

一本有“售后服务”的口语用书
一本“持续动态更新”的口语用书



TOEFL
SPEAKING

托福

黄金口语120

- / 甄选近年托福口语真题，覆盖所有题型
- / 完整呈现头脑风暴、高分示范思路及文本、语料积累
- / 大概率命中真题

王力
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编著



 中国人民大学出版社

TOEFL

托福黄金口语

120

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PREFACE 前言

长期奋战在托福教学一线，见过太多考生在托福口语上束手无策，其中最难解决的口语问题是：表达不流畅、词汇和短语错误频出、脑子比嘴快。根治问题虽然很艰难，但是大家似乎都知道根治问题需要长期积累。但问题是，高效的积累方法是什么以及使用什么材料呢？考生关心的就是 TestDaily 想解决的，于是编著者就有了这样一个想法：写一本书，以更高效的方式为考生的托福口语备考提供助力。

《托福黄金口语 120》的由来

在讲来源之前，先从一个普通托福学习者的角度来谈一下提高口语表达的几个要素：

1. 基础积累，包括词汇、短语、常见句型、答题思路。
2. 语音语调训练，包括掌握单词的正确发音，连读弱读要拿捏得当，句子朗读要流畅清晰。
3. 答题思路，针对托福口语中六个不同的 TASK，要掌握每种题型应该如何作答，综合口语题目中信息如何提取、如何有效安排在自己的作答中。

按照这样的思路，真正解决口语问题，需要有精选的真题题目和高质量的示范文本作为积累素材；需要有完整的答题思路呈现给考生，授人以渔；此外，还需要提高综合口语听力，不仅是为了全面了解题目，而且听力材料也是语音语调训练的绝佳跟读素材。于是，《托福黄金口语 120》应运而生。

《托福黄金口语 120》有哪些亮点？

● 口语题目鲜活而全面

近 5 年来，TestDaily 整理了将近 170 场托福考试的考情回顾，其间从无间断。大量的考情回顾使我们能从中大致窥探出 ETS 的出题规律。事实上，在每年的 40 余场托福考试中，有大约 25 场会不同程度地重复旧题。高比例的重复，尤其是口语题目的重复，对于备考的每一位考生来说都是令人欣喜的；如果恰好准备过同类型题目或者幸运地遇到了原题，那将是制胜托福的有力武器。事实上，从过去的经验来看，旧题命中率在 40% 左右。

本书所选题目全部来自最新题目，所以说“鲜活”；覆盖所有话题和题型，所以说“全面”。

● 对真题进行“庖丁解牛”式的解读，授人以渔

针对每道题目，我们从教学的角度给出了两个模块：

1. 思路解析：帮助考生更快掌握高分口语答案的破题思路、作答逻辑和信息提取方法，便于考生模仿，从而提升口语答案的逻辑性。

2. 范文文本：完整呈现高分示范文本，为考生提供绝佳的口语素材积累资料，从词汇、句

式、表达逻辑等方面提高素材积累效率。

● 持续的售后服务和动态更新

《托福黄金口语 120》正式出版之后内容便是静止的，如何保证读者能够享有最新的考题和动态？

我们的解决方案是建立专属读者群：每一位购买《托福黄金口语 120》的读者都会被邀请进入专属读者群，每次考试之后运营团队会第一时间将考题和推文推送到群内，作为书籍的补充。

你买的是一本书，更是持续的服务。

最后，希望同学们利用好本书提供的素材，扎实练习。预祝同学们在托福考试中斩获佳绩！

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TASK1 TASK2

描述类

备考思路

这类的题目主要是描述一件事、一段经历或者一个人，关键在于“description”。因此首先要明确自己描述的对象是什么，用大概 15 ~ 20 秒的时间来进行描述，可以包括事情发生的时间、地点、经过等。接下来的时间可以用来说明原因或者事情发生的条件，必要的时候可以举例来支撑自己的观点。注意作答时要将重点放在 description 上面。

例如这道 TASK 1 : *Things always change in an unexpected way. Please describe a thing you have recently done that, ten years ago, you never imagined you would do.* 这道题是 describe 类题，要求描述一件你最近做过，但是 10 年前自己不敢想象的事情。首先在作答的时候可以明确自己想要描述的事件，比如 *make a public speech, bungee jumping, organize campaign events for chairperson of students' union* 等在自己成长过程中具有挑战性的事情，在示范回答中就是“host the festival party”。首先明确提出这个事件，然后对这个事件加以简单介绍，即 describe 的过程；比如这个 festival party 是什么类型的活动，举办的目的是什么，体现在答案中就是：

It's a campus-wide activity and a lot of students were there. The university had arranged some programs, like dancing and singing, so students could enjoy and celebrate the festival together.

为了用剩下的时间补充自己的答案，可以进一步解释自己“10 年前不敢想象”的原因和自己实现了怎样的突破，自己曾经是一个容易胆怯害羞的人，而 10 年后自己树立了自信：

I would never imagine myself being a host ten years ago, because I was so shy that when I stood on the stage, I didn't dare to speak a word. But now, facing so many audiences, I could speak fluently.

最后可以总结一下自己改变和成长的过程：

I think I've changed a lot during the years because of continuous practice. I am much more confident now and I love this change.

将思路整合在一起就是：

Recently, I hosted the festival party for my university. It was a campus-wide activity and a lot of students were there. The university had arranged some programs, like dancing and singing, so students could enjoy and celebrate the festival together. I would never imagine myself being a host ten years ago, because I was so shy that when I stood on the stage, I didn't dare to speak a word. But now, facing so many audiences, I could speak fluently. I think I've changed a lot during the years because of continuous practice. I am much more confident now and I love this change.

1. 20160529 – TASK 1

题目

Your school is planning to forbid the use of cellphone on school grounds. What will be the effects of the new policy and why? Include reasons and examples to support your response.

头脑风暴

题目问学校禁止在校期间使用手机这一政策的影响。手机作为现代人生活中必不可少的东西，其正面、负面影响应该列举一下，但是要注意题目中有“学校”这个限定。

支持该观点：

- (1) 可以随时随地查资料，有助于学习。
- (2) 可以看新闻，拓展知识。
- (3) 有紧急情况可以及时联系家长。
- (4) 课余时间可以放松身心。

不支持该观点：

- (1) 上课容易分心走神，影响学习效率。
- (2) 不停地刷朋友圈、刷社交软件，浪费时间。
- (3) 同学之间互相攀比。

总之，在此提醒大家，要注意细节，比如说刷社交软件浪费时间，刷什么软件？——朋友圈、微博，一瞬间细节就有了；看新闻——看什么新闻？美国总统大选——细节又有了。

对于这种时代气息很浓的题目，大家不妨以一些 background information 俗称 context 开头，这样能够更好地代入。

高分示范思路

不支持：

理由 1: 学术上有帮助：检索信息，看时政，交流更方便。

理由 2: 保护我们的安全，可以联系家长或警察。

高分示范文本

With the ever-accelerated booming of science and economy, it seems that the younger generation is growing up in a world that everything is paperless, and smart phone is playing an indispensable part in our daily life. So frankly speaking, I definitely go against the new policy. Primarily, many people seem to live under the illusion that cell phones can only do harm to adolescents and get in the way of their schoolwork. However, as a typical user, I can safely conclude that they also assist us in the academic field. For instance, we can search for information we need anytime and anywhere; through news websites like BBC, CNN, we can widen our horizons and expand the scope of knowledge. In the modern society, one of our best conversations happened through a screen. With the smart phone we are closely connected to the outside world, thus rendering it unfeasible to totally ban the use of phones at school. In addition, from the safety regard, students can contact their parents more conveniently in the face of the emergency. Though there are potential drawbacks, I still believe with proper regulation teenagers can make great use of their phones.

语料积累

booming 繁荣

paperless 无纸化的

go against 不同意

from the ... regard 从……方面看

make great use of 很好地利用

2. 20160924 – TASK1

题目

There are many events at school which are negative when we confronted initially, while which are getting positive after we experienced. Please give an example of events that is negative at first and positive later for you.

头脑风暴

题目要求我们给出一个一开始很抗拒，但一段时间后改变看法的学校活动。对于这道题，学校里每件事都可以说，比如小时候老师要求练字、每天练口算，后来语文老师每天要求积累好词好句，英语老师要求天天背英语课文，这些事的好处都可以概括为给日后的学习和进步打

下基础，另外，像离开 comfort zone，勇敢地加入各种社团，可能一开始非常痛苦，但慢慢会从中获益。

高分示范思路

英语老师要求每日摘抄，一开始觉得没意义，后来开始在作文中使用摘抄的内容，觉得努力得到了回报。

高分示范文本

Definitely, not everything seems that attractive in the first place, but as tricks turn into treats, their true value is unveiled. For me, I personally found our English teacher's daily task of writing down beautiful sentences and new expressions on the notebook pretty ridiculous. Initially, I considered it as a total waste of time of just mechanically copying those characters. However, as time goes by, I tend to interpret the profound meaning behind the curtain as I can make great use of those advanced words and expressions and quintessential diction in my essay. All our efforts are eventually reimbursed.

语料积累

unveil 揭开

mechanically 机械地

as time go by 随着时间推移

quintessential 典型的

reimburse 偿还，得到回报

3. 20160911 – TASK1

题目

Teaching is a challenging profession. Even the best teacher can make mistakes. What are the common mistakes a teacher can make?

头脑风暴

题目问老师们经常犯的错误有哪些。可以说老师在讲课方式、与学生打交道的方式等方面常犯的错误；当然也可以讲老师在讲授学科知识时出现的错误，还可以说老师讲错习题答案。建议考生尽量选择具体细节来讲，这样说起来会更流畅。

高分示范思路

错误 1: 以同种方式不加区分地对待所有学生。

错误 2: 不够耐心。

高分示范文本

Conventionally, teaching is considered as an extremely sacred job for being a guide for each and every one of us. However, we have to admit that in reality, those “perfect people” in our imagination do make mistakes once in a while. Primarily, they sometimes fail to take every students’ uniqueness into account. Like my math teacher in elementary school always thought everybody got the learning abilities which actually only a few top students did, and this resulted in disastrous grades. What’s more, there are times when teachers can be sort of impatient especially when students ask questions that they are supposed to handle very well. This way, students are severely put down and lose confidence, perhaps even won’t ask questions again and turn their backs on the problems until the test comes. Thus, teachers still have room for improvement.

语料积累

sacred 神圣的

disastrous 灾难性的（引申为很惨的）

put down sb. 打击某人

ask question 提问

turn one’s back on 离开，抛弃

4. 20170826 – TASK1

题目

University students encounter many difficult challenges in their studies. Which challenge do you think is the most difficult one and how do you deal with it?

头脑风暴

题目要求我们描述克服一次最困难的挑战的经历。这类题目重点在于描述经历，不需要罗列要点。对于这道题，大家只需要讲出“有什么样的困难、怎么解决的”就可以。比如，一学期要上特别难的课，某个教授非常 unreasonable，和室友起了很大的冲突。