膀, 意味着独立成长) . I can't wait to see what the future holds for me (我迫不

及待想知道未来是什么样子的)。(原因)

1. spread my wings 展翅高飞, 成为有担当的大人

2. 经典句子: I can't wait to see what the future holds for me. 未来可期

自己结合实际情况回答, 想买一辆车、出国上学、为人父母.....

- When do you feel happy at work, why?

这题只会问工作党

① I feel thrilled when I get paid (发工资给钱的时候), ahaha! When I see more money in my bank account (银行账号), I feel that all the hard work is paying off (所有辛苦都值得了). And I'm happy to see that I have financial security (有财产保障) and a good future. (原因)

1. pay off 取得成功、一切辛苦终于换来好的结果 I've lost 30 pounds! All the hard work finally paid off! ; 付清 pay off my debt

2. financial security 资产保障; financial freedom 财务自由; financial independence 财务独立

② **It brings me a strong sense of achievement** when my clients tell me that I'm doing a fantastic job, or my boss tells me that I'm irreplaceable (不可替换), that means I'm a top performer (表现很突出的员工). (原因)

1. 句型: It brings me a (strong) sense of XXX

It brings me a strong sense of happiness when I can help people in need.

2. top performer 表现很优的员工, top student, straight-A student 学霸

- Do you feel happy when buying new things?

① Yes, I am a shopaholic (购物狂). Shopping definitely makes me happy. Sometimes when I feel moody, I will **swipe my card like there's no tomorrow** (像世界末日一样刷卡). When I see all the shopping bags in my hands, I feel very satisfied.

**There's something about shopping that** can lift/boost my mood (提升、激增情绪).

1. shopaholic, workaholic, photo-holic,

2. 句型: do sth. Like there's no tomorrow: 发了疯一样做某事

I finished the cake like there was no tomorrow.

3. 句型: There's something about XXX 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:**

***There's something about Christmas that makes everyone behave like children.***

***There was something rather strange about the way he talked.***

#### **4. boost/ lift my mood (collocation)**

② Not anymore. I used to be a shopaholic. But now I'm trying to get rid of the habit of impulsive shopping (冲动消费). It's a waste of money and energy (浪费时间和精力). I don't need that many things. Now, I'm trying to declutter (断舍离) and enjoy the beauty of “less is more” (享受“少即是多”的美). (时间分层)

**1. impulsive buying/shopping/purchasing 冲动消费**

**2. declutter 断舍离 minimalist 极简主义者**

③ I'm a minimalist (极简主义者). I hate having too many things. I only feel happy when I buy things I really really need. I feel nervous and frustrated when I get things I don't need. (原因)

- Do you think people are happy when buying new things?

Most people feel happy when they buy new things. **Our human brains are actually wired/made to be attracted to novelty**

(novelty: 新奇的事物, 我们的大脑被设计成天生对新鲜事物充满好奇) . Buying new stuff means they can have exciting new experiences. But the problem is, nowadays, people are over consuming things (过度消费) . Consumerism (消费主义) is actually making people UNHAPPY. The more people buy, the more they need, and the more they compare themselves with others. And that causes the feeling of inadequacy and depression (自我价值感不足和抑郁的情绪) . That causes low self-esteem (自我价值感很低) . (原因, 反向思考)

1. 句型: **We are made to/ wired to so sth.** 我们生来就是被设计成为.....

**We are wired to love babies.** 我们天生就喜欢小宝宝

2. **novelty** 新奇事物 **novelty seeker** 有猎奇心的人

3. **consumerism** 消费主义

4. **have low self-esteem** 自我价值感很低 VS **have high self-esteem** 高

### \*Morning time

- Do you like getting up early in the morning?

①Yes! I'm a typical morning person. I go to bed early and wake up early, around 6 am every day. It's always so quiet in the morning. I enjoy listening to the birds chirping and the cool morning breeze touching my face (早上的徐徐小风吹在脸上). I find my body the most energetic and my mind the most productive in the morning as well. I can always get more things done in mornings (我在早上总是能做成更多事儿)。(原因, 细节)

1. morning person VS night person

2. listen to birds chirping; cool breeze touches my face

3. 句型: I find something +adj. 表达非常柔和的观点, 非常实用的句型

I find Tara (to be) very strict with her students.

I find gardening relaxing and therapeutic.

I find it hard to talk to Tara.

4. get things done= productive

②Well, I would call myself a morning person, but I don't get up super early in the morning. I set my alarm at 8 am every morning. If it's much earlier than that, like 6ish (六点来钟), I would look like a zombie (我会看起来像是一个僵尸). My mind



would be still sleeping. (原因)

1. set alarm at...

2. ...ish 左右, 的样子 greyish; 8ish...

③No, not really. I hate waking up early. I'm more of a night owl. Nights are when magic happens (魔力产生的时候)! There's just so much going on in the evening (晚上的事儿太多了), food and drinks, movies, gatherings, parties, meeting new people...I can never do those things in the morning. I can never be a morning person. I look like a zombie in the morning (我早上的时候看起来像个丧尸). (原因, WH 法)

1. more of a...更像一个

2. night owl VS early bird

3. There's so much going on 活动很多

There's always so much going on in Shanghai.

- What do you usually do in the morning?

①During the week, I go to work. I wake up around 7 am, have my breakfast, and then rush to work (着急忙慌上班) /commute

to work (通勤去上班) . Normally I have a lot of meetings in the morning, as that's when my mind is the sharpest (锋利) and I feel the most energetic. I can get a lot of things done during this time. On weekends, I normally go to the gym in the morning to seize the day. (分情况)

1. during the week=on weekdays= from Monday to Friday

2. on weekends; on the weekend; at 也可以 (British English)

3. seize the day 好好享受, 充分利用每一天= make the most of my day

②During the week, I have a lot of classes in the morning. Therefore, usually I'll be taking my classes during this time. And on those days when I don't have classes, I normally go to the school gym to work out a bit, you know, seize the day, make the most of it. And on weekends, I always sleep in (睡懒觉) to recharge the batteries. (分情况)

1. sleep in 睡懒觉

2. recharge the batteries= gain my energy back

③I usually have a nice breakfast with my family. We are the kind of people who must have a nice breakfast every day to go about our day. And then, I'll go to the gym with my gym buddy (健身伙伴) Jessica/Mike. We spend 2 hours there,

training (训练) and later stretching (拉伸). My mornings are pretty chill and slow-paced. I start working in the afternoon.

(WH 法)

### 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。

整套课程直播+录播反复观看之后，如何拿着素材练习？（直播+直播录像+录播赠课+公开课录像看完之后）

- A. 理解基础上，参照思路和语料，局部背诵（固定搭配）+局部脱稿 现场组织语言。前期可以写关键词（lego 法）
- B. 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