

# TOEFL

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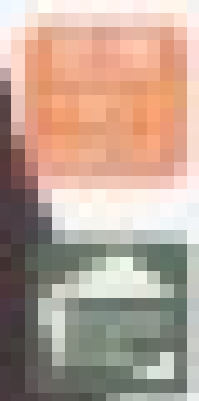
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艾力教你学  
托福口语  
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## 艾力教你学 托福口语

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中央广播电视大学出版社·北京

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## 我们喜欢的艾力

### 新东方培训师

艾力（努尔艾力·阿不利孜），新东方教育科技集团演讲师与培训师。新疆乌鲁木齐人，维吾尔族。艾力老师长期教授英语听力口语课程（包括托福口语、中学生及成人听力口语），首创 IKCMI 教学法，擅长激发学生学习英语的兴趣，深受学生好评。目前为止面授学生过万人，网络课程总点击量在 5 000 万次以上。艾力老师英语功底深厚，托福口语满分，并在各类英语演讲与主持人比赛中表现优异。同时，艾力老师热衷于时间管理研究，独创“34 枚金币时间管理法”，并举办“酷艾英语早起团”，与全国广大同学一起改进时间管理，共同进步。

### 主要成就

1. 2010 年 CCTV “希望之星”英语风采大赛全国总决赛教师组亚军与评委推荐奖
2. 北京大学“英语之星”演讲比赛二等奖
3. 北京奥运英语演讲邀请赛决赛第二名和最佳创意奖
4. 北京大学国际交流周夏季项目优秀组织者
5. 东京庆应大学国际交流周冬季项目优秀代表
6. 北京大学国际大学生模拟联合国 AIMUN 优秀代表
7. 东北亚大学国会制英文辩论赛优秀代表
8. 北京高校英语主持人大赛决赛第二名和最受欢迎奖
9. 北京大学英语文化交流协会（ECCA）两届会长
10. 英语专业八级
11. 托福 115 分，其中口语、写作满分；雅思 8 分；托业 950 分

### 个人履历

#### 1. 高考小故事

独立之精神，自由之思想。怀揣着对知识的渴求和对自由的向往，艾力在高中时期立志考取兼容并包、思想自由的北京大学。冰心先生曾在诗中写道：“成功的花，人们只惊羡她现时的明艳！然而当初她的芽儿，浸透了奋斗的泪泉。”艾力的学校离家很远，足有三个小时的车程。冬天公交车里的温度低至零下 25 度，为了驱寒，艾力通常站起来背文章，养成了如今凡在路上都要背东西的习惯。与此同时，高三后期为了避免浪费时间，他



就在学校附近租房学习。因为很喜欢北京大学的校门，他就在屋子里贴了相关海报激励自己。冲刺阶段的艾力每天晚上学到凌晨一两点，早上六点多起床，每天只睡四五个小时。功夫不负有心人，艾力终于考上了北京大学。

## 2. 求学在北大

### (1) 学业成绩

为了充分满足自己的兴趣，非常喜欢电脑游戏的艾力，选择了北大热门的计算机科学技术系学习编程。但是大一时艾力发现这并不是自己最擅长的学科，因为学习编程需要很强的数学能力，艾力对数学并不那么痴迷，却对英语和公众演讲更加感兴趣。虽然大部分计算机系的毕业生很好找工作，但是艾力坚信学习不能只是为找一份好的工作，做自己喜欢的事情才是最重要的。因此艾力做出人生第一个重要的决定，由计算机系平级转到英语系。喜欢不断挑战自己的艾力，用三年时间修完了大学四年的英语课程。除了专业的英语知识，艾力在大学还涉足了高等数学、计算机概论、电磁学、光学、热学、力学，可谓文理兼修。

### (2) 大学经历

艾力在大学期间积极投入社团活动，担任北京大学历史悠久的英语文化交流协会(ECCA)的会长，组织会员与世界各地的学生交流文化、增进友谊，期间组织四十多名同学前往普林斯顿等美国东海岸学校进行观光学习。同时艾力本人作为中方代表前往东京参加庆应大学国际交流周，与来自世界各地的学生交流，介绍中国文化，并获项目优秀代表称号。艾力对模拟联合国也非常热衷，曾获评北京大学国际大学生模拟联合国 AIMUN 优秀代表。非常喜欢演讲的艾力积极参加演讲比赛，曾获北京大学“英语之星”演讲比赛二等奖、北京奥运英语演讲邀请赛决赛第二名和最佳创意奖、北京高校英语主持人大赛决赛第二名和最受欢迎奖。

### (3) 工作经历

艾力从小一直希望有一天可以用自己的双手养活自己，于是与家人打赌，大学期间的学费一定要自己赚出来，所有的生活费可以做到自给自足。因此艾力从大一暑假开始去新东方担任助教，也就在此时，艾力与新东方结下了不解之缘。大二期间艾力接受新东方教师面试，期间可谓一波三折。经过整整一年近2000小时的培训，才终于在2009年暑假走上新东方的讲台，成为北京酷学酷玩营的一名教师。

随后艾力又通过不断努力，先后担任北京酷学酷玩营教研组长、北京新东方中学部高考听力教师、新东方集团教学培训师与演讲师。2013年暑假起，艾力转调至北京新东方学校北美部，主要教授托福口语课程。

2010年艾力代表北京新东方学校参加CCTV“希望之星”英语风采大赛教师组比赛，一路过关斩将，最终以优异的表现获得全国总决赛教师组亚军与评委推荐奖。

## 关键词

### 1. 《酷艾英语》系列视频

《酷艾英语》系列视频是由新东方在线(迅程)与新东方教育科技集团一起打造的，通过点评每周发生的时事学习英语的免费网络学习节目。截至2013年9月已经发布48期课程，总点击量在5000万次以上。在新东方主页、掌上新东方、优酷、爱奇艺、百度文库等平台都有播出。艾力老师希望通过该节目帮助同学们提高英语学习能力、思辨能力，



并传播积极向上的正能量。

## 2. IKCMI 教学法

艾力老师在课堂上提倡选择式学习而不是填鸭式学习，他认为这样能更大地发挥学生的主观能动性，使学生主动索取想要的知识，并且能够探求到更多尝试新事物的机会，使每个人的能量都得到充分的发挥。因此他总结推出了 IKCMI 教学法，即 Interest（兴趣）、Knowledge（知识）、Culture（文化）、Method（方法）与 Inspiration（励志）的结合。

## 3. 酷艾英语早起团

艾力老师与学生们有个美好的约定，每天早起，翻译老师在微博上准备好的名家经典英语语录，坚持 21 天便会获得艾力老师精心准备的小礼物，这样可以把早起的好习惯和英语学习非常好地结合起来，每天既积累了英语知识，又锻炼了意志。

所有人随时都可以加入早起团，只需翻译每天的句子即可，且无论翻译对错都算是加入团队！欢迎关注艾力老师微博（@艾力酷艾英语），加入早起行列。

## 4. 34 枚金币时间管理法

艾力老师认为人生的优秀在于时间管理，真正的方法在于坚持。许多同学知道许多方法，却做不到坚持，所以老师专门总结整理出来一个坚持的方法——34 枚金币时间管理法。许多同学时间管理不好，没有自控力，很没有成就感。这个方法就给大家成就感，它的原理是把时间从早上 7:00 到晚上 12:00 的 17 个小时分成 34 枚金币，睡觉前看看自己的金币是怎么花的，并用不同的颜色归类，总结这一天的收获，证明自己真正活过，增加自己的成就感，通过记录改变人生，使生活更有效率。截至目前有近 1 万人在坚持使用该方法。

一位网友表示：“自从使用了艾力老师的 34 枚金币时间管理法，感觉拖延的时间确实减少了不少，感谢您的分享！现在的我状态很好，每天也不再浑浑噩噩过日子了！哈哈，克服拖延，抓紧时间学英语去啦！Fighting！”

另外一位网友表示：“谢谢你，这是你视频里面给我影响最深的一个，让我反省，觉得自己一生当中浪费的时间实在是太多了，自己活得有点失败，但我决定试试你提的时间管理方法，更珍惜我的时间、我的生命，让我的生命更有价值！”

## 个人语录

1. 如果你过得不爽，很有可能是以下两个原因：没怎么读书；没怎么锻炼身体。最不爽的时候，肯定是你既没怎么读书，又没怎么锻炼身体的时候。

2. 不要在乎你穿的衣服值多少钱，要在乎的是这衣服被你穿了以后值多少钱。

3. Don't judge a book by its cover.（不要以貌取人。）

4. 如果没有奋斗过，就没资格抱怨。

5. 每天出汗一小时+读书一小时=什么烦心事都没有！因为你的身体和心智都强大了。

6. 作为一名老师我最想传达给大家的，一直是下面这个简单道理：人之所以为人，是因为我们可以通过自己的主观能动性来改变自己，成为自己想成为的人。而大部分动物先天条件是什么样，这辈子也就差不多那样了……我们不应该像动物一样任由命运摆布，而应该抓住自己的命运，通过自己的双手改变自己的生活。

7. 记录时间，培养习惯，塑造性格，改变人生。

8. 我最大的优点就是敢于直视自己的缺点！所以我是高中唯一大方地去心理咨询室的同学。咱有病就得治，明知有病而不治是最可怕的。

9. 在中国，“木桶原理”高中时一定是真理，大学时一定是谬论！

10. 不要过分在意别人的想法。因为你比人家牛，他们会羡慕嫉妒恨；你不如别人，他们会嘲笑鄙视损；你和人家差不多，他们就传你的谣言绯闻。

11. 每一天对自己说：“Did I try harder today than yesterday?” 高中3年与大学4年就不会白过。

12. 人和动物最大的区别——想象力！

13. 任何人想要成功都要吃苦，关键看你通过想象力获得的安全感或幸福感，是否能大于你的痛苦感。大于则能坚持，小于你会感觉就是3个字“不值得”。

14. Responsible—be able to choose your response. (所谓负责的人，就是有能力选择其反应的人。)

15. 你的孩子会成为美国总统，这属于想象力！你想成为美国总统，白日梦！

16. 再牛的人都有过二的时候，再二的人将来都可能很牛！所以我们都要学会两个字——尊重。

17. Make yourself a better man first and the better person for you will emerge. (打造一个更加优秀的自己，而那个更加优秀的Ta 便会出现)

18. 我是个纯底层，但我要完成大逆袭！可以有些许抱怨，但不能丧失斗志！

19. 失落时候可以去3个“yuan”调节心情——医院，幼儿园，养老院。去了医院就会知道自己有多幸福，去了幼儿园就会觉得自己有些事想多了，去了养老院就知道有些事不去做就来不及了。所以最后的效果是，你会充满幸福感，不为琐事烦恼，而抓紧时间去做自己最向往的事情！

20. 你一定要学会积极主动地表态，否则你就会莫名其妙地被代表！

21. 信星座不如信人品，比物质不如比素质。

22. 记忆的关键——不要强度，要高频率的重复。

23. 我敬佩所有凭借自己的双手，通过正当渠道改变命运的人。

24. 让你的名字变成一个品牌，就好像 Louis Vuitton, Coco Chanel 和 Dior 这3个人一样。

25. 在大量的无知中加入一点儿恐惧做的催化剂，便可发酵出无尽的仇恨！而只有教育才能阻止这悲剧的发生。

26. 短期的气场90%来自于准备；长期的气场永远来自于三件事：读书，历事，阅人。

27. 我的人生理想是：Everyone I met and everything I touched became a bit better because of me. (我所接触过的人或事，因为我而变得更加美好。)

28. 奋斗过，不后悔！

29. 生命在于折腾！

酷艾英语粉丝团



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**托福 iBT 考试口语真题(1)****Question 1**

You will now be asked a question about a familiar topic. After you hear the question, you will have 15 seconds to prepare your response and 45 seconds to speak.

Describe an interesting piece of clothing in your country and explain why it is interesting. Please include specific details in your explanation.

**Question 2**

You will now be asked a question about a familiar topic. After you hear the question, you will have 15 seconds to prepare your response and 45 seconds to speak.

Would you like to spend time with your family or friends rather than being alone? Please explain why and include reasons and details in your response.

**Question 3**

You will now read a short passage and then listen to a talk on the same topic. You will then be asked a question about them. After you hear the question, you will have 30 seconds to prepare your response and 60 seconds to speak.

**A Letter from a Student**

A course evaluation is a means to produce useful feedback required by school administrators to evaluate the instruction of a given course and thus improve the quality of instruction. A student has currently suggested that the school open the course evaluation of every professor's classes on the Internet. According to the

student, the proposal is beneficial because instructors can review how others interpret their teaching methods, thereby improving their own instruction. Also, students are able to rate their professors online, and the information can also be used by other students to make critical and informed decisions when they register for new classes.

*Now hear a conversation about the same topic.*

The woman expresses her opinion of the proposal to open professor's course evaluation on the Internet. State her opinion and explain the reasons she gives for holding that opinion.

#### Question 4

*You will now read a short passage and then listen to a talk on the same topic. You will then be asked a question about them. After you hear the question, you will have 30 seconds to prepare your response and 60 seconds to speak.*

#### Tree Communication

Tree communication is the ability that trees can actively defend themselves against serious insect attacks by either producing unsavory chemicals or poisons to fight back the insects or communicating a warning to other trees in the vicinity. In other words, trees cannot only protect themselves from insects attack, but also communicate with each another by sending off warning gases when attacked by insects, in order to trigger the defenses of neighbors.

*Now hear a talk on the same subject.*

The professor gives an example to explain how willow trees protect each other through tree communication. Explain how this example is related to the reading passage.

#### Question 5

*You will now listen to a conversation. You will then be asked a question about it. After you hear the question, you will have 20 seconds to prepare your response and 60 seconds to speak.*

The speaking discusses two possible solutions to the woman's problem. Describe the problem and the two solutions. Then state which of the two solutions you prefer and explain why.



**Question 6**

You will now listen to part of a lecture. You will then be asked a question about it. After you hear the question, you will have 20 seconds to prepare your response and 60 seconds to speak.

Using points and examples from the talk, explain how the two types of people make their choices on job careers in the professor's lecture.

**参考答案及听力原文****Question 1****Response (参考答案)****topic**

There are many interesting pieces of clothing, wet suit is such an example among them. In my country they're very popular, while in other countries they may be not so popular, but you could still find them.

**reason 1**

The so-called wet suit may be strange to you when you hear its name for the first time. Such suit is very tight to keep people warm when they swim in water, especially when the temperature is very low. Many people in my country will choose to wear it before swimming in the sea, because the water can be cold even in the summer.

**reason 2**

In fact, when you have put on the wet suits, people look like skinny penguins, and that's really funny. However, when you swim in the cold water, such clothing make you feel warm and comfortable. I always dream of having a piece of wet suit long before when I was a kid, but unfortunately, they were too expensive for me, and I can't afford it.

**conclusion**

In a word, if you engage in surfing or other water sports, the wet suits may be very helpful to you.

**Question 2****Response (参考答案)****topic**

Honestly speaking, I'm endocentric in some sense. But things changed when I am with my family and good friends!

**reason 1**

It is obvious that we all need some time to be alone, but if you were left alone for an extremely long time, things may get worse. So we also need some time to be with friends and family to share interesting stories and jokes. Only by this can we feel relaxed and not lonely.

reason 2

Besides, surrounded by familiar people, I feel not only comfortable but also cozy, besides, this really gives me perception of affiliation.

conclusion

So I would prefer to stay with my family and good friends though I'm shy.

### Question 3

#### Conversation

M: An online course evaluation. Did you see that?

W: Yes, I've read the proposal. But I am sure the student's proposal won't get the results he wants.

M: How come? I mean students can read their peers' comments on the web which provides them a better sense of what a particular instructor or class is like. This sort of information is extremely valuable in making right decisions about which courses to take.

W: You are right; it definitely benefits students, but not professors.

M: What do you mean? Could you explain it a little bit?

W: I am afraid professors won't be happy if they notice some unfavorable ratings of their teachings and classes. You know most students' evaluations of teaching have been widely criticized, especially by teachers, for not being accurate measures of teaching effectiveness. Online course feedback will definitely have a negative effect on professors' teaching and frame of mind.

M: You are right! This proposal might do some harm to some professors' feelings and teaching methods.

W: Another reason is that some of these assessments students produced are difficult to interpret. Since the evaluation is often given after the very last class, students won't have time to think and write accurate comments as they need to study for their final exams. Therefore, the evaluation on the web won't present specific information for the new students to consider when they want to select courses.

#### Response (参考答案)

opinion

The woman have complained about opening professors' updated course contents on the Internet. And she lists two reasons as following.

(提示:有时阅读的内容以及学生的观点可以捆绑在一起说。这样答案更为简洁。)

#### reason 1

Firstly, not all the teachers like to be commented by the students about their classes online, especially on their class performance and passion about their lectures.

#### reason 2

Secondly, she points out that new students could not acquire accurate information about professors' classes only by the online ratings, because there are not enough time left for the students to think the quality of teaching, not mention to write some accurate comments on it.

#### conclusion

So she thinks such proposal would not be passed at all.

(提示:有时可以为你的答案加个结论,磨蹭些时间。)

### Question 4

#### Lecture

W: Much like any other living organism, survival for trees is very important. Believe it or not, trees are also able to communicate with each other, in order to defend themselves against insects like caterpillars, even though they make no sounds or have no noses or eyes. Let me show you an example to further prove the theory.

In the spring of 1979 a zoologist Rhoades in U. S. took two groups of willow trees, and he infested one with caterpillars, and left the other alone as a control. Two weeks later, he took some leaves from the trees which had been infested and bit by caterpillars. To his surprise, he found that these caterpillars grew quite slowly because of a kind of poisonous chemical released from the willow trees. Another surprising finding was that the leaves of another group without caterpillars also produced such poison. Both groups of trees had apparently flooded their leaves with an unfavorable chemical that discouraged the insects' growth. Rhoades concluded that the attacked trees had conveyed to the other group a danger signal, and this must have been done by releasing a chemical into the air.

#### Response (参考答案)

##### topic (reading)

The lecture is mainly on the point that (提示:尝试使用不同的开头语)by sending airborne signals, trees can communicate and defend each other. The professor sets willow trees as an example to explain this phenomenon.

##### example