

7天 搞定托福 独立口语

主编◎许 轶 编著◎刘一峥

TOEFL实战派高分名师力作

焦点满分团队 倾情奉献 历年真题深度分析

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满分聚焦系列

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为了帮助托福考生在短时间内取得托福独立口语的高分,本书通过对历年真题的梳理分析,并对近几年托福独立口语的整理筛选,汇总了105篇高频口语话题,并将这些话题按照重要程度依次划分至7天学习内容,每天10篇真题分析以及5篇强化练习。每篇均从话题分类、思路拓展及答题参考几个方面入手,帮助考生在7天内深入分析解题思路,逐步实现高分应答。

由于本书是对口语出题思路的分析,因此本书不仅适用于托福考试,同样也适用于其他英语考试的口语部分。

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前 言

很多考生在参加托福口语考试的过程中会有这样一种感觉：15 秒的准备时间形同虚设，尤其是当遇到一些从未思考过的题目时，一声“beep”过后，会让很多考生惊慌失措、语无伦次。而 45 秒的答题时间对于考生来说，往往会觉得比预想的短很多，有时甚至还没有说到重点，时间就到了。其实，托福口语的这种记时机考的考试形式和雅思口语并没有本质的不同，只是应试性更强。凡是应试性强的考试，有针对性地准备和练习都是拿高分的必要条件。对自己要说的内容越确定，练习的次数越多，考场上就越游刃有余。本书主要以历年真题之中较有代表性的题目举例，为考生补充通用性较高的论点，相信其中的一些论点在反复利用的过程中，一定会留在考生脑海中，在考试的时候信手拈来。

本书具有哪些特色

在选题上，我们选取了较核心和经典的 105 道题目加以解析，并将这 105 道题目划分成 7 天的内容。每天的前 10 道题非常接近近两年考过的重点题目，后 5 道题作为拓展和预测内容，供大家用于自我检测与练习。之所以这样来选题及模块划分，是因为我们相信一件事的成功需要两个要素：一个是具体可执行的计划，一个是相对紧迫的准备时间。对于一边上学或上班，一边准备 TOEFL 考试，或是同时还准备着 SAT、GRE 的考生来说，要花大量的时间去准备独立口语是不实际的。因此我们省去长篇累牍的题型介绍和理论知识，直接给考生提供最含有含金量的题目和最万用的论点及例证，希望在较短的时间内让考生的分数有最大程度的提高。

在形式上，每道题目的解析都是由“话题分类”“思路拓展”和“答题参考”三个部分组成。其中“话题分类”意在让考生们对独立口语有一个宏观的掌控，看到一道新题就能通过某个关键词对号入座，联想到该话题分类下常用的论点、论据；“思路拓展”和“答题参考”两个部分分别从整体上和细节上对题目进行分析和展开，避免有主题句没论点或有论点没细节的情况出现。

本书所假定的产生是占据中国考生 80% 比例的口语在 18 ~ 24 分这一分数段的主流群体。这部分考生的共性是语法没问题，但实际运用中就“抓虾”，句型学过一些，但说出来却总是重复那么一两个，单词也背过很多，就是答题时找不到最能概括论点的那个。因此即使有不错的想法也往往绕来绕去说不到点子上，于是“铺垫，解释说理，再铺垫，再重复解释”——最后还没答完。灵活选用恰当句型、用词简洁精准需要长期的积累和练习，本书无力一一讨论。但在托福

独立口语的话题范围内，有一些论点是可以反复利用的。在例题分析里补充了这些简单好用的论点，意在让考生从此能够采用“论点1，论据1，论点2，论据2”这样明确直接的结构，在45秒内有理有据地完成，并迈出向口语25+进阶的第一步。至于列举出的论据只是抛砖引玉，有想法的同学完全可以自己DIY。

最后，口语终究是一个输出技能，补充论点论据只是完成了准备工作的一半，更重要的是通过多次输出及时地把它们转换成自己的内容。因此，正确的练习方法是：每读完一篇题目解析，就要依靠要点笔记对答案进行反复地复述并录音，直到能够在45秒内流畅地、有条理地说出来为止。录好的录音可以发给一起练习的伙伴或其他有一定英语基础的人，问他们是否能听懂，如果听不懂，说明语音语调或断句上还存在影响理解的问题。根据以往经验，掌握一道题需要录音的遍数在5~10遍，录15道题共花费的时间在2~3个小时。

您还能享受哪些服务

如果你在做TPO模考题的过程中遇到问题，可以登陆网站(360class.cn)，通过导航进入【TPO伴侣】栏目，找到相应的题目视频讲解进行学习。

视频全部由360课堂网满分老师亲授，逐题讲解，重点突出，随时随地使用，为考生节省了宝贵的学习时间。另外，考生还可以使用网站自主开发的在线背单词系统，随时测试自己的单词掌握情况，系统内含时代焦点内部专用的单词教材和热销词汇书，含金量极高，可从源头解决普通单词书单词数量多、不便于记忆且词义与考试考点不匹配等问题，帮助考生用最短的时间记忆最多、最有用的单词。这些功能都是免费的，欢迎考生们使用！

关注我们的微信公众号，可额外获得丰厚的网络课程优惠券，使用这些优惠券可兑换时代焦点在线学院(www.360class.cn)上更多的网络视频课程。



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托福口语题型分类

1. 独立口语 Speaking about Familiar Topics

Task 1 开放式问题 Free-choice

Task 2 二选一问题 Paired-choice

2. 综合口语—校园场景类 Speaking about Campus Situations

Task 3 Campus-related Issue & Student's Attitude

Task 5 Student-related Problem & Solutions

3. 综合口语—学术课程类 Speaking about Academic Course Content

Task 4 Term & Examples

Task 6 Summary

托福口语评分标准

Delivery

How effectively you use grammar and vocabulary to convey your ideas. Raters will be looking to see how well you can control both basic and more complex language structures and use appropriate vocabulary.

Language Use

How clear your speech is. Good responses are those in which the speech is fluid and clear, with good pronunciation, natural pacing, and natural-sounding intonation patterns.

Topic Development

How fully you answer the question and how coherently you present your ideas. Good responses generally use all or most of the time allotted, and the relationship between ideas and the progression from one idea to the next is clear and easy to follow.

托福口语解答特征

高分答题特征

1. 语音清晰；语调标准；语速适中。
2. 选词快速、恰当；句型多样。
3. 句子间有连接词，逻辑关系清晰，易于理解。
4. 句子表述顺畅；无过多停顿。
5. 良好的节奏，词密度高，保证了表达的高效。
6. 信息表述完整。对于独立口语而言有明确的观点、理由和细节；对于综合口语而言完整的准确地转述材料中的重要信息。

低分答题特征

1. 有明显的错读、误读；声音过小或过于含糊不清；无语调变化。
2. 相同词语或句型反复使用；有明显的搭配错误和语法错误。由于句子停顿过多，给人以“不能迅速、准确选用词汇、句式和语法”的感觉。
3. 没有正确使用逻辑连接词；信息零散，观点、理由、细节三者的关系不清楚。
4. 句子中断过多，语言不顺畅导致需理解的时间太长。
5. 语速过慢，词密度低，给定时间内表达的信息量较小。
6. 信息表述不完整，对于独立口语而言仅有论点，缺乏足够的理由和细节支持；对于综合口语而言遗漏重要信息、有严重的理解错误或张冠李戴。

不同分数评语含义

Speaking Skills 口语技能

Speaking about familiar topics 谈论日常话题 Task 1, 2

Level 水平	Your Performance 你的表现
Good (3.5-4.0) (26-30)	Your responses indicate you are able to speak in English about your personal experiences and opinions in a mostly clear and coherent manner. Your speech is clear with only occasional errors. Grammar and vocabulary are strong and include only a few errors. You can elaborate fully on your ideas and have a strong overall communication.

Level 水平	Your Performance 你的表现
Good (3.5-4.0) (26-30)	<p>你的回答显示出你能用英语非常清晰、连贯地讲述你的经历和观点。你的回答是清晰的，偶有瑕疵。你的语法和词汇水平是高的，只有一些小错误。你能把你的思想充分地展开论述，你的交流能力是强大的。</p>
Fair (2.5-3.0) (18-25)	<p>Your responses indicate you are able to speak in English about your personal experiences and opinions in a mostly clear and coherent manner. Your speech is mostly clear with only occasional errors. Grammar and vocabulary are somewhat limited and include some errors. At times, the limitations prevent you from elaborating fully on your ideas, but they do not seriously interfere with overall communication.</p> <p>你的回答显示出你能用英语非常清晰、连贯地讲述你的经历和观点。你的回答是清晰的，只是偶有瑕疵。你的语法和词汇水平稍低，有些错误。这些语法和词汇方面的局限阻碍了你充分地表述你的思想，但这些局限不会严重地影响你与他人的交流。</p>
Limited (1.5-2.0) (10-17)	<p>Your responses indicate some difficulty speaking in English about everyday experiences and opinions. Listeners sometimes have trouble understanding you because of noticeable problems with pronunciation, grammar, and vocabulary. While you are able to respond partially to the questions, you are not able to fully develop your ideas, possibly due to limited vocabulary and grammar.</p> <p>你的回答显示出你在用英语讲述你的日常经历和观点时遇到一些困难。由于你在发音、语法和词汇方面有明显错误，听者有时不太容易听懂你的回答。可能是由于你在词汇和语法方面的局限，导致你只能部分地回答出问题，却不能充分表达你的思想。</p>

Level 水平	Your Performance 你的表现
Weak (0-1.0) (0-9)	<p>Your responses are incomplete. They include little or no information about the topic. Your speech is often difficult for listeners to understand, and the meaning is unclear.</p> <p>你的回答不完整。其中未包含或只包含了少量与本话题有关的信息。听众一般很难听懂你的回答。你所回答的意思含糊不清。</p>

Speaking about campus situations 谈论校园情景 Task 3, 5

Level 水平	Your Performance 你的表现
Good (3.5-4.0) (26-30)	<p>Your responses indicate an ability to speak effectively in English about reading material and conversations typically encountered by university students. Overall, your responses are clear and coherent, with only occasional errors of pronunciation, grammar, or vocabulary.</p> <p>你的回答显示出你能用英语有效地谈论大学生经常接触到的阅读材料和对话。从整体上来看,你的回答是清晰、连贯的,只是在语音、语法或词汇方面偶有瑕疵。</p>
Fair (2.5-3.0) (18-25)	<p>Your responses indicate you are able to speak in English about your personal experiences and opinions in a mostly clear and coherent manner. Your speech is mostly clear with only occasional errors. Grammar and vocabulary are somewhat limited and include some errors. At times, the limitations prevent you from elaborating fully on your ideas, but they do not seriously interfere with overall communication.</p> <p>你的回答显示出你能用英语非常清晰、连贯地讲述你的经历和观点。你的回答是清晰的,只是偶有瑕疵。你的语法和词汇水平稍低,有些错误。这些语法和词汇方面的局限阻碍了你充分地表述你的思想,但这些局限不会严重地影响你与他人的交流。</p>

Level 水平	Your Performance 你的表现
Limited (1.5-2.0) (10-17)	<p>Your responses indicate that you have some difficulty speaking in English about information from conversations, newspaper articles, university publications, and so on. While you are able to talk about some of the key information from these sources, limited grammar and vocabulary may prevent you from fully expressing your ideas. Problems with pronunciation make it difficult for listeners to understand you at times.</p> <p>你的回答显示出你在用英语谈论来自对话、报章、大学通知的信息的时，遇到些困难。然而，你还是可以讲出其中的一些关键信息的。语法和词汇方面的局限使你不能充分地表述你的思想。语音方面的问题使得听者难以听懂你的回答。</p>
Weak (0 - 1.0) (0-9)	<p>Your responses are incomplete. They include little or no information about the topic. Your speech is often difficult for listeners to understand, and the meaning is unclear.</p> <p>你的回答不完整。其中未包含或只包含了少量与本话题有关的信息。听众一般很难听懂你的回答。你所回答的意思含糊不清。</p>

Speaking about academic course content 谈论学术内容 Task 4, 6

Level 水平	Your Performance 你的表现
Good (3.5-4.0) (26-30)	<p>Your responses demonstrate an ability to communicate effectively in English about academic topics typical of first-year university studies. Your speech is mostly clear and fluent. You are able to use appropriate vocabulary and grammar to explain concepts and ideas from reading or lecture material. You are able to talk about key information and relevant details with only minor inaccuracies.</p>

Level 水平	Your Performance 你的表现
Good (3.5-4.0) (26-30)	<p>你的回答显示出你能用英语就大一阶段学术话题和他人进行有效交流。你的讲话非常清晰、流利。你能用恰当的词汇和语法解释在阅读材料和讲课中出现的概念和观点。你能非常准确地谈论关键信息和相关细节。</p>
Fair (2.5-3.0) (18-25)	<p>Your responses demonstrate that you are able to speak in English about academic reading and lecture material, with only minor communication problems. For the most part, your speech is clear and easy to understand. However, some problems with pronunciation and intonation may occasionally cause difficulty for the listener. Your use of grammar and vocabulary is adequate to talk about the topics, but some ideas are not fully developed or are inaccurate.</p> <p>你的回答显示出你能用英语谈论学术阅读材料和讲课内容，偶有交流障碍。从整体来看，你的回答清晰、易懂。然而，一些语音、语调问题可能会给听者在理解上造成困难。在谈论学术话题时，你的语法和词汇的使用都没有什么问题，只是在表述一些要点时，你表述得还不够充分或表述错了。</p>
Limited (1.5-2.0) (10-17)	<p>In your responses, you are able to use English to talk about the basic ideas from academic reading or lecture materials, but, in general, you include few relevant or accurate details. It is sometimes difficult for listeners to understand your responses because of problems with grammar, vocabulary, and pronunciation. Overall, you are able to respond in a general way to the questions, but the amount of information in your responses is limited and the expression of ideas is often vague and unclear.</p>

Level 水平	Your Performance 你的表现
Limited (1.5-2.0) (10-17)	<p>在你的回答里，你能用英语谈论简单的学术阅读材料和讲课信息。可你的答案所包含的准确的相关信息并不多。你在语法、词汇和发音方面的错误，导致听众有时会难以听懂你的回答。从整体来看，你能回答出大致的要点，但你回答的信息量较少。你的思想表述得含糊不清。</p>
Weak (0 - 1.0) (0-9)	<p>Your responses are incomplete. They include little or no information about the topic. Your speech is often difficult for listeners to understand, and the meaning is unclear.</p> <p>你的回答不完整。其中未包含或只包含了少量与本话题有关的信息。听众一般很难听懂你的回答。你所回答的意思含糊不清。</p>

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不同分数评语含义

Day 1 1

★★★★★★

Cell phone: advantages and disadvantages
Television: advantages and disadvantages
Cell phone: necessity or not
Cell phones in classrooms
Communication via e-mail vs. face-to-face communication
Technological impact on reading habit
Paper book vs. audio book
Modern way of shopping vs. traditional way of shopping
Advertisement for junk food
Computer games

☆☆☆☆☆☆

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Online information vs. printed information
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Day 2 17

★★★★★★

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Study habit
20141129ML
Do assignment alone vs. in a group
Presentation
Academic assignments: paper presentation or group project
Group study
Grade
Academic performance
Steps to learn a new thing

☆☆☆☆☆☆

Difficult classes vs. easy classes
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A variety of subjects vs. single subject
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★★★★★

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☆☆☆☆☆

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★★★★

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Difficult job
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Important experience
Meaningful gift
Type of music you like
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Efficient mode of transportation

☆☆☆☆

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Learning from the past
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Important news event
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★★★

Career change
Type of movie you do not like
Enjoyable mode of transportation
Your favorite style of clothing
Interesting style of clothing
Clothes you often wear
Book to be read
Healthy food
Favored food
Personality
Performers you don't like

☆☆☆

Type of movie you do not like
Enjoyable mode of transportation
Your favorite style of clothing
Interesting style of clothing
Clothes you often wear
Book to be read
Healthy food
Favored food
Personality change
Performers you don't like

Day 6 81

★★

Qualities of a good team member
Performers you like
Friends
Parents' advice — university choice
Parents' advice — career choice
Parents' influence on children
Parents' help — healthy life
Qualities of a good parent
Friends
Problem in your country

☆☆

Qualities of a good neighbor
Qualities of a good friend
Families and friends — influence
Families and friends — help
Characteristics of a good school

Day 7 97

★

Shopping place
Ideal working place
Study place
Ideal location of school
Café in the library
Important place
Home town
Featured city or place
Private car in city center

☆

Characteristics of a good neighborhood
Natural environment fit for living
Featured place in your city
Popular gathering place
Advantage of living in another country
Enjoyable place

Day

1



C Cell phone: advantages and disadvantages

T Television: advantages and disadvantages

C Cell phone: necessity or not

C Cell phones in classrooms

C Communication via e-mail vs. face-to-face communication

T Technological impact on reading habit

P Paper book vs. audio book

M Modern way of shopping vs. traditional way of shopping

A Advertisement for junk food

C Computer games



E E-mail vs. telephone

O Online information vs. printed information

C Computer: advantages and disadvantages

L Learning online vs. learning in classrooms

W Watching news vs. reading news

Day 1

Cell phone: advantages and disadvantages

20140412ML

List the advantages and disadvantages of using a cell phone. Explain your reasons.

答题参考 advantages

- 1. Communication becomes easier than ever
Before the invention of cell phone, people had to find a telephone booth and use an IC card. Now we can send text messages, and make phone calls or face time calls whenever we want.
- 2. Entertainment function
We use the camera on our phones to take selfies when we look pretty, play Tetris on our phones when waiting for someone and listen to music on our phones while walking or riding the bus. There are plenty of new ways to kill time now.

disadvantages

- 1. Create distance between people
Many people would rather scan their social network page than talk to the people sitting next to them. Many parents have to friend their children on Wechat in order to talk with them.
- 2. Violate people's privacy
In some cases our cell phones can work as electronic dog chains for those who try to control us. Even if people come up with little white lies like "I didn't hear it ring" or "I didn't notice my phone had shut off", they can still be globally positioned by those with ulterior purposes.

学习笔记

话 题

Object-technology

思路拓展

手机的积极影响

- 沟通更方便
Communication is easier than ever
- 娱乐功能
Entertainment

手机的消极影响

- 使人们疏远
Create distance among people
- 侵犯隐私
Violate people's privacy

Day 1

Television: advantages and disadvantages

话题

Object-technology

思路拓展

电视的积极影响

- 传播信息、知识
Disseminate information and knowledge
- 娱乐功能
Entertainment

电视的消极影响

- 毒害青少年
Poison teenagers' minds
- 导致健康恶化
Major cause for health problems

20131207ML

What's your opinion about the role TV plays in our lives? Do you think TV has in general improved or lowered our quality of life? Why?

答题参考

opinion reasons

- Has positive influence on our life
 1. Still one of the most effective ways to disseminate information and knowledge. We can watch news programs or educational channels to stay updated.
 2. Entertainment function
Watching television is a good way to take our minds off the stress at work or school. Also, if it weren't for televisions, a lot of housewives would be bored out of their minds.

opinion reasons

- Has negative influence on our life
 1. Poison teenagers' minds
Commercials for junk food mess with their judgment of what's good for their health. Some programs also contain age-inappropriate image or violence.
 2. Major cause for the health problems of city dwellers
The more time people spend sitting on the couch like sacks of potatoes, the less time they get to spend engaging in physical exercise. The radiation from the screen is also harmful to their eyes.

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