



辅助用书系列

TOP 10 SECRETS

TO CONTROL NERVOUSNESS
AND IMPROVE FLUENCY
IN THE IELTS EXAM

Nevin Blumer

编著

Nicholas Krippendorf

于培文

翻译

雅思备考 成功秘诀

心理篇

北京语言大学出版社



雅恩普考
成功秘诀

**Top 10 Secrets
to Control Nervousness and Improve Fluency
in the IELTS Exam**

雅思备考成功秘诀

——心理篇——

编著 Nevin Blumer
Nicholas Krippendorf
翻译 于培文

北京语言大学出版社

(京) 新登字 157 号

图书在版编目 (CIP) 数据

雅思备考成功秘诀·心理篇/(加)布鲁默(Blumer,N.), (美)克里品朵夫
(Krippendorf,N.) 编著;于培文译.

- 北京: 北京语言大学出版社, 2003

ISBN 7-5619-1213-7

I. 雅…

II. ①布… ②克… ③于…

III. 英语-学习心理学-高等学校-入学考试, 国外-自学参考资料

IV. H310.41

中国版本图书馆 CIP 数据核字 (2003) 第 037560 号

著作权合同登记图字: 01-2003-3289 号

责任印制: 汪学发

出版发行: 北京语言大学出版社

社 址: 北京市海淀区学院路 15 号 邮政编码 100083

网 址: <http://www.blcup.com>

印 刷: 北京北林印刷厂

经 销: 全国新华书店

版 次: 2003 年 8 月第 1 版 2003 年 8 月第 1 次印刷

开 本: 787 毫米×960 毫米 1/16 印张: 10.75

字 数: 221 千字 印数: 1-5000 册

书 号: ISBN 7-5619-1213-7/H·03044

2003 WY 0030

定 价: 20.00 元

出版部电话: 010-82303590

发行部电话: 010-82303651 82303591

传真: 010-82303081

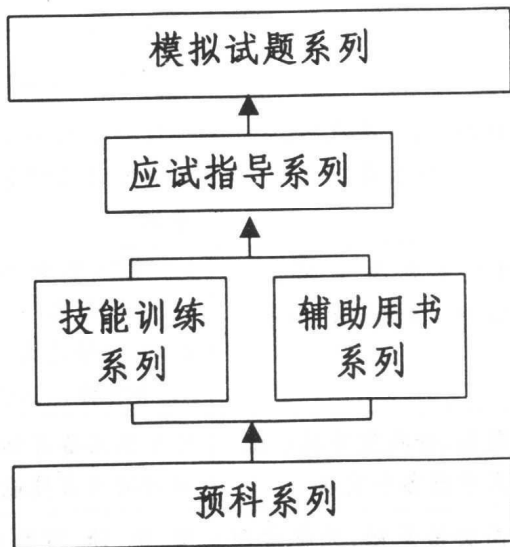
E-mail: fxb@blcu.edu.cn

如有印装质量问题·本社出版部负责调换

致雅思考生

自 1992 年北京语言大学出版社出版了中国第一本雅思辅导教材迄今已有十多个年头了。为了适应雅思考生急剧增长的形势,十余年来北语社雅思精品迭出。如今北语社雅思图书已达几十种,分为五大系列,形成了相当的规模;品种齐全,适合不同英语基础、不同需求的雅思考生。“北语雅思”已经成为雅思界的知名品牌和首选图书,被专家和考生誉为雅思图书之精品。

北语雅思方阵



北语雅思四大特点:

1. **名家编写**——北语社的雅思图书多由中外知名雅思培训专家、雅思考官和长期从事英语教学工作的专家编写;
2. **真材实料**——北语社的雅思图书从内容、材料的选取,到练习、试题的设计,都经过精心遴选、反复试用,保证了训练的针对性和学习的有效性;

3. **品种齐全**——北语社的雅思图书分为五大系列,可以满足不同起点、不同需求的考生;
4. **质量优秀**——北语社雅思图书的编写、编校,音带的制作、出版质量上乘,受到广大读者的好评。

为了便于考生选用我社的雅思图书,下面对北语社雅思用书各系列的主要功能及适用对象作一个简要的说明。

北语社雅思用书功能及适用对象

	系列	功能	适用对象
1	模拟试题	模拟测试,实战演练	1. 想了解自己目前水平以及哪些方面存在差距的考生 2. 已经掌握各项语言技能及应试技巧,需要进行考前实战演练的考生
2	应试指导	剖析题型,点拨技巧,分析错误,提供指导	经过一定的语言技能训练,但由于缺乏正确有效的指导,训练效果不够理想的考生
3	辅助用书	(词汇 + 语法 + 语音 + 表达 + 心理) × 辅导	1. 词汇、语法、语音、表达等方面比较薄弱的考生 2. 由于雅思考试造成的心理压力影响语言技能正常发挥的考生
4	技能训练	分题型、分技能系统训练,重点难点各个突破	处于雅思备考初级阶段,英语听、说、读、写四项语言技能缺乏系统训练的考生
5	预科系列	提高英语基础,为备考雅思做好准备(雅思入门书)	听、说、读、写能力与雅思考试基本要求存在一定差距的高中生、大学低年级学生等

希望考生根据自己的特点和实际情况选择适合自己的雅思用书。相信“北语雅思”定能成为广大雅思考生的良师好友,帮助考生加快走向成功的步伐!

北京语言大学出版社

Preface

You hate tests! We know that—but isn't it a great feeling when you do well or better than you expected on them?

The reason you fear the IELTS, actually any test for that matter, is because you don't understand it. Madame Currie once said, "Nothing is to be feared—only to be understood". Once you understand something you need not fear it any longer. We want to help you understand this test and fear it a whole lot less.

This book is titled *Top 10 Secrets to Control Nervousness and Improve Fluency in the IELTS Exam*. I know, the word 'secrets' seems over-sensational, but all skills contain secrets—table tennis, computer games, business—you name it! They are secrets because you are not told them in the beginning. For example, people tell you lots about how to hit different shots in table tennis and how to hold your racket but no-one tells you the psychological skills that make the difference. The professionals learn them along the way and sometimes you do too, but it sure helps when you come across people who share tips that allow you to learn just a little faster. That is merely what this book is meant to do.

This book is not meant as a way of feeding you with questions and model answers. There are lots of books out there that do a good enough job of doing that already and, to tell you the truth, we really wonder whether it works that well. The IELTS is a skill-based test. Topics always change but the basic skills tested are pretty stable. It is like an old saying in Chinese "Huan tang bu huan yao". The soup changes but the medicine doesn't.

The approach we take is to tell you the most important secrets in the simplest and most

entertaining way possible. We know you've been told, "No pain no gain" —but do you really need so much of it? We believe you don't need to confuse people to impress them, nor do you need to scare people to death to motivate them. Our insights into the IELTS are from experience and observation. We've tested and taught people and know what the major problems and obstacles are. This book communicates with you as if you were one of our students in one of our lectures.

There are 4 books in our skill series, each focusing on a specific skill loaded with sub-skills. The book you have in your hands right this very moment is designed to help you control nervousness and improve fluency in the IELTS speaking test.

We would like to thank all the students and examiners who contributed information. As well we would like to give special thanks to our editor, Yu Xinle, who helped do an admirable cleanup job on the book, as well as our fine translator, Yu Peiwen, who did a remarkable job of putting it into Chinese in a way that made sense.

We wish you joy as you read along.

Authors,

Nevin Blumer

Nicholas Krippendorf

前 言

你讨厌考试！你不说，我们也知道——但是，当你考得不错或者考得比预计的要好的时候，那种感觉是不是很美妙？

你害怕雅思考试，事实上，你害怕所有此类考试，究其原因，还是你对此类考试不了解。居里夫人曾说过，“凡事只要了解了，也就没有什么可怕的了。”一旦了解了，你就不会再害怕。正因为如此，我们想帮助你了解雅思考试，大大减少你的恐惧感。

本书的书名为《雅思备考成功秘诀·心理篇》。我知道使用“秘诀”这个词似乎有点耸人听闻，但不管哪项技能，打乒乓球也好，玩电子游戏也好，做生意也好，只要你能想得到的，都有各自的秘诀。之所以称其为秘诀，是因为开始时没有人告诉你这些信息。例如，打乒乓球时，人们会告诉你许多不同的抽球方法，以及如何握拍的技巧，但没有人从心理学的角度教你如何打好乒乓球，而这却会影响最后的成败。职业运动员心理素质的训练与技术训练是同时并进的，有时你也许会进行同样的训练，但如果有人能与你分享一些小窍门，使你学得更快，这不无裨益。这也正是本书的宗旨。

本书的目的不在于给你填灌大量的试题和答案。市面上尽是这样的书籍，完全能够满足这方面的需求。说句实话，我们还真不知道那些书籍是否确实像所说的那样有用。雅思考试是一项注重技能的考试，考试的题目永远在变，但需要考查的基本技能却是不变的，这就像中国的一句老话所说的：“换汤不换药”。

我们所采取的方法是，尽量以一种简单明了、寓教于乐的方式把最重要的秘诀告诉你。我们知道，你学过“没有耕耘，就不会有收获”这句格言，但确实需要那么辛苦吗？我们认为既没有必要通过把考生弄糊涂来引起他们的重

视,也没有必要通过吓唬考生来激发他们的积极性。我们对雅思考试的深刻了解来自于丰富的经验与细心的观察。我们测试过考生,教过考生,知道他们的主要问题和障碍是什么。在本书中,我们和你就像是和自己的学生那样进行着交流。

这套技能训练丛书共含四册,每册书分别针对一种具体技能以及更进一步细化的许多技巧。你现在手上拿着的这本书旨在帮助你在雅思口试中控制紧张情绪,提高口语的流利程度。

我们感谢为本书的编写提供信息的所有学生和考官。我们还要特别感谢本书的编辑余心乐,她对本书的文稿进行了令人钦佩的编辑加工,以及本书的翻译于培文,她出色地完成了本书的中文翻译。

愿本书带给你无穷的乐趣。

作者:奈文·布鲁默

尼古拉·克里品朵夫

目 录

引言	99
克服紧张情绪、提高流利程度十大秘诀	101
1. 怎样更加自信地说英语	101
2. 怎样克服雅思考试通不过的恐惧心理	109
3. 怎样克服纠错的毛病,提高英语流利程度	114
4. 怎样克服不良言语习惯和结巴,提高英语流利程度	118
5. 怎样才能不被雅思考试吓住	123
6. 怎样用较少的词说出更多的话	129
7. 提高流利程度的 6 条简易途径	134
8. 考生备考雅思的常见误区	141
9. 两种最糟糕的备考雅思方法	144
10. 雅思考试中克服紧张心理的简单有效方法	150
结论	157
测试	159

Contents

Introduction	1
Top ten secrets to control nervousness and improve fluency	5
1. How to speak English more confidently	5
2. How to overcome your fear of failing the IELTS exam	19
3. How to improve your fluency by controlling second guessing	27
4. How to improve your fluency by controlling bad speech habits and stuttering	33
5. How to keep the IELTS exam from intimidating you	40
6. How to say more with fewer words	50
7. 6 easy ways to improve your fluency	57
8. Common mistakes candidates make when preparing for the IELTS test	68
9. The 2 worst ways to prepare for the IELTS exam	72
10. Simple proven ways to control your nervousness during the IELTS exam	80
Conclusion	92
Final exam	95

Introduction

You've just spent the last three months preparing for the IELTS test. After spending a few thousand RMB on preparation classes, books, and IELTS materials you think you are now as ready as you'll ever be for your big test. But are you really?

Candidate A looks down at his watch and discovers that in just five minutes he will be taking his IELTS interview. And then the magnitude of the moment suddenly hits him.



His hands suddenly become cold and sweaty, and his mouth begins to feel very dry. His stomach turns and his heart begins to race inside of him. "What's happening to me, why do I feel so nervous?" he asks himself.



He enters the examination room and sits down in front of the interviewer. His interview begins!

Interviewer: So tell me something about your hometown.

Candidate A: My nei ge..., sorry... My hometown is... uhm... located in the northwest part of... no, no, sorry I... the eastnorth... northeast part of Zhong Guo..., sorry China.

Candidate A has practiced his answer to this question 999 times, but now, for some reason, he's having trouble answering it. Why? Did the IELTS preparation class he took and the IELTS preparation books he read just waste his time and money?

I thought all that money and time I spent on IELTS preparation classes and IELTS preparation materials would help me. But during my interview I couldn't even confidently answer the simplest questions. Why?

In my opinion the thing that causes many IELTS candidates the most trouble during the IELTS interview is their nervousness. Nervousness is not a testable area of the IELTS examination, but it affects candidates' English performance as much as, and often even more than, the candidates' grammar and pronunciation. However, very few IELTS preparation classes and IELTS preparation materials teach students how to control their nervousness. This makes absolutely no sense to me.

Diane, 40, IELTS examiner



Can nervousness really affect your English performance as much as your grammar and pronunciation ability?

Well, think about this. Can nervousness affect your ability to speak Chinese? How many times have you heard one of your classmates or co-workers nervously stutter and stumble his way through a speech or presentation? Everybody has seen this happen; maybe the stuttering stumbling student was once you!

Well, if nervousness is really that big a deal then why don't more IELTS preparation classes and IELTS preparation books teach candidates how to control it?

I can think of three reasons. One, because many teachers think controlling nervousness should be the candidates' responsibility, not theirs. Two, if English schools taught you how to really speak English confidently they would lose money. Just think about it, why would you need to buy an English book or take an English class if you were confident that your English was already good enough? Three, they are clueless about the fact that most candi-

dates get nervous during their IELTS interview.

Unfortunately the truth is most candidates do get nervous during the IELTS interview and very few of them know how to control it.

What will controlling my nervousness help me to do?

The IELTS interviewer will evaluate your English proficiency based on the following four sub-categories:

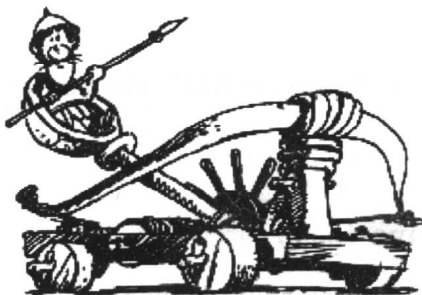
- 1) Fluency and coherence
- 2) Lexical resources (vocabulary)
- 3) Grammatical range and accuracy
- 4) Pronunciation

Nervousness can affect your performance in these four subcategories.



Let's take one of these categories as an example. Fluency and coherence for many candidates means saying a lot. However, it means much more than being able to speak in great detail. Fluency and coherence refers to your ability to connect your ideas and language together to form coherent, connected speech. In essence, fluency is your control over the language. When you have little control over English you begin to stutter and to repeat yourself and worse of all you begin to stall.

When nervousness is controlled you can certainly use it to good advantage. After all, a great many people get nervous, very nervous, and yet they still give outstanding performances in the fields of athletics, entertainment and even in business. However, nervousness, when it is not controlled, can destroy a person's control. Furthermore, nervousness particularly can affect your ability to speak English fluently and coherently. Well, the goal of this book is to teach you how to speak English more fluently and coherently the easy way—by controlling your nervousness. This book is full of proven strategies that can help you to quickly and easily accomplish this goal.



Hopefully by the end of this book, you will not only be more confident in your English but you will also be able to speak it more fluently and coherently. You will be following a strategic approach rather than an approach that finds you catapulting yourself into trouble.

Good luck and remember one important thing—

**We're
here
for
you!**

Top Ten Secrets to Control Nervousness and Improve Fluency

1. HOW TO SPEAK ENGLISH MORE CONFIDENTLY

Technique 1:

Control what you tell yourself.

You're only as good as you think you are.

Why don't I have confidence in my English?

Unfortunately, Many IELTS candidates don't have confidence in their English. They think that they lack confidence in their English because it is poor. They, therefore, do everything they can to improve their English, believing that the better their English is, the more confidently they will be able to speak it.

However, this isn't always true. I can't tell you how many of my best students lack confidence in their English.



Nicholas:

I am taking my IELTS test this week and I need some last minute advice. I am very worried about the interview. I just don't think I can do it. I am very confident about my writing, reading and listening ability but I am so worried about the interview. I just have no confidence in my speaking. What can I do?

Thanks.

Amy