

方法到位，托福写作轻松破25

罗琼 编著
朱虎正

托福写作高分 范例与策略

AN AUTHENTIC
GUIDE TO
TOEFL WRITING

11年教学经验的积淀—
万篇高分习作的创作心得—
对评分标准最精准的把握—
最接地气、最适合中国考生的范文展示—



光明日报出版社

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图书在版编目 (CIP) 数据

托福写作高分范例与策略 / 罗琼, 朱虎正编著. — 北京:
光明日报出版社, 2016. 5

ISBN 978-7-5194-0791-9

I. ①托… II. ①罗… ②朱… III. ①TOEFL—写作—
自学参考资料 IV. ①H315

中国版本图书馆CIP数据核字 (2016) 第112141号

书 名: 托福写作高分范例与策略

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责任编辑: 庄 宁 责任校对: 傅泉泽

封面设计: 中尚图 责任印制: 曹 净

出版发行: 光明日报出版社

地 址: 北京市东城区珠市口东大街5号, 100062

电 话: 010-67022197 (咨询), 67078870 (发行), 67078235 (邮购)

传 真: 010-67078227, 67078255

网 址: <http://book.gmw.cn>

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法律顾问: 北京德恒律师事务所龚柳方律师

印 刷: 北京墨阁印刷有限公司

装 订: 北京墨阁印刷有限公司

本书如有破损、缺页、装订错误, 请与本社联系调换

开 本: 710mm × 1000mm 1/16

字 数: 279千字 印 张: 16

版 次: 2016年5月第1版 印 次: 2016年5月第1次印刷

书 号: ISBN 978-7-5194-0791-9

定 价: 42.00元

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第一章 托福写作介绍

1.1 托福写作的考试形式

	综合写作 (Integrated Writing)	独立写作 (Independent Writing)
形式	读 + 听 + 写	议论文
内容	阐明观点相互联系性	对议题发表看法
写作时间要求	20min	30min
字数要求	150-225	300+

在托福写作中，独立写作是大家比较熟悉的一种考试形式：即在规定时间内写出一篇有最低字数要求的议论文，只不过以前常见的纸质考试搬到了电脑上。而综合写作对于大多数人会比较陌生。综合写作是先做3分钟的阅读，然后阅读文章隐去，听一段2分钟左右的听力，然后阅读文章又出现，让考生在20分钟内写一篇文章，阐述阅读和听力的观点以及它们之间的关系。

综合写作考试界面：

3分钟计时阅读：

Test Section

Question Number

Writing

1 of 2

Quit

VOLUME 1

2:37

Critics say that current voting systems used in the United States are inefficient and often lead to the inaccurate counting of votes. Miscounts can be especially damaging if an election is closely contested. Those critics would like the traditional systems to be replaced with far more efficient and trustworthy computerized voting systems.

In traditional voting, one major source of inaccuracy is that people accidentally vote for the wrong candidate. Voters usually have to find the name of their candidate on a large sheet of paper containing many names and make a small mark next to that name. People with poor eyesight can easily mark the wrong name. The computerized voting machines have an easy-to-use touch-screen technology: to cast a vote, a voter needs only to touch the candidate's name on the screen to record a vote for that candidate; voters can even have the computer magnify the name for easier viewing.

Another major problem with old voting systems is that they rely heavily on people to count the votes. Officials must often count up the votes one by one, going through every ballot and recording the vote. Since they have to deal with thousands of ballots, it is almost inevitable that they will make mistakes. If an error is detected, a long and expensive recount has to take place. In contrast, computerized systems remove the possibility of human error, since all the vote counting is done quickly and automatically by the computers.

Finally some people say it is too risky to implement complicated voting technology nationwide. But without giving it a thought, governments and individuals alike trust other complex computer technology every day to be perfectly accurate in banking transactions as well as in the communication of highly sensitive information.

2 分钟左右的听力

Test Section
Question Number
Writing
1 of 2
Quit
VOLUME

20 分钟写作

Test Section
Question Number
Review Tools
Writing
1 of 2
Sample
HELP
BACK
NEXT
VOLUME
HIDE TIME
19:51

Directions: Read the question below. You have 20 minutes to plan and write your response. Your response will be judged on the basis of the quality of your writing and on how well your response presents the points in the lecture and their relationship to the reading passage. Typically, an effective response will be 150 to 225 words.

Question: Summarize the points made in the lecture, being sure to explain how they oppose specific points made in the reading passage.

Cut
Paste
Undo
Word Count
0
Hide

Critics say that current voting systems used in the United States are inefficient and often lead to the inaccurate counting of votes. Miscounts can be especially damaging if an election is closely contested. Those critics would like the traditional systems to be replaced with far more efficient and trustworthy computerized voting systems.

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独立写作考试界面：

30 分钟计时写作

The screenshot shows the TOEFL Writing test interface. At the top, there is a header bar with 'Test Section' (Writing), 'Question Number' (2 of 2), and 'Review Tools' (Sample). To the right of the header bar are buttons for 'HELP', 'BACK', and 'NEXT', and a 'HIDE TIME' button showing '29:54'. Below the header bar, the 'Directions' section states: 'Read the question below. You have 30 minutes to plan, write, and revise your essay. Typically, an effective response will contain a minimum of 300 words.' The 'Question' section asks: 'Do you agree or disagree with the following statement? A teacher's ability to relate well with students is more important than excellent knowledge of the subject being taught. Use specific reasons and examples to support your answer.' The writing area is a large empty box on the right side of the screen.

1.2 托福写作的计分及分数换算

首先，综合写作不是小作文。如果综合写作是小作文，那么它“小”在哪里呢？无非是考试时间短，篇幅短一些而已。但是在分数权重上，它和独立写作是一样的，所以不存在“小”作文一说。

不管是综合写作还是独立写作，它的得分（原始分）分成3档，满分为5分，每档对应的分数如下：

Limited (1-2)

Fair (2.5-3.5)

Good (4-5)

那么，这个分数又如何换算到最终成绩呢？通过如下的对应关系：

30 — 10

28 — 9

25 — 8

22 — 7

20 — 6

17 — 5

14 — 4

也就是说，如果综合写作独立写作分别拿原始分 5 分（满分），那么加起来是 10 分，对应的最终成绩是 30 分（满分）。中国考生最常见的情况是综合写作独立写作都拿 Fair 这一档，那么原始分是 $2 \times (2.5-3.5)$ ，也就是 5-7，对应的最终成绩是 17-22。如果综合写作独立写作都拿 Good 这一档，那么托福写作至少有 25 分。所以，不能仅凭独立写作来判断托福写作分数。那种说一篇独立写作是 25 分的说法是非常无知的。

1.3 托福写作的考查目的

托福写作的考查目的，无非是精准清楚的表达自己的想法，为将来的论文写作扫清语言上的障碍。在综合写作中，还要加上精准获取并提炼阅读 / 听力内容的能力。我们可以通过一个比方来更深刻的了解这一点。试想在报考军校、警校的时候，为什么要测身高、视力、体能（短跑 / 长跑）？答案很简单，这些是一个军人或者警察最基本的身体素质。如果在测试中作弊，会有什么结果？取消资格。如果通过作弊的方式通过考核，但是某一项身体素质指标不过硬，将来会怎样？被发现被揭穿的概率很大，很有可能被遣退。那真的在测试前，体能不达标，怎么办？有针对性的科学的练习。

托福考试也是如此。考官在看考生的作文的时候，当然希望能看出考生的真实水平。如果在文章中充斥大量的模板和套话，当然这不算作弊，考官很难会给考生一个高分。其实备考托福写作的过程，也是一个写作水平和能

力同步提高的过程，为日后的论文写作打好基础。所以，建议冲高分的学生，考场独立写作作文慎用或者不用模板。

那托福写作和其他北美考试的写作，比如 GRE/GMAT/SAT/ACT 又有什么区别呢？可以看出，托福写作的难度是低一些的。托福考试只是语言考试，也就是说语言过关就可以了，而对思路、逻辑、论证的考查没有像 GRE/GMAT/SAT/ACT 写作那样深刻。这一点在本书的后面章节中还会进一步提及。

第二章 托福独立写作评分标准

2.1 OG 例文分析

目前市面上的托福写作范文很多，我们只以官方指南 (Official Guide) 作为参考依据。在 OG 第 3 版的 211 页上，有如下一道题目：

Do you agree or disagree with the following statement?

Always telling the truth is the most important consideration in any relationship.

Use specific reasons and examples to support your answer.

这是一道很典型的托福独立写作题。在这道题后面，OG 列出了如下一段话，这段话是出卷人写给考官的，告诉考官考生可能会怎么写，应该怎么改。

This topic supports a variety of approaches. Some writers disagree with the statement and describe instances where to them it is appropriate to lie; typically these include white lies, lies to avoid hurting others, and lies in a business context (which often have more to do with not disclosing proprietary information than with outright lying). Others take the position that lies beget more lies and undermine trust. These writers present examples that support the statement. Still others look at both sides of the issue, often delineating or classifying situations where they consider lying appropriate and others where they consider lying inappropriate or more consequential. The telling of stories—real and hypothetical—is not inappropriate; it is reasonable to illustrate one's ideas on this topic with examples.

通过上述的段落，我们得出两个信息：独立写作可以写中立；独立写作中，可以用具体的例子来写，哪怕是编造的例子都可以。

在 OG 的 213 页和 212 页中，分别有以下两篇文章。读者们可以在不看到分数的情况下，先读以下两篇文章，看看到底哪篇好。

(第一篇)

Some people believe that it is one of the most important value in many relationships to tell the truth all the time. However, it cannot be always the best choice to tell the truth in many situations. Sometimes white lies are indispensable to keep relationships more lively and diligently. There are some examples to support this idea.

Firstly, in the relationships between lovers, it is often essential to compliment their lovers on their appearance and their behavior. Even though they do not think that their boyfriend or girlfriend looks good on their new shoes and new clothes, it will probably diss them by telling the truth. On the other hand, little compliments will make them confident and happy making their relationship more tight.

Secondly, parents need to encourage their children by telling lies. Even if they are doing bad work on studying or exercising, telling the truth will hurt their hearts. What they need is a little encouraging words instead of truthful words.

Thirdly, for some patients telling them their current state of their disease will probably desperate them. It is accepted publically not to let the patients know the truth. They may be able to have hope to overcome their disease without knowing the truth.

In conclusion, it is not always better to tell the truth than lies. Some lies are acceptable in terms of making people's life more profusely. Not everybody has to know the truth, and it will lead them more happier not knowing it. In these cases, white lies are worth to be regarded as a virtue of people's relationships.

(第二篇)

Always telling the truth in any relationship is really the most important consid-

eration for many reasons. I could say that when you lie to someone, this person will not trust you anymore and what is a relationship based on? Trust, confidence, so the sense of relationship is being lost. Another point is that if the true is omitted once, it will surely appear sometime, somewhere and probably in the most unexpected way, causing lots of problems for the ones involved. So, the truth is the basis for everything.

First, confidence is the most important aspect of a friendship or a marriage, or anything like that, so, once it is lost, the whole thing goes down in a way that no one can bear it. To avoid losing confidence, there is only one way, telling the truth, lying will just help throwing it away. For example, a couple decided to go out on the weekend, but the man has a party to go with his friends to where he can not take his girlfriend and then he lies to her saying that he is sick and can not go to the date. She undertands him and they do not see each other in that weekend, but he goes to the party and has much fun. Suppose on monday, the girl talks to a friend that saw him at the party and asked why did not she go with him. She found out the true and all confidence was lost, the basis for their relation is now gone and what happens next is that they break up or if they do not, he will persist on lyes and someday it will end.

What happened to this couple is very common around here and many relationships, even friends and marriages end because of something like that. Some may argue that lying once or another will not interfere anything and it is part of a relation, but I strongly disagree, the most important thing is the true, even if it is to determine the end of a relation, it must be told. There are more chances to end something lying than saying what really happened.

初看这两篇文章，我想会有相当比例的读者会认为第一篇好，原因是五段式，结构清晰，而第二篇只有 3 个段落，不合常规。但是，翻看 OG 的 212 页和 213 页，可以看到第一篇的原始分是 3 分，也就是 Fair 档，而第二篇的原始分是 4 分，可以上到 Good 档。

那第一篇很多人认为写得好，为什么分数那么低呢？原因就在于论证展开不充分，虽然中间有 3 个段落，但是每个段落，尤其是文章的第 3、4 段，像蜻蜓点水般点过，一点都不具体。导致整篇文章只有 264 个单词，字数不够。反观第二篇，首先不是中国考生常写的 5 段式作文，中间只有 1 个段落，很明显第二段的第一个单词 First 都是多余的。但是为什么可以上到 4 分呢？在文章中，作者用了一个很具体的例子来支持展开。但是，这个例子本身是编造的，而且是有漏洞的。细心的读者可以从 “Suppose on monday, the girl talks to a friend that saw him at the party and asked why did not she go with him” 这句话中找到逻辑的混乱和硬伤。本来这个 Party 就是不能带女朋友去的，那为什么男朋友的朋友还会问 “你为什么不去” 这样的话？这个思路上的混乱和前后矛盾太明显了。但是，这样的文章都可以拿 4 分，原因何在？论证充分具体，语言错误少。

2.2 独立写作 5 分评分标准解读

在 OG 的 209 页，列出了独立写作 5 分的评分标准。

An essay at this level largely accomplishes all of the following:

(A) effectively addresses the topic and task

(B) is well organized and well developed, using clearly appropriate explanations, exemplifications, and/or details

(C) displays unity, progression, and coherence

(D) displays consistent facility in the use of language, demonstrating syntactic variety, appropriate word choice, and idiomaticity, though it may have minor lexical or grammatical errors

可以看出，想要达到 5 分，ABCD 这 4 项标准都要符合。其中，ABC 是内容层面的要求，也就是文章切题、展开充分具体（用合适的理由、例证、细节），文章有整体性，段落间和段落内部有关联性。

下面重点来说一下 D 这项标准，也就是独立写作对语言层面的要求。经常有学生说：“我的词句很普通，不高级。该如何积累高大上的词句？”其实，

这是对评分标准的误读。在评分标准里，只是说用词的合适以及句式的变化，并没有提及“big words and difficult sentences”。所以，精准和多变是评分标准的要求，而并不是“高大上”。至于如何做到句式的多变？其实变化主语是非常好的一个方法，这一点在后面的章节中还会提及。

关于“minor lexical or grammatical errors”，有如下解读：满分的作文并不是完美的，是可以犯错误的。但是“minor”的要求很高，一般在总字数的1%左右，包括用词用句语法标点等等错误。关于拼写错误，不影响阅读的拼写错误是没有关系的，比方说把people拼写成poepole。这说明ETS还是很人性的，因为毕竟只有30分钟的时间，拼写错误在所难免。但是，如果拼写错误导致对原词原句理解的错误，那么就计入错误里。比方说把wide打成wild，那肯定算错误。

在托福独立写作的改卷中，ETS会采取人+机器相结合的改卷方法。即人和机器各给一个分数，然后取平均值；但是如果人和机器的分差超过1分，那么机器的分数作废，由另外一个考官来改，直到两位考官的分差小于等于1分为止。一般情况下，人在阅卷中，只负责内容层面，即评分标准中的ABC三点，而由机器负责语言层面，即D这一点。人为什么不负责语言层面？费时费力。ETS已经开发出世界领先的写作批改软件E-rater，语言层面的东西都交给E-rater来做。E-rater主要有两项任务。首先是找错，即绝大多数的语言错误它都能找到，远远先进于WORD的语法检查功能。其次是词频统计，即可以在极短时间内统计出每个词分别在文章中出现多少次，当然this/that/is/are/which等等这些最常见的词不在统计之列。正是因为有这两项功能，所以独立写作对语言的要求是“精准+多变”。

第三章 托福独立写作分类讲解

3.1 托福独立写作题目分类

虽然绝大多数托福独立写作题目都以 “Do you agree or disagree with the following statement?” 起头，但是还是有区别的。请分析以下两道题目有什么区别。

(第一题)

Do you agree or disagree with the following statement? Spending a lot of time watching sports on TV and following favorite team will have negative impact on one's life.

(第二题)

Do you agree or disagree with the following statement? Your job has more effect on your happiness than your social life does.

在第一题中，只讲了一件事，即 “Spending a lot of time watching sports on TV and following favorite team”，考生要分析这件事情对生活的利弊。在第二题中，有一个对比，即 job 和 social life 到底哪个对幸福影响更多。所以，第一题是 “单一型” 的题目，而第二题是 “对比型” 的题目。

请再分析以下两道题目有什么区别。

(第一题)

Do you agree or disagree with the following statement? Spending a lot of time watching sports on TV and following favorite team will have negative impact on

one's life.

(第三题)

Do you agree or disagree with the following statement? It is impossible to be completely honest with your friends.

在这两题中，虽然都是只讲一个事情，但是第三题不能像第一题那样列出提纲来展开，所以这是“抽象型”的题目。

此外，还有一种不常见的“三选一”的题目：

Which of the following do you think is the best way for students to make new friends? 1) joining a sports team; 2) participating in community activities; 3) traveling.

所以，托福独立写作分成4种类型的题目：单一型、对比型、抽象型、三选一。每次拿到题目，要先做分类判断。如果这一步错了，那么在源头就有问题了。从概率上统计，单一型和对比型考到概率最大，各占 40% 左右。

3.2 单一型题目的写法

Do you agree or disagree with the following statement? Spending a lot of time watching sports on TV and following favorite team will have negative impact on one's life.

高分学生考前练习作文

(注：此文已更正语言错误，原文请见附录)

My contention is that spending time on watching TV and following people's favorite team will have negative influence on individuals' life.

Admittedly, people will have more interests to do sports since they are affected