

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 (**puzzles, morning time, doing sports**)

- 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。

- Did you do puzzles in your childhood?

- 误解一回答：

Well, speaking of puzzles, it is very essential for people to spend time on solving puzzles in order to relieve the stress. With the development of technology, people don't have sufficient amount of time to get relaxed. I'm no exception. When I was little, I used to play puzzles. It made my mind and body very relaxed.

- 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。
- 表达很山寨 ~~play puzzles, do puzzle;~~ It made my mind and body very relaxed.

总之，逻辑不连贯，没有在说“人话”。

- 误解二回答：

益智怎么说？手脑协作怎么说？.....

- 打好手里的牌，考试时会说什么就说什么
- 转述的意识 paraphrasing

比如，益智不会说，可以 puzzles challenge my brain; exercise my brain; help keep my brain sharp; make my brain think hard...

- 误解三回答：

Yes I did. I liked puzzles.

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）：

①Yeh, I did, like everybody. I used to love jigsaw puzzles. I started from 4 pieces, to 20 pieces, to later 200 pieces. I felt really rewarded (感到很满足, 被奖励到的感觉) after assembling a puzzle/putting a puzzle together. I really enjoyed the “flow” during the whole process. Doing puzzles helped me unwind (帮助我放松), lifted my mood (提升我的情绪) and improved my patience (提升我的耐心). (细节, 原因好处)

②Oh yeh, I was a big fan of Rubik's cubes, I still am. I used to have probably 20 Rubik's cubes when I was little. I enjoyed the challenges and the fun. Solving Rubik's cubes could take my mind off things. I forgot about my daily worries when I focused on it. It was such a great pastime for me, and it was almost therapeutic. Sometimes I could spend hours playing with my cubes. (细节, 原因好处)

③Not really. I mean, I had some puzzle games but in general I wasn't into puzzles at all. I guess I just didn't have the patience for it. Instead, I spent most of my childhood outdoors playing sports. (原因, 取而代之的行为)

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, lift my mood, take my mind off things, forget about my daily worries, a pastime, therapeutic (make someone happier)
I find gardening very therapeutic.
2. 动词和名词的搭配 collocations:
Do a puzzle, assemble a puzzle, solve a puzzle, lift my mood, improve my patience; enjoy the challenges, have patience...
3. 动词短语 phrasal verbs: put a puzzle together
4. 地道且“小众” (less common) 的表达：feel rewarded, flow, a big fan, pastime, therapeutic...
5. 介词使用：play with VS play
6. 看一些实用句型，想办法复制使用
7. 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！

针对“单词、词组”进行内化练习：例如 **unwind, lift my mood, take my mind off things, forget about my daily worries, therapeutic**

1. （看着这些词组片段，脑海中想象着画面）

- 你说：I love reading. Reading can take my mind off things and lift my mood. I find it therapeutic.
- 你又说：I enjoy watching movies. It's the best way to unwind and forget about my daily worries.

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 “Sometimes I could spend hours playing with my cubes.”

- 分析句型结构：I spend (time) doing sth.
- 你说：Sometimes I spend hours scrolling on the phone.
- 你又说：Last night I spent the whole night hitting the books, preparing for this exam.

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, rest, have a rest, put my feet up, let my hair down, blow off the steam, mellow out, decompress, take a breather, loosen up, chill, chillax, chill out, get away from the hustle and bustle; ...

...relieve stress（中国学生最爱用的）It's indeed a stress reliever.

- 自我保养宠爱：take good care of myself/ practice self-care/ take some “me” time/ spoil myself/ pamper myself

（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(www.

Bing.com) 搜索现成的答案。如 “synonyms for XXX”, “different ways to say XXX”, “English vocab for XXX”)

<https://www.wikihow.com/Main-Page> 学地道表达的推荐网站/app

YouGlish 发音和表达学习

B 站: 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

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）:

How to improve your oral English?

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 loved doing puzzles. I found them very relaxing and therapeutic. I especially loved solving Rubik's cubes. They kept my brain busy and sharp. When I focused on it, I forgot about my daily worries and unwind.

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

D. 英语学习的重要态度：“repetition”

反复回看+反复说 (to build a long-term memory)

①增加流利度 (muscle memory) ②解决句型问题 ③语法错率会降低 ④培养语感

前期练习时，速度可以放下来。野心放低 **Don't be too ambitious.**

- When do you do puzzles, during your trip or when you feel bored?

① I do puzzles quite often, like at least once per week. When I'm alone or feel very bored. I love math puzzles, especially sudoku. I'm a math person, and sudoku for me is like something so delicious and attractive that I can snack on (像零食一样咂摸几口) from time to time (数独对我来说就像是某种迷人又可口的东西可以让我闲来无事咂摸几口). **There's something about**

math puzzles that can really clear my mind, lift my mood, and help me find inner peace. (原因好处)

1. 讲频率的时候, "like..."

2. math person 名词短语 morning person, night person, dog person, cat person...

3. snack on 吃小吃

4. something + adj. 强调 something 后面的物质属性

Can you bring me something interesting to read?

5. clear my mind, lift my mood, help me find inner peace

6. 句型一: There's something about ...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 is something strange/peculiar/funny etc about:

There was something rather strange about the way he talked.

② Sometimes I do puzzles with my friends when we hang out. We do word puzzles like scrabble and crossword; and sometimes we play a trivia game (冷知识比赛). I remember one time my friends and I took a cottage (度假小屋) trip and spent two nights there. And every night, we would play some puzzle games, with some music in the background and some wine, we had a good time. (举例子)

1. play a game; play a puzzle game; play sports; play a musical instrument; play with something; do a puzzle;

③ I love doing crossword when I'm taking a flight or sitting on a train, or even sometimes when I'm waiting for some

appointment and feeling bored. I love pattern-finding. I guess it's one of our human instincts. For me, **it's one of the best ways to while away the time**. (细节)

1. pattern-finding 寻找规律

2. 句型: It's one of the best ways to...

Reading is one of the best ways to loosen up.

3. while away the time/the day/ the hours/...; kill the time; pass the time

- Do you like doing word puzzles or number puzzles? Which one is more difficult for you?

① I prefer word puzzles. I love reading, so I have a pretty large vocabulary (词汇量大). I enjoy challenging myself to learn

more words. And plus, I'm not good with numbers at all. Therefore, **math puzzles are not my thing**. (原因, 补充)

1. vocabulary 词汇量

2. be good at doing something; be good with something

3. 句型三: ...is/are not my thing. 不是我的菜, 不是我喜欢、感兴趣的事物

Sports are not my thing.

It's not my cup of tea?

②Well like I said, I'm a math lover, so obviously I would go with number puzzles. Doing a math puzzle can take my mind off daily life and all the troubles I have. I enjoy the "flow" so much. On the other hand, I don't feel connected to word puzzles.

I become so clumsy (蠢笨的) when I solve a word puzzle. They're definitely not my thing. (原因, 补充)

1. math lover 爱好者: meat lover, art lover, nature lover

2. go with 选择某事物 (表达观点)

3. take my mind off daily life and all the troubles I have

4. clumsy 和 stupid 的区别

I'm so clumsy in the kitchen.

③I like neither of them, to be honest. I love mechanical puzzles, like jigsaw puzzles, metal brain teasers, and Rubik's cubes.

I like things that are tactile/touchable and visual (我喜欢实实在在能触摸到并且视觉性的东西) . I like the feeling of getting a

jigsaw piece and then finding the tabs and blanks that fit together perfectly (我喜欢捡起一片拼图, 找到凹槽和突起严丝合缝对

上的地方) . (细节)

1. brain teaser 脑筋急转弯, metal brain teaser,

2. tactile=touchable

3. 句型四: I like the feeling of doing...

I like the feeling of eating an ice-cream on a hot summer day!

4. tabs and blanks 凸起的部分和凹槽的部分

- Do you think it is good for old people to do puzzles?

Oh yeh absolutely! It's so good, so beneficial to the elderly. A, it's a wonderful pastime. It's quiet and tranquil, and it doesn't require any physical strength. And B, more importantly, doing puzzles keeps their brains busy and active, and stay in good shape. It's like a brain workout (大脑锻炼).

1. physical strength 体能

2. stay in (good) shape 状态很好

3. workout 锻炼 n.

*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

*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. 句型五: I find something +adj. 表达非常柔和的观点, 非常实用的句型

I find Tara 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)

1. 句型六: I'm the kind of person who does...自我定义

I'm the kind of person who has to go to the gym on a daily basis.

We are the kind of people who will always lend a hand to people in need.

2. chill 放松的、松弛的 adj.

chill 放松 v. I'm chilling at home.

- What did you do in the morning when you were little? Why?

Well, I remember it was like war (像是战争一样) in the morning. I was always late for school (上学迟到), always rushing (着急忙慌). My mom would be scolding and nagging me (责备, 叨叨我). And then, I would grab my breakfast (抓起早餐) and finish it on my way to school in the subway. At school, there were so many classes in the morning. By the time when I had lunch, I felt exhausted/beat up (累死). (细节)

1. rush= in a rush=in a hurry

2. grab a bite, grab lunch, grab a coffee

- Are there any differences between what you do in the morning now and what you did in the past?

① Well, come to think of it, I still rush to work every day, and I have a lot of work in the morning. So, no, not really. I'm just a grownup version me. my mornings are still like war. Haha. (原因)

② My mornings are much more chill today. I take my time (花时间慢悠悠地做事情) in the morning, seize my day, enjoy everything I do. I used to hate mornings, but I don't anymore. (原因)

- Do you spend your mornings doing the same things on both weekends and weekdays? Why?

第2题已经分周中和周末讨论了。如果按照答案①和②去回答，不会再问这个问题。答案③，可能会被问，回答如下：

Well, on weekends, I don't go to the gym like I do on weekdays. Normally I'll have a nice breakfast with my family first. And then I love going out with my friends on Saturdays. We usually either go to the park or hike up the mountain. And, on Sunday mornings, there's always a flower market (鲜花市场) near my neighbourhood. So, I will go to the flower market to pick some fresh flowers. (WH 法)

1. hike up a mountain VS climb a mountain

*Doing sports

- What sports do you like?

① I love playing all sorts of ball games (球类运动). Tennis, badminton, Ping pong, you name it. I find them so interesting.

They are physically challenging (很消耗挑战体能) and involve a lot of skills and techniques. I get fully relaxed and drained by playing ball games. (原因)

1. ball game 球类运动

2. You name it. 诸如此类的，你随便举例子吧，说一个是一个

3. physically 动词 ing/动词被动式； mentally 动词 ing/动词被动式

physically challenging 充满生理挑战的

physically challenged 生理被挑战的 (往往指的是残疾人)

mentally draining 精神上透支他人的，劳神的

mentally drained 精神被榨干

② I don't know if it counts, but I go to the gym to work out on a regular basis (规律性健身). **That's the best way for me to stay in shape** (保持好的状态) and keep fit. Working out definitely helps me blow off the steam (减压) after work/after school. It definitely boosts my confidence (让我自信激增). Each time after a workout, I always feel like the hottest guy/girl in the world (每次健身之后, 我都感觉自己是世界上最辣的人儿!). And plus, I get to make new friends at the gym. A gym is a perfect place to meet new people. (原因, 补充)

1. on a regular basis 定期地 on a daily basis/on a day-to-day basis
2. stay in shape; keep fit; keep in shape; out of shape; get back in shape
3. boost/build/increase confidence 增加信心的 collocation 搭配
4. meet new people 结识新人 很有气质的说法

③ I love running. I go for a run every day in the morning before going to work. My favourite place for running is the botanical garden near home. Each time when I run there, I could get some sun, listen to birds singing, smell the flower fragrance in the air, just get closer to nature. **It's the best way for me to start the day.** (WH 法)

1. go for a run/walk/hike

2. 一系列休闲娱乐相关的“通用型：语料：

get some sun; listen to birds singing; smell the flower fragrance; get closer to nature...

-Where did you learn how to do it?

① My parents used to love playing Ping Pong and badminton. They taught me how to play those games when I was very young. We used to play on the playground, near my home, in the evening after dinner. **My passion for ball games started from there,** and now, I love all of them. (WH 法，时间分层)

1. Be used to sth.习惯于 / used to do sth.曾经常常做

2. 句型七： My passion/love/obsession for ...started...

My passion for art started relatively late.

② Nobody taught me how to run. I guess it's like a human instinct, right? When I was little, I used to run with my best friend all the time. It was like, we didn't know how to walk properly. In stead of walking, we ran to places, as if there was some animal running behind us (我们当时好像不会好好走路一样, 去哪儿都是跑着去, 仿佛有动物在追我们)。(细节)

3. As if...就好像是.....一样

She behaved as if he wasn't there.

③ My best buddy (好哥们) /best friend introduced me to the world of fitness (带我走去了健身世界) . He took me to his gym, and helped me sign up (帮我注册了会员) . He showed me how to do weight-lifting (作力量训练) , how to train my legs, shoulders, and arms, how to use different machines, things like that. Thanks to him, I became a gym freak as well. (细节)

1. 句型八: Someone introduces someone to the world of...

Tara introduced me to the world of English!

2. sign up (for)注册 and sign in 登录

I want to sign up for your course.

3. go weight-lifting 去举铁; do weight-lift 做举铁训练; 还有一系列和健身有关的表达在 qq 群文件 (音频词汇集 2 号文件夹)

gym freak/ gym rat/ fitness freak

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

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