|  |
| --- |
| 表示我能做xxx: it allows/helps me do/it offers me a chance/it is rewarding to do/it can be viewed/treated/considered/taken as a way/by/through doing xxx, we can/it challenges us to do  |
| Emotion 情绪和情感 | 放松/减压类：舒服/愉快/放松/减压: refresh mind 舒缓心情； let off steam 减压；cheer me up/bring joy to others/put a smile on other’s face 让我开心；boost mood 变得开心；ease my anxiety (anxious) and tension 远离焦虑；escape from life routine/reality/boredom/the bustling city; relax 放松= loosen up/kick back/sit back/lay back/unwind/wind down/let my hair down/put feet up; fill up spare time 打发时间； tired-refresh mind; anxious – peaceful mindset; Grumpy/fidgety- clam down 1. Watching TV allows me refresh mind and boost mood
2. Doing sports can be viewed as a way to let off steam and loosen up
3. By traveling, I am able to escape from life routine/reality/boredom/the bustling city.

有趣类：stimulating/engaging/intriguing/recreational/educational 有趣的；spice life up 让生活丰富多彩(variety is the spice of life)；enrich life experience/broaden horizons 丰富生活经历; increase the level of energy/dopamine/serotonin 提升多巴胺/血清素；resonate my spirit 引起共鸣；1. Museum is recreational and educational, since it allows us to broaden horizons and enrich experience
2. It is the music that can resonate our spirit
3. Traveling helps spice life up, just as a saying goes, variety is the spice of life.

人生意义类: actualize personal value 实现人生价值；do their share and make a difference in life 让生活变得不同； meditation is the way have a peaceful mindset/a peace of mind 平静的心态; a confidence booster 提升信心的利器; do my share to make our world a better place; be worn out 精疲力竭的； Vanity can be satisfied/fulfilled 虚荣心; 城市病：especially given that today’s people tend to live a stressful and fast-paced lifestyle, we are usually worn out and grumpy脾气不好的/fidgety 浮躁的  |
| Health 生理心理健康 | * Walking is an ideal way for me to \_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_encourages us to \_\_\_\_\_\_\_\_, otherwise, we might be stuck at home and doing tedious things like doing \_\_\_\_\_\_\_\_

Insomnia 失眠；procrastination 拖延症；Wellbeing would be compromised/undermined 福祉；healthcare 卫生保健； supplements 营养补充品Keep fit/healthy 保持健康；burn calories 燃脂； work out/build my body for a perfect waistline/keep a good shape好的身材；step out and stretch 出门活动；doing cardio/aerobics 做有氧运动/健身操; a full-body workout (all muscles in our body); improve mental health 促进精神健康；control blood pressure 控制血压；lower risk of heart disease 降低心脏病；strengthen bone and immunity 促进骨骼和免疫；lose weight and be on diet 减肥和节食; homemade food is nutritious and wholesome 有营养的和健康的；organic food 有机食物；lead a self-sufficient life 过一个自给自足的生活；the dietary is balanced/well-rounded 营养均衡的; be high in富含 protein蛋白质/vitamin维他命/fiber纤维/mineral矿物质/carbohydrate碳水化合物, which is good for digestion消化, less greasy and oily 没那么油腻；城市病：especially considering that today’s people tend to lead a sedentary lifestyle, and they are homebodies being stuck at home all day long. 久坐的生活方式。 |
| Person to Person 人际关系Yes I like/do Can building xxx | * Doing \_\_\_\_with friends provides us with a chance to \_\_\_\_\_\_\_\_
* Doing \_\_\_\_\_with friends is rewarding for us to \_\_\_\_\_\_\_\_\_

Boost/build bonds/ties with friends和好朋友促进情感/enjoy each other’s company；expand social circle 扩展社交圈；given/considering that/due to the fact that my father is xxx, I would love to follow someone’s footsteps when I graduate/upon graduation　追随．．．的脚步做什么；make friends with common grounds/like-minded 交到志同道合的朋友；meet people from all walks of life 各行各业的人; stay in touch with friends 保持联络; sense of belonging 归属感; set a good example for others 别人的榜样; hospitable (be willing to help each other)好客的 城市病：today’s people are gradually alienated from each other due to the fast pace of life 逐渐疏远  |
| Career 职业发展和前途Besides, Make a living easily.  | * Given that the future is promising/profitable/there are many job opportunities, I am sure that I could find a well-paid job after my graduation.
* The knowledge/experience of \_\_\_\_could lay a solid foundation/pave the way for future.
* I intend to further study in \_\_\_\_ in this coming year.

Job-hunting; Future/prospect is promising未来是有前途的；I can foresee that engineers/new media specialist/talents will be highly demanded 工程师会非常抢手；admire admirable entrepreneur 企业家；profitable visionary 有远见的； pave my way for future’s career path/为以后的职业发展铺设道路；lay a solid foundation 打下坚实的基础; entrepreneurial spirit 创业精神；become an interdisciplinary talent 变成一个跨学科人才；A little girl who is interested in Barbie doll might become a fashion designer when she grows up 玩芭比娃娃的小姑娘长大后变成了时装设计师; 城市病: society/job-hunting is becoming increasingly competitive. 竞争激烈 |
| Cost 成本和经济因素  | * Considering that I am a bargain shopper, I tend to save penny in my pocket through shopping online
* It is my belief that this business would be profitable/lucrative

Price is affordable/reasonable/cost-efficient 价格合理公道划算的；money-saving/consuming 省钱的；a well-paid job with decent salary一个高薪体面的工作；；budget is tight 手头很紧；profit-making/profit-driven organization 利润驱动的组织；pocket money 零花钱 lucky money 红包； 城市病: living cost is rocketing 生活成本剧增；we tend to save every penny in the pocket and make good use of it 省着点花.  |
| Efficiency效率和生产力Canteen  | * The location is handy, and it only takes me steps to almost everywhere, like xxx

Time-saving and labor-saving省时省力的； approachable and accessible/convenient/handy 可以接受的，没有障碍的；troublesome 麻烦的; effective and productive有效的和有生产效率的；procrastination/procrastinator 拖延症；punctual准时的; tidy and neat/well-organized 井井有条；tradeoff 得与失的衡量; mix and match 方便混搭城市病: it is common to have traffic congestion, and our time is wasted on daily commuting; 日常事件很多浪费在了交通拥堵上 Jane-European  |
| Quality/character 质量/品质  | * There is a range of management skill sets that are needed at work places, like \_\_\_\_
* Doing \_\_\_\_ is rewarding for children to hone abilities, like \_\_\_\_\_\_
* \_\_\_\_challenges us to think logically and critically

raise, foster, improve, boost, enhance, promote, strengthen, increase, deepen都可以表示提高，促进，加深，加强等；hone 表示锻炼磨练表示能力的名词：ability, capability, skill, competence, know-how 专业能力/知识人能力的常见方面：creativity survival skill 独立性和生存能力；leadership 领导力；interpersonal communication skill 人际沟通技能；teamwork spirit 团队合作精神；eye-hand coordination 眼手协调；body coordination 身体协调；sense of beauty 审美观；broaden horizons 扩展视野，acquire 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激发兴趣想象力；explore potential 开发潜能; time-management skill 时间管理技能; multitask ability; represents /symbolizes professionalism. 思维能力：logical thinking逻辑 spatial thinking空间; deductive thinking推理; critical thinking批判; holistic thinking 整体; strategic thinking 战略品质类: patience 耐心；persistence/perseverance 恒心 stamina 耐力；integrity 正直；resilience 调整适应的能力；diligence 努力城市病: we face pollution/contamination of all kinds, regarding water, soil and air, our eco-system has been compromised/undermined. 环境污染  |
| Safety/stability 安全和稳定  | * My parents told me that I could lead a stable life if I choose \_\_\_\_\_
* I am able to have a sense of security if I do \_\_\_\_

homemade food is （un）hygienic/（in）sanitary/sanitized 家里面的饭菜是卫生的；trustworthy/reliable/dependable 安全可靠的；carefree (life guard) 无忧无虑的; gutter oil 地沟油; guaranteed, and I can refund with any dissatisfaction copycats; knockoffs; counterfeits 城市病: society is everchanging, people don’t have a sense of security and they are afraid of being obsolete/redundant 瞬息万变的环境让大家没有安全感 |

线： reasons are no more than the following ones.

1. Through/by doing …, …are able to do… 通过做…, …可以做什么
2. …/doing sth can be regarded/taken/viewed/considered/treated as a good chance/golden opportunity for ...to do … …可以被…当做是一种做…特别好的方式 (也可以用主动)
3. …/doing … provides…with/offers…a chance to… 为我们提供了机会去做…
4. doing… is beneficial/rewarding/advantageous for …in terms of… …对…是有益的…
5. xxx allows … to do…/ it helps… do…; …可以让…做…

面：

第一I Think=I consider /believe/reckon that/I suppose /it is also my belief/idea that…

I guess the reasons are manifold/multiple/various

首先一点呢：Firstly/to begin with/first of all/in the first place /the first point is that

另外: in addition to that/additionally/plus/besides that/apart from that/

最后一点: more importantly/above all/on top of that/, the other point I still want to mention/cover is that…

So that’s why

## 六边形讲出来逻辑结构 personal opinion



Express and justify 表达和自圆其说！！！ Is sth/time management important? Without any doubt, energized 活力充沛的 drowsy 困倦的

|  |  |  |
| --- | --- | --- |
| Especially; for example具象带入 life scenario When I am on the move.  | Because; effect背后的原因是什么 | If/without; compared with 佐证  |
| * 特别是鉴于xxx
* 打个比方，对于xxx说/当人们要做什么的时候

Especially given that/considering that Personal situation:When I am busy with important things; (multitask)I am a bargain shopper I value health/hygiene and nutrition very much. Social contextLiving cost is high; life pace is fast; society is competitive and everchanging and information is overwhelming; people live a stressful/sedentary life  | * 八词可以找解释
* 这样做能达到什么效果？

 Enjoy my alone time. Get everything I need in just one trip. Appropriate 合适的 | * 相反，如果不这么做？
* 和xxx相比，他的好处是

And it is troublesome if I organize a group sport. I might experience many issues, like frustration, low efficiency and procrastination. It is a waste of time, money and labor.  |

### PART2快速使用TOOL BOX

事件类心情三段式

事件类的题目指的是放生在过去的事情，此类题目是part2考题当中出题范围最广，题目最发散，极容易犯过去时语法错误的题目，但是在Simon这里，只要发生在过去，就是用心情三段式，用6-7句话就能够讲清楚一个包括了事情经过和心理活动的素材答案，首先我们先来看一下这类题目的回答结构

Well, the experience I’d like to share with you roughly/approximately happened…ago, while I was doing…/while I was about to …; back then… TR

At first, I was xxx, since barely did I know much about xxx, and especially when I couldn’t make any progress, I really wanted to give up

But afterwards, accidentally, I attended a seminar regarding studying abroad and working abroad, during the speech, he shared many stories of application and ups and downs; when he said that as long as you put all your soul and mind into one thing, you can achieve anything.

I became inspired, and I decided to work hard,

Eventually, the moment I got xxx, I was so proud and excited, since i fulfilled my promise.

|  |
| --- |
| 首先练习一道题目——尽力达到的目标/收到的重要信息/感到兴奋的时刻 |
| 一开始  | Since I wasn’t confident enough and I didn’t know much about the process; meanwhile, my time was pressing, and I couldn’t do xxx, my future would be doomed; 心情 – 原因 – 后果 |
| 变量 | I was lucky enough to meet xxx, who gave me help and encouragement; and I became motivated/enlightened and became determined; More than that, he encouraged me that as long as I put all my mind and soul into one thing, I can achieve anything;  |
| 做到了，点题 | I did it/I made it; the moment I received the message that told me I was admitted, I felt so xxx.  |
| 分享的原因 | I learnt a lesson, as long as I put all my mind into one thing, I can achieve anything. They sent me congratulations and offer; meanwhile, they told me that I am the talent they are looking for.  |
| 副词 | Gradually; surprisingly; fortunately; unluckily; in the meanwhile, eventually, finally; towards the end; throughout; personally, broadly speaking;  |
|  | 1 -ed did was were 2. worried/frustrated/puzzled/unsettled/anxious/fidgety --- barely did I know Used to – gave me suggestions – encouraged – as long as – diligent Made it – over the moon – grateful Impressive/memorable/unforgettable/ |

常用心情词汇：

|  |  |  |
| --- | --- | --- |
| 高兴的 | 悲伤，郁闷的 | 兴奋，有激情的 |
| * Satisfied
* Joyful
* Delighted
* Pleased
* I was over the moon
* On the top of my world
 | * Down
* Sad
* Depressed
* Heartbroken
* Morose
 | * Excited
* Exhilarated
* Thrilled
* Energetic
* Bouncy
 |
| 生气的 | 害怕的 | 迷茫，受挫的 |
| * Mad
* Furious
* Annoyed
* Irritated
* Upset
 | * Scared
* Frightened
* Afraid
* Horrified
 | * Confused
* Worried
* Frustrated
* Baffled
 |
| 心烦，焦虑的 | 自信，乐观的 | 无助，绝望的 |
| * Anxious
* Restless
* Tense
* Unsettled
 | * Confident
* Capable
* Eager
* Optimistic
 | * Helpless
* Hopeless
* Desperate
* Lonely
 |

地点类

具体解析：我们对一个地方的理解和欣赏所产生的描述，都是通过多感官得来的，具体呈现如下：

|  |  |  |
| --- | --- | --- |
| Multi-sensory feeling  | 具体是什么？（客观描述） | 和你有什么关系？（主观感受） |
| Eye: scenic and stunning The place is full of views like blue sky, white clouds, white-sand beach and trees of all kinds. Have an exposure to nature. Lush and leafy Immerse ourselves in nature/ get away from city’s hustle and bustle;/bustling city  | Park: visit natural sceneries Library: read books Restaurant: decoration style Travel: must-see destinations  | * Get close to nature
* Enrich my knowledge
* Feel homey and cozy
* Broaden my horizons
 |
| Ear: the place is rathe quite; for example, in the morning, I could only hear natural sounds like birds’ chirping and wind’s whistling  | Park: peaceful environment Library: quite studying environment Restaurant: background music Travel: I am a fan of British accent  | * Have a peace of mind
* Immerse into study easily
* Very romantic and relaxing
* Improve my listening ability
 |
| Nose: given that the place is really natural, and when I walked around, I could breathe fresh air and flower fragrance, which was refreshing  | Park: breath fresh air Library: a roof-top garden Restaurant: 同mouth Travel: fresh air and flower fragrance  | * Cleanse my lung
* Refreshing
* 同mouth
* Good for health
 |
| Mouth: during our stay, we tried local delicacies, like milk tea, seafood, snacks and local wine, which was really memorable  | Park: have a picnic Library: group discussion Restaurant: food is original/authenticTravel: try local delicacies/seafood  | * Fun moment to take a break
* Efficiency improvement
* My taste bud can be satisfied
* Spoil ourselves
 |
| Body: we were encouraged to burn calories every day, by doing things like swimming, diving, shopping, climbing and jogging, which allowed us to keep fit.  | Park: body movement/aerobics Library: attend seminars Restaurant: takes me steps from home Travel: must-do activities  | * Keep fit
* Make the best of resources
* Convenient to drop by
* Full of memories and excitement
 |
| Mind+ person to person | Park: refresh mind Library: studying context Restaurant: affordable price Travel: experience different cultures  | * Harvest inspiration
* Efficiency improvement
* Be Money-saving
* Enrich life experience
 |

|  |  |  |
| --- | --- | --- |
| **人物性格词汇表** | **客观(凭什么这么说)** | **主观（和你的关系）** |
| **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He always told us interesting stories on his move.  | As long as I come across problems/bottlenecks, he will be the first one I turn to for help只要遇到问题，他就是我第一个寻求帮助的人 |
| **Wise/wisdom****有智慧的****As wise as an owl** | He could always explain something difficult and complicated in an easy and simple way that I can understand小道理解释大问题例如：Currently, I’m very confused about my major selection and life future 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Every cloud has a silver lining, and he is my silver lining; He can show me guidance and instruction He is like a beacon shining upon my way.  |
| **Kind/warm-hearted/big-hearted** **或者I really admire/appreciate his kindness. 热心的****Give credits to his kindness**  | He is willing to help people who are in need; One’s happiness lies on helping others (helping others is helping ourselves)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… | He is really a role model/good example for me to learn from.我们学习的榜样 |
| **Charitable/Generous****Charity 有善心的****Philanthropist** **慈善家** | He and his foundation 基金会spare no effort to help those people who are 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.  | Public’s awareness of doing … can be raised.公众的意识也可以被提高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Experienced confusion, he/she would explain and show how to do it again and again until we got the hang.  | 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Ups and downs, they are my loyal company  |
| **Sociable/open-minded 社交能力强****Extroverted 外向的****Introverted 内向的** | ...is able to get along well with all types of people和各种各样的人相处的不错Explore new clients  | his communication and language skill is such a strength优势/strong suit to deal with all sorts of situations 解决各种问题 |
| **Diligent/hardworking 勤奋的 industrious/industrial** **Break maker/earner** **Brings home bacon** **As busy as a bee.**  | He is always the first to come to classroom/stadium and the last to leave, practicing shooting skill all day long. 第一个来，最后一个离开 working around the clock They work hard to put food on table;  | In many ways, his fighting will is rather inspirational and encouraging 斗志感人 /Contagious 有感染力的He is very self-driven;  |
| **Smart/intelligent** **Consider xxx** **聪明的** | As a quick learner, he is able to get the hang of获得…的窍门….in the shortest time. | For the same question, he is more likely to have more creative ideas. 总是有好办法 |
| **Versatile/Talented****多才多艺的****Special know-how** **Versatility** **Be full of beans**  | Apart from being excellent in…., he is also famous/good at…Singing, playing guitar, playing magic, acting, dancing  | That’s why we always look up to him/her or: He or she is rather charming/Charismatic 有魅力Be full of joy and laughter  |
| **Even if we have age gap, We have so many Common Grounds****或者It is this common ground that brought us together 共同之处** | We are both fans of….TV series 我们都特别喜欢做…Foodies  | Whenever we get together, the fun never ends.Our conversation/moments are full of fun, joy and laugh. 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 搞笑的****She will Cheer me up in many ways, like …****用很多种方式让我开心****Inactive** **He/she is a barrel of laughs**  | He is full of sense of humor, it is a treat of talking with him; 幽默感Showing us a movie, singing a song for us, playing games with us and even cooking for us.  | Throughout the time, I would never feel bored; 跟他在一起不会闷 It is a treat doing….，很享受Energized 焕发活力 |

## Part 3

## Part 3 七个高分公式纵览

|  |
| --- |
| 1. 好坏处/个人看法 advantages and disadvantages of … /what do you think about …?
2. 我也说不清楚/看情况 Do you think that all people should do …?
3. 你们国家最流行什么？ What is the most popular … in your country?
4. 改变类 How has something changed since …?
5. 比较类 Tell me the differences between … and …?
6. 解决问题和列举方法How could people do to have a …?
7. 推测猜测类what will happen if …? What do you think of … in the future?
 |
| 公式1： advantages and disadvantages of …/What do you think about …? 好坏处/你怎么看？* What do you think about playing computer games?
* What do you think about raising pets?
* What are the advantages and disadvantages of studying abroad?

Solution: 好处找八词，坏处走极端 |
| 公式2：Do you think that all people should do …? 我也说不清楚/看情况* Do you think that all students should study abroad?
* What is the best age of getting married?
* Do you think that finding a good job in your country is easy?

Solution：只要满足几个方面就可以做，反之就算了 |
| 公式3. What is the most popular … in your country? 流行类* What is the most popular music in your country?
* Where do Chinese often travel to?
* What is the most popular way of relaxation in your country?

Solution：it varies from person to person/   |
| 公式4. How has something changed since …? 改变类* How has people’s way of communication changed? instantaneous
* How has your hometown changed in recent years?
* How has technology changed our life? Attending job fair; being referred by xxx
* It is the requirement and

Trend will carry on in the future. Skyscrapers / only with the touch of screen, they can do many things without stepping out, like xxxx transferring Previously, only had limited options regarding But now, choices are diverse to browse/scan  money, topping up, buying tickets, booking a room, paying utilities  |
| 公式5. Tell me the differences between … and …? 对比类* What are the differences between reading newspapers and magazines?
* Tell me the difference between Chinese movies and foreign movies?
* How can big city be different from small city?

Solution:Compared with/in contrast to/unlike xxx/ A is xxx, while B is xxx/A is not as XXX as B |
| 公式6. How could people do to have a …?/what are the factors?/qualities? 解决问题和列举方法* What kinds of challenges will travelers have when they go for an international trip?
* What factors will parents consider when they buy children toys?
* What are qualities of being a leader?

Solution列举八词，牢记be supposed to/be meant to/it is awesome if they can/they are required to |
| 公式7. what will happen if …? What do you think of … in the future? 推测猜测类* What will happen if we don't protect our environment?
* How will the technology develop in the future?

Solution八词的各个方面都会得到提高和加强，或者如果不做，各个方面都会出问题；the Olympic spirit 更高更快更强.  |

## 评分标准

|  |  |
| --- | --- |
| **Fluency n Coherence**  |  |
| 1. *Able to keep talking and maintain a flow of speech*
 |  |
| 1. *Try to avoid hesitation, repetition and self-correction*
 |  |
| 1. *Use a range of connectives and discourse markers*
 |  |
| **Lexical resources**  |  |
| 1. *Use flexible vocabulary to discuss a wide range of topics*
 |  |
| 1. *Use less common words and phrases*
 |  |
| 1. *Paraphrase/use replacement words*
 |  |
| **Grammatical range and accuracy**  |  |
| 1. *error-free sentences in simple structure*
 |  |
| 1. *Use complex structure*
 |  |
| **Pronunciation**  |  |
| 1. *Syllable sounds*
 |  |
| 1. *mispronunciation*
 |  |
| 1. *word stress*
 |  |
| 1. *intonation(strong/weak form)*
 |  |
| 1. *Connected speech*
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